

Merry Christmas



SHERBORNE PRIMARY SCHOOL

Harbour Way Sherborne Dorset DT9 4AJ
Telephone 01935 812619 Fax 01935 817943
e-mail office@sherbornepri.dorset.sch.uk
Website www.sherbornepri.dorset.sch.uk

Sherborne Area Schools Trust is a company limited by guarantee,
Registered in England with Company number 08130468 Registered office: Bristol Road, Sherborne, Dorset DT9 4EQ

Headteacher: Mr Ian Bartle BA Ed (Hons) NPQH

Newsletter from your Parent Support Advisor

DECEMBER 2017

Welcome to my first newsletter

This month in the newsletter we look at reducing the festive stress that can often ruin the magic of Christmas, budgeting tips to curb that overspend, sign posting to the national Autistic Society that provide advice regarding managing autism at Christmas and a delicious recipe that will be fun for all the family to create.

Reducing Holiday Stress

Tip #1

PLAY PLAY PLAY! Remember your "presence" and focused attention is the greatest present you can give your children. Years from now, they won't remember the gifts, but they will remember your times together.

Ironically, this is the time of year when parents are the most preoccupied with preparations or involved with social activities outside the home.

Tip #2

Look for opportunities to praise. Notice any positive child behaviours and label them with approving words. As you have guests over during the

*Taken from
the
Incredible
Years
programme*

*For more
information
please visit
www.incredibleyears.com*

Merry Christmas



holidays, praise any cooperative, polite and friendly behaviours you notice between your child and others. Don't forget to praise yourself as well for staying calm and taking time for yourself.

Tip #3

Consider using holiday goodies or fun stickers as spontaneous rewards for those positive behaviours you want to see more of.

Use sparingly.

Tip #4

Remember, when you are interacting together - be it playing a game, wrapping presents, cooking, doing laundry, or cleaning up - use your persistence, social, and emotion coaching methods. For example, "You are really helping just like a team. We are all working together".

Tip #5

Unplug the Christmas tree! (Metaphorically!) Reduce your expectations for yourself, your family, your in-laws and your children. Don't expect "best company behaviour." Remember most children are "wound up" at this time of year. Most parents get themselves too stressed! Schedules may be less predictable. Expect relapses in your child and yourself - accept mistakes and try again.

Christmas on a budget

Christmas can be an expensive time of year and with the ever rising cost of food and gifts some families find it difficult to manage and stay within their budget. Here are my top 5 tips on how to be Christmas savvy courtesy of www.moneysavingexpert.com/shopping/christmas-savings

- **Boring, but make a list - and check it twice.** Christmas shopping on impulse is dangerous. So make an old-fashioned shopping list and stick to it. Remember, shops spend a fortune on targeting your spending impulses - a list helps you beat them.

Merry Christmas



- **Secret Santa can keep costs down.** Why not follow the old tradition of Secret Santa? Set a budget and secretly draw names for who needs to buy for whom. This way you need only buy one present for the group, rather than for many.
- **Grab end-of-sale bargains.** Grab giftwrap, Christmas cards, baubles, decorations or even a new plastic tree as heavy discounts hit in January.
- **Agree with friends to ban unnecessary Christmas presents.** Consider not giving next Christmas. We're not talking about gifts from parents or grandparents, but the ever-widening circle of friends, extended family and colleagues
- **Be wary when buying gift cards.** If you're considering giving gift cards or vouchers, read our *Gift Voucher Warning* first. There are three key things you should be aware of:
Sometimes retailers go bust. A host of big name retailers have gone into administration in recent years. When this happens, they usually stop accepting cards altogether.
Gift cards have expiry dates. Most gift cards must be redeemed within a certain period of time, so the recipient needs to spend them before time runs out.
They could forget or lose them. Often people forget to use them, lose them or accidentally run them through the wash.

Christmas and Autism

Christmas can be an exciting and fun time, but an autistic person may be confused or distressed by all the new activity. There is a wealth of information regarding how to support your loved one at Christmas at

www.autism.org.uk/

Merry Christmas



A Festive Treat

There are many benefits to cooking with your children. As well as it being a great bonding experience for families it can improve self-esteem and confidence. Cooking can also help with Math by measuring and weighing and Science by watching the change that takes place between the start and the finish of a recipe.

Easy Mince Pies

Ingredients

225g cold butter diced
350g plain flour
100g golden caster sugar
280g mincemeat
1 small egg
icing sugar, to dust

Method

To make the pastry, rub 225g cold, diced butter into 350g plain flour, then mix in 100g golden caster sugar and a pinch of salt. Combine the pastry into a ball - don't add liquid - and knead it briefly. The dough will be fairly firm, like shortbread dough. You can use the dough immediately, or chill for later. Preheat the oven to 200C/gas 6/fan 180C. Line 18 holes of two 12-hole patty tins, by pressing small walnut-sized balls of pastry into each hole. Spoon 280g mincemeat into the pies. Take slightly smaller balls of pastry than before and pat them out between your hands to make round lids, big enough to cover the pies. Top the pies with their lids, pressing the edges gently together to seal - you don't need to seal them with milk or egg as they will stick on their own. (The pies may now be frozen for up to 1 month) Beat 1 small egg and brush the tops of the pies. Bake for 20 minutes until golden. Leave to cool in the tin for 5 minutes, and then remove to a wire rack. To serve, lightly dust with icing sugar. They will keep for 3 to 4 days in an airtight container.

Merry Christmas



Introducing.....

Doodles Play Café. A new Café with a relaxed and cosy atmosphere for parents with a fun place to keep the kids happy whilst you have a cup of coffee. Doodles Play Café is located at 1 Abbey Road, Sherborne, DT9 3LE. For further information call 01935 812888

Important Information

Head lice continues to be a recurring problem within school, please treat your child and your family should you become aware of an infestation. If you are struggling to get rid of the lice please contact me and I can refer on to the school nurse.

Pupil Premium Do you receive any of the following?

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit. This is as long as you are not entitled to Working Tax Credit and your annual gross income isn't more than £16,190
- Universal Credit

If so you may fit the eligibility criteria for free school meals and your child's school may be eligible for pupil premium. Pupil Premium is extra funding given to the school to:

- support more disadvantaged pupils, of all abilities
- to close the gaps between them and their peers

Parents may also be eligible for financial support to help with the cost of uniform or school trips. This will depend on the individual school's policies. Please contact me if you think you are eligible.

Merry Christmas



That concludes this month's newsletter. I hope you have found it interesting and informative. If you would like advice or information on particular things please contact me and I will add it to the newsletter if I feel it is appropriate.

Thank You

Jade Watson
Parent Support Advisor

Working hours

Monday 8.45am-2.45pm

Wednesday 9.30am-4.30pm

Thursday 8.45am-3.45pm

Friday 8.45-3.45pm