



# Head's Weekly Newsletter

## Week 40



### Message from the Headteacher

Mrs Ania Hildrey, Headteacher, [headteacher@abbotsleaschool.co.uk](mailto:headteacher@abbotsleaschool.co.uk)

Dear Students, Families, Colleagues and Friends

Here we are – the end of the week and the end of this academic year!

I would like to express my thanks and gratitude for every single staff member's continued outstanding efforts, hard work and support for our vision: to be the centre of excellence in Autism education, research and professional development. Without listing the many and varied challenges faced by schools over the last two and a half years, it is hard to imagine a more difficult set of circumstances than those we have all confronted and so, I also acknowledge the learning – professional and personal arising from this. Thank you!

The ever-changing educational landscape is likely to continue into the future, with the national agenda of academisation dictating that all schools will be a part of a large Multi Academy Trust (MAT) by 2030. This, together with the ongoing local SEND Sufficiency considerations is of a primary strategic importance to us. Ofsted inspection next year is much-awaited (not many Headteachers would say that!) and we are confident that it will help us revert back to the "at least" Good rating. Onwards and upwards, and with a passion and fierce resolve!

My sincere thanks and best wishes go to all of the staff who are leaving us this year and I know I speak on behalf of the whole school community, when I acknowledge your service to Abbot's Lea and wish you all the best for the future.

Lastly, I congratulate and celebrate our students – every single one of you is a diamond (sometimes, seemingly in the rough): you are wonderful, amazing, lovely young people and you deserve the best in life. Enjoy your summer, stay safe, be good and kind to yourself and other and I cannot wait to see you all on 5 September 2022 at 9am when we will return for yet another year of learning!

Happy holidays!

With kindest regards

Mrs A Hildrey  
Headteacher

### Contents:

[Head's Foreword](#)

[Key Diary Dates](#)

[Students of the Week](#)

[Next Term's Menu](#)

#### Class News:

- [EYFS/KS1](#)
- [KS2](#)
- [KS3](#)
- [KS4](#)
- [KS5](#)

#### Staff News:

- [Human Resources Update](#)

[Useful Information and Resources](#)

# Key Diary Dates

## School Year Calendar

Term Dates for School Year 2022-23 (next academic year) – [Term dates 2022-23](#)

## Attendance and Uniform Expectations

We would like to draw families' attention to the attendance and uniform expectations from September 2022:

<http://www.abbotsleaschool.co.uk/wp-content/uploads/2022/07/Attendance-and-school-uniform-expectations-13.7.2022-1.pdf>



**Students' school day**  
**9:00am - 3:00pm**

## Next Term

| Term 1  |
|---|
| 1-2 September 2022 – INSET Days (no students on site) |
| 5 September 2022 – students return                    |
| <b>Ends: 21 October 2022 at 3pm</b>                   |
| Half Term Holiday: 24 – 28 October 2022               |

# Students of the Week

## Students of the Week

| Class                       | Student  | Reason   |
|-----------------------------|----------|--|
| Early Years and Key Stage 1 |          |  |
| Ireland                     | Noah     | For developing his confidence in our outdoor learning area   |
| Wales                       | Jacob    | For transitioning into his new class, Wales amazingly. He has engaged in activities and has been very happy in class.                |
| Key Stage 2                 |          |  |
| Canada                      | Louise   | For being a great friend and making some of our new students feel welcome.   |
| Portugal                    | Sonny    | For an amazing first week in his new class, adapting to new students, a new class and new teachers.                                  |
| France                      | Elodie   | For settling into your new class beautifully and making lots of new friends! Keep it up Elodie!                                      |
| Spain                       | Abdoulie | For settling in really well in his new class.  |
| Italy                       | Alice    | For attending school every day this week.  |
| USA                         | Bobby    | For working hard and settling in well in USA Class.  |
| Key Stage 3                 |          |  |
| Mozambique                  | Martin   | For having a fantastic week settling into his new class. We are really proud, well done Martin!                                      |
| Brazil                      | Matthew  | For an amazing transition week. Matthew tried his best and even tried new things like going to the hall for his lunch, with success! |
| Kenya                       | Ethan    | For settling really well into a new class.   |
| Madagascar                  | Louie    | For settling well in his new class at Abbots Lea School. Well done Louie!  |
| Peru                        | Jack     | For transitioning into Peru class brilliantly!   |
| Botswana                    | Owen     | For being very helpful in the classroom and offering assistance to the class team  |
| Cape Verde                  | Ellis    | For settling in well to his new class.   |
| Seychelles                  | Ciaran   | For showing great progression this week and has adapting well to the changes in class. Well done Ciaran, we are really proud of you! |
| Key Stage 4                 |          |  |
| Australia                   | Jack     | For settling into Australia class with a positive and cheerful manner.   |
| Samoa                       | Maks     | For following all golden rules and setting a brilliant example to Samoa students   |
| New Zealand                 | Joseph   | For being so respectful, kind and helpful during transition week.  |
| Tasmania                    | Leighton | For showing excellent manners and trying hard on his work.   |
| Key Stage 5                 |          |  |
| Malawi                      | Nathan   | For settling in to Malawi class really well.   |
| Christmas Island            | Luke     | For participating in all activities and for settling in his new class so well during transition week.                                |
| Fiji                        | Francis  | For having a very positive mindset when transitioning into his new class, facing the challenge head on and with a smile on his face. |
| Papua New Guinea            | Joshua   | For engaging well with activities and participating in board games.  |

# Next Term's Menu

## Next Term's Menu



## Primary Lunch Menu



Week Commencing 05/09/22

| Week 2  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|---|--|---|---|
| <b>Main Meal</b><br>We provide a variety of seasonal hot and cold dishes for children to freely choose from   | Homemade Wholemeal Pizza served with Wedges and Beans or Coleslaw | Homemade Spanish Chicken served with Rice and Green Beans | All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms and Hash Brown | Meatball Sub Served with fresh Salad and Tortilla Chips | Homemade Battered Fish with Chips and Minted Mushy Peas |
| <b>Alternative</b><br>Jacket potatoes with tuna and other fillings available daily                            | Pesto Pasta   | Roasted Pepper Tomato Quiche                              | Veggie Chilli  | Feta and Vegetable Pasta                                | Veggie Sausage Roll                                     |
| <b>Homemade Soup</b>  | Chef Choice   | Split Pea   | Chinese Sweetcorn  | Leek and Potato   | Chef Choice   |
| <b>Starchy Food</b><br>Various bread choices available  | Homemade Pizza Base   | Rice  | Wholemeal Toast  | Wholemeal Bread   | Chips   |
| <b>Vegetables</b><br>Salad Bar with Hummus  | Carrots   | Green Beans   | Mushrooms  | Tomatoes and Cucumber                                   | Mushy Peas  |
| <b>Dessert</b><br>Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time | Fresh Fruit Salad<br><br>Mixed Yoghurts                           | Vanilla Cheesecake<br><br>Fresh Fruit                     | 'Chocolate' Fudge Cake<br><br>Yoghurts   | Apple Flapjacks<br><br>Fresh Fruit                      | Cheese and Crackers<br><br>Mixed Flavour Yoghurts       |

### Ask for daily chef specials

All our meat is sourced from local suppliers, we use free range eggs and organic flour where possible. All our fruit and vegetables are locally sourced where possible. Halal options available.

Food For Thought is a not-for-profit school meals company owned by its partner schools. Any surplus is reinvested in the company or returned to its member schools.

GOOD FOOD CULTURE

Please, inform the school about any known allergies or dietary requirements for your child. You can do that by sharing information with the class team or by calling the school office. Thank you



# Class News

## Early Years and Key Stage 1

|  |  |
|--|--|
| <p>Ireland Class</p> <p>Teacher: Miss Hattersley</p> | <p>KS1 have had a fantastic transition week! We welcomed our new students this week to Ireland and Wales class and everyone has had a positive start to Abbot's Lea School! The boys and girls have had so much fun exploring the school grounds and building relationships with the children in our class and the staff team. We have enjoyed playing outside in the sunshine! We hope you all have a lovely summer and can't wait to see you all again in September!</p> |
| <p>Wales Class</p> <p>Teacher: Mrs Cooney</p>        | <p>This week in Wales class we are enjoying transition week and getting to know our new friends and class team. We have focused on exploring our new environment and engaging in various activities and playing on the pirate ship trikes and adventure playground. We are looking forward to working together again in September and hope you all have a great summer!</p>  |



# Class News

## Key Stage 2

|   |   |
|---|---|
| Canada Class<br><br>Teacher: Miss Gibney    | What a fantastic week Canada class have had! A fabulous transition week spent together. We have discussed a range of topics this week. As part of our Wellbeing Wednesday, we have discussed self-esteem. The students talked about low self-esteem and high self-esteem. We shared how we feel when our friends compliment us and how this helps us to have high self-esteem. We all shared things we are good at. We have updated our zones of regulation personalised toolkits to ensure all staff know what we need when we are not regulated. Finally we have enjoyed a Teddy Bears Picnic and prepared our own sandwiches. The students really enjoyed the glorious weather and eating outside with their friends. Overall, a fantastic week spent getting to know each other. Have a lovely, restful summer Canada class and we cannot wait to see you in September! |
| Portugal Class<br><br>Teacher: Miss Ledward | Portugal have had a lovely transition week. We are all very proud of how all our students have adapted to their new learning environment and we warmly welcome our new students. It has been a massive change for all and they have managed amazingly and in just a short amount of time we have seen great progress. We hope you have a fantastic summer break!  |
| France Class<br><br>Teacher: Miss Sloan     | France Class have had an amazing week! The students have settled into their new class really well. We started the week by making a Time Capsule, we took pictures of ourselves and recorded messages of all our favourite things and we will look at this again at the end of the year. We enjoyed reading the story 'The Colour Monster', which looks at naming different emotions. We designed and made our own emotion monsters and talked about how they were feeling. On Thursday we enjoyed a Teddy Bears Picnic. We made our own sandwiches and enjoyed eating them outside on the field. We hope you all have a lovely summer holidays and we look forward to seeing you all again in September for an AMAZING year!!   |
| Spain Class<br><br>Teacher: Miss Jennings   | This week in Spain class, we have enjoyed getting to know one another in our new classes. We have enjoyed playing lots outside in the lovely weather. We have enjoyed making sandwiches, building train tracks, making chocolate crispy cakes and doing lots of painting.   |
| Italy Class<br><br>Teacher: Miss Leyland    | We have had an amazing transition week in Italy Class! We have been getting to know our new friends and having lots of fun. We have loved cooling off with lots of water play and visiting the park. We have made our very own snacks for our picnic - the jam sandwiches and cornflake cakes were our favourite! We have also painted beautiful self-portraits. Well done on your first week in Italy Class, we can't wait to do it all again in September. Have an amazing summer holidays and we will see you very soon!   |
| USA Class<br><br>Teacher: Mrs Allen         | USA class has had a fantastic transition week. We have explored the book The Colour Monster and we designed and created our own monsters. We also had a Teddy Bears Picnic that the whole class enjoyed. See you in September, USA!   |



# Class News



For more information on your child's progress, contact the class team directly.  
Our Key Stage Leaders and Mrs Tobin can tell you more about our curriculum, with all subject maps available on our website ([access here](#)).



# Class News

## Key Stage 3

|   |   |
|---|---|
| Mozambique Class<br><br>Teacher: Mr Hodgson | Mozambique class have had a fantastic week settling into their new classroom and routine. In Physical Education we played rounders outside on the field; in Food Technology we made chocolate brownies and in Art we made self-portraits using natural resources such as leaves and flowers that we collected from the woodland area. We look forward to welcoming you all back and wish you a very fun and restful summer!   |
| Brazil Class<br><br>Teacher: Mrs Orme       | Brazil class has been busy with all sort of activities for this successful transition. The students made some sea turtles and jellyfish in Art, did some dancing and yoga as part of their PE lessons, read and wrote about books and stories in English and made some delicious cheese toasties and strawberry and banana ice creams for the hot days!   |
| Kenya Class<br><br>Teacher: Miss Joyce      | This week in Kenya class the students have completed the following activities: Teambuilding activities in order to get to know new students in class. Pupils have looked at the zones of regulation and have established what their emotions look like in each zone. And finally, the class have completed outdoor learning tasks such as a scavenger hunt. Well done Kenya for all your hard work!   |
| Madagascar Class<br><br>Teacher: Mrs Rodway | Madagascar class have had a great transition week. We have really enjoyed spending time together and getting to know each other. We shared our likes and dislikes with new friends and wrote our goals for the next academic year. Well done for a great week Madagascar class! Have a lovely summer with your families and we will see you all in September.   |
| Peru Class<br><br>Teacher: Mrs Suku         | Peru class have really impressed with how well they have settled into their new classroom. They have all welcomed a new pupil brilliantly, as well as their new staff! Peru class have created a presentation to share their interests, made brownies in Food Technology and took part in outdoor learning activities!  |
| Botswana Class<br><br>Teacher: Miss Caveney | Botswana have had a great transition week, getting to know their new classmates and new staff team. We have spent lots of time outside enjoying the nice weather. The students have made some amazing things this week, baking biscuits in Food Technology and making leaf prints in art. We hope everyone has an amazing summer and we're looking forward to having everyone back in in September for a fantastic year.  |
| Cape Verde Class<br><br>Teacher: Mr Hartley | Transition week has been very rewarding for Cape Verde class. Both students and staff have thoroughly enjoyed getting to know each other through activities such as all about me, likes and dislikes and team building tasks which required everyone to communicate and work together in order to come to a conclusion. This week Cape Verde Class decided to make pizza in our Food Technology lesson. The students were given multiple choices of toppings and were free to express themselves however they pleased. The outdoor area has been very popular this week with most students using it to create little games in the hope of learning more about each other. We hope the whole of Cape Verde class have a great summer holiday and we look forward to greeting them back in September. |



# Class News

Seychelles Class

Teacher: Miss Laird

This week in Seychelles we have been getting to know each other and sharing our likes and dislikes. We have had a fun week involving practical activities such as; basketball, making crispy-cakes in Food Technology, and building marshmallow and spaghetti towers! Have a fantastic summer holidays and we will see you in September!



For more information on your child's progress, contact the class team directly. Our Key Stage Leaders and Mrs Tobin can tell you more about our curriculum, with all subject maps available on our website ([access here](#)).



# Class News

## Key Stage 4

|   |   |
|---|---|
| <p>Australia Class</p> <p>Teacher: Mr Lyons</p>   | <p>This week we have welcomed our new students into Australia! We have completed a range of team building activities whilst becoming familiar with each other.</p>  |
| <p>Samoa Class</p> <p>Teacher: Miss Gibney</p>    | <p>Samoa class have completed a range of tasks in their new class this week! We have had our PE lesson with Tasmania class, this gave us the chance to meet our new classmates in the building. We have read a descriptive extract in English about The Wizard of Oz. We discussed how the setting and characters were described and if we would like to be in Dorothy's shoes. We have also made a bridge out of spaghetti! Using our knowledge of triangles, angles and weight we had to design and create a bridge using only uncooked spaghetti and marshmallows!</p> |
| <p>New Zealand Class</p> <p>Teacher: Mr Brown</p> | <p>New Zealand have had a wonderful week settling into our KS4 classroom and socialising with our new classmates. We have enjoyed following our transition timetable and had fun participating in a range of different activities. This has included making fruit muffins in Food Technology and playing cricket and football outside, making the most of this wonderful weather. Some of us have enjoyed rock climbing too! We worked hard, completing all of our GL assessments and we are looking forward to celebrating our last day of term together.</p>            |
| <p>Tasmania Class</p> <p>Teacher: Mrs Wong</p>    | <p>It has been a busy transition week this week in Tasmania class. It was lovely to see our new students engaging in the reading and writing project, maths project and various transition activities. Tasmania students have worked really hard in complete their GL assessment tests throughout the week. We have also engaged in some team building activities where we tried to problem solve as a team. Wish all student a relaxing summer holiday and Tasmania staff are looking forward to working with you in September!</p>                                      |



# Class News

## Key Stage 5

|   |  |
|---|--|
| Malawi Class<br><br>Teacher: Mr Mason               | It's been a busy week this week in Malawi class for transition week. We have worked on team building to get to know our new class mates and class team more. In PE this week, we played badminton and table tennis. In Food Technology, students made burgers and chips from scratch which all looked delicious. It has been an amazing week and we look forward to September. Enjoy your summer Malawi class, see you all soon!!  |
| Christmas Island Class<br><br>Teacher: Mr Griffiths | Christmas Island have had a fantastic transition week and have settled into their new class excellently. Pupils have completed a range of 'ice breaker' activities to get to know each other. These included creating PowerPoints with facts about themselves and doing a presentation about themselves to the class, and playing a 'hot seat' game where they were put into pairs and had to ask and answer questions to each other. Pupils also went to the forest school and each created their own art piece made from natural resources, with some pupils working independently and some working as a team. Pupils were then awarded with various titles for their art pieces, such as 'the most likely to appear in an art gallery' and 'the most realistic'.  |
| Fiji Class<br><br>Teacher: Miss Ham                 | We have had a great transition week in Fiji, with many fun and relaxed activities to get the students settled into their new normal. As there are some new students in Fiji class, we wanted to do an activity where we could reintroduce ourselves to our classmates. We completed All About Me PowerPoint presentations, discussing our favourite foods, places to go, families etc and presenting them in front of the class. We also did some team building exercises, such as working in pairs to build the highest tower with spaghetti and marshmallows, as well as doing an emoji code breaking task. We had a great Food Technology lesson where we made homemade cheese burgers and fries, such a crowd pleaser! We have also been working hard to complete a number of Maths and English assessments this week. We completed our enrichment activities and completed an activity on Chatta where we discussed our zones of regulation, how we feel when we are in each zone and what helps us to regulate. We went to the library and picked a book of our choice each to read throughout the week. We also had a class brainstorm discussing how we would like to design the quiet room, what class trips we wanted to go on and what colleges we would like to visit this year to prepare for our future. We had a great scavenger hunt to finish the week and also celebrated our student Githan's very special 16th birthday, we hope he had an amazing day. We hope everyone has a fabulous summer, and we can't wait to see you all refreshed and ready to go in September! |
| PNG Class<br><br>Teacher: Mr Hatton                 | Well done to all the students in PNG for a smooth transition into their new class. The students have enjoyed sharing their interests with members of staff and getting to know their new class team. We hope that all the students have a well-deserved rest over the summer.  |



# Class News



For more information on your child's progress, contact the class team directly.  
Our Key Stage Leaders and Mrs Tobin can tell you more about our curriculum, with all subject maps available on our website ([access here](#)).

## Human Resources Update

It seems no time since we started this academic year but here we are at the end of term and time to say hello to some old friends and goodbye to others.

Welcome back from maternity leave to Mrs Wray, Miss Sloan and Miss Richter.

We say goodbye and best of luck with your future careers to:

- Mrs Williams-Chappell – Psychotherapist
- Mr Roach – Teacher
- Mr Terry – Nurture Provision Leader
- Mrs Evans – Teacher
- Mr Spillane – Teacher
- Mr Murphy – HLTA
- Miss Lewtas – HLTA
- Miss Ward – TA
- Miss Grierson – Classroom Assistant

Congratulations to three of our Classroom Assistants who joined us on the DWP Kickstart Scheme earlier this year and have secured Teaching Assistant roles with us. Well done Mr Pendleton, Mr Tessyman and Mrs Johnstone.

We hope everyone has a restful summer and look forward to seeing you all in the next academic year.

# Useful Information and Resources

In this section, you will find information on services that are available to you across the city over the next few months. There are links that you can click on which will take you to lots of different places of support and services for our parents across the city. Remember to check online at [Liverpool Early Help Directory](#) for regular updates and new programmes from a wide range of council and partner services.

## Kids Eat for Free (or less than £2.50 each) Summer Offers

### KIDS EAT FOR FREE OR LESS DURING SUMMER 2022



|  |  |
|--|--|
| <b>MORRISONS</b><br>Spend £4.99 to get a free kids meal after 3pm daily, normally all day during half term.    | <b>IKEA</b><br>Get TWO kids hot meals, fruit, drink and jelly for £5 in their Swedish restaurants (subject to availability). |
| <b>ASDA CAFE</b><br>Kids eat for £1 every day with NO need for a paying adult from 25th July - 4th Sept, 2022. | <b>BELLA ITALIA</b><br>Kids eat for £1 with each adult meal from 4-6pm on Mon-Thurs.   |
| <b>DUNELM</b><br>One free mini main, two snacks and a drink for every £4 spent in the in-store cafe.           | <b>DOBBIES</b><br>Kids eat free with an adult main meal.   |
| <b>YO!</b> Kids eat free from 3pm-5:30pm Mon-Thurs for every £10 spent on food.                                | <b>TABLE TABLE</b><br>Two children under 16 get a free breakfast with one paying adult every day.                            |
| <b>BEEFEATER &amp; BREWERS FAYRE</b><br>Free breakfast for two children under 16 with every paying adult.      | <b>CAFE ROUGE</b><br>Kids eat for £1 with an adult meal excluding Saturday.  |
| <b>HUNGRY HORSE</b><br>Free kids breakfast with an adults breakfast from 9am-12pm daily.                       | <b>MORE TO COME!!</b><br>M&S, TESCO and more expected soon, see websites for latest information.                             |

## Summer HAF Programme from Liverpool City Council

The Summer HAF programme starts on the 20<sup>th</sup> July and there are lots of great activities happening over the school holidays. Children and young people will be able to access hundreds of activities throughout the summer holidays including specific provision available for children with SEND or additional needs, at **no cost to you**. There's a great range of activities across the city including **boxing, trampolining, football, music, dance, cycling, cooking, climbing, films, bowling, arts and crafts, drama, a make up course, trips out** and much more! Every day there will be a meal available for every child that attends. For full details, please click [here](#).

If you know of any additional service or resource that would be useful to the rest of our school community, please share it with our office via [reception@abbotsleaschool.co.uk](mailto:reception@abbotsleaschool.co.uk)



# Useful Information and Resources

## Liverpool Football Club Kicks Inclusion Team

Over the summer holidays, the LFC Kicks Inclusion Team will be hosting Kicks Inclusion events and camps, hosted at Anfield Sports and Community Centre. The first date is 22/07/22 and will run weekly throughout the summer. All camps will be running from 12:30pm-3pm and cater to all age groups. To book onto an event, please click the relevant link below:

- U10's - <https://www.openplay.co.uk/embed-activity/63456?goback=/tag-courses/1053/any/kicksinclusion>
- U16's - <https://www.openplay.co.uk/embed-activity/63461?goback=/tag-courses/1053/any/kicksinclusion>
- Adults - <https://www.openplay.co.uk/embed-activity/63462?goback=/tag-courses/1053/any/kicksinclusion>

Families can also view all the Kicks Inclusion details and events by following this link: <https://foundation.liverpoolfc.com/get-involved/kicks-inclusion>

## YPAS Mental Health Crisis Drop In Centres

| CRISIS DROP-IN'S   | CRISIS DROP-IN'S   |
|--|--|
| <b>Across 3 Community Hubs</b><br><br><b>YPAS North Hub</b><br>Croxdale Road West<br>L14 8YA<br>Monday: 9am -8pm<br>Tuesday: 9am - 8pm<br>Wednesday: 9am - 8pm<br>Thursday: 9am - 8pm<br><br><b>YPAS Central Hub</b><br>36 Bolton Street<br>L3 5LX<br>Monday: 9am -8pm<br>Tuesday: 9am - 8pm<br>Wednesday: 9am - 8pm<br>Thursday: 9am - 8pm<br>Friday: 9am - 8pm<br>Saturday: 1pm – 6pm<br><br><b>YPAS South Hub</b><br>Lyndene Road<br>L25 1NG<br>Monday: 9am -8pm<br>Tuesday: 9am - 8pm<br>Wednesday: 9am - 8pm<br>Thursday: 9am - 8pm | <b>Across 3 Community Hubs</b><br><br><br>YPAS North Hub<br>Croxdale Road West,<br>L14 8YA<br><br>YPAS Central Hub<br>36 Bolton Street,<br>L3 5LX<br><br>YPAS South Hub<br>Lyndene Road,<br>L25 1NG<br><br><b>We can support you through times of crisis</b><br><ul style="list-style-type: none"><li>• STRUGGLING WITH YOUR MENTAL HEALTH?</li><li>• YOU OR YOUR CHILD ARE IN A CRISIS?</li><li>• FEELING LONELY &amp; ISOLATED?</li><li>• NEED A LISTENING EAR?</li><li>• NEED A SAFE SPACE?</li></ul> |


# Useful Information and Resources

## MyFamilyCoach.com

We know it can be hard sometimes to understand children's behaviour and find the best ways to support them as they grow up. If you need support, are looking for advice, or have a parenting question, you'll find everything you need at [MyFamilyCoach.com](https://www.myfamilycoach.com).

**What's new**  
Browse our latest resources


**View More**



**Bullying & Behaviour**  
Lauren Seager-Smith

Lauren talks to Claire about bullying and how to support children of all ages if they're being bullied.

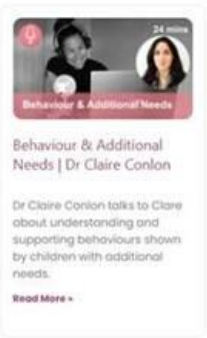
[Read More >](#)



**Talking About Frightening World Events With Your Child**

It's tough to talk about war, natural disasters, and other frightening world events. These simple tips will help you start the conversation.


[Read More >](#)



**Behaviour & Additional Needs**  
Dr Claire Conlon

Dr Claire Conlon talks to Claire about understanding and supporting behaviours shown by children with additional needs.


[Read More >](#)



**Helping Your Teen Cope When a Pet Dies**

Learn how to help your teenager cope with the loss of a pet using 5 simple strategies

[Read More >](#)



**MY FAMILY COACH**  
Powered by **TEAM TEACH**

My Family Coach is a free, easy to sign up to website produced by experts in child behaviour, parenting, and education. They have over 20 years of experience working with schools to understand children's behaviour. Their training is used in 5,000 settings, training over 100,000 individuals each year.

The website is full of resources on popular parenting topics, such as screen time, bullying, and mental wellbeing. They have a wide range of blog posts, podcast episodes, and videos available, along with bookable 1:1 coaching, courses, and classes.

### [FREE online class on Starting & Changing School from My Family Coach](#)

You won't want to miss our next free online class about starting and changing school, perfect for new EYFS intake and transition to secondary school. We had a record-breaking 160 parents and carers sign up for our last class.

Date: Thursday 28th July 2022

Time: 7:30pm-8:00pm

# Useful Information and Resources

## Adolescent to Parent Violence and Abuse Resource Booklet

The booklet has been designed by Liverpool City Council and other organisations across the region to support families experiencing this serious issue. The booklet can be accessed on our website [here](#).

## Charlie Waller Trust Mental Health Charity Webinars

The Charlie Waller Trust is a registered charity that helps young people to understand their own mental health, to equip them to support themselves and those around them, and to empower them to talk more openly about the subject.

They are running a series of live webinars for families and educators. The webinars are free to attend and are all presented by their mental health trainers, speakers and guest speakers who come from a wide range of professions, including education, psychology, social work, youth work, public health, psychotherapy and nursing.

Book the free webinars [here](#)

## Liverpool CAMHS Training

Liverpool CAMHS provide online bite-size training sessions on a variety of topics, from attachment, child worry, young carers, eating disorders and the relationship between social media and mental health.

All sessions can be booked on their website [here](#).

## ADDvanced Solutions Community Network

The team at ADDvanced Solutions Community Network continue to support the families living with Neurodevelopmental conditions in Liverpool pre, during and post-diagnosis.

### What's available?

A weekly programme of Virtual Community Network Groups and webinar Learning Workshops for parents and carers of children and young people living with neurodevelopmental conditions pre, during and post-diagnosis and also to the professionals who support them while we are unable to deliver our face-to-face delivery.

You can see their calendar of activities for Liverpool parents [here](#) and also find information on the services [here](#).

## Family Activity Sheets for Online Safety from ThinkuKnow

ThinkUKnow has a new platform available for 11-18 year olds with resources about online safety, healthy relationships and consent: [https://www.thinkuknow.co.uk/11\\_18/](https://www.thinkuknow.co.uk/11_18/)

ThinkuKnow also have resources available to families to start conversations about online safety using their [family activity sheets](#) and [#AskTheAwkward](#) links