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## Newsletter 15 26/04/2024

Dear Families,

What a busy two weeks we have had since returning from the Easter break. It has been wonderful to start our new summer units of learning.

We have welcomed Mr Oliver into our Year 1 team and it has been lovely seeing how well he already knows the children. Thank you to the Joshua families who have made him feel part of the Southfield Park community so quickly.

Thank you to the Peacock parents who were able to attend the Open Classroom on the first day of term – it is always a pleasure to be able to share the children's learning with you.

Rehearsals for the summer production are underway and it sounds as though it is going to be spectacular!

Year 2 and year 3 have really impressed us this week as we have used their classes for interview lessons. The children have really demonstrated how wonderful they are as learners and as a community. Thank you children – we have been so proud of you.

I had the pleasure of popping into our Reception classes this week. The children have developed so much since starting with us. It was lovely to talk to the children about the problems they were trying to solve outside. Lots of deep thinking was happening.

Year 6 children have been really impressing us this week with their positive attitude to learning in their final term with us. It is fantastic to see all their hard work coming together.



Congratulations to the year 5 and 6 football team who represented the school in a tournament on Tuesday. We were incredibly proud of how you demonstrated fantastic team work and sportsmanship.



Congratulations to Year 4, who thoroughly entertained us this morning with their excellent assembly. I think the whole audience learnt lots from you – we were really impressed!

It has been a very important week in school this week as we have observed our very own inclusion week. We have had lots of opportunities to celebrate the diversity that being in our school allows us to experience every day. We have learnt together and from one another. A huge thank you to Mrs Walker and Ms Miniuks who have carried out a lot of the planning and preparation in the background, but who also both go the extra mile to ensure that inclusion is always at the forefront of our minds as a community. We do hope you saw our rainbows which are designed to raise awareness of Neurodiversity.



A huge thank you to the parents who have contributed their stories and have given permission to share their experiences with the community. We really do appreciate it and don't underestimate what we have asked you to do.

It was lovely to have Mrs Pothecary, our new SENDCo in school this week. She met many of the children and some parents too. She is very excited to be joining the team after half-term.

I am sure you would have seen the news that Polly Sawyer, our wraparound care provider is retiring at the end of the school year. We are working hard to make sure we have the right solution in place for September which will provide exactly what our community needs. Please look out for updates as we will communicate with you as soon as possible so that you can get booking.

Lauren Clogg  
Headteacher

Dates to look out for:

Date	Time	Event
Fri 03.05.24	9:15am	Y1 Assembly
Mon 06.05.24	Bank Holiday – school closed	
Mon 13.05.24-Fri 16.05.24	08:15	SATs breakfast for year 6 children
Mon 13.05.24-Fri 16.05.24	KS2 SATs window (Year 6 children)	
Fri 17.05.23	KS1 Sports Day (AM) Letter to follow	
Tue 21.05.23	Class Photographs	
Thur 23.05.24	3:30pm	Year 5 PGL meeting
Fri 24.05.24	Normal time	Break up for half term

## Inclusion Week

This week we have had proud to celebrate Inclusion Week in school. In particular, we have focused on some of the challenges and strengths that neurodiverse conditions can present for young people. Inclusion week has enabled us to celebrate differences, promote empathy and highlight the importance of creating an inclusive environment.

Throughout the week, the children have engaged in various activities and discussions around the theme of inclusion. These activities have aimed to encourage an appreciation of neurodiversity and to promote understanding and empathy. During our assemblies on Monday, we introduced the symbol of a colourful umbrella as way of showing how an inclusive approach can provide safety and unity to all, regardless of their differences. The umbrella is the symbol used by the ADHD Foundation for Neurodiversity and it encourages schools and business across the country to decorate and present colourful umbrellas as a way of celebrating the ability, talents and superpowers of all. Every class in the school produced a piece of artwork themed around an umbrella to show our commitment and support as a school to Inclusion. Please take a minute to look at the children's work which is displayed on Classroom windows across the school.



During the course of the week, teachers have shared stories and video clips with the children to help them understand a little more about neurodiversity and conditions such as ADHD, ASC and dyslexia. Our focus has been on celebrating unique talents and skills and we have encouraged the children to understand that being neurodiverse can be an asset. School displays have shown the children how neurodiversity does not need to hold you back – successful athletes, actors, scientists and business people have flourished despite the challenges that they may have faced !

One group of children have been particularly passionate about our activities this week – our Young Carers Groups. Representatives from our Young Carers Group visited every class this week to share information about their experiences of having siblings or other family members who need additional support. They organised a Poster competition and helped to run our pop-up stalls linked to Inclusion which took place this week. Staff members have commented on how confident, empathetic and informative this group of children have been. A big shout out to Mrs Miniuks for supporting the Young Carers with their presentations and for providing them with a chance to meet regularly through the Super Siblings and Super Kids Groups.

We know that having a child who is neurodiverse can be a wonderful, but it can also be challenging and incredibly hard. Thank you to the parents who came along to our Coffee Morning on Wednesday and who were willing to share their experiences and provide support for one another. Also a huge thank you to the parents who sent me contributions for this newsletter. It is important that we recognise the daily battles that some parents face in supporting their children and enabling them to access everyday life .

Thank you to a parent who shared her experience of raising a child with Special Education Needs:

What is my experience of being a SEN parent is a tough question to have to reflect on, because in short the first thing that comes to mind, is that this isn't a life I signed up for. It is hard, lonely, exhausting and isolating and no one truly understands unless they are living through it also. I have signed up for several Asd parenting courses and honestly felt like something must be fundamentally wrong with me, all this talk of our beautiful young people felt like such toxic positivity, shining a light like ASD and ADHD was a beautiful thing to have when the reality for me is the polar opposite. Extreme meltdowns, emotional dis regulation, endless clinical hospital appointments and fighting for provisions for both physical and mental disabilities and other behaviours are not my idea of sunshines and roses. It feels more like being stuck in the middle of an unforgiving jungle with no resources to keep you alive! Just to caveat when I say my children are my entire world they truly are. I love them with every fibre of my being, they are my entire life, my life is solely for them and caring for them. Yet the polarity is, I find myself now having anxiety and being constantly over stimulated myself of even being around them. Living life on a nervous system knife edge of meltdowns is exhausting and sometimes I feel myself resenting the life that has presented itself. The guilt I feel on feeling like I don't want to be around my own child sometimes is something I really struggle with. But having open honest conversations with other SEN parents and discovering they can feel the same has made me feel like I'm not the worst mum in the world. (This life can feel super isolating – take this as your reminder that you are not alone – there is a whole community of us neurospicy and SEN mums! And I have not yet met one SEN parent who won't have your back and understanding.)

I grieve for a 'normal life' a neurotypical life. Especially in mainstream education, being surrounded by neurotypicals when you are living with anything but, feels like you are climbing a treadmill that is moving backwards as you are trying to move forwards. If I could give 2 bits of advice to parent me at the beginning of the school process it would be these 2 things

1. You can advocate without a diagnosis. Advocate for the actions and behaviours that you are seeing and don't give a damn about a piece of paper. If your child is struggling, they are struggling for a reason and a diagnosis will not change that and unfortunately a diagnosis isn't the magic wand that will magic everything away. I mean it does obviously help. But I wish I had advocated certain changes that my mummy intuition knew he needed before I had his official diagnosis.
2. Advice number 2 is never give up fighting for your child. If your mummy spidey senses feel like something isn't right, don't give up. My child was missed as a neurospicy child because he masked and presented differently at school to than he did at home and out of school. He was the quiet polite child who skimmed under the radar as he wasn't the loud disruptive type. The system is flawed and doesn't take into consideration masking in a school setting. It is hard and infuriating. Not being listened to because of this... but just keep going. It took me many years but we got there with a diagnosis and as per advice 1 I really wish I'd pushed for certain provisions before diagnosis.

I am in the stage of navigating hormones and tween life, so life is like a bumpy rollercoaster right now. But I honestly hold deeply in my heart that this period of life where it all feels so debilitatingly hard will indeed pass and smoother waters lie ahead for my little people and our family unit. That yes life will always present its challenges for our young people, but as they get older they will learn their own coping mechanisms and develop more emotional maturity and understanding of themselves so that one day they won't struggle as much as they do today. That future light is what I currently hold on to for them and for myself as a parent to help me navigate through these darker waters.



A poem shared by a parent about which beautifully captures the joys and challenges of raising a child with a disability or SEN.

“Take a seat and sit with me  
I want to talk about ASD  
If you don't mind I'd like to  
explain  
A little thing called autism and  
how it affects my brain  
It can make me anxious, angry  
and afraid  
But this stays in my head, on my  
face it's not displayed  
I may seem heartless and  
question your meanings  
But it takes me a little longer to  
process the feelings  
Take a seat and sit with me I want  
to show you ASD  
A girl sitting quietly is all you see  
But inside my mind I am far from  
free  
My thoughts collide, my senses  
take over  
I become overwhelmed by the  
smallest sound  
Clicking pens, ticking clocks  
That boy's chair and the way it  
rocks  
All different smells attacking me  
The perfumes, the coffee, the  
teacher's tea  
Take a seat and sit with me  
But not too close, I have ASD



I try to be social, I try to fit in  
I come across rude, I can never win  
I am very literal and straight to the point  
If you want the truth I won't disappoint  
When my brain is overloaded I sometimes  
lash out  
My control fades, I scream and shout  
I get confused and it all spills out  
Intense emotions all trapped inside  
Finally have nowhere to hide  
Take a seat and sit with me I want to tell you  
about ASD  
Please understand I am not to blame I've just  
got an atypical brain  
But it's not all doom and gloom  
I'm often the sportiest girl in the room  
I'm quirky, unique, kind and caring  
I'm loyal, protective and always sharing  
I'm obsessed with frogs and all things green  
I'm the youngest trendsetter you've ever  
seen  
Take a seat and sit with me  
I am Ava, I am me  
I'm not just my label of ASD.”



## Being a mum to the most amazing ASC child

As most of us know being a mum can be tough, we are not taught to be mums, we don't get given an instruction manual, we just get on with it right?

Being a mum is the most rewarding thing ever and we love our children unconditionally. We wouldn't let anybody speak badly of our children or allow anybody to hurt them, we will protect them forever.

Being the mum of my ASC girl is a different world, a world that many will never understand. It's a world that can never be understood unless you live in it every day of your life.

The bond I have with my daughter is so strong but sometimes even I find her difficult to understand.

Girl's mask, my daughter deserves an Oscar! How she manages to cover her thoughts/feelings/worries and anxieties on a daily basis I will never know. She fights her thoughts and feelings every day as she has learnt how to behave to fit in with her friends. Adults don't realise she is ASC as she "appears" to behave in the way her peers do. Can you imagine how difficult this would be for us as adults, to mask all day?

So, imagine how difficult it is for a primary school child or any child for that matter!

My daughter tells me every night before bed and every day she wakes up that she hates school and that she does not want to go. She finds learning difficult as it is but on top of this difficulty she over thinks her relationships with friends, she worries about her feelings, about smells and the clothes she is expected to wear. A good example and one that I would not have ever considered, the pea that may or may not appear on the hall floor after lunch and before her PE lesson. This evasive green pea can be the cause of her extreme behaviour change the day before that PE lesson even takes place!

It's such a stressful world for her and me but we navigate it as best we can! Learning to pre-empt a situation or scenario in preparation for the impact it may have on her has helped, we constantly talk about her feelings and the importance of speaking openly about her fear, worries, anxieties and hate towards something. Hate I know is a strong word, but it triggers that natural "fight" or "flight" mode that she often just can't control, it drags her into a world of lost feelings, lost emotions that she finds it so hard to control. It takes her to a place that even she says she hates being in.

Imagine all this before you have even get in the car to go to school/work?

I could go on and on and on with stories and examples of our life but I think the thing I want to ask is that society be a little more accepting, a little more understanding and just kind.

Next time you see somebody struggling or acting a little differently or maybe wearing something different or even avoiding your eye contact don't just assume that they are rude, uneducated, badly behaved, maybe just maybe they just need a little time, patience and understanding.

## A Poem written by a Nan for her Grandson

You look at the World  
With a view that is new  
So I try my best to see  
that way too

All of us here are a one  
Or a kind  
And I am learning so much from your beautiful mind

Your little Ways  
The things that you do  
I love all the stuff that makes you, you.



## Welcome to Holland

by Emily Perl Kingsley

When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland."

"Holland?!" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around.... and you begin to notice that Holland has windmills.... and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy... And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned."

But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things... about Holland.





### Young Carers Contribution and news about the Poster Contribution

This week we have been focusing on inclusion in school to help the children get a better understanding on what it's like to be a young carer, and what it means to be neurodiverse. We have made an assembly all about this week including neurodiversity and young carers. And also made a pop up in the junior and infants playground during lunchtime. Neurodiversity is a word used to explain the unique ways that people's brains work no brains function the same because we are all individually special. On Tuesday morning the Super Kids and Super Siblings (a group of young carers that get together regularly) visited each year group and made a presentation all about inclusion week and specifically about Young Carers. A Young Carer is a person under 18 years old who cares for a family member (of any age) that may be ill, elderly or disabled. They could have ADHD, Autism or a physical disability. Although it can be hard being a young carer, you develop resilience through the challenges you experience.



Around the school we've used an umbrella to symbolise neurodiversity and how everyone is included and we are all together under the umbrella, no matter who you are or what you look like. Neurodiversity is a word used to explain the unique ways that people's brains work no brains function the same because we are all individually special.

By Stacey, Harrie and Harmony  
Pictures by Piper and Analia









From a parent who was diagnosed with ADHD as an adult

Hello, my name is 'Trouble'; my name is 'Naughty'. I am the 'bad kid', the one who can't sit still, the one who can't focus, the one who always 'acts before thinking', the one who 'overreacts' or 'explodes' for no reason, and the class clown, always messing about.

For a primary school child hearing these labels so much was not only very difficult but extremely damaging. They followed me as I continued my journey through education; like a black cloud for everyone to see. I was expected to be 'bad', like a rotten apple, and became an easy target in the 'blame game'. There is only so much any child can hear that they are naughty or bad before they figure "well if I can't beat them, I may as well join them" and start acting up to the labels.

As an adult my self-esteem was shattered as I was so used to being 'bad' and not worth the effort, always causing 'trouble', and feeling alone; so very alone.

It wasn't until I reached 30 years old that I was diagnosed with ADHD and after doing loads of research began to understand that I was 'bad' or 'trouble' or just 'naughty', I was Neurodiverse and found functioning like a 'normal' person challenging. Not a lot was understood about neurodiversity in the 90's and I can't feeling that had I have had an early diagnosis or some understanding that my experiences growing up and going through education would have been so different to what it was.

We really need to be careful of the words or 'labels' we use with the children we come across, we may not know if there is some form of neurodiversity or a family or environmental situation impacting their life. Behaviour is communication and it is up to us, as adults, to be mindful of this and respond in the right way.

Thank you for your time, from a Neuro-spicy grewed up!





# Get involved or find some help and advice....

**YMCA EAST SURREY**

## Parent/Carer Workshops

Proud to be part of  
**Mineworks Surrey**  
The children and young people's emotional wellbeing and mental health service

YMCA East Surrey's Community Wellbeing Team invites you to attend our free online workshops for parents/carers:

**Talking to your child and supporting them to cope with worries**  
Wednesday 17 April 2024 | 18:30-19:30  
Wednesday 12 June 2024 | 18:30-19:30  
Wednesday 18 September 2024 | 18:30-19:30  
Wednesday 13 November 2024 | 18:30-19:30

**Understanding, expressing and managing emotions**  
Wednesday 15 May 2024 | 18:30-19:30  
Wednesday 17 July 2024 | 18:30-19:30  
Wednesday 16 October 2024 | 18:30-19:30

These workshops are suitable for parents/carers with children aged 8+. Our Community Wellbeing team will provide you with information and key strategies to support your child. There will also be time for you to ask any questions that you have via the online chat function.

To book a place, please visit our website:  
[www.ymcaeast Surrey.org.uk/parent-workshops/](http://www.ymcaeast Surrey.org.uk/parent-workshops/)

f X @ YMCAEastSurrey

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Here for communities  
Here for you

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Here for communities  
Here for you

## Supporting your child with the transition from Primary to Secondary school

Join YMCA East Surrey's Community Wellbeing Team for these informative and supportive online workshops about the transition from Primary to Secondary school and how you can support your child. There will be an opportunity for discussion and questions. These workshops are suitable for parents and carers with children in school Years 5-7.

- ▶ Wednesday 1 May 2024 | 18:30 - 19:30
- ▶ Wednesday 5 June 2024 | 18:30 - 19:30
- ▶ Wednesday 3 July 2024 | 18:30 - 19:30

To register your place at any of our parent/carers online workshops, please scan the QR code or visit:  
[www.ymcaeast Surrey.org.uk/parent-workshops/](http://www.ymcaeast Surrey.org.uk/parent-workshops/)



**YMCA EAST SURREY**

**Kingston University London**

We would like to invite you and your child for a half-day of participating in exciting research tasks and gaining insight into how Developmental Psychologists understand how children develop.

**4-11 yrs**

# Young Scientist Event

**29<sup>th</sup> & 30<sup>th</sup> May**



**For more information and to book, visit:**



<https://tinyurl.com/KUYS2024>

**Developing Minds**  
Exploring Cognitive Diversity

## Neurodiversity research at Kingston University

The Developing Minds lab is a research group consisting of academics, PhD students and researchers based within the Department of Psychology at Kingston University London.

We carry out research related to Developmental Psychology with neurotypical and neurodivergent children, adolescents, and adults. Our expertise covers areas such as autism, social cognition, and cognitive development.

We host a variety of different events ranging from workshops about neurodiversity and networking opportunities to our popular 'Young Scientist Days'.

If you would like further information about future events then please 'like' our [Facebook page](#) so you can follow our activities.

You can also follow us on [Twitter @LabDeveloping](#)

You can also access our previous newsletters here: [Newsletters](#)

For more information please contact: Dr Elisa Back  
[e.back@kingston.ac.uk](mailto:e.back@kingston.ac.uk)

## Epsom & Ewell Family Centres - Early Help for Families Spring/Summer 2024

### Parenting Surgery (Drop-in, no appointment needed)

A drop-in session for parents/carers to seek advice, information, and support from our Outreach Team on all aspects of parenting. (Behaviour Support, Setting Boundaries, Managing Feelings, Family Conflict, Co-Parenting, Domestic Abuse & SEN Support & much more.)

Ewell Family Centre Tuesdays 9.00-12.00

Epsom Family Centre Thursdays 9.00-12.00

### Parenting PowerPoint

Our Outreach Team have created a suit of PowerPoint presentations with voiceover, offering an introduction to children's behaviour and how to manage it positively.

For further details please call the family centre office 020 8337 7310 Option 1 or Email: [cc.office@ewellfamilycentre.com](mailto:cc.office@ewellfamilycentre.com)

### The Edge - Wednesdays 3.30 - 5.00pm

A family session for parents/carers living on The Watersedge Estate or by invite from Ewell or Epsom Family Centre. Please contact the centre for more information 020 337 7310 Option 1. [cc.office@ewellfamilycentre.com](mailto:cc.office@ewellfamilycentre.com)

### Community Fridge (@ Ewell Family Centre)

Help reduce food waste and collect food items (fresh & non-perishable) daily in term time. All local families welcome.

Opening times - Term Time, Mon - Fri 11.00am - 3pm

School Holidays - Mon - Weds 11.00am - 3.00pm



### First Steps to Understanding Masking in Your Child Workshop



This is a FREE one-week workshop designed to provide parents and carers with an understanding of the concept of your child's masking. This course is aimed at parents with children and teenagers

#### What will I learn?

- Explore the different ways and environments in which your child may mask.
- Discuss some expert views on masking.
- Consider ways which you may use at home to support your child and your broader family.

Where: Ewell Family Centre  
Riverview Road, Ewell KT19 0JP

When: Wednesday 26th June  
Time: 12:45 - 2:45



To book your place [click on link](#) or scan QR Code



Web : [www.surreycc.gov.uk/familylearning](http://www.surreycc.gov.uk/familylearning)  
Email : [family.learning@surreycc.gov.uk](mailto:family.learning@surreycc.gov.uk)  
Tel : 0300 200 1044



### Help Your Child Manage Anxiety Course



This is a FREE three week course, 2 hour session for parent and carers only, no children. You will work with the tutor and other parents to increase your understanding of child anxiety.

#### What will I learn?

- To understand the definition of anxiety
- What anxiety feels like for your child
- Signs of and reasons for anxiety in children
- Ideas and ways to help your child manage their anxiety

#### Where: Epsom Family Centre

Pound Lane, Epsom  
Surrey, KT19 8RY

When: Wednesday  
26th June - 10th July 2024

Time: 09:45 - 11:45



Epsom Family Centre



Parents and carers can book a place via  
Surrey Adult Learning



Web : [www.surreycc.gov.uk/familylearning](http://www.surreycc.gov.uk/familylearning)  
Email : [family.learning@surreycc.gov.uk](mailto:family.learning@surreycc.gov.uk)  
Tel : 0300 200 1044



### Parenting Courses

To enquire how to book a place on any of the following courses, please call 020 8337 7310 (Option 1) or Email: [epsomewellfamilycentre@barnardos.org.uk](mailto:epsomewellfamilycentre@barnardos.org.uk)

#### Positive Parenting Workshop with Home Start

Do you feel you are always nagging, and no one is listening? Does your child lack confidence and independence? Home Start will be holding a Positive Parenting workshop introducing positive strategies to guide and teach children, using praise, encouragement, and empathy, to build self-esteem, confidence, and cooperation.

Wednesday 12<sup>th</sup> June 09.45 - 11.45 @ Epsom Family Centre

#### Helping Your Child manage Anxiety - 3-week course.

Is your child wobbly & anxious? Are you unsure what to do, what will help & what will not help? On this 3-week course you will develop your skills and knowledge to help you to be more active in the support of your child's anxiety. It will help to increase your understanding of your child's anxiety and teach new ways to help them to manage it.

Wednesdays 09.45 - 11.45 - 26<sup>th</sup> June - 10<sup>th</sup> July @ Epsom Family Centre

#### First Steps to Understanding Masking in Your Child Workshop with SAL.

Explore the diverse ways and environments in which your child may mask, discuss expert views on masking and consider techniques/methods which you may use at home to support your child and your broader family.

Wednesday 26<sup>th</sup> June 12.45 - 14.45 @ Ewell Family Centre

#### First Steps to Understanding my Neurodivergent Child with SAL - 3-week course.

A 3-week course designed to help parents/carers understand Neurodiversity within children. It helps to develop an understanding of terms, key features, and behaviour of neurodiversity. This course also covers strategies on how to support Neuro-diverse children through the development of supportive techniques and language.

Wednesdays 10.00 - 12.00 - 5<sup>th</sup> June - 19<sup>th</sup> June @ Ewell Family Centre

Booking is essential. To book your place, please call 020 8337 7310 Option 1 or Email: [epsomewellfamilycentre@barnardos.org.uk](mailto:epsomewellfamilycentre@barnardos.org.uk)

### SEND Support

#### Bring It Together - SEND support group for parents.

Come and join our friendly group for a coffee and a chat. Meet other parents with SEND children for some helpful tips, tricks and support.

Thursdays 09.30-11.00 @ Ewell Family Centre

To book your place, please call 020 8337 7310 Option 1 or Email: [cc.office@ewellfamilycentre.com](mailto:cc.office@ewellfamilycentre.com)

#### Can Do Group

An informal, friendly, supportive half-term playgroup for parents/carers of children with additional needs. Parents/carers are welcome to come along with or without their children. A chance to meet with other parents/carers who may be experiencing similar situations and are able to offer their advice and knowledge.

Thursday 11<sup>th</sup> April 10.00 - 11.30 @ Epsom Family Centre

Thursday 30<sup>th</sup> May 10.00-11.30 @ Epsom Family Centre

Please call 01372 749 834 or Email: [epsomfamilycentre@surreycc.gov.uk](mailto:epsomfamilycentre@surreycc.gov.uk)

#### Young Mums Coffee Group with Home Start

Being a new mum can be lonely at times, but for a young mum, it can be even harder. This is a session designed to support and empower young Mums. Booking is essential.

Thursday 25<sup>th</sup> April 10.00 - 11.30 @ Epsom Family Centre

Please call 01372 749 834 or Email: [epsomfamilycentre@surreycc.gov.uk](mailto:epsomfamilycentre@surreycc.gov.uk)



## Useful Links and Websites:

[Stepping up for Autism courses :: Mindworks Surrey \(mindworks-surrey.org\)](https://www.mindworks-surrey.org/)

The first link is therefore regarding the current offer of parent sessions available – as you can see there are a lot of options on a broad range of subjects so please do share these (and support with referral if appropriate);

[Groups for parents/carers :: Mindworks Surrey \(mindworks-surrey.org\)](https://www.mindworks-surrey.org/)

There are also several groups available for young children and young people to attend, staff and families can contact the teams directly to find out more;

[Social groups/ Youth clubs :: Mindworks Surrey \(mindworks-surrey.org\)](https://www.mindworks-surrey.org/)

For a more general introduction to Anxiety the following introductory page on Mindworks may also be helpful;

[Anxiety :: Mindworks Surrey \(mindworks-surrey.org\)](https://www.mindworks-surrey.org/)

[Barnardo's ADHD support :: Mindworks Surrey \(mindworks-surrey.org\)](https://www.mindworks-surrey.org/)

Finally, our colleagues in health have created some new resources and advice around sleep, another big issue, hopefully these videos may be helpful to families;

[Sleep :: Children and Family Health Surrey \(childrenshealthsurrey.nhs.uk\)](https://childrenshealthsurrey.nhs.uk/)

The Anna Freud Centre and website has a great deal of useful information :

[A guide to neurodiversity in the early years | Anna Freud](#)

[Anna Freud | Anna Freud](#)

Young Minds [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

[Search | YoungMinds](#) - information about Neurodiversity

Universal offer for Surrey :

**Access and Advice:** For Advice or to speak to someone about local services available and how to access them call **Access and Advice: 0300 222 5755**. We are open on Monday to Friday 9am – 6pm. The service is not open on weekends or bank holidays.

If you need Urgent/Crisis support the crisis line info is:

- **Crisis Line:** If you are worried about yourself, a friend, or your child or young person, **please call our 24/7 mental health crisis line free on 0800 915 4644**. It's open all day and all night, seven days a week. You can talk with a trained call handler who will provide advice, support and signposting to a range of community services. The crisis line is available for children and young people from the age of six. It can be used by those who are already receiving mental health services, and also by those who are not. No formal request for support is needed.

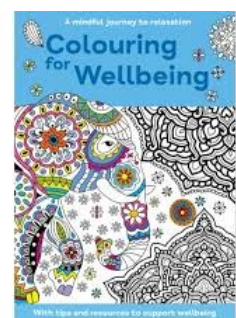
- **Neurodevelopmental Helpline:** Out of Hours advice around behaviours/difficulties which could be related to neurodiversity including Autism and ADHD available via **0300 222 5755** from 5pm until 11pm every day of the year. NB diagnosis not needed.

### Online Support/resources;

**Mindworks; Home :: Mindworks Surrey (mindworks-surrey.org)**; this is Surrey's website with dedicated sections for young people, families and professionals has links to and contact details of local help and resources available for a range of needs; Notable useful pages include:

[Advice, information and resources :: Mindworks Surrey \(mindworks-surrey.org\)](https://www.mindworks-surrey.org/)

**Have you got any fidget toys, colouring books or colourful timers that you could donate for our Sensory Room? If so please could you hand them to the office staff.**





Registered charity number  
1110233

[friends@southfield-park.surrey.sch.uk](mailto:friends@southfield-park.surrey.sch.uk)

Find us on Facebook

[Friends of Southfield Park Primary | Facebook](#)

Follow us on Twitter

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We are on Instagram

[Friends of Southfield Park \(@fosppepsom\)](#)

#### Support Us

Don't forget to support us when shopping online

[Friends of Southfield Park Fundraising | Easyfundraising](#)

[Support 'Southfield Park Primary School' - ThePurpleMachine](#)

#### Enter our lottery

[Your School Lottery](#)

#### Name your child's belongings

Buy your name labels and stickers from

<https://www.easy2name.com/>  
and enter the code

FR-SOUTHFLDPRK-16

[www.stikins.co.uk](http://www.stikins.co.uk)

And use the code 36381

Stampastic

<http://bit.ly/STAMPKT198TF>

# News from the Friends



The Neurodiversity Umbrella Project is an uplifting visual representation of all the different minds we have here in the UK.

Every Umbrella Project installation helps to raise awareness and understanding of neurodiversity. Thousands of colourful umbrellas are strung together over public spaces, in schools, and in company buildings around the nation. Each display is designed to represent the one in five of us who have a neurodevelopmental condition, such as ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia or Tourette’s syndrome. These conditions fall under the **umbrella** term of neurodiversity.

We are changing the perception of neurodiverse / neurodivergent people and celebrating all the many strengths that come from thinking differently.

Would you like more information? Have a look here:

[The Neurodiversity Umbrella Project - ADHD Foundation : ADHD Foundation](#)



# SHINE

Well done to the children who received a SHINE certificate:			
Kinsella	Jemima and Mark	Rashford	Chayanna and Ruby
Tuilagi	Matthew and Sebastian	Joshua	Clara and Louie
Federer	Arsh and Leo	Simmonds	Karina and Ramila
Daley	Isaiah and Quinn	Wilmot	Ella and Lucas
Groves	Erin and Zain	Kenny	Kayvan and Tehya
Holland	Ellie and Natan	Peacock	Elliott and Joey
Hamilton	Logan and Rafi	Anderson	Aarav and Jesse

Phone: 01372 743104 (select option 1 for absences and option 2 for the office)  
E-mail: [info@southfield-park.surrey.sch.uk](mailto:info@southfield-park.surrey.sch.uk)  
Polly Sawyer After school club: 07921 147335



We currently have a competition on Instagram to win a free term's classes. Our instagram link: [https://www.instagram.com/jigsawepsom?igsh=MTZ6d2R0bGV1b2F0bQ%3D%3D&utm\\_source=qr](https://www.instagram.com/jigsawepsom?igsh=MTZ6d2R0bGV1b2F0bQ%3D%3D&utm_source=qr)



DRAMA SINGING DANCE



TWO  
WEEK TRIAL  
AVAILABLE  
BOOK NOW!

A PLACE TO  
BELONG...

Summer Term: 4 May – 13 July 2024

Autumn Term: 28 Sept – 7 Dec 2024



DRAMA SINGING DANCE



Jigsaw has been providing high quality performing arts classes for more than 25 years, giving your child a place to belong!

- Drama, singing and dance
- Learn social skills, build self-esteem
- Two week trial available to all new customers
- 90 minute sessions for children aged 3 to 6
- Three-hour sessions for children aged 7 to 18
- Students are taught by specialist performing arts tutors
- End of term shows, presentations, certificates and awards

The safety of our students is a priority, whilst maintaining a fun and engaging environment. All teachers are DBS checked.

Visit [www.jigsaw-arts.co.uk/epsom](http://www.jigsaw-arts.co.uk/epsom) for more information, or call **020 3811 8636** to speak with a member of our team and book a two week trial today!

#### CLASSES AT:

Glyn School  
The Kingsway, KT17 1NB

Saturday mornings

**3-4 year olds:**  
9.30am – 11.00am

**5-6 year olds:**  
11.30am – 1.00pm

**7-18 year olds:**  
10.00am – 1.00pm



Like us on Facebook  
Jigsaw Performing Arts School Epsom



Follow us on Instagram  
@Jigsawepsom



Contact us via WhatsApp  
020 3811 8636



T: 020 3811 8636

E: [epsom@jigsaw-arts.co.uk](mailto:epsom@jigsaw-arts.co.uk)

W: [jigsaw-arts.co.uk/epsom](http://jigsaw-arts.co.uk/epsom)





# WCGS PTFA

Wallington County Grammar School  
Parents, Teachers & Friends Association

Would you like your son or daughter to gain EXPERIENCE of sitting the 11+ exam under full test conditions?

**During Spring and Summer, the PTFA at Wallington County Grammar School will be running a series of Familiarisation Tests to prepare current Year 5 students for what to expect on the day of an 11+ entrance exam**

Choice of  
**TWO sets of test papers in English & Maths with morning or afternoon sessions**

**11+**  
**FAMILIARISATION TESTS**

**VISIT OUR WEBSITE TO BOOK**

**[www.wcgs-sutton.co.uk/Familiarisation-Tests](http://www.wcgs-sutton.co.uk/Familiarisation-Tests)**

**VENUE: Wallington County Grammar School, Croydon Road, Wallington SM6 7PH**



**Bourne Hall Museum  
Kids Club**  
bringing history alive



## The Iron Age the end of prehistory

**May 11 1pm to 2.30pm**

The Iron Age lasted from 800 BC to the Roman invasion. The use of iron changed the life of folk with other advances like the potter's wheel, the lathe for woodworking, and the rotary quern for grinding grain. The population grew substantially till it exceeded one million, due to the introduction of improved varieties of barley and wheat, and increased farming of peas, beans, flax and other crops. Farming improved because the iron-tipped ploughshare made it possible to plough heavy clay soils. Meet some Iron Age folk and discover what it was like to live in a roundhouse.



£5 per child . Contact: David Brooks, Bourne Hall Museum, Spring Street, Ewell, Surrey,  
KT17 1UF Tel 020 8394 1734. Email [dbrooks@epsom-ewell.gov.uk](mailto:dbrooks@epsom-ewell.gov.uk)

WE ACCEPT CHILDCARE VOUCHERS & OFFER TAX-FREE CHILDCARE!

# MEGA CAMPS

KIDS DAY ACTIVITY CAMPS

AGES 4 - 14

CHILDCARE FROM 8am - 6pm

## MAY HALF-TERM & SUMMER CAMPS 2024

**CHECK WEBSITE FOR EARLY BIRD OFFERS AND MORE INFORMATION**

**WALL CLIMBING**

KIDS FAVOURITE

**MEGA ACTIVITY**

**WET N' WILD**

**ANIMAL WORKSHOP**

DIFFERENT MEGA ACTIVITIES EACH DAY AS WELL AS FOOTBALL, DODGEBALL, ROUNDERS, KWIK CRICKET, BASKETBALL, TEAM GAMES, ARTS & CRAFTS AND MUCH, MUCH MORE...

**LIMITED SPACES AVAILABLE**

**BOOK ONLINE NOW!**  
**[WWW.MEGACAMPS.NET](http://WWW.MEGACAMPS.NET)**  
OR CALL 0333 012 4378

OstED Registered

ALL OUR STAFF ARE DBS CHECKED

CHECK WEBSITE FOR LOCATIONS & DATES