

# Education Inclusion Family Advisor Newsletter November 2025



## A Bit About Me

Hi, my name is Amy Murden, I'm 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 chat about any of these topics, just contact me on the details below.

## Parenting Top Tip

Fireworks night is nearly upon us, and many children are eager to attend local firework displays. Fun for all the family! Events like this do come with their challenges though. There are a few things that you can do to make sure that you not only all have a fabulous time, but everyone stays safe.



**Boundaries and expectations** – Children need to know what is expected of them and thrive on boundaries. There needs to be a separate set of boundaries for going to a fireworks display and these need to be discussed before you go. Praise your child for doing the right thing.

**Safe and unsafe** – A fireworks display is a perfect time to help children learn about safe and unsafe risk. Fire, fireworks and sparklers all have potential to hurt but if safety guidelines are followed, everyone can stay safe. Model following instructions yourself and supervise them so everyone can enjoy a fun evening.

## Activity Idea – Glow Stick Seek

*You'll need: 4 glow sticks per person*

This is a similar idea to an Easter Egg Hunt, but in the dark. Once the sun has set, snap the glow sticks so that they start to glow and hide them in various places around the house. With the lights off, let your children loose – looking through the house to find the colourful glow sticks. Like the parenting top tip above – walking or running around in the dark poses a very low level of risk, but this means it's a good opportunity to let your children learn about safe risk.

Once all the glow sticks are found, maybe they can put them on their wrists and ankles and play normal hide and seek, with the added difficulty of them now glowing... great fun!

## Starting Primary School and Transition to Secondary

Some families may have recently submitted applications for primary and secondary school places for September 2026. EIFAs are here to offer support and guidance throughout this journey. We encourage you to visit open days and take part in school tours. If you have any questions or need support, please do not hesitate to reach out to your EIFA or contact the school directly.



Does your child have, or potentially have, an additional need or disability? **Pinpoint** ([www.pinpoint-cambs.org.uk](http://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](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)

Contact me directly on

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