



# St Nicholas CE Primary School Bulletin 27th February 2026

Welcome back!!!

## Celebrating the National Year of Reading - World Book Day

World Book Day is almost upon us! This is a day when we celebrate all things books - we will be exploring the different genres of books through a range of fun activities.

Here are some of the things we have planned:

**Theme:** "Go all In!"

**Book Focus:** Charlie Cook's Favourite Book - Julia Donaldson

**World Book Day Token design Competition:** Cash Prizes available!

**School Creative Competition:** Mr Potato Head - Characters from stories

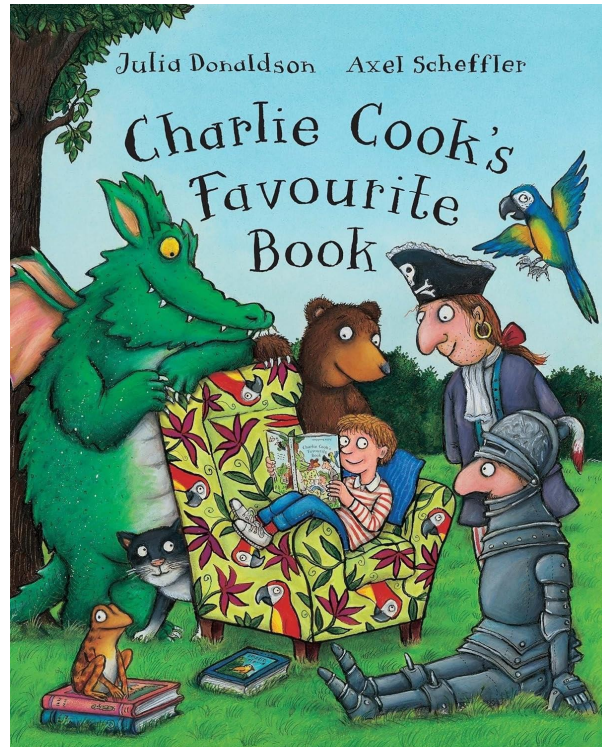
**Author Visit:** Meredith Vigh (It's a big World Bartholomew! Odell's Amazing Arms)

**Usborne Book Fair:** 6th March

**Scholastic Book Fair: 11th-16th March**

**Dress Up Theme: Dress Up as a character from your favourite genre**

Get Ready for World Book Day 2026 - World Book Day<sup>1</sup>



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<sup>1</sup><https://www.worldbookday.com/>



Dear Parent/Guardian,

As promised, please see the QR code below and the link to our online book fair. All orders will be delivered free of charge to the school the week beginning the 23<sup>rd</sup> March – just in time for your child to enjoy over the Easter holidays!

The book fair will also be taking place on the 6<sup>th</sup> March in the playground at the end of the day where you will be able to buy and take away. There is, however, a wider selection of books available online.

Remember, all proceeds go towards the school and stocking their wonderful new library. Usborne will also donate up to 60% of the total book fair sales value raised in FREE BOOKS to the school.

Many thanks for your continued support and encouraging the children with their reading for pleasure.

<https://usborne.com/gb/uevent?event=864dcc1fbfb430ae9f02e8d1183089f5>



St Nicholas CE Primary School are committed to nurturing a love of reading in every child and this year we have an exciting opportunity.

We are launching a huge Library Refurbishment Project to create an inviting, inspiring and accessible reading space for all our children. A place where imagination can flourish, curiosity can grow and a lifelong love of books can begin.

To make this happen, we are aiming to raise £25,000.

This will support new furniture, updated shelving, cosy reading zones, a quiet sensory zone along with a refreshed collection of books that reflects the diversity and interests of our children.

How you can help!

Every contribution makes a difference, no matter how small. If you're able to support the project, please scan the QR code below or follow the link to donate.

**When children read, they grow. When we support them, they flourish. Reading opens minds, fires imaginations and lays the foundations for life so thank you for helping us create a space where every child can discover the magic of books**

#NationalYearOfReading<sup>2</sup> #LibraryProject<sup>3</sup> #ReadingForAll<sup>4</sup> #SchoolCommunity<sup>5</sup>  
#SupportOurSchool<sup>6</sup>

If you work for, or know any large companies who might be interested in making a donation towards our library, please do let us know. We are reaching out to local business to support our project and we need your help!

Our library needs your help!

Calling all Parents/Carers,

We all want our children to be able to read, and having a dedicated quiet space to discover, develop and enjoy a love of reading is a fundamental part of nurturing that. That's why our next St Nicholas School PTA project is to fundraise £25k to transform one of our existing spaces into a beautiful library and sensory space for all our children across the school to use.

This new space will house over 2000 books, have brand new accessible shelving, comfortable reading spaces for individual or group work, as well as dedicated sensory resources. See the graphic illustration below. We have the plans, the commitment and the space. We just need the funds to get us there.

Please help by donating to our GoFundMe page. Spread the word to family & friends and any company/professional contacts you have who can help. Scan the QR code (above right) to donate. Any donation welcome. Every penny counts in making this happen. All Our PTA efforts & activities will be about reaching this £25k target as soon as possible!

Thank you for your support.

From this...  ...to this! 

<sup>2</sup>[https://www.facebook.com/hashtag/nationalyearofreading?\\_eep=6&cft\[0\]=AZYMlc2Q09PBCKBimSU2yaGN6VRQ9cO9yd5s\\_MAhwocrCHTn81JRbvlXpGhs4ajnlfc\\_zjZ3zl-DPMuIsGvC4IRQR9TOMnHtGzQM4g3Xr8KmJzNGMHNN88xyvVaRU8aD47EhtxhOovUb6aomCFIKXHJitZDtc1oTXvjKP3986zxeevHWM6V-gCrI7Mfbrbxbd9Zor2sO-Rsj1BC-Y3HW0Xj1&tn=\\*NK-R](https://www.facebook.com/hashtag/nationalyearofreading?_eep=6&cft[0]=AZYMlc2Q09PBCKBimSU2yaGN6VRQ9cO9yd5s_MAhwocrCHTn81JRbvlXpGhs4ajnlfc_zjZ3zl-DPMuIsGvC4IRQR9TOMnHtGzQM4g3Xr8KmJzNGMHNN88xyvVaRU8aD47EhtxhOovUb6aomCFIKXHJitZDtc1oTXvjKP3986zxeevHWM6V-gCrI7Mfbrbxbd9Zor2sO-Rsj1BC-Y3HW0Xj1&tn=*NK-R)

<sup>3</sup>[https://www.facebook.com/hashtag/libraryproject?\\_eep=6&cft\[0\]=AZYMlc2Q09PBCKBimSU2yaGN6VRQ9cO9yd5s\\_MAhwocrCHTn81JRbvlXpGhs4ajnlfc\\_zjZ3zl-DPMuIsGvC4IRQR9TOMnHtGzQM4g3Xr8KmJzNGMHNN88xyvVaRU8aD47EhtxhOovUb6aomCFIKXHJitZDtc1oTXvjKP3986zxeevHWM6V-gCrI7Mfbrbxbd9Zor2sO-Rsj1BC-Y3HW0Xj1&tn=\\*NK-R](https://www.facebook.com/hashtag/libraryproject?_eep=6&cft[0]=AZYMlc2Q09PBCKBimSU2yaGN6VRQ9cO9yd5s_MAhwocrCHTn81JRbvlXpGhs4ajnlfc_zjZ3zl-DPMuIsGvC4IRQR9TOMnHtGzQM4g3Xr8KmJzNGMHNN88xyvVaRU8aD47EhtxhOovUb6aomCFIKXHJitZDtc1oTXvjKP3986zxeevHWM6V-gCrI7Mfbrbxbd9Zor2sO-Rsj1BC-Y3HW0Xj1&tn=*NK-R)

<sup>4</sup>[https://www.facebook.com/hashtag/readingforall?\\_eep=6&cft\[0\]=AZYMlc2Q09PBCKBimSU2yaGN6VRQ9cO9yd5s\\_MAhwocrCHTn81JRbvlXpGhs4ajnlfc\\_zjZ3zl-DPMuIsGvC4IRQR9TOMnHtGzQM4g3Xr8KmJzNGMHNN88xyvVaRU8aD47EhtxhOovUb6aomCFIKXHJitZDtc1oTXvjKP3986zxeevHWM6V-gCrI7Mfbrbxbd9Zor2sO-Rsj1BC-Y3HW0Xj1&tn=\\*NK-R](https://www.facebook.com/hashtag/readingforall?_eep=6&cft[0]=AZYMlc2Q09PBCKBimSU2yaGN6VRQ9cO9yd5s_MAhwocrCHTn81JRbvlXpGhs4ajnlfc_zjZ3zl-DPMuIsGvC4IRQR9TOMnHtGzQM4g3Xr8KmJzNGMHNN88xyvVaRU8aD47EhtxhOovUb6aomCFIKXHJitZDtc1oTXvjKP3986zxeevHWM6V-gCrI7Mfbrbxbd9Zor2sO-Rsj1BC-Y3HW0Xj1&tn=*NK-R)

<sup>5</sup>[https://www.facebook.com/hashtag/schoolcommunity?\\_eep=6&cft\[0\]=AZYMlc2Q09PBCKBimSU2yaGN6VRQ9cO9yd5s\\_MAhwocrCHTn81JRbvlXpGhs4ajnlfc\\_zjZ3zl-DPMuIsGvC4IRQR9TOMnHtGzQM4g3Xr8KmJzNGMHNN88xyvVaRU8aD47EhtxhOovUb6aomCFIKXHJitZDtc1oTXvjKP3986zxeevHWM6V-gCrI7Mfbrbxbd9Zor2sO-Rsj1BC-Y3HW0Xj1&tn=\\*NK-R](https://www.facebook.com/hashtag/schoolcommunity?_eep=6&cft[0]=AZYMlc2Q09PBCKBimSU2yaGN6VRQ9cO9yd5s_MAhwocrCHTn81JRbvlXpGhs4ajnlfc_zjZ3zl-DPMuIsGvC4IRQR9TOMnHtGzQM4g3Xr8KmJzNGMHNN88xyvVaRU8aD47EhtxhOovUb6aomCFIKXHJitZDtc1oTXvjKP3986zxeevHWM6V-gCrI7Mfbrbxbd9Zor2sO-Rsj1BC-Y3HW0Xj1&tn=*NK-R)

<sup>6</sup>[https://www.facebook.com/hashtag/supportourschool?\\_eep=6&cft\[0\]=AZYMlc2Q09PBCKBimSU2yaGN6VRQ9cO9yd5s\\_MAhwocrCHTn81JRbvlXpGhs4ajnlfc\\_zjZ3zl-DPMuIsGvC4IRQR9TOMnHtGzQM4g3Xr8KmJzNGMHNN88xyvVaRU8aD47EhtxhOovUb6aomCFIKXHJitZDtc1oTXvjKP3986zxeevHWM6V-gCrI7Mfbrbxbd9Zor2sO-Rsj1BC-Y3HW0Xj1&tn=\\*NK-R](https://www.facebook.com/hashtag/supportourschool?_eep=6&cft[0]=AZYMlc2Q09PBCKBimSU2yaGN6VRQ9cO9yd5s_MAhwocrCHTn81JRbvlXpGhs4ajnlfc_zjZ3zl-DPMuIsGvC4IRQR9TOMnHtGzQM4g3Xr8KmJzNGMHNN88xyvVaRU8aD47EhtxhOovUb6aomCFIKXHJitZDtc1oTXvjKP3986zxeevHWM6V-gCrI7Mfbrbxbd9Zor2sO-Rsj1BC-Y3HW0Xj1&tn=*NK-R)



## Flint Class Trip to Wellington Country Park

Flint class had the best adventure at Wellington Country Park this week.

The children explored woodland trails, spotted animals, immersed themselves in nature and took in all the sights, sounds and smells of the countryside. The children enjoyed meeting furry friends and discovering minibeasts!

The visit was the perfect hook for their upcoming English lessons based on the picture book 'The Train Ride' by June Crebbin. The children now have real-life experience of the countryside to inspire their descriptive writing making a journey come alive.

We can't wait to see how this adventure inspires their storytelling.









## Mood Food

Quartz class have been taking their PSHE learning outdoors this week and things are getting a little bit spicy!

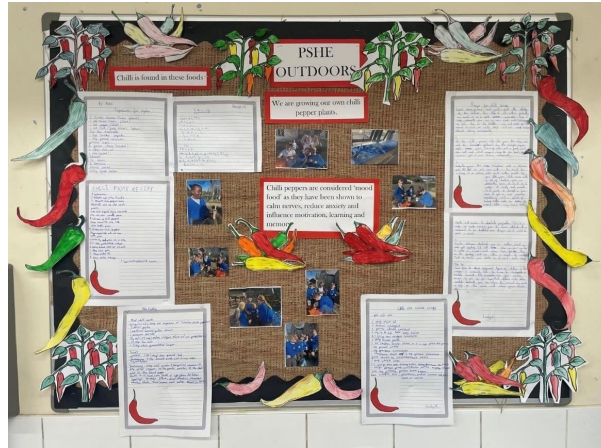
As part of exploring 'mood food', the children have been learning about chillies and how certain foods can actually affect how we feel. They planted their own chilli seeds and will now be nurturing them, watching closely as they begin to grow.

Did you know?

- Chillies can trigger the release of 'happy hormones'.
- Eating spicy food can sometimes boost your mood because your brain responds to the heat by releasing feel good chemicals.

- Chillies are also rich in Vitamin C, which helps support our immune system and overall wellbeing.
- Spicy food is often linked to energy, warmth and comfort.

Through hands-on experiences like this we are truly 'Laying Firm Foundations' helping children understand how looking after their bodies supports their minds too.







## Fun in the Sun

The long awaited sunshine brought big smiles this week and it has been wonderful to get back out on the grass, enjoy more outdoor play activities and make the most of our breaktimes in the fresh air.

If you have any play equipment at home that is no longer needed, we would be very grateful for donations, particularly small world play, role play items and sandpit toys (buckets, spades, diggers, dumpers and similar).

Thank you for helping our outdoor fun grow!



Spring Fun with the PTA!



Get your tickets for the Easter Disco which is being held on 20th March! Another exciting event for all the children. Quiet room available, Easter merch, Tuck Shop DJ and lots of fun!

Don't Miss out! Book your tickets now - St Nicholas Hurst PTA<sup>7</sup>

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<sup>7</sup><https://www.pta-events.co.uk/stnichurstpta/index.cfm?event=event&eventId=112139>



Back by popular demand.... Our **Quiz & Curry Night!**

If you're a whizz at the 1% Club... or regularly beat the chasers... we have just the event for you!

So...will 'Here for the curry' be back to defend their win? Or will 'Les Quizerables' return to top the leaderboard? Most of all... can we all beat the teachers?

**When?** Friday 13th March **Where?** School Hall **What time?** 7:15pm arrival for a 7:30pm start

Book your tickets now - St Nicholas Hurst PTA<sup>8</sup>

A fully stocked PTA bar will be available on the night selling beer, prosecco, wine & soft drinks. Cash & card payment welcome.

So gather a team together (non-school community welcome if you have friends/relatives who wish to join you!). Teams should be made up of a max of 8 people. If you are not in a team but would like to come along, please do join and we will allocate you a team. This is a friendly inclusive event – all are welcome 😊

<sup>8</sup><https://www.pta-events.co.uk/stnichurstpta/index.cfm?event=event&eventId=112139>

## School Council Corner

A big thank you from our School Council.

This week we've seen so many delicious, healthy snacks coming into school and our School Council noticed! From crunchy carrots to juicy fruit, it's been fantastic to see such positive choices being made.

BUT! We have also spotted something else ...

There's been a noticeable reduction in litter and single use wrapping. Amazing work everyone!

Choosing healthier snacks and reducing packaging helps us look after both our bodies and our planet.

Thank you to all those families who remembered and supported this important message for healthy habits and responsible choices.

Let's keep it up!



## Uniform Vouchers



**BACK-TO-SCHOOL  
ONLINE  
VOUCHER**

**10% off when you spend over £60 online**

**Use Code: BTS-26**

**Valid between 1st June - 23rd August 2026**

Terms & Conditions:  
Offer can only be used online at [www.schooldaysdirect.co.uk](http://www schooldaysdirect.co.uk)  
One-time use per customer.  
Cannot be redeemed for cash.  
Cannot be used in conjunction with any other offer/discount.



**BACK-TO-SCHOOL  
IN-STORE  
OFFER**

WHEN PRE-BOOKING AN APPOINTMENT

**10% off when you spend over £60 (when you pre-book an appointment)**

**Secure your appointment at:  
[www.schooldaysdirect.co.uk/appointments](http://www.schooldaysdirect.co.uk/appointments)  
to receive your discount in store.**

**Valid between 1st June - 15th August 2026**

Appointments are limited & based on a first-come first-serve basis.

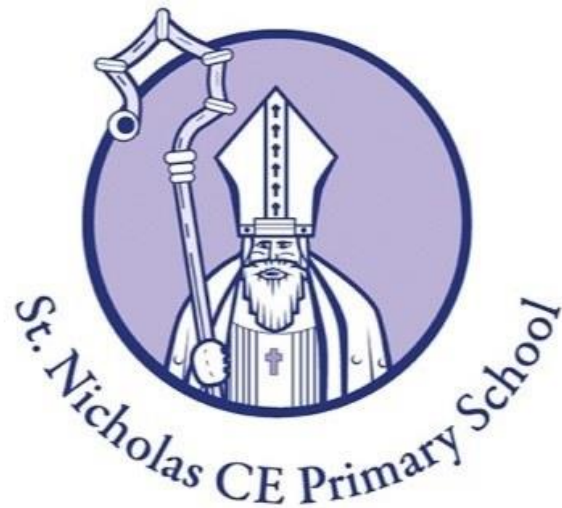
Terms & Conditions:  
Please see website for details.

## Follow us on Social Media!

Can't wait for the bulletin and want to see more about what is happening in school and around our village? Then follow our social media page here: Facebook<sup>9</sup>



<sup>9</sup><https://www.facebook.com/profile.php?id=61551221615071>



## Autumn term dates

### February

Mon 23rd (onwards) - Coin Quest

### March

Wed 4th - The Story Chair

Thu 5th - World Book Day and Author Visit

Fri 6th - PINS Parent Meeting 9.00am

Tue 10th - Rock Steady Concert 2.45pm

Fri 13th - Red Nose Crazy Hair Day

Fri 13th - PTA Quiz and Curry Night

Tue 17th - Perform Drama Workshop

Fri 20th - Easter Disco for all school (5.00pm to 6.30pm)

Tue 24th - Easter Exhibition for children in school

Tue 24th - Parent Consultations

Wed 25th - Easter Egg Hunt (AM)

Wed 25th - Easter Bake Sale (PM)

Wed 25th - Stepping Stones Showcase - Sandstone Class

Thu 26th - TKAT Cross Country Event KS2

Thu 26th - Parent Consultations

Fri 27th - Easter Service at Church

Fri 27th - 1.30pm Term Ends

**Monday 30th March - Friday 10th April - EASTER BREAK**

Easter Get Active Holiday Camp

BOOK YOUR CHILD'S EASTER CAMP



**SCAN TO BOOK**

ST NICHOLAS PRIMARY SCHOOL

School Road, Hurst, Berkshire, RG10 0DR

30th MAR - 10th APR | 8:30am - 5:30pm

[www.getactivesports.com](http://www.getactivesports.com) 01344 860 868

[info@getactivesports.com](mailto:info@getactivesports.com)

**Parents...**

**Ready To Press Start On Easter?**



From 30 March to 10 April, your little bunnies can jump into days packed with movement, laughs, friendly battles, and full-on energy.

Gotta Play Them All!

What's Happening At Camp

Robot Car Battles

FRI 10th APRIL

Our Pokémon Special Themed Day

Gladiator Inflatable Battle Zones

Crazy Go Karts Racing Arena

Pickleball Smash Courts

Soft Axe Throwing Challenge & MORE

There will be sport, strategy, teamwork, and plenty of chances to make new friends in a safe, structured space where confidence grows naturally.

Gotta Catch Them All?

Book before **15 March and 20% is automatically applied at checkout**. No codes. No chasing. Just instant savings.

Spaces will fill quickly.

Lock in their place before this one disappears.

Easter Half Term 30 March to 10 April

**To Book Your Space visit:**

**<https://getactivesports.com/active-camps/>**

## Enrichment Activities

ENRICHMENT ACTIVITIES

	Before School	During the School Day	After School
<b>Monday</b>	Morning Judo with Mark Fricker <a href="https://judo-school-uk.pernbee.app/">https://judo-school-uk.pernbee.app/</a> Get Active Breakfast Club	Lunch Recorder Club – Mrs Clacy Get Active Lunchtime Games	Get Active After School Club
<b>Tuesday</b>	First Impressions Musical Theatre Club <a href="https://first-impressions-theatre.classforkids.co/">https://first-impressions-theatre.classforkids.co/</a> Get Active Breakfast Club	Rock Steady Music <a href="http://www.rocksteadymusicschool.com">www.rocksteadymusicschool.com</a> Get Active Lunchtime Games	Get Active After School Club
<b>Wednesday</b>	Get Active Breakfast Club	Lunchtime Choir Club – Mrs Clacy The Story Chair – 1 <sup>st</sup> Wednesday of the month – St Nicholas Church Lunchtime Football Club – Mr Luis Get Active Lunchtime Games	Multi Sports Club – Mr Luis Get Active After School Club
<b>Thursday</b>	Get Active Breakfast Club	Get Active Lunchtime Games	Get Active After School Club
<b>Friday</b>	Get Active Breakfast Club	Keyboard Club with Tom Jones <a href="mailto:admin@wekey.co.uk">admin@wekey.co.uk</a> Get Active Lunchtime Games	Get Active After School Club



**MUSICAL THEATRE CLUB**  
AT ST NICHOLAS PRIMARY SCHOOL

Learn to Sing, Dance and Act with First Impressions Theatre, every Tuesday morning.

**TUESDAYS**  
**8AM-8:40AM**  
**YEARS R-6**  
**£110 PER TERM**

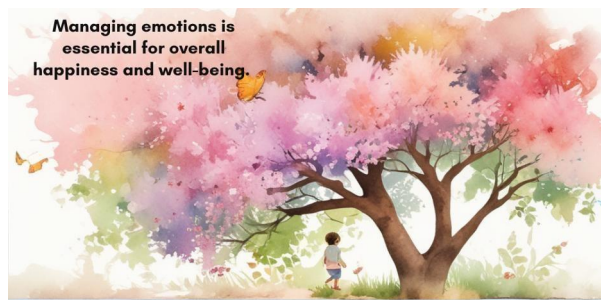
To book your place follow the link below or scan the QR code:  
<https://first-impressions-theatre.classforkids.io/>

Who are we?  
[www.firstimpressionstheatre.co.uk](http://www.firstimpressionstheatre.co.uk)

SCAN ME 

Parent Mail courses available


Managing emotions is essential for overall happiness and well-being.



**BUILDING RESILIENCE IN YOUR CHILD (PRE -SCHOOL AGED)**

Monday 2 March and Monday 9 March 2026  
7:30pm-9.00pm Online via Zoom

Apply online at [www.webenrol.com/wokingham](http://www.webenrol.com/wokingham)  
Or email [adulteducation@wokingham.gov.uk](mailto:adulteducation@wokingham.gov.uk)  
Or call 0118 9743797




**Building Resilience in your child (primary aged)**

Wednesday 25 February and Wednesday 4 March 2026  
7:30pm to 9:00pm  
Online via Zoom

Assist your child in recognizing, understanding, and accepting their emotions, while also encouraging them to express these feelings in appropriate ways.

To enrol:  
Web - [www.webenrol.com/wokingham](http://www.webenrol.com/wokingham) (Click on courses then Family Learning)  
Email - [adulteducation@wokingham.gov.uk](mailto:adulteducation@wokingham.gov.uk)  
Call - 0118 9743797





**WOKINGHAM  
BOROUGH COUNCIL**

## Reception and KS1 Phonics, Reading, Writing and Spelling

Would you like to gain more confidence in how to support your child's phonics, reading, writing, and spelling at home, then apply for this insightful course and secure yourself a space. Gain an Understanding of how these are taught in Reception and KS1 in schools today.

**Starting 3 March - 17 March 2026 (Tuesdays)  
9.30am to 12pm,  
School Green Centre, Shinfield**

To book  
Web - [www.webenrol.com/wokingham](http://www.webenrol.com/wokingham)  
Email: [adulteducation@wokingham.gov.uk](mailto:adulteducation@wokingham.gov.uk)  
Call: 0118 9743797



## St Nicholas Church



### THE STORY CHAIR

#### LUNCHTIME STORY CLUB

- ★ Come and listen magical stories
- ★ Relax, imagine and dream
- ★ Enjoy a quiet moment with friends



Brought to you by  
**ST NICHOLAS CHURCH**  
**FIRST WEDNESDAY OF THE MONTH**  
**12 – 1PM**

1 - Children are invited to join us for story time with Rosemary and Jenny. The story chair will be the first Wednesday of every month.

2



# Messy Church

11am in St Nicholas Church on:

- Sunday, 28<sup>th</sup> September 2025
- Sunday, 26<sup>th</sup> October 2025
- Sunday, 23<sup>rd</sup> November 2025
- No Messy in December
- Sunday, 25<sup>th</sup> January 2026 (Christingle)
- Sunday, 22<sup>nd</sup> February 2026
- Sunday, 22<sup>nd</sup> March 2026
- Sunday, 26<sup>th</sup> April 2026
- Sunday, 24<sup>th</sup> May 2026
- No Messy in June - Hurst Show
- Sunday, 26<sup>th</sup> July 2026

*at a Messy Service we celebrate God in our community  
by listening to stories, making things,  
singing, praying, sharing refreshments, talking.....*  
**Suitable for everyone - adults and children alike!**

For more details please see our website:  
[www.achurchnearyou.com/stnicholashurst](http://www.achurchnearyou.com/stnicholashurst)

ST NICHOLAS CHURCH

# Easter Crafts

30<sup>th</sup> March | 10<sup>am</sup> - 12<sup>noon</sup>  
ST NICHOLAS CHURCH

Activities:

- Easter Egg Hunt
- Refreshments
- Craft Stations
- Easter Garden

£2 per child. For further information contact [beckystnicholas@gmail.com](mailto:beckystnicholas@gmail.com)


## Community News


ROYAL ACADEMY OF DANCE  
**DANCE**  
REGISTERED TEACHER

**Elements Dance Class**  
Hurst Village Hall  
Tuesday & Wednesday  
afternoons


Elements Dance and Theatre Schools is a fun and vibrant community dance school. We offer Ballet, Modern and Tap at the Hurst village hall on Tuesday and Wednesday.  
Classes start from 3.5 yrs- adults.  
Book now for your free trial lesson  
office@elements-dance.com

Imperial Society of Teachers of Dancing  
Registered Member







RAD Ballet



ISTD Modern



ISTD Tap



**National Year of Reading 2026**  
**ABC to read - Reading Adventure Challenge**

**Objective:** Celebrate stories and creativity, making it accessible for all children, including those who find reading difficult.

**How it works:**

1. Children pick a story they enjoy. It can be read to them by a teacher, parent, or volunteer if they are not confident reading independently.
2. They create a short response inspired by the story. Options include: Drawing a favourite character or scene, creating a simple "story map" or comic strip, to show what happens in the story.
3. Children submit their entry to ABC to read. Schools or volunteers can help collect and send submissions.

**PRIZE:** Winners will receive a "Reading Adventure Activity Bag" comprising of:

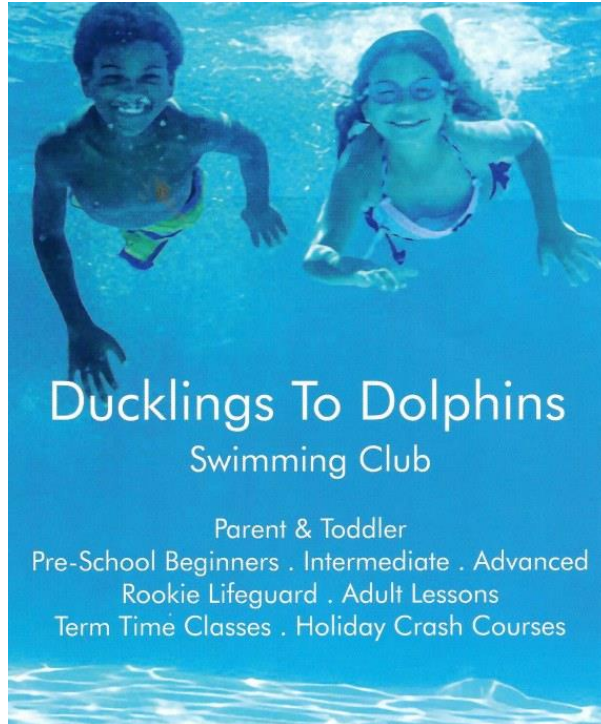
- A children's book (suitable for different reading levels)
- Or creative activities linked to stories
- Stationery for drawing or simple writing

**JUDGING:**

Entries will be assessed on creativity, effort, and enthusiasm rather than writing skill, with categories by age group.

**Good Luck**

**Entries please by Friday, 6 March 2026**



# Ducklings To Dolphins Swimming Club

Parent & Toddler  
Pre-School Beginners . Intermediate . Advanced  
Rookie Lifeguard . Adult Lessons  
Term Time Classes . Holiday Crash Courses



[www.ducklingstodolphins.co.uk](http://www.ducklingstodolphins.co.uk)  
[ducklingstodolphins@hotmail.co.uk](mailto:ducklingstodolphins@hotmail.co.uk)  
The Forest School, Winnersh RG41 5NE

## Changing Behaviour, Changes Behaviour

An opportunity to explore different ways of thinking about behaviour

We can offer advice & strategies to support your child

Online course for parents who have a child or young person with a disability, autism or are on the pathway for an autism assessment; aged 3 -18 who live in the Wokingham Borough

Join us for Changing Behaviour, Changes Behaviour

This will be delivered via Microsoft Teams so please download the app prior to the session.

**Date: Wednesday 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> March 2026**

**Time: 10 – 11.30am**

To book or for more information, please contact us via:

**Email – [First@wokingham.gov.uk](mailto:First@wokingham.gov.uk)**

**This workshop will be delivered by:**

**Simone Hall and Helen Tracey**

**Therapeutic Thinking & Foundations for Attachment Practitioners**

The sessions will include:

1. Behaviour & communication, identifying triggers & causes, the upstairs & downstairs brain & The Window of Tolerance
2. Getting on better, the behaviour wave, positive support plans & how you respond
3. CALM stance, sensory avoidant & seeking, rewards, activities resources & self-care



# ALL DIGITAL TV

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and satellite specialists.  
Enjoy entertainment.  
Stay secure. Keep connected.

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**0118 336 9950**  
**07500 081 505**  
info@alldigitaltv.co.uk  
www.alldigitaltv.co.uk

**10%**  
discount  
with this ad



TV aerials, Satellite TV, wall-mounting, CCTV, communal TV, WiFi networks

## Little Wickets

CRICKET FUN FOR KIDS AND TODDLERS  
CREATING TEAM PLAYERS FOR LIFE  
BOYS & GIRLS FROM 2 1/2 YEARS OLD

### NOW IN BRACKNELL!

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## Contact

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<sup>10</sup><mailto:admin@st-nicholas.wokingham.sch.uk>