

Spring Term 2026

Dear Parents and carers,

We have a few events and workshops for parents and carers happening this term.

Next week we are re-running our workshop on supporting emotional regulation. We'd love to see you next Tuesday to find out about helping regulate emotions.

Later in the term we are also running a workshop for parents and carers about sleep. We all know how important a good night's sleep is!

The school nurse is holding a drop-in session in school on Friday 13th February. You are welcome to pop into school between 9 and 10am to chat with the school nurse.

We are continuing to work with the Mental Health in Schools Team. They have been in school recently during our Christmas fair and parent's evenings. I have attached a newsletter from them in this letter about Parents Mental Health Day.

I am available most mornings to speak to on the gate, or you can ask to book up a meeting with me if you have any concerns about how your child is getting on at school.

Best wishes
Sam Harris

Have you checked out our Facebook page recently?

This is updated regularly with local events or courses and information about the school.

@Heathlands Primary Academy and Pre-school

<https://www.facebook.com/100046220575822/>



Emotional Regulation Workshop

Please come and join us at school to find out about how we use Colour Monster and Zones of Regulation to help with emotional regulation. There will be ideas for how to use it at home.



Tuesday 3rd February at 2:15pm
In the school hall

Please sign up to attend at the school office.

We look forward to seeing you!

PARENT/CARER newsletter

Parent Mental Health Day 30th January

Parent Mental Health Day on 30th January highlights how important parents' and carers' wellbeing is for the whole family. Created by the charity stem4, the day encourages you to pause, notice how you're feeling, and find small ways to restore balance.

To mark Parent Mental Health Day, this newsletter is especially for you — our school community's parents and carers. We know that when you're supported, it helps your children thrive too. This edition is focused on how you can look after your own mental health and how to access support when you need it, so you can continue to be the steady, caring presence your children rely on every day.



Next Podcast Episode:
Parent Mental Health
finding the balance

ALL EPISODES -
AVAILABLE FREE
ON SPOTIFY



bit.ly/MHSTPodcast

Parent Mental Health Video

We've put together a short, uplifting video for Parent Mental Health Day that speaks honestly about the ups and downs of parenting. It offers simple reflections on why the day matters and points you towards support that's there when you need it. We'd love you to take a moment to watch.


Watch now: bit.ly/4bS6cpg


Supporters Forum: Exam Resilience


We run termly Supporters' Forums to hear directly from parents and carers about how we can improve our service to better support your family. Each forum includes:

- A short 20-minute presentation
- Open discussion (no camera or mic needed)

Next topic: Exam Resilience

 Tuesday 3rd Feb


 6:15 PM (6:30 start)

 Online

To sign up:
bit.ly/3LgMWaf

Explore our Free Resources

We have a range of free resources to support you in looking after your child's wellbeing. You can find simple tools, guides and webinars through our Linktree whenever you need them.

 Please follow us on social media for updates and support.

linktr.ee/dorsetmhst



@DORSETMHST





SENDiass4BCP

Special Educational Needs and Disabilities Information, Advice and Support Services for Bournemouth, Christchurch and Poole

We are a **FREE, IMPARTIAL, CONFIDENTIAL** and **ARMS-LENGTH** service for children and young people (up to the age of 25) with special educational needs and disabilities (SEND), and their parents/carers.

We provide information, advice and support with relation to education, social, and healthcare matters, through our online resources, at events and workshops, via our advice line service and through individual casework.



01202 128181

help@sendiass4bcp.org

sendiass4bcp.org



HOW WE CAN HELP



Confidential advice line



Your options, rights and responsibilities



Responsibilities of schools, colleges and the Local Authority



Education, Health and Care Plans (EHCPs)



Paperwork; reading / writing forms, letters and reports



Preparing for and attending meetings



Resolving disagreements



Suspensions and permanent exclusions



Mediation and appeals to the First-Tier Tribunal



Support with complaints



Signposting to other statutory and voluntary services



Face to face and virtual appointments available

Information, Advice & Support Services Network

Coping with Chaos

Coping with Chaos provides access to play sessions and other resources to families of children with special needs.

Play sessions in the school holidays and weekends for the whole family to attend from theme parks and cinema trips through to messy play and arts and crafts

[Coping with CHAOS — Diverse Abilities | Dorset's Disability Charity | Children & Adults](#)

You need to register with them to be able to access their weekend and holiday sessions. Everyone in the family can attend so that you can all have fun together.



Celebrating **70** years

Diverse Abilities

Dorset's Disability Charity