

Haggerston School

Weekly Bulletin

Online Bulletin

Upcoming events

Thursday 7th February: Year 11 GCSE Music Performing Day and Parent Meeting regarding Spain Trip 5.15pm

Friday 8th February: Jack Petchey Speak Out Challenge Training Day

See below for information regarding:

- County Adventures Family Short Breaks
- First Steps Triple-P Parenting Group for parents of teenagers

IMPORTANT NOTICE

Regular communication with parents/carers is important to us at Haggerston School. It is vital that the school office holds updated and current contact information in order that you can receive important messages from school or in case of a medical and/or emergency situation.

Please contact the school office to update or confirm that your contact information is correct.

P: 020 7739 7324

E: haggerstonschool@haggerston.hackney.sch.uk



Kench Hill Centre, Appledore Rd, Tenterden, Kent TN30 7DG

Country Adventures Family Short Break February 22-24th 2019 (Friday - Sunday)



A relaxing Short Break of all-inclusive family activities in the Kent countryside. Aimed especially for children with special needs (5-17 years).*

Programme Outline (NB Final programme depends on choices and needs of participants, once known)	
Friday	12pm onwards. Arrival, lunch. Explore the garden, games. Swimming (optional)
	5.30pm Dinner Arts and Crafts. Campfire
Saturday	8.30 am Breakfast. Farm or beach visit 12.30 Picnic Lunch 5.30pm Dinner
Sunday	8.30am Breakfast Games and play. Gardening. Meet the animals.
	12.30 Lunch 2.30pm Depart

Adults will be offered the opportunity to spend time on their own if wanted eg to visit Tenterden shops and cafes, while our qualified staff supervise children aged 4+ years.

Cost**		
Adults:	£60	£50 each for 2+ adults
Children:	£55 (4-16 years)	£50 each for 2+ children £20 (Under 4's)

- * If you receive an Individual Allowance from Hackney Short Breaks you can claim back the cost of the trip. Contact Short Breaks team at Hackney Learning Trust.
 - ** All food, accommodation, including bedding and trips included. Bring your own towels. We provide raincoats, boots. Most rooms have bunk-beds and are not lockable. Families will have their own room unless they agree to share. Wash-basins in all rooms, plus separate male/female showers and WCs.
- Travel to Kench Hill by car, or join the accompanied group on the train from Stratford International station at 10.30am if you require accessible transport from home please contact us to discuss your requirements.

www.kenchhill.co.uk Email admin@kenchhill.co.uk Tel. 01580 762073

The Kench Hill Charity (Reg. 1123878) A limited company (Reg 6558879) working in partnership with



Hackney

Booking form: Country Adventures Family Event February 2019

Please complete the form and return by email or by post to Kench Hill. Or you can ring with the information.

Your Name Other adults:

Child's name(s) and ages

Address

Telephone

Email

Disability or special needs (Please give us much detail as possible)

Dietary Needs eg allergies Vegetarian Halal only Other
(NB we provide nutritious, balanced meals using home-grown produce and encourage children to eat healthily. We request that you do not bring snacks or sugary drinks if possible).

Travel options

I will meet at Stratford International station and travel by train with the group.
I cannot use public transport and will need to be collected from Hackney (We will contact you to discuss details)

I will make my own way to Kench Hill by car. Estimated time of arrival

Room Requirements (please tick):

Wheelchair accessible Family room(s) Single room(s)

Payment

I will pay in advance on arrival by: Cheque BACS Cash
Payable to Kench Hill Charity, NatWest Sort Code 60 21 20, Acct. 5304 7176. Receipt provided on request.

Child's preferences

What trip would you like most? Beach Model train/cars Farm Forest

What does your child(ren) like doing (Tick all that apply)? Art and crafts Animals Physical games and sport Playing with other children Cooking Trains/cars Other

Any other information about your child that will help us support them? You can call us to discuss if you prefer.

What do YOU most hope to get from the Short Break?

Where did you hear about the event?

Places are limited and will be allocated on a first-come first-serve basis. We have limited accommodation for wheelchair users. If we cannot accommodate you this time we will put you on a waiting list and offer a place next time we run a Short Break.

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First Steps TRIPLE P PARENTING GROUP for Parents of teenagers

WHAT?

Do you have a child aged 12-16?

Adolescence brings lots of challenges, stresses, and rewards – both for a teen and for their parents.

First Steps are going to be running a group for mums, dads and carers of teenagers, called the First Steps Triple P Parenting Group. Triple P (Positive Parenting Programme) aims to help parents understand the way their family works and suggests simple routines and small changes that can make a big difference. It has been helpful for many parents and may give some useful ideas to help you meet the challenges of raising your teenager.....

The group will cover a number of topics, including.....

Encouraging behaviours you like
Teaching new skills and behaviours
Managing problem behaviour
Taking care of yourself as a parent

Developing positive relationships
Dealing with teenagers' emotions
Dealing with risky behaviour

We will do a range of activities in the group, including watching video clips, discussing experiences and concerns, sharing ideas, completing exercises, practising skills, home tasks, telephone support.



WHEN AND WHERE?

When: Tuesdays, 10am-12pm
Start: 5th February – 2nd April (8 weeks + half term)
Where: Hackney New School
317-319 Kingsland Road
London
E8 4DL



WHO IS RUNNING IT?

First Steps is an NHS Psychology Service, for children and young people aged 0-18 and their families. We aim to help with difficulties relating to behaviour, emotions and relationships. As well as running groups, we also offer individual support to families.

NEXT STEP....

If you are interested in attending the group, then you can self-refer or ask a professional to refer you. Please call us on 0207 014 7135 to find out more information and to see if this group is right for you. Places are limited and will be allocated on a first-come first-served basis, so please call soon. We will look forward to hearing from you!

"I wasn't sure at first then after the first session I couldn't believe how lucky I was to find such a support. This has helped me and my son so much. Thank you" (quote from a parent that completed the group)