# Education Inclusion Family Advisor Newsletter 11<sup>th</sup> July 2022

## A Message From Me

Parents with children moving up into secondary school may find the following workshop useful.

14th July 13.30 – Transition into secondary school

[Amanda.Gilbert@Cambridgeshire.gov.uk]

EIFA's will be running 'drop ins' over the summer. Please take a look at the poster for details.

### **Activity Idea**



#### **Parenting Top Tip**

https://www.teacherspayteachers.com/ Store/Pathway-2-Success/Category/-Social-Skills-183741



Using manners Having a positive attitude

Working with others
Good hygiene
Using polite words

Taking turns
Greetings
Having patience
Being a good sport

Listening
Personal Space

www.thepathway2success.com

#### **Another Resource**

The NHS identifies 5 simple steps to help us all with our wellbeing that are all great for doing with children: connect with other people get active

- learn or do something new
- do something for others
- take notice of the world around us

For more information, visit www.nhs.uk/mental-

health/self-help/guides-tools-and-activities/five-

steps-to-mental-wellbeing/ or

www.mind.org.uk/workplace/mental-health-atwork/taking-care-of-yourself/five-ways-to-

**Does** your child have, or potentially have, an additional need or disability? Pinpoint (www.pinpoint-cambs.org.uk) have lots of information, advice and tips. For Cambridgeshire's Local Offer go to www.cambridgeshire.gov.uk/residents/children-and-families/local-offer

