



Welcome Back

The staff and Trustees hope everyone within the Clifton All Saints Academy (CASA) community has had a relaxing summer and is ready for the start on the new academic year.

Staff send their thanks for the kind words, cards and gifts received at the end of the summer term.

As we embark upon a new year, we would like to welcome our new children and their families who will join us over the next week. We hope you will all enjoy your time at CASA.

Please remember, if you have any questions or problems, office staff are always on hand to help where possible. They endeavour to respond to emails as promptly as possible, however, should you feel your query is urgent, please do not hesitate to pick up the phone and give us a call.

We are hopefully that everyone now has access to Arbor, Citrus and Dojo. If you do not have access to any of these, please contact Mrs Francis in the office and she will work with you on gaining you access. There were a few issues at the end of the summer with systems not updating at the same time but again, we hope this has now fully aligned and your child is showing in the correct class.

Reminder of contact details: **Telephone: 01462 628444**
Email: school@cliftonallsaintsacademy.co.uk





As we start the new academic year, we would like to remind you of the following:

- School starts at 8.50am (8.45am for pre-school) and finishes at 3.20pm (3.15pm for pre-school and reception). Front and back gates will be open from 8.30am and 3pm. The will close at 9am and 3.40pm. If you arrive after 9am in the morning, please take your child to the school office to sign them in.
- Absences should be recorded via the Arbor platform. Should you have any problems, please email the school office.
- School lunches need to be booked by the parent prior to 8am each day. If a lunch is not ordered the child will be offered a cheese sandwich and dessert. We kindly ask that you order the lunch with your child so that they receive a meal they want.
- Holidays should not be taken during term time unless for exceptional circumstances. If you do need to request an absence for you child, please do so by sending an email to the school office.



We kindly ask you to please spend a few moments checking the details we hold for you, your child and your child's emergency contacts are correct on Arbor. This is the information we will use should we need to make contact in an emergency. Likewise, if you have moved over the summer, please also ensure your address is up to date.

We have a legal obligation to ensure all the information we hold is correct and up to date.



Calendar Dates

BEST Academic Calendar 2026/2027

School Holiday 

Bank Holiday 

Pupil Day 

Training Day 



September 2026							October 2026							November 2026							December 2026									
Mon		7	8	14	21	28		Mon		5	6	12	19	26		Mon		2	9	16	23	30		Mon		7		14	21	28
Tue	1	9		15	22	29		Tue		7	8	13	20	27		Tue		3	10	17	24			Tue	1	8	15	22	29	
Wed	2	10	16	23	30			Wed		9	14	21	28		Wed		4	11	18	25			Wed	2	9		16	23	30	
Thu	3	11	17	24				Thu	1	10	15	22	29		Thu		5	12	19	26			Thu	3	10	17	24	31		
Fri	4	12	18	25				Fri	2	11	16	23	30		Fri		6	13	20	27			Fri	4	11	18	25			
Sat	5	13	19	26				Sat	3		17	24	31		Sat		7	14	21	28			Sat	5	12	19	26			
Sun	6		20	27				Sun	4		18	25			Sun	1	8	15	22	29			Sun	6	13	20	27			

January 2027							February 2027							March 2027							April 2027									
Mon		4	11	18	25			Mon	1	8	15	22			Mon	1	8	15	22	29			Mon		5		12	19	26	
Tue		5	12	19	26			Tue	2	9	16	23			Tue	2	9	16	23	30			Tue		6	13	20	27		
Wed		6	13	20	27			Wed	3	10	17	24			Wed	3	10	17	24	31			Wed		7		14	21	28	
Thu		7	14	21	28			Thu	4	11	18	25			Thu	4	11	18	25				Thu	1	8	15	22	29		
Fri		1	8	15	22	29		Fri	5	12	19	26			Fri	5	12	19	26				Fri	2	9	16	23	30		
Sat		2	9	16	23	30		Sat	6	13	20	27			Sat	6	13	20	27				Sat	3	10	17	24			
Sun		3	10	17	24	31		Sun	7	14	21	28			Sun	7	14	21	28				Sun	4	11	18	25			

May 2027							June 2027							July 2027							August 2027									
Mon		3	10	17	24	31		Mon		7	14	21	28		Mon		5	12	19	26			Mon		2	9		16	23	30
Tue		4	11	18	25			Tue	1	8	15	22	29		Tue		6	13	20	27			Tue		3	10		17	24	31
Wed		5	12	19	26			Wed	2	9	16	23	30		Wed		7	14	21	28			Wed		4		11	18	25	
Thu		6	13	20	27			Thu	3	10	17	24			Thu	1	8	15	22	29			Thu		5	12		19	26	
Fri		7	14	21	28			Fri	4	11	18	25			Fri	2	9	16	23	30			Fri		6	13		20	27	
Sat	1	8	15	22	29			Sat	5	12	19	26			Sat	3	10	17	24	31			Sat		7	14		21	28	
Sun	2	9	16	23	30			Sun	6	13	20	27			Sun	4	11	18	25				Sun	1	8	15	22	29		

Pupil Contact Days: Term 1 – 70 days. Term 2 – 53 days. Term 3 – 67 days. = 190.

In accordance with Teachers' Conditions of Service, five days will be used in addition to the 190 pupil contact days to enable teacher training to take place.

Training days set are as follows: 3 September 2026, 4 September 2026, 4 January 2027 and 9 April 2027. Training day 5 will be made up of several twilight sessions determined by individual schools.

An online version of the calendar can be found on the school website by [clicking here](#)

September 2026

Friday 18 September 2026	Visit from local MP
Friday 25 September 2026	McMillan Cake Sale 3.30pm in the playground
Monday 28 September 2026	Reception Class Bible Giving Service



October 2026

Thursday 1 October 2026	School Census Day
	Harvest Festival in church
Friday 2 October 2026	Whole School Don Rae Dance Workshops
6 & 7 October 2026	Parents Evening 3.30pm - 6pm. Booking will be via Arbor
7 - 14 October 2026	School Book Fair
Friday 9 October 2026	Hello Yellow Mufti-Day
Wednesday 14 October 2026	Year 5 participating in the live schools broadcast for the Bayeux Tapestry British Museum (online event)

November 2026

Friday 2 November 2026	Year 6 start their participation in the Alban Way Project with Rev'd Canon Caren
Wednesday 4 November 2026	Pre-School Open Day
Thursday 5 November 2026	Bonfire Night
Tuesday 10 November 2026	Flu vaccinations (information on booking will be sent out in due course)
Wednesday 11 November 2026	Remembrance Day
Thursday 12 November 2026	Reception Open Day
Friday 13 November 2026	Children in Need
Monday 16 November 2026	Odd Sock Day in aid of Anti-bullying
Thursday 26 November 2026	Provisional Year 5 2027 Information Evening
Monday 30 November 2026	Afternoon Church Services



**SUPER
CHARGE
YOUR
LUNCH!**

**BECOME
A SUPER
HEALTHY
SUPER
HERO!**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

22 APRIL, 12 MAY, 9 JUNE, 30 JUNE, 21 JULY, 3 SEPT, 22 SEPT, 13 OCT

MAIN MEAL 1

Chicken Curry

Quorn Burger
in a Bun

Roast Chicken with Sage
& Onion Stuffing & Gravy

Pork Sausages
with Gravy

Battered Fish Fillet

MAIN MEAL 2

All Day Breakfast
(Omelette, Grilled Tomato, Beans)

Beany Seashell Pasta

Cheesy Spring Vegetable
& Potato Bake

Sweet & Sour
Quorn

Cheese & Tomato
Pizza

SIDE DISH

Brown & White Rice or
Hash Brown

Potato Wedges or
Herby Garlic Bread

Roast Potatoes or
Wholemeal Pasta

Diced Potatoes or
Brown & White Rice

Potato Wedges or
Tricolour Pasta

COLD OPTION

Tuna Mayo Roll

Cheese Spread Roll

Ham Roll

Cheese Roll

Egg Mayo Roll

EXTRA OPTION

Jacket Potato with Various Toppings

DESSERT

Tropical Crumble with
Ice Cream 50% Fruit

Fresh Fruit Wedges

Fresh Fruit Jelly
50% Fruit

Chocolate Pastry
Whirl

Lemon Shortbread

WEEK 2

28 APRIL, 19 MAY, 16 JUNE, 7 JULY, 8 SEPT, 29 SEPT, 20 OCT

MAIN MEAL 1

Bean & Cheese Slice

Chicken Pie with Gravy

Roast Beef with Gravy

Beef Burger in an Bun

Salmon & Sweet Potato
Fishcake

MAIN MEAL 2

Macaroni Cheese

Mild Mexican
Bean Chilli

Plant Sausages
with Gravy

Roasted Summer
Veg Pasta

Cheese & Tomato
Pizza

SIDE DISH

Diced Potatoes or
Herby Garlic Bread

Potato Wedges
or Brown & White Rice

Roast Potatoes or
Wholemeal Pasta

Wholemeal Pasta
or Diced Potatoes

Chips or
Tricolour Pasta

COLD OPTION

Egg Mayo Roll

Ham Roll

Tuna Mayo Roll

Cheese Spread Roll

Cheese Roll

EXTRA OPTION

Jacket Potato with Various Toppings

DESSERT

Apple Cornflake Crunch
50% Fruit

Fresh Fruit Wedges

Fresh Fruit Jelly 50%
Fruit

Jammy Cookie

Chocolate Muffin

WEEK 3

6 MAY, 2 JUNE, 23 JUNE, 14 JULY, 15 SEPT, 6 OCT

MAIN MEAL 1

Chicken & Sweetcorn Meatballs
with a Tomato Sauce

Beef Bolognese

Roast Pork with Sage &
Onion Stuffing & Gravy

Quorn Hot Dog

Fish Fillet Fingers

MAIN MEAL 2

Breaded Bean
& Vegetable Grill

Mild Sweet Potato &
Chickpea Curry

Creamy Quorn & Sweetcorn
Pasta Bake

Roasted Veg Lasagne

Cheese & Tomato
Pizza

SIDE DISH

Spaghetti
or

Pasta or
Brown & White Rice

Roast Potatoes or
Wholemeal Pasta

Potato Wedges or
Herby Garlic Bread

Chips or
Tricolour Pasta

COLD OPTION

Cheese Roll

Ham Roll

Tuna Mayo Roll

Cheese Spread Roll

Egg Mayo Roll

EXTRA OPTION

Jacket Potato with Various Toppings

DESSERT

Strawberry Mousse

Fresh Fruit Wedges

Fresh Fruit Jelly
50% Fruit

Ice Cream with Chocolate
Cookie "Wafer"

Pineapple Pastry Squares
50% Fruit

Vegetables and a variety of salads are served daily. 🍅 = Vegetarian 🌱 = Vegan.



@hclcatering

www.hcl.co.uk

Please remember all orders need to be placed by the parent/carer no later than 8am each morning.

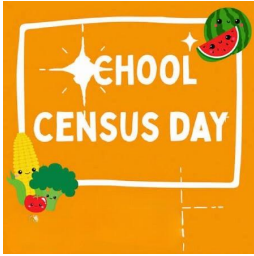
If you have any problems, please email the school office: school@cliftonallsaintsacademy.co.uk

To view the lunch menu online [click here](#)

This menu runs until 23 October 2026. When we return after October half term we will be on the winter menu. This will be sent out nearer the time.

Thursday 1 October 2026 is our Autumn School Census day.

To celebrate, we will be making a special one-day change to our school lunch menu. On this day, all children in Reception, Year 1 and Year 2 will have a school lunch ordered for them.



We would love for every child to have a go at trying the lunch and experience something a little different. However, children will never be forced to eat anything they do not want to.

Children are also very welcome to bring a packed lunch from home if they would prefer to.

Please keep an eye on Dojo towards the end of September, when we will share more information about the special menu and what will be on offer.

We hope the children enjoy trying something new! 😊

This year's Harvest Festival will take place on Thursday 1 October 2026 at 9.30am at All Saints Church, Clifton.

For several years, our Harvest donations have been kindly given to the Prebend Street Day Centre in Bedford. Unfortunately, the centre will be closing from 1 October 2026.

We are pleased to confirm that this year's donations will instead be taken to The Kings Arms Project in Bedford. The Kings Arms Project is a Christian charity that supports people who are homeless and works to help those experiencing hardship.

If you are able to, we would be very grateful if your child could bring in a donation from the following list:

- Non-perishable foods
- Tins of thick soup
- Tinned meat meals
- Tinned food in general

Every donation, however small, will be greatly appreciated and will help support people in our local community.

Walking to Church

Please keep an eye on your class Dojo page, as teachers will be asking for volunteers to help walk the children to and from the church.

Thank you, as always, for your kind support of our Harvest Festival and for helping us to support those in need within our local community. ❤️





This year, we will mark Remembrance Day in school on Wednesday 11 November 2026.

Our usual Collective Worship will be moved so that the whole school can come together to observe the one-minute silence at 11.00am. During this time, we kindly ask parents and carers to avoid contacting the school by telephone, unless it is an emergency.

To help us honour and remember those who gave their lives serving our country, pupils who are members of a Scouting or Girlguiding organisation are warmly invited to come to school wearing their uniform on this day.

Sunday Armistice Service

Clifton All Saints Academy will also be taking part in the Sunday Armistice Service, led by Rev'd Canon Caren, at the Clifton Cenotaph.

We are still waiting for the full details of the service, but we will be inviting pupils who would like to represent Clifton All Saints Academy and help lay our school wreath at the Cenotaph.

Please keep an eye on Dojo and the main school page for further information and details about how your child can take part.

We look forward to coming together as a school community to remember and honour those who have served and sacrificed for our country. 



On Friday 13 November 2026, we will be supporting Children in Need.

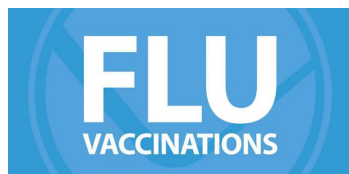
In exchange for a donation, children are invited to come to school wearing something spotty to show their support. Please note that football kits should not be worn.

Please keep an eye on Dojo nearer the time for information about how to make your donation.

Thank you for helping us support this wonderful cause! 



This year's flu vaccinations will take place in school on Tuesday 10 November 2026 for children in Reception to Year 6.



Full information about the vaccinations will be shared with parents and carers via Class Dojo and Arbor as soon as we receive it.

Please remember that you must register your child if you would like them to receive the flu vaccination in school. If your child is not registered, they will not receive the vaccination at school.

Thank you for your support.



On Monday 16 November 2026, we will be joining schools across the country to celebrate Odd Socks Day as part of Anti-Bullying Week.

Children should still come to school wearing their normal school uniform, but we invite them to swap their usual grey, black or white socks for something bright, colourful and fun!

If possible, we would love children to wear a different colour or pattern on each foot to celebrate what makes us all unique. 🧦🌈

Odd Socks Day marks the beginning of Anti-Bullying Week. To find out more about the event please [click here](#).

Throughout the week, there will also be activities and discussions taking place in classrooms to help children understand the importance of kindness, friendship, respect and standing up to bullying.

We look forward to seeing lots of colourful, odd socks around school! 💛



Our Parents' Evenings this term will take place on:

- Tuesday 6 October 2026
- Wednesday 7 October 2026

Appointments will be booked through Arbor, with bookings opening during the week commencing Monday 21 September 2026.

If you are having any difficulty accessing Arbor or making a booking, please let Mrs Francis know as soon as possible so that we can help.

A message will also be sent via Class Dojo when bookings go live.

We look forward to welcoming you and having the opportunity to talk about your child's progress and how they have settled into the new school year.





If you or your family are finding things difficult financially, please know that you are not alone and support is available.

We understand that circumstances can change and that financial pressures can place extra strain on families. If you are struggling, we may be able to help.

We work with The Need Project in Stotfold, who can provide food parcels to families who need some extra support. Once a referral has been made, food parcels can either:

- Be delivered to your home each week, or
- Be collected directly from The Need Project.

There is also support available through Central Bedfordshire Council to help with the cost of living.

Please don't hesitate to speak to us if you would like to find out more. Asking for help is nothing to be embarrassed about – we are here to support our families. ❤️

Further information about the support available can be found on the Central Bedfordshire Council website or by [clicking here](#).

YOUNGMINDS

**Hello
Yellow**

This year, we are delighted to be supporting YoungMinds and their Hello Yellow event once again.

On Friday 9 October 2026, children can come to school in mufti in exchange for a donation to Hello Yellow. We ask that children wear at least one yellow item of clothing to show their support.

Please note that football kits should not be worn.

YoungMinds is a UK charity working towards a world where no young person feels alone with their mental health.

If you would like to find out more about YoungMinds and the important work they do, please [clicking here](#).

Donations can be made by [clicking here](#).

Thank you for helping us support such an important cause and for helping to raise awareness of young people's mental health. ❤️





Bilingua Sing

Love Learning Languages

French Lunchtime Club

Multi-Award Winning!

Autumn Term 2026
Wednesday Lunchtimes

EYFS + KS1 (Years 1 & 2) 12:00-12:30pm
click [HERE](#) to book online

KS2 (years 3-6) 12:30-1pm
click [HERE](#) to book

www.bilinguasing.com louise@bilinguasing.com

No sitting at desks!
We make languages fun again!
Catchysongs
Supports the French language objectives

No previous French needed!

Suitable for complete beginners

[EYFS & KS1 Booking Link](#)

[KS2 Booking Link](#)

DANCE CLUB CLIFTON ALL SAINTS ACADEMY

SPRING INTO MOVEMENT.
LET'S DANCE!

Enrol now for Autumn term
7TH SEPTEMBER TO 12TH DECEMBER

PA

PERFORMING ARTS
COLLECTIVE LIMITED

Autumn
2026

Thursday Breakfast Club
8:00am - 8:50am

Years 1 - 6

£4.44 per session

TO BOOK PLEASE EMAIL:
CONTACT@PACOLLECTIVE.CO.UK



SHOWSTOPPERS
PRESENTS
MUSICAL THEATRE CLUB

SEPTEMBER - DECEMBER 2026
TUESDAYS
3:30PM - 4:30PM
ALL AGES WELCOME

Join us for a fun-filled term of singing, dancing, acting and musical theatre magic!

BUILD CONFIDENCE
LEARN SONGS FROM YOUR FAVOURITE MUSICALS
EXPLORE CHOREOGRAPHY AND PERFORMANCE SKILLS
MAKE NEW FRIENDS
AND HAVE LOTS OF FUN!

HOW TO BOOK:
<https://www.dinisshowstoppers.com/>

Spaces are limited, so book early to secure your place!

LOVE • RESPECT • COURAGE • KOINONIA



GYMNASTICS AT YOUR SCHOOL!

Venue: Clifton All Saints Academy
Dates: Thursday 4th June - 16th July (7 sessions)
Times: 15:30 - 16:30
Price: £49.00
Ages: Reception - Year 6

**STAY
ACTIVE!**

Our gymnastics sessions allow your little one to test their balance and coordination through a variety of movements and sequences.

Kids will also love the opportunity to use the school's gym equipment!

[Book now](#) for an extracurricular club they will never forget.

“

My son has loved gymnastics, he has been positive about it each week and especially enjoys the games that are played.

Lisa - Parent

CLUBS ARE BETTER WITH FRIENDS!



**TREAT YOUR FRIENDS
TO 20% OFF...AND GET
20% OFF TOO!**

*To Supply Referral friend discount on new bookings only.



MULTI-SPORT CLUBS AT YOUR SCHOOL!

Venue: Clifton All Saints Academy
Dates: Tuesday 2nd June - 14th July (7 sessions)
Times: 15:30 - 16:30
Price: £49.00
Ages: Years 3 - 6 ONLY

**STAY
ACTIVE!**

Multi-sport activity clubs combine various sports for non-stop fun. Our Activity Professionals deliver a range of games so children can enjoy exciting activities from everyday sports like football and hockey, to team games and creative play. There's something for everyone to enjoy.

[Book now](#) for an extracurricular club they will never forget.

“

My child loved his multi sports after school. He loved the variety on offer and enjoyed every week.

Stuart - Parent

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MULTI-SPORT CLUBS AT YOUR SCHOOL!

Venue: Clifton All Saints Academy
Dates: Wednesday 3rd June - 15th July (7 sessions)
Times: 15:30 - 16:30
Price: £49.00
Ages: Reception - Year 2

**STAY
ACTIVE!**

Multi-sport activity clubs combine various sports for non-stop fun. Our Activity Professionals deliver a range of games so children can enjoy exciting activities from everyday sports like football and hockey, to team games and creative play. There's something for everyone to enjoy.

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“

My child loved his multi sports after school. He loved the variety on offer and enjoyed every week.

Stuart - Parent

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SNAP PARENT CARER FORUM CENTRAL BEDFORDSHIRE

Do you have a child with additional needs or disabilities?

SNAP PCF (Parent Carer Forum) is here to support you. SNAP PCF represents parents and carers of children and young people with SEND (aged 0–25) in Central Bedfordshire.

By joining SNAP PCF for free, you can share your experiences, influence local services, and stay up to date with events and support in our area. Members can also access free workshops throughout the year.

Find out more and sign up today: www.snappcf.org.uk



ONLINE TRAINING AND EVENTS AUTUMN TERM

SAVE THE DATE

29TH SEPT 2026	ADD-vance Tips and Tools for Positive Behaviour 29/09/2026 12:00 pm - 1:30pm 
2ND AND 9TH OCT 2026	PDA Society - PDA for Parent Carers (2 sessions- Need to attend both) 02/10/2026 and 09/10/2026 9:30 am -12:15 pm  
21ST OCT 2026	Biggleswade Roadshow (Inperson) 21/10/26 10:00 am-12:00 pm No booking needed, free to drop in and talk to range of professionals
 Booking Details Details about how to book coming soon. Remember to join SNAP PCF and to check your emails for updates.	

 Add -vance sessions are recorded and available to watch for 7 days after to those booked/attending the session.

www.snappcf.org.uk



ONLINE TRAINING AND EVENTS AUTUMN TERM

SAVE THE DATE

12TH OCT 2026	ADD-vance Supporting Dads 12/10/2026 7:00 pm - 8:30pm 
12TH NOV 2026	ADD-vance Understanding ADHD for Parent/Carers of Girls 12/11/2026 12:00 pm - 1:30pm 
27TH NOV 2026	British Dyslexia Association (BDA): Supporting your child with dyslexia: A practical guide for parent carers 27/11/2026 10:00am -12:00 pm  
 Booking Details Details about how to book coming soon. Remember to join SNAP PCF and to check your emails for updates.	

 Add -vance sessions are recorded and available to watch for 7 days after to those booked/attending the session.

www.snappcf.org.uk





**POSITIVELY
INFLUENCING
CHANGE**

BENEFITS

- GET SUPPORT FOR YOUR OWN WELL-BEING
- MEET OTHER PARENT CARERS
- RECEIVE REGULAR EMAIL UPDATES
- CAN APPLY FOR A MAX CARD (CRITERIA APPLIES)

SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE
QR Code for our parent carer membership form

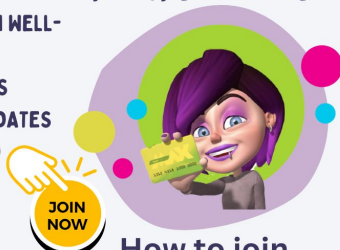


Free to join, open to parent carers who live in Central Bedfordshire & have a child/young person 0-25 years with SEND
www.snappcf.org.uk



- FREE TO JOIN
- ATTEND OUR FREE WORKSHOPS
- FIND OUT ABOUT LOCAL AND NATIONAL SUPPORT
- JOIN IN ON TALKS ABOUT SEND SERVICES WITH LOCAL PROFESSIONALS

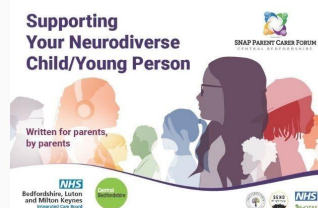
Give feedback and help to improve local services



How to join...

Free to join, open to parent carers who live in Central Bedfordshire and have a child/young person 0-25 years with SEND

- Scan the QR code or go to
- <https://uk.surveymonkey.com/R/MEMBERSHIPFORMTOJOINSNAP>
- or email: admin@snappcf.org.uk



SUPPORTING YOUR NEURODIVERSE CHILD/YOUNG PERSON DIGITAL BOOKLET

FREE

SCAN ME

DOWNLOAD NOW



When you first realise that your child experiences the world in a different way, it can feel overwhelming. But once you begin to understand their way of thinking it can be rewarding and you can learn so much from your child/young person. This free digital booklet will support you on this journey.

Download your free digital booklet now by scanning the QR code or by visiting <https://www.snappcf.org.uk/supporting-your-neurodiverse-child/>



Information from Outside Organisations



CHUMS
YOUNG PEOPLE &
PARENT/CARER WORKSHOPS

Our online workshops are designed as a starting point for families with children who have low level difficulties. These are one-off 2-hour sessions conducted virtually via Microsoft teams.

Please note these workshops do not support moderate/severe difficulties and will not address risky behaviours (self-harm, suicidal ideations).

ANXIETY WORKSHOPS

11+ ANXIETY 10/9/26 @ 4PM - 6PM (For young people aged 11+, parents also welcome to attend) This single psychoeducation session explores emotional development in children, emotional regulation, and focuses on anxiety and anxiety management strategies.	PARENT ANXIETY 21/9/26 @ 9:30AM - 11:30AM (For parents of young people aged 5 - 11 years old) One-off workshop exploring emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.
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SLEEP WORKSHOPS

UNDER 12'S SLEEP 11/9/26 @ 9:30AM - 11:30AM (For parents of young people aged 4 - 12 years old) One-off workshop which focuses on why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to overcome sleep problems.	OVER 12'S SLEEP 16/10/26 @ 3PM - 5PM (For young people aged 13+, parents also welcome to attend) One-off workshop which explores why sleep is important, what is 'good' sleep, sleep hygiene tips and strategies for managing worries at night.
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RESILIENCY WORKSHOP 6/10/26 @ 9:30AM - 11:30AM (For parents of young people aged 5 - 11 years old) This single session explores relevant child development including and provides psychoeducation on mental health vs mental health problems, emotional regulation, anxiety and low mood. You will leave with a greater understanding of your child's needs and armed with strategies to build their resilience.	EXAM STRESS WORKSHOP 22/10/26 @ 4PM - 6PM (For young people aged 12+ and parents) One off workshop which equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self-care. The workshop also offers parental tips for supporting their adolescent's exam stress.
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BEHAVIOUR WORKSHOP

9/11/26 @ 9:30AM - 11:30AM
(For parents of young people aged 5-11 years old)

A one-off workshop that covers the following topics: Emotional development in children, emotional regulation, common behaviour difficulties and strategies to promote positive behaviours.

SELF-ESTEEM WORKSHOPS

TEENAGE SELF-ESTEEM 26/11/26 @ 4PM - 6PM (For young people aged 13+, parents also welcome to attend) One off workshop which equips teenagers with an understanding of self-esteem and helps to build confidence through thought challenging, relaxation and activities to celebrate strengths and successes. Workshop also offers parental tips for building self-esteem in adolescence.	PARENT SELF-ESTEEM 9/12/26 @ 9:30AM - 11:30AM 15/1/27 @ 9:30AM - 11:30AM (For parents of young people aged 5 - 12 years old) One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.
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To register for any of our workshops, please fill in the workshop referral form in the referral form section, state that the referral is for a workshop and include the workshop name/time/date required.

<https://chums.uk.com/emotional-wellbeing-service/>

