



KINGSWOOD PRIMARY SCHOOL

Newsletter 23rd October 2026

DIARY DATES

Fri. 23.10.2026	End of Term 1
Mon. 02.11.2026	Start of Term 2
Mon. 02.11.2026	Sapphire Class Forest School
Mon. 09.11.2026	Sapphire Class Forest School
Mon. 09.11.2026	KSA Rags 2 Riches Collection
Mon. 16.11.2026	Emerald Class Forest School
Mon. 23.11.2026	Emerald Class Forest School
Sun. 29.11.2026	Christingle Service @ St Mary's Church 6pm
Mon. 30.11.2026	Amethyst Class Forest School
Sun. 06.12.2026	KVA Christmas Parties
Mon. 07.12.2026	Amethyst Class Forest School
Tue. 08.12.2026	KS1 Christmas Performance 9.15am
Weds. 09.12.2026	KS1 Christmas Performance 2pm
Fri. 11.12.2026	KSA Christmas Craft Fair (4.30-6.30pm)
Mon. 14.12.2026	KS2 Carol Service
Weds. 16.12.2026	School Christmas Lunch
Fri. 18.12.2026	End of Term 2
Tue. 05.01.2027	Start of Term 3

Head Teacher Hero:

Our Head Teacher Hero this week is Henry C for magnificent blending in reading. Well done Henry!



Kindness, Perseverance, Success

Gem of the week! Week commencing 12th October

Sonny M (Year R) - For perseverance with his pencil grip in Drawing Club.

Jago S (Year 1) - For successfully making creative things in Lego Club.

Aurora G (Year 2) - For persevering with her handwriting.

Minnie E (Year 3) - For successfully planning your final write in English.

Eli W (Year 4) - For successfully completing our PE lesson at Tubbs Turf.

Mason S (Year 5) - For showing kindness to his house by always making sure their equipment is ready.

Louie S (Year 6) - For perseverance to improve his handwriting (and being successful at it!)

Gem of the week! Week commencing 19th October

Robin C (Year R) - For perseverance and success in Phonics and Reading Group.

Ross M (Year 1) - For perseverance to challenge himself to write more in Drawing Club.

Fintan S (Year 2) - For successfully working on and improving his handwriting.

Leila H (Year 3) - For success in reading fluently and beautifully.

Yoanna E (Year 4) - For your perseverance at the Cross Country races.

Louis W (Year 5) - For perseverance in improving his handwriting.

Livvy T (Year 6) - For showing success by inspiring others in her Reading group.

Information:

At Kingswood School, we are always hugely grateful for the support that Village gives us. Last week we were delighted when the organisers of the Kingswood Village Ball presented the KSA with a cheque for £2250. This will go towards many of the wonderful things that the KSA pay for including Whole Class music lessons, trips and new resources.

**Emerald Class PE:**

Emerald Class will have PE on a Wednesday and Thursday following half term (Term 2).

Forest School:

Sapphire Class have Forest School on Monday 9th November.

Please do remember that: children will need to wear old clothes, coat, long trousers and a long sleeved top, with walking shoes or wellies. We will go regardless of the weather so please make sure they come prepared with sun cream/sun hat/woolly hat/scarf/gloves as appropriate to the temperature! They also need a set of school clothes to change into, in case they are very muddy/wet on their return.

SCHOOL TERMS AND HOLIDAYS

2026/27

KINGSWOOD PRIMARY SCHOOL



SEPTEMBER							OCTOBER							NOVEMBER						
Mon		7	14	21	28		Mon		5	12	19	26		Mon		2	9	16	23	30
Tues	1	8	15	22	29		Tues		6	13	20	27		Tues		3	10	17	24	
Wed	2	9	16	23	30		Wed		7	14	21	28		Wed		4	11	18	25	
Thur	3	10	17	24			Thur	1	8	15	22	29		Thur		5	12	19	26	
Fri	4	11	18	25			Fri	2	9	16	23	30		Fri		6	13	20	27	
Sat	5	12	19	26			Sat	3	10	17	24	31		Sat		7	14	21	28	
Sun	6	13	20	27			Sun	4	11	18	25			Sun	1	8	15	22	29	
DECEMBER							JANUARY							FEBRUARY						
Mon		7	14	21	28		Mon		4	11	18	25		Mon	1	8	15	22		
Tues	1	8	15	22	29		Tues		5	12	19	26		Tues	2	9	16	23		
Wed	2	9	16	23	30		Wed		6	13	20	27		Wed	3	10	17	24		
Thur	3	10	17	24	31		Thur		7	14	21	28		Thur	4	11	18	25		
Fri	4	11	18	25			Fri	1	8	15	22	29		Fri	5	12	19	26		
Sat	5	12	19	26			Sat	2	9	16	23	30		Sat	6	13	20	27		
Sun	6	13	20	27			Sun	3	10	17	24	31		Sun	7	14	21	28		
MARCH							APRIL							MAY						
Mon	1	8	15	22	29		Mon		5	12	19	26		Mon		3	10	17	24	31
Tues	2	9	16	23	30		Tues		6	13	20	27		Tues		4	11	18	25	
Wed	3	10	17	24	31		Wed		7	14	21	28		Wed		5	12	19	26	
Thur	4	11	18	25			Thur	1	8	15	22	29		Thur		6	13	20	27	
Fri	5	12	19	26			Fri	2	9	16	23	30		Fri		7	14	21	28	
Sat	6	13	20	27			Sat	3	10	17	24			Sat	1	8	15	22	29	
Sun	7	14	21	28			Sun	4	11	18	25			Sun	2	9	16	23	30	
JUNE							JULY							AUGUST						
Mon		7	14	21	28		Mon		5	12	19	26		Mon		2	9	16	23	30
Tues	1	8	15	22	29		Tues		6	13	20	27		Tues		3	10	17	24	31
Wed	2	9	16	23	30		Wed		7	14	21	28		Wed		4	11	18	25	
Thur	3	10	17	24			Thur	1	8	15	22	29		Thur		5	12	19	26	
Fri	4	11	18	25			Fri	2	9	16	23	30		Fri		6	13	20	27	
Sat	5	12	19	26			Sat	3	10	17	24	31		Sat		7	14	21	28	
Sun	6	13	20	27			Sun	4	11	18	25			Sun	1	8	15	22	29	

Term Time		Holidays	
Bank Holiday		Inset	

Term 1: Tue 1 st Sept – Fri 23 rd Oct 2026	39 days
Term 2: Mon 2 nd Nov – Fri 18 th Dec 2026	35 days
Term 3: Mon 4 th Jan – Fri 12 th Feb 2027	30 days
Term 4: Mon 22 nd Feb – Thur 25 th Mar 2027	24 days
Term 5: Mon 12 th April – Fri 28 th May 2027	34 days
Term 6: Mon 7 th June – Wed 21 st July 2027	33 days
Total	195 days*

Christmas Bank Holidays	25 th December 2026
	26 th December 2026
New Year Bank Holiday	1 st January 2027
Good Friday	26 th March 2027
Easter Monday	29 th March 2027
Early May Bank Holiday	3 rd May 2027
Spring Bank Holiday	31 st May 2027
Summer Bank Holiday	30 th August 2027

*195 days are defined as "School days". In the school year 2026/27 pupils must attend for 190 days, with schools choosing five INSET days for training.



AUTUMN WINTER 2026/2027



Planet Friendly MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU KEY:
Option One	Rainbow Vegetable Pasta Bake (V) 	Nature Ranger Sausage with Potato Wedges and Tomato Ketchup (VE) 	British Roasted Quorn, Roast Potatoes, & Gravy (VE) 	Macaroni Cheese (V)	Faky Cheese Whirl with Chips & Tomato Ketchup (V)	
Option Two	Classic Cheese and Tomato Pizz with New Potatoes (V) 	Beef Meatballs in Tomato Sauce with Rice 	Roast Gammon, Roast Potatoes & Gravy	Chicken and Sweetcorn Pie with New Potatoes	Fish Fingers with Chips & Tomato Ketchup	
Option Three	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling including Salmon Mayonnaise	
Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
Dessert	 Chocolate Shortbread(VE)	Pineapple Upside Down Cake with Custard (V)	 Fresh Fruit(VE)	Syrup Sponge(V)	Ice Cream and Peaches (V)	
Option One	 Lentil & Sweet Potato Curry with Rice (VE) 	 Mild Mexican Campfire Chili with Rice (VE) 	 Lentil Wellington, Roast Potatoes & Gravy (VE)	Roasted Vegetable Pizza with New Potatoes (V) 	Red Pepper Frittata with Chips & Tomato Ketchup (V)	
Option Two	 Planet Friendly Balls in Tomato Sauce with Spaghetti (VE)	Sausage and Mash with Gravy	Roasted Chicken, Stuffing, Roast Potatoes & Gravy	 Beef Lasagne	Fish Fingers with Chips & Tomato Sauce	
Option Three	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	
Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
Dessert	Gingerbread Cookie(VE)	Chocolate Brownie(V)	Fruit & Yoghurt with Crumble Topping (V) 	Strawberry Jelly with Peaches (VE) 	Vanilla Shortbread (VE) 	
Option One	 Saucy Tomato Pasta (VE)	 Creamy Coconut Curry with Rice (VE) 	Nature Ranger Sausage, Roast Potatoes & Gravy (VE)	 Hearty Bolognaise with Pasta (VE) 	 Mexican Bean Roll with Chips & Tomato Ketchup (VE)	
Option Two	Golden Cheese & Bean Pasty with New Potatoes (V)	Beef Burger with Cheese, Potato Wedges & Tomato Ketchup	Roast Chicken, Roast Potatoes & Gravy	 Chef Special Chicken Korma with Rice 	Battered Fish with Chips & Tomato Ketchup	
Option Three	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	
Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
Dessert	Oaty Cookie (VE) 	Jam and Coconut Sponge(V)	 Fresh Fruit (VE)	Eves Pudding with Custard(V)	Melting Moments Biscuit (V)	
AVAILABLE DAILY: Jacket Potatoes with a choice of fillings (V/VE), Salad Bar (V/VE), Freshly Baked Bread (VE), Fresh Fruit (VE), Yoghurt (V) [V] Vegetarian (VE) Vegan						

If you would like to know about particular allergens in foods, please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.



AUTUMN WINTER 2026/2027



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU KEY: Whole grain Plant based Added plant protein
WEEK ONE	Option One V334 Vegetable Pasta Bake	V342 Vegan Sausage with S06 Wedges and S014 Tomato Ketchup	V204 Roast Quorn Filler S082 Roast Potatoes and S0118 Gravy	V318 Macaroni Cheese	G02 Spinach and Cheese Whirl with S05 Chips and S014 Tomato Ketchup	
02/11/26 23/11/26 14/12/26 18/01/27 08/02/27 08/08/27	Option Two V231 Classic: Cheese and Tomato Piza with S02 New Potatoes	B57 Meatballs in V225 Tomato Sauce with S084 Rice	P5 Roast Gammon S082 Roast Potatoes and S0118 Gravy	C21 Chicken and Sweetcorn Pie with S02 New Potatoes	F6 Fish Fingers with S05 Chips & S014 Tomato Ketchup	
Option Three S055 Jacket Potato with V85 Cheese or S022 Baked Beans	S055 Jacket Potato with V85 Cheese, S022 Baked Beans or F11 Tuna Mayonnaise	S055 Jacket Potato with V85 Cheese, S022 Baked Beans or F11 Tuna Mayonnaise	S055 Jacket Potato with V85 Cheese, S022 Baked Beans or F11 Tuna Mayonnaise	S055 Jacket Potato with V85 Cheese, S022 Baked Beans or F11 Tuna Mayonnaise	S055 Jacket Potato with V85 Cheese, S022 Baked Beans, F32 Salmon or F11 Tuna Mayonnaise	
Sides S018 Peas and S028 Carrots	S019 Sweetcorn and S024 Green Beans	S035 Cabbage and S028 Carrots	S020 Broccoli and S027 Cauliflower	S018 Peas and S022 Beans		
WEEK TWO	Dessert D80 Chocolate Shortbread	D262 Pineapple Upside Down Cake with D2 Custard	D270 Fruit Medley	D197 Syrup Sponge	D13 Ice Cream and D166 Peaches	
09/11/26 30/11/26 04/01/27 25/01/27 22/02/27 15/03/27	Option One V108 Lentil & Sweet Potato Curry with S884 Rice	V309 Mild Mexican Chili with S084 Rice	V232 Vegetarian Wellington with S082 Roast Potatoes and S0118 Gravy	V243 Roasted Vegetable Piza with S02 New Potatoes	V24 Red Pepper Frittata with S05 Chips & S014 Tomato Ketchup	
Option Two V348 V225 Vegan Meatballs in Tomato Sauce with S08 Spaghetti	P3 Sausage and S01 Mash with S0118 Gravy	C4 Roast Chicken, S040 Stuffing, S082 Roast Potatoes and S0118 Gravy	B52 Beef Lasagne	F6 Fish Fingers with S05 Chips & S014 Tomato Ketchup		
Option Three S055 Jacket Potato with V85 Cheese or S022 Baked Beans	S055 Jacket Potato with V85 Cheese, S022 Baked Beans or F11 Tuna Mayonnaise	S055 Jacket Potato with V85 Cheese, S022 Baked Beans or F11 Tuna Mayonnaise	S055 Jacket Potato with V85 Cheese, S022 Baked Beans or F11 Tuna Mayonnaise	S055 Jacket Potato with V85 Cheese, S022 Baked Beans or F11 Tuna Mayonnaise		
Sides S019 Sweetcorn and S024 Green Beans	S035 Cabbage and S028 Carrots	S020 Broccoli and S027 Cauliflower	S019 Sweetcorn and S028 Carrots	S018 Peas and S022 Beans		
WEEK THREE	Dessert D267 Gingerbread Cookie	D169 Chocolate and Beetroot Brownie	D270 Fruit and D103 Yoghurt with D237 Crumble Topping	D245 Strawberry Jelly with D166 Peaches	D57 Vanilla Shortbread	
17/11/26 08/12/26 12/01/27 02/02/27 02/02/27 23/03/27	Option One V188 Tomato Sauce with S09 Pasta	V303 Chickpea and Coconut Curry with S084 Rice	V342 Vegan Sausage with S082 Roast Potatoes & S0118 Gravy	V233 Vegan Bolognaise with S09 Pasta	V161 Mexican Bean Roll S05 Chips & S014 Tomato Ketchup	
Option Two V191 Cheese & Bean Pasty with S02 New Potatoes	B5 Burger with B84 Cheese in a S017 Bun with S04 Wedges and S014 Tomato Ketchup	C4 Roast Chicken with S082 Roast Potatoes & S0118 Gravy	C111 Chef's Special Chicken and Chickpea Korma with S084 Rice	F3 Battered Fish with S05 Chips & S014 Tomato Ketchup		
Option Three S055 Jacket Potato with V85 Cheese or S022 Baked Beans	S055 Jacket Potato with V85 Cheese, S022 Baked Beans or F11 Tuna Mayonnaise	S055 Jacket Potato with V85 Cheese, S022 Baked Beans or F11 Tuna Mayonnaise	S055 Jacket Potato with V85 Cheese, S022 Baked Beans or F11 Tuna Mayonnaise	S055 Jacket Potato with V85 Cheese, S022 Baked Beans or F11 Tuna Mayonnaise		
Sides S028 Carrots and S024 Green Beans	S018 Peas and S0128 Mixed Salad	S021 Swede and S024 Green Beans	S019 Sweetcorn and S020 Broccoli	S018 Peas and S022 Beans		
Dessert D85 Oaty Cookie	D233 Jam and Coconut Sponge	D270 Fresh Fruit	D189 Eves Pudding with D2 Custard	D231 Melting Moment Biscuit		
AVAILABLE DAILY: Jacket Potatoes with a choice of fillings (V/VE), Salad Bar (V/VE), Freshly Baked Bread (VE), Fresh Fruit (VE), Yoghurt (V) [V] Vegetarian (VE) Vegan						

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Kindness, Perseverance, Success



Kingswood School Association

Email: ksa@kingswood.gloucs.sch.uk

Facebook: Kingswood School Association – KSA

Dates for Your Diary

8.30am, Monday 9 th November	Rags2Riches	Abbey Gateway
Saturday 7 th November	Roundtable Fireworks Night	Wotton
Friday 11 th December	Christmas Fair	School



A huge well done and thank you to the Kingswood Village Ball team and their donation of £2250! This will go a long way to helping fund many of the great initiatives underway.

Next Rags2Riches Collection:

Monday 9th November

Donations of good quality, reusable old clothes, shoes, bags, belts etc. welcome



The KSA will be running a tuck shop at the Wotton Fireworks Display on Saturday 7th November. If you can help prepare sweet cones, help set up and/or serve on the night, please get in touch!

WOTTON FIREWORK DISPLAY 2026

*SATURDAY 7TH NOVEMBER
WOTTON COMMUNITY PARC
GATES OPEN 5PM*

***FREE SHUTTLE BUSES
FROM WOTTON &
CHARFIELD***

***BONFIRE • FIREWORKS • FIRE DANCING
FUNFAIR • HOT FOOD • HOT DRINKS
MUSIC • SWEET TREATS • SNACKS
ALL PROCEEDS GO TO LOCAL CAUSES***

Tickets sales only online. Scan the QR code or use the link to get your tickets and support your school:

<https://wotton-firework-display.co.uk/go/kingswood>



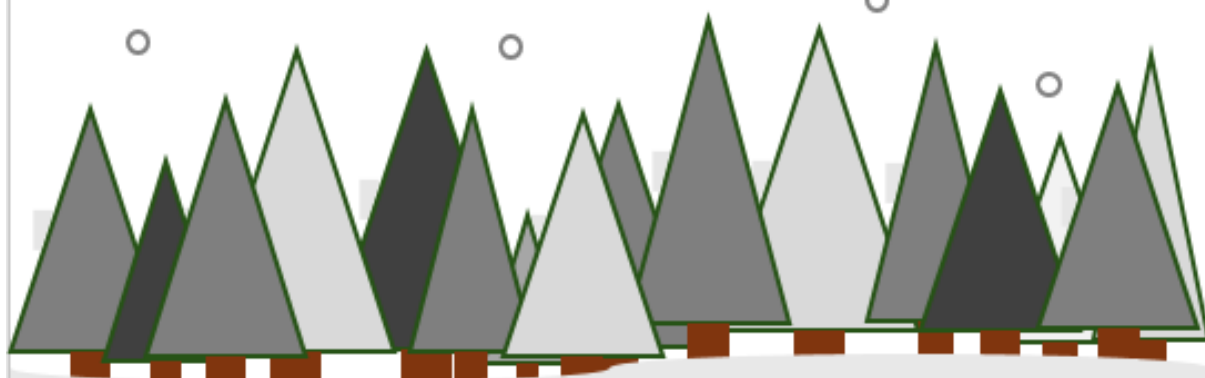
**ROUND
TABLE**

WOTTON-UNDER-EDGE & DISTRICT



Kingswood School Association

Craft Stall @ the Christmas Fair



Friday 11th December
4:30pm – 6:30pm

Calling all crafty entrepreneurs!

We are offering the opportunity for children of Amethyst to hold a craft stall to sell their homemade produce at the Christmas Fair.

£5 a stall (and you get to keep any profits you make!)

Each stall can be shared by up to a maximum of 3 pupils (and must be supervised by a responsible adult >18yrs). Sales must be of made produce e.g. Christmas decorations, cards, gift tags, baked goods, or anything else you can imagine!

Please **NO** games, second-hand toys, face painting etc.

Please **book by Friday 4th December** – limited places available (stall will be reserved once payment received – first come first served)

Set up is from 4pm. Please plan to be present for the whole duration of the Fair.

Craft Stall Booking

Names of Children #1) #2)

running stall: #3)

Name of responsible adult (and email address):

I enclose payment of £5 / I have made an online payment of £5

Payment can be made online to the Kingswood School Association 30-96-26 28987660.

Please use Child #1 name as reference.

HOLIDAY CAMPS

OCTOBER

3-DAY DISCOUNT AVAILABLE

SPACES AVAILABLE

BOOK NOW!

5-13 YRS OLD | MIXED & GIRLS & GK - SESSIONS | FREE HOT MEAL
SCHOOL HOLIDAYS | FUN, INCLUSIVE FOOTBALL
9:30-15:00 | THE NEW LAWN - NAILSWORTH GL6 0FG
FOR MORE INFORMATION PLEASE CONTACT COMMUNITY@FGR.CO.UK

Support for families with SEND is changing



We're improving support so children and young people with Special Educational Needs and Disabilities (SEND) get the right support, at the right time, in the right place.

SEND reform will be introduced in phases over the next few years, helping more children and young people to:

- Stay in their local school with friends
- Get help earlier when it is needed
- Access specialist support more quickly
- Receive support tailored to their individual needs
- Learn in more inclusive schools
- Make the most of their education
- Benefit from clearer, joined-up support.



Find out more and stay informed:

Visit www.glosfamiliesdirectory.org.uk/sendreforms to read about the changes and sign up to our 'SEND Families in Partnership' newsletter.





OCTOBER 2026

WHAT'S ON OCTOBER HALF TERM

THE ULTIMATE GUIDE FOR FAMILIES TO FIND
THINGS TO DO IN THE LOCAL AREA



GO WILD - FREE EVENT



HALLOWEEN AT THE CASTLE
- BERKELEY CASTLE



HALLOWEEN THEMED
POOL PARTY

OCTOBER HALF TERM

October half term is jam-packed with things to do, local events, community events and spooktacular days out!

Visit Stroud Rocks to make planning your half term easy and inspiring - there's so much to do!

COMMUNITY EVENTS



TRAILS & PARTIES



NON-HALLOWEEN EVENTS



WWW.STROUDROCKS.CO.UK





Things you need to know about Play Gloucestershire

Play Gloucestershire - a registered charity - is the leading provider of free, outdoor, active play in the county. Our Activities are aimed at school aged children. Under 8's are welcome and should be accompanied by a parent or carer. We love it when the whole household joins us at our sessions.

Our Play Ranger activities are open access. This means there is no registration - children can leave the site at any time. Our Play Rangers will not stop them and may not know that they have left.

We encourage children to take responsibilities for their own actions. We think this is good for them. They will be encouraged to resolve disagreements amongst themselves. We will intervene if absolutely necessary.

Play Gloucestershire believe that children need and want to take risks when they play. Our Play Rangers aim to respond to these needs by offering children stimulating, challenging environments for exploring and developing their abilities. In doing this, we aim to manage the level of risk so that children are not exposed to unacceptable risks. Our experience tells us that whilst children play outdoors they are likely to have accidents. If this causes concern please come along and speak to us about it.

All our activities are outdoors and include den building, fires, arts and crafts, sports and a range of playful games. We encourage children to play freely and choose what they do. They do not have to do anything if they don't want to. Children will get wet, hot, cold, smelly and dirty and need to wear appropriate clothing and footwear. Better to wear old play clothes than ruin your best!

Our Play Rangers will provide drinking water at all sessions. We promote healthy eating and sometimes will provide free fruit.

We believe all children have the right to play. Please talk to us if your child needs additional mobility or other support to enjoy Play Rangers.

For further information:

Visit us at www.playgloucestershire.org.uk

Email info@playgloucestershire.org.uk

Phone 01452 505548

Play Gloucestershire is a registered charity (1126562)



PLAY GLOUCESTERSHIRE'S PLAY RANGERS

**October Half Term
Kingswood Village Playing Field,
Kingswood, GL12 8RF
Tuesday 27th October 2026
10am to 4pm**

with thanks to [///bagpipes.unwound.awestruck](http://bagpipes.unwound.awestruck)

With thanks to Kingswood Parish Council for funding this day



Our Play Ranger activities take place outdoors in all weathers and are open access. This means there is no registration, children are free to come and go as they please.

Our activities are aimed at school aged children. Under 8's are welcome and should be accompanied by an adult.

We believe all children have the right to play. Please talk to us if your child needs additional support to enjoy Play Rangers.

We welcome disabled children & their families.

Play Gloucestershire
Transforming lives through the power of play
www.playgloucestershire.org.uk
@playgloucestershire



**Gloucestershire
Wildlife Trust**

Missing: Conkers

The Great Conker Caper

**Can you help Percy Pine
Marten and Tabitha Tawny
solve the mystery?**

Across Gloucestershire, conkers from
horse chestnut trees have gone
missing. Follow the trail, uncover the
clues and help solve the Great Conker
Caper this October half term.



*Join us on our quest at Robinswood
Hill and Crickley Hill this October
half term.*

23 October to 1 November



*Can you solve
the mystery?*

Registered Charity Number 232580

Kindness, Perseverance, Success



November Timetable

All regular sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

Introduction to OCD	2 Nov 10am
Raising Self-Esteem	2 Nov 7pm
Supporting Healthy Sleep	3 Nov 10am
Decreasing Depression	3 Nov 7pm
Supporting a Child with ADHD	9 Nov 10am
Understanding Addictive Behaviour	9 Nov 7pm
What is ACT?	10 Nov 10am
Improving Family Communication	10 Nov 7pm
Autism: Improving Communication	16 Nov 10am
Supporting Healthy Screen Use	16 Nov 7pm
Understanding the Teenage Brain	17 Nov 10am
Understanding Anger	17 Nov 7pm
FREE - Responding to Stress & Anxiety	19 Nov 7-8pm
Anxiety Explained	23 Nov 10am
Facing Defiance	23 Nov 7pm
Cannabis & Ketamine Awareness	24 Nov 10am
School Anxiety	24 Nov 7pm