



Academy Head: Miss Beth Spaul  
Reedham Primary and Nursery School  
School Hill, Reedham, Norwich NR13 3TJ.  
Telephone Number: 01493 700271  
E-mail: [officereedham@consortiumtrust.org.uk](mailto:officereedham@consortiumtrust.org.uk)  
Facebook: Reedham Primary and Nursery School



## 24.10.2025 Newsletter - The class news one!

**Thank You - apologies if we miss you off - everyone is so helpful it is hard to remember!**

To all our children, who have really put in the effort to be **Ready, Respectful and Safe**, so that we can all learn together at **Team Reedham**. This half term it was all about 'RESPONSIBILITY', how we can engage in our community and ensure we are playing our part to stay safe and look after ourselves, each other and our environment. Next half term, we will be exploring the characteristic: independent learner.

Thank you to our reading volunteers - Nick and Heather for their continued support with our young readers!

Thank you to our craft club volunteers from the Reedham WI - your support is very much valued. If you have any crafty resources that you would like to donate, we would be delighted to receive them.

Thank you to our amazing PFA - the organisation of the Macmillan cake sale. We raised £163, which was split 50/50 with Macmillan and PFA. Thank you to everyone who donated us cakes! The PFA also supported our parent café with refreshments - thanks to parents who supported this important event. Thank you, PFA, especially for organising our Halloween disco - these opportunities really help us to build positive memories for our children.

### Autumn Term Reminders

#### Exciting and Sad News

We are very sad to announce that Kirstin Saunders, our long-standing office manager will be leaving at the end of this half term. We will be very sad to see her leave us to venture out to pastures new! Kirstin has been with us since 2013! We wish her the best of luck in her new job. Kirstin will be handing over to Claire Wren from after half term. Please bear with us whilst we support Claire to settle into her new role. She will be challenging parents - as she doesn't know you - please bear with her, whilst she learns names and faces and matches parents to children!

We are also very excited to share news that Mrs Page is expecting her first baby! She will be going on her maternity leave in spring term - we will keep you posted about the details of her maternity cover.

#### Morning Drop Offs and Parking

ALL parents (including squirrels) are reminded that we **start at 8.30am** - please be prompt to drop off your child.

Squirrel families we have invited you to collect your children from 3.00pm onwards to ease the process at handover. Please note until children line up with the class teacher or are released to parents at the end of the day, they should be supervised by their family adult. Please remind children that they should not be playing chase games, ball games at these times (it is unsafe). Please also note that if there are cones around equipment or it is tape off then it is out of use and children should not play on it.

#### Raising Concerns

We would like to kindly remind everyone that if concerns arise regarding children's experiences and interactions at school, these should always be directed through the school rather than addressed directly with other parents. It is the school's responsibility to support families in managing such matters.

**Please address any concerns you have with your child's teacher.**

**Communication with school staff should be respectful, especially in front of children.**

#### Parent and teacher communication

We welcome all parents to share information, concerns and news with us, however it is really important that **all** our teachers are able to be with their classes in the mornings to take registers. This is a statutory requirement and an important part of safeguarding. Please make an appointment to talk to your child's teacher.

### Healthy snacks and water bottles

This is a reminder that we encourage children through their learning of P.E and PSHE to be healthy and lead healthy lifestyles. We have noticed many packed lunches and snacks are VERY unhealthy. It is preferred that snacks brought in for break are fruit and not chocolate or crisps.

Please follow the link to read our [Trust policy](#). Please also note that the school no longer provides water bottles for children. Please ensure your child remembers to bring in their named refillable bottle.

### Nursery Snacks

Please keep an eye out for information about squirrels snacks - this is not working and we are reviewing the changes we made. Miss Curtis will be sending out information about this as soon as possible.

### Autumn 2 term changes - Monday 3.11.25

- Enrichment sessions for children signed up start Friday 7.11.25 at 13.00.
- Parents need to pick up their children at 13.00 (after lunch) from the main playground.
- P.E lessons - Otters on Tuesdays, Herons and Squirrels on Wednesdays, Owls on Thursdays
- P.E kit to be brought into school in a bag, please discuss changing arrangements with your child's class teacher if you have concerns. This is a provisional change - we are trying this to encourage skills like organisation, responsibility and self-care, however we are conscious this might not work for everyone!

### Parent Cafes

Thank you to the parents who supported their child's learning by joining us on Tuesday for our reading café. We hope that you found it helpful and insightful. Keep an eye open on our parent board at the gates and in newsletters for our latest events. We will be hosting parent cafes in school for maths and Norfolk Steps, this term. We would love to see as many parents as possible in classrooms to showcase what we do.

### Music Lessons

Did you know that Ann Smith will be retiring at the end of this year? We are currently in discussion with her replacement. Please be aware with this change, fees will be reviewed and will change from November. We will keep you posted on plans and prices. If your child is in year 3 and interested in having music lessons, please enquire at the school office.

### Role Models

Adults are role models for children. We hope to foster an inclusive culture where every child and family feels welcomed, supported, and encouraged to join in. This is something we build together - it takes our whole community to model respect, patience, compassion, and tolerance.

We teach children that it's okay to make mistakes - that we can reflect, learn, and move forward. When mistakes happen, we don't dwell on them or make others feel guilty or ashamed. Instead, we help children let go of worries and incidents so they can grow in resilience and build healthy relationships.

Finally, please be mindful of any slogans or symbols that could cause offence - **this includes stickers!**

### Booking clubs and reporting absences

Please ensure that you book clubs 24 hours prior, through the Arbor app, in case of emergency bookings - these are subject to availability and must be booked via email. Please ensure you have communicated pick up changes to both the office and your child's class teacher. We check our emails throughout the day. Next half term clubs are available to book - please book in advance. This is so that we can allocate the appropriate number of staff to supervise the children booked.

Please ensure that if your child is absent that you call or email the office to report this each day of absence. We will call and check with you if you do not. This is part of our statutory duty to safeguard children.

### Safeguarding

Thank you to parents who shared their concern around the books; *Spy Dogs*, *Spy Pup*, and *Spy Cat* by Andrew

Cope containing a weblink at the back of the book that no longer directs people to information about the books. Instead, the link now leads to inappropriate and unsafe material, containing pornographic content with no age restrictions.

If you have any of these books at home, we advise you to remove them and store them away until we have confirmation the issue has resolved.

Please be aware that this is happening:

The "Tap out" challenge - This trend often involves a group of teens where one child places another child in a chokehold (forearm is placed around the other child's neck and throat), the child performing the chokehold would then apply

pressure/squeeze the neck until the child in the chokehold taps them out on their arm in which at this point the chokehold should be released. This can also involve another child "tapping in" to join the chain. Whilst there can be no physical signs of injury, following this trend it is important to be aware that this type of strangulation can lead to serious health implications in the future, including fatalities.

The challenge is presented in a way that downplays the risks, showing participants laughing or walking away unscathed. What they don't show are the serious risks—like brain damage or even death—that can result from asphyxiation.

Children and young people are not aware of how easily these actions can cause serious harm. Trends such as this can change names quickly so, please be alert, talk to children and young people about it and report anything you see.

**It is our job, as adults, to ensure we keep children safe and to minimise exposure to inappropriate material available online from social media platforms and games. Please ensure your child is not exposed to material that is violent or explicit – keep them as children for as long as possible!**

Norfolk County Council have shared the following:

Parents / Carers Cyber Choices and Online Safety Events - Please note there are two parts to the parent events, and you will need to register for each independently. Each session will be repeated 8 times until December 2025. Both are 1 hour sessions and are suitable for parents/carers of children in Year 5 (age 9) and above. This is an opportunity to learn and ask questions regarding your child's online world.

*Parents Event - Part 1 - Introduction to Cyber Choices and Online Risks*

This session will introduce you to the [Cyber Choices programme](#) and will provide:

- An overview to parents and carers on what cybercrime is.
- What the risks to young people are.
- How the Cyber Choices programme supports at-risk individuals.
- How you can refer a young person into Cyber Choices.

You will also receive an overview of:

- Some of the potential risks that children and young people may experience online.
- Advice to support parents to make informed decisions and keep their children safer online.

The event is free, and tickets can be book directly via:

Tuesday 25 <sup>th</sup> November	10:00 - 11:00	<a href="#">Link</a>
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*Parents Event - Part 2 - Tools and techniques to improve the cyber security of your family*

This session will:

- Provide advice on how to improve your personal cyber security.
- Help you to identify and protect your (and your children's) key accounts.
- Identify threats and techniques that cyber criminals may use to target you / your family.
- Highlight the benefits of family accounts.
- Identify parental controls on your router.
- Signposting to useful resources.

Advice and guidance from the session will be in line with the Government's [Stop! Think Fraud](#) and the National Cyber Security Centres [CyberAware](#) campaign.

The event is free, and tickets can be book directly via:

Thursday 23 <sup>rd</sup> October	16:00 - 17:00	<a href="#">Link</a>
Tuesday 2 <sup>nd</sup> December	10:00 - 11:00	<a href="#">Link</a>

## Mental Health

Worried about your child's mental health? - Speak to Miss Spaul about making a referral with the Schools and Communities Team or NHS MHST Cambridgeshire Team. We want your child to enjoy their experiences at school and remember their time at Reedham as positive and happy!

## Class News



Squirrel Class have had a lovely, busy half term. Reception have been smashing their phonics, learning new sounds, practising oral blending, writing, and even starting to read CVC words. Nursery have been loving our morning singing sessions and tuning into all the wonderful sounds around them. We've been exploring autumn and all the exciting changes it brings, looking for signs of the season, chatting about Halloween, and sharing how we celebrate it. In Drawing Club this week, we've been using our imaginations to create some spooky characters and Halloween-style stories. Some of them have been extra spooky, including zombie pumpkins, which caused lots of giggles! In PSED, we've been thinking about what makes us special, celebrating our differences, and creating brilliant self-portraits to show just how unique we all are. In maths, we've been busy spotting shapes with three and four sides around our classroom and outdoor area, and having a go at drawing our own too. It's been a fun-filled half term, and we hope everyone has a lovely, safe break. We look forward to welcoming you all back in Squirrel Class!



As we reach the end of our first half term of the academic year, I've been reflecting on just how much the children have achieved in these past eight weeks. We've seen friendships blossom, a few disagreements sorted out with growing maturity, and brains becoming more colourful and creative every day!

We've had a real focus on handwriting this half term. Our Year 1s have been working hard to make sure their letters start in the correct place (always at the top—unless it's the letter e), while our Year 2s have been learning how to join certain letters neatly. If your child would like to keep practising over the holidays, we use **Letterjoin**, and login details are included below. A small request—please encourage your child to start their letters in the right place, so we don't undo all their fantastic progress!

In Science, we've absolutely loved exploring *Animals including Humans*.

We learned about the five main animal groups and discussed which animals belong to each (and which don't fit into any!). We also explored carnivores, herbivores, and omnivores, before moving on to humans—discovering our body parts and how we use our senses. It's been fascinating!

In Maths, we've focused on place value, using lots of practical equipment to deepen our understanding. This has given us a really solid foundation as we get ready to move on to addition and subtraction after the holidays. One of our real highlights, though, has been our topic on *Kings, Queens and Castles*. We've loved finding out about the different parts of castles and why they were built that way, as well as learning about some of the remarkable rulers throughout history. Our alien friend **Whitee** has been especially curious—he doesn't have castles where he comes from! We hope he keeps visiting us (and maybe tells us a bit more about his own world next half term...). We hope you all have a lovely, relaxing half-term break, and we can't wait to see everyone back on **Monday 3rd November**.

### Pupil login details

All pupils use the same login details, then select their class name from the list.

**Desktop login**

Login  Desktop  Tablet

Username:

Password:

**Tablet login**

Login  Desktop  Tablet

Username:

Swipecode:



Owls have continued to work hard this half term. They have invented some very unique extinct animals to write information texts about in English, moved onto exchanging when adding, using place value counters to support them, and continued to learn how skeletons and muscles support us to move.

In computing, they have learnt about the internet and how it is a global network of networks and in art, how to create perspective when drawing. In history, they have learnt how life changed from the stone age to the iron age, more recently focusing on housing. They have also enjoyed going to the allotment to clear it for winter and decorating the pumpkins they grew for the Halloween disco!

A big well done to our homework heroes this half term: Ella B, Jasper, Thivane, Hallie and Leo. Well done for practising your times tables every night, reading regularly and completing your Sumdog tasks this half term.



As we reach the end of the first half of the Autumn Term, it's worth acknowledging what an effort this stretch always demands from everyone in our school community and what it gives back in return. Over the past eight weeks, the children have produced some truly impressive work across all areas of the curriculum.

In English, we have explored four units: non-chronological reports, recounts, persuasive writing and poetry. Each has challenged the children to balance their creativity with the technical precision of their year-group SPaG targets. Marking their English work has been a genuine pleasure; I've learned new facts about leadership and world leaders, been inspired by adventurous recounts, and delighted in the flair shown through persuasive writing and poetry.

In maths, I've been struck by the conscientiousness of so many pupils. With SATs on the horizon for our Year Sixes, their determination to strengthen understanding across the curriculum has been hugely encouraging. Our Year Fives, meanwhile, have made excellent early progress and shown a real appetite for challenge. Keeping everyone stretched and engaged is no small task but it's a problem any teacher is happy to have at this stage of the year.

Much of what we do in education involves nurturing curiosity—helping children see the value in their learning and in themselves. I often wonder why a child would be interested in column multiplication or how a hyphen can avoid ambiguity...yet, they are. Day after day, their engagement, humour and curiosity have made Otter Class a joy to teach. Whether refining our writing, developing fluency in maths, reading together in the afternoons, or guessing the mystery country in *Globe*, this half-term has had its own quiet charm.

I wish all pupils and families a restful and well-deserved half-term break, and I look forward to continuing in the same spirit as we move into the rest of the term.

## PFA

**PFA volunteers:** Would you like to become part of the PFA volunteer team? We are looking for a group of people who are not looking to commit but are happy to pass their contact details to the PFA chair and secretary so we can contact you if we need extra help. This could be for helping at events where you can pop along and lend us a hand as and when it is suitable for you. It may be that you have some spare time to send some letters for us, help on a school trip, running a stall or collecting some shopping or donated prizes etc.

**Easy fundraising** - Reedham Primary & Nursery School PFA have joined easy fundraising! This is a way you can raise money for us without it costing you anything! All you need to do is visit [easyfundraising.org.uk](http://easyfundraising.org.uk) and set up an account. Search for Reedham Primary & Nursery School PFA and join us. Then whenever you shop online, if you do this through the easyfundraising page or App, they will donate to the Reedham School PFA! Currently, we are raising funds to support the school with transport to events and visits and ipad cases.

PFA Allotment

The Owls have enjoyed two afternoons gardening at the allotment, another thank you to our PFA members for helping us to walk the children there safely and for joining in the weeding and gardening. The owls picking pumpkins was the highlight and then they painted them for the Halloween disco! Next term its Otters turn at the allotment - wellies and warm coats at the ready!

## Term Dates

Monday 3rd November 2025 - Autumn 2 term starts - working week changes

Monday 3rd November 2026 - Individual photos

Wednesday 5<sup>th</sup> November 2025 - Bonfire night menu

Thursday 6<sup>th</sup> November 2025 - Non uniform day in lieu of Bingo prizes

Friday 7<sup>th</sup> October 2025 - First Friday Enrichment Afternoon - All other children collected at 13.00

Sunday 9<sup>th</sup> November 2025 - Remembrance Sunday at memorial - Pupil Parliament to represent school

Monday 10<sup>th</sup> November 2025 - ODD sock day and special lunch

Tuesday 11<sup>th</sup> November 2025 - Remembrance service at emorial 10.45 - 11.15

Thursday 13<sup>th</sup> November 2025 - Parents' Maths Café - 8.30am

Friday 14<sup>th</sup> November 2025 - Children in Need event

Friday 14<sup>th</sup> November 2025 - Flu Vaccinations

Monday 24<sup>th</sup> November 2025 - Norfolk STEPs parent workshop - part 1 (morning)

Thursday 27<sup>th</sup> November 2025 - Family Bingo Night at school

Monday 1<sup>st</sup> December 2025 - Stocking Advent Hunt launched

Thursday 4<sup>th</sup> December 2025 - Norfolk STEPs parent workshop - part 2 (morning)

Friday 5<sup>th</sup> December 2025 - Gingerbread house competition judging

Friday 5<sup>th</sup> December 2025 - Panto in school

Wednesday 10<sup>th</sup> December 2025 - 1pm to 2pm Nativity performance at Reedham Church

Thursday 11<sup>th</sup> December 2025 - Festive Thursday - PFA - AT THE VILLAGE CHRISTMAS TREE (LORD NELSON by river)

Monday 15<sup>th</sup> December 2025 - Elfridges Otters and Squirrels

Monday 15<sup>th</sup> December - Raffle draw

Tuesday 16<sup>th</sup> December 2025 - Elfridges Herons

Wednesday 17<sup>th</sup> December 2025 - Elfridges Owls

Wednesday 17<sup>th</sup> December 2025 - Christmas lunch and Christmas jumper day

Thursday 18<sup>th</sup> December 2025 - Festive Thursday - PFA

Friday 19<sup>th</sup> December 2025 - Last day of term

Friday 19<sup>th</sup> December 2025 - Santa's helpers handing out gifts



# Our Commitment to You

You told us what is important to you



You can trust us to:

- Do what we say we will do
- Be helpful, polite and treat you fairly and with respect
- Try to understand your circumstances
- Follow processes correctly
- Tell you what to do next if you're not satisfied with how you've been treated
- Protect your personal information



We will:

- Provide you with the correct decision or information
- Explain things clearly if the outcome is not what you'd hoped for
- Say sorry and aim to put it right if we make a mistake
- Use your feedback to improve how we do things



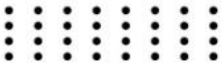
We will:

- Deal with your request the first time you contact us, or as soon as we can
- Tell you what will happen next, and by when
- Keep you updated of progress
- Ensure you know the best way to contact us

In return, we need you to:

- Give us the correct information at the right time
- Tell us when something changes
- Be on time for any appointment
- Treat our staff with respect

Please note that we are a small community. Our policies support positive relationships with all stakeholders within our community. With this in mind, please can we model respect and tolerance to all our children and parents through our actions both at home and on the playground.



## Dental Screening Session

for Children aged 0 – 11 years

with



Where - Sprowston Library

When – Tuesday 28<sup>th</sup> October 10.00am – 1.00pm

To book a place email –

[cspartnercommunitybroadland@norfolk.gov.uk](mailto:cspartnercommunitybroadland@norfolk.gov.uk)

uk with :

- Your preferred time (sorry, we are unable to guarantee this but will give you the nearest time available).
- Names and date of birth of children to be seen by the dentist.
- Your postcode and a contact phone number.



You will receive an email confirming that you have an appointment by October 24th.



Reedham Village Hall

# RCA Stage School

Act.....Dream.....Believe!

Do you like to.....

## Act, Sing or Dance?

Join RCA stage school at Reedham village hall

Children between 6 to 16 years old

No Auditions

All Beginners Welcome

on Wednesdays

6 – 10 year olds 4pm – 7:30pm

11 - 16 year olds 7:30- 9:00pm

£2.00 each week

Contact: [RCAstageschool@yahoo.com](mailto:RCAstageschool@yahoo.com) or call 01493 701107 for more information

## Who to contact in a crisis

If you think your child is experiencing a mental health crisis call NHS 111 and select the mental health option to speak to an NHS professional.

**For life-threatening emergencies call 999.**

### Other useful resources:

**Just One Norfolk** - information on health and wellbeing for children, young people, adults, professionals and schools:  
<https://www.justonenorfolk.nhs.uk>

**Kooth** - free, safe and anonymous support: <https://www.kooth.com>

**Young Minds** - free help and advice: <https://www.youngminds.org.uk>

**MindEd** - a free educational resource on children, young people, adults and older people's mental health:  
<https://www.minded.org.uk/>



# Mental Health Support Teams

Supporting primary school children



Mental Health Support Teams can offer support to help parents and carers with their child's fears, worries and behavioural difficulties. This leaflet provides information about who our support is aimed at and what support we can offer.

For more information, or to access our service, please speak to your child's class teacher or school mental health lead.

Cambridgeshire Community Services NHS Trust: delivering excellence in children and young people's services.

<https://www.justonenorfolk.nhs.uk>

[CCSNHST](#) [ccs\\_nhst](#)



## Mental Health Support Teams **NHS**

Support available for Primary School Children

### Virtual Parent-Led Groups

Learn how to address your child's "Fears & Worries" or "Behaviour Difficulties".

Consists of 6 x 1 hour sessions & is easily accessible online

### Single Sessions

A focused problem-solving session, guided by a mental health professional

Receive guidance and signposting with options for follow up support.

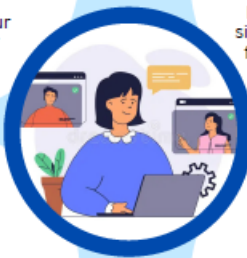
### Online Self Study

Our Online Support Intervention is a self study course that empowers parents to support their child with anxiety.

### School Consultations

With parent/carer permission we can provide advice to school staff about how to support your child.

Speak to your school mental health lead for more info or visit our website:



[www.justonenorfolk.nhs.uk/our-services/mhst/](https://www.justonenorfolk.nhs.uk/our-services/mhst/)

## Local scouting opportunities...

### Join the Adventure - Freethorpe Cubs

For fun, friendship and adventure - Cubs is for boys & girls aged 8 - 10.5 years old.

If you like learning new skills, playing games, trying new challenges, making new friends and getting outdoors then you should give Cubs a try!

1st Freethorpe Cubs meet on Thursday evenings from 6:45 - 8:15pm.

If you would like to get involved, please register your interest through our website: [eastnorfolkscouts.org.uk/join/](http://eastnorfolkscouts.org.uk/join/)

[eastnorfolkscouts.org.uk/join/](http://eastnorfolkscouts.org.uk/join/)  
#SkillsForLife



### Do more. Learn more. Be more.

Aged 10½ upto 14 years old?

Tired of dull evenings? Want to try something exciting, learn skills for the future, and meet new friends?

The Scouts could be for you!

Freethorpe Scouts meet on Thursday evenings from 6:45 - 8:15pm and welcomes boys & girls aged 10½ - 14.

If you would like to get involved, please register your interest through our website: [eastnorfolkscouts.org.uk/join/](http://eastnorfolkscouts.org.uk/join/)

#SkillsForLife

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## Our Community Events...

### Norfolk & Waveney Autism & ADHD Support Service

Supporting parents/carers of children and young people recently diagnosed or awaiting assessment for autism/ADHD. Our aim is to promote a better understanding of neurodivergence, how it may impact behaviour and offering practical strategies to parents/carers.

We also offer support to families seeking advice about how to start the journey and make a successful referral for assessment.

#### Family Action

Family Action is an award-winning national charity working from the heart of local communities to support people through change, challenge and crisis.

We protect children, support young people and offer direct, practical help to families.

It's what we've done for over 150 years.

To find out more about who we are and what we do, visit us at [www.family-action.org.uk](http://www.family-action.org.uk).

### Norfolk & Waveney Autism/ADHD Support Service

Gorleston Library, 1 Lowestoft Road, Gorleston-on-Sea, NR31 6QU

Email: [NorfolkandWaveney@family-action.org.uk](mailto:NorfolkandWaveney@family-action.org.uk)

Tel: 01493 650220

Family Action. Registered as a Charity in England & Wales no. 264713. Registered as a Charity in the Isle of Man no. 1206. Registered Company Limited by Guarantee in England and Wales no. 01068186.



### Norfolk & Waveney Autism & ADHD Support Service

Working with families to improve outcomes for children and young people affected by neurodivergence.



[NorfolkandWaveney@family-action.org.uk](mailto:NorfolkandWaveney@family-action.org.uk)



## Puffins Autism Programme

The Puffins Programme is a FREE, four week programme designed by Norfolk Community Health and Care's Neurodevelopmental Service for parents and carers of children and young people with a diagnosis of Autism.

Family Action are working in partnership with NCHC and EPSS to deliver the programme to families in Norfolk.




**Week 1 – Introducing Autism and Understanding Behaviour (Family Action)**

**Week 2 – Communication – (NCHC Speech and Language Therapy Team)**

**Week 3 – Understanding Sensory Processing (NCHC Occupational Therapy Team)**

**Week 4 – Autism in Education (NCC EP & Specialist Support: Autism Support Team)**

**To find out more or book a place, please contact Family Action on:**

 01603 972589

 Sue.Killick@family-action.org.uk



**Educational Psychology & Specialist Support**

Family Action. Registered as a Charity in England & Wales no: 264713. Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068186.

### Autumn/Winter 2025 Programme Dates:

#### September 2025 - New Costessey

**Monday 8th, 15th, 22nd & 29th**

Breckland Room, Breckland Hall,  
Breckland Rd, New Costessey,  
Norwich NR5 0RW

#### October 2025 - Thetford

**Thursday 2nd, 9th, 16th & 23rd**

Charles Burrell Centre, Staniforth Road  
Thetford IP24 3LH

#### November 2025 - Kings Lynn

**Monday 3rd, 10th, 17th & 24th**

Community Hub, Church Dr, Nxt Gaywood  
Church Rooms, King's Lynn, PE30 4DZ

#### December 2025 - ZOOM

**Monday 1st, 8th, 11th & 18th**

Online

**All courses are 9:30am - 12:30pm\***

NB: \*Session 1 only in each course is just a little longer 9:30am to 1:00pm

[family-action.org.uk](http://family-action.org.uk)



## Plan Bee Course General Information

Understanding and supporting your neurodivergent child or young person's needs.

**A FREE course for parents and carers**

Plan Bee is a 3 week course (2 hours per week) written by Clinical Psychologists working in Norfolk Community Health and Care. We have been commissioned by Norfolk NHS ICB to deliver this course for parents and carers of children who have suspected or diagnosed neurodevelopmental conditions.

All behaviour is a form of communication. Our course supports parents to understand their child's individual needs and how to best support them.

**The aim of this course is to help parents and carers to:**

- **Understand why their child or young person might become overwhelmed.**
- **Reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.**
- **Develop a support plan which they can share with other family members and schools to ensure a consistent approach.**
- **Meet with other parents/carers for peer support.**

For more information you can contact us Monday to Friday 9-5pm on:



01603 972589



Norfolkandwaveney@family-action.org.uk



Norfolk and Waveney Autism/ADHD Support Service



[www.family-action.org.uk](http://www.family-action.org.uk)



**family  
action**



# Puffins Course General Information

Puffins is a course for parents and carers of children up to the age of 18 with a diagnosis of autism. The aim of the Puffins programme is to give parents and carers a better understanding of what the diagnosis of autism means for them and their child.

## Section 1 - Presented by Family Action's Autism & ADHD Support Team

- Giving parents an overview of autism, including the associated developmental issues their child may struggle with.
- Supporting them to understand and see the world from their child's point of view.
- Offering practical strategies, support and advice.

## Section 2 - Communication Presented by NCHC Speech & Language Therapy Team

- Understanding strengths and differences related to communication and interaction.
- Helping families to understand and advocate for differences and potential supports needed.
- Supporting connection and meaningful interactions.
- Offering practical strategies.

## Section 3 - Sensory Processing Presented by NCHC Occupational Therapy Team

- Sensory processing - the neurological theory.
- Sensory systems - what does each system do?
- Sensory processing in real life
- How can we help our children?

## Section 4 - Autism in Education Presented by NCC EP & Specialist Autism Support Team

- SEND and Schools.
- Reasonable adjustments and support in the classroom.
- IEP/EHCP.
- When things go wrong.
- Transition.
- Support for parents.

To find out more or book a place, please contact Sue Killick on:



01603 972589



Sue.Killick@family-action.org.uk

[family-action.org.uk](http://family-action.org.uk)