

# Children's Newsletter

## January 2026

Happy New Year and welcome to the first newsletter of 2026!

We hope you had a brilliant festive period and enjoyed spending time with the people around you. We also hope you loved your hampers and building your amazing gingerbread creations – some of which you'll see in this newsletter!

A new year brings new adventures, and we're excited to share that British Explorers have lots of fun activities coming up, so let us know if you'd like to get involved. We can't wait to see what this year brings for you! 😊

### Events, Celebrations & Special Days in

# JANUARY

1<sup>st</sup> - New Year's Day



5<sup>th</sup> - Twelfth Night



16<sup>th</sup> - Global Word Search Day

19<sup>th</sup> - Martin Luther King Day

21<sup>st</sup> - National Hug Day

23<sup>rd</sup> - 25<sup>th</sup> - Big Garden Birdwatch\*

25<sup>th</sup> - Burns Night

27<sup>th</sup> - International Holocaust Remembrance Day



28<sup>th</sup> - International LEGO Day



Twelfth Night is the last day of the Christmas period. It is traditionally when most people take down their Christmas decorations and its origins date back to the 6th century.



\* Find out more about the Big Garden Birdwatch on page 3!

### Star of the month

goes to....



**SH**

for her amazing school report! SH is consistently reported to engage well, have a positive attitude towards learning and produce homework of a high standard and should be really proud of this!



Second Place

**DW**

for doing so amazing in her solo at her Christmas concert!



**WELL DONE SH AND DW**

if you have a star of the month nomination please send it in to us at [adminssouth@fostersolutions.com](mailto:adminssouth@fostersolutions.com)!

# Childrens & Carer News



Here's a pic from the Fareham & Gosport festive lunch with Sally, Tracy and Charisse! Do you see your foster carer here?



How did your gingerbread building go? Here's a few incredible ones we've seen! Is yours on here?

Have a look at this beautiful Christmas card designed by TJK, age 10.



These pics are from Tracy's craft workshop in Havant, where we spent the afternoon making mosaic tree ornaments!

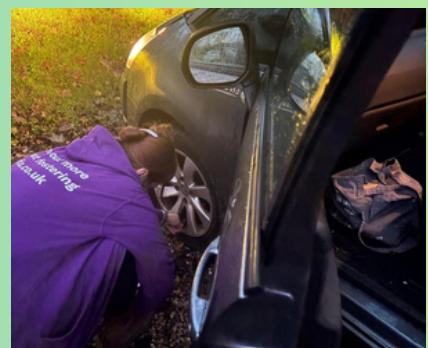
If you have any artwork or news you would like to see here please let us know at [adminsouth@fostatingsolutions.com](mailto:adminsouth@fostatingsolutions.com)!

## Staff News



Last month we had our team Christmas lunch in the office where we feasted, played festive games, and unwrapped our White Elephant gifts!

Well done to Fenella who won a Recognition Award for her supportive & dedicated work with her foster carers.



Nothing is ever simple! Here's how the lunch ended... with us doubling as mechanics for Casey's broken car!

# 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.

Doing DofE helps you leave your limits behind. It's the perfect way to try new things, meet new people, discover new talents, learn new skills, give to your community, feel more confident, make a difference, recognise your potential, boost your wellbeing – and know that nothing can hold you back.

There are three levels of Award – Bronze, Silver and Gold. For each one you need to complete four sections – Volunteering, Physical, Skills and the Expedition. For Gold, you also need to complete a five-day residential. What you do is up to you - from surfing to salsa dancing, coding to candlemaking - it's your call.



For more information visit the DofE website: [www.dofe.org](http://www.dofe.org)  
If you are interested in taking part or you would like to know more please email [casey.bishop@fostersolutions.com](mailto:casey.bishop@fostersolutions.com)



## Safety Tips



Did you receive a new console, tablet or game for Christmas? If so, many of you may use it to play games online! This month, we're sharing some tips to help you stay safe while playing Roblox, one of the most popular games for kids of all ages.

Some games let you talk to people in open spaces. **Don't reveal personal info** like your real name, address, or school.

Don't trust promises of free Robux or items – these are usually **fake**. Only buy items or Robux through the official Roblox platform.

Some chat and game features require age verification. **Don't lie about your age** – it's important and it's there to protect you.

If someone is being mean or breaking the rules, you can click the three dots on their profile and select "Report".



## Big Garden Birdwatch 2026



The RSPB is a charity that helps look after birds and nature. They bring together people who love wildlife and want to help protect it.

Every year they run the Big Garden Birdwatch, and anyone can join in! It is the world's biggest garden wildlife survey. Lots of people take part to help find out how birds are doing.

To join in, choose one hour between 23–25 January 2026 and count the birds you see in your garden, on your balcony, or in a local park. **Only count birds that land**. Then send your results to [rspb.org.uk](http://rspb.org.uk). Even if you don't see any birds, that is still important information.



# NEW FOR 2026! British Exploring Adventures



2026 sees the launch of a range of exciting adventures across the UK and abroad in beautiful and stunning locations. Please get in touch with Casey or your supervising social worker if you are interested!

## 1. Wilderstan Antarctica & Oman

When? Jan-Feb

Where? Online via Zoom

Age range? 14+

Fundraising challenge? Free



## 3. Adventure Week (camping)

When? 23<sup>rd</sup> May - 27<sup>th</sup> May

Where? Exmoor National Park, Devon

Age range? 18+

Meeting point? TBC

Fundraising challenge? £70



## 5. Adventure Expedition (wild camping)

When? 5<sup>th</sup> - 18<sup>th</sup> August

Where? Knoydart, Scotland

Age range? 16+

Meeting point? Fort William

Fundraising challenge? TBC



## 2. Adventure Weekend (camping)

When? 10<sup>th</sup> April - 12<sup>th</sup> April

Where? Cannock Chase, Staffordshire

Age range? 14-19

Meeting point? Stafford Train Station

Fundraising challenge? £30



## 4. Adventure Week (wild camping)

When? 25<sup>th</sup> July - 31<sup>st</sup> August

Where? Cairngorms National Park, Scotland

Age range? 16-19

Meeting point? Edinburgh Train Station

Fundraising challenge? £80



## 6. Overseas Adventure Expedition

When? 25<sup>th</sup> July - 22<sup>nd</sup> August

Where? Kyrgyzstan

Age range? 18+

Fundraising challenge? £1250

"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. It's all about expanding your horizons, taking on challenges, and discovering the best version of yourself." - Dan, NFG Explorer 2024

## Do you have a New Year's Resolution? We wanna hear about it!

Not got one? Here's some inspiration:

- I will read for 20 minutes every day
- I will learn a new skill (drawing, music, coding, cooking)
- I will use kind words about myself
- I will try one new food each month
- I will drink more water
- I will take care of a plant or pet
- I will speak up when I need help
- I will practice my handwriting or spelling
- I will try out a new sport
- I will try again when something is hard

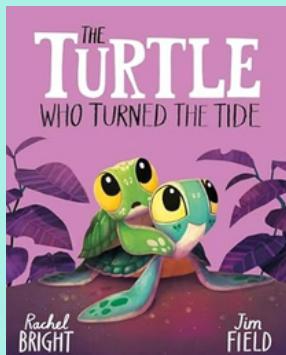
The trick is to choose something achievable but not too easy - and something you feel very passionate about doing.

Send us in your resolution to [adminsouth@fostatingsolutions.com](mailto:adminsouth@fostatingsolutions.com) and we could use it to inspire others!



# Book Recommendations

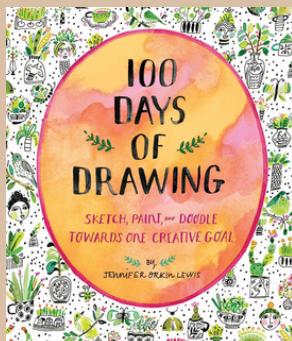
## Ages 0+



### The Turtle Who Turned the Tide - Rachel Bright & Jim Field

On a midnight-black beach, it's time for a GRAND HATCHING. A rowdy crowd of animal onlookers have gathered to see which baby turtle will win the great race to safety in the sea. But when Tula's brother loses his way, this baby turtle faces a difficult choice: will she choose to win the race or will she turn back to rescue her brother? And will the other animals stay on the sidelines, or will Tula's brave decision inspire them? An uplifting and funny story of how we ALL have the power to change things for the better.

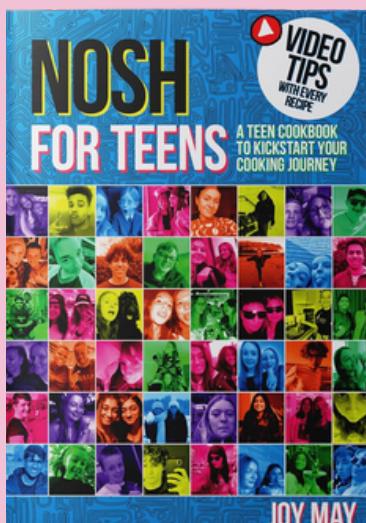
## Ages 5+



### 100 Days of Drawing - Jennifer Orkin Lewis

New Year's Resolution to learn a new skill? Maybe drawing? There are lots of great and helpful books out there, and this is one of them. Doodle faces on objects, patterns on tea cups, animals in outfits, people in fanciful headdresses and much more; each new theme is fun and rewarding, regardless of your skill level. The book also nudges you past the blank page by providing creative prompts and interesting backgrounds to draw on and shows you how to experiment with markers, gel pens, and colored pencils. Your own interpretation of her prompts will make your sketchbook completely unique.

## Ages 10+



### NOSH For Teens - Joy May

If you're looking to try cooking this year, Nosh for Teens is the perfect read. Nosh is packed with delicious, creative recipes perfect for beginners who want to try something new in the kitchen. From quick snacks to full meals, it's full of tips, tricks, and ideas that make cooking exciting and approachable. You can experiment with flavours, learn handy skills, and even impress friends or family with your creations. It's not just about food – it's about building confidence, trying new things, and enjoying the process of making something for yourself or others. A perfect way to set a fresh, tasty goal for 2026!

# INDEPENDENCE AWARDS

Are you up for the challenge of completing yours?

Email: [Casey.Bishop@fosteringsolutions.com](mailto: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!



## INDEPENDENCE AWARD- BRONZE

### Wellbeing

- I can take care of my own personal hygiene- showering/washing/brushing my teeth/using deodorant.
- I know the importance of physical exercise and include this in my daily life.
- I can keep safe when using the internet.

### Daily Life

- I can use an alarm to get up in enough time for school/college/work and get myself ready for the day.
- I can go on a bus by myself to get to where I want to go and get off at the right stop.
- I can cross a road safely to navigate my local area.

### Finance

- I can save money and budget.
- I can use coins/notes to pay.

### Employment

- I am starting to think of plans for a job and goals for my future.
- I know where to get career guidance and support.

### Meals

- I can write a shopping list.
- I can follow a recipe.

### Cleaning

- I can fold and put away clean clothes.
- I can keep my bedroom tidy, empty the bin, use a washing basket and change the bed sheets.
- I can use a hoover and dust surfaces.

## Youth Council



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!



Fostering Solution South's



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

The next meeting date is Saturday 10<sup>th</sup> January in the office.



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>