

Mayfield Messenger

9th December 2022



Ready, Respectful, Resilience, Responsible, Resourceful, Reflective

Dear parents and carers,

A message from Mr Howard

As we conclude the week with Christmas Jumper Day and the Christmas Fayre, I would like to thank everyone for their support during these events. The Friends of Mayfield have worked hard to put the Christmas Fayre together and the children have been excited to help out, take part or spend their money. This week, we have also had Ele Fountain, author of Boy 87, come into school to do some work with our Year 7 pupils. The insightful and enriching experience was very well received. Not only this, but Year R performed their nativity in front of an audience of their parents and carers. They were incredibly confident, looked great in their costumes and demonstrated how far they had come since September. They should be very proud of their achievements. We are now looking forward to the events next week and would like to welcome you all to bring your torches, hats and scarfs for our 'Carols Around the Tree' on Thursday 15th December.

I wish you all a great weekend.



A neurodiverse Christmas - top tips for the Festive Season from the Neurodiversity Team

The festive season is rapidly descending upon us in all its glittery glory: the lights, the decorations, the presents, the clothes, the parties, and the music! While this build up can be exciting to some people, others who are Neurodiverse can find the changes to their routine, the increased social demands, and the sensory overload all too much. This can create trauma and upset for both the Neurodiverse people and those around them.

If you would like any further information, contact the Neurodiversity Team via neurodiversity0-19enquiries@portsmouthcc.gov.uk.

Please see the additional information attached to the newsletter.

Autumn Term Reports

The autumn term reports are being sent out over the next few days. These will be sent out electronically to the main email address for all pupils. Primary children will also be bringing a hard copy home in their book bags before the end of term. **If you have not received the emailed report by the end of Wednesday 14th December**, please email our Data Manager on Ferrigan-Janine@mayfield.portsmouth.sch.uk who can arrange a paper copy to be sent home.

Early closing at the end of next term

We will be closing early on the final day of term, **Friday 16th December**.

Senior section pupils will **finish at 12.35pm** and the **Primary** section will close to all pupils at **12.45pm**. There will be **no** Extra-Curricular or Teatime Club on this day.



Primary Christmas Cards

Please be advised that we have decided not to make class lists available this year for Christmas card writing. These are often requested but this year, we would encourage children to write cards to their friends and people they would like to give cards to.

The reason for this decision is to ensure we comply with GDPR guidelines and concerns that if lists are provided, even just first names, it would still enable people to identify children's names, class and school.

Thank you for your understanding.

Extra-Curricular

Booking for **extra-curricular clubs opens at 6pm** on;

Year R - Monday 5th December

Year 1 & 2 - Tuesday 6th December

Year 3 & 4 - Wednesday 7th December

Year 5 & 6 - Thursday 8th December

Year 7 & 8 - Friday 9th December



Bookings close at 6pm on Monday 12th December. We will not be able to accept **any** bookings after this time. If you are having issues with the booking system, please contact backhoused@mayfield.portsmouth.sch.uk before booking opens.

Please note that there are currently several pupils who are booked on to clubs this half term and not attending. Please do not book clubs that you will not need as this prevents children who do need these clubs from being able to book on. We only have a limited number of spaces and cannot book more than the allocated number of spaces. Whilst the majority of our pupils enjoy clubs and are fully engaged, we would also like to remind you that we use the same behaviour system for extra-curricular as during lesson time, and this will be recorded on class charts. If a pupil is displaying persistently poor behaviour in clubs, the privilege of attending clubs may be withdrawn for the remainder of the half term.

Parents/carers evening update

Parents
Evening

We have changed the dates of parents evening.

Year 7 parents evening is now 27 April 2023.

Year 9 parents evening is now 23 March 2023.

Carols Around the Tree

On **Thursday 15th December 5.00-6.00pm** we will be having carols round the Christmas tree; we are very lucky to have the Salvation Army Band coming to accompany the carols.

They will be collecting food bank donations on the evening so please bring them with you on the evening.



Christmas Present Appeal.

In the run up to Christmas, we shall be supporting the **Salvation Army 'Christmas Present Appeal**.

Please help to support children in our local community, by dropping off a new gift to one of the school gates.

Gifts need to be unwrapped so that the Salvation Army can sort them and distribute them. The collection will begin on **Friday 9th December and will continue until Wednesday 14th December**. Thank you in advance for your support.

Teach Portsmouth Awards 2023

It is that time of year again when Teach Portsmouth introduce the start of the nominations for the Teach Portsmouth 'The people's choice award'. This year's nominations are now open where you can nominate a member of staff from Mayfield for this award.

To nominate a member of staff from Mayfield click on the link below and complete the online form and submit your nomination. Nominations for the people's choice award close on **22 December 2022**.

[Teach Portsmouth Awards Peoples Choice - Teach Portsmouth](#)

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Teach Portsmouth Awards 2023

The people's choice award

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HAF FUN POMPEY

Please see the attachments about the HAF programme for the first week of the holidays.



Mayfield Podcast!

Our half-termly SEND & Wellbeing Newsletter is attached but, this time, our SEND teacher, Mrs Verity Howard, has tried her hand at recording it podcast-style, to make it more accessible to more people! If you'd like to hear all about it, then here's the link, just scroll down to 'SEND and Wellbeing Podcast' - [Communications From Us | Mayfield School](#) You'll hear about looking after ourselves over Christmas, some information about the Learning Support Department, and also about the discrimination that some people with SEND can face, and how one very inspirational young man is trying to overcome it.



Scarlet Fever and Group Strep A Infections

Following the national increase in notifications of scarlet fever to the UK Health Security Agency (UKHSA), I would like to take this opportunity to share with you the symptoms of Strep A and scarlet fever.

Please see the link below to the Healthier Together Scarlet Fever webpage. [Strep A and scarlet fever :: Healthier Together \(what0-18.nhs.uk\)](#)

What are the symptoms of Strep A/scarlet fever?

Strep A infections can cause a range of symptoms that parents should be aware of, including:

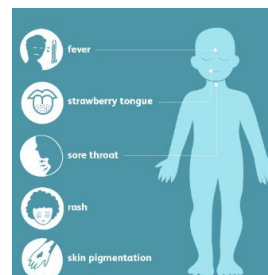
Sore throat

Headache

Fever

A fine, pinkish or red body rash with a sandpapery feel

On darker skin the rash can be more difficult to detect visually but will have a sandpapery feel



If your child becomes unwell with these symptoms, please contact your **GP practice or contact NHS 111** (which operates a 24/7 service) to seek advice.

If a child has **scarlet fever**, the advice is to **stay at home until at least 24 hours after the start of antibiotic treatment** to avoid spreading the infection to others.

If your child seems seriously unwell call 999 or go to A&E if:

your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs

there are pauses when your child breathes

your child's skin, tongue or lips are blue

your child is floppy and will not wake up or stay awake.

At school, we will continue to implement good hand and respiratory hygiene practices.

If there are confirmed or suspected cases in our school, we have been advised that there is no reason for other children to be kept at home if they are well.



Christmas Fayre

On **Friday 9th December** 2022

From **3pm-6pm**

Stalls, games, food and **meet Father Christmas** as well as lots more fun for the family

PLEASE NOTE THIS IS A CASH ONLY EVENT

We look forward to seeing you all there!

This week's successes outside of Mayfield are;

Valeria, from year 7, swims for Portsmouth Northsea swimming club and this weekend she got a bronze medal in 100m Breaststroke in her age group.



Jensen will be heading to Telford on Friday the 9th to compete at the gymnastic nationals representing team SOUTH on the 10th. He is looking forward to sharing his result with you all when he is back.



Share your child's success outside of Mayfield

If your child/ren have achieved something over the weekend or during the week, please share a picture and a brief description of the success. This could appear in the next Mayfield Messenger.

Please send these to general@mayfield.portsmouth.sch.uk

Unfortunately, we will not be able to share all of these. However, we will use them to contribute to a beyond Mayfield display.

We look forward to seeing you all again on Monday



A neurodiverse Christmas - top tips for the Festive Season from the Neurodiversity Team

It's beginning to look a lot like Christmas...

The festive season is rapidly descending upon us in all its glittery glory: the lights, the decorations, the presents, the clothes, the parties, and the music!

While this build up can be exciting to some people, others who are Neurodiverse can find the changes to their routine, the increased social demands, and the sensory overload all too much. This can create trauma and upset for both the Neurodiverse people and those around them.

Christmas can be a tricky time for Neurodiverse children and children with SEND, as its easy for their senses to become overwhelmed. They can find it hard to adjust to different light, colour, sound, smells, textures, and tastes.

Changes in routine can also affect how children feel and understand what is happening, especially if they don't receive the information they need in a way that they can comprehend. If there is one time of year that changes everything, it is the festive period.

The season does not have to spell disaster though, and the Neurodiversity Team have put together some tips and advice on how to prepare. With planning and support, we hope that everyone can enjoy the festive period how they want it to be, and however that looks!

If you would like any further information, contact the Neurodiversity Team via neurodiversity0-19enquiries@portsmouthcc.gov.uk.

Make a List

What does your child find difficult? This could be anything and everything from big crowds, loud noises, surprises, or bright lights and glittery reflective decorations.

Try to think about when they might experience these. How could you prepare them or help them manage if it is unavoidable? How could you avoid those situations when you feel guilty for cancelling?

Making a list and planning in advanced can help reduce and remove many of the impacts that effect Neurodiverse Children.

Speak to your school or nursery

Speak with your child's school or nursery and find out what celebrations they are planning - these could include concerts, Nativities, parties, lunches, presents, cards, or Christmas Jumper days, which could become overwhelming for some children. If you feel your child may need extra support during these times, make sure the school is aware and plan together to provide alternatives, or ways that your child can be enabled to manage and still feel included.



Involve your Child in Decisions

Help your child to have a say in the Christmas decorations around your home. Ask them to help you choose lights, colours, and textures that they feel comfortable with, and in what quantities - sometimes less is more.

Help them plan which events they feel they can deal with, and which ones will be 'too much'. Give them the answers to the questions they may have and ask them what they think may help.

Prepare them for Presents

Neurodiverse Children or Children with SEND can find surprises overwhelming. They may not know how to manage their excitement or anxiety. They may not understand why they are being given presents, and they may not know how to respond to receiving them. You might want to let them know what type of gifts they will open on Christmas Day.

For example, you could tell them that you will give them a book, and the surprise will be which book you choose. It can also help to:

- Spread gift giving over a period during the day, or different days
- Give gifts without using wrapping paper
- Talk to friends and family to explain that your child's responses to gifts might not be what they expect, and why their response is that way

Create a Safe Space

You can create a safe space for your child to go to if they feel overwhelmed by keeping at least one room in the house free of decorations or festive celebrations and trying to make sure it looks like it usually does.

Ask friends and family who you may be visiting to have a safe space or quiet area where your child can retreat to if they are becoming anxious, agitated, or overwhelmed.

Neurodiverse children can be very capable in being able to socialise in their own manner, and to be included they may need to do that in smaller or shorter periods of time.

Consider for Changes in Routines

Try to prepare your child each day for what's coming tomorrow. Talk to them about who will be there, what they will do and what they'll eat. Some children may only need to know what they are doing now and next. Some children might like to have some control over some of these things, and you could give them a choice between two or three different activities.

Provide them with two or three 'oops' days for when things don't go to plan, to help remove pressure or guilt. Your child will likely be finding the whole Festive Period very draining so will require a little extra time or support to manage maintaining their routines.



Try to keep some of their routines the same. It can be helpful to start and end their day with something you would usually do. Think about morning routines, as well as bath time, bedtime, and playtime.

Plan for Visitors

Plan for the possibility of unexpected visitors, and pre-plan for expected visitors. If your child struggles with visits at home or going out, think about how you can help. You could:

- See if your child wants to stay at home with another family member when you go out.
- Let them know when visitors are expected, who it is, and why they are visiting.
- Plan with your child when they would like visitors.
- They may want to 'drop in and out' of larger, louder, or busier groups.
- See if they want to play in a different room.
- Share pictures of visitors in advance, so they're familiar with their faces.

Be Conscious of Sounds and Smells

Christmas is full of very strong and unusual scents and sounds; these can be intense and overwhelming for your child. Be aware when you know when there is going to be strong smells or sounds in the house.

If there are fireworks near you, talk to your child about what to expect with the noise. Make some firework pictures together to turn it into a positive experience. Ear protectors or Audio Dampers can help manage intrusive noises.

Let present buyers know that these types of gifts can be difficult or unwelcomed by your child. It can help to protect their bedroom from any smells or give them alternative scents. Try essential oil rollers or lip balm on their wrists.

Further sources of information and tips:

- [Christmas Tips for Neurodiverse Families - Social Living Solutions](#)
- [Solent Family Assist](#)
- [Top 10 Christmas Gifts for Autistic Children - YouTube](#)
- [AUTISM & PDA LIFE HACKS FOR AN AUSOME CHRISTMAS - Surviving Christmas with Autistic and PDA Kids - YouTube](#)
- [Preparing for Christmas: autism resources](#)
- [Top 8 Tips for Surviving Christmas with ADHD kids! · ADHD in Children Support](#)
- [32 Sure-fire Survival Tips to Reduce Sensory Overload During the Holidays](#)

Neurodiversity Team - neurodiversity0-19enquiries@portsmouthcc.gov.uk

holiday
activities and
food

17 - 23
december



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