

AUSTIN FARM

Academy

Newsletter 25/04/2025

Dear parents/carers,

Our first week back has been short but sweet! I hope you all had a lovely couple of weeks, at least the weather was good for the first week. This week the weather has been variable, and it is hard to know what to wear in the morning, but luckily it has been good enough for us to go outside for our play and lunchtimes. The children have come back calmer and more refreshed; they have been working hard, please see below for what they have been learning in class this week.

PTA news!!

Cash pot for schools. Thank you to all of you who shop at ASDA and have nominated our school for Parent Kind ASDA cash pot - you have raised £162.53 for the PTA. If you don't do this already, you just need to use your ASDA rewards app when you shop and click on our school, then we will receive a percentage of your spend.

We are now very close to our goal for this year and will definitely be able to buy another piece of gym equipment soon. The next PTA meeting will be at 9am on Friday 9th May, where we will start our planning for the Summer fair. Please come to see what we are planning and find out how you could help, it will only take about half an hour.

As you may be aware the programme Adolescence has brought to light the harm that can be done by un-monitored over-use of mobile phones and access to inappropriate content on social media - if you are interested in some information and advice for how to speak to your children about their online use, please access this link to find out more <https://smoothwall.com/adolescence>

Please remember that most apps have an age limit of 13 years old, so none of our children should be using them.

The Argyle sporting afterschool clubs will not be happening due to the shortness of this term and the bank holidays meaning only 3 sessions for KS1; we will start these clubs again after May half term.

On Wednesday you should have received your child's class photo via Teachers2parents, Tempest offer a free "deliver to school" option that is open for approximately 14 days, alternatively, home delivery is available at a cost of £5 postage and packing. If you need assistance or have any questions regarding placing an order, please call 01736 751555 (option 3) or click on the "contact" button on our website home page (htempest.co.uk) .

I hope you have a great weekend,

Mrs Baptiste

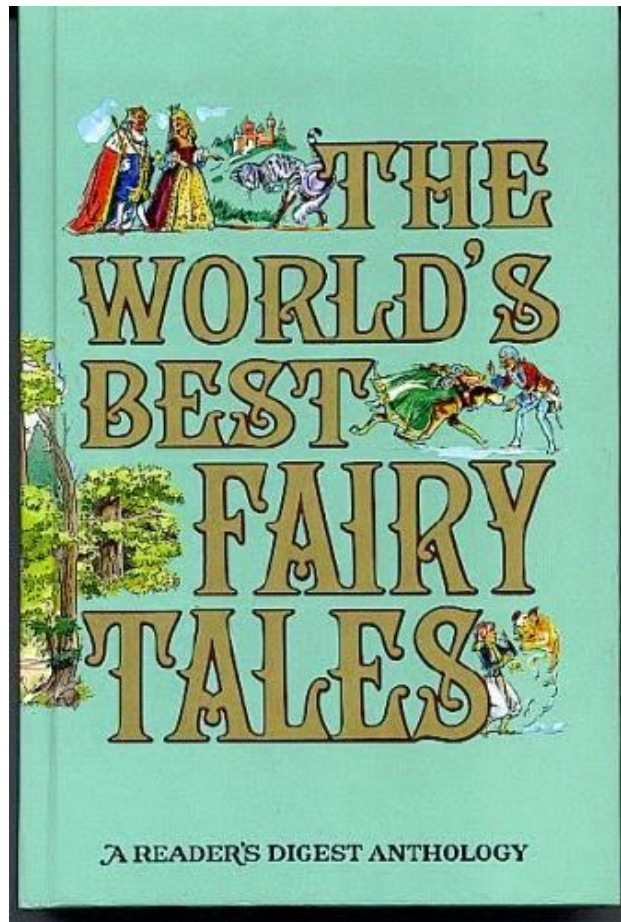
Foundation/year 1: This week we have started lots of new and exciting topics! In English we have started our new book, "The Koala Who Could", which is all about being brave and trying new things. In Geography, we have started looking at the UK and the countries that are within it: England, Scotland, Wales and Northern Ireland. We have thought about what is similar and different between each of these countries. The children also had a go at making some "Butterfly Suncatchers" using paper and tissue paper in art & design!



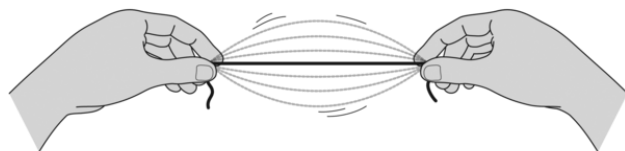
Year 2: This week, we began our new art unit titled 'The Stick Transformation Project'. Within our lesson this week, we completed a 'roots and shoots' challenge where we had to take a "seed" or "source" and then build roots and shoots, up and out, using a variety of materials. Our aim was to be playful and not have a preconceived outcome in mind, instead letting the process of playing and exploring with the materials to lead us to an end result. We really enjoyed the freedom and creativity!



Year 3: What a first week back we've had! We've introduced our new book and have started to read various fairy tales. Going forward we're asking the children to please read as many fairy tale books as possible at home to familiarise themselves with different stories. This will help when they come to write their own versions at the end of the unit. In our reading for meaning lessons, we read the opening to, 'The Iron Man' by Ted Hughes and then made predictions for what may happen next. The class produced some fantastic ideas!



Year 4: We have come back to school ready to learn and showing great focus. In maths, we have been converting hundredths into decimals. The children have shown great perseverance, demonstrating their understanding through the lessons. In science, we have begun our new unit on sound! The class were eager to uncover the properties of sound waves and how we experience sound in our everyday lives. Their curiosity is infectious! In English, we have completed our independent writing tasks. The children are really developing their writing skills and stretching their imaginations.



Year 5/6: This week we have been completing our speeches in English, inspired by famous speakers throughout History. The children have been researching and writing about issues important to them and have been delivering their speeches to the class. A few year 6's are making the most out of SAT's club every Thursday 3:15pm-4:15pm. In Maths, year 5 are learning to draw and measure angles, using a protractor for the first time ever, it has been challenging but enjoyable to do something for the first time.



1 - Well done to our learners of the week!

Foundation: B.Liburd

Year 1: M.Honeywill

Year 2: C.Smith


Year 3: O.Oliver

Year 4: F.Niles


Year 5: B.Hutson

Year 6: I.Danbury

LUNCH MENU 2




Lunch Menu 2




Monday

| Main | Vegetarian | Sides | Jacket Potato | School Packed Lunch | Dessert |
|-------------------------|------------------------|--------------------------------------|-------------------------------|---------------------|------------|
| Cheese and tomato pizza | Quorn/Vegetable fajita | Beans Sweetcorn Herby potatoes | • Cheese • Beans • Tuna | Ham Sandwich | Shortbread |




Tuesday

| Main | Vegetarian | Sides | Jacket Potato | School Packed Lunch | Dessert |
|--------------|-------------------------|--------------------------------|-------------------------------|---------------------|----------------|
| Beef burgers | Quorn/vegetable burgers | Potato Beans Green beans | • Cheese • Beans • Tuna | Cheese Sandwich | Ice cream pots |




Wednesday

| Main | Vegetarian | Sides | Jacket Potato | School Packed Lunch | Dessert |
|--------------|----------------------------|--|-------------------------------|---------------------|-------------------|
| Roast Gammon | Quorn and leek puff pastry | Roast potatoes Broccoli Carrots Beans | • Cheese • Beans • Tuna | Ham Sandwich | Chocolate lollies |



Thursday

| Main | Vegetarian | Sides | Jacket Potato | School Packed Lunch | Dessert |
|-------------------|----------------------|---------------------------------|-------------------------------|---------------------|-------------|
| Chicken meatballs | Vegetarian meatballs | Beans Mixed Veg Sweetcorn | • Cheese • Beans • Tuna | Cheese Sandwich | Iced sponge |





Friday

| Main | Vegetarian | Sides | Jacket Potato | School Packed Lunch | Dessert |
|--------------|-----------------|-----------------------------------|-------------------------------|---------------------|-------------|
| Fish fingers | Cheese omelette | Beans Pasta Spaghetti hoops | • Cheese • Beans • Tuna | Cheese Sandwich | Ice lollies |

Available each day

- Seasonal vegetables
- Milk
- Water



Letter from Rob Haring CEO Westcountry Schools Trust

Dear Parents and Carers,

I hope you had a restful and enjoyable Easter break. As we return to our schools, I'd like to warmly welcome you to the Summer Term.

Due to the late timing of Easter, Term 5 will be a short sprint to the Whitsun break. Almost immediately, the examination season will begin. The first GCSE exams (Business Studies and German) will take place on Friday 9th May, followed by English Literature on Monday 12th May, when our Year 11 students begin their exams in earnest. Our Year 6 pupils will also begin their KS2 SATs on the same morning with English papers 1 and 2. These moments matter—and we're confident that, with your support, our children will shine. It is with great sadness that I inform you that Treve Mitchell recently passed away after a short illness. Treve was a wonderful servant

and ambassador of both Ivybridge Community College and the Trust. He served as a Governor at Ivybridge for 25 years, 20 of which he spent as Chair—leading the school to become one of the first academy converters in 2010. He continued as a member and trustee of the newly formed Trust, chairing the Finance Committee until stepping down in September 2016. Even then, he remained an active and supportive member, lending his wisdom and experience at many Board meetings until earlier this year, when he finally retired from public service. We will all have our own special memories of Treve, who will be greatly missed. Community College and the Trust.

As many of you will know from the national news, government spending on public services is under significant constraint. Sadly, education is not exempt from this pressure, and schools—including ours—are working hard to safeguard the essential aspects of school life while managing increasingly tight budgets. In addition, the South West is experiencing a rapid decline in the birth rate, which is further compounding financial pressures.

Despite these challenges, we remain committed to providing the highest quality education and support to our children. However, we may need to adjust our model of operation in certain areas. We understand this may cause concern and want to assure you that we are doing everything possible to manage our resources effectively while maintaining the standard of education and care you expect from us.

On a personal note, I have informed the WeST Trust Board that I will be retiring from my role as CEO on 31st December 2025. After many fulfilling years of service, this decision was not made lightly. However, I believe this is the right time to pass the baton. It has been a deep honour to work alongside such dedicated and talented colleagues. The progress and achievements we have made together have been incredibly heartening, and I am confident that the future holds even greater successes for the children and staff of WeST.

I would like to extend my heartfelt gratitude to each of you for your ongoing support and commitment. The coming months will be a time of transition, and I look forward to working with you to ensure a smooth and seamless handover.

Thank you, as always, for your continued support and partnership in your child's education.

Best wishes,

Rob Haring

Chief Executive Officer

Westcountry Schools Trust

Well done to Year 4 on getting 99.4% attendance this week.



Dates to remember!!!

12th - 15th May Year 6 SATs - Year 6 can come into the hall for an extra breakfast together from 8.35am (bacon sarnies, cereal or toast and jam)

21st - 23rd May Year 6 residential - Pixie's Holt.

Information on term time holidays from West Country Schools Trust.




WESTCOUNTRY
SCHOOLS TRUST

ATTENDANCE WHAT THE NEW RULES MEAN FOR ME

1 I'm a single parent of one child and we want to go on holiday for a week.

Your holiday will not be authorised and you must talk to the school before you book anything. Because your child will miss 5 school days you will be given a penalty notice fine. The fine is £160 but if you pay it in 21 days it will be reduced to £80.

£160




2 FOR EVERY CHILD A PENALTY IS GIVEN.

IRREGULAR ATTENDANCE 10 IN 10

If your child is absent for 10 or more sessions in 10 weeks and their absences are unauthorised. The school will consider prosecution.

1 Day = 2 Sessions


+ £160 + £160 + £160 + £160
4 children & 1 parent = £640
 Reduced to £320 if paid in 21 days



3 FOR A FAMILY OF TWO PARENTS

+ £160 + £160 + £160 + £160


4 children & 2 parents = £1280
 Reduced to £640 if paid in 21 days



If in any period of not more than 3 years, your child has a 2nd and 3rd leave of absence or pattern of irregular attendance...

4

| | |
|---|---|
| <p>2ND TIME</p> <p>2 parents and 1 child = £320 2 children = 640 3 children = 960 4 children = 1280</p> <p>No discount for early payment</p> | <p>3RD TIME</p> <p>A penalty notice fine will not be given. Instead, your case will be taken to court. A magistrate can fine each parent £2500 for each child</p> <p>1 parent & 4 children = £10,000 2 parents & 4 children = £20,000</p> |
|---|---|



2 - Before you book your term time holiday, consider is it worth it? One of our families has been fined already this year, don't be the next one.

5 minutes late, does it really matter ?

Lateness = Lost Learning

(Figures below are calculated over a school year)

- 5 Minutes late each day - 3 days lost
- 10 Minutes late each day - 6.5 days lost
- 15 Minutes late each day - 10 days lost
- 20 Minutes late each day - 13 days lost
- 30 Minutes late each day - 19 days lost

WeST Term Dates 2024-2025

WeST Term Dates 2024 to 2025

Agreed for wider distribution

| Aug 2024 | | | | | | | Sep 2024 | | | | | | | Oct 2024 | | | | | | |
|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
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| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 26 | 27 | 28 | 29 | 30 | 31 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 28 | 29 | 30 | 31 | | | |
| | | | | | | | 30 | | | | | | | | | | | | | |

| Nov 2024 | | | | | | | Dec 2024 | | | | | | | Jan 2025 | | | | | | |
|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S |
| | | | 1 | 2 | 3 | | | | | | | 1 | | | 1 | 2 | 3 | 4 | 5 | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 25 | 26 | 27 | 28 | 29 | 30 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 27 | 28 | 29 | 30 | 31 | | |
| | | | | | | | 30 | 31 | | | | | | | | | | | | |

| Feb 2025 | | | | | | | Mar 2025 | | | | | | | Apr 2025 | | | | | | |
|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
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| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 24 | 25 | 26 | 27 | 28 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 28 | 29 | 30 | | | | |
| | | | | | | | 31 | | | | | | | | | | | | | |

| May 2025 | | | | | | | Jun 2025 | | | | | | | Jul 2025 | | | | | | |
|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 26 | 27 | 28 | 29 | 30 | 31 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 28 | 29 | 30 | 31 | | | |
| | | | | | | | 30 | | | | | | | | | | | | | |

Key: Peach - holiday periods; light green - weekends; blue - Trust NPD; yellow - School NPD

Important dates

Autumn Term Dates: Monday 2 September to Friday 25 October, then Monday 4 November to Friday 20 December

Term 1: 40 days (inc. School NPD Mon 2 Sept and WeST NPD Tues 3 Sept)

Term 2: 35 days

Spring Term Dates: Monday 6 January to Friday 14 February, then Monday 24 February to Friday 4 April

Term 3: 30 days (inc. School NPD Monday 6 January)

Term 4: 30 days

Summer Term Dates: Tuesday 22 April to Friday 23 May, then Monday 2 June to Tuesday 22 July (Note: NPDs on Mo 21 and Tu 22 Jul '25 are

disaggregated for staff twilight training throughout the year. The last day of the academic year for students and staff is Friday 18 July 2025)

Term 5: 23 days

Term 6: 37 days

WeST Term Dates 2025-2026

WeST Term Dates 2025-2026

| Aug 2025 | | | | | | | Sep 2025 | | | | | | | Oct 2025 | | | | | | |
|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S |
| | | | | 1 | 2 | 3 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 27 | 28 | 29 | 30 | 31 | | |
| 25 | 26 | 27 | 28 | 29 | 30 | | 29 | 30 | | | | | | | | | | | | |

| Nov 2025 | | | | | | | Dec 2025 | | | | | | | Jan 2026 | | | | | | |
|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S |
| | | | | 1 | 2 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 26 | 27 | 28 | 29 | 30 | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 29 | 29 | 30 | 31 | | | | | | | | | | | |

| Feb 2026 | | | | | | | Mar 2026 | | | | | | | Apr 2026 | | | | | | |
|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S |
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| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 23 | 24 | 25 | 26 | 27 | 28 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 27 | 28 | 29 | 30 | | | |
| | | | | | | | 30 | 31 | | | | | | | | | | | | |

| May 2026 | | | | | | | Jun 2026 | | | | | | | Jul 2026 | | | | | | |
|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S |
| | | | | 1 | 2 | 3 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 27 | 28 | 29 | 30 | 31 | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | 29 | 30 | | | | | | | | | | | | |

| Key | |
|---|-----------------|
| | Holiday periods |
| | Bank holidays |
| | Weekends |
| | Trust NPDs |
| | School NPDs |

Community Notices

Support to access Early Years training and employment

Skills Launchpad Plymouth is working in city-wide partnership to connect local people and businesses with opportunities for skills, training, education, careers and jobs. Whether you are an employer struggling with recruiting or upskilling your team or thinking about the next steps to take for your own career in the childcare sector, Skills Launchpad Plymouth can help.

To access support, visit the website www.skillslaunchpadplym.co.uk to access free resources or sign up for 1:1 support. Alternatively, you can drop in and see the team on the first floor of Barclays Bank in the city centre on a Monday between 10am and 2pm'

Promote your business at Plymouth Armed Forces Day

Be part of Plymouth's exciting Armed Forces Day, as it returns to Plymouth Hoe on Saturday 28 June 2025. Each year Plymouth shows its support to the Armed Forces and celebrates their outstanding contribution to the city and UK. Plymouth Armed Forces Day is one of the city's

signature events, and last year saw approximately 45,000 visitors throughout the day, and is one of the country's largest Armed Forces Day celebrations outside of the National Event.

This is a great event to showcase your business to visitors, residents, service personnel, veterans and military families. We have many pitch and advertising opportunities available, including the LED big screen and official website, with prices starting from £100.

[Promote your business at Plymouth Armed Forces Day | Invest Plymouth](#)

Online learning: free courses and resources for all Cornwall, Devon, the Isles of Scilly, Plymouth and Torbay families. Plus, specialist emotional and mental health learning for teenagers.

[Free wellbeing online courses – inourplace](#)

Family Workshops

BARNADO'S Changing childhoods. Changing lives.

Starting PRIMARY School

Do you want to support your child to settle into primary school-
Join us for our Learning together Peep School readiness programme

STARTS SUMMER TERM 2025

Thursday 24th April at Southway Youth & Community Centre 1.30-2.30 or,
Friday 2nd May at Nomony Family Hub 10-11.15
(weekly until Summer holidays)

PLYMOUTH FAMILY Hub



Access to Higher Education

OPEN EVENING

8th May 16:30-19:00

Plymouth Marjon University

- Tour of campus
- Meet current mature students
- Get advice on fees and funding



98%
Would Recommend 



IT'S TIME TO HAVE YOUR SAY!
SEND SURVEY 2025

WWW.PLYMOUTHPCV.CO.UK

Healthy Families Group Programme

Give your child a great start in life. Free programme.



Creche Spaces Available! (Limited)

Join Us!



HENRY is an evidence-based programme which supports families with children (aged 0-5) to give them a great start in life and develop a healthier lifestyle for the whole family!

Course Information: (8-week programme week commencing 5th May)
 Tuesday (AM) - Four Greens Family Hub
 Wednesday (AM) - Four Woods Family Hub
 Friday (AM) - The Barn Family Hub

To book your place, please contact:
 Email: plymouthchildrenscentres@barnardos.org.uk
 or Phone: 01752 366795



FAMILY

EASTER HOLIDAYS



- Chemistry easter eggs & bottle rockets
- Stop Motion Animation
- Creative writing & Drama Games
- Cupcake decorating
- Renewable Mosaics
- Family Yoga
- Easter Bug Hunt
- Easter Bonnets & wreaths
- Paper crafts

Learn to weave Treasure Hunt — 2 locations!



To book, please contact:

E: info@oncoursesouthwest.co.uk

T: 01752 660713

www.oncoursesouthwest.co.uk

Family First Aid workshop



FAMILY FIRST AID WORKSHOP

Equip yourself with essential skills to handle emergencies! Within this workshop you will learn about:

CPR

The Recovery Position

How to assist with choking

Basic wound care

And more!

This informative workshop provides practical knowledge and hands-on skills to help you protect your loved ones.

To book on please contact your school/local community centre.

Please note: This course is for knowledge and skill building and does not result in a formal qualification.


on
course
SOUTH WEST



Plymouth Information Advice and Support for SEND (PIAS)



[Plymouth Information Advice and Support for SEND. - Supplying you with information, advice and support \(plymouthias.org.uk\)](http://plymouthias.org.uk)



Children, Young Person, and Families'
Neurodiversity Wellbeing Team

Understanding ADHD Parent/Carer Workshop

*An interactive workshop for parents and carers of
children and young people with a diagnosis of ADHD,
or on the diagnosis pathway*



Including topics such as, but not limited to

- Explaining Common Symptoms
- Support Strategies
- Understanding Behaviours
- Awesome Qualities of ADHD

To book a place, give us a call on 01752 435404 or
email livewell.neurowellbeing.enquiries@nhs.net

We support people to lead independent, healthy lives

**Children, Young People, and Families'
Neurodiversity Wellbeing Team**

***Understanding Autism Parent/Carer
Workshop***

*An interactive workshop for parents and carers of children with
diagnosed ASC or on a diagnosis pathway*



Including topics such as, but not limited to:

- **Understanding Autistic Traits**
- **Communication and Language Interpretation**
- **Sensory Experiences and Self Regulation**
- **Practical Positive Strategies and Tips**

**To book a place, give us a call on 01752 435404 or
email livewell.neurowellbeing.enquiries@nhs.net**

We support people to lead independent, healthy lives

**Children, Young People, and Families'
Neurodiversity Wellbeing Team**

***Behavioural Toolkit Parent/Carer
Workshop***

*An interactive workshop for parents and carers of children with
neurodiversity related behavioural difficulties*



Including topics such as, but not limited to:

- **Understanding Behaviour as Communication**
- **Practical Proactive Strategies for Behaviour Management**
- **Fostering Family Support and Management**

**To book a place, give us a call on 01752 435404 or
email livewell.neurowellbeing.enquiries@nhs.net**

We support people to lead independent, healthy lives

**Children, Young People, and Families'
Neurodiversity Wellbeing Team**

***Navigating the Journey Parent/Carer
Workshop***

*An interactive workshop for parents and carers of children on a
neurodiversity waiting list*



Including topics such as, but not limited to:

- **Gaining a Clear Understanding of the Process**
- **Guidance for both CAMHS and CDC Pathways**
- **Empowerment and Support**

**To book a place, give us a call on 01752 435404 or
email livewell.neurowellbeing.enquiries@nhs.net**

We support people to lead independent, healthy lives

**Children, Young People, and Families'
Neurodiversity Wellbeing Team**

Sound Asleep Parent/Carer Workshop

*An interactive workshop for parents and carers of
children with neurodiversity related sleep troubles*



Including topics such as, but not limited to:

- **Promote Healthy Sleep Habits**
- **Provide Neurodiversity-Aware Sleep Solutions**
- **Create a Relaxing and Safe Sleep Environment**
- **Foster Family Support and Communication**
- **Teach Mindfulness and Relaxation Techniques**

**To book a place, give us a call on 01752 435404 or
email livewell.neurowellbeing.enquiries@nhs.net**

We support people to lead independent, healthy lives

BRAND NEW WOMEN'S PEER SUPPORT GROUP
STARTING FORTNIGHTLY
WEDNESDAYS 6:30 - 8:30pm

Jan Cutting Healthy Living Centre
Scott Business Park, Beacon Park Rd
Plymouth
PL2 2PQ



Please like and message
our Facebook Page
The Thrive Tribe
to register interest



Or email
Thethrivetribe2024@
outlook.com
for more details

PLACES WHERE KIDS EAT FREE (OR FOR £1)
EASTER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free



BURGER KING

From Monday 7th - Sunday 20th April 2025. Kids Eat Free with every adult meal, via the app.

BILLS

Kids eat free Mondays - Fridays, from Monday 7th - Friday 25th April 2025.

FARMHOUSE INNS

2 kids eat FREE with one paying adult, Monday 7th - Friday 25th of April. Sign Up Required

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

ZIZZI

Sunday 6th - Sunday 27th April 2025 kids eat free with every adult main, (excludes Saturdays)

CAFE EIGHTY NINE @ THE RANGE

Kids eat free Sat 5th April - Mon 21st April 2025

YO! SUSHI

Kids eat free all day (monday - friday) during all school holidays, when dining with an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids eat for £1.

ASDA

Kids eat for £1 every, with no adult spend.

TRAVELODGE & PREMIER INN

2 kids eat for FREE with 1 adult breakfast

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

BEEFEATER & BREWERS FAYRE

2 kids eat for FREE with 1 adult breakfast

IKEA

Kids get a meal from 95p daily from 11am

PREZZO

Kids receive a free, 3 course kids meal, everyday at Prezzo between 31st March - 27th April 2025

COCONUT TREE

One child (under 10) eats free every day, 12pm - 6pm from Monday 7th - Sunday 27th April 2025

PIZZA HUT

Kids eat free buffet from Monday 7th - Sunday 27th April, until 3pm daily with a £10 spend

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

SAINSBURY'S CAFES

Kids eat for £1 with the purchase of an adult hot main, from 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult!

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.



The poster features a white central text area with rounded corners, set against a background of red and green polka-dot patterns. In the top left corner, the Royal British Legion logo is displayed. The text is centered and reads: 'VE Day 80', 'Colouring Competition', 'Theme of VE Day', 'Enter our Competition', '1st, 2nd & 3rd', 'In two categories', 'Key Stage 1 & Key Stage 2', 'Winning Pictures will be', 'Displayed on our', 'Notice Board'. In the bottom right corner, there is a small graphic of a red and blue flag with the number '80' and a clock, with the text 'VE DAY 80th ANNIVERSARY' below it.

ROYAL BRITISH LEGION

VE Day 80

Colouring Competition

Theme of VE Day

Enter our Competition

1st, 2nd & 3rd

In two categories

Key Stage 1 & Key Stage 2

Winning Pictures will be
Displayed on our
Notice Board

80
VE DAY
80th ANNIVERSARY

Shekinah Easter 2025 Prayer Letter

Heavenly Father,

On this Easter day, we rejoice in the miracle of resurrection, the triumph of light over darkness, and the promise of new

beginnings. Thank You for the gift of Jesus,

who conquered death so that we may know

life in its fullness.

May our hearts be filled with hope, our spirits renewed with Your grace, and our lives reflect the love and compassion of Christ.

Help us to walk in faith, sharing kindness and peace with those around us.



Bless those who are struggling, bring comfort to the weary, and let the joy of Easter fill every home and heart. In Jesus' name, www.shekinah.co.u Amen. [k](#)