

Children's Newsletter

March 2025

Welcome to our March newsletter! This month is packed with exciting dates, so read on to learn about them. You can also see photos from the office event some of you attended, new opportunities with the British Explorers, and a challenge of the month you can enter to win a prize! You can also get to know our staff better by reading our spotlight section and also checking out all our favourite pancake toppings.

Events, Celebrations & Special Days in

MARCH

- 1st - St David's Day
- 4th - Mardi Gras (Shrove Tuesday / Pancake Day)*
- 5th - Ash Wednesday
- 6th - World Book Day*
- 8th - International Women's Day
- 14th - Pi Day
- 17th - St Patrick's Day
- 20th - Spring Equinox
- 21st - Red Nose Day
- 29th - Earth Hour*
- 30th - Mother's Day
- 30th - British Summer Time Begins
- 31st - Eid al-Fitr*



**WORLD
BOOK
DAY**

World Book Day started in 1995 to encourage people to discover the joy of reading and to honour authors from all over the world. Who's your favourite character and can you dress like them?

Earth Hour is a global event where people turn off their lights for an hour to raise awareness about climate change and the need to protect the environment.



Star of the month



SH

For passing her Youth First Aid qualification at Army Cadets, and for recently moving to a green belt in her Taekwondo Grading, achieving a A grade in the process!

Runner-up:

WU for his ongoing commitment and dedication to his football training and matches each weekend!

Well done SH and WU!

Children and carers please keep your nominations coming!

We send each winner a certificate and a medal and all runners up receive a certificate too - we want to hear from you if you have something to shout about.



Mardi Gras / Shrove Tuesday / Pancake Day: Mardi Gras means "Fat Tuesday" in French. It's a special day when people eat lots of rich, fatty foods, (like pancakes!) before Lent begins. Lent is a time when some Christians give up certain foods or behaviours until Easter Sunday. Mardi Gras is the last day to enjoy those foods, and is sometimes celebrated as a carnival.



Eid-al-Fitr: This means 'festival of the breaking of the fast'. It is one of the biggest celebrations in the Islamic calendar. It marks the end of Ramadan, a holy month where Muslims refuse food and drink between dawn and sunset. This is known as fasting. Fasting is important during Ramadan as it allows Muslims to focus on their faith and become closer to Allah. The date Eid al-Fitr falls on is decided by the cycle of the Moon.

International Women's Day: This day celebrates women all around the world and all the amazing things they do! It started back in 1908, when women wanted equal rights, like the right to vote and fair working conditions. Now, every year on March 8th, we honour women's achievements and remind everyone how important it is to treat everyone equally, no matter who they are.



Childrens & Carer News



Congratulations to Emma and Lee, our newly approved foster carers! A big thank you for your hard work getting here, and to their social worker Lianne and Carer Recruitment Officer Tracy for being so supportive. We hope you enjoy your journey with us!

The Office Takeover Day was a huge success! We learned about all the behind the scenes work staff do to keep everyone safe. They organised and ordered Domino's, matched children to the best foster homes, took a mock out-of-hours call, assigned staff to their roles, and tidied a desk using one hand! It was a fun day of teamwork and problem-solving, showing how smart and capable they are!



Staff News



A bittersweet goodbye for Emma, the team manager that left last month. Everybody brought their own food for a lovely buffet and we shared some memories together.



Congratulations to Lianne, who has taken on a new role as Advanced Practitioner! Lianne will be helping Sophie and Sally with their manager jobs and will still be there for families as their supervising social worker.



Spotlight on: Sally

Each month, we will shine the spotlight on a different member of staff, and ask them a bunch of questions so you can get to know us better. This month we are shining it on Sally!



1. What's your name?

Sally but many people call me Sal

2. What's your job role and what do you do on daily bases?

I am a Team manager. I work with other professionals who are involved in the lives of all of our children to try to ensure that children can enjoy their best lives and reach their full potential. I provide day-to-day supervision, support and oversight to some of our staff

3. If you could have any superpower, what would it be and why?

I would love to be magic – I could use my spells to make people happier, help me do household jobs, I could use magic to teleport myself to different places



4. What's your favourite type of ice cream, and why is it the best?

Ice-cream is not a favourite of mine but I do love a mango Sorbet

5. If you could be any animal for a day, which one would you pick?

I would like to be dolphin – dolphins live for a long time, they don't have hair (so no bad hair days), they are intelligent and they show empathy



6. What was your favourite toy or game when you were a kid?

My favourite times were when I played on my bike or my roller skates



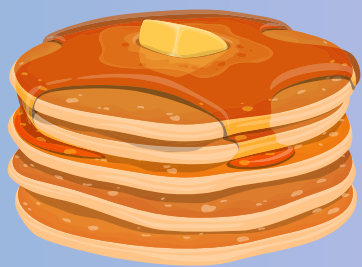
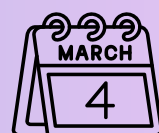
7. If you could only eat one food for the rest of your life, what would it be?

I love sweet tomatoes and can eat bags of them with a little salt

8. If you could give one piece of advice to your younger self, what would it be?

Life is short, try to enjoy every moment and don't waste your time on regrets, anger, worries and grudges. Take every experience that is offered to you so that you can continue to learn as if you were to live forever

How do you like your pancakes?



The possibilities are endless! Here are some of our staff's favourite toppings:

Nika: Crepes filled with jam, sprinkled with icing sugar, topped with whipped cream and fruit



Lianne: Lemon juice and sugar! Or if I'm feeling a little adventurous, nutella and strawberries



Anastasia: Breakfast pancakes - bacon and maple syrup!

Sophie: Lemon juice and sugar is the only way to eat pancakes



Tracy: I'm with Sophie, lemon and sugar

Fenella: Pancake day is a big event in my house - nutella and strawberries



Charisse: I enjoy just maple syrup on mine

Lucy: I'm on the lemon and sugar train!

Michelle: Maple syrup or nutella for me



Sally: I would say stewed apple

****British Exploring Society - NEW**

Opportunities!**



British Exploring Society have recently released the details of 3 new exciting adventure programmes, which are available to young people from 14 to 19 years of age:



1. Adventure Weekend (camping)
When? Friday 11 April – Sunday 13 April 2025 (2 days and 2 nights)

Where? Cannock Chase,
Staffordshire

Age Range? 14 – 19

Meeting Point: Stoke Train Station

Fundraising Challenge? £20



2. Adventure Week (wild camping)
When? Saturday 24 May – Wednesday 28 May 2025 (5 days and 4 nights)

Where? Dartmoor National Park,
Devon

Age Range? 16 – 19

Meeting Point: Plymouth Train Station

Fundraising Challenge? £35

3. Adventure Week (wild camping)
When? Monday 28 July – Fri 1 August 2025 (5 days and 4 nights)

Where? Cairngorms National Park,
Scotland

Age Range? 16 – 19

Meeting Point: Edinburgh Train Station

Fundraising Challenge? £35



The expedition was like finding a missing piece of my life, bringing peace, and comfort, and teaching me to step out of my comfort zone. I have become more determined, comfortable, and self-aware after the expedition. Getting out of my comfort zone was like opening a door to a whole new world of possibilities. When I stepped out of that cosy zone, it helped me to push myself to grow, learn, and experience things I never thought possible. It's all about expanding your horizons, taking on challenges, and discovering the best version of yourself.



All kit and train travel to the meeting point is provided!



If you are interested please ask your foster carer to get in touch with their Supervising Social Worker or email us at adminsouth@fosteringsolutions.com



The Duke of Edinburgh's Award

Fostering Solutions South are now delivering the world leading achievement award; The Duke of Edinburgh's programmes (the DofE) for young people, including Foster Carer's birth children who are aged 14-24.



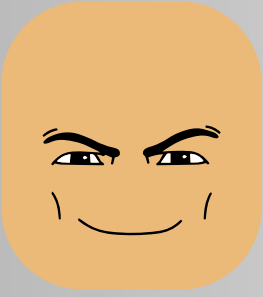
The programme enables young people an opportunity to develop the skills and attitude to become confident, resilient, independent adults in the future. We are proud to be supporting our young people through the DofE Award scheme.



For more information visit the DofE website: www.dofe.org
If you are interested in taking part or you would like to know more please email casey.bishop@fosteringsolutions.com



Online Safety Tips



Roblox is a popular online gaming platform where users can create, share, and play games created by other users.

It's a virtual universe that offers a wide variety of games and experiences, allowing players to engage in diverse activities from racing to building, exploring, and socialising with others.

Roblox has become a favourite among children for its creative freedom and interactive gameplay! Keep reading to learn more about keeping safe while playing.

- **Be Careful with Spending** – Roblox uses a virtual currency called Robux, which can be used to buy cool items in the game. But remember, Robux costs real money! Always check with your carer before making any purchases to avoid any surprises.
- **Stay Safe with Online Friends** – Roblox lets you chat and play with people from all over the world, but not everyone online is nice. Always be careful when talking to strangers. Use a nickname rather than your real name and never give out personal information like your phone number or address.
- **Check the Games You Play** – Roblox has tons of user-created games, but not all of them are right for every age. If you're unsure about a game, ask your carer to check it first to make sure it's safe and appropriate for you.
- **Take Breaks from the Screen** – It's fun to play Roblox, but too much screen time can be bad for your eyes and can affect how much you sleep. Make sure to take regular breaks, get outside, and spend time with others to keep a healthy balance!

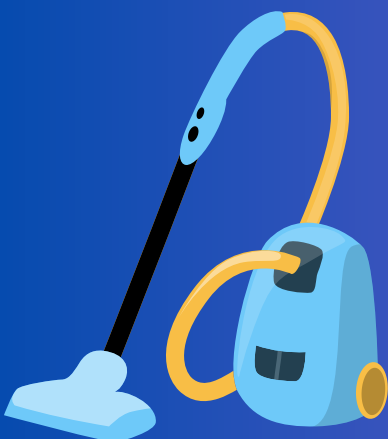
12+

Challenge of the Month

Hoover your room!

Have you ever tried to use a Hoover? Give it a go and let us know at

adminsouth@fosteringsolutions.com



Book Recommendations



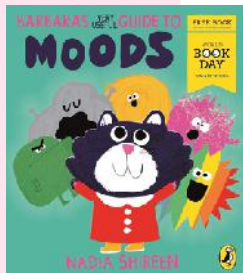
WORLD
**BOOK
DAY**

6 MARCH 2025

Pre-School

Barbara's Very Useful Guide to Moods - Nadia Shireen

Barbara is an expert on moods - she has so many every day! Join Barbara on a day full of excitement, frustration, impatience and **WOBBLERS**.



This new mini picture book has been created especially for World Book Day 2025!



Ages 5+

All Poems Aloud - Joseph Coelho

The poems in this book want to be read aloud! Read these poems to yourself or to a friend, loudly, softly or in a whisper.



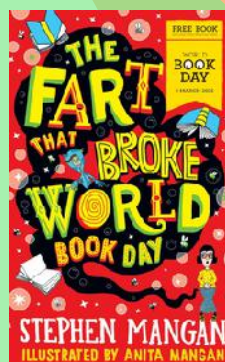
There are poems to make you laugh, testing tongue twisters and poems to make you think.

Ages 9+

The Fart That Broke World Book Day - Stephen Mangan

It's World Book Day and school is full of kids dressed up as their favourite characters and celebrating the magic of reading.

But something smells funny... in every classroom, there's a teacher letting go of a long, loud, ground-shaking fart. And when our hero spots a fellow pupil (dressed almost too convincingly as an alien) hovering by the teachers' bums, and then discovers what looks like a spaceship powered by farts, he's on a mission to stop some unexpected visitors causing a massive stink!



Ages 11+

The Soccer Diaries, Rocky Takes The Lead - Tom Palmer

Rocky Race is ready to take football by storm! Bright, tough, and sporty, Rocky moved to the U.S. to train with an amazing soccer team, making new friends and even winning a state championship.



Now, her best friends from England are visiting to play a match against her American team. Rocky is excited, but there's a problem: her American friends don't understand the British accents, and her British friends don't get why the Americans are so loud! Can Rocky show them that football unites everyone?

Ages 14+

This Story is a Lie - Benjamin Dean

Harley Matthews has always faded into the background, but when he's chosen for Rising Stars, the high-school program that helps talented students achieve their dreams, everything changes. The

catch? He's competing against Annabella, Billie, Theo, and Oliver – the "Perfect Four," who dominate the school. Harley's new spotlight comes with supporters, but also envious enemies. When he finds a chalk outline of his body at the bottom of the stairs, he realises someone wants him out of the competition – permanently. But the underdog deserves to win, right? Remember, this story is a lie.



INDEPENDENCE AWARDS

Are you up for the challenge of completing yours?

Email: Casey.Bishop@fosteringsolutions.com



"It was really easy to follow. We have achieved a lot!" GHB

These awards help you to build skills to work towards independent living, with the support of your carer. Also it's great for your CV!

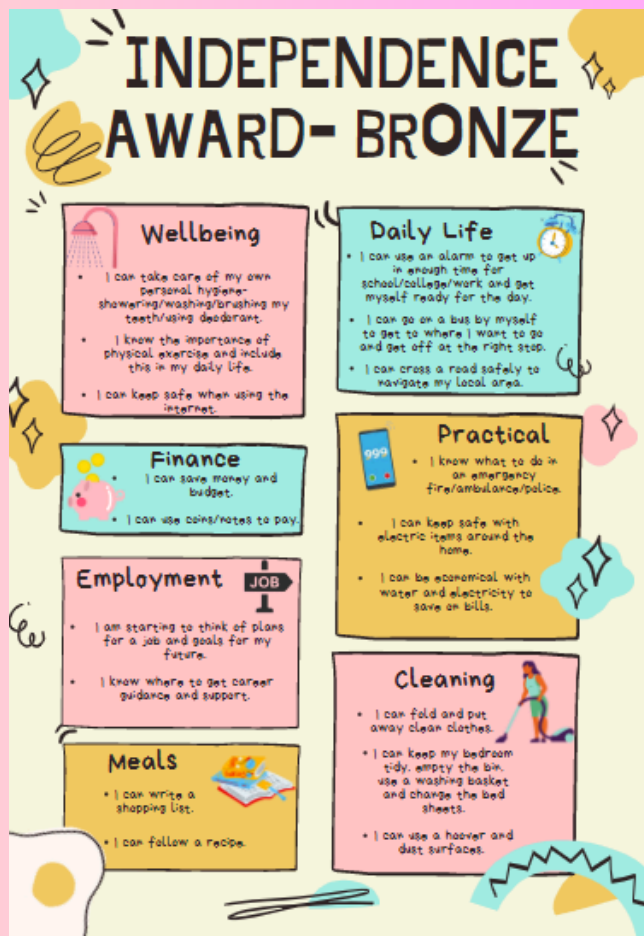


Bronze, Silver and Gold Level

£10 Amazon voucher for completing each level!



Fostering Solutions South



Youth Council

Fostering Solutions South

Youth Council is a place you can go to have fun, and to get help and support. It's a place you can meet other people who are in care, and share your experiences with each other. We will ask for your views on different topics and make sure you see all your ideas come to life.

Being part of the Youth Council will look great on your CV when you apply for future jobs and will also add weight to future college, apprenticeship, and university applications too.

We welcome foster children and birth children and send all new members a welcome pack!



If you would like to join us, please ask your foster carer to get in touch with Casey on casey.bishop@fosteringsolutions.com

The next meeting will be on Tuesday 11th March 2025 and will be online on Teams from 4-5pm.



What do you think of our newsletters? Is there something you would like to see that's not on here? We would love to hear your thoughts. Fill in our anonymous feedback here: <https://forms.office.com/e/ygY4xxtESB>