



World's End Well-being

Welcome to the second World's End Well-being newsletter. Autumn 2 issue November 2022



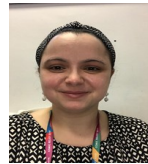
Mrs Barlow

SENCO Pastoral Lead



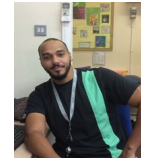
Mrs Taylor

Pastoral Manager



Mrs Wood

Assistant Learning Mentors



Mr Carey

Welcome to the final well-being newsletter of 2022.

Mental Health and well-being is important to our school community. Our pastoral team are available to support any families who need support, advice or guidance. Please contact Mrs Taylor if you would like an appointment or further information.



Christmas is only a month away and although it is a joyous occasion for many families, it can also be stressful, especially during the current cost of living crisis.

Extra support is available. Here are some organisations that can help.

If you're worried that you might not be able to feed your family, try the **Trussell Trust** food bank finder. Local churches and places of worship often have food tables too.



Please contact Mrs Taylor at school if you would like a **foodbank** voucher.



Turn2Us has a list of grants and other support that families can access around Christmas. <https://www.turn2us.org.uk>

Christmas can cause a sensory overload for many autistic children and adults

Here are some tips which may be helpful.

Autism Friendly Christmas Tips

Christmas is different to other times of the year – it can be loud, intense, bright, unpredictable & busy.

LIGHTS

Get lights that have controls to adjust the brightness and the flashing function

TAKE A BREAK

Christmas day can be intense..ensure there are opportunities for breaks, quiet space & keep headphones handy

PRESENTS

Not everyone likes presents, not everyone likes opening presents in front of others, not everyone likes the surprise of a wrapped gift

VISITS

Unannounced visits are unpredictable... let the person know that someone is calling



UNPREDICTABILITY

Prepare a person for what's happening around the Christmas period, e.g. social stories, timetables, who will be visiting/what time is dinner

EATING

A person's idea of Christmas dinner may not be the same as the traditional meal...pizza or pasta is cool to eat too!

HAVING FUN

Create games that includes everyone...change the rules if you need to so that everyone can play

A guide to the festive season

for parents and carers of children with autism




The National
Autistic Society

Accept difference. Not indifference.

Christmas saving tips

1. Plan before you spend!

Making a budget will not only help you to limit your spending, but knowing what exactly you need and how much it will cost can help to reduce your financial anxiety.



2. Keep track of your spending

Once you've set a budget, keeping track of your spending means you're less likely to overspend. Whether it's by using a notebook, an app on your phone or an excel spreadsheet on your laptop, choose a system that works for you.

3. Do 'family gifts' or a Secret Santa

If you've got a lot of people to buy for, such as extended family and friend groups, suggesting a Secret Santa is a great way to keep the costs down. A large box of chocs, tin of biscuits or sweets or a board game can be a great family gift rather than buying individual presents for each person.

4. Buy secondhand

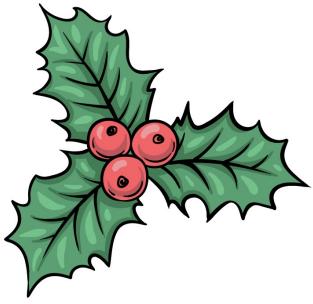
Buying someone a secondhand present used to be a bit of a no-no, but not anymore! Shopping secondhand is more sustainable and frugal, and you can find some treasures.

5. Avoid 'buy now, pay later'

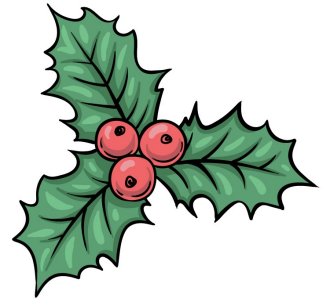
Tempting as these schemes are, try to avoid them unless you have a plan in place for repaying the loan within the interest free period. Otherwise, after the 0% phase ends, you'll be charged an aggressive interest rate and that new sofa, outfit or TV could end up costing you far more. And it could have a negative impact on your credit score if you default on payments.

6. Before borrowing, look at where you can cut costs

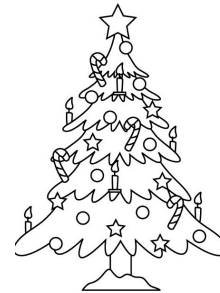
If making ends meet over Christmas looks like it will still be a struggle, be honest with close friends and family; most will be happy to take a rain check on presents or plan something special together in the new year.



Make a Christmas budget. ...



- ⇒ Prioritise your Christmas purchases. ...
- ⇒ Beware of Christmas 'deals' ...
- ⇒ Use price trackers to decide when to buy gifts. ...
- ⇒ Spend less on your Christmas dinner. ...
- ⇒ Try Secret Santa with a small budget. ...
- ⇒ Buy cheap gift cards on eBay. ...
- ⇒ Make Christmas presents by hand.
- ⇒ When writing letters to Santa, encourage your children to write their wishes and hopes instead of focusing only on presents.
- ⇒ Try the four-gift rule - something they **want**, something they **need**, something to **wear** and something to **read**. You could even ask your child to base their list to Santa on this.



Other activities to try:

- Winter walk
- Scavenge hunt
- Write a poem or story together
- Make up your own song/dance
- Make place cards for your table
- Christmas colouring
- Watch a movie



Why not bake some biscuits as gifts

<https://www.bbcgoodfood.com/recipes/basic-biscuit-dough>

Make salt-dough decorations are easy and fun to make

<https://www.bbcgoodfood.com/howto/guide/salt-dough->

