



# NEWSLETTER Term 2: 22nd November 2024

<https://sjm.academy>

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## Upcoming Whole School Dates

<b>November</b>	Monday 25th : Pantomime Performance Monday 25th - Thursday 28th: Bookfair; 8:25am - 08:40am Saturday 30th : Christmas Fayre inc. Elfridges
<b>December</b>	Tuesday 17th : Reception Christmas Sing 9AM & 2.30PM Wednesday 18th : Christmas Jumper Day and Christmas Lunch Wednesday 18th : Nativity Year 1 & 2 at 2.30PM Thursday 19th : Nativity Year 1 & 2 at 9.15AM Friday 20th : Christmas Church Service (PM) & Last day of term 2
<b>January</b>	Monday 6th : First day of term 3

*Whole School  
Reminder:*

**NO NUTS**

*are to be brought in to school.*

*Thank you.*



Dear Parents and Carers,

## Safety of children

We are constantly thinking of how we can ensure the safety of the children when they are in our care. We review our entry and exit routines, how the children play at playtime, ensure that the equipment works and is maintained, do our best to communicate with you and also take part in ongoing training so that we are updated on best practice.

**A reminder please: Staff only take responsibility for the children once they are handed over to us in the morning, at 8:40 - 8:50 and this responsibility ends once we hand them back to you at pick-up time.**

Can I politely ask that you not allow your child/children to be unsupervised on the playground before the start of school. They are to be accompanied by an adult. Children who are in year 5 and below must be brought into school with an adult, or a sibling of secondary school age or older.

## Home school learning policy

Please see the following link for our improved home school learning policy:

[Home-Learning-Policy-2024-1.pdf](#)

We are really pushing the children to learn the times tables as we know that these are fundamental numeracy skills that will boost recall, fluency and confidence. They also support children in later life too. Please do what you can to support your child with this.

If you would like to know more about the programme we use, click on the link:

[Families – Times Tables Rock Stars](#)

## Century Tech for homework Year 2 +

We are going to be using a platform called Century Tech for homework. This will be for children from Year 2 and above, the teachers will be using the IT lessons to introduce the children to how it works. Initially it will be for Maths and as the children gain confidence we will use it for English and Science.

[Home learning on CENTURY for primary and secondary students](#)

## Student Voice

Earlier this term, 12 children took part in a student voice session with Jo Saunders who is a Transition Board member and works for the Trust. The objective was to talk to the children about the progress being made in key areas for development regarding phonics, the vision and values of the school and Safeguarding.

They were able to speak confidently and really did us proud! Our children really are the most articulate and polite children. They spoke about how much the new phonics programme was supporting their reading and what they liked about it. They were enthusiastic about their learning and the range of topics they are covering. They reeled off an extensive list when asked about the adults they trust in school and unanimously agreed that there is always someone to talk to who cares about them. Again - the children have showed the true spirit of this school, and it was lovely to see.

## Parent Voice

Thank you for your feedback. We are going through it, and I will be communicating with you about the steps we are taking to act on some of the areas you have identified. I am sure you will appreciate that some of it may be beyond our control at this time, but we will be working on the suggestions that are possible.

Thank you for also taking the time to share your support and positivity. These were really uplifting, and we are grateful.

## School Vision and values

The student council have already been hard at work by supporting us with the changes in the school values. They have led this in their classes and the children took part in a whole school vote on Tuesday to decide on the values that they wanted for their school. It has been wonderful to hear them talk about what attributes they think are really important, and have settled on the following:



**Our values:** **Love (for God and each other)**  
**Independence**  
**Generosity**  
**Honesty**  
**Teamwork**

**The vision has been a joint effort of staff and children and includes aspects of the St John's Meads motto, vision of the church and Trust:**

***We are a 'Light in the darkness', living life to the full, worshipping and working so that everyone may flourish and achieve their God-given potential.***

## A Request

And lastly... Is there a parent, carer, friend or family member who is good at graphic design and can help us to create some lovely new visuals for our new values and vision?

**Please get in touch with the office if you or someone you know could help.**

Wishing you all a lovely weekend,

Mrs Byrce

## School Council



Meet your new school council!

Miss Dixon will be leading and supporting the children to put forward sensible suggestions for change at St John's Meads.

In the first week's meeting, the children shared their suggestions for potential school values. They spoke about the values that all St John's children share and were then tasked to feedback to their class.

A strong team with amazing ideas!

# THANK YOU



so much for all your contributions to our

 **GreatAthletes™ Fundraising Day.**  
Inspiring every child

Once again we are overwhelmed with the generosity of the St. John's Meads community, and we are looking forward to using the funds on lots of new PE equipment for the children.



KENSINGTON PALACE

From: The Office of TRH The Prince and Princess of Wales

Private and Confidential

25th October, 2024

Dear Amelia,

The Princess of Wales would have me thank you for your lovely letter, with which you so generously enclosed a charming bracelet for Her Royal Highness.

It was most thoughtful of you to take the trouble to write as you did, and your kind words of support for The Princess and her family were greatly appreciated.

Her Royal Highness would have me send her warmest thanks and very best wishes to you and your family, along with a special photograph for you to keep as a token of appreciation.

Yours sincerely,

Head of Royal Correspondence

## A Royal Letter

**Amelia in Year 6** received a letter from the office of HRH The Prince and Princess of Wales, after she very kindly wrote to the Princess to wish her well, in light of her recent illness.



Dear parents,

We are excited to share with that we will be relaunching Worry Boxes into our classrooms to help support the emotional well-being of our children.

At St John's Meads, we strive to create a safe and supportive environment where children feel comfortable expressing themselves, both academically and emotionally. We understand that school life can sometimes be overwhelming, and children may carry worries with them throughout the day. Whether it's concerns about schoolwork, friendships, or other challenges, these worries can affect their focus and overall well-being.



## What Are Worry Boxes?

A Worry Box is a simple, yet powerful tool designed to help children manage their emotions. Each student will have access to a "Worry Box" in the classroom, where they can write down any concerns, fears, or thoughts that may be troubling them. They can choose to write about anything they feel is on their mind — big or small.

## How Does It Work?

- 1. Writing It Down:** Students will have time during certain parts of the day to write down their worries on a small piece of paper. This can include anything they may not feel comfortable talking about out loud.
- 2. Placing It in the Box:** After writing their worry, they will place it in the Worry Box. The box will be checked by the teacher daily.
- 3. Teacher Support:** The teacher will review the concerns, offering support where needed, whether through individual conversations, adjustments to the classroom environment, or small group discussions. If a child's worry requires further attention, we will reach out to you, as parents, to ensure we are providing the best support possible.
- 4. Anonymity and Privacy:** The Worry Box ensures privacy, as students will not be required to identify themselves when they write their worries. This creates a safe space for children to express themselves without fear of judgment.

## Why Worry Boxes?

The Worry Box is part of our commitment to helping students develop emotional resilience. Research shows that when children have a healthy outlet for their emotions, they are better able to focus, engage, and succeed in school. This tool allows students to:

- Express their feelings in a non-threatening way.
- Gain a sense of control over their emotions.
- Feel heard and supported by their teacher and peers.

We believe that by providing this outlet, we can help reduce anxiety and encourage positive mental health practices that will benefit students both now and in the future.

## How You Can Help at Home

As always, we appreciate your partnership in supporting your child's emotional growth. If you notice your child is feeling particularly anxious, upset, or withdrawn, consider encouraging them to use the Worry Box as a way to communicate their feelings. You can also talk to your child about the benefits of writing down their worries and letting someone else help with finding solutions.

**If you have any questions or concerns, please don't hesitate to reach out to us.**

*Thank you for your continued support!*

# Highlights from Year 2

It has been a busy week in Year 2 this week!

On Monday, the children visited Eastbourne Library to learn more about the services the library has to offer and even had a chance to take out a book using their library card.

The children had fun exploring the books on offer in the children's corner and listened to a story read by one of the librarians.

The children were an asset to our school, well done Year 2!



In PSHE this week we have been doing lots of work around our emotions and the Zones of Regulation. The children had an assembly led by Mrs Hitch who spoke about techniques that could be used when not in the green zone.

Year 2 designed their own breathing mats as a calming technique to use in the classroom/ playground.

In English the children have been busy writing instructions for making a cardboard robot!

We know to make our instructions interesting we must use, time conjunctions, bossy verbs and adverbs. We put our instructions to the test by designing and making our very own robots!



# Highlights from Year 4



We have been working hard in Year 4 focusing on our emotions and well-being.

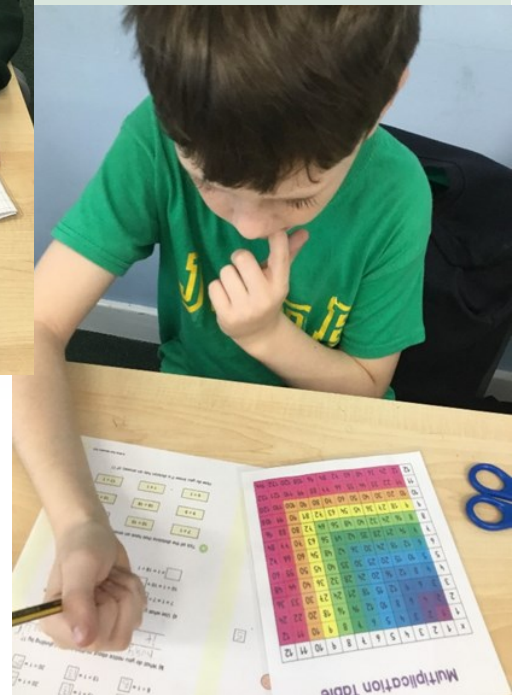
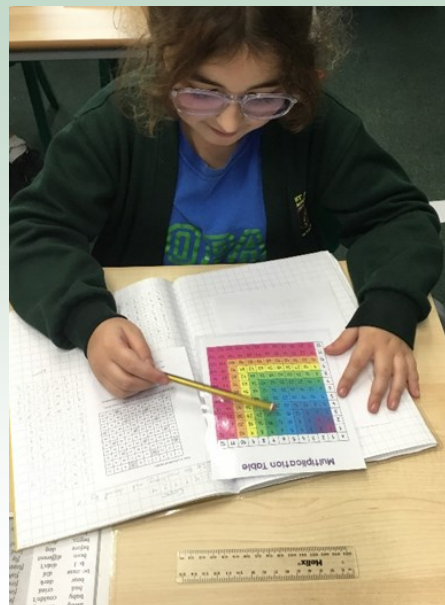
Children have been learning about the Zones of Regulation which is a support for helping children understand their emotions and feelings and developing strategies to self-regulate.

One strategy we have been working on is practicing our breathing techniques with the breathing monkey.

Children really enjoyed this!

In Maths we have been focusing on our multiplication tables.

Children have been going into the Hub every day to practice their TT Rockstars and we have a display in the classroom that shows their TT Rockstar status. The children are trying really hard to move up the chart and each week the children will be challenged with tournaments.



In our classroom we have a reflection area with a bible, prayer and awe and wonder items for the children to explore.

FREE books for your school when you buy at the Book Fair!

SCHOLASTIC TRAVELLING BOOKS

A pop-up book-store with hundreds of books from just £2.99

# COME to the BOOK FAIR



Save £3

£12.99 £9.99



Save £5

£12.99 £7.99

From the creators of Zog



JUST £2.99

£6.99 £2.99



£8.99



Paperback exclusive to Scholastic

£7.99



£7.99

A work of staggering importance.

Date: **25th, 26th, 27th & 28th November**  
**8:25am - 08:40am in the School Hall**  
**Card payments or cash accepted**

Scan the QR code to pay online!



In aid of



St Wilfrid's Hospice



**Join us in wearing your most wonderful**

**Christmas Jumper**

**on**

**Wednesday 18<sup>th</sup> December**

**Kindly donate £1 on the day to raise vital funds for St Wilfrid's Hospice.**

**Thank you**



[stwhospice.org](http://stwhospice.org)



[fundraising@stwhospice.org](mailto:fundraising@stwhospice.org)



01323 434224



FRIDAY 22 NOVEMBER

# FRIENDS NEWS

## The CHRISTMAS FAYRE countdown...



### 7 days to go - book your fayre tickets now

It's nearly time folks! Invite family & friends and get booked in. It's going to be a lot of fun. **Adult fayre entrance is £1**, and kids time slots for **Santa's Grotto and Elfridges are £2.50 each**.

> **Book tickets at:** [pta-events.co.uk/stjohnsmeadsfmsa](http://pta-events.co.uk/stjohnsmeadsfmsa)



### Raffle tickets: don't miss your chance to win!

Don't forget to give your raffle ticket entries into the office next week. We have so many incredible prizes this year, including a Spa Day for 2 at The Grand Hotel - what a nice treat that would be! **Need more tickets? Just ask the office.**



### Hook a Bag: decorate & pop inside a festive gift

This week your child has brought home a paper bag for our 'Hook a Bag' game at the fayre. Simply decorate the bag, pop inside a festive unisex gift, and **return it to the school office by Thursday 28 November**.



### Cake donations: Friday 29 November

Next Friday we would be so grateful for any cake/mince pie donations which we can sell at the Christmas Fayre. Home made bakes or shop bought would be wonderful.

**No nuts please.**

## Deadlines next week:



Hook a Bag  
returns

Thursday 28th



Online booking  
closes

Friday 29th, 1pm



Cake donations  
& Raffle entries

Friday 29th

PS. All the children are watching a **touring panto** performance on Monday during school. A donation of **£2.50 per child** can still be made via the **Arbor app**. Thank you.

## About The Friends

We are a group of parents and carers, hosting fun events that raise money for our school. Please get in touch if you'd like to get involved.

> Get in touch: [chair@stjohnsmeadsfmsa.org.uk](mailto:chair@stjohnsmeadsfmsa.org.uk)



# PRIZES RAFFLE & PRIZE TREE

**RAFFLE:** £1 per ticket / £5 a strip  
**PRIZE TREE:** Available at the fayre - various prices

- JOHN LEWIS - £100 voucher
- GRAND HOTEL - Spa day for two
- CRU restaurant - £50 voucher
- LEVELS wine bar voucher
- URBAN JUMP - £50
- NELSON COFFEE - £25 voucher
- COOK food - £15 voucher
- GIANNIS - Pinsa voucher
- XING FU - £30 voucher
- URBAN GROUND - £20 voucher
- LUNA HUT - 60 min sauna
- EVERYTHING SPICE voucher
- ART-K - art club workshop
- SHIP INN voucher
- NINJA ARENA voucher
- DAVID LLOYD - 14-Day family pass
- RENS Kitchen voucher
- HEATHS Butchers voucher
- HILLIER Garden Centre voucher
- TEN PIN bowling voucher
- KIDS STUFF - Squishy & nerf gun
- CAFE CORRO voucher
- ALL STARS - Family ticket to E.United
- EAST SUSSEX CIRCUS - 2 x kids sessions
- SOVEREIGN CENTRE - Family swim
- SALTMARSH FARMHOUSE - 2 course lunch



**THANK YOU  
TO ALL OUR RAFFLE PRIZE DONORS**

All the proceeds from this event will go to the Friends of St John's Meads; a charity dedicated to raising money to benefit pupils at St John's Meads CE Primary School. Registered charity 1108227.



Friends of St John's Meads presents

# CHRISTMAS FAYRE

Friends of  
ST JOHN'S MEADS  
CE PRIMARY SCHOOL

- Live Entertainment
- Crafts & Games
- Grotto & Elfridges
- Hot Food & Mulled Wine
- Raffle & Tombolas

SATURDAY  
30 NOV

12 - 3PM

St John's Meads School  
Rowsley Road  
Eastbourne

❄️ **BOOK ONLINE** ❄️

ADULTS £1 / KIDS FREE  
GROTTO £2.50 & ELFRIDGES £2.50

➔ [pta-events.co.uk/stjohnsmeadsfmsa](https://pta-events.co.uk/stjohnsmeadsfmsa)

Sponsored by



HART READE  
Solicitors

All the proceeds from this event will go to the Friends of St John's Meads; a charity dedicated to raising money to benefit pupils at St John's Meads CE Primary School. Registered charity 1106227.

Dear parent/carer,

### We Need Your Help!

Are you just as upset about the Council's decision to close the **Sovereign Centre Fun Pool** as well as the **Training Pool**? This would mean that up to 1.000 members' lessons will most likely be cancelled as soon as the training pool closes. Many schools use the training pool for the school swimming lessons they provide too. Together with closing the Fun Pool, this is a huge loss to our children in Eastbourne.

We have one last glimmer of hope, there will be a council meeting on **Wednesday, 20th November** at **Eastbourne Town Hall**, to discuss the Sovereign Centre and make a final decision. To show your support and stand in solidarity we will be **peacefully protesting** from **5:30 pm** onwards. Children are welcome to attend – after all this is about them!

We really want to **show the Councillors what the closure means to our children**, so we are proposing that **children write a letter explaining what they love about the Fun Pool/Training Pool** to one of the Councillors – attendees names can be found on the QR code below. When you click on a Councillors name, you can find their email address to send the letter to.

Meeting Attendees:



Meeting Agenda:



Many thanks for your support – from all the parents of children in Eastbourne!

**EARLY BIRD DISCOUNT:** Use code **CHRISTMAS10** before 30<sup>th</sup> Nov 2024 to get **10% OFF!**

**BOOK NOW** ACTIVEEDUCATIONSUSSEX.CO.UK

**ae** active education sussex

# Fun FOOTBALL CAMP

Hailsham Primary Academy  
BN27 4FB

23rd December 2024  
2nd & 3rd January 2025

Breakfast Club 07:45-08:45 £6.00

Main Day 08:45-15:15 £25.00

After Camp Club 15:15-16:15 £6.00

COME AND JOIN US FOR OUR FUN FOOTBALL HOLIDAY CAMP, WITH PLENTY OF FOOTBALL ACTIVITIES INCLUDING: FOOTBALL, TENNIS, FOOT GOLF, FOOTBALL ROUNDEES, SHOOTING DRILLS, TOURNAMENTS, SKILL ACTIVITIES, GOALLKEEPING DRILLS, MATCHES, INDIVIDUAL CHALLENGES AND MANY MORE!

**SCAN ME TO BOOK NOW!**

SCAN ME

**ae** active education sussex

**Multi Activity Holiday Camp**

# CHRISTMAS MULTI ACTIVITY CAMP

**VENUE**  
Hailsham Primary Academy BN27 4FB

**DATES**  
23rd December 2024, 2nd & 3rd January 2025

**ACTIVITIES, TIMES AND PRICES**  
BREAKFAST CLUB - 07:45-08:45 - £6.00  
MAIN DAY - 08:45-15:15 - £25.00  
AFTER CAMP CLUB - 15:15-16:15 - £6.00

Come and join us for our Multi Activity Holiday Camp, with plenty of activities including: A Wide Selection of Sports, Fencing, Gymnastics, Dance, Painting, Festive Art and Craft Activities, Movies and many more!

All Children Welcome From Any School!

**SCAN ME TO BOOK NOW!**

ACTIVEEDUCATIONSUSSEX.CO.UK

SCAN ME

**swimming nature**

Exclusive Offer with our School Partnership

## Private Swimming Lessons for Eastbourne Parents!

Dear Parents,

Did you know that over 1 in 4 children leave primary school without the ability to swim?!

We believe every child should have the opportunity to learn this essential life skill, and we are thrilled to share an exclusive offer with you

We are offering Swimming Nature lessons at the following Eastbourne venue:

**Bannatyne Health Club - Eastbourne**  
7 Edward Rd, Eastbourne BN23 8AS

Our award-winning Swimming Nature Method makes learning to swim a natural, relaxed and fun experience with recognisable results.

**EXCLUSIVE OFFER:**  
Get **20% OFF** early-bird bookings when you mention your child's school

**FOR MORE DETAILS, CONTACT US:**

✉ info@swimmingnature.com ☎ 03445 04 05 06

We're here to help make swimming an accessible and enjoyable experience for all students.

[www.swimmingnature.com](http://www.swimmingnature.com)

**30 November, 2024, Saturday**

# Advent Fayre

**10:00 am to 12:00 pm**  
St Andrew's Prep,  
Meads Street

Join us for lots of family fun; visit Santa in his grotto, independent stalls, crafts, cafe, hot and cold food, raffle, games and much more!

**Friends of St Andrew's**

**St Andrew's Prep EASTBOURNE**

Supporting **Holding Space**

Download your **FREE** copy of

# family grapevine

Essential information for families with children 0-16 years

The **MUST HAVE** Family Directory  
from bump to teens!

Find the latest issue online  
or scan the QR code:



[www.familygrapevine.co.uk/  
eastbourne-wealden-lewes](http://www.familygrapevine.co.uk/eastbourne-wealden-lewes)



**EWLFamilyGrapevine**



**ewlfamilygrapevine**



Dear parents,

The **Eastbourne, Wealden & Lewes Family Grapevine WINTER 24/25** issue is now available to view and download online, and you might still be able to find printed copies of the magazine at your local supermarket [Tesco Super Store: Uckfield, Lewes, Crowborough; Tesco Extra: Lottbridge Dr in Eastbourne, Asda: Hailsham and CWS Co-op in Heathfield], or at your local library, leisure centre and Family Hub.

It is a one-stop directory of things to do for families with children from bump to teen. The magazine lists activities, places to visit and events taking place this Christmas/winter. It also features 5 fantastic competitions for a chance of winning some fabulous prizes, from days out to family weekend, as well as a some fun eco-friendly toy sets!

The online magazine can be found and downloaded here:

<https://thefamilygrapevine.co.uk/eastbourne-wealden-lewes/magazine/winter-24-25/>

## YOUR NEAREST HOLIDAY CAMP...

Venue: GILREDGE HOUSE

Dates: 23RD DEC, 24TH DEC, 2ND JAN AND 3RD JAN (24TI

Times: 9-4PM

Ages: YEARS 1 - 6

Additional info: <https://eequ.org/experience/11228> - HAF BOOK

### PLEASE BRING

Plenty of water  
Suitable clothing  
Loads of energy!

With great value sports, performing arts, and games to enjoy each half term, we have plenty for your children to get stuck into in the school break.

Over the winter break, there will be lots of festive fun to enjoy too.

Our Holiday Camps keep children entertained, safe & on the move during the school holidays.

Book now for a school holiday full of fun!



**CHRISTMAS HOLIDAYS**

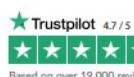
# PREMIER HOLIDAY CAMPS

Premier Education | INSPIRING ACTIVITY



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MORE INFORMATION

or visit [premier-education.com/holiday-camps](http://premier-education.com/holiday-camps)



SCAN HERE FOR  
MORE INFORMATION

or visit [premier-education.com/holiday-camps](http://premier-education.com/holiday-camps)



# Willingdon

## HOLIDAY CLUBS

**NEW YEARS EVE ADVENTURES**  
**CHRISTMAS BREAK**  
 Thursday 2nd January 9.30am - 2.30pm  
 Friday 3rd January - 9.30am - 2.30pm

**Multisport**  
 Basketball, Football, Benchball  
 Badminton, Table tennis, Just dance

**Students welcome from Year groups 4-8 from all schools**

**Team Challenges**  
 Taskmaster, STEAM, Photography  
 Logic Puzzles, Scavenger Hunt Team

**Rates**  
 £40 per day per child.  
 10% sibling discount  
 PP students attending year 7 or 8 at Willingdon Community school 50% discounted rate

All enquiries to [holidayclubs@willingdonschool.org.uk](mailto:holidayclubs@willingdonschool.org.uk)

# Does your child love to SING?

## RAD

Empowering Young Singers

- Festival Appearances
- Showcase opportunities
- Vocal Technique
- Stage Presence
- Qualified Coaches
- Supportive Network
- Group & Solo

**\* Eastbourne Branch \***  
**\* Opening January \***

The Function Room, Fishermens Club, BN22 7AA

**For more info;**  
[radseaford@gmail.com](mailto:radseaford@gmail.com)  
[www.rhapsodyartistdevelopment.co.uk](http://www.rhapsodyartistdevelopment.co.uk)

**CHRISTMAS in Little Chelsea**

# .....FESTIVE.....

## FUN & FIREWORKS

CHRISTMAS IS TAKING OVER EASTBOURNE'S SOUTH STREET & GROVE ROAD

**6TH DECEMBER**

**LET'S CELEBRATE!**

**3PM - 8:30PM**

★ BIGGER & BETTER THAN LAST YEAR ★

OPENING PARADE | 2 LIVE MUSIC STAGES | HANDMADE STALLS  
 FOOD AND DRINK | STREET PERFORMERS | DOG SHOW  
 CHARACTER APPEARANCES | RIDES | CHILDREN'S ACTIVITIES |  
 BEST DRESSED COMPETITION | FATHER CHRISTMAS!

VISIT PROFILE HAIR, GROVE ROAD & ENTER OUR CHARITY RAFFLE FOR THE **FOODBANK AND SAMARITANS**

**CHRISTMAS in Little Chelsea**

DON'T FORGET TO STOP BY OUR FREE SANTA'S GROTTO IN SOUTH STREET!

3:45PM - 4PM	PROCESSION TO TOWN HALL, FROM GROVE ROAD, LEAD BY EASTBOURNE BONFIRE SOCIETY	MAIN STAGE
4:00PM - 4:15PM	MAIN STAGE OPENED BY FATHER CHRISTMAS	MAIN STAGE
4:15PM - 5:30PM	CHILDREN'S ENTERTAINMENT	MAIN STAGE
5:30 PM - 6 PM	PRINTER'S PLAYHOUSE CHOIR	MAIN STAGE
5:30PM - 6PM	DOG SHOW	LIBRARY STAGE
6PM - 6:15PM	LONG MAN MORRIS DANCERS	LIBRARY STAGE
6:15PM - 6:45PM	BEST FESTIVE DRESSED	MAIN STAGE
6:15PM - 7PM	REWIND 45	LIBRARY STAGE
7PM - 7:15PM	STIX DRUMMERS	LIBRARY STAGE
7PM - 7:30PM	ZACHARY DOGWOOD	MAIN STAGE
7PM - 7:15PM	LONG MAN MORRIS DANCERS	URBAN GROUND
7:30PM - 7:50PM	STIX DRUMMERS	URBAN GROUND
7:40PM - 7:55PM	MUSIC & LASER SHOW	MAIN STAGE
8PM - 8:15PM	FIREWORKS	MAIN STAGE
8:15PM - CLOSE	ZACHARY DOGWOOD	MAIN STAGE

PLEASE NOTE TIMINGS ARE SUBJECT TO CHANGE

# MANAGING A MELTDOWN

*A Parents' Guide*



## Why Do Meltdowns Happen?



For an autistic child, a meltdown is not the same as a tantrum. Meltdowns are often very emotional, continue for a long time and can't be ended by giving a child their own way. A meltdown is one way for a child to communicate that they feel overwhelmed and they can't express this by talking. They may not be able to link sensations in their bodies to the emotion they are feeling. They may be feeling distressed, frustrated, angry and/or anxious but don't recognise the signs. They may have had a build-up of triggers until they have become overwhelmed and a meltdown happens. There could be a range of triggers such as a change to their routine, too much noise or feeling unwell.

### Before

- Identify what makes your child feel happy, relaxed and safe. This may help you spot what can make your child feel unhappy (triggers).
- Talk about feelings, label emotions and connect with your child. Spend some time everyday listening to your child.
- Use rating scales to help your child to put things into perspective e.g. 0-5. Use it yourself to show them how this works.
- Can you spot any warning signs that a meltdown might happen? Have a 'Calming Box', with an app, game or putty etc in a handy place.
- Have an agreed plan. What will the rest of the family do if a meltdown happens?

### During

- STOP – STAY CALM – STAY CLOSE OR GIVE SPACE (you know your child best).
- Assess if there are dangers and quietly remove them where necessary.
- Reduce noise and visual input.
- Don't ask questions or offer solutions, your child will not be able to process anything else right now.
- Reassure e.g. "I'm here, it's okay" – Be consistent.
- Don't take it personally.

### After

- Keep a diary to help identify triggers and any patterns which may help things to be better next time.
- When they are calm, safe and happy, reassure your child. Reconnect. Only THEN is it best to talk about it, without blame and when appropriate to do so (you know your child best).
- Remember don't punish your child for the meltdown - they can't help it.
- Reach out to other parents through support networks or social media groups. It may help you feel less alone to connect with others that understand.
- Personalise the calming box to distract and help regulate your child. It could contain bubbles, something soft, something that smells of you, a sensory bottle, colouring, snack or something else you know will help soothe or distract your child.
- Remember, this is not your child's fault and neither is it yours; be kind to yourself.



## Calming Apps

*Useful Calming Apps for Autistic Children and Young People*

### Magic Fluids Lite

This app is interactive and creates swirling effects in colour, pattern and movement. These patterns could help with relaxation and regulate breathing and emotions. This version is free.

### Sensory Plazma and Sensory Electra

This is a multi-touch interactive app that creates bubble effects when the screen is touched. The bubbles are colourful and there are also sound effects. Using the app could support relaxation and emotional regulation. This version is free.

## Useful Websites

- [NAS \(National Autistic Society\) – Parent to parent service](#)
- [MIND](#)
- [Amaze](#)
- [PDA Society](#)
- [CLASS+ helpline](#)
- [ESCIS Local Offer](#)

Speak to your child's school.

