

We are a community  
*Loving God, Serving others and Flourishing together*



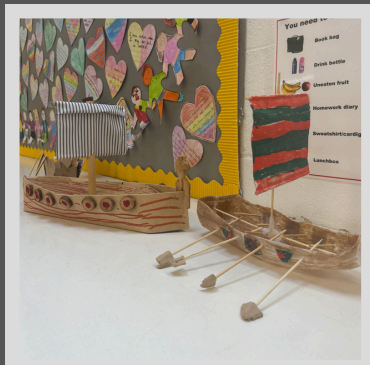
# NEWSLETTER



RESPECT - ASPIRE - REJOICE



## Enthusiastic Resilient Inquisitive





# Headteacher's Message

Happy New Year and welcome back to a new term. I hope you and your families had a restful and enjoyable festive time and that 2026 has started well for you.

January is always a time of fresh starts, and it has been wonderful to see the children return to school so positively, ready to learn and reconnect with their friends. This term promises to be a busy and exciting one, with many opportunities for learning, enrichment and personal growth across the school.

We are grateful, as always, for your continued support. Working in partnership with families makes a real difference to our children's success, confidence and wellbeing. Please do keep in touch with class teachers or the school office if you have any questions or concerns.

It feels like we've had 75 days this January... the unending rain hasn't helped but we've tried to get outside for break and lunch when we can! Roll on February!

We look forward to a productive and rewarding time leading up to Easter and to Year 5 leading our Easter services in church.

*Mr Bright*

**JANUARY  
EDITION**

## Future-ready learners

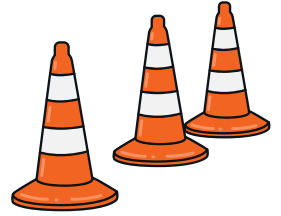
To help us continue to shape our curriculum to prepare pupils for their next steps, we'd like your input into what skills, qualities and attitudes you'd like to see developed in our young people; also what experiences and achievements you would wish for them.

Please complete this short survey [here](#).

Children will have the opportunity in school to contribute their thoughts and ideas too.



## The Car Park



We appreciate that we write about parking concerns in most newsletters; however, **something needs to change**. Ongoing issues mean it is necessary to once again remind everyone of the importance of mindful and considerate parking.

**To help keep our community safe and accessible for all, please ensure that you:**

- **Park in marked parking bays before blocking people in**
- **Do not block empty spaces, driveways, or access routes**
- **Do not park on grass verges or double yellow lines**
- **Remain considerate of pedestrians, particularly children**
- **Do not allow your child to run down the lane unaccompanied.**



It is imperative that **no one parks in the disabled bays unless they are the holder of a valid Blue Badge**. These spaces are essential for families and visitors who genuinely need them, and misuse can cause significant difficulty and distress.

Your cooperation is vital in ensuring the safety, accessibility, and smooth operation of our school environment. Thank you for your understanding and for helping us set a positive example for our children.

## **TVT Winter Conservation**



The Talbot Village Trust Clearing Project is now underway, helping to restore and enhance local green spaces for the benefit of the whole community. By carefully clearing overgrown areas, the project is improving accessibility, encouraging biodiversity, and creating a safer, more welcoming environment for residents and visitors alike. This important work supports the Trust's ongoing commitment to preserving the character and natural beauty of Talbot Village for future generations.



## **Plea for return of school books**

We kindly request your support in helping us recover school books that may still be at home with your child. These books are the property of the school and are needed for ongoing lessons and for other students.

If you find any school books at home, we ask that they be returned to school at your earliest convenience. Your cooperation will greatly assist us in keeping our learning resources complete and available for all learners.



## **Trainers and astro football boots donations**



We kindly appeal to your generosity in supporting our school sports lunchtime timetable. We are currently in need of trainers and astro football boots (no studs) to assist those who may not have access to these resources.

If you have any trainers or astro football boots at home that are still in good condition and no longer in use, we would greatly appreciate your donation. Your contribution will help promote participation, teamwork, and a love for sport among our learners.

Donated items can be handed in at the school office. We sincerely thank you for your kindness, support, and continued partnership in developing our learners.

## **Service Families**

Please inform the school if your family is a service family – one of the parents is serving in the regular armed forces.

This information will help us ensure that we provide appropriate support and take your family's circumstances into consideration where necessary. All information shared will be treated with sensitivity and confidentiality.





# Welcome back!



2026 is in full swing - somehow it's the end of January!

Throughout 2025, we managed to raise an amazing **£19,247.32** - thank you so much!

We've got loads planned - as well as the events that already have a date, we're thinking about a PJ day, a sponsored scoot **and** a magnificent event to celebrate the re-opening of the school's swimming pool (ideas welcome).

Our team is a little thin on the ground, so if you have any spare time or inclination, please send us an email - don't worry, we won't hold you to anything!

## How are we doing?

Please help us out by completing a short feedback form - this is your chance to tell us what you want to see more of!

<https://tinyurl.com/StMarksSPAfeedback>

## What we've planned so far (and how you can help)

### **Fridays: Hot chocolate!**

We're supporting the School Council by selling hot chocolates in the playground after school on Fridays. Bring your own cup for a discount! Any parent help would be very welcome.

### **4 March: Spring Disco**

### **1 July: Summer Disco**

### **13 July: Year 6 Leavers' Disco**

We need volunteers to help supervise and give out drinks.

### **26 June: Summer Fair**

It may be a while off, but we need help with:

- contacting businesses for raffle donations and sponsorship
- let us know if you'd like a stall
- any early sign-ups for help on the day

### **TBC: Pre-loved uniform sales**

Donations gratefully received!



Got an enquiry or want to volunteer? Email us at:  
**stmarkssandpa@hotmail.co.uk**

# Raise FREE donations for


St Mark's Primary School - Bournemouth

every time you shop online

Search for us on: [easyfundraising.org.uk](https://www.easyfundraising.org.uk)

8,000+ online retailers will give us a free donation  
when you shop with them at no extra cost to you



 Download the  
easyfundraising App



Excellent 

3,945 reviews on  Trustpilot



## **A Kind Reminder to Our School Community**

As a school, we are incredibly proud of the strong partnerships we share with our families. At the moment, **schools everywhere are facing increasing demands**, including growing class needs, additional learning and wellbeing requirements, staffing pressures, and new administrative expectations.

Our staff are working hard every day to support all children, parents and carers, while balancing these challenges with care and professionalism.

We kindly ask our community to remember that our leaders, teachers and support staff are doing their very best in what is a very full and often overwhelming environment. A little patience, understanding, and kindness go a long way and are always deeply appreciated.

If you have any questions, concerns, or queries about your child, **please speak to your class teacher in the first instance** at pick-up time, or arrange a suitable time to talk. This helps ensure communication is clear, respectful, and focused on supporting your child in the best possible way.

Thank you for your continued support, cooperation, and kindness toward our school staff. Working together makes a real difference for everyone in our community.



### Morning Drop-Off Supervision Reminder

To help ensure the safety and wellbeing of all children, we kindly remind families that children should be supervised by a parent or carer during morning drop-off.

It is not appropriate for Key stage 1 children to be dropped off alone and left unattended. Please note that school staff are not on duty to supervise students before 8:30am. Any children arriving prior to this time must remain under the direct supervision of their parent or carer.

We understand that mornings can be busy, and we appreciate your cooperation in helping us keep all students safe. Thank you for supporting our school procedures and working with us to provide a safe and caring environment for everyone.

### Accidents in School



While we make every effort to provide a safe and well-supervised environment, minor accidents can sometimes happen during playtime, sports, or regular activities. When an incident occurs, our staff respond promptly by providing first aid and ensuring the student is comfortable and safe. Parents are contacted immediately in the event of any injury that requires further attention.

We also continue to reinforce safety rules with students and regularly review our supervision and safety procedures to help prevent accidents as much as possible.

We appreciate your understanding and cooperation in reminding your child about following safety guidelines at school. If you ever have questions or concerns regarding student safety, please do not hesitate to contact us. Thank you for your continued support and partnership.

**JANUARY  
EDITION**

## **106th Archbishop of Canterbury**



The Rt Revd and Rt Hon Dame Sarah Mullally DBE will become the 106th Archbishop of Canterbury. She has been nominated and approved to succeed Justin Welby and will legally take up the office following the Confirmation of Election in January 2026, with her formal installation scheduled at Canterbury Cathedral in March 2026.

She is the first woman ever appointed to this role in the 1,400-year history of the Archbishopric, which traces back to Saint Augustine's mission from Rome in 597.

Before this appointment, Dame Sarah Mullally served as Bishop of London, and earlier in her career she was Chief Nursing Officer for England and a cancer nurse — a background she describes as formative to her sense of calling and service.

### ***A Prayer for the Archbishop of Canterbury***

*Loving and faithful God,  
We thank You for calling Dame Sarah Mullally  
to serve as Archbishop of Canterbury.  
Grant her wisdom in leadership,  
courage in truth,  
compassion in service,  
and humility in all she does.  
Guide her decisions with Your Holy Spirit,  
strengthen her in times of challenge,  
and surround her with grace, peace, and faithful counsel.  
May she shepherd Your Church with love,  
work for unity among all Christians,  
and reflect the light of Christ in the world.  
Keep her in Your care,  
now and always.  
Amen.*

# JANUARY EDITION



## School Council News

An update from Olivia J

There are a lot of things going on in our school for example The Great Big Bird Watch and things like that, Here are the main activities,

- our charity is Ellis Edwards for the year
- You can try the Great Big Bird Watch (we have live cameras in the bird box and you can watch it from the library)
- You can now book a Chess club with Mr Bright, on Arbor for Yr 5 and 6s
- You can join many different clubs at school

All of these things are really fun and if you want to ask about any of these things or if you want to add anything to the list, I'm sure Mr Bright will be happy to ~~an~~ give you an answer.

School Council

**JANUARY  
EDITION**

## School Council News



The school council are excited to be leading the BIG SCHOOLS BIRD WATCH this year.

The RSPB is the national charity that St Mark's children have chosen to support and they are excited to be getting outside and bird spotting.

<https://www.rspb.org.uk/whats-happening/get-ready-for-big-schools-birdwatch>

The children have bird survey sheets to count the birds they see, listen for new and usual bird sounds and also spot any exciting bird species who might have migrated to our area during the winter.

We are very fortunate that St Mark's Primary school is situated in such a lovely part of the Talbot trust in Bournemouth and perhaps the Talbot sisters recognised the natural beauty the children could enjoy when they first created their wonderful legacy .

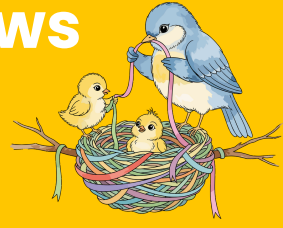
On Tuesday 3 February, Councillor Brown and Councillor Herrett will visit our school council for a morning bird spotting session and learn all about our nominated national charity and how we are supporting local wildlife by taking part in the Big schools Bird Watch.

The Ellis Edwards foundation is the local charity that has been chosen by the children at St Marks's. The Ellis Edwards Foundation aspires to relieve the emotional and psychological distress experienced by a child during bereavement.

<https://ellisedwardsfoundation.com/>

**JANUARY  
EDITION**

**School Council News**



## **St Mark's Birdwatch – LIVE!**

A bird's nest has been discovered in one of our school bird boxes on the roof and we have set up a live webcam so that children can safely observe it without disturbing the birds. This provides a wonderful opportunity for our children to learn about nature, wildlife, and the importance of respecting living creatures.

The screen showing footage has been set up in the library where the children can easily view it.

It's been lovely sharing this special learning opportunity with the children and hope they enjoy observing the nest over the coming weeks.



On Monday 2 February, School Council will meet again with BCP Councillors Brown & Herrett to talk about local issues.

**JANUARY  
EDITION**

# Chess Club

Mr Bright's chess club members are hugely grateful to [@Chess in Schools](#) for their donation of 6 complete chess sets.

We meet each Tuesday lunchtime for some friendly strategic competition. We love flexing our mental muscles!



**JANUARY  
EDITION**

## Spirituality and Community



### **Our Vision:**

We believe that by **Loving God** and **Serving others**, we can all fulfil our potential in **Flourishing together**.

**This month in Collective Worship, we have been thinking about Loving God and different ways we can show love to God but also how God shows love for us.**

**We've had whole school worships led by Mr Bright, as well as Mr Vacher, Mr Lasbury, Mrs Wells, Miss Roberts and Mrs Rose.**

**This week we were treated to worship led by 3AH which included the story 'Guess How Much I Love You?'**



**Our Spring Term worship theme  
is **LOVING GOD****

**JANUARY  
EDITION**

## **E-Safety Corner**



**ZAP workshops** are free, practical sessions for young people aged 9–17 and their parents or carers. They provide help and tools to challenge bullying, while offering a safe, brave, and therapeutic space for families to feel supported and empowered.

### **What happens at ZAP?**

At a free ZAP workshop, Kidscape specialist trainers run two separate sessions: one for young people and a supporting session for parents and carers.

#### **Session for young people**

The session for young people has the following goals:

- Assertiveness skills
- Raising self-esteem
- Exploring bullying roles
- Positive body language
- Cyberbullying

#### **Session for parents and carers**

- Assertiveness skills
- Open discussion
- Understanding modelling behaviour
- Support sources

Virtual delivery duration: Young People's Workshop 90 minutes | Parent and carer workshop 2 hrs

The next dates for webinar-based sessions are:

#### **Tuesday 24 February 2026**

Young people's workshop – 4:30 pm – 6:00 pm

Parent and Carer workshop 6:30 pm – 8:30 pm

#### **Tuesday 31 March 2026**

Young people's workshop – 4:30 pm – 6:00 pm

Parent and Carer workshop 6:30 pm – 8:30 pm

**You can book online here** <https://www.kidscape.org.uk/training-and-workshops/zap-workshops-for-young-people-impacted-by-bullying>

# hello February

**February**

**Year 5 - High School Musical Performance at Glenmoor and Winton Academies**

11

Wed 2026

**February**

**School breaks up for half term holiday - normal finish time**

13

Fri 2026

**February**

**Half term holiday**

16

Mon 2026

**February**

**Half term holiday**

17

Tue 2026

**February**

**Half term holiday**

18

Wed 2026

**February**

**Half term holiday**

19

Thu 2026

**February**

**Half term holiday**

20

Fri 2026

**February**

**Back to school 08:30**

23

Mon 2026

**February**

**Staff Training Day - Children not in school**

27

Fri 2026

# PARENT/CARER newsletter

## Parent Mental Health Day 30<sup>th</sup> January

Parent Mental Health Day on 30<sup>th</sup> 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](https://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](https://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](https://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](https://linktr.ee/dorsetmhst)



# The National Year of Reading

Please take a few minutes to look at the information below and help us engage as many children and families as possible.

## LIBRARY LEGENDS

**2026's National Year of Reading is a great opportunity to encourage children and families to have some fun with books.**

**Our Library Legends challenge sees children attempt a series of quests based around books and reading.**

- Trying new books
- Creating things linked to stories
- Team challenges with their family and friends
- Entering the Summer Reading Challenge

**In return, they earn stickers, special character collectors' cards and, if they are successful in all the quests, a medal and their place in the league of Library Legends.**

Although children will need to collect their booklets and rewards from a library, the challenges are designed to be completed using any books children might be reading - from home, school or the library. The hope is that schools might be able to incorporate some of these challenges into their own National Year of Reading celebrations.

**We've included the following:**

- **Information for teachers**
- **Information for parents and carers**
- **A PowerPoint for assemblies**
- **A trailer!**



Proud to support  
The National Year  
of Reading 2026.

**GO  
ALL  
IN.**



# SPRING 1 2026

## AFTER-SCHOOL SPORTS CLUBS



New Sports Clubs For St Mark's  
Primary School!

### After-school Club Schedule:

Foundation Sports are an award-winning sports coaching company, a member of The Children's Activities Association and an Ofsted registered provider. All our after school clubs aim to improve team work, increase social confidence and sporting skills. **Following the huge popularity of boxing**, we are looking at options for year 5 & 6 too.



**Wednesday:**  
Year 1 & 2  
Multi-Sports

**Thursday:**  
Year 1 - 4  
Non Contact  
Boxing & Fitness

**Friday**  
Year 1 - 4  
Tennis

Cost:  
**£6.50**  
per week

Time:  
**3:15 -**  
**4:15pm**

Starting  
**W/C 5<sup>th</sup>**  
**January**

### About our team

- ✓ Enhanced DBS Checks on the update service
- ✓ First Aid Trained
- ✓ Safeguarding children
- ✓ Award-winning coaching
- ✓ Qualified coaches

### Club Info

Children will be met in the library by the sports coach. Sessions will take place on the school playground, field or music hall. Collection is from the KS1 gate and the playground gate. All children must have water bottles with them and appropriate sportswear.

### Bookings



SCAN ME

Bookings: [www.foundation-sports.com/dorset](http://www.foundation-sports.com/dorset)

# FF Foundation

## Sports & Play

# February Half-term Sports & Play Camps!

Tax-free childcare, childcare vouchers and childcare grants accepted

### Our Team

Enhanced DBS Checked, Staff on the Update Service, Qualified in Sports & Childcare, SEND Trained, First Aid Trained & Safeguarding Children Trained. We are always putting the children's welfare first!

### Activities

Our engaging programs have 3 areas of play: Sport (football, Gymnastics) Play (board games, lego, outdoor exploration) and Craft (art, masks & biscuit decorating). We have activities for every child's interests.

### Venues

Stourfield Junior School, BH6 5JG  
BCS Preparatory School, BH14 9JY  
The Epiphany School, BH9 3PE  
Castle Court School, BH21 3RF

### Time

9.00am - 3.00pm with early drop off available from 8.00am & late pick-up times for 4.30pm & 5.30pm.

### Ages

3 - 12 years old. 3 year olds only able to book on at BCS & Castle Court.

### Dates

Starting Monday 16<sup>th</sup> until Friday 20<sup>th</sup> February

**From  
£27.50 Per  
Day**

**Tax-free &  
Childcare  
Vouchers**

**Ofsted  
Registered  
Provider**

### Bookings & Contact

Click: [www.foundation-play.com](http://www.foundation-play.com)

or scan the QR code to the right.

E: [dorset@foundation-sports.com](mailto:dorset@foundation-sports.com)

IG: @fsportsandplay | FB: Foundation

Sports & Play Dorset

Phone: 01202 007785



**SCAN ME**



# Schedule Example

For up-to-date information on daily venue activities, please check in with us. Below is an example of our scheduled holiday club activities.



## Morning Schedule

**08:00 - 08:45:** Early sign-ins arrive! Our leaders will have activities set up ready to start the day before the majority of children arrive on camp.

**08:45 - 09:15:** Arrival Time: Sign-ins and warm-up with free play. Children can enjoy a variety of activities, including toys, sports equipment, and creative crafts to start the day.

**09:15 - 09:30:** Group Circle Time: All children will gather round for circle time as we introduce the exciting activities planned for the day ahead.

**09:30 - 11:00:** Sports Carousel & Creative Workshop: There will be a carousel of sports activities, allowing your child to freely explore a variety of games. Indoors, they'll dive into painting, drawing, and hands-on crafting projects. While outside children can enjoy our forest school areas, play on the trial equipment, build bug hotels & collect resources from nature to use in arts and crafts sessions

**11:00 - 11:15:** Snack Break: Refuel with snacks to keep energy levels high for the next batch of activities.

**11:15 - 12:15:** Team Games & Crafts: Your child will participate in age-group matches such as football, dodgeball, and cricket, with alternative sports activities like gymnastics and dance also available. Meanwhile, there will be indoor biscuit decorating and themed crafting station, like making Valentines day cards, heart buntings and friendship bracelets.

## Lunchtime & Afternoon

**12:15 - 12:45:** Lunch Break: Those who have paid for hot lunches will enjoy a warm meal with their friends. Lunches are made either on site by a chef or local cafe.

**12:45 - 13:15:** Outdoor Play-time: We will continue the fun with outdoor play in the playground and outside gyms.

**13:15 - 14:45:** Sports Tournament & Skill Game: Your child will spend the afternoon engaging in Nerf battles, gymnastics, or showcasing their talents in a fun and interactive group talent show. We'll then head into a forest exploration adventure!



## End Of Day & Late Afternoon

**15:00:** End-of-Day Wrap-Up: All children will gather together for our closing ceremony where children will receive certificates and enjoy music, ending the day on a high note as parents arrive for collection.

**15.00 - 17.30:** Those who are booked into late collection will have a variety of mainly child-led activities to help them wind down before collection. Snacks are provided for those staying late.

## Childcare Vouchers & Tax-free Childcare:

Ofsted Registration Number: 2652421 Please use your child's first initial & surname as a reference when paying with vouchers.



Dorset  
Council



STEVE BERNARD  
FOUNDATION



CASTLE COURT  
SCHOOL



# *Come and train to teach Primary children with Poole SCITT*

- Exceptional school-based training based in Poole, Bournemouth and Dorset schools
- Excellent local reputation
- Consistently high outcomes & excellent employment rates
- Majority of graduates employed in local schools
- High quality personalised training
- Highly influential and involved partner schools





# FEBRUARY HALF TERM

Monday 16<sup>th</sup> - Friday 20<sup>th</sup> February


Multi-Activity Holiday Club for children aged 4-13 with activities such as - Football, Dance, Gymnastics, Basketball, Inflatable fun, Dodgeball, Arts n' Crafts, Tennis, and many many more!

**£20 PER DAY**  
**08:00 - 16:00 DAILY**

Sibling, KPS, Bayside and Stars Members Discount available!

**Venues:** Kingsleigh Primary School BH10 5HT  
Bayside Academy BH16 5AH


Book Via Class Manager or contact Kirsty:  
kirsty@starscorporatelttd.co.uk

MONDAY 16<sup>TH</sup> - FRIDAY 20<sup>TH</sup> FEBRUARY

| DAY       | 9:30-10:45   | 11:00-12:30  | 1:00-3:00   |
|-----------|--|--|---|
| MONDAY    | <ul style="list-style-type: none"> <li>INFLATABLE FUN</li> <li>DIDI-CARS</li> </ul>            | <ul style="list-style-type: none"> <li>DODGEBALL</li> <li>BASKETBALL</li> </ul>                        | <ul style="list-style-type: none"> <li>FOOTBALL SKILLS &amp; MINI MATCHES</li> <li>ARTS &amp; CRAFTS</li> </ul> |
| TUESDAY   | <ul style="list-style-type: none"> <li>TENNIS CHALLENGES</li> <li>ARTS &amp; CRAFTS</li> </ul> | <ul style="list-style-type: none"> <li>INFLATABLE FUN</li> <li>GYMNASTICS</li> </ul>                   | <ul style="list-style-type: none"> <li>FOOTBALL MATCHES</li> <li>DODGEBALL</li> </ul>                           |
| WEDNESDAY | <ul style="list-style-type: none"> <li>MULTI-SKILLS CIRCUIT</li> <li>TENNIS GAMES</li> </ul>   | <ul style="list-style-type: none"> <li>INFLATABLE FUN</li> <li>JUST DANCE &amp; MUSIC GAMES</li> </ul> | <ul style="list-style-type: none"> <li>BASKETBALL DRILLS &amp; GAMES</li> <li>ARTS &amp; CRAFTS</li> </ul>      |
| THURSDAY  | <ul style="list-style-type: none"> <li>DODGEBALL</li> <li>ARTS &amp; CRAFTS</li> </ul>         | <ul style="list-style-type: none"> <li>HANDBALL</li> <li>FOOTBALL TOURNAMENT</li> </ul>                | <ul style="list-style-type: none"> <li>INFLATABLE FUN</li> <li>JUST DANCE &amp; TEAM GAMES</li> </ul>           |
| FRIDAY    | <ul style="list-style-type: none"> <li>GYMNASTICS</li> <li>BASKETBALL SHOOT-OUT</li> </ul>     | <ul style="list-style-type: none"> <li>FOOTBALL FUN GAMES</li> <li>ARTS &amp; CRAFTS</li> </ul>        | <ul style="list-style-type: none"> <li>INFLATABLE FUN</li> <li>FREE PLAY (DIDI-CARS, MUSIC, GAMES)</li> </ul>   |

ACTIVITIES ARE SUBJECT TO CHANGE AND MAY VARY DUE TO WEATHER OR CIRCUMSTANCES OUT OF OUR CONTROL



**School Nursing Team**  
0-19 CYP Public Health Service

## Parent drop-in

**NHS**  
Dorset HealthCare University  
NHS Foundation Trust

Your next drop-in will be on:

Wednesday 18 March 2026

09:00am – 10:30am

Your school nursing team can provide non-judgemental and confidential support and advice about:

Healthy lifestyle advice

Emotional health and well-being support

Bedwetting and toileting

Nutrition and growth

Sleep advice

Signposting to various services

Parenting advice

Behaviour support

You can contact us via

- School nursing admin hub on 01929 557 558
- Parentline advice 5-19 texting service on 07312263131
- Website at [www.dorsethealthcare.nhs.uk/school-nursing](http://www.dorsethealthcare.nhs.uk/school-nursing)

Follow us on social media:



[DorsetHealthCare School Nursing](https://www.facebook.com/DorsetHealthCareSchoolNursing)



[dorsethealthcare\\_schoolnursing](https://www.instagram.com/dorsethealthcare_schoolnursing)



We provide a confidential service. This means that you can discuss personal information in confidence. We will not discuss your personal information with anyone else without your permission. This includes parents and teachers. We would only pass on your information in order to protect you or someone else from serious harm. Whenever possible we would discuss this with you first.

Vitality

BCity  
RUN



**SUNDAY 22ND MARCH 2026**

FREE T-SHIRT AND MEDAL FOR ALL RUNNERS!

**1K KIDS FUN RUN - £8.00**

**5K RUN - £12.00**

(ALL RACES ARE PRE-REGISTRATION ONLY. NO ON THE DAY SIGNUPS)

FOR THE MUMS & DADS THERE'S A 10K OR A HALF MARATHON OPTION TOO!



**SCAN HERE TO SIGN UP**



# ***BREAKIN' FREE***

## ***FREE DANCE CLASSES NEAR YOU***

Wednesdays 4:15-5:15pm at Slades Park Pavilion

Thursdays 4-5pm at the Branksome Centre

Thursdays 6-7pm at St Gabriel's Church, Turlin Moor

Fridays 6-7pm at Townsend Community Centre



Starting September 2025  
Visit [www.pdsw.org.uk](http://www.pdsw.org.uk) for more information