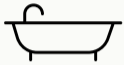


Education Inclusion Family Advisor Newsletter February 2026

A Bit About Me

Hi, my name is Michelle West, 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 chat about any of these topics, just contact me on the details below.



Parenting Top Tip



Parents and carers often prioritise the needs of others and place their own wellbeing last, which can increase the risk of stress and burnout. Children learn by example, and when they see adults acknowledging their feelings and taking steps to care for themselves, they develop the skills to recognise and manage their own wellbeing.

Ahead of half term, our EIFA workshop will focus on family wellbeing, exploring practical ways to support self-care and introducing simple tools to help build and maintain healthy routines for the whole family.

Please join us for the Family Wellbeing session on Tuesday 10th February at 12.00. To book a place, please click the link or scan the QR code [Microsoft Virtual Events Powered by Teams](#)



Create a paper lantern

Tuesday 17th February is Chinese New Year and 2026 is the year of the fire horse, symbolising growth mindset in the form of independence, creativity, ambition and energy to name only a few.

Why not create a paper lantern to celebrate.



- Take a piece of A4 paper or thin card.
- Fold it in half lengthways and make equally spaced cuts along the length of the paper/card (using scissors) - Make sure you leave a 3cm gap at the top and bottom and both ends of the paper/card.
- Open the paper/card and fold it round into a cylinder shape.
- Glue or sticky tape the ends together and decorate your lantern with paints, pens, sequins or sticky gems.

Children's Mental health week is taking place between the 9th-15th February

This year's theme is 'This is my place' and is around creating an environment that gives our children and young people a sense of belonging.

Place2Be have a whole range of resources and activities available to download for free.

[Place2Be's Children's Mental Health Week - Official site](#)

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

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