



F&B NEWSLETTER

Autumn Term

Monday 5th October 2026

Dear Parents and Carers,

After the first date for our parachute jump was cancelled due to strong winds, we were very excited when the weather for Saturday 5th September looked good. We arrived at the skydiving centre bright and early to register ourselves. We had to watch a video and attend a training session before the wait for our turn started. We saw the plane take lots of people up throughout the morning and it was exciting to see other people jump. Watching the others and having to wait did increase our nerves!



After lunch, we were called to put on our suits so we knew it wouldn't be long. Verity and Charlotte were preparing to jump out at 7000ft and Miss Nerkowski and I decided to go a little bit higher, to 10000ft. We made sure we had some photos of the fruit costumes you all voted for before we had to put our skydiving suits on. We got on the plane, sat on some small benches and up we went. We were all secured to a trained skydiver and at 7000ft Verity and Charlotte jumped out, one after the other. The plane climbed higher and at 10000ft Miss Nerkowski jumped out. Then it was my turn! Shuffling to the edge and putting my legs over it was the scariest part. Then we fell! The wind was very strong on my face and I struggled to open my mouth to scream. After about 10 seconds of free falling, the parachute was deployed and we were floating through the air. It was suddenly very quiet and the view was amazing. I was allowed to grab the handles of the parachute so I was in control of going left and right. We even saw a bird of prey glide close to us!

The lower we went, the easier it was to spot the airfield and our families. Everyone was waving, filming and taking photos. We had specific instructions for the landing that I luckily remembered and it went very well. My skydiving partner collected the parachute, and we walked back to the skydiving centre and our families. Everyone was excited to see us, to hear how it was and to tell us they were proud of us. We were also very proud of ourselves and each other, for doing something we had never done before and is very scary. It helped that so many amazing people donated money to support our challenge, we have already raised more than £4000 and donations are still coming in! As a team, we persevered and personally, I found it an amazing experience and would definitely do it again!



Mrs Potma

A big thank you to Beltons Gardening

We would like to say a very big thank you to Beltons Gardening (07802753311), who have very kindly resined underneath Mrs Gibsons bench so that it can be enjoyed all year round. We were able to fund this project with a donation from Mrs Gibsons parents and some of School Council funds that were raised last year.

George in Reception came along to help his Daddy who works for Beltons Gardening and did a great job helping to tidy up the area after the work was completed. Thank you George!



Dates for the Diary

9th October	Break The Rules Day
13th October	Parents Evening
15th October	Parents Evening
19th October	Reception End Of Topic 2.45pm
20th October	Year 2 End Of Topic 2.45pm
21st October	Nursery End Of Topic 11am or 2.45pm
22nd October	Year 1 End Of Topic 2.45pm
26th - 30th October	HALF TERM
4th November	Little Recyclers (info to follow)
25th November	PTA Film Night (info to follow)
27th November	Occasional Day—School Closed
16th December	Christmas Lunch & Christmas Jumper Day
18th December	End Of Term - School finishes at 1.15pm
21st Dec - 4th Jan	School closed - Christmas Holiday

Dexter spent the weekend with Ethan, his brother Reuben and their Grandma and Grandpa.

On Saturday, he really enjoyed sharing Ethan's party bag goodies from Bianca's 5th birthday party. Dexter also spent lots of time outdoors at the park, collecting conkers from horse chestnut trees and playing in the playground.

He rode on Ethan's bicycle to the ice cream shop and helped Ethan choose his ice cream - his favourite was mint chocolate chip! Dexter did forget his helmet so Ethan talked to him about the importance of cycle safety!

Dexter was very happy to bump in to Ethan's friend Esme from Nessie class, and her cousin at the park and they had so much fun together.

The most exciting part of Dexter's weekend, however was getting to meet Ethan's new baby brother Tobias on Sunday when he came home from hospital with Mummy and Daddy! Dexter was very kind and gentle with the baby and helped Ethan sing a lullaby to him.





Friday: Dexter had a calm and cosy day at home, helping to look after Teddy after his procedure. They relaxed together, read Teddy's new book *Gruffalo Granny*, and enjoyed a quiet evening full of cuddles and rest.

Saturday: Dexter joined Teddy for a fun trip to South Mill Arts to see the Amazing Animals show. He learnt lots of new animal facts and loved watching all the creatures on stage.

Afterwards, they headed to the Scarecrow Festival, where Dexter explored all the different designs and posed for photos with his favourites.

Sunday: Dexter finished his weekend with a big adventure at Legoland. His favourite part was the Mini Village — he spent ages looking at all the tiny buildings, cars and people, spotting new details everywhere he looked.

Zelda loved having Dexter over the weekend. Please see attached some pictures: Dexter accompanied Zelda to her tennis lesson over the weekend, they practiced writing their names and built some Lego
Zelda also helped to make a bracelet for Dexter that is on his arm :)



FAWBERT & BARNARD INFANTS



OCTOBER HOLIDAY TIMETABLE



MONSTER MONDAY	TERRIFYING TUESDAY	WEREWOLF WEDNESDAY	TRICK OR TREAT THURSDAY	FANCY DRESS FRIDAY
GOBLIN GREETING GAMES	PARACHUTE SPOOKY STORIES	HALLOWEEN COSTUME DESIGNS	TRICK OR TREAT TALENT SHOW	HALLOWEEN GAMESHOW
DESIGN YOUR OWN MONSTER	DRACULA DODGEBALL	FULL MOON RELAY RACES	WIZARD & WITCHES SING ALONG	LAVA MONSTER CROSSING
MONSTER MASH OBSTACLE COURSE	CAPTURE THE CURSED FLAG	QUIVERING QUIZ	SPIDER BALL	MONSTER COMICS
MONSTER HUNT EXPLORERS	GOBLIN GOLF	GHOSTBUSTERS TARGETS	PUMPKIN CARVING CREATIONS	HALLOWEEN FACE PAINT & FINALE
CAN'T SEE ME, GHOST!	DESIGN A HAUNTED MAZE	FRIGHTENING FOOTBALL FRENZY		



EXTENDED: 8AM / 5:30PM
CHILD CHOICE: MIX OF LEGO, CRAFTS, PLAY DOH, BOARD GAMES,
LIGHT SPORTS & PLAY

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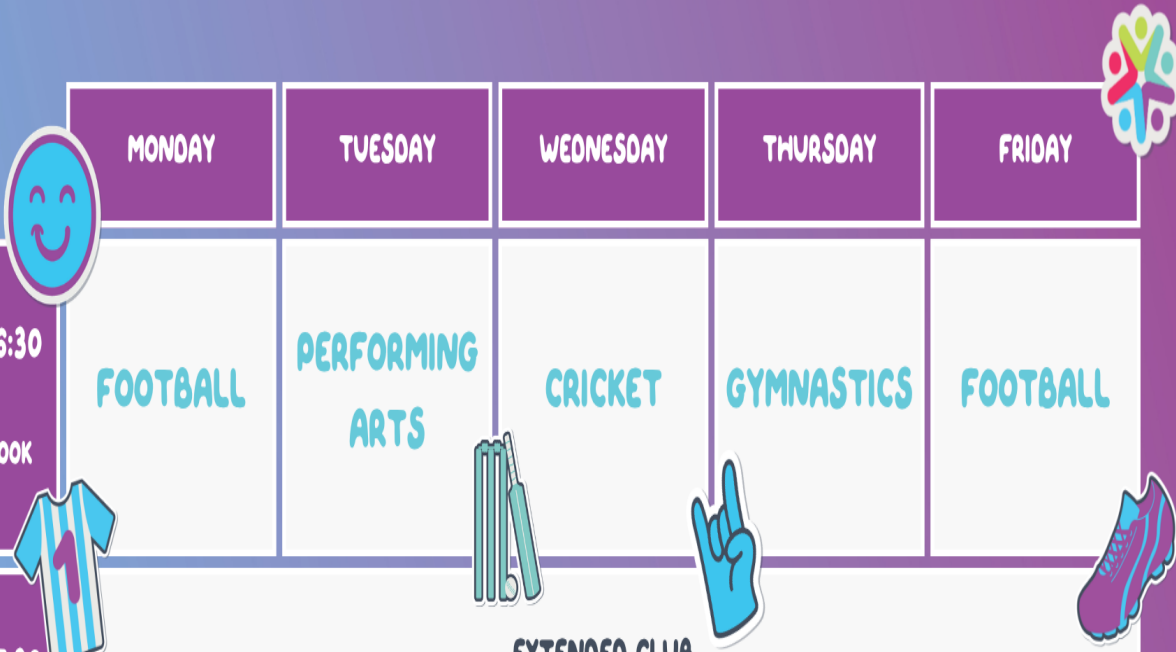
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FAWBERT & BARNARD INFANTS

AFTER SCHOOL CLUBS AUTUMN 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15:30-16:30 BLOCK BOOK	FOOTBALL	PERFORMING ARTS	CRICKET	GYMNASTICS	FOOTBALL
16:30-17:30 DAILY BOOK	EXTENDED CLUB LEGO, PLAY-DOH, CIRCLE GAMES, OUTDOOR ADVENTURE, SPORTS, ART & CRAFTS				

CLUBS LIMITED TO 20 SPACES. BOOKINGS NOW OPEN VIA OUR WEBSITE

PICK UP TIMES: 4:30PM, 5PM & 5:30PM

EARLY BIRD DISCOUNT ON HOLIDAY CLUBS - LIMITED TIME



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INFORMATION AND ADVICE ABOUT EMOTIONALLY BASED SCHOOL NON-ATTENDANCE (EBSNA) FOR FAMILIES

EBSNA can affect children and young people of any school age. It can happen as a result of a wide range of different factors – home, wider family, community, school, friendships – often a combination of some or all of these.

WHY COULD MY CHILD BE ANXIOUS?

Anxieties can stem from a number of things such as:

- An unmet special educational need such as autism, ADHD, dyslexia or dyspraxia
- Friendship issues, not 'fitting in', or bullying
- Finding schoolwork confusing and overwhelming
- Separation anxiety
- Trauma
- Bereavement
- Low self-esteem
- The environment itself - especially for those who are autistic and/or neurodivergent



A child might become anxious about school at any stage. It can occur when children start school or transition into secondary school, or it might be related to puberty or hormonal changes. Read more on the [Local Offer website](#).



WHAT ARE THE WARNING SIGNS

- ? Can you spot patterns in your child's absence from school, e.g. certain days/activities?
- ? Does your child regularly say they don't want to go to school, or reluctant/delaying going to school?
- ? Does your child struggle with changes to environment, routine or stimulus?
- ? Are there physical symptoms on school days e.g. tummy aches, feeling sick, headaches?

(NB please always check with a GP to rule out any medical cause or illness).



WHAT TO DO

- 👍 Ask for a meeting with your child's school involving someone who knows your child e.g. class teacher, pastoral lead, SENCo. Be prepared by taking along any notes about the things your child finds difficult.
- 👍 Work together with school to build a child centred plan that understands the underlying problems which are making your child feel anxious about going to school. This could include adjustments to help your child access their education. There are tools which can help such as [Hertfordshire's EBSNA Framework](#).
- 👍 Include your child's voice in any plan as they are more likely to be able to stick to it. Check in after a while and review it with your school to see what is working well and what is not.
- 👍 Do advocate for your child's needs but also understand the limitations as to what your school might be able to do.
- 👍 If the agreed strategies are not working, speak again with your school to identify other services and professionals that might be able to support your child. The [Herts Hub](#) has a wealth of mental health signposting and ideas for early help.



REMEMBER...

- 👁️ With the right plan in place, being in school supports your child's academic progress, social development and mental wellbeing.
- 👁️ Small steps are often big wins.
- 👁️ ...also ensure that you find ways to support your own wellbeing in the process.

STRATEGIES TO TRY AT HOME

- ✓ Develop a plan for the evenings, which can include calming activities before bedtime e.g. gentle music, bath, story or reading.
- ✓ Also plan for the morning, and where possible get things ready for the next day the night before (school bag, lunch box etc).
- ✓ Make a diary which includes your child's worries and also identifies positives and what works well.
- ✓ Respond with empathy whilst encouraging small, manageable steps.
- ✓ Visual timetables at home and school might also help.



Parent / Carer Motor Development Information Sessions

Places are now available to book our Autumn Term 2026

Information sessions for parents and carers

Supporting your child's motor skills development

When do children develop particular motor skills, such as riding a bicycle or using a pen? How can you help your child to develop these skills? What can you do if your child is struggling with a skill?

This session is for parents or carers of children aged between 4-8 years old who would like to understand more about their child's motor development and how to support this. The session will share information about the typical ages when children develop different motor skills. It will explain how to breakdown an activity such as pulling on a jumper into simple steps to help your child complete this independently. You will also get advice on activities and simple things you can do at home to support your child's motor development.

BOOK YOUR PLACE:

Thursday 24th September at 1.30pm

<https://www.eventbrite.co.uk/e/1997693378672?aff=oddttdtcreator>

Monday 19th October 10.00am

<https://www.eventbrite.co.uk/e/1994779834182?aff=oddttdtcreator>

Wednesday 25th November 11.00am

<https://www.eventbrite.co.uk/e/1994792949410?aff=oddttdtcreator>

We are also offering parent information sessions on understanding sensory preferences and supporting self-regulation. To find out dates of these and other training opportunities please visit our CYP Therapies – Occupational Therapy Service webpage

<https://www.hct.nhs.uk/our-services/childrens-occupational-therapy//>

Children & Young People's Therapies Service

Contact us

Email:

Telephone:

hct.cyptherapies1@nhs.net

Twitter: @CypHCT

01923 470680 Opt.



Groups and workshops **coram** family lives

Autumn 2026

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

**Monday 5th October to 16th November, 7pm to 9pm OR
Friday 6th November to 11th December, 9.30am to 11.30am**

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Less Shouting, More Cooperation (6 weeks) Online group

Tuesday 6th October to 17th November, 9.30am to 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Dads Together (6 weeks) Online group

Wednesday 4th November to 9th December, 7pm to 9pm

Are you a dad who feels you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Anxiety around ADHD Online Workshop

Wednesday 21 October 9.30am to 11.30am

Sibling Rivalry Online Workshop

Monday 9 November 9.30am to 11.30am

Reducing Conflict Online Workshop

Wednesday 25 November 7pm to 9pm

It's a Dad's Life Online Workshop

Thursday 26 November 7pm to 9pm

Navigating the Storm (Teens) Online Workshop

Wednesday 2 December 9.30am to 11.30am

All our programmes provide support, information and resources to parents, carers and adult family members in Hertfordshire so they can help their children reach their full potential.

For more info, please contact **Louise** on **0204 522 8700/8701** or email **services@coramfamilylives.org.uk** or scan the QR code for our online form.



We build better family lives together

www.coramfamilylives.org.uk  **@coramfamilyliveshertsandbeds**

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County Council



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