

## Newsletter 13 06/12/2019

Dear Parents,

We are all in a Christmassy mood at school as we held the first of our Christmas performances this week with the Phase 1 children entertaining their parents with their nativity play, Away in a Manger. It is amazing how such young children take to the stage with such poise and confidence, and sing so wonderfully. The parents who came along loved it! We have performances from Phase 2 next week as well as the Phase 3 carol concert too, so there are still many festivities ahead that we are looking forward to.

Reading is something that is integral to all our learning, and reading for pleasure an activity that we promote across the children; we want all children to love reading and experience the joy of a good book. This week Year 2 and 3 have visited Epsom library to learn about how a library works and the books are organised on the shelves. Many were amazed that it is free to borrow a book and just how many there are available at the library, including audio books. It is such a tremendous local resource on our doorstep and we hope that the children have been encouraged to visit with their families and 'jump into a story'. Thank you to the staff at Epsom Library for making us so welcome.



It is always lovely to hear when children take part in activities out of school and have the chance to meet important people. Earlier this term, Harriet and Charlie in Nightingale class met the Mayor and Mayoress of Epsom when they presented a cheque from the Rotary Club of Epsom to the 'My Time' social club for young carers that they both attend.



This morning, the sound of Christmas songs has been echoing around the classrooms as the children enjoyed their Christmas DT morning. The children have had great fun with the glitter and glue, and will hopefully be bringing home some lovely

Christmas crafts. Thank you to Mrs Pereira for masterminding the event, making sure all the resources are organised and enrolling an army of parent helpers to help with all the preparations as well as on the day. Events like these, that are so popular and memorable for the children, couldn't take place without the support we receive so thank you to everyone for their contributions - we are so grateful.

After weeks of preparation, it is the Friends Christmas fair on Saturday. They have put so much effort into making it a great event for the whole community so we hope to see many of you there enjoying the fun. The staff will be running the Jolly Jars stall, while the Governors are on the Bottle Tombola; good luck to those who buy some tickets! The class hampers look amazing and the lucky winners will be delighted! Thank you for all your generous donations which all help to make the event a success. All of the fundraising goes to directly benefit the children, and the Friends all do a fantastic job to ensure the children have fun too, so come along and enjoy yourselves!

### Tweet of the Week

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

We are all made of  
starstuff, 'SHINE'ing  
bright



Have a great weekend,  
Kind regards  
Kate Gee.

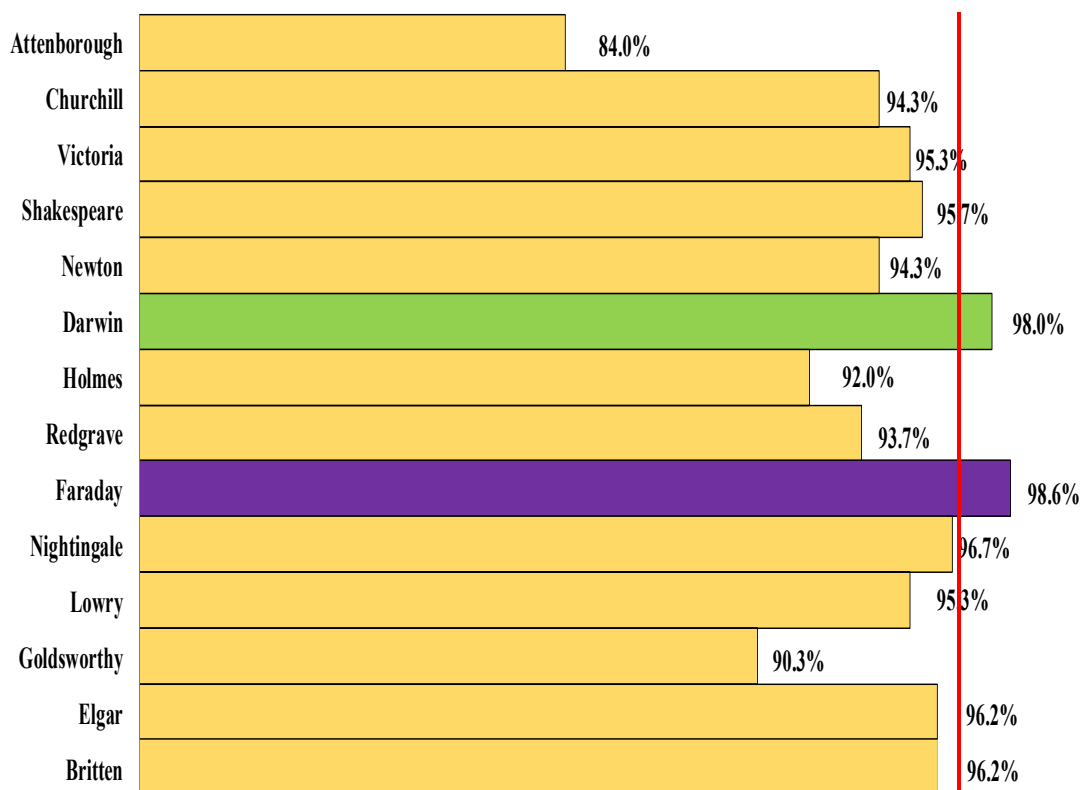


## Attendance this week



Sparky says “well done!” to **Faraday Class**, who had the best attendance this week with **98.6%**, and to **Darwin Class**, who also had high attendance this week!

Attendance Monday 2nd - Friday 6th December 2019



### Anxiety workshop for parents and carers

Southfield Park Primary School

**Tuesday 10<sup>th</sup> December 2019 at 9.00 am**

**Delivered by Ruth Leaver-Lewis from CAMHS**

Ruth is a CAMHS (Child and Adolescent Mental Health service) Primary Mental Health Worker and Art Therapist at North East Surrey CAMHS. She works with children, families and schools in this area to provide early intervention mental health advice and support to prevent mental health difficulties.

The talk on anxiety for parents and carers aims to:

- Define anxiety
- Recognise triggers that can cause anxiety both in yourself as a parent and in your child
- Recognise signs and symptoms of anxiety
- Explain cycle of anxiety using a cognitive behavioural model
- Explain how anxiety can be managed by exploring some helpful suggestions and solutions
- Know where to go and get help if needed



# Save the Children CHRISTMAS JUMPER DAY

MAKE THE WORLD BETTER WITH A  
SWEATER!



Dear Parents,

It's the most magical time of year – fairy lights, baubles, snowmen and of course Christmas trees, and on Friday 13<sup>th</sup> December 2019, we want it all – on a jumper!

On Save the Children's Christmas Jumper Day, all over the country, thousands of people will be donning their most wonderful woollies – all for a great cause. Everyone who joins in (wearing mufti with their Christmas jumper on this day) and ***gives £1 contribution*** to take part really will be making the world better with a sweater.

Every two jumpers that are worn could change a child's life. It could help them grow up healthy and safe, and get an education, so they can grow up to be who they want to be. The money we raise can help make a world of difference to children in desperate need – and give them the chance to be children again.

On Friday 13<sup>th</sup> December, nothing's out of bounds! Go big. Go bold. It's Christmas!

Thank you for your continued support,

Kind regards,

Miss Gilby

PSHE leader



## Sports Crew

On Monday, 22 children from Years 5 and 6 went to the Rainbow Leisure Centre to develop their young sports leader skills.



Whilst we were there, we learnt some different PE activities and how to change these to suit different abilities or year groups using the STEP model. We had to think about changing the SPACE, TASK, EQUIPMENT or PEOPLE to make the activity easier or more challenging.

This has helped us by making us feel more confident and has given us lots of ideas to share within the school.

We feel we are now able to help our teachers in PE lessons and it has developed our leadership skills as we will be helping classes all around the school with their PE lessons. Also, we can run school sports events and help encourage younger children to get involved and try new sports.

At the training, we learnt how to set up a 'mini mile' and create shapes using our bodies. Doing this helped us to stretch and become more flexible. We will teach the other children in the school how to do these things so that they can be happy and healthy.

By Sam and Sophie

(Year 6 PE Prefects)





Nominate your  
champion today!

[www.epsom-ewell.gov.uk/young-champions](http://www.epsom-ewell.gov.uk/young-champions)

## The award categories

We are inviting you to nominate a young person or group of young people for one of the award categories below.

### Awards for individuals/groups

Category	Criteria
Community Spirit Award	This award will be given to a young person or group who has provided outstanding community and voluntary service, or has made a significant contribution to the life of a fellow resident.
Carer Award	This award will be given to a young person who regularly goes out of their way to help other people or has caring responsibilities and has demonstrated outstanding care for a family member or friend in need.
Volunteer Award	This award will be given to a young person or group who has made a difference in their community through giving their time and best efforts voluntarily for the benefit of others.
Hero Award	This award will be given to a young person who has shown courage, bravery, determination and strength during unimaginable circumstances and is an inspiration to others.
Disability Champion Award	This award will be given to a young person who has overcome adversity and has worked through disability with a positive and inspiring attitude on those around them, or a young person who has contributed to improving the lives of those with disability.
Sports Person Award	This award will be given to a young person who has excelled in their commitment to sport through hard work and determination as an individual, also overcoming personal challenges.
Team Player Award	This award will be given to a young person who has achieved excellence through their encouragement of others, their unselfishness and willingness to be part of a team.
Young Environmentalist Award	This award will be given to a young person or group of young people who have provided a service to improve the environment for the benefit of their local community.
Fundraiser Award	This award will be given to an individual or group who has made a fantastic effort to raise funds for a good cause in an innovative and creative way.

## Welcome to the Epsom and Ewell Young Champions Awards

The Epsom and Ewell Young Champions Awards are about recognising and celebrating the outstanding achievements of the brilliant young people in our borough.

We want to celebrate those who have gone above and beyond to help their local community and support others.

We are looking for nominations from members of the public, including friends and neighbours along with schools, youth groups and voluntary organisations.

Please help us to celebrate our young people's achievements.



The winners will be announced at the celebration ceremony being held on **Monday 24 February 2020**.

Please email completed nominations to [easkew@epsom-ewell.gov.uk](mailto:easkew@epsom-ewell.gov.uk)

Please post nominations to: The Mayor's Office, Epsom & Ewell Borough Council, Town Hall, The Parade, Epsom, KT18 5BY.

## Nomination Rules

- The young person being nominated must live in the borough.
- Nominees must be no older than 21 (maximum age for disabled young people is 25). Please note this includes both individual and group nominations.
- You cannot nominate a young person you are related to.
- You can only submit two nominations.
- Self-nominations for both individual and group awards will not be accepted.
- The individual / group you are nominating must agree to being nominated.
- Parent/guardian must agree to the nomination for both the individual and group awards.
- You agree that by submitting a nomination you are happy for the young person's name and photograph to be included in press/media releases.
- You cannot nominate if you are a serving elected member or officer of Epsom & Ewell Borough Council.
- An individual or group can only win one award. If they are nominated by different people for more than one award, the assessment panel will decide which category is appropriate.
- Nominations for party political related work cannot be accepted.

**Nominations must be received at the Town Hall either in electronic or hard copy by Wednesday 15 January 2020**

## Epsom & Ewell Young Champions Awards Nomination Form

### Section One: About the nominee

Award category you are nominating for (please tick one only)

Community Spirit Award	
Carer Award	
Volunteer Award	
Hero Award	
Disability Champion Award	
Sports Person Award	
Team Player Award	
Young Environmentalist Award	
Fundraiser Award	

Name of the person or group you are nominating (for individual award)

Postal address of nominee

Email address of nominee

Contact number

Date of birth of nominee(s)

### Section Two: Reason for nominating

Please explain why you want to nominate the young person/group. Tell us what they have achieved, what barriers they have overcome and the impact they have made to personal life/the community. If appropriate, describe their commitment and effort they have put into this achievement.

### Section Three: About you (the person making this nomination)

Full name

Posta address

Email address

Contact number

### Section Four: Declaration

I have read and accepted the guidelines and nomination rules and agree to be bound by them. I confirm that (please tick)

The individual/group I am nominating has agreed to be nominated	<input type="checkbox"/>
The parent/guardian has agreed for the individual/group to be nominated	<input type="checkbox"/>

Signed: (Parent or Guardian)

Date:



## DT Day Fun and Glitter!





## Reminders for Next Week

Monday 9th	Phase 3 Christmas Carol Concert at Christ Church, 10am
Tuesday 10th	
Wednesday 11th	Return requests for Christmas lunch on Wednesday 18th December by 9am today. Only needs to be requested if your child doesn't normally have a school dinner on Wednesdays Phase 2 Nativity, 9am, Nightingale and Holmes parents to watch
Thursday 12th	School closed for Polling Day
Friday 13th	Christmas Jumper day, wear your own clothes and Christmas jumper or t-shirt in return for a donation to Save the Children Charity Phase 2 Nativity, 9am, Faraday and Redgrave parents to watch

# School Dinner Patterns

If your child's meal patterns are going to change next term please let the office know as soon as possible, and by Thursday 19th December latest.

## Bright Sparks

Well done to our Bright Sparks this week:

Britten	Max Brewer	Elgar	Aoife Li
Goldsworthy	Chloe Tregunno	Lowry	Aydin Janjua
Faraday	Jacob Bertolone	Nightingale	Evie Cobb
Redgrave	Jayden Ho	Holmes	Saanvi Makhecha
Darwin	Sofia Makri	Newton	Rosie Nicolaou
Victoria	Jack Vincent	Shakespeare	Ellie Winder
Churchill	Charlie McIntosh	Attenborough	Ruby Knight

Phone: 01372 743104

Fax: 01372 729436

Absence Line: 01372 847965

After school clubs staff: 07824988216

E-mail: [info@southfield-park.surrey.sch.uk](mailto:info@southfield-park.surrey.sch.uk)

Polly Sawyer After school club: 07921 147335

# ASD NEWSLETTER

Dear Parents/Carers

Thank you to those who are able to attend the group. It's always really lovely to see so many of you and once again new parents. Please join us again this academic year as we hope to continue offering you all support and advice over the next months.

Please note that our next session is on the **11<sup>th</sup> December 2019** which is a **Wednesday**. It is in our usual room.

We were delighted to have the ASD Outreach Team join us for the November group. Once again they all provided information regarding their service, their roles and as well as answering all your questions.

This month both Nicky and I are offering an open space for you all to join us for a mince pie and other refreshments. To think of Christmas and how this time of the year can affect your child and their siblings. All the changes to routines, family occasions etc. This can create increased anxiety for all.

All parents or carers of children on the Autism Spectrum or with traits are welcome. We often have a speaker, but we also try and allow time after to chat, drink coffee and eat biscuits. I look forward to seeing you all, and also to welcome new group members.

If you want to be able to contact or be contacted by other members of the group, Sara Lawler [sara.lawler@outlook.com](mailto:sara.lawler@outlook.com) is in charge of the Parent Support Group contact list (separate from the CAMHS email list) and I am sure she would be happy to help.

**Nicky and I would like to thank you all for your continued support and your commitment to attending the group. We would be grateful if you could inform us of any topics you feel would be interesting to include in our group sessions. We will do our best provide these. We look forward to the start of our parent group again this term.**

The ASD Parent Support Group Sessions are **Wednesdays or Thursdays from 9.30am until 11.30am in Room 1-04, Gatton Place, St. Matthews Road, Redhill, RH1 1TA.**

**Next Date : 11<sup>th</sup> Dec 2019 at 9.30a.m. at Gatton Place, St Matthews Road, Redhill. RH1 1TA**

## KEY DATES

11<sup>th</sup> Dec get together for coffee and mince pies, open space to chat.  
15<sup>th</sup> Jan 2020 TBC  
12<sup>th</sup> Feb 2020 Claire Truman, presentation on 'Autism Mental Wellbeing'.  
18<sup>th</sup> March 2020 TBC  
22<sup>nd</sup> April 2020 Claire Truman, presentation on PDA.  
20<sup>th</sup> May 2020 Natasha Egan from Behaviour Support, presenting on Sensory  
17<sup>th</sup> June 2020 TBC  
8<sup>th</sup> July 2020 get together coffee morning and plan for next term.

Hearing about your experiences of our services is really important to us and helps us know where we need to improve so we can provide better care and treatment on an on-going basis. You can tell us what you think about the service you are receiving by completing a short online survey [www.sabp.nhs.uk/yourviewsmatter](http://www.sabp.nhs.uk/yourviewsmatter)