

# Marish Academy Trust Newsletter

Issue 78 - May 2025

## Message from the Senior Leadership Team

**Dear Parents & Carers,**

I am absolutely elated to be given the opportunity to contribute to this month's newsletter. For those of you who do not know me, my name is Mrs Mughal and I am an Assistant Headteacher as well as a Year 6 class teacher at Marish. It has been a wonderful journey for me since I joined the Trust, just over 6 years ago!



As we welcome the sunshine and excitement of the summer term, we remain dedicated to providing an environment that is full of energy, enjoyment and support for all our children. Just as summer is about to be in full swing, we have many exciting activities and thrilling trips planned ahead. We are looking forward to spending some more time outdoors as well as supporting children with their end-of-year transitions!

I would also like to take a moment to inform all our school community about our upcoming Multicultural Day later this month. It really is a time for us to celebrate and recognise the diverse cultures that we have within our school. We truly value the richness and cultural capital that all celebrations provide.

As a reminder, please ensure children are bringing in a water bottle daily and are wearing the correct school uniform – clearly labelled with your child's name. Please remember to join our upcoming summer parent workshops and watch out for these in the newsletters. These workshops are invaluable and will provide you with an insightful understanding of your child's journey at school.

Thank you for your continued support; it is a pleasure to work alongside a wonderful community of parents and carers.

Warmest regards,  
**Mrs Mughal**

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## SEN Unit Activities



During free flow, children enjoy developing their learning skills through play. Sensory trays and fine motor activities remain firm favourites. They explored the ocean theme by creating coral reef-inspired artwork and drawing sea creatures.

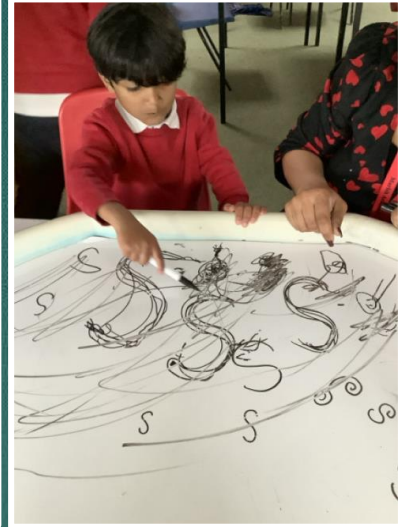




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## SEN Unit Activities



This term, children are enjoying the 'Under the Sea' topic through sensory play, water games, and learning about aquatic creatures. In PSHE, they explored responsibility and sharing through role play, including a family picnic where they took on tasks like setting the table and washing dishes.

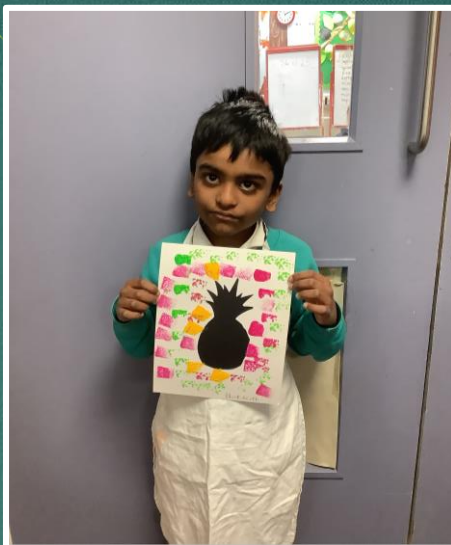




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Nurture Activities



The Nurture Group children created beautiful fruit silhouette prints as part of their artwork this term.



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## EYFS Activities



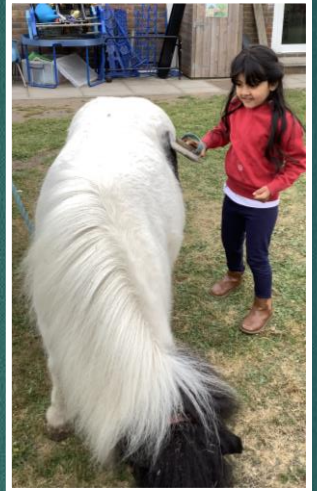
The children have made the most of the sunny weather with outdoor painting, bubble-blowing, and games like 'What's the time, Mr. Wolf?' as part of their learning. They explored the story of The Three Little Pigs by building houses with different materials and creating artwork using straw, sticks, and bricks. In maths, they developed their understanding of 'one more' and explored weight through hands-on activities with balancing scales and oats. These activities have supported creativity, problem-solving, and teamwork.



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Nursery Farm Visit



The children in our nursery had a wonderful time meeting the farm animals. They enjoyed petting, feeding, and learning about the different animals up close!



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## Year 4 Living Forest Trip



Year 4 visited the Living Rainforest this half-term. They enjoyed learning about how animals and plants adapt to their environment. The tour guides were impressed by the children's curiosity and thoughtful questions.



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## MFL - BASQUE



International Language of the Month – Basque.

The Basques are a people with a unique history and culture. Most Basques live in northern Spain, but some live in southern France. They have lived in this region for many hundreds of years.

The Basques have a unique language called Euskara. It is unlike any other European language. Some Basques who still speak Euskara. However, most Basques speak either Spanish or French too.

The Basques traditionally were farmers. They also sailed far over the Atlantic Ocean to fish and hunt whales. In more recent times they have built large industrial towns. Their factories make lumber, furniture, iron, and steel.



Now let's learn a few phrases...

**Bai** = Yes

**Ez** = No

**Kaixo!**, = Hello

**Agur!**, **Adio!** = Goodbye!

**Ikusi arte** = See you!

**Eskerrik asko!** = Thank you!

**Egun on** = Good morning  
(literally: Good day)

**Arratsalde on** = Good evening

**Gabon** = Good night

**Mesedez** = Please

**Barkatu** = Excuse me

**Komunak** = Toilets

**Zorionak** = Happy holidays  
(During Christmas and new year's), congratulations

**Ez dakit euskaraz** = I do not speak Basque

**Ba al dakizu ingelesez?** = Do you speak English?

**Badakizu euskaraz?** = Do you speak Basque?

**Bai ote?** = Really?

**Hementxe!** = Over / right here!

**Lasai** = Take it easy

Basque is one of the four official languages in Spain. The others are: Castilian Spanish, Catalan and Galician.



The biggest city in the Spanish Basque country is Bilbao.

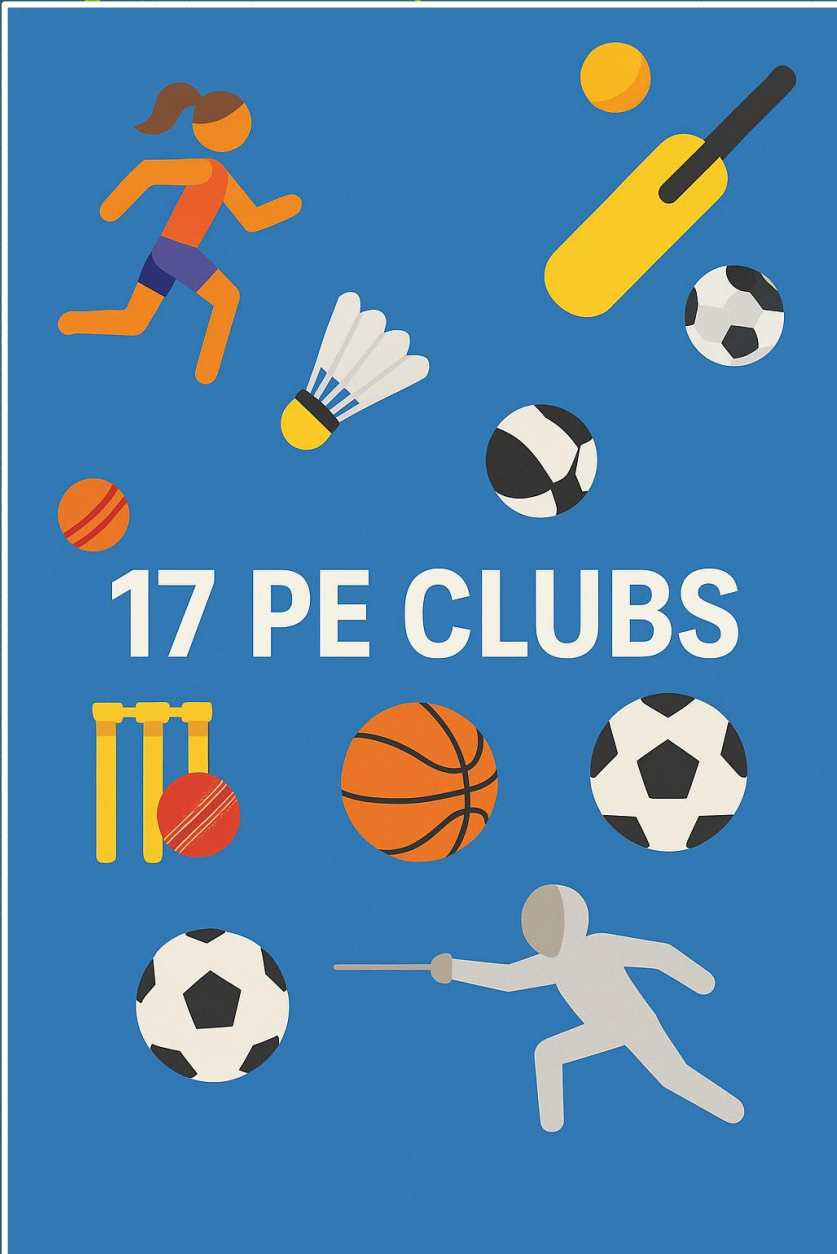
Bilbao is famous for having the Guggenheim Museum. The museum is a giant, modern-looking building designed by famous architect Frank Gehry. It has lots of cool art inside, and you can even see a giant dog made of flowers outside! He is called Puppy. Puppy is about 12 meters tall, which is taller than a two-story building and is a work of art made by the famous artist Jeff Koons. It is a 'living sculpture' which means that the plants on Puppy's "coat" are real and need to be watered and changed twice a year, in the spring and autumn.



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PE



We've hit a record!

17 PE clubs are running this Summer term across Marish and Willow — from athletics and ball games to fencing, cricket, netball, football, and more! Huge thanks to our amazing staff and coaches for making this possible!





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## Marathon Milestone for Mr Fuller!



Congratulations to Mr & Mrs Fuller who completed the TCS London Marathon on 27 April 2025 — the 4th hottest on record! Not only did they brave the heat, but they also became part Guinness World Record holders as participants of the largest number of marathon runners in a single day. Mr Fuller has now raised an incredible £1,846 for Brain Research UK, reaching 92% of his fundraising goal.

Let's help him reach 100%! You can still donate here:

<https://2025tcsLondonmarathon.enthuse.com/pf/grant-fuller>

Well done, Mr Fuller!



## *Activities to keep fit at home*

**Exercise:** Bullseye Race

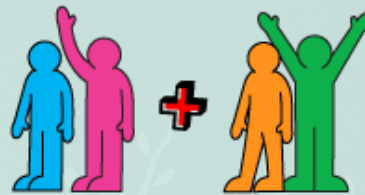
**Players:** 4 or more

**Where to play?** Outdoors

**How to play**



1. Mark out a circuit and get into pairs. One of you is Bullseye and one is Woody or Jessie.



2. Bullseye lies face down and Woody or Jessie picks up their feet like a wheelbarrow.



3. On "Yee-haw!", race on your hands around the course.



4. After each lap take a pit stop and swap roles. Whichever pair completes the most laps in 10 minutes are the champions.





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## Healthy Lifestyle

### JERK-STYLE CHICKEN SKEWERS

**Preparation time** - 20 mins

**Cooking time** - 10 mins

**Serves** - 4

#### Ingredients

- 4 wooden skewers, soaked in water for 30 minutes
- 1 clove garlic, crushed
- juice of half a lemon
- 1 tablespoon olive oil
- 1 or 2 teaspoons jerk seasoning, to taste
- 2 skinless, boneless chicken breasts, cut into 12 large chunks
- 1 red pepper, cut into 16 chunks
- 1 onion, quartered and separated to give 16 pieces
- 4 sweetcorn cobs (to serve)



#### Method:

1. Mix the garlic, lemon juice and olive oil with 1 teaspoon of jerk seasoning (or 2 if you prefer a spicier flavour). Stir in the chicken and set aside while you prepare the vegetables.
2. Thread a piece of pepper onto a skewer, then onion, then chicken, finishing with onion.
3. Cook on the barbecue for 8 to 10 minutes, turning frequently. Alternatively, cook under a preheated grill.
4. Meanwhile cook the sweetcorn cobs in boiling water, or on the barbecue for 6 to 8 minutes.

<https://www.nhs.uk/healthier-families/recipes/jerk-style-chicken-skewers/>



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## Attendance

### Marish

May 2025

Reception: **90.43%**

Year 1: **93.83%**

Year 2: **93.96%**

Year 3: **94.41%**

Year 4: **96.57%**

Year 5: **96.51%**

Year 6: **91.75%**

**Target: 96%**

### Willow

May 2025

Reception: **94.24%**

Year 1: **92.83%**

Year 2: **96.83%**

Year 3: **95.93%**

Year 4: **94.83%**

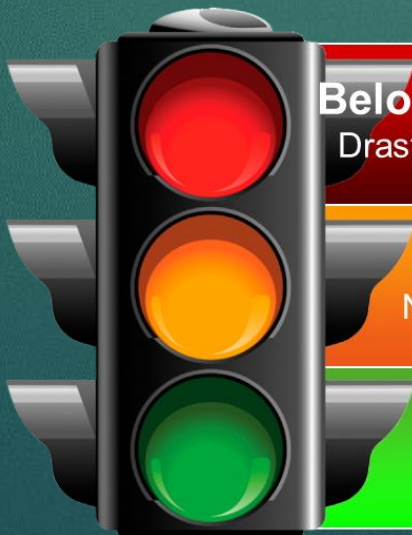
Year 5: **97.59%**

Year 6: **95.33%**

**Target: 96%**



Last month's 100% attendance reward was a pack of biscuits!



**Below 90% Serious Concern**  
Drastic effect on academic success

**95- 90% Cause for Concern**  
Negatively affecting academic success

**100%- 96% WELL DONE**  
Achieving full potential



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## Parent Notices

### Timings of the School Day from December

Soft start is from 8:15am to 8:30am for all year groups except Nursery.

<b>SEN Unit:</b>	Doors open 8:15am to 8:45am and then at 3:00pm
<b>Nursery:</b>	8:00 – 11:00am and 12:00pm – 3:00pm
<b>Nursery full time (Marish)</b>	8:00am – 3:00pm
<b>Reception:</b>	8:30am – 3:15pm
<b>Year 1 and Year 2:</b>	8:30am – 3:15pm
<b>Year 3 and Year 4:</b>	8:30am – 3:25pm
<b>Year 5 and Year 6:</b>	8:30am – 3:25pm



Ensure that you drop your child off at the designated entrance. Do not leave them unsupervised on the school grounds.

### Fees for Breakfast club and Meerkats

Meerkats	Before 4pm	After 4pm
	£2	£5
<b>Breakfast Club</b>	£1 per day	-
<b>Late collection</b>	£5 per 15 minutes	-

Full time only sessions, £2, parents still need to order and pay for school dinner in addition to this.

If you would like your child to attend Breakfast club or Meerkats you will need to apply for a space. For more information or an application form, enquire at the school office.

Please note, there is a different payment schedule for Pupil Premium/ Free School Meal pupils. Please contact the office before applying.

All pupils must be booked in advance otherwise they will not be allowed to attend. If your child attends Meerkats without a booking you will be charged the late fee.

Children must not attend Breakfast Club without a booking as numbers are limited. Please book a week in advance.

You are required to sign your child in to Breakfast Club and out of Meerkats each day.



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## Parent Notices

### School Uniform

Our Trust school uniform consists of:

- Red/Green sweatshirt or cardigan (Red for Marish and Green for Willow)
- Navy blue trousers, shorts or skirt
- White shirt or polo shirt
- Black smart shoes (no boots, high heels or platforms)
- Nursery – the above with grey or black jogging bottoms
- PE Kit – red plain round neck T-shirt, black shorts or jogging bottoms
- A plain black tracksuit to wear over the PE kit for outdoor lessons in cold weather.

Trainers/plimsolls will work for outside lessons

- Swimming is a part of the Year 4 curriculum and pupils are expected to have appropriate swim wear with a swimming hat



*All items of clothing must be clearly labelled with the child's name.*

*The only jewellery allowed is one small stud in each ear, a watch and that which is a specific religious requirement. These must all be removed for PE. The child must take full responsibility for looking after these items. The school will accept no responsibility for their loss or damage.*



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### E-Safety

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



The whole concept of social media relies upon users having friends and/or followers. 'Friends' tend to be those with whom users will share their own personal profile. It's usually a mutual relationship with both parties able to engage and interact with everything their friends post online. 'Followers' on the other hand can typically be just one-way relationships and, dependent on the platform, only provide access to certain aspects of an individual's profile, such as a person's content feed. A common trait that often exists between the two however is the desire to gather as many friends or followers as possible.



## What parents need to know about SOCIAL PRESSURES LINKED TO 'FRIENDS & FOLLOWERS'



### POSSIBLE 'FRIEND ENVY'

Children may compare the number of friends or followers that they have with their own online friends and people they know. In some cases, this could lead to friend envy, particularly if they see this as a sign of popularity. This could lead to your child showing signs of jealousy and resorting to sending friend requests to people they don't know that well, or even strangers, in a desperate bid to increase their own status online.



### COLLECTING 'FAKE' FRIENDS

Children who feel under pressure to increase their friend count or want to increase their following as quickly as possible can be vulnerable to collecting 'fake' friends. They may, for example, accept friend requests from people they don't know very well or from complete strangers, inadvertently leaving themselves open to online bullies, trolls or even the possibility of being groomed.

### OPEN DOOR POLICY

Another way that children can increase their following is by leaving their accounts open so that they can be easily found, and anybody can view their posts. This is in the hope that other users will like their posts and decide to follow them, therefore increasing their numbers. Once again, this can leave your child vulnerable to being followed by strangers or people who have dishonest intentions.

### CONSTANT NEED TO PLEASE

As children start to gain more friends or an increasing number of followers, they might start to feel an added level of pressure to provide them with more interesting and likeable content. Almost as if they now have an audience waiting, this constant need to please may be an extra burden that pushes your child into oversharing personal information or posting material that is inappropriate or offensive, inaccurately portraying what they're actually like in the offline world.

### FEELINGS OF REJECTION

Just like increasing friends and followers can bring a sense of happiness and satisfaction, so the loss of friends and followers can cause children to suffer feelings of sadness and rejection. Depending on how invested your child is in their social media activities, this could influence their attitude and behaviour online and potentially have a negative impact on their mental health and wellbeing.

## Safety Tips For Parents

### BE THEIR FRIEND OR FOLLOWER

The best way to know who your child is friends with online or who follows them is to be their friend or follower yourself. This will allow you to see who your child is engaging with most online or open up discussions about how they know certain people they've added to their network who you haven't heard them speak about before or you yourself don't know.

### TURN ON PRIVACY CONTROLS

All social media platforms have their own privacy controls which can be used to help protect children online. For instance, removing the ability for strangers to comment on public posts or having a screening process for friend or follow requests is good practice which can help to ensure your child's experience online is a safer one.

### TALK ABOUT STRANGERS

If privacy measures have been put in place, then usually your child will receive a notification if somebody tries to befriend them online. Talk to your child about making sure they don't open up their personal life to people they don't know and that if they are ever in any doubt, they should never accept a friend request from a stranger.

### BEHAVE ONLINE AS THEY WOULD OFFLINE

Your child's behaviour online should always be treated as an extension of their behaviour offline. Discuss with your child the pitfalls of trying to be somebody they're not and that trying to please everybody will only make them unhappy. Tell them that they should be proud of who they are and that they should always behave in an appropriate and responsible way when posting content online.

### TALK TO THEM ABOUT THE VALUE OF REAL FRIENDSHIP

Social media can often distort what true relationships and friendships should actually be like. It's important to teach your child the value of true friendships and that meeting and speaking to people face to face in the real world, offline, is often a better way to build a more trusting and confident relationship with someone rather than just speaking to them online.

### DISCUSS WHAT BEING POPULAR ACTUALLY IS

A higher number of followers can be a measure of popularity but can also lack substance beyond just the number itself. Discuss with your child that popularity can come and go and that a large number of followers doesn't necessarily mean a large number of friends, particularly online where the real value in a relationship cannot be accurately determined.

### Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.09.2019



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## 10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

### 1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

### 2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy, creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

### 3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

### 4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

### 5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

### 6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

### 7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

### 8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

### 9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

### 10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



WakeUp  
Wednesday

The National  
College



# Marish Academy Trust Newsletter

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Some Useful Information



Autism: Improving Communication  
Raising Self-Esteem  
Supporting Healthy Screen Use  
Supporting Healthy Sleep  
Cannabis & Ketamine Awareness  
What is ACT?  
Introduction to OCD  
Anxiety Explained

## FAO SENCo

Choose one of the 16  
Parent talks below.  
Email Jane for a free  
recording and watch in  
your own time.

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

Anxiety-Based School Avoidance  
Supporting a Child with ADHD  
Facing Defiance  
Understanding Anger  
Addictive Behaviour  
Understanding the Teenage Brain  
Decreasing Depression  
Improving Family Communication

## FACE School Membership Plan

Give **ALL** your parents and **ALL** your staff unlimited free access  
to **ALL** the above FACE talks for Parents



[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)  
[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)





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## Some Useful Information



### Summer Timetable

all sessions delivered live online via zoom £24 each 90 minutes long  
book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk) Recordings available for 48 hours

Supporting Healthy Sleep	16 June 10am
Decreasing Depression	16 June 7pm
Raising Self-Esteem	17 June 10am
Understanding the Teenage Brain	17 June 7pm
Understanding Addictive Behaviour	23 June 10am
Supporting a Child with ADHD	23 June 7pm
Improving Family Communication	24 June 10am
Autism Improving Communication	24 June 7pm
Facing Defiance	30 June 10am
Anxiety Based School Avoidance	30 June 7pm
Understanding Anger	1 July 10am
Supporting Healthy Screen Use	1 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Cannabis & Ketamine Awareness	8 July 10am



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## Some Useful Information



**Summer HOLIDAY CLUB**  
MULTISPORTS & FOOTBALL

**REGISTER NOW!**

**BURNHAM YOUTH CENTRE,  
CHURCH PLACE, 1  
MINNIECROFT RD,  
BURNHAM, SLOUGH, SL1 7DE**

Tue 27th, Thu 29th & Fri 30th  
9:30am-3:30pm

**ACTIVITIES**

- Laser Tag
- Football
- Soft Archery
- Bench Ball
- Glow In The Dark Dodgeball
- Athletics
- Gaming Console
- Pool Tables
- Table Tennis

£40 a day  
Early Bird Discount – 25% Off!  
Book by midnight on 1st May to save 25%  
Use Discount Code: RMA588  
Offer ends 2nd May.  
Early drop-off and late pick-up available when booking.

**BOOK NOW:**  
[www.slough-sportscool.classforkids.io](http://www.slough-sportscool.classforkids.io)



### 'Adolescence' TV show highlighted the issues



What is INCEL culture?  
Isolation and rejection  
Lack of positive role models  
Over dependence on Smart phones  
Screen addiction  
Vulnerability to online bullying  
Influenced by negative role models  
Toxic websites  
Violent behaviour & misogyny

### Cognitive & Emotional Resilience for our Children

#### Online Talk for Parents

from FACE Family Advice £24

Join Jane Keyworth, FACE Lead Facilitator online  
[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)



Saturday 3<sup>rd</sup> May 10:00-11:30am  
Thursday 8<sup>th</sup> May 19:00-20:30



**School discount codes do not apply for this talk**



ROYAL WINDSOR  
RACECOURSE

**SUPERHERO  
FAMILY FUN DAY**  
BANK HOLIDAY  
**MON 5 MAY**  
WITH FREE ENTERTAINMENT

MINI HEROES GO FREE!

FAMILY TICKETS FROM £39!

BOOK NOW [WINDSOR-RACECOURSE.CO.UK](http://WINDSOR-RACECOURSE.CO.UK)



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## Some Useful Information



**Bear cubs**

**Ages 5 to 10**


First and third Monday of the month - 4pm to 5pm

**7th April** - Lego Fun - Dedworth Library, Windsor  
**21st April** - Easter Monday - No session  
**5th May** - May Bank Holiday - No session  
**19th May** - Big on Bouncing - Slough (fee applies)  
**2nd June** - Story Time - Langley Library  
**16th June** - Picnic in the Park - Bracknell

\*Please note activities may be subject to change

**Registration:** Gems.4Health@nhs.net 0800 999 1342  
**Criteria:** Children with or likely to have ADHD and/or autism and living in East Berkshire

For more information: Call 0800 999 1342 or visit [www.Gems4Health.com](http://www.Gems4Health.com)



**LOVE TO RIDE**

**BIKE MONTH CHALLENGE**

DESIGNED FOR BEGINNER & EXPERIENCED CYCLISTS

**RIDE 5**

RIDE YOUR BIKE • HIT YOUR GOAL • WIN GREAT PRIZES

Join the movement to get more people riding bikes  
Sign up at [lovetoride.net](http://lovetoride.net) and track your cycling progress

1-31 MAY



**Virtual Coffee Morning - How to Communicate**

**Friday 23rd May**  
**10am to 11:15am**

**25 spaces available!**

Join our online informal discussion to cover the following areas:

- Learn and discuss, how to have meaningful communication with your child.
- How to support your child with communicating with other people

Please note this is not a workshop but support group for parent/carers and any medical advice should be sought from your medical practitioner.

**Sign Up Today!**

Available for families who reside in or have a registered GP in East Berkshire with a child who is Autistic/ADHD (suspected/pathway/diagnosed)

To book your place contact GEMS:  
Gems.4Health@nhs.net 0800 999 1342



**Oral health support**

**Virtual session**

**Autism and ADHD**

**Friday 16th May 2025**  
**10am to 11:15am**

As part of National Smile month, GEMS would like to invite parents and carers to a virtual session to help support good oral health.

Criteria:

- Children who live in, or have a GP in, East Berkshire
- And are likely to have, are waiting for an assessment, or have been diagnosed with Autism and or ADHD.

email [Gems.4health@nhs.net](mailto:Gems.4health@nhs.net)

Supported by **Community Dental Services**