



Cranwell Primary School Newsletter Page 1

Assessment Time

SATs week for Key Stage 2 is nationally arranged for the week beginning 12th May 2025. All Year 6 children will be participating in the tests.

Year Two SATs testing will take place throughout May and early June. Therefore children need to be in school during this time.

Year One Phonics Screening will be taking place during the week commencing 9th June 2025 and is a Government requirement. Information about the test can be found at www.gov.uk/government/publications/phonics

Year 4 Multiplication Test will be taking place during the 2-week period from Tuesday 3 June 2025 to Friday 13th June 2025.

Therefore, please ensure your child is in school during these periods. Absences during this time will be classified as unauthorised.

Gloji Energy

Gloji energy is a funded healthy lifestyle programme, for 4- to 12-year-olds.

Families get support with making small, positive changes to their lifestyles through setting weekly 'missions' around nutrition, physical activity, mind and sleep. Children take part in fun physical activities each week, such as trampolining, whilst parents are involved in a workshop discussing eating on a budget, snack swaps, portion sizes, bedtime routines, meal planning and so much more! Each week ends with a family activity such as making healthy pizza's together. Rewards are available for completing family missions such as water bottles, sports bags and more.

The eligibility for both programmes:

Child and family weight management programme – 12-week's which includes 1:1's at the beginning and end for children on the 91st BMI centile or above.

Child and family weight management programme – 6-week which includes a 1:1 at the end. For children who would benefit from increasing fruit and vegetable intake, increasing minutes of activity and improving self- esteem.

For more information or to help families sign up to a Gloji Energy programme visit: <https://www.oneyoulincolnshire.org.uk/secondary-programme/healthy-lifestyle-programme>

PTA Meeting

A big thank you to the parents who attended our most recent PTA Meeting. It was lovely to see a number of new families helping to support our group.

We were able to discuss: future events, funding for school trips, funding for school projects, Year 6 Leaving Hoodie funding, Afghan Relocation & Assistance Policy (ARAP) support and a number of other projects.

The next PTA Meeting takes place on **Friday 21st March 2025 at 14:00** in school.

Please, please come along to support your school. Remember... being a parent already makes you a member of our PTA. We desperately need volunteers to help with running events and projects. If you are able to provide support, please come along. Thank you.

Timings of the School Day

School drop off is between 8:40am and 8:50am.

School starts at 8:50am.

Drop your child at the silver gates, and allow them to walk around to the green gate.

School finishes at 3:20pm for all children.

Please note, this is when lessons end. Children will be out a few minutes after this point. Additionally, sometimes unforeseen things happen in class which result in the children coming out a 5/10 minutes later. Thank you for your understanding.

Please try not to stand immediately in front of the green gates at the front of school. This will allow children to easily exit the school and locate their parents.

If you wish to speak with your class teacher please make an appointment either by emailing or telephoning the school office, or see the member of staff at the gates at the end of the day.

Contact Details

Please ensure that the school office is notified of any change in your contact details. You can email into : enquiries@cranwell.lincs.sch.uk

Term Dates

Academic Year 2024-25

Term 4 : ends — Fri 4th April 2025

Term 5 : Tue 22nd April — Fri 23rd May 2025

Term 6 : Tue 3rd June — Tue 22nd July 2025

Academic Year 2025-26

Term 1 : Thur 4th Sept — Thur 23rd October 2025

Term 2 : Mon 3rd Nov — Fri 19th Dec 2025

Term 3 : Tue 6th Jan — Fri 13th Feb 2026

Term 4 : Mon 23rd Feb — Thurs 2nd April 2026

Term 5 : Tue 21st April — Fri 22nd May 2026

Term 6 : Mon 1st June — Wed 22nd July 2026

Academic Year 2026 -27

Term 1 : Thur 3rd Sept — Fri 23rd October 2026

Term 2 : Mon 2nd Nov — Fri 18th Dec 2026

Term 3 : Tue 5th Jan — Fri 12th Feb 2027

Term 4 : Mon 22nd Feb — Thurs 25th March 2027

Term 5 : Wed 14th April — Fri 28th May 2027

Term 6 : Mon 7th June — Wed 21st July 2027

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Free Safeguarding Awareness course for Parents and Carers- England Football Learning

England Football's learning faculty has designed a short safeguarding course for parents. The course is designed to help parents and carers make an informed choice, about the footballing infrastructure in which children are enrolled.

Further information and the link to the course can be found here:

<https://learn.EnglandFootball.com/courses/safeguarding/safeguarding-awareness-for-parents-and-carers>

Navigating Puberty

NSPCC Learning has designed a booklet on navigating puberty to share with parents and carers of children and young people who have learning disabilities. The guide sets out: what puberty is; changes that happen to everyone during puberty; and top tips to support children through the physical and emotional challenges that puberty brings. Further information and the booklet download can be found here:

https://learning.nspcc.org.uk/research-resources/navigating-puberty-booklet?utm_campaign=20241202_KIS_CASPAR_December02&utm_content=Navigating%20puberty&utm_medium=email&utm_source=Adestra

If it Snows

If you are unsure whether the school will be open on a day when it snows, please listen to local radio stations, their respective websites and Parentmail which will all provide relevant information as to whether we are open or not.

A good website to check is at <https://www.lincolnshire.gov.uk/schoolclosures>

A decision sometimes can not be made before 8am, therefore remain at home until the latest time possible to safely travel to school. Please note, even when these establishments are contacted by school, it can often take a considerable time for the information to be available for broadcasting or uploading.

Uniform

We have been very impressed with the children looking so smart in school.

Please remember that long hair should be tied up, and jewellery, make-up and nail polish are not allowed. We would be grateful if parents could support the school with these rules.

Remember—Name Everything!

Be aware that when you have a class of 30 children the majority of white shirts are the same size and often from the same providers. Ties are identical! Shoes also look very similar. Trying to distinguish whose items are whose is very difficult without them being named!

Thank you for your help.

Road Safety

A reminder to please take care driving in and around the school area.

Please remember there is a 5mph speed limit on the drive.

Parking in and around school is often congested at drop off and collection times, as are most schools around England. I ask all parents that you always consider where you park when dropping off and collecting your children. Yes, you may think you are parked sensibly and your car is not in the way or 'not harming anyone' where it is, but can children cross safely where you have parked? Will your car make it difficult for other cars to get past? Please spare a thought for all the local residents living around the school perimeter, especially in Cherry Tree Crescent, Baghdad Road, Delhi Square and the Costcutter car park.

Please can we show full consideration and ensure we do not park on, or obstruct any driveways or paths, or on any double yellow line areas on the school drive. School are aware of Lincolnshire Police's visits to these areas and are warning parents they are issuing tickets where appropriate. Many thanks for helping to respect our neighbours.

Exit on the Left

The one-way system in the morning is continuing to work really well with parents dropping their children off. Please make sure your child leaves their car via the passenger side of the car to avoid any accidents. Please make sure your car is stationary when your child exits/enters the car.

Disabled Parking Considerations

We have limited disabled parking on the school premises, and we do have families who require these.

We are unable to enforce this but please be considerate and keep these spaces free for those that require them.

To avoid any misunderstanding when using the disabled bays please display your Blue Badge.

We appreciate your understanding in this matter.

Travelling to and from School

We openly encourage children to either walk or ride their cycles to school, but they must do so safely.

Top Tips for Riding to School

- Ride with your children.
- Do not let your child ride to school if they are not riding with you, or not attending Bikewise Training, or not safe to do so alone.
- Wear a properly-fitted helmet. It is the best way to prevent head injuries and death.
- Ride on the pavement when you can.
- Use hand signals and follow the rules of the road.
- Wear bright colours and use lights, especially when riding at night and in the morning.

Please see below some useful websites to help you teach your child the rules about cycling:

<https://bikeability.org.uk/cycle-more/family-cycling/essential-cycling-skills-for-families/>

<https://www.raleigh.co.uk/gb/en/cycling-advice/riding-guide-cycling-to-school-safely/>

Please can we all help keep everyone safe by ensuring children dismount their scooters and bicycles as they enter the school grounds. Many thanks.

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Internet Safety

Help your child become a smarter, safer and happier explorer of the online world.

Google have a 'Be Internet Legends Parent's Page' — a helpful handbook full of tips and tricks for supporting your child's digital education.

There are lots of simple ways to reinforce the important online safety lessons your child has been learning in school, through Google's Be Internet Legends programme. Created in partnership with Parent Zone, the programme is empowering families to make the most of the internet by helping them become confident digital citizens.

See more at : https://beinternetlegends.withgoogle.com/en_uk/parents/

Ordering Hot Meals

Please remember that infant classes are provided with Universal Infant Free School Meals. Please remember to order and outline any allergies. Children in Key Stage 2 currently can order hot meal lunches through Ideal School Meals, our food provider, or parents may wish to send in a packed lunch instead. Children in Foundation Stage and Key Stage One also receive a piece of fruit each day through a Government initiative.

Healthy Snacks at Playtime

Just a gentle reminder that your child needs a healthy snack for break time and a water bottle to take into their class. Whilst some of the cereal bars do offer health benefits, they also contain a high level of sugar which is detrimental to your child's teeth, leading to tooth decay. Fresh fruit, vegetables, raisins or cheese for their morning snack are the best choices and we would ask children to save their other snacks for lunchtime. If your child has access to fresh water throughout the day, then they are able to remain hydrated and concentration levels are improved, aiding good progression.

Lunches

If you want ideas on how to make a healthy packed lunch: www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx

...have got some great ideas for you, and in no time you'll have delicious lunchbox ideas for all the family.

Take the lunchbox list with you when you shop - it will help you avoid reaching for tempting, less healthy foods, and it could save you time and money too!

Reading Force — Service Families

Please find an online resource which is designed for keeping Forces families close and connected through sharing stories.

There is support for forces and ex-forces families with free fun shared reading resources and activities.

See : <https://www.readingforce.org.uk/> for more details.



Parents' Evenings

Parents' Evenings are going ahead the week beginning 31st March 2025. Shortly, you will receive a booking letter via your child's bookbag. Please ensure this is sent in to school by Friday 14th March 2025. You will then receive a confirmation of your time slot.

The School Governors will be in school while Parents' Evenings take place, providing refreshments and answering any questions you may have. The Governors will also be handing out a Parental Questionnaire.

A Bookfair will be available while Parents' Evenings are taking place from Monday to Wednesday. The books will be displayed in the school hall for children to purchase books with you.

Lost property will also be available for parents to look through.

World Book Day and Big Breakfast - Reminder

World Book Day 2025 is fast approaching and so we thought it would be useful to send out some information before half term to help with planning. We will be celebrating the day after World Book Day, Friday 7th March, and we will be making a start with a Big Breakfast where you are invited to join us in the school hall for breakfast with your children before the school day starts. Doors will open for breakfast at 8:10 and the cost will per £1 per person.

Your children will be able to come to school dressed as their favourite book character or their favourite word. Please do not feel you need to spend money on a ready-made outfit, there are plenty of low cost ideas in the attached leaflet and on the World Book Day website if you follow the link below:

[World-Book-Day-2025-low-cost-dressing-up-pack.pdf](#)

The children will be taking part in some wonderful book-related activities during the afternoon. This year's theme is: Read Your Way - research says that nationally, children feel reading is something they have to do, rather than something they choose to do.

Mobile Phones and Watches

We do not support children bringing mobile phones into school, however we do realise that some older children need them for safety reasons if they are walking home alone. If this is the case, phones must be left with the class teacher during the school day.

The school is not responsible for damage or loss of phones.

We do not allow watches into school which take photographs or have communication capabilities. Please understand this is for Safeguarding purposes.

Start for Life home - NHS

Pregnancy, baby and parenting advice -

Better Health – Start for Life. A place for trusted NHS advice and guidance to help you have a healthy and happy baby during pregnancy, birth and parenthood.

<https://www.nhs.uk/start-for-life/>

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Cranwell Primary School Newsletter Page 4

LumiNova

There is a new tool to support our students' emotional well-being: **Lumi Nova**—a carefully designed app aimed at helping children between the ages of 7 - 12 manage feelings of anxiety. **Lincolnshire County Council and Lincolnshire Partnership NHS Foundation Trust are providing free access to Lumi Nova to families living in Lincolnshire.**

Lumi Nova is a breakthrough digital therapeutic game for childhood anxiety, co-designed with children, parents, NHS clinicians, and experts in mental health, human-centred design, and ethical gaming technology. It empowers young minds to overcome mental health challenges and create life-long skills using highly immersive experiences that are self-guided, interactive, and fun.

Parents can register their child online or download the app.

Who is Lumi Nova for?

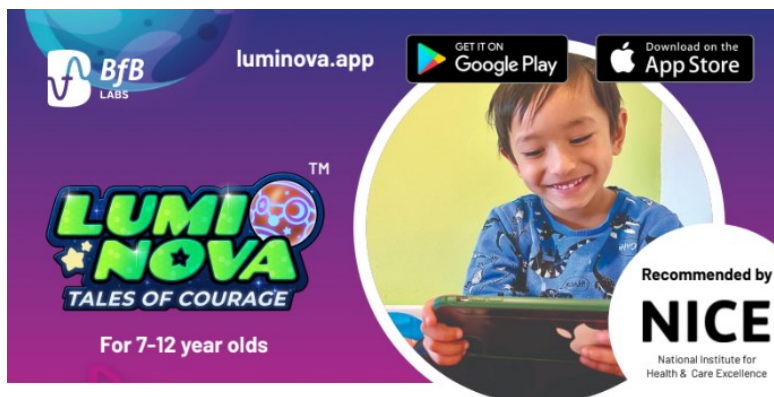
Lumi Nova is for 7-12 year olds facing difficulties with anxiety, including:

- **Phobias** e.g. Being afraid of spiders or insects, heights, being near dogs, or the dark.
- **Social anxiety** e.g. Feeling worried about making new friends, going to social events.

Separation anxiety e.g. Unable to sleep alone, worried about being away from parents, going to school.

Lumi Nova provides Exposure Therapy and should not be used with children who have severe anxiety.

Further information can be found at <https://luminova.app/> or <https://www.youtube.com/watch?v=mmgrU4zXU3M&scrllybrkr=72fa057e>

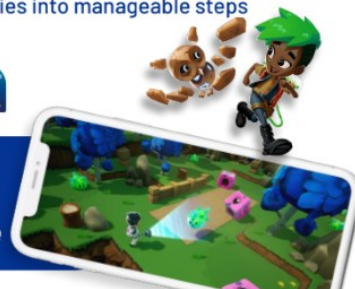


Effective Digital Therapeutic Support for children with anxiety

- ★ Instant access through a mobile app
- ★ Based on highly effective Cognitive Behavioural Therapy
- ★ Helps breakdown fears and worries into manageable steps
- ★ Trusted by the NHS



Enable your child to learn life-long skills to self-manage their worries and build resilience



Afghan Relocation & Assistance Policy (ARAP)

We have received notification that the MOD's Army Cadet training facility at Beckingham Camp is participating in the Afghan Relocation & Assistance Policy (ARAP). ARAP is a scheme to relocate Afghan citizens who worked for or with the UK government in Afghanistan in roles that exposed them to significant risk due to their association with the UK e.g. interpreters.

From the information we have so far, Beckingham will site 220 people at any one time, with approximately 130 school aged children aged between 4 and 16.

These families are being initially supported with basic education support on site through the MOD, until a school place is secured as required by the DfE. These families will eventually move on to more permanent accommodation around the country, but timescales for this vary. There is no requirement for permanent moving to be in the same area as their initial accommodation, so educational placements will vary from short to longer term. It is anticipated that the majority of these families will be on site an average of 6 to 12 weeks before being relocated.

As a school within a reasonable distance of the camp, and with spaces, our School have been contacted to help support these families with their children's education. As a result, we will be welcoming a number of these children from different age groups who may be joining our school shortly. This is an exciting opportunity for our school and the children in our school. Plans have been made within school to accommodate these children into existing classes, and staff have been working hard to ensure there is support available for all children, if required.

Our school is being supported by Lincolnshire County Council, to help with the smooth transition of these children into our school and overcome any barriers which may occur.

There will obviously be cultural differences between the children we have already on site, and the new children joining us, and there is a vital importance for all involved to be mindful of the trauma and difficulties these families have already experienced.

<https://www.gov.uk/government/publications/afghan-relocations-and-assistance-policy/afghan-relocations-and-assistance-policy-information-and-guidance>

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Cranwell Primary School Newsletter Page 5

School Vacancies

Supply Learning Support Assistant

Successful applicants to preferably hold NVQ Level 2/3 Teaching Assistant Qualification or equivalent.

Salary – Dependent on role:

Either (G2-03 – G2-06) - pro rata based on 37 hours.

or

Salary (G2-06 – G2-09) - pro rata based on 37 hours.

The applicant will be able to demonstrate the ability to:

- work with individual children, small and large groups within/and outside the classroom
- input, analyse and reflect on assessment data
- be able to display excellent Maths, English and Computing skills.
- be a dedicated and enthusiastic Teaching Learning Support Assistant with high expectations to raise standards for all children
- have the ability to work with children with additional needs in a caring and sensitive way in partnership with the school and family to ensure the development and progression of the pupil's outcomes
- have a good working knowledge of the Special Educational Needs Code of Practice, working closely with the SEND team/class teacher through the assess/plan/do/review model
- Have an understanding of Sensory and Physical needs
- Have an understanding of supporting individuals with Education Health Care Plans (EHC Plans) and be able to deliver specific interventions
- Have a calming, patient attitude with excellent behaviour management skills
- be flexible, and happy to join a motivated, supportive team.
- be able to show skills in display work to enhance the learning environment.
- be willing to take on additional duties to aid the running of the school such as play duties.
- be able to go above and beyond to support the school.

Supply Midday Supervisors

Our School requires Supply Midday Supervising Assistants (MSA) to cover sickness and absence of current staff. The role will be for 1.5 hours on the days required : 11.45am to 1.15pm.

The successful candidates must be willing to help within the hall for lunches, including setting up the hall with tables and chairs, cleaning equipment, managing waste collection and supervising the children. The role will also include outside play duties involving supervising the children, structuring and arranging games and play activities for the children across the school or work with individual children with their EHCPs.

Patience and good behaviour management skills are essential, along with a good sense of humour.

You will be supported by colleagues who are enthusiastic about their contribution to pupil development and table manners.

The appointment will be subject to both a full D.B.S. clearance and reference checks. Knowledge of Safeguarding and Child Protection would be an advantage, and training will be provided by the School.

Application forms are available from:

Online at : <https://www.cranwell.lincs.sch.uk/Downloads.asp>

Applications should be duly completed, along with a supporting statement no more than 2 sides of A4 demonstrating their suitability for the role.

Please email Application forms to enquiries@cranwell.lincs.sch.uk

Closing date for applications: - n/a

Interviews scheduled for : - TBC

Cranwell Primary School is committed to safeguarding the welfare of children and young people and expects all staff and volunteers to share this commitment. All employees will be subject to an enhanced DBS check.

In accordance with Part 7 of the Immigration Act 2016 (Fluency Duty), the ability to converse at ease with customers and provide advice in accurate spoken English is essential for the post.

Cranwell Primary School is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all staff and volunteers to share this commitment.

Here at Cranwell Primary School, we want our workforce to reflect the make-up of the community we serve. Therefore, we welcome all applications irrespective of gender, ethnic origin, belief, sexual orientation, age or disability, and we consider ourselves to be a family friendly employer.

We will be conducting an online search as part of our Safer recruitment procedures.

Application forms for unsuccessful candidates will be kept for 6 months and then destroyed.

All shortlisted candidates will need to verify their eligibility to work in the UK at interview.

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Pharmacy First – an NHS service being offered from pharmacies across England for children and adults

This is an NHS service which pharmacies across England for children (as well as adults) called **Pharmacy First**.

What is Pharmacy First?

Community Pharmacists offer free and confidential advice for minor illnesses such as coughs, colds, and eye infection. If appropriate, they can also provide treatment* without a prescription for seven common conditions:

- Urinary tract infection (women aged 16-64)
- Sinusitis (adults and children aged 12+)
- Sore throat (adults and children aged 5+)
- Earache (children and young adults aged 1-17)
- Infected insect bite (adults and children aged 1+)
- Impetigo (adults and children aged 1+)
- Shingles (adults aged 18+)

The pharmacy will send an electronic message to the person's GP surgery so their health record can be updated. Should the pharmacist be unable to help, they will direct the person to their GP surgery or other health professional as appropriate.

This service takes away the potential delay of having to wait for a GP appointment and may help ensure children get well and back to school as quickly as possible, as well as supporting parents/carers to also get better sooner if they are unwell.

Patients that are already exempt from prescription charges, such as children, will still be exempt from charges if treatment is provided for the listed conditions, otherwise usual **NHS prescription charge rules** apply.

For more information on how your pharmacist can help, visit [Pharmacies - Lincolnshire ICB](#) or watch [Starting to feel unwell? Think Pharmacy First - YouTube](#)

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Having health concerns?

Think 'Pharmacy First'.

Most community pharmacies across Lincolnshire can provide advice and treatment for these **seven common conditions**.

It's a free and confidential way to get qualified help and can be much quicker than visiting your GP or an urgent care service.

Scan here to find your nearest pharmacy.



Help us to help you.

*Patients already exempt from prescription charges, i.e. children, will get their treatment free, for the listed conditions. Otherwise usual prescription charges will apply.

1

Earache

Ages 1 to 17 years

2

Impetigo

Ages 1 year and over

3

Infected Insect Bites

Ages 1 year and over

4

Shingles

Ages 18 years and over

5

Sinusitis

Ages 12 years and over

6

Sore Throat

Ages 5 years and over

7

Uncomplicated UTIs

Women aged 16–64 years

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**Worried about
your child's health?**

Think 'Pharmacy First'.

Most community pharmacies across Lincolnshire can provide advice and treatment for your child for these common conditions.

It's a free and confidential way to get qualified help and can be much quicker than visiting your GP or an urgent care service.

Earache
Ages 1 to 17 years

Impetigo
Ages 1 year and over

**Infected
Insect Bites**
Ages 1 year and over

Sinusitis
Ages 12 years and over

Sore Throat
Ages 5 years and over

Scan here to
find your
nearest
pharmacy.



*Patients already exempt from prescription charges, i.e. children, will get their treatment free, for the listed conditions. Otherwise usual prescription charges will apply.

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The Early Years and Childcare support team have launched their annual parental survey.

This is part of their annual sufficiency reporting duty where they gather the views of parents on childcare across the county.

Below is the link that takes you directly to the survey. **The survey will close 18th March.**

<https://www.letstalk.lincolnshire.gov.uk/childcaresurvey2025>

Thank you again for your support

Sam Waite MA, BA (Hons), Sustainability and Development Consultant - Early Years and Childcare

Childcare Survey



Calling all parents and carers in Lincolnshire... we want to hear from you about your childcare requirements. Please help us to make sure you have the right childcare in your area!



The survey will be open between
17th February and 18th March 2025

To access the survey please use the QR code or online at
www.letstalklincolnshire.gov.uk/childcaresurvey2025

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**DID YOU KNOW
ABOUT...**



SCAN ME

**FAMILY NETWORK
SUPPORT PACKAGES**



**Money
shouldn't be
barrier for a
family network
member
providing
support**

**Funding is available to
support families of
children with a lead
professional!**

**Scan the QR code above or
Contact the Family Network
Support Team, for further
information**

FNSPApplications@lincolnshire.gov.uk

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Cranwell Primary School *Newsletter* Page 11

What is a Family Network Support Package (FNSP)?

A FNSP is a practical or financial support package, available to individuals in a child's support network.

FNSP's address barriers that prevent friends and/or family from providing crucial support, by offering funding or practical help.

Their goal is to reduce risks and avoid escalations to statutory services

What sort of support can families expect to receive?

Examples of support provided so far includes...

- | | | |
|---------------------------------|---|-----------------------------|
| • Food Vouchers | • Toys | • Specialist Equipment |
| • Transport costs | • Day activity costs | • Bedroom furniture/bedding |
| • Short term & Informal respite | • Ongoing loss of earnings for a network member | • Utilities costs |
| • Childcare/HAF Top-up's | | • Clothing |

I have questions; who should I contact?

Comprehensive information, including how to apply for support can be found on the LSCP Professionals page - https://lincolnshirescb.proceduresonline.com/local_resources.html

Alternatively you can contact the Family Network Support Package team

FNSPApplications@lincolnshire.gov.uk

Still need more information?

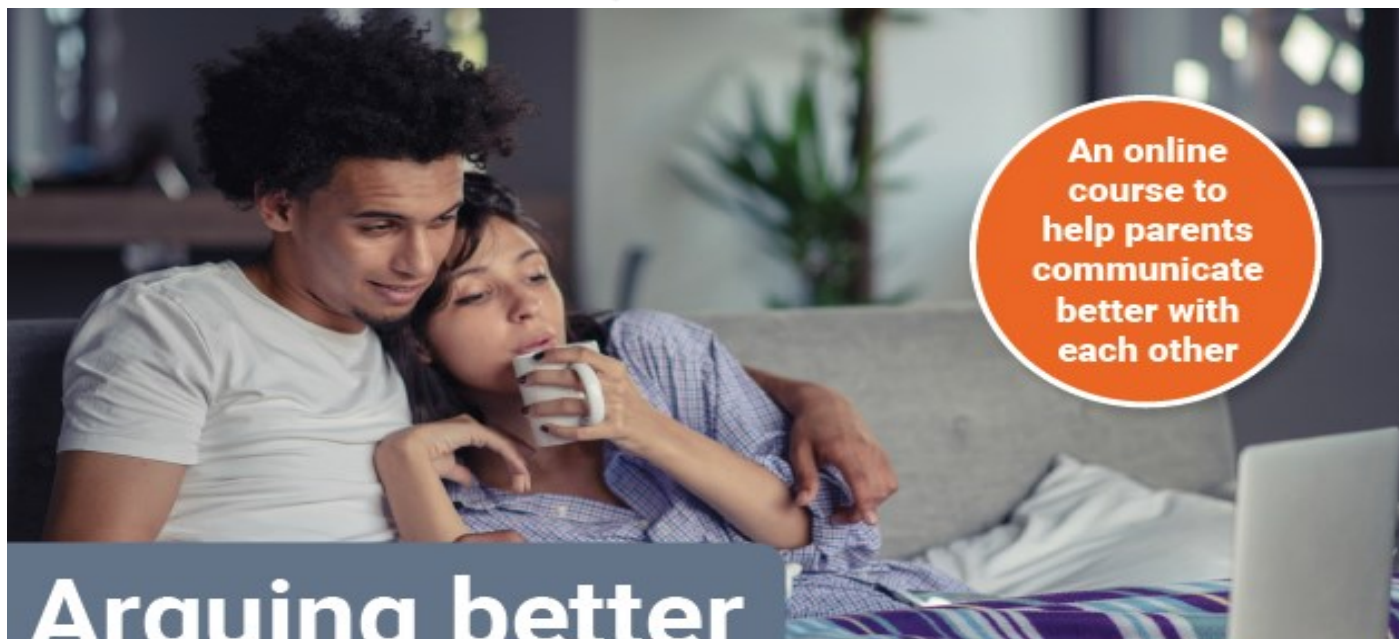
You can now book a 1:1 session with one of our professionals.

Sessions are run every Tuesday between 13:00-14:00.

Lincolnshire
COUNTY COUNCIL
Working for a better future

Contact the FNSP Team to **book** your slot today!

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An online course to help parents communicate better with each other

Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

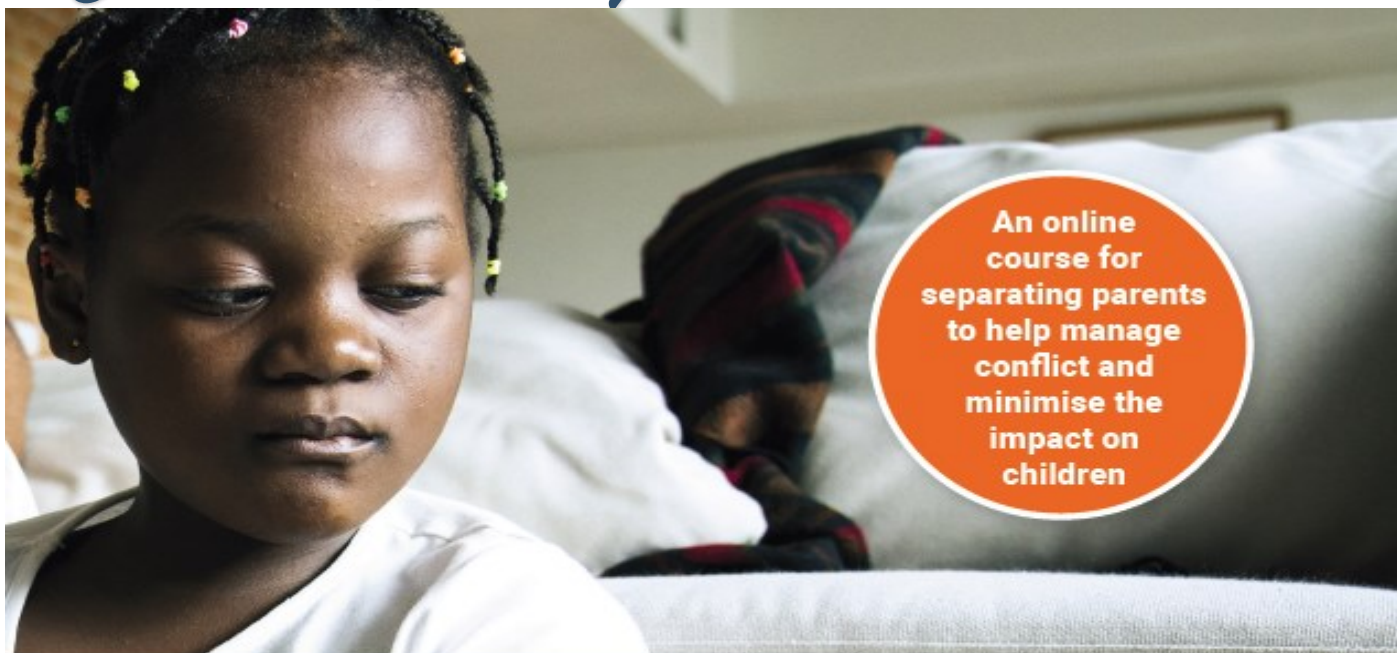


Register at this address
www.oneplusone.org.uk/parent-resources-for-england
or scan the QR code

- **Arguing better** is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.



It takes Courage and Perseverance to be able to have Success!



An online course for separating parents to help manage conflict and minimise the impact on children

Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

Getting it right for children is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

You will learn:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

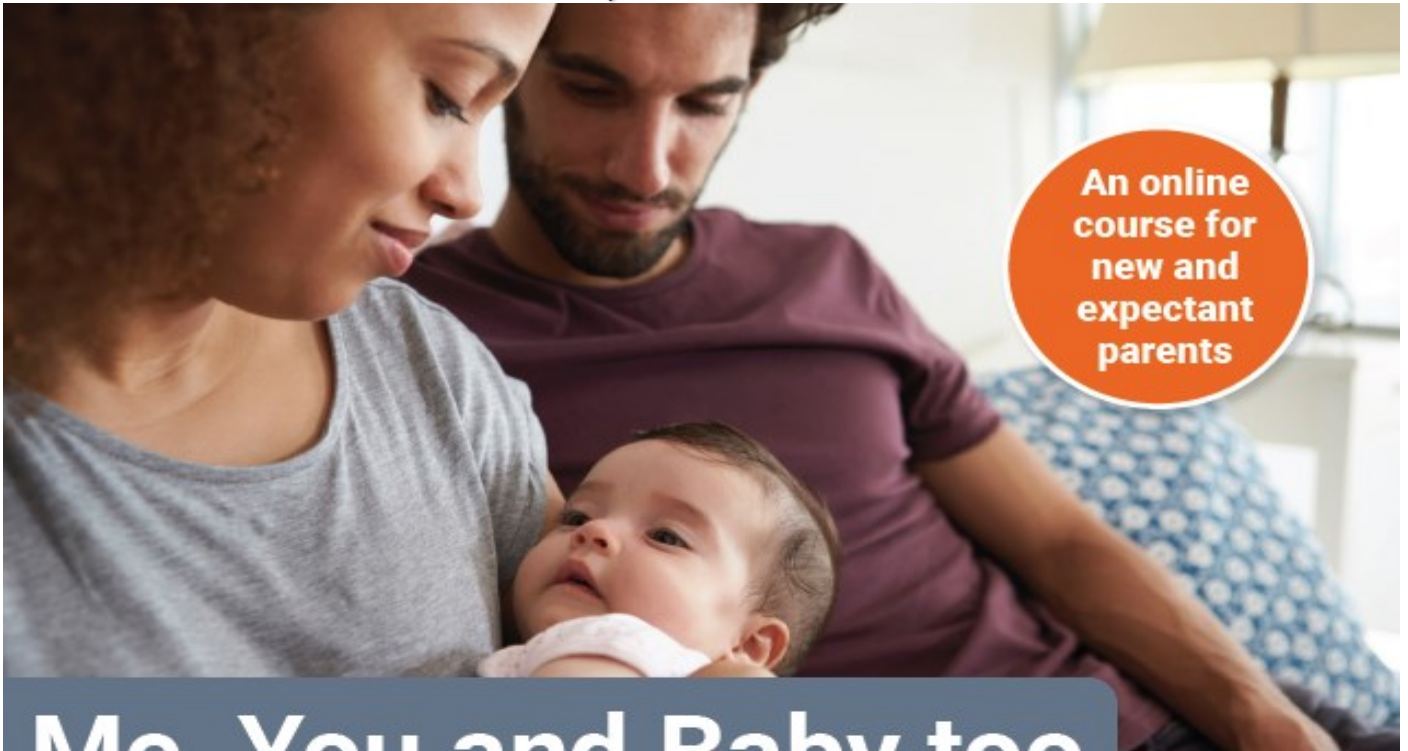


Register at this address
www.oneplusone.org.uk/parent-resources-for-england
or scan the QR code

- *Getting it right for children* is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.
- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.



It takes Courage and Perseverance to be able to have Success!



An online
course for
new and
expectant
parents

Me, You and Baby too

Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through. You'll both be tired and stressed, and you may argue more.

Me, You and Baby Too is a free online course that can help you navigate these changes and keep moving forward together.

You will learn:

- What your baby picks up, even before they are born.
- Why stress should be a shared burden.
- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address
[www.oneplusone.org.uk/
parent-resources-for-england](http://www.oneplusone.org.uk/parent-resources-for-england)
or scan the QR code

- *Me, You and Baby Too* is designed for new and expectant parents.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.



It takes Courage and Perseverance to be able to have Success!



Online support
on talking
about debt with
your partner

Debt and relationships

Debt and money troubles are one of the biggest causes of relationship stress, and the rising cost of living could mean this becomes a greater issue for many families

We have a collection of real-life animated stories and debt support articles, focusing on how people find themselves in debt, the impact it has on relationships, and why it's good to talk about it.

You can find this material in your OnePlusOne parent resource alongside *Me, You and Baby Too*, *Arguing Better*, and *Getting It Right for Children*.

To access the support, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



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Alongside the animated stories, there are sections covering:

- What to do if you're in debt and haven't told your partner
- What to do if you think your partner is in debt and hasn't told you

Each section contains helpful advice and tips to help people prepare for conversations about debt so they can move on together.



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