

The HUB Newsletter



Well that went faster than we thought it would! Welcome to the first newsletter of the new school year and the last of 2022. It has been a very busy year for both the Pastoral and SEN teams.

As well as supporting our new students, year 7s have their first use of

the rewards shop, they have all mostly had an 'experience' with a seagull, new friendships

have been made and hopefully most now feel settled and part of the APHS family.

We have awarded some new Pastoral badges, well done to those students. Remember these students are part of our team so they are also there to support students, so look out for the pink badge.

We hope you have a lovely Christmas and a happy New Year.





We are here to help

In the Hub we have the following available to students:

- Baby wipes for that lucky bird poo
- Sanitary Wear
- Nail varnish remover
- Spare uniform which can be borrowed, washed and returned.
- Reading books and magazines

- Shoes can be borrowed when waiting for new shoes to be purchased/delivered (these are anti-bacterial sprayed between uses)
- Football/tennis balls that can be borrowed in Social Time limited number, first come first served basis (only when field is open)
- Hairties
- Stationary including calculators
- Equipment

MAKING SENSE OF SEND

Free online events exclusively for parents and carers who have a child with special educational needs and/or disabilities.

Hear from speakers on a specific topic, share your views, meet the parent/carer organisations and have your questions answered by experts.

Follow 'Norfolk County Council - SEND Local Offer Team' on Eventbrite to be notified of new dates.







We are here to help.

Norfolk County Council's Covid Winter Support scheme can help with:

- Day to day living costs including food & energy bills
- · Daily essentials such as toiletries & nappies
- Food vouchers for school holidays

Find out more online or call us now www.norfolk.gov.uk/covidwintersupport 0344 800 8020

Or visit your local library for help with applying



Support and Advice

Below are some contacts if you require any agency support or advice and details for Apps:

Kooth - online counselling and support www.kooth.com

Chat Health - NHS texting service for 11-19 year olds - 07480 635060 Opening Hours Monday - Friday: 9:00am - 5:00pm

No More Panic - online support - nomorepanic.co.uk

Child Line - 0800 1111 childline.org.uk

Every Mind Matters - mental health support - https://www.nhs.uk/oneyou/every-mind-matters/

Matthew Project - Free and confidential advice to anyone affected by drugs and alcohol. Young People Tel: 0800 970 4866

Adult Tel: 01603 626123 Website: https://www.matthewproject.org/

MAP - Available Mon-Fri 10.30am until 5.30pm . Tel: 0800 074454

website: https://www.map.uk.net/for-young-people/youth-voice/youth-advisory-boards-yabs/

Nelson's Journey - bereavement support for young people https://nelsonsjourney.org.uk/

Carers Matter Norfolk - support for Young Carers: https://carersmatternorfolk.org.uk/

CAEDS - Norfolk Child and Adolescent Eating Disorder Service. Tel: 01603 978455

Think U Know - online safety - https://www.thinkuknow.co.uk/

CEOP's - online safety and reporting - https://www.ceop.police.uk/safety-centre/

Mind - Mental Health Support - mind.org.uk

Young Minds - mental health and wellbeing support - https://youngminds.org.uk/

Anxiety UK - Anxiety support - anxietyuk.org.uk

Hope Line - Suicide support - https://www.prevent-suicide.org.uk/wp-content/ uploads/2019/12/Sexuality-and-Gender.pdf

Norfolk SEND Partnership - support for young people and parents/carers for those with SEN needs and disabilities https://www.norfolksendiass.org.uk/ Tel: 01603 704070

Relate Norfolk and Suffolk - Adult relationship support https://www.relate.org.uk/norfolk-suffolk

Headfirst - mental health support for young people https://headfirstweb.co.uk/

Anxiety Care - support for anxiety - Anxietycare.org.uk

Norfolk Wellbeing Service - www.wellbeingnands.co.uk





YoungMinds

Are you a young person in crisis'

Text the YoungMinds Crisis Messenger for free 24/7 support if you are experiencing a mental health crisis.

text YM to 85258

YOUNGMINDS

Samaritans

Whatever you're going through, you can call anytime from any phone for FREE.

Call 116 123

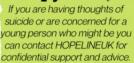
The Mix

Do you need help now?

Crisis messenger text service provides free, 24/7 crisis support

text THEMIX to 85258

Papyrus



Call 0800 068 4141

9am - midnight every day of the year

CALM

A helpline for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

Call 0800 58 58 58 5pm – midnight every day of the year





Norfolk Healthy Child Programme

NHS

The Norfolk Healthy Child Programme offers help and advice to all Norfolk families as their children grow up and develop, such as:

- · Toileting and bed wetting
- · Eating, diet and staying active
- · Development, transitions and growing up
- · Emotions and behaviour
- · Yearly contact if your child has additional needs
- · Any other questions or worries you have?

Call: 0300 300 0123 Text: 07520 631590

Visit: JustoneNorfolk.nhs.uk

FACE was set up to empower parents and help those who support children and young adults.



With the stresses and strains of modern life, our children and young adults have never been under so much pressure. We aim to offer advice, tips and support to parents who want to get the best out of their family relationships and need new tools to do that.



contact us

info@facefamilyadvice.co.uk

Take a look at our website and book online

www.facefamilyadvice.co.uk







£12 per session Affordable online Parenting support

Topics relating to communication, behaviour and emotional management. Offering a range of advice and practical interventions.

Empowering parents

to bring peace and harmony to their family life.

www.facefamilyadvice.co.uk



Worried about your child's SEN?

Book a SENCO Surgery appointment to discuss your concerns.

SENCO surgeries run on Wednesdays from 4-6pm

Email Mrs Price to book an appointment cprice2urr@nsix.org.uk







Our team is on hand from 8am-8pm (Mc Out of hours: 0344 800 8020 If you think it is an emergency call 999



The app is like having a little personal action coach in your pocket who:

- · Gives you friendly 'nudges' with an action idea each day
- · Sends you inspiring messages to give you a boost
- · Helps you connect and share ideas with like-minded

It's not the presents that make Christmas so special, it's the presence of those you love, whether they are with you in person, or spirit.

We are part of...

