

CRANESWATER BREW

What is it?

BREW stands for:

Behaviour,
Relationships, and
Emootional
Wellbeing.



Here at Craneswater we understand how wonderful yet challenging parenting can be. We are here to support you and your child(ren). We offer different sessions in which you can come along, get a cuppa and some biscuits/ cake and get some support/top tips/ share information etc. Each of our sessions will have a focus with some sessions being a drop in: a chance to come along and informal chat with members of staff. Some of our sessions we will deliver information via a PowerPoint and offer chances to engage throughout.

The Autumn term BREW's are:

Date	Topic	Details	Sign up link
Monday 11 th September 1.15pm-2.45pm	Meet the pastoral team Looking at our resources	In this session you will have the chance to meet some key members of our pastoral team including Miss Wilkinson, our SENCO. This will be an opportunity to discuss how the first week back at school has gone, look at some of our resources for supporting children including resources for self-esteem, and top tips for supporting children.	https://forms.gle/xbJRhzvzh9JhMAHX7
Tuesday 26 th September 1.15pm-2.45pm	School nurse	This is an opportunity to drop in and discuss any specific issues about your child with the school nurse. The school nurse will also be providing information on and answering questions about puberty.	https://forms.gle/PQhKLT7M7vfcoZUB6
Monday 9 th October 1.15pm-2.45pm	De-escalation We will also share what Portsmouth is offering for families over the half term.	This is a session which will be delivered by Mrs Davis and Gill from MABS (multi, agency, behavior, support). It will focus on strategies to use when your child is dysregulated.	https://forms.gle/FpbZMXewDTsfEyxn9
Half term 23 rd October – 27 th October			
Tuesday 31 st October 1.15pm-2.45pm	Young carers	In this session we will be discussing what a young carer is, how we can support children that are young carers and what the young carer group can offer in Portsmouth.	https://forms.gle/kGPcLcBCQyB6GwjE8

Monday 13 th November 1.15pm-2.45pm	Loss	This is a discussion and sharing session with Miss Lynch who specialises in bereavement and loss. It will focus on how to support children when they're experiencing grief.	https://forms.gle/wDYBWFfn1Nc46mLK8
Monday 27 th November 1.15pm-2.45pm	MHST	This session will be delivered by MHST (Mental Health Solent Trust). It will focus on what is anxiety, how we can support children who are anxious, and will also share information about their service and how they can help.	https://forms.gle/vkePURm1vQC7Cp4R9
Monday 11 th December 1.15pm-2.45pm	Christmas We will also share what Portsmouth is offering for families over the Christmas holidays.	In this session we will share top tips for how to survive the holidays and will be a chance to meet and speak with members of our pastoral team.	https://forms.gle/1yegaJEAKvDaEzy5
Christmas holidays			

If you would like to come along to any of the sessions please click on the relevant sign-up link and input your details.

If you have any questions or would like any further information about any of our BREWS, please contact Mrs Davis on familysupport@craneswater.portsmouth.sch.uk