

PARENTING COURSES & SUPPORT



November Timetable

All regular sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

Introduction to OCD	2 Nov 10am
Raising Self-Esteem	2 Nov 7pm
Supporting Healthy Sleep	3 Nov 10am
Decreasing Depression	3 Nov 7pm
Supporting a Child with ADHD	9 Nov 10am
Understanding Addictive Behaviour	9 Nov 7pm
What is ACT?	10 Nov 10am
Improving Family Communication	10 Nov 7pm
Autism: Improving Communication	16 Nov 10am
Supporting Healthy Screen Use	16 Nov 7pm
Understanding the Teenage Brain	17 Nov 10am
Understanding Anger	17 Nov 7pm
FREE - Responding to Stress & Anxiety	19 Nov 7-8pm
Anxiety Explained	23 Nov 10am
Facing Defiance	23 Nov 7pm
Cannabis & Ketamine Awareness	24 Nov 10am
School Anxiety	24 Nov 7pm





EMOTION REGULATION WORKSHOP FOR PARENTS



Aims

Aimed at helping parents and carers in supporting their child's emotional regulation. It aims to understand what makes emotional regulation challenging and recognising what happens when children experience big emotions. This workshop covers what emotional regulation is and why it matters, the role of the nervous system, and simple practical strategies parents/carers can use daily to support children to regulate their emotions.



90 minute in person workshop

DATE: Thursday 19th November

TIME: 09:00-10:30

LOCATION: Weeke Primary School

We are the Winchester Mental Health Support Team (MHST), and we work closely with children, parents, and school staff to support emotional wellbeing across our partner schools. Alongside offering 1:1 support through school referrals, we also deliver a range of workshops designed to build confidence, understanding, and practical skills around children's mental health.

Please note the ADHD meeting is the same content as the one already held at Weeke Primary School

ADHD INFORMATION EVENING

For Parents & Carers

with **KATE LOCKE**
QUALIFIED ADHD COACH & COMPLEX BEHAVIOUR LEAD

Kate Locke has been teaching for 26 years and is the Complex Behaviour Lead working between two schools. After her daughter was diagnosed with a special needs condition, Kate became a special needs parent. This has led to a passion to help other children whose brains are 'wired differently.'



Knowing and then growing together

"Kate is engaging, relatable, humorous and informative. Honestly, I found the evening brilliant and Kate's honesty on her own family life was extremely humbling. Where she finds the genuine enthusiasm for trying to help others is infectious."

KATE LOCKE
PARENT FEEDBACK



Join Kate on

Wednesday 11th November
6.30pm

in Thornden Hall, Chancellors Ford.

There is plenty of onsite parking and the bar will be open too!



Booking details below:

ADHD evening Nov 11th

Scan here for booking link



Knowing and then growing together

SUPPORTING NEURODIVERSITY • EMPOWERING FAMILIES • TOGETHER FOR BRIGHTER FUTURES

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many games which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

AMONG US

A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.

AGE RESTRICTION
7
PEGI

WHAT ARE THE RISKS?

SENSITIVE PREMISE

In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as The Traitors, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

CHAT BETWEEN PLAYERS

With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

GOING OFF PLATFORM

While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These undeniably make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

Advice for Parents & Carers

CONSIDER SOFTER ALTERNATIVES

Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same Wi-Fi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

STOP SURPRISE SPENDING

If you're concerned about the possibility of your child racking up an unexpected bill on Among Us' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including iD and TechRadar.



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School Age Immunisation Service - Parent Newsletter

Annual Flu Vaccination Programme

All children are eligible to receive the flu vaccine. Parents and carers are sent a link to the online consent form between September and November, ahead of the school vaccination session.

The vaccine is usually given as a nasal spray. For children who cannot have the nasal spray due to medical or religious reasons, a porcine-free injectable vaccine is available. Details about how to request this are included on the electronic consent form.

Why should I get my child vaccinated? Flu is a highly infectious illness that children can catch and spread easily. For many children, flu can be very unpleasant and may lead to complications such as ear infections, bronchitis, or pneumonia. In some cases, it can result in serious illness requiring hospital treatment.

Vaccinating your child not only helps protect them from flu but also reduces the spread of the virus to others who may be more vulnerable to serious illness, including babies, pregnant women, older adults, and those with long-term health conditions.

What if my child misses their school vaccination session? If you provide consent for your child to receive the flu vaccine and they are absent on the day of the school session, you will automatically receive an email inviting you to book an appointment at a local community clinic, ensuring your child still has the opportunity to be vaccinated.

It's not too late to complete the consent form. Even if your child's school vaccination session has already taken place, submitting a form now will allow you to book an appointment at a local community clinic.

For contact details and further information about the School Aged Immunisation Service and the vaccination programmes offered, please visit:

<https://www.healthforkids.co.uk/hampshire/collections/school-age-immunisation-service/>