

Education Inclusion Family Advisor Newsletter May 2026



A Bit About Me

Hi, my name is Katie and I am your school's link EIFA.

As an EIFA I offer advice and strategies to parents and carers with a Primary School aged child that may be experiencing some challenges such as routines, sleep, sibling rivalry, challenging behaviour, worries or self-esteem. If you'd like a chance to discuss any of these topics, please contact me via information at the bottom of this newsletter.

How to support our young people, Emotional Literacy and time to understand worries.

Whole family activities A great way to start with Emotional literacy is to watch the film "Inside Out" This looks at the 6 main emotions and explores it in a way that is accessible for children. Look at emotions' wheels, to support further and some great books can be found, including Your Mood Journal by Fearn Cotton.

Worry Box put in your own worries but make sure these are age appropriate for the children within your home. Make sure that children are also able to put ones in that they don't wish to share, agree a symbol that they can draw or a word they can put on the folded bit of paper to identify. Worry box are used in most schools within their classrooms. It is very important for children and young people to understand that everyone has worries and giving them the opportunity to explore these and get support with how they are feeling.

Self-care

To be the best versions of ourselves, we have to put our mask on first!

If you have ever been on a flight, you will see during your safety briefing that you are directed to put on your mask before supporting others. This is a great visual for what we should have as a focus within our daily lives.



[The Blurt Foundation - BlurtItout](#)

Look at their Self Care Kit PDF with 14 pages, which will be sent as a separate PDF or find the page and sign up!

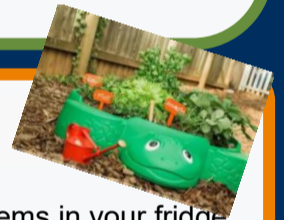
[Mental Health Awareness week takes place 11th-17th May](#)

Growing plants start small with budget hacks

If you and your child have never grown plants before, try this budget hack.

You can grow plants for 'free' by growing food scraps. You might already have these items in your fridge or cupboards, so instead of throwing away the scraps, ends and used bags, you can try to grow MORE food from what you would have thrown in your food recycling or compost bin.

National Gardening Week - Monday 27 April to Sunday 3 May 2026.



EIFA Transition to Primary/Secondary school Workshops

Transition to Primary – 18/05/2026 @ 12:00–13:30/1400 [Microsoft Virtual Events Powered by Teams](#)

Transition to Primary – 20/05/2026 @ 12:00–13:30/1400 [Microsoft Virtual Events Powered by Teams](#)

Transition to Secondary Part 1 – 12/05/2026 @ 12:00–13:30/1400 [Microsoft Virtual Events Powered by Teams](#)

Transition to Secondary Part 2 – 14/05/2026 @ 12:00–13:30/1400 [Microsoft Virtual Events Powered by Teams](#)

Transition to Secondary Part 1 – 9/06/2026 @ 12:00–13:30/1400 [Microsoft Virtual Events Powered by Teams](#)

Transition to Secondary Part 2 – 11/06/2026 @ 12:00–13:30/1400 [Microsoft Virtual Events Powered by Teams](#)

Does your child have, or potentially have, an additional need or disability?

Pinpoint (www.pinpoint-cambs.org.uk) have lots of information, advice and tips. For **Cambridgeshire's Local Offer** go to www.cambridgeshire.gov.uk/residents/children-and-families/local-offer

Contact me directly on  katie.smith@cambridgeshire.gov.uk