OCTOBER 2026

www.sherdleyprimaryschool.co.uk

SHERDLEY PRIMARY SCHOOL

NEWSLETTER



Sherdley's Whole School Attendance Target for this Academic Year:

96%

Sherdley's Whole School Attendance since returning in September:

95%

ATTENDANCE HERO

Here, Every day, Ready, On time

A note from Mr Gawne ...

As ever, it has been a busy month across school, with so much taking place and many opportunities for our children. I must start by thanking our parents and families for their fantastic support for our Rock Kidz Day today. The effort that went into the children's costumes was incredible, and it certainly helped make the day a huge success. The children looked absolutely fantastic, and there was a real sense of excitement and enjoyment throughout the school. It has been a day full of fun, energy and memorable experiences, and I am sure there will be some very tired children this evening!

Earlier this month, we welcomed colleagues from the Local Authority to school to discuss our school improvement priorities and show them around our learning environment. It was pleasing to hear how complimentary they were about the calm, purposeful and focused atmosphere they experienced throughout the school. As I have shared previously, we are a school on a journey to further improve outcomes for all of our children. We are incredibly proud of the progress and achievements made over the past two years, and we remain committed to ensuring every child receives the best education and opportunities to succeed.

CONTINUED...



A Note from Mr Gawne ... Continued

While academic achievement is, of course, important, we are equally passionate about supporting children's personal development, wellbeing and sense of belonging. This month we were delighted to take part in both Wear Yellow for Mental Health Day and Wear Green for Cerebral Palsy Awareness, raising awareness of two important causes. Thank you to all of our families for their generosity, support and contributions to these events.



One of our key priorities this year is further strengthening our Personal, Social, Health and Economic (PSHE) curriculum. As part of this work, it was a privilege to welcome the team from No Outsiders earlier this term. Their work aligns closely with our commitment to creating a school where every child feels valued, respected and included. At Sherdley, we celebrate the fact that everyone is unique. We embrace diversity and promote understanding, kindness and respect throughout our community.

Everyone different. Everyone welcome.





Throughout October, children have also been learning about and celebrating Black History Month, focusing on this year's theme, Honouring Our Communities. It has been wonderful to see pupils engaging thoughtfully with the contributions, achievements and experiences of individuals and communities, developing their understanding of the diverse society in which we live.
As we approach the half-term break, I would like to thank all of our children, staff and families for their continued hard work, support and commitment to our school community. Please take time to rest, recharge and enjoy some quality time together. We look forward to welcoming everyone back for another exciting and successful half term.

Wishing all of our families a happy, safe and restful half-term break.

Mr Gawne

IMPORTANT REMINDERS

Important Notices



Healthy Snacks

Increasingly, we are seeing some children bringing items such as full tubs of Pringles, large bags of sweets and excessive amounts of chocolate in their lunchboxes. While occasional treats are understandable, these items are not appropriate as the main content of a school lunch. We kindly ask parents and carers to support us by limiting high-sugar snacks wherever possible.

We would also like to take this opportunity to remind families about updated guidance regarding food safety. To help reduce the risk of choking, foods such as grapes must be sliced lengthways before being brought into school. This also applies to small sausages and similar foods. We would ask all families, particularly those with younger children, to support us by ensuring these items are prepared safely before being packed in lunchboxes. As an allergy aware school, we also ask that any foods containing nuts are also not part of children's lunch boxes.

WhatsApp

We are continuing to face increasing challenges with the inappropriate use of WhatsApp groups, particularly amongst some of our Key Stage 2 pupils. While we appreciate that some families may choose to allow their children access to WhatsApp, parents should be aware that the minimum age requirement for using the platform is 13 years old. We strongly encourage families to regularly monitor their children's devices, messages and online activity.

A growing number of incidents involving inappropriate language, unkind comments and the sharing of unsuitable images are taking place outside of school hours. Whilst these matters often occur when children are at home and under parental supervision, they frequently impact friendships and relationships in school, requiring significant time to investigate and resolve.

We have previously worked with our local PCSO to educate children about online safety and responsible digital behaviour, and we have again contacted Merseyside Police to seek further support. We ask all families to work in partnership with us by regularly checking devices, discussing online safety with their children and ensuring they are using age-appropriate apps and platforms responsibly.



Concentration Aids

We are seeing an increasing number of fidget toys and other small items being brought into school from home. Whilst we recognise that some children benefit from the use of concentration aids, any resources required to support learning will be provided by the school and agreed by the class teacher or SENDCo.

Unfortunately, we are finding that many of the items being brought in from home are becoming a distraction to learning rather than supporting it. We therefore kindly request that fidget toys and similar items are left at home unless specifically authorised by school staff. Please note that the school cannot accept responsibility for any personal items brought into school that have not been allocated by the class teacher or SENDCo.

Spotlight on Year 3



I liked the soup. We played a game searching for conkers. The conkers with paint on were poisonous - Carter







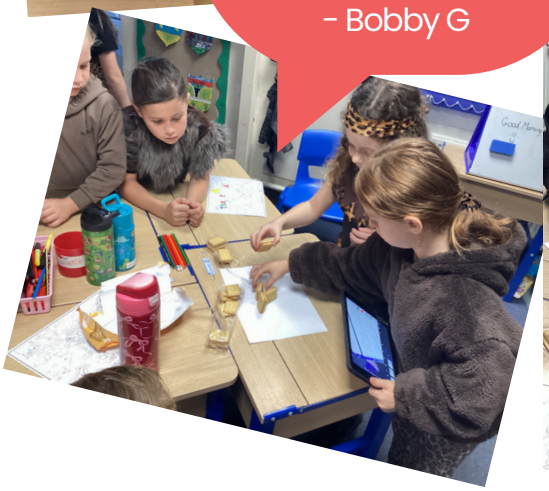
Last week, Year 3 had their Stone Age Day. Children took part in activities such as tool making, clay pot construction and modelled the building of Stonehenge using biscuits and filming it to make a stop motion animation.







My favourite part was making clay pots. The clay was soft and smooth - Bobby G





We wore stone age clothes. It was a fun day! - Lyra



Spotlight on Year 3



We went outside and made pointy tools by scraping flint on the playground - Rose





In the afternoon, children used different spices to create Stone Age inspired art. We had some Stone Age soup and foraged for food as hunter gatherers on the playground.







I liked making clay pots. I like making sculptures - Archie L

It was really fun and we got to eat some stone age soup - Mollie



I liked when we built stonehenge out of custar creams. We got to eat the biscuits - Albie









School Council



Young Leaders

Our Pupil Leadership Team will be established this half term. They play a really important role in our school life. Through the work of our prefects, school councillors and house captains, pupils help to represent the views of their peers, support school events and contribute to our positive school community.

I am delighted to share this year's House Captains. They are responsible for updating the housepoint rosettes in the hall and encouraging their teams to gain and reord housepoints each week.



Young Leaders

Prefects 2026-27



Young Leaders

School Council 2026 - 27



Mental Health Support



Mental Health Support

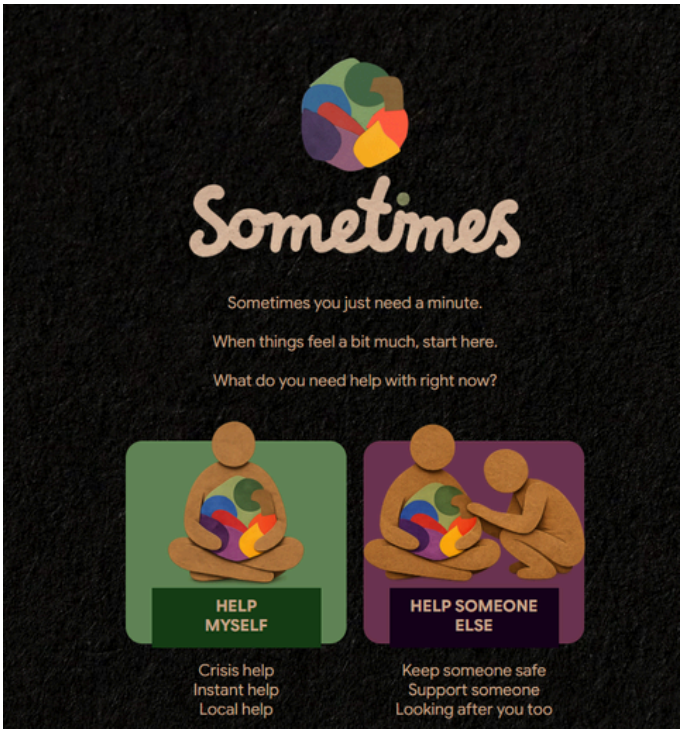
New Website supporting mental health and suicide prevention - based in St. Helens. Health partners across St Helens have come together to promote a new website dedicated to supporting mental health and suicide prevention.

www.sometimes.info.

Created in St Helens, for St Helens - Sometimes.info has been developed with input from local services and people with lived experience to make it easier for residents to access mental health support and find help when they need it most.

The website has been designed to be simple, accessible and supportive, particularly for people who may be struggling during difficult moments. Bringing together local services, self-help resources and practical advice in one place, the site helps residents better understand their mental health, access appropriate support and find ways to cope with life's challenges.

Visitors to the site can explore information on issues including anxiety, stress, loneliness, low mood and suicidal thoughts, as well as access tools and techniques to support their wellbeing. The site also offers guidance for anyone concerned about a friend, family member or colleague, helping people recognise when someone may be struggling and signposting them to local sources of help.



Safeguarding

Dear Parent/Carer,

Our school is part of Operation Encompass which is a national scheme that operates jointly between schools and police forces.

Operation Encompass is the reporting to schools, prior to the start of the next school day, when a child or young person has experienced domestic abuse and other issues that may impact upon their wellbeing.

Our police force will now share details about children who are missing from home with us so that we can appropriately understand and support their needs when they return.

As a school we have ensured that a member of our staff, (Designated Safeguarding Lead) known as a Key Adult, has been trained in the Operation Encompass procedures allowing us to then use the information that has been shared, in confidence, to support the child/ren in our care.

The Domestic Abuse Act 2021 identifies children who experience domestic abuse as victims of domestic abuse in their own right.

We are keen to offer the best support possible to all our pupils and we believe this will be extremely beneficial for all those involved.

Signed
Mrs Bennett

K. Bennett

Safeguarding



In the children's interest please refrain from smoking or vaping anywhere on this site

Safeguarding

SUPPORT PROGRAM FOR MEN AGED 18–30 FACING SUICIDAL THOUGHTS

mind St Helens

OUR DEDICATED SUPPORT PROGRAM OFFERS A SAFE, STRUCTURED SPACE FOR MEN AGED 18–30 WHO ARE EXPERIENCING SUICIDAL THOUGHTS OR BEHAVIORS. DELIVERED OVER 12-WEEKS, EACH GROUP SUPPORTS UP TO 8 PARTICIPANTS THROUGH WEEKLY SESSIONS FOCUSED ON MENTAL HEALTH, EMOTIONAL RESILIENCE, AND PERSONAL GROWTH.

KEY FEATURES:

WEEKLY THEMES: COVERING TOPICS LIKE STRESS MANAGEMENT, EMOTIONAL AWARENESS, HEALTHY RELATIONSHIPS, AND MINDFULNESS.
HOLISTIC SUPPORT: INCLUDES PEER SUPPORT, PROFESSIONAL GUIDANCE, AND ACCESS TO ONGOING RESOURCES.
POST-PROGRAM CARE: MONTHLY FOLLOW-UPS, PEER GROUPS, AND AN ONLINE COMMUNITY ENSURE CONTINUED PROGRESS AND CONNECTION.
WHY IT MATTERS: SUICIDE IS THE LEADING CAUSE OF DEATH FOR MEN UNDER 50 IN THE UK. LOCALLY, ST HELENS CONTINUES TO SEE HIGH RATES OF SELF-HARM AND SUICIDE. THIS PROGRAM DIRECTLY ADDRESSES THESE CHALLENGES WITH TARGETED, COMPASSIONATE SUPPORT.

STHELENSMIND.ORG.UK/HELP-AND-SUPPORT/MEN-AGED-18-30

STAFF LINKED TO

SAFEGUARDING

D.S.L



Lead DSL
Mrs Bennett

DEPUTY D.S.L



Headteacher
Mr Gawne



Pastoral and Safeguarding Manager
Mrs Eccleston



SENDCO Assistant Head
Mrs Stroud



Assistant Head
Mr Davies

PHASE LEADERS



EYFS
Mrs Roberts



KS1
Mrs Fleming



LKS2
Mr Hughes



UKS2
Miss James

Term Dates - 26-27

Term Dates for September 2026– July 2027

Autumn Term:

Open on the morning of	Wednesday 2nd September 2026
Close on the afternoon of	Friday 23rd October 2026
Open on the morning of	Monday 2nd November 2026
Close on the afternoon of	Friday 18th December 2026

Spring Term:

Open on the morning of	Tuesday 5th January 2027
Close on the afternoon of	Friday 12th February 2027
Open on the morning of	Monday 22nd February 2027
Close on the afternoon of	Thursday 25th March 2027

Summer Term:

Open on the morning of	Monday 12th April 2027
Close on the afternoon of	Friday 28th May 2027
Open on the morning of	Monday 7th June 2027
Close on the afternoon of	Friday 16th July 2027

Easter Bank Holiday:
Good Friday: 26th March 2027
Easter Monday: 29th March 2027
Bank Holiday During Term Time:
May Day: Monday 3rd May 2027

Inset Days:
Tuesday 1st September 2026
Monday 4th January 2027
Monday 19th July 2027
Tuesday 20th July 2027
Wednesday 21st July 2027

Autumn Calendar Events

Autumn Term Events



Event	Date
School opens for Autumn Term 1	Wednesday 2nd September
Meet the Teacher – Year 6	Friday 4th September – 9am
Meet the Teacher – Year 5	Friday 4th September – 2:15pm
Meet the Teacher – Year 3	Monday 7th September – 9am
Meet the Teacher – Year 2	Monday 7th September – 2:15pm
Meet the Teacher – Year 4	Tuesday 8th September – 9am
Meet the Teacher – Year 1	Tuesday 8th September – 2:15pm
EYFS Open Evening	Thursday 1st October – 6-7pm
Year 3 Stone Age Day	Friday 2nd October
Reception & Year 6 Height and Weights	Monday 5th October
School Nurse Drop In	Wednesday 7th October 9:15-10:15am
Flu Immunisation	Thursday 8th October
World Mental Health Day – Wear Yellow	Friday 9th October
Deadline for Cauliflower Cards to be returned	Monday 12TH October
EYFS Open Evening	Monday 12th October – 4-5:30pm
Reception Share a Phonics Session	12th, 13th, 14th, 16th October – Parents will choose one session to attend – 9-9:30am
Macmillan Coffee Morning	Friday 16th October – 9-10am
Year 1 Phonics Meeting & Class Visit	Tuesday 13th October – 9am
Rock Kidz 2026	Friday 23rd October
School closes for half term	**Friday 23rd October – normal time**
School Opens for Autumn Term 2	Monday 2nd November
Anti-Bullying Week – Wear odd socks day	Monday 16th November
Road Safety Week	w/c 16th November
Drop In Parents Evening	Wednesday 18th November – 3:15-5pm
CIN Day – details tbc	Friday 20th November
Individual/Family Photographs	Tuesday 24th November
Year 4 China VR & Dance	Thursday 26th November
Christmas Events – Nativity & Concerts	w/c 7th December
Christmas Jumper Day	Thursday 10th December
Christmas Dinner	Thursday 10th December – tbc
Christmas Parties	w/c 14th December
School closes – end of term	**Friday 18th December – 1:30pm**

Craniosynostosis

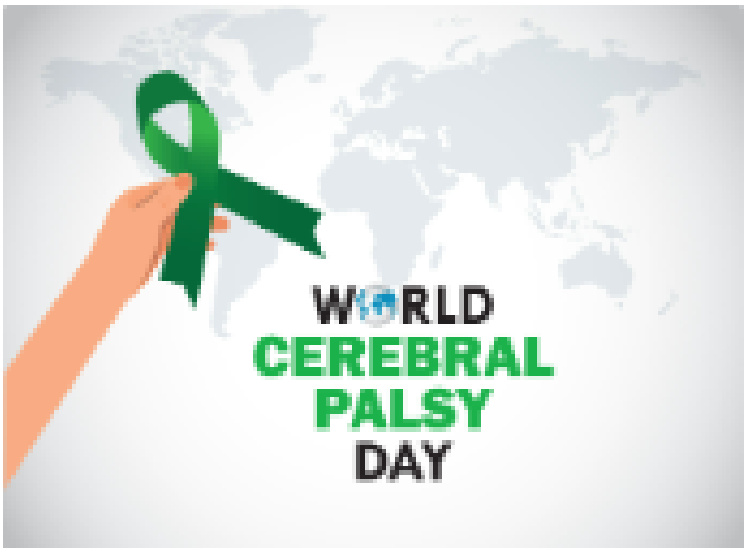
Every year they light up purple in honour of the 'Cranio Warriors' all around the UK and we managed to see this one last night.
Steve Prescott Bridge will also light up tonight for the same honour of our brave little ones who have been through the Craniosynostosis surgery.





Cerebal Palsy

THANK YOU!



Raffle tickets were sold to raise money for the Tunza Centre. We raised -----

The funds raised will support local families by helping the Tunza Centre continue its valuable work in developing confidence, self-esteem and opportunities for children, young people and vulnerable families. This year, the money will contribute towards providing a Christmas Party for families who attend the centre.

Thank you for your support in helping us celebrate inclusion and raise money for this worthwhile cause.

Cerebal Palsy



THANK YOU!











YOUNGMINDS

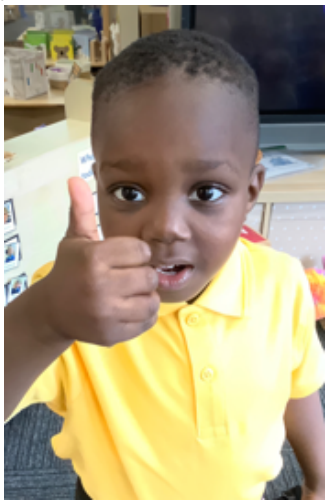
www.sherdleyprimaryschool.co.uk

Wear Yellow for Mental Health



We wore yellow and said hello as we celebrated 10 years of standing out, starting conversations and raising funds – so no young person feels alone with their mental health.



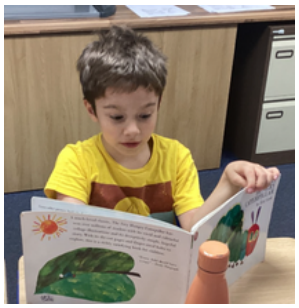


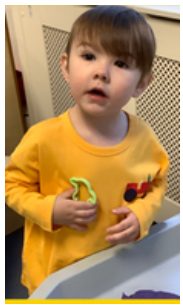
We raised £324 for mental health support in our school.





THANK YOU





Mental Health Support for Parents and carers

https://www.youngminds.org.uk/parent/



A-Z guide to mental health

Our A-Z guide is full of practical advice on how to help your child or young person with whatever they're struggling with. This includes advice on mental health conditions, feelings and behaviours, and life events.



Guide to mental health services

Finding your way around mental health services can be challenging. We have lots of advice on the different types of support available, including counselling, CAMHS and the GP.



Helping your child to talk

Being able to talk and feeling listened to can make a huge difference for your child or young person. But helping them open up isn't always easy. We've got lots of tips to support you.



Hearing from other parents

On our parent blog, you'll find lots of real stories from parents and carers about how they've supported their young person's mental health, and what it's been like for them.



Looking after yourself

When you care for others, it can be hard to care for yourself. But your mental health is important too. Hear how other parents have found support when things are tough.



Speaking to professionals

Finding help for your child often involves speaking with professionals like GPs. If you're getting ready for an appointment, use our resource to help you think through what you'd like to say.

2026-2027 Whole School Attendance

We look forward to continuing to work closely with our families to ensure the best possible attendance for all of our children. We understand that children can sometimes be unwell, and to support attendance where appropriate, prescribed medication can be signed into the school office for children who are a little under the weather but are still well enough to attend school. However, any child with a temperature of 38°C or above should remain at home until they are feeling better. Our attendance target for all pupils remains 96%, and we appreciate your continued support in helping every child make the most of their learning opportunities this year.





Attendance: Health Advice

Is my child too ill for school?

UK Government NHS

Does your child have a high temperature (38°C or more)? YES Keep them off school until it goes away. NO Follow the guidance below.

Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

Should go in	Should go in (let the school know)	Seek treatment before returning to school	Keep them off (at first)
A cough, cold or sore throat Fine with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.	**Cold sores** Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.	**Impetigo** They'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.	**Ear infection** If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.
Threadworms Speak to your pharmacist, who can recommend a treatment.	**Conjunctivitis** Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.	**Ringworm** See your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.	**Measles** They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.
	Head lice & nits You can treat head lice and nits without seeing a GP.	**Scarlet fever** They'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.	**Vomiting & diarrhoea** Stay away from school until they have not been sick or had diarrhoea due to illness for at least 2 days (48 hours).
	Hand, foot & mouth disease If they seem well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.	**Chickenpox** Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.	
	Slapped cheek syndrome Once the rash appears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.		

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.NHS.uk for the specific illness or infection, or 'Is my child too ill for school?'

Family

Recycle and Raise Money



The ‘Sherdley Blue’ Clothing Bin positioned near to KS1 playground has raised £148.80 to date. Thank you and please continue to send in your clean, unwanted clothes and shoes.


COMMUNITY
CREATIVITY
CONNECTION
SHERDLEY
SHARES
YOUR IDEAS SHAPE OUR FUTURE
TOGETHER WE CREATE
CONNECTING PEOPLE. SHARING IDEAS. BUILDING COMMUNITY.
WE ALL BELONG

Sherdley Shares

Community Food Pantries

St Helens Mobile Community Food Pantry

Pantries operate as a member-led neighbourhood hub and are just like a shop, in that you choose the food you want from the shelves. Members pay a small subscription each week they visit, and in return can choose groceries worth many times more, often saving up to £1,000 a year on shopping bills.

How it Works

STEP 1 Find your nearest pantry **(you must live in the area in which it is based).**

STEP 2 Go along and join on the day it is open, remembering it is open to everyone in that community.

STEP 3 Pay your membership each time you visit. Sit and have a cuppa while you wait for your turn.

STEP 4 Choose your shopping, which will always be worth more than your weekly membership fee.

STEP 5 Tell your neighbours and get them to join too.

Sherdley Shares

There are five community food pantries available to residents in St Helens town centre, Thatto Heath, Haydock, West Park and Sutton.

HOPE Pantry Wesley
Wesley Methodist Church,
Corporation Street, St Helens WA10 1LF
Opening times: Tuesday, 11.00am - 13.00pm

St Mark's T.A.N.G.O. Pantry
Park Street, Haydock, St Helens WA11 0BH
Opening times: Thursday, 8.50am - 11.00am

St Matthew's Centre Pantry
St Matthews Grove, Thatto Heath, St Helens WA10 3SE
Opening times: Monday, 6.30pm - 8.00pm
& Wednesday, 8.45am - 11:30am

St Luke's Pantry
Knowsley Road, St Helens WA10 4PU
Opening times: Wednesday, 3.30pm - 5.30pm

Sutton Pantry St Michael & All Angels Church
Gartons Lane, St Helens WA9 2RA
Opening times: Sunday, 1.30pm - 3.30pm

There are also four mobile community food pantries available to residents in Sutton, Newton-le-Willows, Moss Bank, and Peasley Cross.

Sutton Family Hub
Ellamsbridge Road, Sutton, St Helens WA9 3PY
Opening times: Tuesday, 10.00am - 12.00pm

Cross Lane United Church
Earlestown, Newton-le-Willows, WA12 9PT
Opening times: Monday, 10.00am - 12.00pm

Park Farm Community Centre
54 Kentmere Avenue, Carr Mill, St Helens WA11 7PG
Opening times: Thursday 10.00am - 12.00pm

Peasley Cross URC
Beaufort Street, St Helens WA9 3BQ
Opening times: Friday 8.45am - 10.15am

Sherdley Shares



Sherdley Shares

What's on in
St Helens
Autumn Term 2026

ADDvanced Solutions Community Network
Supporting you to find the answers

ADDvanced Solutions Community Network

supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. **No diagnosis or referral is needed to access the offer.**

ST HELENS Community Network Group

Tuesday afternoons during term time

Join us from **12:30pm-2:30pm**

Venue: The Living Well, Alexandra House, Borough Rd, Saint Helens WA10 3RN

No booking needed, just come along

Come along and meet our team, to learn more about neurodiversity from those who can share lived experiences and practical strategies. Our groups create a welcoming, accepting and relaxed environment for parents and carers, knowing you are not on your own.





The Living Well is located on Borough Road, reachable via the 10 bus routes from St Helens town centre.

Topics this term:

Tues 8th September	**Open Session** - come along, get advice and support
Tues 15th September	**Choosing a School**
Tues 22nd September	**St Helens Mental Health Support Team**
Tues 29th September	**NEW! Preparing for the Teenage Years**
Tues 6th October	**Specific Learning Difficulties - Dyslexia**
Tues 13th October	**NEW!** Neurodiversity and **Self Harm**
Tues 20th October	**ADHD and Rejection Sensitive Dysphoria**
	Half Term Break
Tues 3rd November	**NEW! Monotropism** - Intense Focus and Interests
Tues 10th November	**TESSA - Education Advice and Support Team**
Tues 17th November	**NEW!** Neurodiversity and **Stimming**
Tues 24th November	**Preparing for the Christmas Break**
Tues 1st December	**Supporting Transition**
Tues 8th December	Introduction to **Sensory Processing Difficulties**

If you can't make it face-to-face, join us online...

Online opportunities to learn more about neurodiversity from the comfort of your own home! With your camera and microphone off for your privacy, you can interact using the chat/Q&A feature to ask any questions you may have. Come along, learn more and get some strategies.

Monday Online Community Network Group

Mondays during term time



9:30am - 11:00am

Click here to register

Mon 7th September	**Autism, ADHD and Masking**
Mon 14th September	**NEW! Monotropism** - Intense Focus and Interests
Mon 21st September	**NEW! The Knowing Me Tool**
Mon 28th September	**Open Session** - come along, get advice and support
Mon 5th October	**Neurodiversity and Mental Health**
Mon 12th October	ADHD and **Rejection Sensitive Dysphoria (RSD)**
Mon 19th October	**NEW! Preparing for the Teenage Years**

Half Term Break

Mon 2nd November	**Open Session** - come along, get advice and support
Mon 9th November	**Tantrums V Meltdowns** - knowing the difference
Mon 16th November	**NEW!** Neurodiversity and **Stimming**
Mon 23rd November	**Preparing for the Christmas Break**
Mon 30th November	**NEW! The Knowing Me Tool**
Mon 7th December	Neurodiversity and **Gender Identity**

Wednesday Online Community Network Group

Wednesdays during term time



5:00pm - 6:30pm

Click here to register

Wed 9th September	**Supporting Behaviours that Challenge**
Wed 16th September	**Choosing a School**
Wed 23rd September	**NEW! Monotropism** - Intense Focus and Interests
Wed 30th September	**NEW!** Neurodiversity and **Self Harm**
Wed 7th October	**Neurodiversity and Mental Health**
Wed 14th October	**SEND Jargon Buster**
Wed 21st October	**NEW! The Knowing Me Tool**

Half Term Break

Wed 4th November	**The Graduated Approach**
Wed 11th November	**NEW! The Knowing Me Tool**
Wed 18th November	**NEW! Preparing for the Teenage Years**
Wed 25th November	**Preparing for the Christmas Break**
Wed 2nd December	**Tantrums V Meltdowns** - knowing the difference
Wed 9th December	**NEW!** Neurodiversity and **Stimming**

If you are using a phone, you will need to download the Zoom app beforehand. Please be mindful of your data usage. If you do not have an unlimited data plan, you may need to connect to a Wi-Fi connection to prevent charges.

Learning Programmes

Neurodevelopmental Conditions Learning Programme

This programme equips parents and carers with a greater understanding of neurodevelopmental conditions, specific learning difficulties and associated mental health needs and provides practical strategies that support the difficulties that may present:

- **Neurodevelopmental Conditions – including Autism, ADHD, Sensory Processing Difficulties, Specific Learning Difficulties.**
- **Managing everyday challenges and behaviours – including sleep, toileting and eating difficulties.**
- **Your Local Offer, disability welfare rights and SEND, Early Help and Education Health Care Plans.**

No referral or diagnosis is needed.

Face-to-Face Programme in WA10, St Helens

Wednesdays during the school day

From **9:30am – 2:45pm**

Venue: Peter Street Community Centre, Peter Street, St Helens WA10 2EQ



Contact us to register

Session 1 & 2	Session 3 & 4	Session 5 & 6
Wednesday 4th November	Wednesday 11th November	Wednesday 18th November

Or join us online...

Online Programme – Tuesday Evenings

From **6:30pm – 8:30pm**

Register Here

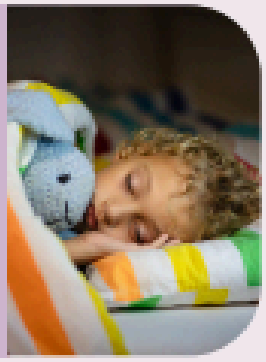
Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Tuesday 15th September	Tuesday 22nd September	Tuesday 29th September	Tuesday 6th October	Tuesday 13th October	Tuesday 20th October

See below our targeted Autism Learning Programmes, for a more in-depth look at and understanding of Autism.

Additional Online Workshops

Short, online webinars to help you better understand a topic related to neurodevelopmental conditions. Interact via the chat and Q&A with any questions.

Neurodiversity and Sleep Difficulties



Exploring the reasons why neurodivergent children and young people can often struggle to sleep and the impact this can have on them and their family. Providing practical strategies to improve sleep.

Tues 22nd September - 9.30am - 12.00pm Register Here



Autism and Mental Health

Discussing the impact of autism on mental health and how we can support children and young people's mental health by addressing their neurodiverse needs.

Tues 6th October - 9.30am - 12.00pm Register Here

Barriers to School Attendance



Providing an understanding of common barriers neurodivergent children experience in the school environment, and how we can support them to access education.

Tues 17th November - 9.30am - 12.00pm Register Here



Autism with Demand Avoidance

Exploring how presenting anxiety in autistic children and young people can result in demand avoidance, and strategies to navigate the challenges of demand avoidance in everyday life.

Tues 24th November - 9.30am - 12.00pm Register Here

If you are using a phone, you will need to download the Zoom app beforehand. Please be mindful of your data usage. If you do not have an unlimited data plan, you may need to connect to a Wi-Fi connection to prevent charges.

See Page 6 for our upcoming Professionals Training

Neurodevelopmental Drop in

Neurodevelopment pathway drop ins

Mersey Care
NHS Foundation Trust

Come along to one of our drop in sessions in St Helens.

Our team will answer questions you have about the neurodevelopment pathway process.

You don't need to be using our service, you can drop in if you have any questions to ask about this.

We look forward to meeting you.

Tuesdays at Parr Children's Centre and Central Link Family Hub
See details and times below

14 July at Parr Children's Centre, 9am to 12 noon.

28 July at Central Link Family Hub, 1pm to 4pm.

11 August at Parr Children's Centre, 9am to 12 noon.

25 August at Central Link Family Hub, 1pm to 4pm.

8 September at Parr Children's Centre, 9am to 12 noon.

22 September at Central Link Family Hub, 1pm to 4pm.

13 October at Parr Children's Centre, 9am to 12 noon.

27 October at Central Link Family Hub, 1pm to 4pm.

10 November at Parr Children's Centre, 9am to 12 noon.

24 November at Central Link Family Hub, 1pm to 4pm.

8 December at Parr Children's Centre, 9am to 12 noon.

22 December at Central Link Family Hub, 1pm to 4pm.

We work with children and young people with complex neurodevelopmental difficulties, who need an assessment to gain a better understanding of their needs.

Parr Children's Centre, Ashtons Green Drive, St Helens, WA9 2AP

Central Link Family Hub, Westfield Street, (off Peter Street), St Helens, WA10 1QF

If you need more information you can contact us on **01744 415 608** or email: **mcn-tr.sthelensneuropathway@nhs.net**



Family

Sherdley Shares



Warm Connections Community Cafe

If you have suffered a bereavement, come along for a chat with people who have similar experiences. Refreshments provided.

Make connections in your community. Free event - all welcome!

Sat 3rd January 2026	11.00am – 12.30pm
Sat 7th February 2026	11.00am – 12.30pm
Sat 7th March 2026	11.00am – 12.30pm
Sat 11th April 2026	11.00am – 12.30pm
Sat 2nd May 2026	11.00am – 12.30pm
Sat 6th June 2026	11.00am – 12.30pm
Sat 4th July 2026	11.00am – 12.30pm
Sat 1st August 2026	11.00am – 12.30pm
Sat 5th September 2026	11.00am – 12.30pm
Sat 3rd October 2026	11.00am – 12.30pm
Sat 7th November 2026	11.00am – 12.30pm

We are supporting this year's National Grief Awareness Week created by The Good Grief Trust. For signposting to a choice of bereavement services, please visit: www.thegoodgrieftrust.org

Venue:
Sunrise Ceremony Hall, St Helens Crematorium, Rainford Road, St Helens WA10 6DF

Hope & help in one place

Supported by the Friends of St Helens Cemetery, the Bereavement Services Team and other support organisations.

ST HELENS
BOROUGH COUNCIL