

Children's Newsletter

April 2025

Hello and welcome to the April edition of our newsletter!

We're so excited to share some fun and special events happening this month. Easter is just around the corner—it's the perfect time to enjoy some springtime fun and perhaps try out our delicious Easter recipe! Also, this newsletter brings a new challenge of the month, so be sure to take part and see what you can accomplish. Keep reading for all the details and enjoy a wonderful start to spring! 🌸

Events, Celebrations & Special Days in

April

- 1st - April Fool's Day
- 2nd - World Autism Awareness Day*
- 9th - Unicorn Day
- 10th - Siblings Day
- 11th - National Pet Day*
- 12th - 20th - Passover*
- 13th - National Scrabble Day
- 17th - International Haiku Poetry Day
- 18th - Good Friday
- 20th - Easter Day*
- 21st - Easter Monday
- 22nd - Earth Day
- 23rd - National Shakespeare Day
- 25th - Penguin Day



Passover, or Pesach, is an important holiday where Jewish families remember how their ancestors escaped from slavery in Egypt a long time ago.

World Autism Awareness Day aims to raise awareness about Autism and how it affects people. More than 1 in 100 people are on the autism spectrum.



Star of the month



BT-M

For her amazing feedback at parent's evening, where she has jumped 5 groups in Art & Design, and she was reported by her Maths teacher to be one of her best students!

Well done BT-M!

Children and carers please keep your nominations coming!

We send each winner a certificate - we want to hear from you if you have something to shout about.



Carer Afternoon Tea!

A small group of our carers had a lovely time celebrating each other in the office over some afternoon tea with the staff. The room was beautifully decorated and lots of baked goods were shared!



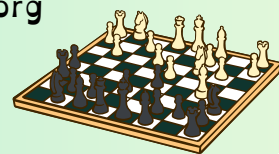
Stepladder Plus - Financial & Life Skills Programme for 15-17 year olds!



Stepladder Plus is an exciting opportunity for young people who have been in care for at least one year and are aged 15-17. Their aim is to empower you to take control of your finances and be confident about your future. They offer incentivised learning, which means you could earn up to £750! To register, visit <https://stepladderplus.sharefound.org>. If you have any questions, you can contact Natasha Richmond on 01296310405 or natasha.richmond@sharefound.org

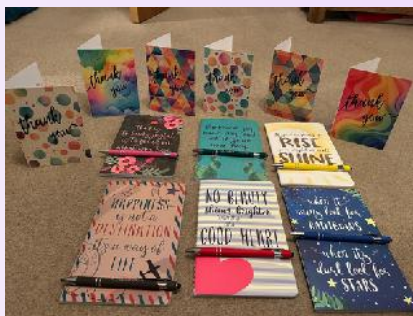
Young person's achievement!

JC has recently started attending chess club and he has already won two tournaments so far!



Staff News

The 18th March was World Social Work Day, an important day that recognises the hard work, commitment and dedication of our social workers.



Sally, Charisse, Fenella, Lianne, Lucy, and Michelle received these beautiful cards, positive affirmation notepads, and pens from Sophie as a thank you for all they do for our families and young people.



Calendar News

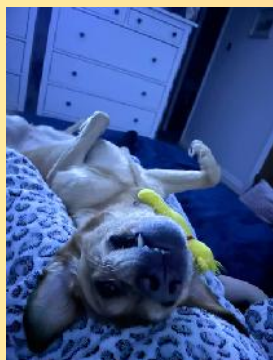


Easter is a holiday that Christians celebrate to remember the resurrection of Jesus. It is a time of joy because Christians believe that after Jesus died on the cross, he came back to life. People celebrate Easter by going to church, having fun with family and friends, and enjoying activities like Easter egg hunts.



National Pet Day - 11th April

Have a look at some of our team's pets this national pet day! Aren't they cute!



Sophie's dog, Rose



Nika's bunnies,
Daisy and Benji



Anastasia's foster
puppies



Fenella's dog,
Mabel



Lianne's cat, Sassy



Spotlight on: Tracy

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 Tracy!



1. What's your name?

Tracy Wilding

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

I am the Carer Recruitment Officer and I meet people who are interested in becoming foster carers.

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

I would like to be strong like Superman so I could help people when needed.

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

I love salted caramel because it's sweet and has crunchy bits of caramel in!

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

I would like to be an eagle so I could fly high in the sky.



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

I loved reading books, my favourite was the Magic Faraway tree by Enid Blyton.

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

Chocolate 😊



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

Follow all of your dreams, you can do anything you put your mind to if you just believe.

If there are any questions you would like to add, please let us know at adminsouth@fosteringsolutions.com.

Easter Recipe - Chocolate egg nest cakes



Ingredients

- 225g dark chocolate or a mix of dark and milk chocolate, broken into pieces
- 2 tbsp golden syrup
- 50g butter
- 75g cornflakes
- 36 mini chocolate eggs

Method

1. Line a 12-hole fairy cake tin with paper cases.
2. Melt the chocolate, golden syrup and butter in a bowl set over a saucepan of gently simmering water (do not let the base of the bowl touch the water). Stir the mixture until smooth.
3. Remove the bowl from the heat and gently stir in the cornflakes until all of the cereal is coated in the chocolate.
4. Divide the mixture between the paper cases and press 3 chocolate eggs into the centre of each nest. Chill in the fridge for 1 hour, or until completely set.
5. Enjoy!



REMEMBER! →

Be careful with the saucepan of hot water and ask an adult for help if you need it.

****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 will soon be 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

Top tips for better scrolling

Doomscrolling getting you down? We've got you. These tips will help make scrolling through your socials a more positive experience.

Find your own positive space

Follow accounts that make you feel good, whether it's your favourite band, or someone's best skateboarding tricks. When you find what you enjoy, your time online will feel better.



Take a scrolling break

When your scrolling starts making you feel not so great, taking a break and doing something different can help you feel better. You could try listening to music or a podcast, going for a walk, or playing a game.

Forget about likes



It can feel important to know how many people have liked or commented on something you've posted. But focusing on it can leave you feeling like you're not good enough. If you're tempted to check the like count, turn on airplane mode and do something fun to distract yourself. Remember that likes aren't everything, and there are other ways to build your confidence.



Mute notifications

Checking for comments or messages can be stressful sometimes, or you might feel pressure to keep up with what's happening online. Try turning off notifications for certain apps, or set your phone on mute or do not disturb. It might even help you sleep or focus better.



Get help if you see something upsetting

Sometimes people might post things online that you find upsetting or disturbing. If you've seen something you're worried about, you don't have to cope alone. It can help to:

- Report it to the platform or website
- Avoid sharing or commenting on it, even if you want to say you disagree
- Talk about what you've seen with an adult you trust

<https://www.childline.org.uk/info-advice/>

Challenge of the Month

International
Haiku Day -
17 April

Write a Haiku!

Send your Haiku to adminsouth@fostering-solutions.com or to your supervising social worker and the best one will win a prize!

A Haiku is a special kind of poem from Japan with just three lines. The first line has 5 syllables, the second has 7 syllables, and the third has 5 syllables again. You can count how many syllables a word has by saying the word slowly out loud and clap every time you hear a distinct sound. Each clap represents one syllable. For example, the word "banana" has three syllables: ba-na-na.

Book Recommendations

Pre-School

Mountain and Cloud
- Jana Curll



Mountain and Cloud are the BEST of friends.

They do everything together! When an enormous storm blows Cloud far, far away, they're lost without each other. Can the two friends face their fears and find their way back to one another?

This positive picture book is a useful story to share with children who are experiencing being separated from friends, parents or carers

Ages 5+

Isadora Moon Rides a Bike - Harriet Muncaster



Isadora is special. Her mum is a fairy and her dad is a vampire and she's a bit of both. Isadora can fly and do magic, but there's one thing she has never tried, and that's riding a bike.

Luckily, her mum and dad and best friend, Zoe, are eager to help. Maybe it is possible for a vampire fairy to learn to ride a bike after all . . .

Ages 9+

The Boy in the Suit
- James Fox



It's not easy to fit in when you're the boy in the suit...

Ten-year-old Solo - embarrassingly, that isn't short for anything - just wants to be normal. He wants a name that doesn't stand out. He wishes he had a proper school uniform that fitted him. He dreams about a mum who doesn't get the Big Bad

Reds, like his mum Morag. But most of all he longs to stop crashing funerals for the free food. But when Solo and Morag crash the funeral of a celebrity and get caught, the press are there to witness their humiliation. Before Solo knows it, he becomes a viral sensation, and life may never be normal again.

Ages 14+

Glasgow Boys - Margaret McDonald



Meet Finlay. He's studying for his nursing degree at University, against all odds. But coming straight from care means he has no support network. How can he write essays, find paid work and NOT fall for that one boy, when he's struggling to even feed himself?

Meet Banjo. He's trying to settle in with his new foster family and finish school. But he can't forget all that has happened, and his anger and fear keep boiling over.

How can he hold on to the one good person in his life, when his outbursts keep threatening his already uncertain future? Can Finlay and Banjo let go of the past before it drags them under?

Ages 11+

Hidden Treasure - Jessie Burton



For those living along the Thames, the river is a living thing—capable of taking, hiding, and sometimes returning treasures. Bo and Billy, two poor children who have never met, each find half of a priceless treasure given up by the river. Billy is an orphan, and Bo's dad died when she was small, leaving her brother to fight in the war. When the pieces are reunited, the treasure can give one of them back the most precious thing they've lost. But should they put the treasure back together? And why has the river returned it now?

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

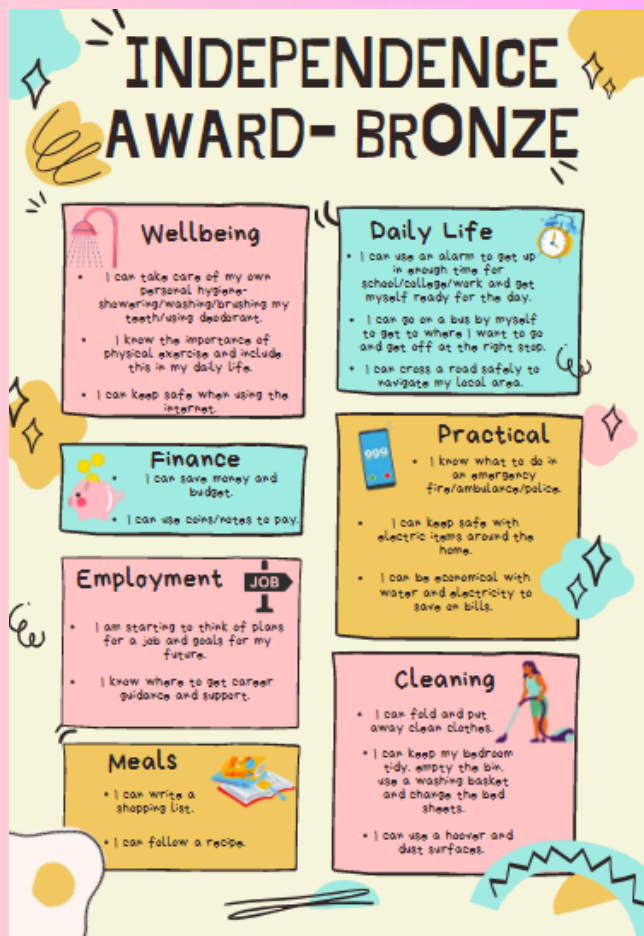
These awards help you to build skills to work towards independent living, with the support of your carer. Also great for your CV!



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 date will be announced shortly.



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>