

LIGHTHOUSE NEWSLETTER

December 2024



Reminders

Welcome to our winter Newsletter! We send out a new one each long term- so keep an eye out. We will be sharing the events and courses we are running, top tips and more! See below for more information on who we are and what we do.

Who we are

We are an Early Intervention service supporting children and their families within the Blue Kite Academy Trust schools.

We are made up of Family Workers, Inclusion Workers, an Educational Psychologist, Educational Welfare Officer and a Trainee Play Therapist.

We work in many different ways- sometimes directly with children, sometimes with parents and carers. We also offer regular workshops, courses and 1:1 drop-in sessions for one off advice - please speak to your child's school for more information or if you feel you, or your child, may benefit from Lighthouse support.

Upcoming Events

- Tues 14th Jan- 9am Managing Big Feelings at Greenmeadow Primary (SN25 3LW)
- Tues 28th Jan- 2pm Managing Screen Time at William Morris (SN25 2PP)

(The above events are for parents/ carers with children at any of the Blue Kite Trust School. No booking is needed for these sessions.)

Our next 6 week Family Foundations course will start on Friday January 10th from 9-10.45am. Please email GWollen@bluekitetrust.org or BBradley@bluekitetrust.org for more information or to book a space

This Month's Top Tip

Christmas can be the most wonderful time of the year for some people but, often, it is also a very stressful time of year! Social Media can trick us into thinking everyone else is having a 'better' Christmas or that we aren't doing enough! Please just remember that the matching pyjamas, piles of presents under a perfectly decorated tree or all the other things that have become popular due to social media are NOT necessary for a lovely Christmas.

Christmas doesn't have to look perfect online to feel magical!!

We also know it can be a very expensive and difficult time of year. If you are struggling to manage during this time please contact your school who can put you in touch with our team to support where we can.

Follow Us

For regular family life tips, links to useful posts and dates for your diary please follow our instagram page:
[@lighthouse_bluekitetrust](https://www.instagram.com/lighthouse_bluekitetrust)

Local Events

- Twigs Twinkly Lit Up Gardens- Manor Garden Centre, 7th December 4.30-7.30pm- £3 per person
- Winter Wonderland: Laser display, Father Christmas and more. St Marks Rec (SN2 1BZ)- 6th December 4-8.30pm- Free Entry
- Brunel Reindeer Trail- Running during opening hours until 24th Dec at the Brunel Shopping Centre (plus Father Christmas in his Grotto for £4.50)
- Westlea Fire Station Christmas Open Day- 14th December 11-4. Free entry

Festive Activity Ideas

- Go on a Christmas Lights scavenger hunt- make a list of lights or decorations to try and spot- candy canes, reindeer, bells. You can find some printable ones online.
- Hide and Seek- Hide some candy canes or shatter-proof baubles around the home to find while you listen to Christmas Music
- Draw the outline of a Christmas tree, jumper or gingerbread man for your child to design.
- Stick 3 rectangle biscuits into a pyramid shape to create a mini gingerbread house- decorate with icing and sweets
- Cut strips of paper and stick into a loop- post through a second strip and glue to create a paper chain!
- Make paper snowflakes to hang in the window