December

2024

Heads Up!

Avalon School
Learning for Life

Dear Parent Carers,

As always I need to thank you all for a really successful full term at Avalon School. I hope that this newsletter finds you well and ready to immerse yourselves in the holiday season with your magnificent children and young people.

We have included some helpful advice and guidance from our PFSA and external organisations which means that you do not have to do all of the work yourselves. You will also find some key focus areas for our curriculum in 'Up Next'.

Thank you to everyone who supported our Christmas Café which was brilliantly attended and hosted by Willow Class. They did an amazing job of planning and preparing the food and drinks for this event and I am sure you will agree, did a very good job of serving the customers.

I know some of you have asked if you could make a donation to the school for this event and you may, making your donation via Arbor, which will go straight to the Willow Class budget for their tuck shop—if they cover the cost of the ingredients, they will use a percentage of the money to donate to a charity they have chosen and a percentage to further events. Their tuck shop money is used to further invest in tuck shop and other events and to provide them with end of term opportunities as payment for their hard work. Any donation is gratefully received but please remember we are aiming to be a cashless school so payments should be made via ARBOR.

The chosen photographs for this edition of the newsletter celebrate our young people accessing Eastfield's Farm in Somerton. Students from Hawthorn Class go to Eastfield's on Wednesdays and students from Oak Class go on Fridays. It is a really fruitful exercise for these young people and you will see from the photos that they enjoy the experience; learning to be in the community, take measured risks, learn about animals and experience an off site visit in a safe way. The Friday group has not been going long but already they are making progress in engagement, managing change, being safe and all areas of animal care. Thanks to the skilled team at Eastfield's and to our amazing staff who accompany the children and support the teaching and learning.

Tania's newsletter pages also include advice and guidance for parent carers and families who might not be anticipating a happy Christmas period. We know that this time of year is hard for some people, particularly around finance and Tania has included information about this and signposted to support. She works very closely with food banks too, so please do ask for help from Tania or other agencies, if you need it.

I have done some small adjustments to our website over the past weeks, so do take a look at some of the work we are doing here, from policies to online safety, from curriculum to vacancies. I am no website designer but I hope that it does give a glimpse into our super school. https://www.avalonschool.org.uk/

Happy Christmas!

Amy Norris, Head of School

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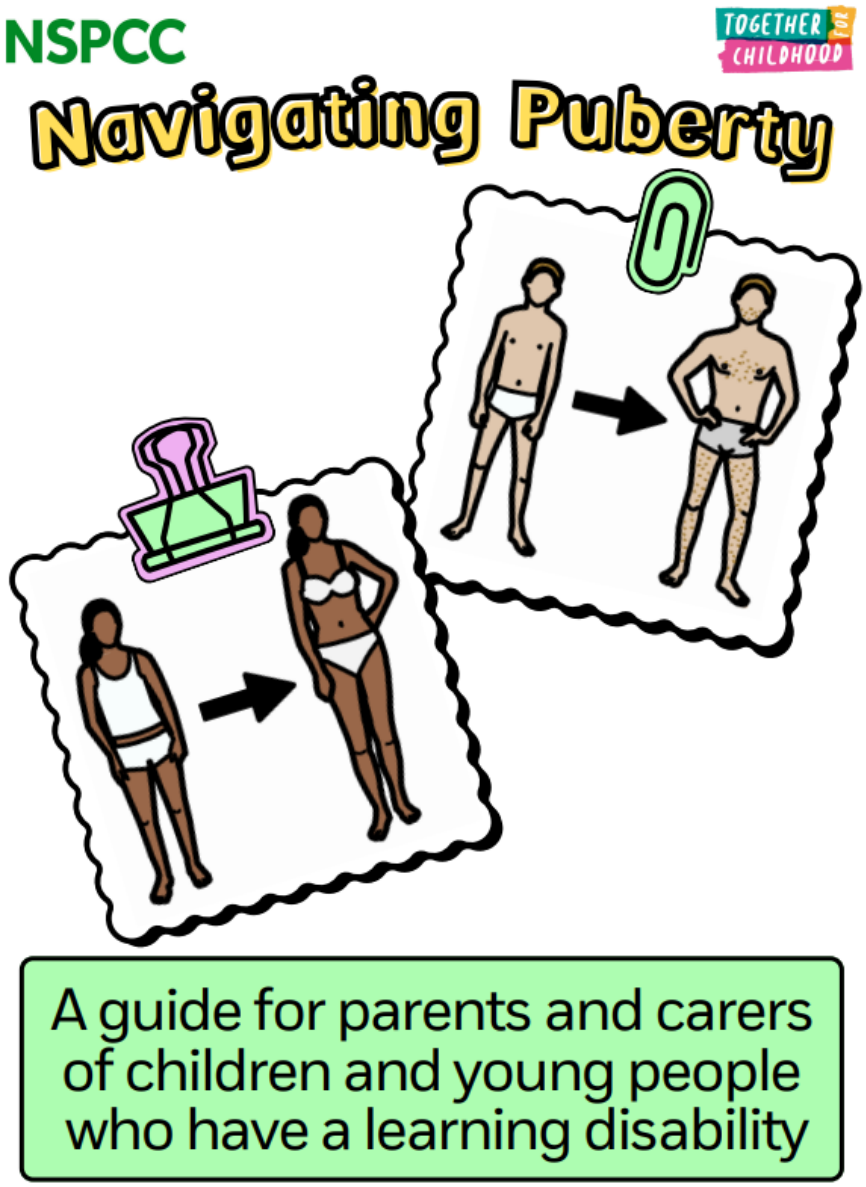
Please find a link below to a really useful booklet to support yours and your young person's understanding of puberty from the NSPCC. We teach relationships and sex education here at Avalon as statutory requirement and for many of our young people this is something that they need a lot of support with from the very basics of how their bodies are and will change and how to cope with these changes.

If you would like us to print you a clear, concise and very visual booklet to use at home then do ask us, via the office email: office@avalonsch.uk

Students will all be looking at 'Changing me' after the February half term—please see 'Dates for your Diary'



Click on the link here to take you to the full booklet:

Navigating puberty | NSPCC Learning

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Curriculum

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Learning for Life

Eastfield's Farm, Somerton:

A celebration of learning and engagement

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PFSA News

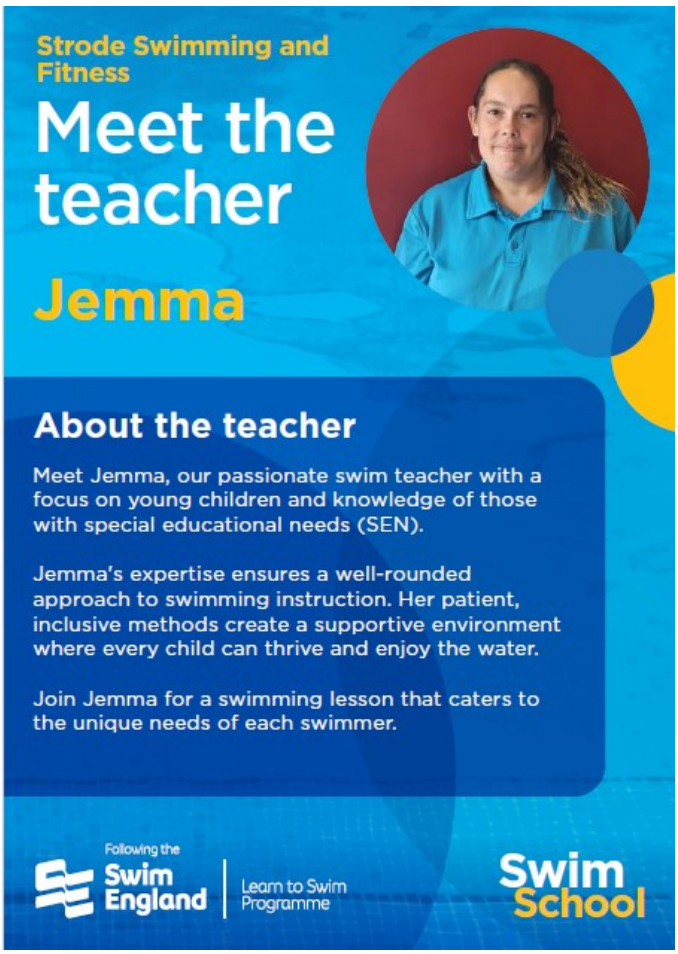
Avalon School
Learning for Life

Parent Carer coffee afternoon **Wednesday 22nd January 2-3pm**

We will be joined by the Somerset Parent Carer Forum who will share information and answer questions about the below.

- Access good quality information.
- Signpost to people who can help.
- Support parents to prepare for meetings and appointments.
- Help parent carers understand what help is available.
- Help parent carers by supporting with completion of forms such as DLA, PIP and applications for funding from grants.
- Help parent carers build confidence in understanding and supporting their child's needs.

Strode Sport & Fitness are running SEN swimming lessons on a Sunday morning. Contact them directly for further information.



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PFSA News

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Support Links

Children and young people's mental health—https://www.youngminds.org.uk/

Money Helper—for advice about money and benefits—

https://www.moneyhelper.org.uk/en

Citizens Advice—https://www.citizensadvice.org.uk/

Family Action—Support for parents and carers—https://www.family-action.org.uk/

Energy Bill Support—https://www.trusselltrust.org/get-help/energy-bill-support/

Food Bank Support

There are many organisations offering food bank support, please use the below link if you are in need of support.

https://www.somerset.gov.uk/health-safety-and-wellbeing/food-banks/

Support for Somerset households with food and energy bills this winter

Somerset families and residents who are struggling to pay the bills this winter could be eligible for support with the cost of food, energy, water, and other essentials over the coming months.

Somerset Council's 'Help Through Winter' campaign, funded by the Government's Household Support Fund, is supporting charities and organisations to help residents and families in need across Somerset between October 2024 and March 2025.

Support includes:

- Help with managing money, such as providing vouchers towards gas and electricity or food bills, providing 'move-in' grants via Somerset partners to fund essential furniture such as white goods, mattresses and carpets, and more.

- Funding for community hubs via Somerset Community Foundation. This includes financial support for food banks, paying for activities that you can enjoy with your families, and keeping designated Warm Spaces in your community open for those most in need.

Find out what support is available for the Somerset families and residents you are supporting this winter: Somerset Household Support Fund – Help through winter

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PTA

Please join us

PTA MEETING

of 2024-2025

WHO?	WHEN?	WHERE?
PARENTS GRANDPARENTS TEACHERS & STAFF COMMUNITY MEMBERS	DATE & TIME Wednesday 29th January 2-3pm	AVALON SCHOOL

WHY?

- Research shows that when parents are involved, children do better
- A great chance to stay involved and make important decisions
- Meet friends and be a part of something great – volunteering is healthy!

Refreshments provided!

We hope to see you there!

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Youth Groups

Avalon School
Learning for Life

FORDHAVEN
Youth Club

FORDHAVEN

Our brand new youth club for young people aged 10 to 16 years old, who have a SEND and/or SEMH need.

A safe and nurturing environment for young people to access their community, make friends and have fun.

Launching Feb 2025
Monday's 6pm - 8pm
Tor Sports & Leisure
Street Road, Glastonbury
BA6 9EF

Pre-booking is required.
For further enquiries, please contact
youthclub@fordhaven.org

Wellbeing Drop Ins

(For SEND young people aged 13-25)

Take part in quizzes, games, mindfulness & movement. Connect, make friends, feel good, get creative, and learn new skills!

Kids YOUNG PEOPLE'S HUB

"Its the highlight of my week!"

Please follow the link:
https://hub.kids.org.uk/our-groups
Or scan the QR code to find out more!

YOUTH GROUP

- Friday 23rd February 17:30 - 19:00
- Friday 22nd March 17:30 - 19:00
- Friday 26th April 17:30 - 19:00
- Friday 24th May 17:30 - 19:00
- Friday 28th June 17:30 - 19:00

Join us for our monthly Youth Group for 12 to 25 year olds with additional needs.
There will be a craft activity, games and tuck shop so please bring some small change.
The first session is free to attend. £2 thereafter, we ask for parents to stay for the first session.

To book a place please visit out website:
https://somersetparentcarerforum.org.uk/home/events/family-events/

Somerset Parent Carer Forum C.I.C

@ Unit 2, 32 Goldcroft,
Yeovil, BA21 4DH

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Opportunities for parent carers

Avalon School
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Women's Work Lab

Returns to Taunton January 2025

A FREE in-school hours 12 week specialised programme to support **mums** back into work- includes a work placement

Starts Tuesday 14th January at The Brewhouse
10.15am-1.15pm
Continues every Tuesday & Wednesday

Apply today at www.womensworklab.co.uk
For more info get in touch
sarafina@womensworklab.co.uk

November 15th

2024

Up next...

Dates for your diary…

Christmas holidays	23 December—3 January
Inset Day	Monday 6th January
Return to School	Tuesday 7th January
Spring Term: Curriculum focus areas for online safety, PSHE and Literature. If you would like further information about our curriculum, please do not hesitate to contact us! **Online safety focus for Spring Term: I am safe and secure** **PSHE Focus:** **Spring 1 Managing Feelings/Dreams and Goals** **Spring 2 Changing and Growing/Changing Me** **Literature texts:** **KS3 The Secret Diary of Adrian Mole, Sue Townsend** **KS4 The Curious Incident of the Dog in the Night-Time, Mark Haddon** **6th Form Cat on a Hot Tin Roof, Tennessee Williams**	
Parent Carer Coffee afternoon—joined by the Somerset Parent Carer Forum	Wednesday 22nd January 2-3pm
PTA meeting	Wednesday 29th January 2-3pm
Parent Carer Coffee afternoon	Wednesday 12th February 2-3pm
World Book Day	6th March
Save the dates for summer term...	
DofE Bronze Expedition	5-6 June
DofE Silver Expedition	11-13 June
Leavers Event	26th June