

***Live . Love . Learn - Littletown***

Friday 16th September 2022

Dear Parents and Carers,

This morning I had the absolute pleasure of hosting Mrs Galinski, the first ever Headteacher of Littletown at the school with her daughter. This month marks 50 years since she welcomed the first children to Littletown in September 1972. We toured the school before talking to the KS2 children in assembly together and spending some time with staff in the staffroom. Mrs Galinski was very impressed with the children today, noticed how happy the school was and loved their singing in assembly. We look forward to welcoming her to the school again in the future.

Also this morning, we were pleased to welcome to the Community Room new Reception parents joining the school this September.

Next week, on Tuesday we have two Cross Country running events with lots of our KS2 children representing the school at the Honiton Learning Community Cross Country on All Hallows field and/or the first Stockland Cross Country of the year.

Please find below in this newsletter some information from Mrs Rossiter about Parental Minds. Mrs Rossiter has been a Littletown teacher before moving to work for parental minds and is excited about the support that can be offered to Honiton families.

Finally, a reminder that we are not at school on Monday and I look forward to seeing you all on Tuesday 20th September.

Yours faithfully,

David Perkins 

Principal

**Student and Family Support team update**

**SAFS drop in next Friday**

We will be holding a coffee (or tea!) morning Friday 23rd September in the community room from 9am to 9:30am. Mrs Canniford and myself will be there with a smile to say hello! Please come along and have a chat if you have any concerns or just to meet us. Looking forward to seeing you there.

Miss Talbot

**Mental Wellbeing**

Our first wellbeing week of the academic year will be held during the week beginning Monday 10th October and as in previous years it will be held in conjunction with Young Minds ‘Hello Yellow’ campaign. Our ‘Hello Yellow’ Day will be on **Tuesday 11th October** when children and staff will be invited to wear anything yellow into school. Please do not go and buy anything special for the event as it will be a non-uniform day for everyone. If you are able to donate 50p per child/£1 per family which will go to the charity Young Minds then that would be fantastic but this is purely voluntary. There will be more information about the week in future newsletters.

**Week Beginning 19th September 2022 events**

| **Monday 19th September** | **Tuesday 20th September** | **Wednesday 21st September** | **Thursday 22nd September** | **Friday 23rd September** |
| --- | --- | --- | --- | --- |
| School closed | HLC Cross Country |  |  | SAFS drop in coffee 9-9:30 Community Room |
|  | Stockland Cross Country |  |  |  |

**Community news**

**Honiton Community College open day**

The new Principal at Honiton community College, Mr Kirkbride has shared a flyer for an open evening at the College which you can find attached.

**Parental Minds**

I am sure the summer holidays seem like a distant memory already and your to do list is growing exponentially but I wanted to share information with you about our Parent+ Support Hub in Honiton. We have a steady flow of parents visiting the hub, but I'm sure there are many more that may still be unaware of our service and could really benefit from the support we can offer.

Parental Minds CIC gives support to families who are struggling with their mental health. We believe that the parental voice is vital when families are living with mental health issues; this under pins all of the work we do. We are able to provide face to face support to those living in East Devon and Exeter and virtual support to families outside of this area. We offer 1:1 calls, messaging, coaching and counselling and we connect families with a range of organisations and services that are recommended by professionals or by those with lived experience. We also facilitate small virtual peer support groups for members who are experiencing similar challenges and run monthly online skills workshops where we discuss subjects such as self-care, releasing emotions, river of tolerance and many more.

Through our Parent+ Support Hubs, we provide support and information, allowing caregivers to grow in strength and knowledge. We are passionate about empowering individuals to be curious about the services they use and equipping them with the tools to meet their families’ needs. Our hub meetings are informal, café-style sessions, designed to create a safe space for parents and caregivers; we share hints and tips and it is somewhere to be ‘heard’ in a relaxed environment.

Here is some feedback about our service: -

*‘Great to have someone to talk to who Gets It’ ‘Lovely group of non-judgemental people’*

*‘Great to hear about things that are happening locally’ ‘Provided hope for parents that are struggling’*

*‘All the information talked about seemed very useful’*

Please don't hesitate to get in touch if you have any further questions or ideas of how we can link to support families in the Honiton area.

Warmest wishes,

Vanessa Rossiter

Peer Support for Parental Minds CIC

[www.parentalminds.org.uk](http://www.parentalminds.org.uk/)

[Parental Minds Facebook](https://www.facebook.com/parentalminds/)

Parent+ Support Text Line for Honiton: 07907 614516