

# Education Inclusion Family Advisor Newsletter

## November 2023



### A message from me.....

Welcome everyone! I hope you have all enjoyed some well deserved time off and was able to have some family time. Please take note of the workshops that you can now book, and if you need any further parenting support please to get in touch. Contact details below.

### Remembrance



November is the month in which we remember our Armed Forces, on the 11<sup>th</sup> day, on the 11<sup>th</sup> Month, at the 11<sup>th</sup> hour (Armistice Day).

The Sunday closest to this day (Sunday 12<sup>th</sup> November 2023) is when we as a nation celebrate Remembrance Sunday with services and parades across the country. Live on BBC1 at The Cenotaph.

#### Festival of Remembrance:

Is a great way to learn more about the forces and in particular, what significant dates we are celebrating alongside our annual remembrance. To watch/listen: Saturday 11<sup>th</sup> November, on BBC1/BBC Radio 2 at 9pm. The ceremony will also be available on BBC iPlayer shortly after.



[Remembrance events | Royal British Legion](#)



[Home - Little Troopers](#) - Military Children Support



[SSFAFA, the Armed Forces charity](#)

### Workshops

Please see below the list of workshops that we are delivering this term. They are all accessed via Microsoft Teams.

- **12-1pm: Digital safety/ internet safety**  
– 7<sup>th</sup> November 2023
- **12-1pm: Parental wellbeing**  
– 14<sup>th</sup> November 2023
- **12-1:30pm: Supporting with feelings of worry**  
– 21<sup>st</sup> November 2023
- **12-1:30pm: Supporting with feelings of anger**  
– 28<sup>th</sup> November 2023
- **12-1pm: Sleep** – 5<sup>th</sup> December 2023

Here is the link to the booking form:

<https://forms.office.com/e/rMYxyBgixQ>



Include children in the day-to-day tasks and give them options to choose from where possible. Children go through life with plans set out for them, giving them some control helps them to feel they are included, valued and listened to.

**When looking at choices and consequences with behaviour:**

#### **Choices**

- Limited choices that are acceptable to you
- Positive redirection
- Encourage thinking “What would be a good behaviour choice?”

#### **Consequences**

- Logical or natural consequences related to the behaviour. (Three “R’s” – Related, Reasonable & Respectful and Helpful)
- Known or aware of in advance.
- Consistent each time & followed through.