

# Vermont News 24 October 2025

**Dear Parents and Carers,**

As we reach the end of a busy and successful half term, we want to thank all our children, families, and staff for their hard work, enthusiasm, and support. It's been a wonderful start to the year and we have seen fantastic learning, creativity, and community spirit.

We welcomed parent and carers in to school yesterday to discuss the progress we have been making since our Ofsted inspection. This was a great opportunity to share our journey with you. There will be another meeting next half term which will have further information in regards to the Academy Order. A date will be confirmed after half term.

We wish everyone a relaxing and enjoyable half-term break. Have fun celebrating Halloween and remember to stay safe while you enjoy the festivities!

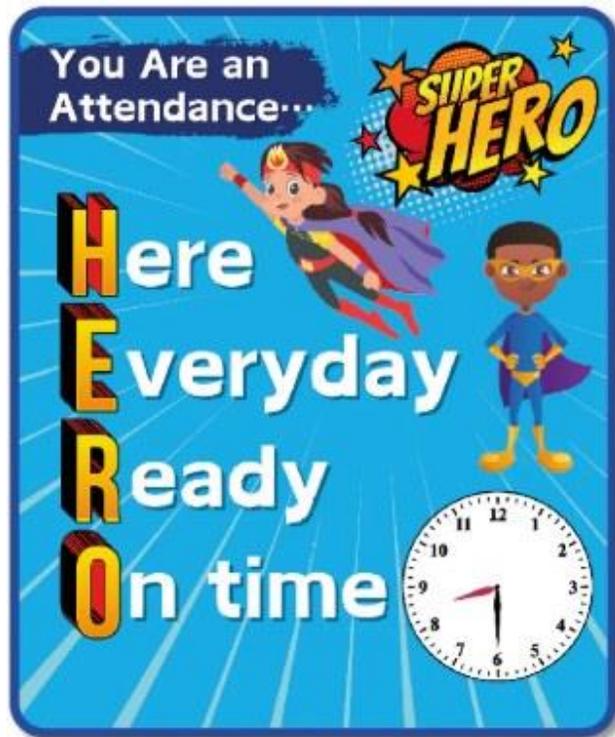
We look forward to welcoming everyone back refreshed and ready for the next exciting half of the term on Tuesday 4th November 2025.

If you have any thoughts, concerns, or ideas, please don't hesitate to share them with us at [tellus@vermontschool.co.uk](mailto:tellus@vermontschool.co.uk).

**With best wishes,**

Louisa & The Vermont Team

## Attendance



Each week we celebrate attendance. Our target is 90%

Our whole school attendance this week was 87%

Our class smashing attendance targets this week are: Pandas 93%

### **Attendance HERO (Here Everyday Ready On Time)**

Our HEROs this week receiving a class cake for the best attending class in school is Pandas - Well done!

You will receive an email every **Friday** with your child's **attendance percentage**. This is to help keep you informed and up to date on your child's attendance throughout the school year.

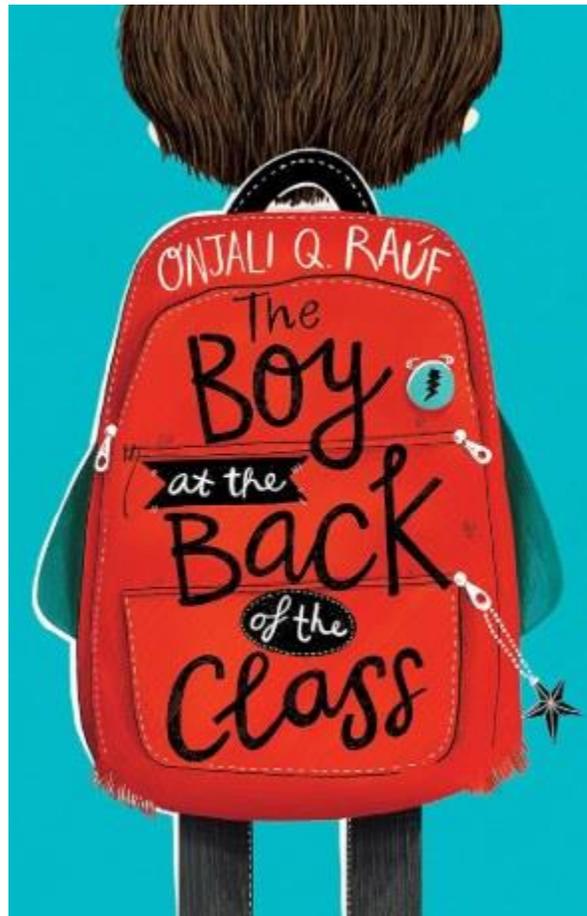
This year, we are placing a strong focus on attendance, as we know how important it is for every child's learning, progress, and wellbeing. Please know that our Attendance Lead, **Sian**, is here to offer support and guidance if you have any questions or concerns about your child's attendance.

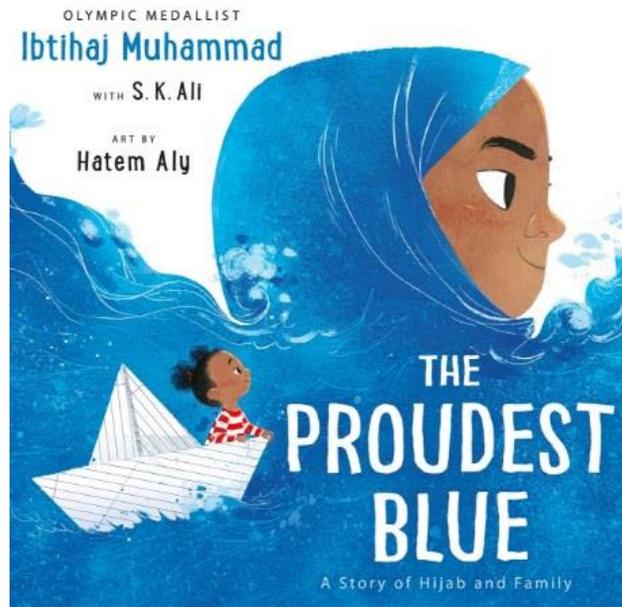
## Our Learning

In English the children have continued reading *The Proudest Blue* (Lower School) and *The Boy at the Back of the Class* (Upper School). These books underpin all of our work in Reading and Writing.

Throughout our wider curriculum we will be exploring the theme **Belong**.

We will be learning about belonging in Southampton, the history of the city, landmarks and attractions and what the city has to offer.





## Headteacher Award



Harlow W - Turtles

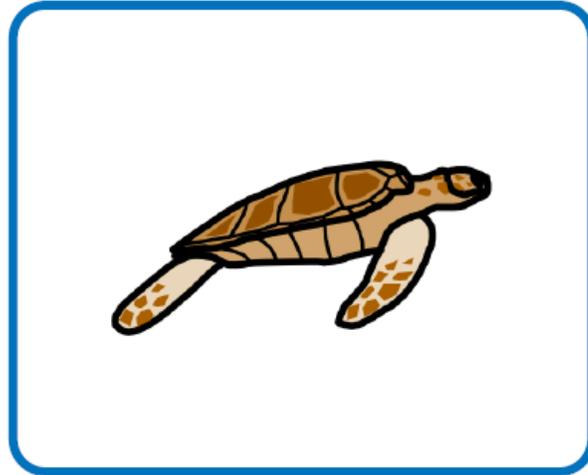
For showing incredible compassion, empathy and kindness towards others and being a true role model, well done we are so proud of you

### Headteacher's Special Mention

Freddie K - Rhinos - For a settling so quickly into your new class, well done!

Aston M - Pandas - For a fantastic attitude towards learning, well done!

## Turtles

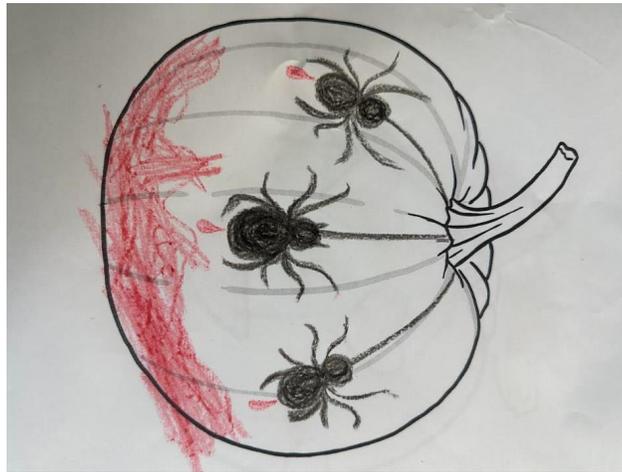
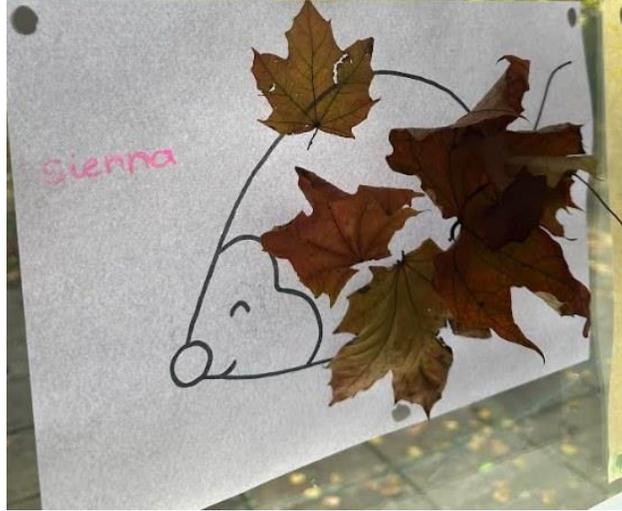


I cannot believe that our first half term as Turtle Class is almost over! It has been such a busy and fun half term and I am really impressed with how well the children have settled into Vermont life.

This week we had our last alternative provision session at Southampton City Farm, where we took the goats for one last walk, groomed and fed the guinea pigs and held the chickens. We have absolutely loved our weekly visits to the farm but are looking forward to swimming after half term.

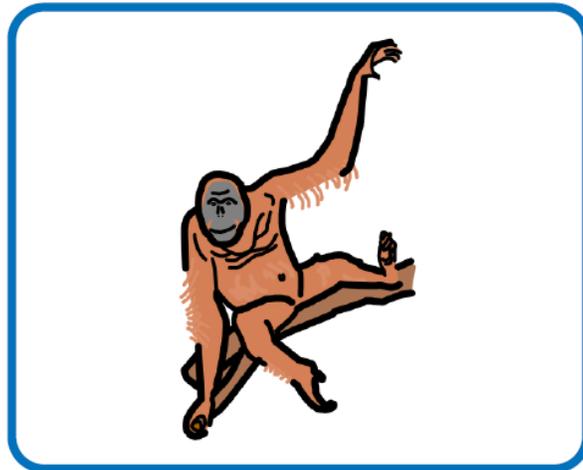
We have been really interested in the changes in our outside space that autumn has brought and are particularly excited about Halloween. We have been putting our creative skills to good use to make leafy hedgehogs with the leaves that we collected and also design our very own pumpkins. Don't they look cool!







## Orangutans



This week Orangutans have been using their social skills to explore their outside learning areas with other classes. We are creating valuable friendships and connections with our peers.



## Changes to the lunch Menu after half term

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YELLOW CHOICE</b>	Tako time with rice	Cheese and tomato pizza with potato of the day	All day breakfast with potato of the day	Fantastic cottage pie, potato of the day and gravy	Cheesy bacon smash with chips
<b>BLUE CHOICE</b>	Chicken nuggets with potato of the day	Beef bolognese and garlic bread finger	Cheesy white with potato of the day	Roast of the day, potato of the day and gravy	Fish dish of the day with chips
<b>BAKED BEANS • CHEESE V. OR TUNA MAYO ARE AVAILABLE EVERY DAY</b>					
<b>JACKET POTATO</b>	Cheese v	Baked beans and cheese v	Cheese v	Tuna mayo	Cheese v
<b>CHEESE V. EGG MAYO V. HAM, OR TUNA MAYO ARE AVAILABLE EVERY DAY</b>					
<b>COLD PICNIC</b>	Cheese sandwich with a cheese panini v	Ham sandwich with a cheese and tomato pizza finger	Tuna mayo sandwich with a veggie sausage bit	Egg mayo sandwich with a cheesy panini v	Cheese sandwich with a veggie sausage bit v
<p><b>WEEK ONE</b></p> <p><b>CITY CATERING</b> Food for good</p> <p><b>AVAILABLE ONLY</b> Freshly baked homemade bread • seasonal fresh fruit and yoghurt</p> <p>Week starting: 3 Nov, 24 Nov, 15 Dec, 19 Jan, 9 Feb and 9 Mar</p> <p><b>SCHOOL LUNCH</b> </p> <p>citycatering@hampshire.nhs.uk</p>					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YELLOW CHOICE</b>	 Sausage, fish roll and potato of the day	 Cheese and tomato pizza and potato of the day	 Frittata - a cheese and potato omelette with tomato bread	 Honey, cherry potato pastry pie with roast potatoes and gravy	 Chinichanga with chips (cheese, bean and veggie wrap)
<b>BLUE CHOICE</b>	 Horn and cheese pizza with garlic bread finger	 Creamy chicken curry and rice	 Baked nuggets with potato of the day	 Pork sausages, fish and pudding, local potatoes and gravy	 Fish fingers with chips
<b>JACKET POTATO</b>	<b>BAKED BEANS v. CHEESE v. TUNA MATO ARE AVAILABLE EVERY DAY</b>				
	 Cheese	 Baked beans and cheese	 Cheese	 Tuna mayo	 Cheese
<b>COLD PICNIC</b>	<b>CHEESE v. EGG MATO v. HAM, OR TUNA MATO ARE AVAILABLE EVERY DAY</b>				
	 Cheese sandwich with a cheesy pinwheel	 Horn sandwich with a cheese and tomato pizza finger	 Tuna mayo sandwich with a veggie sausage bite	 Egg mayo sandwich with a cheesy pinwheel	 Cheese sandwich with a veggie sausage bite
<p>Winter Menu 25-26</p> <p><b>WEEK TWO</b></p> <p>Tomato pasta with grated cheese served daily</p> <p>Either seasonal vegetables OR vegetable sticks served with all our options</p> <p>Week starting: 10 Nov, 8 Dec, 5 Jan, 26 Jan, 23 Feb, and 16 Mar</p> <p><b>CITY CATERING</b> Food for good</p> <p><b>SCHOOL LUNCH</b> citycatering@hamppton.co.uk</p>					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YELLOW CHOICE</b>	 Chicken corn, tortilla chips and rice	 Cheese and tomato pizza with potato of the day	 Cordon rouge with potato of the day	 Pancake, power sausage with Yorkshire pudding, potato of the day and gravy	 Rainbow pizza muffin with chips
<b>BLUE CHOICE</b>	 Chicken grill in a bun with potato of the day	 Fruity Caribbean chicken with rice and peas	 Mac 'n' cheese with garlic bread	 Chicken, bacon and sweetcorn, pea, potato of the day and gravy	 Fish of day with chips
<b>JACKET POTATO</b>	<b>BAKED BEANS v. CHEESE v. TUNA MATO ARE AVAILABLE EVERY DAY</b>				
	 Cheese	 Baked beans and cheese	 Cheese	 Tuna mayo	 Cheese
<b>COLD PICNIC</b>	<b>CHEESE v. EGG MATO v. HAM, OR TUNA MATO ARE AVAILABLE EVERY DAY</b>				
	 Cheese sandwich with a cheesy pinwheel	 Horn sandwich with a cheese and tomato pizza finger	 Tuna mayo sandwich with a veggie sausage bite	 Egg mayo sandwich with a cheesy pinwheel	 Cheese sandwich with a veggie sausage bite
<p>Winter Menu 25-26</p> <p><b>WEEK THREE</b></p> <p>Tomato pasta with grated cheese served daily</p> <p><b>COLD DESSERT SELECTION</b> Jelly, whip, custard pot</p> <p>Week starting: 17 Nov, 8 Dec, 22 Jan, 2 Feb, 2 Mar and 23 Mar</p> <p><b>CITY CATERING</b> Food for good</p> <p><b>SCHOOL LUNCH</b> citycatering@hamppton.co.uk</p>					

## Health and Wellbeing

We have introduced a new snack menu in-line with our mission to be a Healthy High 5 School. These are the snacks we will provide to all children every day.

# snack Menu

WEEK ONE	WEEK TWO
<p><b>Monday:</b></p> <p>AM – banana and crackers</p>	<p><b>Monday:</b></p> <p>AM – grapes and breadsticks</p>
<p><b>Tuesday:</b></p> <p>AM – apple and breadsticks PM – carrot sticks and crumpet</p>	<p><b>Tuesday:</b></p> <p>AM – bell pepper and crackers PM – strawberries, orange and yoghurt</p>
<p><b>Wednesday:</b></p> <p>AM – pear and crackers PM – bell pepper and cheeseliders</p>	<p><b>Wednesday:</b></p> <p>AM – raisins and breadsticks PM – celery and cheese sliders</p>
<p><b>Thursday:</b></p> <p>AM – cucumber and breadsticks PM – strawberries, orange and yoghurt</p>	<p><b>Thursday:</b></p> <p>AM – carrot and crackers PM – banana and crumpet</p>
<p><b>Friday:</b></p> <p>AM – raisins and crackers PM – celery sticks, and beans on toast</p>	<p><b>Friday:</b></p> <p>AM – pear and breadsticks PM – tomato pasta and cucumber</p>



### **The dates and contacts bit**

The best way to speak to us about your child:

If you would like to talk about your child's learning please use the home school communication book. Our phone lines are open from 08:30 to 16:00 Monday to Thursday and until 15:30 on a Friday and we commit to responding to your calls and emails within 2 working days.

If you have any concerns, thoughts, ideas, please share them with us at [tellus@vermontschool.co.uk](mailto:tellus@vermontschool.co.uk).

### ***Upcoming dates***

- 24th October - Last day of AUT1 term
- 3rd November 2025 - Whole school INSET day
- 4th November - Children back in school
- 19th December 2025 - Christmas Fayre and early finish (12.30pm)

### **INSET and key dates for this year**

- 3rd November 2025 - INSET day
- 5th January 2026 - Structured conversation day
- 13th April 2026 - Structured conversation day
- 1st June 2026 - INSET day
- 20th, 21st and 22nd July 2026 - INSET days

## Online Safety

Please click on the link [here](#) to see some free online course for parents and carers to access in regards to online safety.

Online Safety Newsletter
June 2025

### Virtual Reality (VR)

VR is a 3D computer generated environment that users can explore wearing a VR Headset.

**Meta Quest Parental Controls**  
Meta Quest are one of the more popular VR Headsets. Users aged 13+ can use Meta Quest (children between 10 and 12 years old can use it through a parent managed account). Meta Quest state that VR Headsets are not recommended for use by younger or smaller-sized children for a variety of reasons including eye strain. Optional supervision tools are available for those aged 13–17. Find out more here: <https://familycenter.meta.com/uk/our-products/horizon-and-quest/>

Meta Quest has a Safety Centre; it includes health and safety warnings and how to set privacy settings. <https://www.meta.com/gb/quest/safety-center/>

**Gorilla Tag**  
This is a popular game and whilst rated as PEGI 3 (even though young children should not be using VR), it is important to note that it does include in app purchases and players can interact so there is a risk of offensive/inappropriate language. <https://www.earb.org/blog/a-parents-guide-to-gorilla-tag/>

**What can I do?**

- Check what games your child is accessing and make sure they are appropriate.
- Play together.
- Set time limits and ensure plenty of breaks.

**Further information:**

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/virtual-reality-headsets/>

### Online Privacy

It is important to develop an understanding of how you can protect your child's privacy online. Any personal information shared online creates a digital footprint and it is vital that we control who sees what.

**What are Privacy settings?**  
Privacy settings are tools available on most social media apps, websites, and games. They allow users to control who can view what they share online.

**What can we do to support our children with their online privacy?**  
**Talk to your child regularly:** Talk to your child about what is personal information and to think about what they share online. Personal information includes their name, address, current location and the school they attend. This also includes information within photos or videos that they may share, for example does it show their current location?

**Apply appropriate privacy settings:** For any app, game or device that your child uses, check the privacy settings and apply them as appropriate. For example:

- o Check if their location is being shared.
- o Check who can tag them in posts (as what others tag them in can also affect their digital footprint).
- o Check who can share their content.

Check these settings regularly as new options may become available or sometimes updates can change previous settings.

**Children learn from us:** Think about what you are sharing online – do you share photos of your child in their school uniform or their current location?

**Set strong/complex passwords:** Teach your child to create strong/complex passwords and to never share them with others.

**Search their name** – search their name in a search engine to see what information can be seen about your child. Remind your child that they can delete any information that they no longer want others to see.

**Further Information**

- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/taking-care-your-digital-footprint/>
- <https://www.unicef.org/parenting/child-care/online-privacy>
- [https://www.ceopeducation.co.uk/11\\_18/lets-talk-about/online-safety/privacy-settings/](https://www.ceopeducation.co.uk/11_18/lets-talk-about/online-safety/privacy-settings/)

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# Instagram

You must be over 13 years of age to set up an account. Instagram is used to post photos and videos as well as send direct messages, make voice/video calls, and send disappearing messages. Users can also upload to 'stories' (which disappear after 24 hours), broadcast live and upload reels (short videos).

### Teen accounts

Teen accounts are automatically set up for users aged 13 – 17. Teens under the age of 16 will need your permission to update their safety settings. With a Teen Account, additional safety settings are applied, for example, who your child can contact is limited and the content they access will be set to the most restrictive setting to reduce exposure to sensitive content. Find out more here: <https://help.instagram.com/995996839195964>

### Supervision settings

Instagram also offers a supervision facility, which is a set of tools that you can use to help support your child. It is important to note that both you and your child must agree to these settings, and they can be removed at any time by either person. Once set up you can:

- Set a time limit.
- See which accounts your child is following and who is following them.
- View who your child has messaged in the past week (you will not be able to see the contents of these messages)
- The option to block your child from accessing Instagram at certain times e.g. during school or at night.

Find out more here:

[https://help.instagram.com/658522825492278/?helpref=related\\_articles](https://help.instagram.com/658522825492278/?helpref=related_articles)

### How to Reset Your Instagram Recommendations

You can reset recommendations, which will clear recommended content across Explore, Reels and Feed. You can find out more here:

<https://about.fb.com/news/2024/11/introducing-recommendations-reset-instagram/>

### What are the risks of using Instagram?

- Cyberbullying
- Risk of contact from strangers.
- Viewing inappropriate content.
- Echo chambers - algorithms can create an echo chamber. Once we show an interest in a subject, the app/site will promote that content, which may mean we are overly exposed to it.

### Safety Features

If your child is using Instagram, then ensure they know how to report posts and people, how to unfollow/block people as well as delete and turn off comments. Find out how: <https://help.instagram.com/269765046710559>

### More information

Visit the family centre to learn more about the features available: <https://familycenter.meta.com/uk/>

## Talking to your child about online mistakes

The online world is difficult to navigate, and mistakes will happen. When they do, it is important that as a parent you are ready.

### Stay Calm

If your child tells you about something that they have done wrong online, then try to stay calm and listen.

### Be Honest

You may not know how to solve the issue but tell them you will help them work it out.

### Solve It Together

Try and resolve the problem together to help your child learn and understand what went wrong. This will also develop their digital literacy skills.

You should also take the opportunity to review/set up any available parental controls.

### Help and Support

If you feel like you need support from an external organisation, then Parent Zone have listed some of the different organisations available:

<https://parentzone.org.uk/article/help-and-support>

### Further information:

<https://www.brightcanary.io/what-to-do-when-your-child-tends-to-inappropriate-things/>

## Texting dictionary from Internet Matters

Internet Matters have created a list of text language terms to help you understand some of the text slang that your child might be using. Find out more here: <https://www.internetmatters.org/resources/text-dictionary/>

**Online gaming and social media**  
Young people can see all kinds of things online via social media and through online games. The popularity of online gaming has given streamers more opportunity to make their narrative sound more mainstream and reach out and radicalise others. What usually starts off as conversations on mainstream platforms can quickly escalate when the person being targeted is invited into closed groups, chatrooms and forums.

**Tips on how to stay safe online:**

- Have a conversation with your child about the potential dangers of being invited into closed groups or chatrooms.
- Talk to your child about who they are connecting with online. People and situations online are not always what they might at first seem to be.
- Talk to your child about how radicalisers search tweets, chatroom forums and social media profiles, and posts to identify people who may be vulnerable.

**What information is being shared online?**  
Games are a great way to make friends online, but are they sharing too much personal information.

**Choose a safe username**  
Make sure usernames (don't) include their full name, date of birth, address or mobile number.

**Who are they playing with?**  
Online gaming can allow users to play with friends and strangers from around the world. Remember people might not always be honest about who they are.

**Explore online together**  
Sit down with your child and learn about what websites and apps they like. Are they viewing age appropriate content?

**Check your privacy settings**  
Changing their privacy settings can affect who can see they are online and who they play with. If they download new apps, remind them to review and adjust privacy and safety settings. Check they know how to use privacy settings.

**RADICALISATION AND THE INTERNET**  
Is your loved one safe online?

**Be vigilant**

*Have a conversation about what they are using and who they are talking to online*

*Check content is appropriate*

*Don't give out personal information*

*Use parental controls*

**Spot the signs of online radicalisation**

- Are they becoming increasingly intolerant to other people's views?
- Are they sharing and liking extremist posts on social media?
- Are they being secretive about who they are talking to online?
- Are they reading, posting, watching or sharing hateful or extreme content and links?
- Do they appear to be expressing someone else's views?

Please visit the websites in the 'advice and support' section for more information about staying safe online.

**ADVICE AND SUPPORT**

**Act Early**  
[actearly.uk](http://actearly.uk)

**Internet Matters**  
[internetmatters.org](http://internetmatters.org)

**Safer Internet**  
[safersaferinternet.org.uk](http://safersaferinternet.org.uk)

**Parent Zone**  
[parentzone.org.uk](http://parentzone.org.uk)

**Think You Know**  
[thinkuknow.co.uk](http://thinkuknow.co.uk)

We are all using the internet more than ever before and so it's increasingly important to know what to look out for and how to protect our loved ones online.

The internet has opened up many new opportunities in communication, entertainment and knowledge. But it's also given extremists the means to target, connect and communicate with people vulnerable to radicalisation.

Anyone can be at risk of being radicalised regardless of their age, but teenagers and young people can sometimes be at greater risk. Radicalisers are very good at identifying people's anxieties and exploiting vulnerability. They will offer them a new narrative or a way out from how they are feeling.

It's not easy to challenge a young person who wants their privacy – and your trust. But it's important to find out who they might be coming into contact with online. Having a conversation about online radicalisation and extremism early and often is vital. It's important to engage with your loved one about the dangers of the internet and have ongoing conversations.

## Thrive

The children at Vermont School are here because they have an education health and care plan which has social emotional and mental health as one of their primary areas of need. The Thrive approach is about having an understanding of neuroscience (brain development), children development and attachment theory.

We identify possible gaps in development and help to fill those gaps using a creative and playful approach. Thrive is preventative, reparative, pragmatic and easy to use.

### Thrive Practice

Each and every one of our children will benefit from Thrive practice and we currently have two Thrive Licensed Practitioners in training at the school: Miss Louisa and Miss Alana. The changes that Thrive has brought about can already be seen in the language used with children and also in the activities that children take part in as all our pupils are already making fantastic progress.

**Please take a look at our website - under curriculum for full details of what Thrive looks like at school. If you would like to find out any more about Thrive, please let us know at [tellus@vermontschool.co.uk](mailto:tellus@vermontschool.co.uk).**

# Embracing Thrive: a parent and carers guide



## The Thrive Approach®

For over 25 years, Thrive has been working with schools, settings and organisations to support the mental health and wellbeing of children and young people.

Thrive equips educators with training, resources and an award-winning online tool, so they can better understand children and young people's needs and provide targeted, effective support.

With its focus on building secure relationships and providing positive experiences, Thrive helps young people to feel safe, supported and ready to learn.

## Building positive relationships

The connections children and young people have with the adults around them are key to their social and emotional development. Thrive activities focus on providing positive experiences and building trusting relationships. This helps young people to:

- Feel good about themselves and know that they matter
- Feel safe and secure in school
- Improve their emotional wellbeing
- Improve their capacity to be creative and curious
- Build their self-esteem and confidence to learn
- Recognise and manage their feelings
- Think before behaving in a certain way...and much more!

#### How does it work?

Thrive equips educators with strategies and activities to help build young people's social and emotional skills, as well as develop their ability to manage stress and take on life's ups and downs.

The Approach is underpinned by neuroscience, attachment theory and child development research and is suitable for children and young people aged 0-25 years.

#### What difference does Thrive make?

Schools that have adopted the Thrive Approach have reported many benefits. These include calmer classrooms with fewer disruptions, improved attendance, reduced exclusions and higher achievements. To hear first-hand from settings already using Thrive, visit [mythrive.uk/case\\_studies](http://mythrive.uk/case_studies).

#### How will my child be involved in Thrive?

Your child will be profiled using Thrive-Online, an award-winning tool used to measure and monitor social and emotional development. Thrive-Online has behaviour and skills surveys that help staff to see where young people are in their development and identify any pupils who could benefit from additional support.

Thrive-Online profiling will be led by school practitioners who will:

- Assess classes, groups and individuals to see where they are in their social and emotional development
- Create targeted action plans to help pupils to manage their behaviour, build emotional resilience and become more open to learning
- Measure and report on progress over time

#### Find out more

There is lots more information on the Thrive website: [thriveapproach.com](http://thriveapproach.com).

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**"Thrive has helped my son tremendously. It has given him more confidence and also it has helped him to calm down in difficult situations. I can see a huge difference in him. He looks forward to his Thrive time."**

Parent

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**thrive**  
Removing barriers to learning



## News from around the city



# CHRISTMAS RAFFLE



Spotlight UK have teamed up with Robert Mays School to help raise money for our Christmas Toy Appeal supporting local children as well as Robert Mays other nominated amazing charities - Victoria's Promise, The Pink Place, Harry's Hat, and Stepping Stones.

Tickets are £3 each.

JUST SCAN THE QR CODE TO PURCHASE TICKETS & NOMINATE CHARITY



**OVER 30 PRIZES INCLUDING**

A four night caravan break to Somerset, A family trip to 4 Kingdoms christmas Experience, Tickets to a number of our activities including Ninja Warrior, Donutting and more.

Registered Charity 1129258

*We are now taking referrals for our next programme:*

## **Pattern Changing Course**

***This 12-week educational programme is available for women who have experienced domestic abuse and are looking to break the cycle of ongoing abuse in the future.***

- The impact of domestic violence and abuse
- Managing emotions and developing coping mechanisms
- Assertiveness skills
- Decision making & goal setting
- What makes a healthy relationship

**Where:** 30 Brookvale Road, SO17 1QR

Drinks and snacks provided

**Referrals can be made via Yellow Door website**  
[www.yellowdoor.org.uk](http://www.yellowdoor.org.uk) or call 02380 636312



We are now taking referrals for our next programme:

## ***ACES Recovery Toolkit***

*for Adults, Children and Young People*  
**A 10-week programme for Mothers/carers who have experienced unhealthy relationships.**

- Covering impact of trauma, building resilience, attachment and parenting, support networks, managing stress, child development, emotions and healthy relationships.
- A separate 8 week programme for their children (10-16 years) delivered by a trained practitioner.
- Covering keeping safe, managing stress and emotions, support networks, coping strategies, self-esteem, self-care and setting goals.

**Where:** 30 Brookvale Road, SO17 1QR

**Mothers/Carer Start Date:** Wednesday 5<sup>th</sup> November – 28<sup>th</sup> January 2026

**Children Start Date:** Wednesday 12<sup>th</sup> November – 28<sup>th</sup> January 2026  
(excluding school holidays)

**Time:** 10am - 12pm

Drinks and snacks provided

**Referrals can be made via Yellow Door email**  
**info@yellowdoor.org.uk or call 02380 636312**



## ***Early Years Programme***

**A 10 week programme for Mothers/carers who have experienced unhealthy relationships.**

*Separate 8 Thera-Play sessions for their children (3-5 years) delivered by a qualified Play Therapist.*

Covering:

- The effects of domestic and sexual abuse on women as mothers and on children and young people
- Effective communication skills with children and young people
- Working with challenging behaviour
- Protective behaviours and strategies for keeping mothers, children and young people safe

**Where:** 30 Brookvale Road, SO17 1QR

**Mothers/Carer Dates:** Thursday 16<sup>th</sup> October – 11<sup>th</sup> December

**Children Dates:** Tuesday 14<sup>th</sup> October – 9<sup>th</sup> December 2025

**Time:** 10am - 12pm

**Referrals can be made via Yellow Door website**  
**www.yellowdoor.org.uk or call 02380 636312**

