



# Mr Kirby's Weekly News

Dear Dover Park Family,

As always, it's been a busy week in school. In this week's newsletter, I thought it was important to signpost parents to some support workshops available in and outside of school.

### Family Support

At Dover Park, we pride ourselves on taking a holistic approach to every child's development. We recognize the challenges families face outside of the school gates—whether financial, emotional or personal, we know they can impact a child's ability to learn and thrive. We understand that life can be unpredictable, and we are deeply sympathetic to the varying difficulties many of you may currently be navigating. We are also acutely aware that children have their own varying challenges and all children develop in different ways—socially, emotionally and academically.

It is our belief that by supporting the whole family, we can help our pupils to be more successful in their education. If you are experiencing any issues, please know that we are here to help without judgment. We offer a range of support measures and we are happy to signpost families to external professional services. Feel free to reach out to Mrs. Jackson, our Child and Family Liaison Officer, Mrs Roberts or myself. We are here to listen and to offer support, if needed.

### Relax Kids Program

We are pleased to announce that our first Relax Kids session will commence this Thursday at 1:30 PM, led by Penny Crossley.

The Relax Kids program is a renowned initiative designed to support children's emotional wellbeing. By using a research-based seven-step process—including movement, stretching, mindful breathing, and positive affirmations—the sessions help children develop emotional resilience, improve concentration, and learn vital relaxation techniques.

There are still a limited number of spaces available for parents of children in Reception, Year 1, and Year 2. These sessions will run weekly until mid-March. If you wish to attend, please register your interest with the school office.



## School Nursing Service

On Tuesday, 20th January, the School Nurse will be in attendance at the school. This service provides a valuable opportunity for parents to discuss any health-related concerns regarding their child in a confidential setting. If you would like to book an appointment to speak with the nurse, please contact the school office via telephone at your earliest convenience.



## Local Offers:

The Isle of Wight Council is currently offering several support courses designed to assist parents and carers:

### 1. Bringing Baby Home:

A specialized course for expectant parents and those with young children, focusing on nurturing the parental relationship and providing tools to maintain connection during times of significant change.

### 2. Making Relationships Work:

Helping parents have the time and space to reconnect & build strong, supportive relationships which will benefit the whole family.

Making Relationships Work is a series of four online webinars grounded in the highly respected Gottman Sound Relationship House Model. This research-based approach gives parents the time, space and practical tools to strengthen their friendship & communication, increase understanding, and create calmer, more connected home environments.

**Session 1: What Makes Relationships Last?** Discover the key principles, based on over 40 years of research, that help relationships stay strong and resilient.

**Session 2: Renewing Your Friendship.** Learn how small daily actions can rebuild connection, trust, and appreciation, even during busy or stressful periods.

**Session 3: How Can Conflict Be a Place of Connection?** Gain simple tools to reduce tension, stay calm in difficult conversations, and approach disagreements as a team.

**Session 4: Sharing Our Hopes and Dreams for the Future.** Explore how to support each other's goals and values while building shared vision and meaning for the future.

These sessions are warm, inclusive, and practical, offering parents and carers the space and chance to learn skills that make everyday family life smoother and more connected.

These webinars will start online at 8pm on Thursday 29th January.

Parents can attend whichever sessions they feel most appropriate, they can attend solo or as a couple, and any discussion is primarily focused within the couple and not a group.

To receive the joining link email: [lovemattersiow@gmail.com](mailto:lovemattersiow@gmail.com) or go to: <https://forms.gle/PapUei87smDmXWra8>

These sessions are all fully funded by Isle of Wight Council and delivered by Katie from Love Matters who is a qualified teacher, mental health practitioner and trained Gottman Educator.

### 3. Love Matters Support Sessions:

Through recent funding, "Love Matters" is offering fully funded 1:1 and 1:2 relationship support sessions. These are informal, confidential and evidence based coaching sessions where Katie can listen and explain tools which may help bring closer connection and helpful tools to nurture your relationships.

To book these and to see availability please go to: <https://calendar.app.google/BGmXwzUqpAVQs2RE8>

Further details regarding the registration and content for each of these courses, as well as a number of other current offers, are attached on flyers at the end of this newsletter.

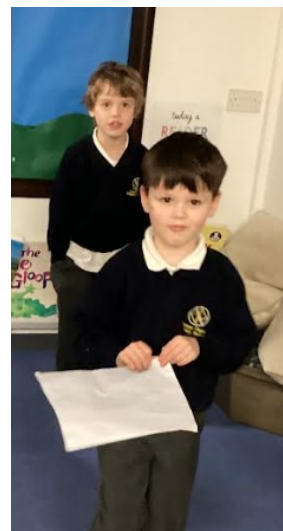


# LEARNING

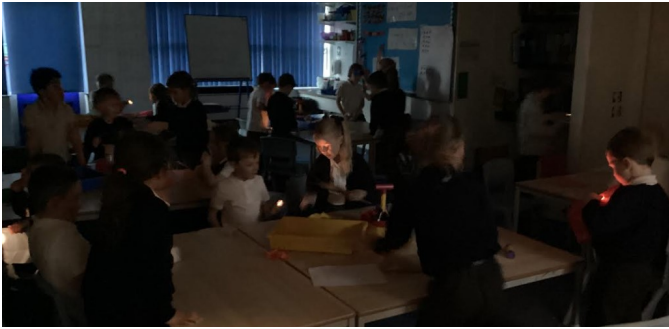
It's been a very creative week in Reception with lots of groups of children working together to build and create different models using the wooden blocks and small parts. Great for problem solving, developing imagination and co-operative skills.



This week Year 1 have been role play in RE. We have been looking into Passover and the story of Moses. We got into characters and acted out scenes of the story. The children loved being dramatic, being able to retell the story themselves and explain the scenes.



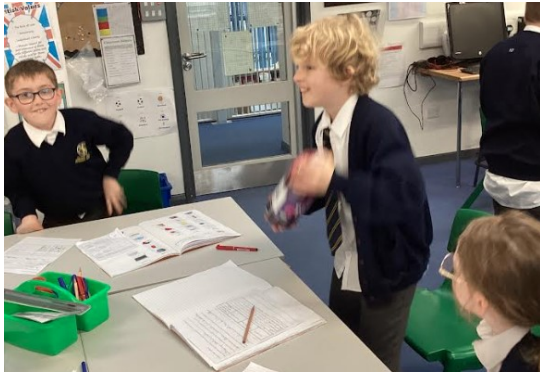
In science, year 2 were trying to help the Grinch. He wanted to block out all of the Christmas lights from Whoville but didn't know which material would make the best curtains. The children used natural light and torches in a darkened classroom to find out which materials were transparent, translucent and opaque.



The children had a lovely art lesson this week, looking at the work of a John Dyer. We discussed his techniques, and then they had a go at replicating a piece of his work. They looked at how to make watercolours bright and vibrant, and then painted their work.



This week in Science Year 4 were investigating the question: Do gases have weight? They used fizzy drinks to try and answer this question and had a lot of fun.



Year 5 have been learning about the importance of high-quality interactions between friends, families and staff. We also talked about *technoference* — that moment when a phone or tablet sneaks into a conversation. Even small screen interruptions can get in the way of real connection, we spoke about how popping devices down and giving each other our full attention (even for a few minutes!) helps everyone feel more present, valued and un-



derstood.

This week, Year 6 have continued to develop skills related to sculpture and clay modelling. As a first step they have focused on developing form and



## Hot Chocolate Friday

Year 1— Sofia

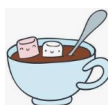
Year 2— Maisie

Year 3— Ellen

Year 4— Lola

Year 5— Evie

Year 6— Casey



## Reader of the Week

Year 1— Odin

Year 2— James

Year 3— Rose

Year 4— Harry

Year 5— Jake

Year 6— Emily



## Diary Dates

30th January —Year 3 Music Workshop

9th February —Year 4 DT Workshop (please note this has changed from Art)

13<sup>th</sup> February — Year 2 Assembly

4th March —Year 6 Music Workshop

12th March —Year 2 DT Workshop

16th March — Year 4 Music Workshop

18th March —Year 5 Assembly

20th March — Easter Egg donation — Dress Down Day

26th March — Year 1 Assembly

27th March —Easter Egg Tombola

4th May —Year 5 Music Workshop

14<sup>th</sup> May — Year 4 Assembly

20<sup>th</sup> May — Year 1 Music Workshop

21st May — School Disco

29nd May — Reception Music Workshop

5th June — Year 3 Parent Workshop

19th June— Whole School Teddy Bear Picnic 12:15-1:00

25th June — Year 2 Music Workshop

# Making Relationships Work for Professionals

Wednesday 28<sup>th</sup> January  
9.30-11.30am Online

This training introduces:

- the key findings from Gottman research
- what actually predicts relationship success or breakdown
- practical ways professionals can support parent relationships

Book Now



lovemattersiow@gmail.com



LOVE MATTERS  
REAL RELATIONSHIPS CONNECTION CARE

Supporting Parent Relationships



The Gottman Institute  
A RESEARCH-BASED APPROACH TO RELATIONSHIPS

Funded by  
Isle of Wight Council

# Making Relationships Work

Webinars for parents who want to renew & strengthen their relationship



- "How can we reconnect emotionally after years of focusing on the kids?"
- "How do we handle feelings of resentment or frustration that may have built up over time?"
- "How do we maintain meaningful conversations that don't revolve around parenting?"
- "Can we really keep the spark alive without feeling guilty for taking time away from the kids?"

4 ONLINE EVENING SESSIONS



- Session 1: What makes relationships last?
- Session 2: Renewing Your Friendship
- Session 3: How conflict can be a place of connection
- Session 4: Sharing your hopes & dreams for the future

Thursdays from 22<sup>nd</sup> January 8pm  
Online (cosy up on your sofa solo or with your partner)  
To book email: lovemattersiow@gmail.com

LOVE MATTERS  
REAL RELATIONSHIPS CONNECTION CARE

Supporting Parent Relationships



Funded by  
Isle of Wight Council

The Gottman Institute  
A RESEARCH-BASED APPROACH TO RELATIONSHIPS

# Bringing Baby Home



The Gottman Institute  
A RESEARCH-BASED APPROACH TO RELATIONSHIPS

A 5 week series of webinars for parents with babies to stay connected in this time of change

What will you learn?

- What "successful" couples do to keep love alive after children
- How to grow in friendship
- Practical ways to manage stress
- How to regulate conflict so you grow together & not apart
- Nurturing intimacy & Creating your unique family



"A couple's emotional connection provides the foundation for a child's development"

John Gottman

Funded by  
Isle of Wight Council

Fully Funded & Online  
To book scan QR code or email:  
lovemattersiow@gmail.com

Book Now



LOVE MATTERS  
REAL RELATIONSHIPS CONNECTION CARE

A not-for-profit organisation supporting all relationships at all stages. Providing workshops & 1:1 support for parents, children, families, couples

# PRIVATE 1:1 or 1:2 RELATIONSHIP SUPPORT

LOVE MATTERS  
REAL RELATIONSHIPS CONNECTION CARE

Informal & practical tools inviting you to experience a closer & more satisfying relationship



With Katie, Gottman Trained Relationship Educator

@lovemattersiow  
07772192815

More info

www.facebook.com/lovemattersiow  
lovemattersiow@gmail.com



Funded by  
Isle of Wight Council



The Gottman Institute  
A RESEARCH-BASED APPROACH TO RELATIONSHIPS



Hampshire and  
Isle of Wight Healthcare  
NHS Foundation Trust

# PARENT ENGAGEMENT AND HEALTH PROMOTION DAY

Saturday 24 January 2026

Join our special event  
dedicated to supporting  
children's development  
and wellbeing.



**THE RIVERSIDE  
CENTRE, NEWPORT**



- ✔ Connect with experts
- ✔ Explore resources
- ✔ Take part in workshops

# **Neurodiversity & Executive Function: Making Sense of Behaviour**

**Free online session for parents**

**January 29th 2026**

**10am to 11am or 6pm to 7pm**

Parenting can feel tough, especially when big reactions or everyday tasks feel overwhelming. This session helps you understand why these moments happen and what's really going on in the brain.

## **What you'll learn:**

- Understand what neurodiversity is (and what it isn't)
- Explain what Executive Functions are in plain English
- Understand how Neurodiversity and Executive Function are linked
- Learn the definitions of each Executive Function and what they include

Join this free session to feel more confident and informed.

To book email us at [info@revealyou.co.uk](mailto:info@revealyou.co.uk)

Limited spaces available



**REVEAL YOU C.I.C.**

**For more information**

go to [www.revealyou.co.uk](http://www.revealyou.co.uk) or

email [info@revealyou.co.uk](mailto:info@revealyou.co.uk)



---

## Health, Hooves and Tea



" Bodster is like nowhere else 'horsey' I have encountered. The vibe is all inclusive, very supportive, very relaxed where I can experience success by setting small steps to achieve."

Big Thank you to "The National Lottery Awards For All" for funding "Health, Hooves and Tea"

This new fully funded project ( developed from past projects) is to support adults who have experienced a traumatic or life changing experience, such as Cancer, PTSD and other events affecting mental, emotional or physical well being where they now feel depressed, lonely or over-whelmed. It will enable interaction with our ponies on the ground ( **no riding involved**) including Mindfulness activities, time over tea to talk about worries, time being in nature, simple exercises with ponies.

Spending time quiet and patiently around our ponies will empower people to take on challenges in healing and hopefully feel less isolated.

To find out more about what we can offer through this project contact Jo and Giles Boddington on:-

[joandgi@googlemail.com](mailto:joandgi@googlemail.com)

07887876138

# SEN

## Sensory play

Come and explore our multi sensory play space.  
Using the senses of sight, hearing, smell and touch, including activity room and messy play.

Saturday 31st  
January

10-11.30am

Siblings welcome

Book here

<https://bookwhen.com/sensoryspacecic>

At Sensory Space cic

United Reform Church, Upton rd, Ryde

PO33 3LE

Contact 07773570505

[sensoryspacecic@gmail.com](mailto:sensoryspacecic@gmail.com)



Find out how KOOOTH can help your children access Free Mental Health Support



## WHAT IS KOOOTH?

Kooth is a free, safe, and anonymous online platform where young people can access mental health support whenever they need it. Delivered in partnership with the NHS, Kooth is available to anyone between the ages of 11-25



## ACCREDITED

Providing NHS services



bacp Accredited Service

## COME TO AN INFO EVENT, KOOOTH ARE VISITING

Weds, January 21<sup>st</sup>

5.15 - 6pm St Margarets Hall

Anyone who wants to know more about how the service can support is welcome! Inc. professionals who support children. Refreshments provided.



## HELP @ KOOOTH

Resources (24/7): Articles, mood tracking, journals, and peer support are always available.

Live Chat/Messaging: Available weekdays 12 PM-10 PM & weekends 8 PM-10 PM.

Anonymous & Safe: A secure space for emotional wellbeing support.



FREE

## WHAT MAKES KOOOTH SPECIAL?

### Anonymous & Safe

Kooth is safe - it's a fully moderated platform where users can seek help without anyone knowing who they are. Every comment, article and support chat is checked by professionals. If something is flagged as a concern, we reach out to the person.

### Trusted

Kooth is accredited by the British Association for Counselling and Psychotherapy (BACP), and delivered through the NHS. Young people can be confident they will receive high-quality, professional care from real people, not robots.

### Accessible

The service is fully mobile-accessible, allowing users to access support from their smartphones or tablets, making it convenient for on-the-go help. You can use Kooth on the go, at home, or whenever you use. Using live text chat is just like sending text messages.



## CHILDREN

If you can, it is really good to talk to a trusted adult, this could be parents or adults at school or youth club.

Look out for your friends too & encourage them to talk to someone aswell as you. Tell an adult when you are concerned. It is to help...

If you don't feel able to talk to someone, which would be best: then you can sign yourself up to KOOOTH, free & anonymously! I can help if you aren't sure how. How to is shown below

**GOT A PROBLEM? NEED ADVICE?**

**FEELING LOW** | **RELATIONSHIPS** | **BULLYING** | **Eating disorder**

Being abused | Self harm | Sexuality: gay, lesbian or just confused

Need writing or voice recording services for young people

**KOOOTH.COM IS A FREE, ANONYMOUS, CONFIDENTIAL WEBSITE WHERE YOUNG PEOPLE CAN GO FOR HELP.**

→ Single chats  
→ Booked 1:1 sessions  
→ Themed message boards and info more

97% of our users prefer online counselling so visit [www.kooth.com](http://www.kooth.com)

**How to sign up**

- 1 Visit our website
- 2 Click on the 'Get started' button on the homepage
- 3 Choose your age and location from the drop down menus
- 4 Select the year and month you were born
- 5 Click on the gender, ethnicity and background that most closely describes you
- 6 Create an anonymous username and secure password
- 7 Let us know how you'd prefer to be contacted about health from the drop down menu
- 8 Select 'Next Step' to complete your registration

**Where to find us**

KOOOTH.COM

I really appreciate the help! I've got 3 messages to read. It's good to know you are not alone & get support from other children & adults.

It was useful to have the live chat messaging as this was the easiest starting point to me.

FEED BACK FROM KOOOTH USERS



# CULTURAL FOOD WORKSHOP

AT MEN ONLY



Join Mark and Cece for an engaging session on Food, culture, and mood – and discover how what we eat can support emotional well-being and mental health.

Join Mark to explore and play 'The Eatwell Guide Bingo' to recognise the different types of foods and drinks we should consume, and in what proportions – to have a healthy, balanced diet. You can also have a go at solving a 'Healthy Food Puzzle'.

Join Cece to learn how to prepare and make for cooking an exciting Korma Curry with fresh vegetables, Onion Bhaji and Chapati. You will taste the delights of the meal together, and enjoy the psychological, social and biological benefits of eating meals with other people.

Together, you'll learn about:

- The role of carbohydrates, proteins, and healthy fats
- The importance of vitamins, minerals, and gut health
- How food choices impact mood, confidence, and overall well-being

This is a free course

To book a place, text Mark 0785 485 2518

Call 01983 722737

Email: [team@memonlyiow.co.uk](mailto:team@memonlyiow.co.uk)

## WHERE AND WHEN?

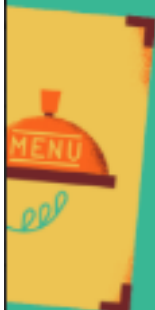
Tuesday 27<sup>th</sup> January 2026

10:30am to 2pm

Rodger and Steve's

134 High Street, Ryde, Isle of Wight

PO33 2RJ



Equals IW



Family Assist  
Solent



Hampshire and  
Isle of Wight Healthcare  
NHS Foundation Trust

# Helping to keep your child healthy

The Isle of Wight 0-19 Team is made up of Health Visitors, School Nurses, Community Nurses, Associate Practitioners and Administrators.

We use our skill mix team to ensure that all families are offered mandated health contacts for needs assessment, advice and support.

**Please see Family Assist for additional support information.**



If you have any questions or would like to speak to a Health Visitor or School Nurse, please ring the 0-19 duty desk on **0300 123 5224**





# Isle of Wight SENDIASS Online Workshops

- Free impartial advice relating to SEND for 0-25 years.
- Confidential sessions not recorded.
- Peer support, talking to others experiencing a similar journey.
- A dedicated session with an experienced support worker

**6  
JAN  
13:00**

Considering an EHC Plan?

Independent and impartial information to guide you through the process

**7  
JAN  
12:00**

Responding to a draft EHCP

If you are in that critical time frame having received your draft

**8  
JAN  
17:30**

Appeals to SEND Tribunal

A step-by-step guide through the appeals process

**14  
JAN  
11:00**

Ordinarily Available Provision and SEN Support

Looking at support available for those who do not have an EHCP

**19  
JAN  
12:00**

Alternative Provision

What constitutes as a suitable education in relation to section 19 of the education act

**23  
JAN  
10:00**

Responding to a draft EHCP

If you are in that critical time frame having received your draft

[www.iowsendiass.org.uk/workshops](http://www.iowsendiass.org.uk/workshops)



**PLEASE  
DON'T PARK**

**ON DOUBLE  
YELLOW LINES**