

St Mary's CE Primary Wellbeing Hub Newsletter

Term 2 - Signposting



Please note that we are not affiliated with or endorse the companies or information shared. This is for reference only.

www.facebook.com/PortisheadCommunityFridge/

Community fridges are open to all and encourage our community to share and use food that would otherwise go to waste.

Did you know that they are open 3 days a week? Make sure you take a bag.



Mondays @Avon Way Co-Op 11am
Wednesdays @Avon Way Co-Op 3.30pm
Saturdays @Somerset Hall 10am



<https://portisheadparent.co.uk/support/>

If you are in need of support, then take a look at the Portishead Parent website.

It has details of local and national resources to help you find the support you need. It also lists clubs and activities for children, as well as days out and things to do.



Posset Pages

Foodbank Christmas holidays lunch bags

If your child is entitled to free school meals, you can get a foodbank lunch bag voucher.

You can then exchange the voucher at Portishead food bank for a lunch bag and a family essentials pack. The lunch bag usually contains cereal, baked beans, pasta, tuna, drinks, and snacks. The family essentials pack includes tea, coffee, shampoo, shower gel, soap, and jam.

Lunch bags for the Christmas holidays can be collected (with a voucher) from Portishead Foodbank on Friday, December 20th between 12 and 2.

Contact us for your voucher Tel: 07483932608 makealunchportishead@gmail.com

Over the Christmas break, there are lots of places where children can eat for free or cheap with a paying adult. The list below has well-known places with offers on, but do check local places near you as they may have special offers too.

Cafés in shops or supermarkets

IKEA

At [IKEA](#) restaurants, although there are no specific 'kids eat free' Christmas offers, if you sign up for free to join the IKEA Family (rewards programme) you can get a different adult meal each weekday for just £3. All breakfast options are already under £3.75, and all main lunchtime meals under £7.25. Kids' meals start from 95p, up to £1.50.

Morrisons

At [Morrisons](#) cafés, for every adult meal you buy for £4.50 or more, you get a free kids' meal including a piece of fruit and a drink.

Sainsbury's

The children's menu – suitable for 5–10 year olds – at [Sainsbury's](#) cafés offers a series of main meals for £3.50, including a Christmas roast

Restaurants

Bella Italia

At [Bella Italia](#) restaurants, kids aged 2–11 can eat free every Thursday. Sunday to Wednesday between 4–6pm, they can get three courses of food plus a drink for £1.

Cafe Rouge

During school holidays at [Cafe Rouge](#), kids can get a two or three course lunch or dinner for free, with every adult main meal purchased.

TGI Fridays

When you buy an adult main meal at [TGI Fridays](#), you get a free children's main (suitable for kids up to 12 years old), if you download the free rewards app.

Pubs

Hungry Horse

You can get a kids' meal for just £1 when buying one adult meal at a [Hungry Horse](#).

Sizzling Pubs

At [Sizzling Pubs](#), for every adult main meal you buy on a weekday after 12pm (or after 3pm during term time), you can get one children's main for £1.

Beefeater

During school holidays at [Beefeater](#), for every adult breakfast you buy (for £10.99), two kids under 16 can eat for free. For lunch, you can get a three course kids' meal for £6.99, and there are 8 adult options for under £8 to choose from, too.

Brewers Fayre

Similarly, for every adult breakfast you buy for £10.99 at [Brewers Fayre](#), two kids under 16 eat for free. You can also get a three course kids' lunch for £6.99.

For discounts on days out, holidays and eating out, go to www.kidspass.co.uk

Take your family time to the next level

With over 1000+ discounts on Zoos, Theme Parks, Cinemas, Restaurants and more, it's never full price with Kids Pass!

Try now - £1 for 30 days



Up to
56% OFF
theme parks



Up to
50% OFF
family holidays



Up to
25% OFF
or kids eat free



Up to
40% OFF
zoos and safaris



Up to
50% OFF
days out



Up to
40% OFF
cinema trips

Term 2 - SEND



BossCut Barbers and Hair Salon – Children’s Sensory Room

BossCut Barbers & Hair Salon have created something very special for local families, & designed some spaces just for children. There's a super cool sit in 'car chair', where they can feel they're in the driving seat while getting their hair cut. For those children who find the whole experience too overwhelming, they've created friendly, welcoming & peaceful sensory rooms. You'll find equipment which is quieter & less scary, as well as staff who will cater to their needs & go at their pace. If they would find it helpful, you can always bring them in to spend time in the space before you book an appointment.

[Watch our little video to see what we've created](#)

WEBSITE: www.boss-cut.co.uk

FACEBOOK: [Facebook.com/BossCutHair](https://www.facebook.com/BossCutHair)

PHONE: 07368 528792

*Please feel free to contact Mrs Sheppard or Mrs Blundell via the school office if you have any Special Educational Need/Disability (SEND) question.
We are here to help.*

Term 2 - Online Safety

Staying Safe Online

There are lots of ways to help keep your child safe online. Below are the CBeebies and CBBC links to keeping safe online along with games and film clips to help your family talk about online safety together.

<https://www.bbc.co.uk/cbeebies/grownups/article-internet-use-and-safety>

<https://www.bbc.com/ownit/curation/staying-safe>

If you haven't already used this, the Internet Matters guide can help you set parental controls on all devices around your home

<https://www.internetmatters.org/parental-controls/>

Download a free online safety guide for 6-10 year olds

<https://www.internetmatters.org/resources/online-safety-guide-6-10-year-olds/>



Internet Matters Team | December 6th, 2024

Internet Matters supports parents and professionals with comprehensive resources and expert guidance to help them navigate the ever-changing world of child internet safety.



Internet Matters' CEO shares advice with busy parents to put online safety measures in place now ahead of the hectic festive season for peace of mind – which the Government has welcomed.

Term 2 - Mindfulness

Mindful Minute

If you feel yourself becoming stressed or anxious then take a minute. Just one minute and use your senses to calm and relax yourself.

What can I see?
What can I hear?
What can I feel?
What can I smell?
What can I taste?

Calmness



Gingerbread Emotion Cookies

Here is a lovely gingerbread recipe to make with an adult. I wonder how many different emotions you can make on your cookies?

Ingredients

- 350g plain flour
- 175g light brown sugar
- 100g butter or margarine
- 1 medium egg
- 4 tablespoons of golden syrup
- 1 teaspoon bicarbonate of soda
- 3 teaspoons of ground ginger
- Icing to decorate in different colours



Method

Put the flour, butter, ground ginger and bicarbonate of soda into a mixing bowl. Rub in with your fingers.

Add the golden syrup, sugar and egg. Mix it up until you have firm dough.

Using a rolling pin, roll out the dough until about 5mm thick and cut out your gingerbread cookies.

Grease a baking tray with a little butter and place your gingerbread cookies onto the tray. Don't lay them too close to each other.

Bake at 180 for between 10 and 15 minutes.

Remove from the tray when they have cooled a little and place on a cooling tray. When cold decorate with lots of different facial expressions.

Here are some ideas...



happy



angry



excited



sad



surprised



worried



scared



confused

Hot Chocolate Breathing

If you feel yourself becoming stressed or anxious then take a minute. Just one minute and use your senses to calm and relax yourself.

Imagine you are holding a hot cup of chocolate hmm. It smells and tastes so good.

Hold your hot chocolate carefully in your hands and take a big breath in through your nose and smell the lovely chocolate smell. It smells amazing. Count 1 2 3 4 5 6 7 as you breathe in through your nose.

Now imagine the hot chocolate is a bit hot and you need to blow it a bit to cool it down. Breathe through your mouth slowly onto the hot chocolate and cool it down. Count 1 2 3 4 5 6 7 8 9 10 11 as you breathe out.

Colour in your mug

