



# Doubletrees School

Achieve, Belong, Communicate, Develop and Enjoy

## Helping With Transitions

Heraclitus, a Greek philosopher once said, **“The only constant in life is change.”**

Transition periods in life as well as school are proof of this. Many children struggle with transitioning to new environments, especially in school, around their peers, while they themselves are growing and developing. No matter the transition situation, there are certain tips parents can keep in mind during these trying times.

- 1. Talk about emotions:** Throughout their life, children will experience a range of emotions. Continually and consistently talk to your child about how they're feeling and encourage them to express their emotions in healthy ways. Reassure them that you are there to support them. When they face social pressures and conflicts, talk to them about it and help them develop strategies for navigating these challenges.
- 2. Stay involved:** Stay involved in your child's education by attending school events, taking part in workshops and staying in communication with the teacher and other key staff at school.
- 3. Celebrate milestones:** Celebrate your child's milestones, no matter how small. Every step in life is a big step, and your child will be continuously learning and growing, no matter their age. Celebrating their accomplishments can help them feel confident and proud of themselves.
- 4. Encourage independence:** Independence is gained slowly throughout a lifetime. Parents can help guide children to independence through developing a routine, offering choices, encouraging exploration, assigning responsibility and strengthening communication.

## Family Fund

Funded by the Department for Education and managed by Family Fund, the Support for Families with Disabled Children programme provides a wide range of grant items to families in England raising a disabled or seriously ill child or young person and living on a low-income.

Please visit [www.familyfund.org.uk](http://www.familyfund.org.uk) for more information.

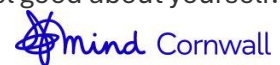
## Mental Health and Wellbeing

**Mind are offering** a free, 6 week, face to face programme, based around the Five Ways to Wellbeing – **connect, keep learning, give, take notice and be active.**

It's a friendly, no pressure group, with plenty of time for chatting over a cuppa too!

Making small changes to your lifestyle can help to build your resilience so that you are better prepared to deal with everyday life, as well as difficult situations. This can help you to stay well and feel good about yourself.

It's about finding something that works for you in your day-to-day life.



Email us to find out where your nearest programme is taking place. [info@cornwallmind.org](mailto:info@cornwallmind.org)

## “Our Cornish Home” Art & Photography competition



St Austell Library and SALSAs invite you to take part in our art & photography competition!

- \* The theme is “Our Cornish Home” but how you interpret that is up to you!
- \* You can use any media you like, including digital, max A3 size
- \* If you are working digitally, your art will need to be created at 300dpi. Please contact us for delivery details
- \* You can use images, words, or a mixture of both
- \* Age Groups are: 5 & under, 7-12, 13-18, 19-40, and 40+
- \* The top three in each age category will receive a prize and 1st place will have their artwork reproduced for display in our newly redecorated computer suite!
- \* Closing date: Friday 23rd August 2024

For further information and an entry form/T&Cs, come to the Help Desk, email [stauzell.library@liscornwall.org.uk](mailto:stauzell.library@liscornwall.org.uk), or call 0300 1234 111  
Facebook: [StAustellLibrary](https://www.facebook.com/StAustellLibrary) Instagram: [@stauzell.library](https://www.instagram.com/stauzell.library)



## Addictive Behaviour

Thursday 11th July (7pm to 9pm)



An online session looking at the process of addiction and how we can fight back

Available to book now £24

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)  
on the PARENT page

## Are you aware of teenage brain development and how it impacts on behaviour?



### Understanding the Teenage Brain

“Every parent and teacher should hear this...”  
Mr Mead, Headteacher at Lytchett Minster School, Dorset



Two-hour online talk **Monday 15th July 7-9pm**  
Book Now £24  
[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)



## Sensory Stories

Sensory stories provide sensory stimulation and develop communication in a fun way. They also make stories fully accessible.

Telling a sensory story involves using assorted items to create sensory experiences that mirror what is happening in the story. For example, if you are telling a story about a character who gets caught in the rain, you might spray some water. This gives children the opportunity to not only listen to the story but feel it.

Here are some top tips for telling a sensory story:

- Any book can be broken down into workable parts.
- Each section should be a sentence or two long and accompanied by a sensory experience.
- Find an item to match each part of the story. Try to use the real thing if possible.
- Tell the story a number of times, with consistency. This repetition promotes cognitive development and helps your child to evolve an understanding of communication. It also encourages anticipation and allows your child to express their preferences.
- Consider whether published stories are relevant for your child, or whether it would be better to create a personalised story.

Please visit:

<https://www.sense.org.uk/activities/sensory-stories/> for more information and a

**Climate Café** Upcoming Sessions

June 29	Truro Mid-Cornwall Climate and Eco Hub, 2-4pm
July 16	St Austell Wheal Martyn Clay Works, 2-3.30pm
July 27	The Lizard Kestle Barton, Manaccan, 2-4pm
Aug 20	St Austell Wheal Martyn Clay Works, 2-3.30pm

More information & booking: <https://bit.ly/ccan-wellbeing>

Logos: CCAG, Climate of Eden Hub, Wheal Martyn Clay Works, Cornwall Climate Action Network, Cornish Communities Partnership, Transition Network, Cornwall Council, Cornwall Council logo.

## Family Engagement Dates

19<sup>th</sup> July 2024 14:30 – Learning to Learn Family Engagement Session

16<sup>th</sup> September 2024 10:00 – Bridging to Learn and Ready to Learn Family Engagement Session

27<sup>th</sup> September 2024 10:30 – Learning to Learn Family Engagement Session

2<sup>nd</sup> October 2024 10:00 – Makaton Coffee Morning

10<sup>th</sup> October 2024 10:30 – Your Child's Future Event

**Please email or telephone Michelle if you wish to attend any of the above dates.**

**COMMUNITY BTEC COURSES**  
EMAIL ENROLL NOW

PEARSON BTEC LEVEL 1 INTRODUCTORY AWARD IN:  
 • PERFORMING ARTS  
 • LAND BASED STUDIES (HORTICULTURE)

AGES 12+  
FREE PLACES AVAILABLE  
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☎ 01326 377008  
🌐 [www.circokernow.co.uk / office@swampcircus.co.uk](http://www.circokernow.co.uk/office@swampcircus.co.uk)

Logos: Circo Kernow, Swamp Circus Trust, Pearson

## Family Engagement Survey

I sent an email last week sharing our Family Engagement Survey with you. This survey should only take a few minutes to complete, and your responses are anonymous.

Your feedback is extremely important to us as it helps us to build on positive experiences and identify any needs for improvement. We will also use this information to assist us in developing our Parental Engagement Policy.

Please scan the QR code below to complete the survey. If you require a paper copy, please let me know ([msandham@doubletrees.org.uk](mailto:msandham@doubletrees.org.uk) / 01726 812757).

Thank you, Michelle.

