

Newsletter 05 04/10/2019

Dear Parents,

On Wednesday, we held our first open morning for the prospective parents of children to join us in Reception next year. It was the first opportunity for our newly elected Head Boy, Head Girl and House Captains to represent the school and they did an amazing job as tour guides, showing the prospective parents just what makes Southfield Park tick. The feedback from the parents was so positive about the maturity, confidence and pride in the school they all showed and what great example they are to others.



Next Wednesday (9th October), we have our first 'Open Classrooms' of the school year from 3.10pm for Infants and 3.20pm for Juniors until 5pm. We are looking forward to welcoming parents to visit their child's classroom and look at the work they have completed so far. If you can't make it we can arrange for your child's books to be sent home with them that day as long as they are returned to school the next school day as

they will be needed for that day's learning. Please let the school office know if you would like to do this and they can pass the message to your child's teacher.

Also on Wednesday, we will all be recognising cerebral palsy to celebrate difference and all those children with the condition that achieve so much. To do this we would like everyone to wear something **green** in recognition, as green is the colour chosen by cerebral palsy organisations as it represent growth and positivity. The children have all had a lesson today to understand what the condition is and understand what challenges children that have the condition face but more importantly what they can do and achieve. We have two children in our school who have cerebral palsy and Wednesday is a day to celebrate and recognise our two 'Superheroes'. On Wednesday the children are all asked to wear something **green** as part of their usual uniform, this could be a green jumper or cardigan instead of their school one, green tie, green socks or tights, a green hair accessory or wrist band or badge, green trainers etc. The rest of the uniform should be the same as usual.

We were all disappointed that we had to postpone the Children in Need Ramble because of the forecast earlier in the week that we would have wet weather today, which would make the conditions even more slippery underfoot at Horton Park. We have rearranged the event for Friday 15th November to coincide with Children in Need day. Hopefully, the weather will be settled by then but in the event of wet conditions we will substitute Children in Need activities within our Houses instead of the Ramble, and children will still come to school in mufti for a donation to the Children in Need fundraising. Fingers crossed though for a dry day!

Last week we held our Coffee Afternoon in aid of Macmillan Cancer, and am pleased to say that we raised £267 for this amazing charity. Thank you to everyone who donated cakes, came along for tea and cake in the hall or bought a cake in the playground after school; we are proud to be part of such a caring community.

Finally, can I remind parents of **Year 4** that next **Thursday morning at 9.00am** it will be their year group assembly to share their exciting adventures last week from their Sayers Croft residential trip. We look forward to seeing you there.

Kind regards,

Kate Gee.

Tweet of the Week

Follow us on
[@Southfield_Park](https://twitter.com/Southfield_Park)

Amazing Ambassadors

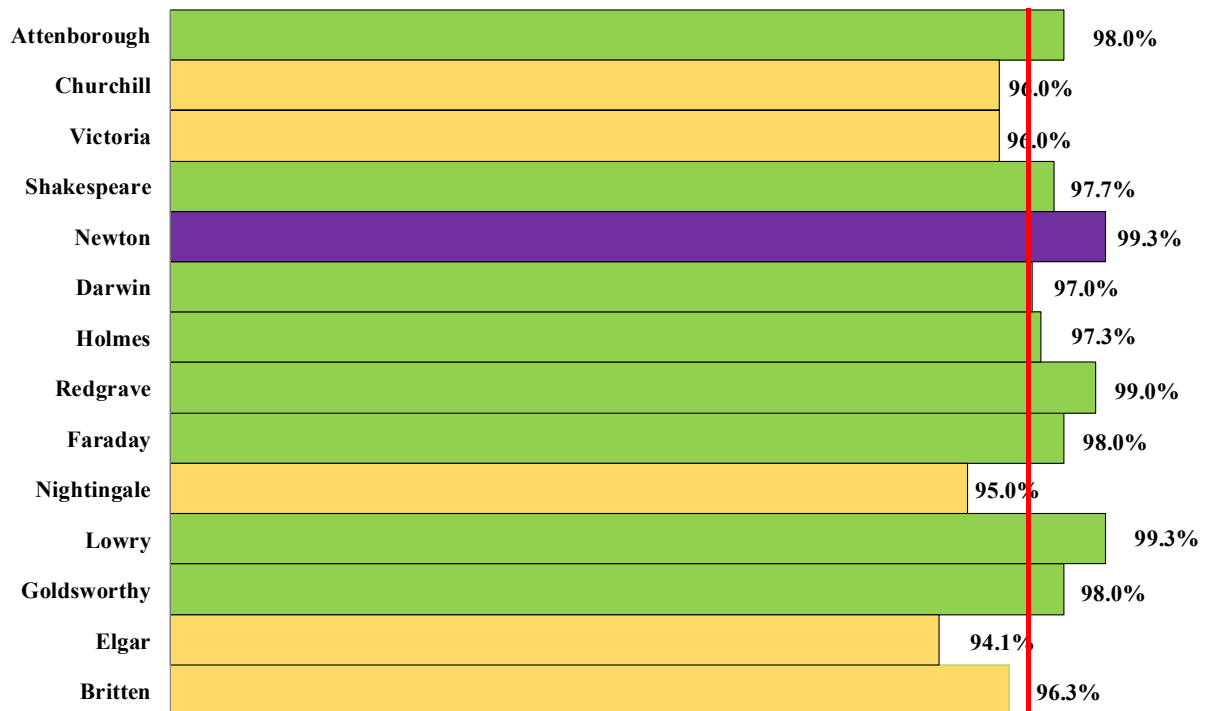


Attendance this week



Sparky says "well done!" to **Newton Class**, who had the best attendance this week with **99.3%**, and to **Goldsworthy, Lowry, Faraday, Redgrave, Holmes, Darwin, Newton, Shakespeare, and Attenborough Classes**, who also had high attendance this week!

Attendance Monday 30th September - Friday 4th October 2019



School Councillors 2019-2020

Well done to this year's school councillors, who received their badges in Bright Sparks today. The children were elected by their peers after making a speech to the class, which can take a lot of courage. So thank you to everyone who took part, and congratulations to our new councillors!

Goldsworthy	Edward Duval	Lowry	Megan Brandom
Faraday	Molly Todd	Nightingale	Amelie Pepper
Redgrave	Saanvi Makcheka	Holmes	Lucy Vella
Darwin	Chloe Thomas /Jerry Liu	Newton	Alfie Newman
Victoria	Max Dulake	Shakespeare	Millie Florence
Churchill	Tilly Howarth	Attenborough	Fatima Ritzvi



Friends of Southfield Park Primary School

(Registered Charity No. 1110233)

Follow us on Facebook: [Friends of Southfield Park Primary](#)

Follow us on Twitter: [@FoSPPEpsom](#)

Email us: friends@southfield-park.surrey.sch.uk

or drop a note in the Friends' Postbox by the school office.

October News

We are really excited that we have lots of new people joining us to make sure we can continue raising valuable funds for our school whilst ensuring that the children have lots of fun.

This brings us on to our first fun event of the year which is always a winner, our discos. We use a DJ with all the lights and mod-cons. This year we will be holding a 'Colours' theme disco on Friday 25th October open to all reception and infant children, followed by a Hallowe'en disco for our juniors. Tickets are £4 each and are now available to purchase online at: <https://www.pta-events.co.uk/friendsofsouthfieldpark/>

(If you don't have access to buy online, please ask for a paper form at the school office.)

This is a very popular event and is on a first come first served basis so book early to avoid disappointment.

Look out for us selling 2nd hand uniform in the Gazebo in the Reception playground to coincide with open classrooms on Wednesday 9th October, each item is 50p.

Christmas Card Designs

Look out for your children's Christmas card designs coming home in the next few days. We have to get our orders in early to be able to get the best deal. Designs and order forms are due back into school by Wednesday 16th October please.

Christmas Fair Stalls

If you or anyone you know would be interested in having a stall at our Christmas Fair, do please get in touch with us via our email address above.

Dates for Your Diaries

Wed, 9th October	Second Hand Uniform Sale. During Open Classrooms. All items 50p.
Wed, 16th October	Christmas Card Designs back to school.
Fri, 25th October	Infants "Colours Disco" - 5.00 p.m. to 6.15 p.m. Including Reception children - this will not be a "scary" Hallowe'en Disco!
Fri, 25th October	Juniors "Hallowe'en Disco" - 6.45 p.m. to 8.15 p.m.
Fri, 15th November	Quiz Night & AGM - 7.30 p.m. start.
Fri, 29th November	Bags to School due back to school.
Sat, 7th December	Winter Wonderland Christmas Fair - 11.30 a.m. to 2.00 p.m.



Have you signed up to our fantastic school lottery yet?

The more tickets we sell, the bigger that local prize is (currently around £20 each week) so feel free to share the link with family and friends! And everyone has a chance of the national £25,000 prize!

If you have yet to purchase a ticket and would like to get in on the action, please sign up at <https://www.yourschoollottery.co.uk/play> and search for "Southfield Park".

Is your child sick or going to be away from school today?

We need to hear from you (ie a parent, not a sibling or other relative) **every day** if your child isn't going to be in school.

If you know in advance that your child will be absent, for whatever reason, please email, phone or visit the office, and wherever possible show us proof of the appointment.

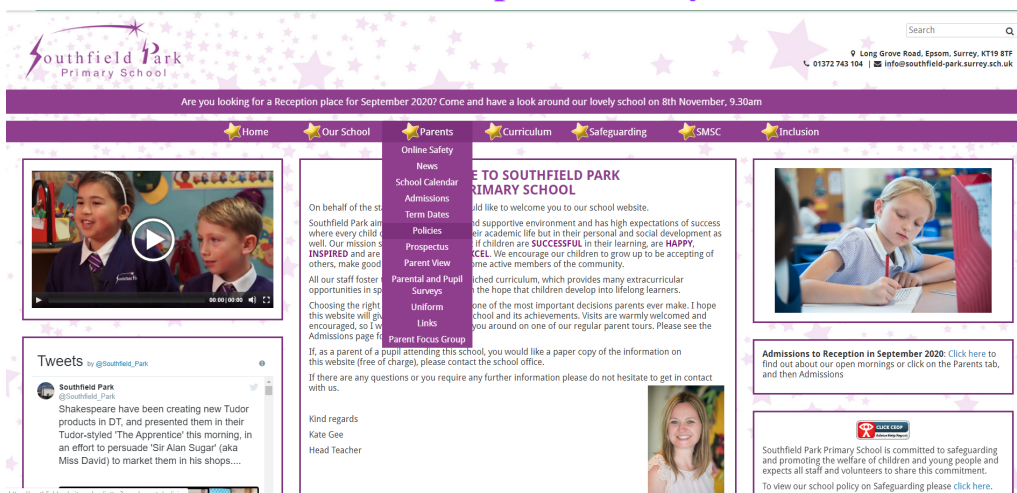
If your child is sick, please leave a message on the **Absence Line (tel: 01372 847965)**, giving your child's name, class and reason for absence. For short absences, such as medical appointments let us know if they will be back for lunch so we know whether to keep them in the numbers or not. If we don't know, then we keep them in, and parents of Junior children will be charged for the meal where appropriate.

For safeguarding reasons, we will contact you if you haven't left a message by 9am that morning, or told us in advance, as we have a duty of care to ensure that every child is safe.

In certain circumstances we will tell you if don't have to call us on the 2nd day, such as chicken pox or operations, but if you are unsure just leave us a message.

The Attendance Policy, which can be found on our website under the Policies section of the Parents tab, explains more about the subject.

www.southfield-park.surrey.sch.uk



Changing Meal Patterns

If your child wants to change their meal pattern for the next half term, please let us know before the end of this half term (Friday 25th October), and note that the kitchen will be changing to the new Winter menu at that time; we hope to let you know what the new menu is soon. A pattern can be school meals every day, packed lunch every day, or a mix of the two, but they must be on the same pattern every week, so for example a flexi pattern could be a school dinner on Wednesday and Thursday, and a packed lunch on Monday, Tuesday and Friday, but the pattern must stay the same each week, for the complete half term.

All children have the main dinner, unless a suitable alternative is required, and in addition:

Monday: Y5 & Y6 can choose at the servery hatch to have a cheesy pasta pot

Tuesday: Y6 will be asked if they want the main meal or a panini

Thursday: Y6 will be asked if they want the main meal or a panini

Friday: Y5 & Y6 can choose at the servery hatch to have a tomato pasta pot, with optional meatballs or sausage, depending on the week

What's been happening this week in class.....



Shakespeare and Victoria have been creating new Tudor products in DT, and presented them in their Tudor-styled 'The Apprentice' this morning, in an effort to persuade 'Sir Alan Sugar' (aka Miss David) to market them in his shops....



On Tuesday, Year 4 had an RE day where we learnt all about how Christians believe that God is a father, a spirit and a son. First we took part in a quiz to find out what God is to Christians. It was really fun because we had to solve riddles and work out each word. After break, we made some sheep out of cheerios to remind us all of the story of the Lost Sheep. In this story, God is seen as a shepherd who leaves his 99 sheep to rescue one that left the herd. Finally we learnt about the parable about a kind dad and a greedy son and we interviewed each of them. My favourite part of the day was the clapping song and all the games we played.



By Chloe Thomas and India Reis



'Save our Planet' special lunch on 17th October and 'Hello Vegi' competition



SAVE OUR PLANET



Get your fun sheet on Planet Day with your lunch and learn our top tips on how you can help our Earth to be healthy. **Enjoy a delicious Planet friendly meal,** have fun and do laugh out loud if you read something funny on your sheet!

PS: **Enter our drawing competition** too, we have **great prizes to win!**

**COME AND EAT HEALTHILY
WITH US EVERY SCHOOL DAY!**

**Reduce - Reuse - Recycle
& Eat Well**



Do you have a favourite vegetable? Make it a cute cartoon character that excites everyone and spreads the word:

Eating vegetables is good for your body, good for the Earth! Grab your brush/pencils and some creative time, **give your drawing to your catering team by 14th October!** The catering team in your school will select a winner, who will be entered into the overall final where it will compete with other school's entries.

The top 3 winners will get a vegetable hamper with recipes, together with a chef's hat and apron. In addition, the first prize will have their winning entry turned into an amazing soft toy character.

We can't wait to give you your prizes. Top 3 winners will be announced on 8th November.

Ready, Steady, Go Get Drawing!!!!!!!

COME AND EAT WELL WITH US EVERY SCHOOL DAY!



Mrs Pereira's DT Day wish list!

Coloured Yarn (Not Wool)



Toilet Roll Inner Tubes



Coloured Buttons (Small & Medium sized, preferably Patterned)



Patterned Christmas Material



Coloured Cake Cases



Brown patterned material



Wellbeing Update #1

First of all a big thank you to everybody who completed the Parent Wellbeing Survey. We will be reading your responses over the next week and using your feedback to create our School Wellbeing Action Plan for the year ahead. We are really keen to hear from any parents who have expertise to share or suggestions on how we can work together to promote wellbeing throughout the whole through school community.

Next week, Epsom Mental Health and Wellbeing Festival is taking place. We still have a few brochures left in school if you would like to find out a little bit more about the events. All activities are free and there are a huge variety of workshops available. Further information can be found on the website at www.epsommentalhealthweek.org.uk. October 10th is also World Mental Health day but because of other school commitments we have decided to have a whole school focus on Mental Health on **Wednesday October 16th** instead. **We are asking children to wear one item of yellow clothing on this day** to support young people's mental health and wellbeing.



More good news is that we have appointed our new Wellbeing Ambassadors for Year 6. The Wellbeing Ambassador role is a really important part of our whole school approach. They will have a busy year ahead helping to run Wellbeing Club, delivering assemblies and promoting the principles of CLANG to support good mental health.

Meet the Wellbeing Ambassadors:

Jess, who loves gymnastics and chatting,

Nathan, who loves playing football and reading history books,

Genevieve, who is happiest when she is drawing or walking in the outdoors,

And Luke, who also loves football, art and history



If you have any questions or suggestions then please feel free to contact me:

Senco@southfield-park.surrey.sch.uk

Needed in the classrooms.....

Reception are going to be making train in the workshop next week—please can you bring in toilet roll inners, small boxes and bottle tops. It can be left outside the office or given to your teacher—thank you!



Reminders for Next Week

Monday 7th	
Tuesday 8th	
Wednesday 9th	<p>Wear something green to celebrate cerebral palsy</p> <p>Nasal flu vaccinations for all year groups if parents replied electronically by 2nd October</p> <p>Open Classrooms, 3.10/3.20pm to 5pm</p> <p>EYFS Curriculum meeting for Reception parents, 6pm</p>
Thursday 10th	<p>Year 4 Sayers Croft assembly to parents, 9am</p> <p>Return slip requesting special 'Save our Planet' school lunch on Thursday next week if your child doesn't normally have a school dinner on that day, and would like it.</p>
Friday 11th	Black History Day

Bright Sparks

[illegible]

★ Well done to our Bright Sparks this week:

Britten	Euan Blyth	Elgar	Sophie Lebas
Goldsworthy	Nina Makogan	Lowry	Elizabeth Neary
Faraday	Leo Smith	Nightingale	Jenson Morgan
Redgrave	Annalise Edwards-Baer	Holmes	Zachary Brown
Darwin	Ethan Saunders	Newton	Eva Lawson
Victoria	Daisy Hunter	Shakespeare	Euan Ssegawa
Churchill	Tilly Howarth	Attenborough	Johann Joseph

Phone: 01372 743104

Fax: 01372 729436

Absence Line: 01372 847965

After school clubs staff: 07824988216

E-mail: info@southfield-park.surrey.sch.uk

Polly Sawyer After school club: 07921 147335

Glyn School Open Mornings for Prospective Entry into Year 7 in September 2020 will be held on:

Tuesday 8 October 2019
Wednesday 9 October 2019
Thursday 10 October 2019

9.30am until 11.00am

9.15am Main school gates on The Kingsway will be open to prospective Parents, Carers and Students.

9.30am Headteacher's welcome, followed by a tour of the school.

11.00am Open Mornings finish.

Our Admissions and SEND teams will be available for any individual questions immediately after the event.

Parking

We regret that there is no parking available on the school site. Blue badge holders should telephone the school in advance on 020 8716 4949. Please note that access to the school will be via the school's main entrance on The Kingsway, only. Hessele Grove and Sainsbury's pedestrian gates will **not** be open.

Please note that as a large school of over 1,700 students, the area around the main school entrance becomes very congested and this can present an inconvenience for our neighbours. We strive to show consideration to our neighbours and, with this in mind, please may we ask Parents and Carers to park a short distance from the school, avoiding parking across residents' driveways on The Kingsway and surrounding roads. Residents who live near the small triangular green at the top of The Kingsway/Ewell Road, politely ask that no Glyn School cars park in such a way as to block access to their properties.

Hessele Grove is a designated Private Road and, as such, no Glyn School vehicles are permitted access and drivers are asked to refrain from using the top of Hessele Grove to turn around. Taking into account the limited capacity for parking in the local area, we would ask you to consider parking in the Weston Road/Kiln Lane area. It is worth noting that Sainsbury's are now operating parking regulations and financial penalties are imposed if stays exceed three hours. Once you have parked in Sainsbury's for a total of three hours in one day, you must then leave the car park for at least one hour before returning.

Booking

Booking is not required for our Open Mornings.

Did You Know...

An estimated 10% of children have a diagnosed mental disorder, with **over half of mental ill health starting by the age of 15 and 75% by the age of 18**. Mental ill health is the largest single source of burden of disease in the UK.



Although effective treatments are available, only 25% of those who need such treatment receive it. There is often waiting lists for Child and Adolescent Mental Health Services.

So What Can We Do To Help?

Early intervention is vital, particularly for those at risk.

Knowledge is power: information about mental health and well-being and useful communication skills will help them and also their teachers, supporters and parents.

A whole team approach!

What Is The GROW Model?

10 Minute GROW is a set of tools which will empower young people to develop and thrive.



Use your **GUIDE** to take you towards what matters



Become **READY** for action by setting realistic goals



Be **OPEN** and observing, using Mindfulness skills



Use **WISE** mind to make decisions & choices

How Does It Help?

- Increases **self-awareness** and **self-acceptance**
- Improves ability to **manage difficult emotions**
- Improves ability to **bounce-back** from stressful life experiences
- Reduces frequency of **unhelpful behaviours**
- Improves **relationships**

What mind-growth mastery Can Offer



Training for parents, teachers or organisations working with children and young people:

- Half-day Awareness, One-day Champion or Two-day Mental Health First Aid Courses with a nationally recognised certificate from MHFA England.

- GROW Your Confidence and Assertiveness Facilitator Courses with supervision and follow-up meetings for teachers and support staff. This comes with a complete set of resources and regular updates: slides, video clips and workbooks, adaptable to specific needs.

- Access to discounted 10 Minute GROW courses online and training courses for schools and organisations.

We also run GROW Your Confidence and Assertiveness courses and Introduction to Mindfulness for anyone aged 16 upwards as part of our support programme in Epsom and Ewell, or wherever we are invited.

A Little More Background On The Training

The training has been designed by the organisation 10 Minute CBT, which was established by Dr Lee David, an experienced GP with a particular interest in CBT, education and teaching, and in adolescent health and wellbeing.

The GROW Model and GROW Your Confidence and Assertiveness Course was developed in collaboration with Debbie Brewin, OT and Accredited CBT Therapist and Trainer.

Feedback From Attendees

"I have attended lots of courses but feel I will take away more from this than any other course"

"What a fantastic course! So well delivered. Clear and always made it interesting."

"Practical ideas that will be very transferable to real situations"

Contact Details

Interested? Contact us today for some more information and to find out how we can help!



www.mindgrowthmastery.org



enquiries@mindgrowthmastery.org



07767 458 137



mind-growth mastery
STRESS REDUCTION · PERSONAL DEVELOPMENT · WELL-BEING



Develop, Thrive, Flourish



Are you a girl aged 7-10 years old?
Have you heard about

Brownies

Our Brownies enjoy lots of brilliant activities including crafts, games, getting outdoors, pack holidays, day trips and nights away. Brownies get to learn new skills, explore other cultures, have adventures and make lots of new friends.

We have a Brownie unit which meets on Tuesdays from 5.45-7.15pm in Ewell Village and currently has spaces. If you are interested please ask your parent/carer to visit:

www.girlguiding.org.uk/interested

Click on "Register Your Interest" and tick 4th Ewell Village Brownies as your preferred Brownie Unit.

For further details please go to
www.girlguidingepsom.org.uk



FOOTBALL COACHING

www.ca-sportscoaching.co.uk

Providing football coaching for over 10 years

**Every Saturday Morning
10.30am - 12.00noon**

**Cuddington Croft Primary School
West Drive, Cheam, SM2 7NA**

**Boys and Girls
aged 4-9 years**

- Ball Skills
- Fun Games
- Matches



Qualified Football Coaching

All Coaches have a DBS Disclosure and are First Aid Trained

We offer every child a **free taster** session.
To reserve a place for your child, please call

Naz (Head Coach) on 07793 815 752

or email: info@ca-sportscoaching.co.uk

COMMUNITY ADVANTAGES

GET MOVING



Give it a whirl!

In association With Love Me Love My Mind

**Sunday 20th October
10am-1pm Epsom College**



Fun, inclusive event for all ages, fitness levels and disabilities

Activities include:

- Swimming
- Freestyle dance
- Chair-based classes
- Dodge ball
- Athletic events
- Inclusive cycling



Refreshments will be available.

This is a **FREE** event, but we ask you to confirm your attendance as soon as possible. We encourage spectators – come along to cheer on the participants!

For more information, please email: debbiebrewin@mindgrowthmastery.org

To book, visit www.eventbrite.co.uk and search "Get Moving" or visit:
<https://bit.ly/2MSovPG>

Help kickstart a more healthy and active lifestyle!



**NEW TO EWELL
EVERY
SATURDAY MORNING**

STREET DANCE

Glyn Hall, 3a Cheam Road, Ewell Village,
Surrey, KT17 1SP
(opposite Sainsbury's Local)

Tots (aged 2 - 4): 9:30 - 10:00

Infants (aged 5 - 7): 10:00 - 11:00

Juniors (aged 8 - 11): 11:00 - 12:00

Advanced (aged 12+): 12:00 - 13:00



Email: info@ca-sportscoaching.co.uk
or call: **07793 815 752**

to book a **FREE TASTER SESSION**,
or to make any other enquiries.

COMMUNITY ADVANTAGES

WE ACCEPT
CHILDCARE
VOUCHERS

**MEGA
CAMPS**
KIDS ACTIVITY DAY CAMPS

CHILD CARE FROM
8AM - 6PM!

AGES
4-14

NHS &
EMERGENCY
SERVICES
DISCOUNT
AVAILABLE

OCTOBER CAMP
21st October - 1st November

ARTS & CRAFTS

BUBBLE FOOTBALL

BISCUIT DECORATING

SLIME MAKING

GO-KARTING

THEMED GAMES

MAD SCIENCE WORKSHOP

MEGA
ACTIVITIES
FOR BOTH
BOYS & GIRLS

BILLERICAY
BRENTWOOD
CHELMSFORD

COLCHESTER
DARTFORD
EPSOM
HORNCHURCH

LEIGH-ON-SEA
THURROCK
UPMINSTER

PLEASE CHECK WEBSITE FOR DATES & LOCATIONS

BOOK ONLINE NOW!
WWW.MEGACAMPS.NET
OR CALL 0333 012 4378

Ofsted
Registered

ALL OUR
STAFF ARE
DBS
Checked

**MEGA
CAMPS**

OCTOBER CAMP 2019
21st October - 1st November
PLEASE CHECK WEBSITE FOR DATES & LOCATIONS

EARLY BIRD DEALS

BOOK A WEEK AT MEGA CAMPS WITH EXTENDED HOURS
ONLY £150 - SAVE £50,
AND GET A FREE LIMITED EDITION T'SHIRT

3 DAY DEAL WITH EXTENDED HOURS
ONLY £55 - SAVE £15

SINGLE DAY WITH EXTENDED HOURS
ONLY £25 - SAVE £5

↑ OFFERS END 11/10/19

SIBLING DISCOUNTS 2 KIDS £25
3 KIDS £44 PER DAY!

NERF WARS

FOOTBALL

FANCY DRESS

DODGEBALL

ANIMAL WORKSHOP

**CAMP TIMES - NORMAL HOURS 9AM - 4PM
EXTENDED HOURS 8AM - 6PM**

BOOK ONLINE NOW!
WWW.MEGACAMPS.NET
OR CALL 0333 012 4378

Ofsted
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ALL OUR
STAFF ARE
DBS
Checked