

## Newsletter 03 02/10/2020

Dear Parents,

Our new reception children continue to amaze us all in the way they have settled so well into school life. This is particularly impressive as we had to cancel many of our usual induction events over the summer and organise these virtually. The Reception team cannot believe how well the children have followed new routines and are coping with all the expectations of 'big school'.

It was lovely to welcome so many of you to our 'Meet and Greet' sessions over the last two weeks and we hope that parents found them useful too. We have been thinking about how we can organise the Parent Consultation meetings next half term and have decided that we will offer these virtually as the guidance has now altered and the recommendations moving into the winter months are that we minimise visitors into school. We will be touch over the coming weeks with details about how we will organise this.

You will have noticed that the parking wardens visited the Council-owned car park outside the school this week. Unfortunately, a number of parents are not parking safely or with consideration of others so they will be making random visits as, on occasions, it has been so dangerous that there is risk of an accident occurring. To avoid receiving a parking enforcement notice, please only park in the marked bays. If you are parking in a disabled bay, you must display a blue badge. We must also remind parents to speak respectfully to the parking wardens as they have been subjected to verbal abuse when visiting and are only here to ensure that people park safely and to keep children safe. Please note that the wardens do wear body cameras and if individuals are verbally abusive, they may be prosecuted by the Council.

This year we will again be supporting World Mental Health day by taking part in Hello Yellow Day, which is next Friday, 9th October. On that day children and adults in school are invited to wear something yellow to support the work done by the charity Young Minds to support for mental health for children and young people. Children can wear one item that is yellow; it could be at item of clothing, such as a yellow jumper or cardigan, yellow socks or tights, a yellow accessory such as a yellow hair band or wristband etc. or yellow trainers. They should wear their normal uniform apart from the one yellow item. There is no donation required—it is just an opportunity to show how as a school we recognise the importance of good mental health, and next week, our year group assemblies will be focused on wellbeing and mental health too.



Following the letter from the Governors last week, I would like to thank parents for adhering to our staggered timings and one-way system. It is greatly appreciated and avoids staff having to engage in difficult, and sometimes awkward, conversations with parents. Please continue to follow the arrangements, as we know the virus is on the increase and we need to keep the community as safe as we possibly can. One of the most common questions parents ask us when we are on the gates is if we think the school will close again. Obviously, we cannot predict what lies ahead but we do not expect a full closure, as the government is clear that keeping schools open is a priority. What we cannot rule out is closing 'bubbles' for periods of time and asking groups of children to isolate if children or staff test positive for Covid-19. What we would say though is that parents can do their bit in making sure we stay open, and minimise infection rates in the school community, by following the procedures we have in place. We really do need to work together.

Thanks again for your continuing support. Have a lovely weekend,

Kate Gee.

**Tweet of the Week**

Follow us on

@Southfield\_Park

Drawing self portraits in Reception



# COVID-19 PRECAUTIONS

Office Staff have to interact with a lot of school bubbles and with a lot of different people visiting children, dropping stuff off, leaving messages etc.

## To protect us and you:

Email or phone instead of talking to us, where possible

Wear a face mask



If you don't have one, ring the bell or knock to attract our attention, and then **step back** to a two metre distance

Leave items to be passed onto classes on the small table inside

Thank you

### Donations of Books for the library

The library is going to be open for business again, and donations of books in good condition (eg spine not broken, pages not torn or drawn on) are welcomed.

Please keep them in a bag, and put it in the yellow box outside the office. The bags of books will go into self-isolation for a few days to ensure they are germ-free!

Thank you!



### Absence line

For safeguarding reasons, we have to know where your child is, if they are not in school and you haven't told us they are going to be absent. A message should be left on the absence line, by **9am** (or the night before, if you know then!), explaining what is wrong with them if they are ill, or why they are otherwise not in school:

**Tel: 01372 847965**

You don't then need to phone the main number to ensure we have received the message.

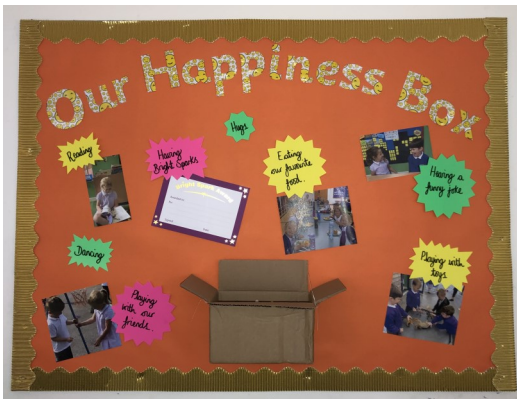
Let us know of medical appointments in advance, with evidence if available.

# Wellbeing Newsletter #1

As you know, at Southfield Park the wellbeing and mental health of our students is incredibly important to us. We know that the lockdown period, followed by the uncertainties of returning to school, have been unbelievably hard for our children, parent community and staff, so I wanted to take this opportunity to give you an update on some of the initiatives and approaches that we are using in school to promote, support and commit to supporting positive Wellbeing for the Southfield Park Community.

## Wellbeing Lessons and Displays

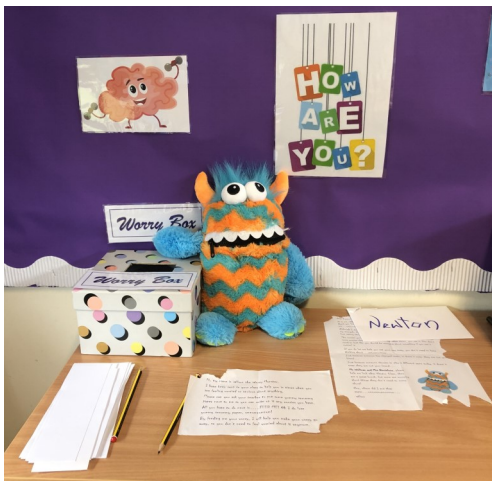
Since the children returned to school in September, Wellbeing lessons have been scheduled throughout the week to provide opportunities for children to reconnect with each other and to explore ideas about emotions. Our Wellbeing displays throughout the school are looking fantastic and our teachers have introduced some imaginative and inspiring ways of helping children to feel safe and explore their feelings in school.



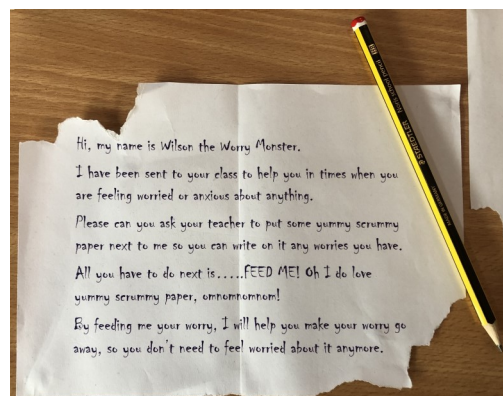
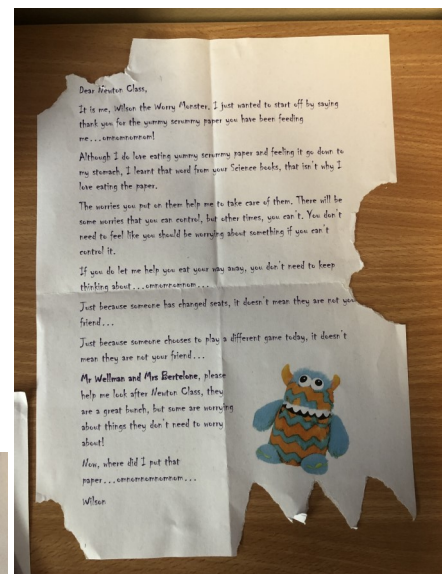
In Year 1 the children have put together a Happiness Box to remind them of all the things that make them feel happy.



In Year 2 the children created this wonderful display identifying some of the people and things that make them feel happy and safe.

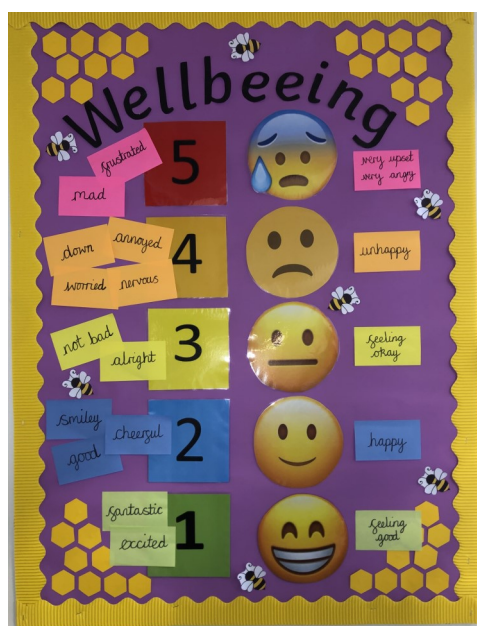


Meet Wilson, the Worry Monster. He is currently in Year 4 where he provides an opportunity for children to share their worries.





We have also been encouraging the children to think about their feelings and recognise that it is perfectly normal to feel to experience a range of emotions and also to make mistakes. We continue to promote the principles of CLANG to support our children's wellbeing.



### The Incredible 5 Point Scale –

All our children also have access to the 'Incredible 5 Point Scale' in their Classrooms. We find this a really useful tool to support all our children. It enables children to understand that it is normal to feel a range of emotions and it gives a visual and tangible approach for some of our children who struggle with language. Above all it enables our children to ask for help or support if they are struggling with strong feelings and emotions.

### Wellbeing Award and the Change Team

As you are aware we are currently working towards achieving the National Wellbeing Award for Schools. The Change Team is the driving force behind our commitment to wellbeing. We meet regularly to discuss wellbeing strategies and to share ideas. It is really important that the Change Team includes representatives for a cross section of the school community. Our team currently consists of staff members: Mrs Gee, Mrs Crawford, Mrs Greenacre, Miss Savill, Mrs Louis, Mrs Radcliffe, Mrs Lebas, Mrs Minuiks and Mrs Walker. Sue Curtis sits as our Governor Representative.

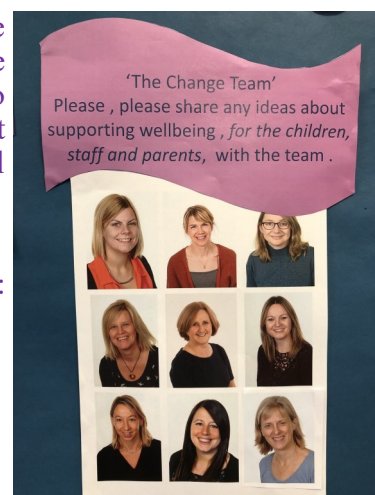
We are also lucky to have Mrs Lydia Barrett as our Parent Representative but would love to recruit another parent representative to join the Change Team. If you are passionate about wellbeing in school and would like to be involved please contact Mrs Walker directly. Meetings take place at least once every half term and are mainly scheduled for after the school day.



Wellbeing Award  
for Schools

2019-2022

The Change Team:



More information about the Wellbeing Strategy for schools can be found at: [www.awardplace.co.uk/award/was](http://www.awardplace.co.uk/award/was)

### Accessing outside help and support

We are very lucky to have Children's Wellbeing Practitioner, Anna Perry joining us this year. Anna will be based with us for one day a week and is offering a range of support including 1:1 sessions with Parents and Parent Workshops.

### CHILDREN'S WELLBEING TEAM

Hello everyone, my name is Anna and I am the Children's Wellbeing Practitioner (CWP) for Southfield Park Primary School. The children's wellbeing team is a school-based early intervention service linked to the Child and Adolescent Mental Health Service (CAMHS). I provide one-to-one support for children's anxiety or behavioural difficulties by teaching parents practical strategies they can use at home. These anxiety techniques encourage brave behaviour to support a child in facing their fears and building up their confidence. The behaviour focused techniques help to understand what's maintaining a child's behaviour, support their emotional regulation and guide them towards alternative behaviours we'd like to see. If you would like to enquire more about our one-to-one support please collect an application form from Vicky Walker.



I also provide workshops, small groups and coffee mornings and am excited to tell you about upcoming events:



#### Workshops Coming Soon:

*Sleep and Bedtime Routines  
Cutting the challenge out of behaviour*

#### SUPPORTING YOUR CHILD'S WELLBEING POST LOCKDOWN

*"My child is feeling more anxious about being in school because of the covid-19 pandemic – what can I do to help them?"*

***This online workshop delivered via Microsoft Teams is aimed at answering this common question.*** We will talk through how to approach talking about this anxiety with your child and some simple strategies you can use at home to help them feel less anxious and more confident. There will be a question and answer time at the end.

**Date: Friday 16<sup>th</sup> October**

**Time: 9 am**

**More details to follow soon!**

### **Telephone Hotline for Parents:**

The Educational Psychologist Service is also offering Telephone hotline support for parents every **Wednesday between 1-4pm** and is available for parents/carers who have a psychological issue or question about their child that they would like to discuss with an EP.

No prior arrangement is necessary—just phone tel: 01372 833588

They are also offering the following course which will be open to Parents. We don't have the dates yet but will share them with you, when we do.

### **Developing Positive Behaviour through Emotion Coaching: An approach for parents and carers to use with children and young people (Aged 3-18 years).**

There are two training options to choose from:

**Option A: Introductory Course:** An introduction to emotion coaching, including a 1.5 hour training and a drop-in Q&A session.

**Option B: Applied Course:** A more in-depth look at what emotion coaching is and how to use it effectively with your child, including 5x 1.5 hour sessions with a mix of training, reflection and discussion.



## Friday 9<sup>th</sup> October is World Mental Health Day

On Friday 9<sup>th</sup> October we are asking our children to 'brighten up' the school day by wearing something yellow. This could be a yellow accessory like a t-shirt, hair band, yellow socks or even hair spray. We are not asking for a donation, we just want to acknowledge the importance of supporting discussions around good mental health. Our focus this year is on exploring the importance of connecting with others despite the challenges and barriers created by Covid.

We would love to hear from you if you would like to join our 'Change Team' or have any other questions or ideas about Wellbeing at Southfield Park.

Best Wishes

Mrs Walker

Senco@southfield-park.surrey.sch.uk

Friday October 9 <sup>th</sup>	HelloYellow in School World Mental Health Day
Friday October 16 <sup>th</sup>	On-line Workshop run by Anna Perry – Children's Wellbeing Practitioner 'Supporting Your Child's Wellbeing Post Lockdown'
November?	Wellbeing Week
Soon to be announced	5 Week Emotion Coaching Course to be run by EP service
Soon to be launched	The Wellbeing Vision/Strategy for Southfield Park The Wellbeing area of the School Website.

## Harvest Collection for Epsom & Ewell Food Bank

While our Harvest celebrations may be different this year, we will still be collecting donations for the Epsom & Ewell Food Bank, from **Monday 19th October**. The Food Bank have stated:

"We are still feeding record numbers of people. We hit a high in July of 1,267 people fed that month. In July 2019 we fed 446. Sadly, we don't see these numbers falling anytime soon. Each week we are consistently feeding around 250-300 people, many of them families.

We manage this by doing around 9-10 deliveries per day, all carried out by our volunteer driving teams.

Food boxes are packed at our depot, by our volunteer packing teams and we are still including fresh fruit and vegetables as well as long life food and toiletries in our parcels.

Our urgently needed list is long, please only donate items from the list. We have surplus of all other items.

Thank you as ever, for all of your support."

A collection point will be available near the main gates from **Monday 19th October**, so **please don't bring donations before this** as we won't be able to keep or store them.

### Items specifically needed include:

Coffee    Sweetcorn    Custard    Spaghetti in sauce    Tinned Fruit    Ketchup  
Pasta/Beans with meat    Squash    Sponge Pudding    Jam    Shaving gel/foam  
Shower gel    Cleaning products (anti bac wipes, bleach, kitchen & bathroom cleaner)  
Washing Powder / Pods    UHT milk (Full fat or Semi skimmed only)    Tinned Vegetables  
Breakfast Cereal    Tinned Meat (not Spam, they have loads!)    Microwave Rice  
Rice pudding    Long Life fruit juice    Tea bags (bags not catering packs)  
Treats for children (small packs of chocolate/gummy sweets)    Nappies size 3 & 6+  
Shampoo    Conditioner    Pump soap    Washing up liquid

## Reminders for Next Week

Monday 5th	
Tuesday 6th	
Wednesday 7th	
Thursday 8th	
Friday 9th	#HelloYellow—wear a piece of clothing or accessory in yellow to support World Mental Health Day



## Display Board of the Week

Britten and Elgar had an amazing time (and weren't scared at all!) going on a bear hunt.

The children painted some fantastic bears who are playing in the woods in the display. They look really happy and friendly, don't they!

## Bright Sparks

★★

★ Well done to our Bright Sparks this week:

Britten	Lola Brown	Elgar	Sasha Faure
Goldsworthy	Williams Divell and Roman Williams	Lowry	Shino Maruyama and Emily Richards
Faraday	Grace Lin and Thea Roberts	Nightingale	Matthew Draper and Roman Jones
Redgrave	Evie Cobb and Harvey Zhang	Holmes	Ethan King and Molly Todd
Darwin	Leo Sparrowhawk and Noah Williams Sadler	Newton	Joshua Trujillo and Thea Wells
Victoria	Zac Sheikh and Daisy Willoughby	Shakespeare	Ollie Booth and Arthur Killeen
Churchill	Ruby Harrington and Ethan Miles Prouten	Attenborough	Derby Beer and Jacob Heritage

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

# KICKBOXING FOR KIDS



**MORE THAN A HOBBY ITS A LIFESTYLE**  
CALL 07817386582 OR VISIT OUR WEBSITE FOR MORE INFORMATION

**ABSOLUTE MARTIAL ARTS**

**CLASSES FOR AGES 3-12**  
**FULL GRADING SYLLABUS**  
**COMPETITION TEAM**

- FITNESS
- SELF DEFENCE
- CONFIDENCE
- DISCIPLINE
- LEADERSHIP
- FUN
- RESPECT
- ANTI BULLYING
- TEAMWORK
- CO-ORDINATION

**GIVE YOUR CHILD THE SKILLS TO BE GREAT ALL WHILST LEARNING KICKBOXING IN FUN PACKED, FRIENDLY CLASSES!**

**CLASSES IN CARSHALTON, EPSOM, SUTTON AND WARLINGHAM**  
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Enjoy Autumn with Families Magazine



Essential advice and FREE family activity ideas for parents

PLUS win all-inclusive family holiday to Santa's Lapland in Finland in 2021!

Dear Parent/Carer,

We're pleased to be able to send you the Sep/Oct Families magazine.

It is full of resources and ideas to help you and your family through the autumn term and to keep your children entertained, busy and productive.

You can read the magazine [here](#).

We hope you enjoy it.

WE ACCEPT CHILDCARE VOUCHERS

# MEGA CAMPS

KIDS DAY ACTIVITY CAMPS

CHILD CARE FROM 8am - 6pm

AGES 4 - 14

## OCTOBER CAMP 2020

EARLY BIRD OFFERS AVAILABLE UNTIL 2<sup>nd</sup> OCTOBER

**MAD SCIENCE**

**FANCY DRESS**

**KIDS FAVOURITE**

**BUBBLE FOOTBALL**

**INFLATABLE FUN**

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

**MULTIPLE LOCATIONS THROUGHOUT ESSEX, KENT & SURREY THIS OCTOBER**  
CHECK WEBSITE FOR LOCATIONS & DATES

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

ALL OUR STAFF ARE DBS CHECKED

Ofsted Registered

01276 21884  
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Ofsted Outstanding Early years provider

# KOOSA kids

FUN, ACTIVE CHILDCARE!

IT'S OUR 15TH BIRTHDAY!

Autumn/Winter 2020

FROM £22.00+ per day!

HAVE FUN, MAKE FRIENDS, SMILE

COVID SECURE BOOK WITH CONFIDENCE COVID SECURE

Your local KOOSA Kids club can be found at:

**Danetree Primary School, West Ewell**  
26th to 30th October

We are OPEN for October Half Term ☺  
Let KOOSA Kids put a smile on your child's face, in a Covid-Secure way.  
Have FUN, Make Friends, Smile.  
Visit [www.koosakids.co.uk](http://www.koosakids.co.uk) for more information.

EXCEPTIONAL VALUE ★ OUTSTANDING QUALITY ★ UNLIMITED FUN



## ST JOHN'S SCHOOL VIRTUAL OPEN EVENTS A PREPARATION FOR LIFE

While nothing can completely match spending time visiting our site, meeting our pupils and staff and feeling the warmth of our happy, purposeful school community, we hope a 'virtual visit' will provide an introduction to the education St John's offers.

We would be delighted to welcome you to one of our virtual events.

11+ 13+ 16+ entry

Friday 25 September 2020, 6.30 - 8.00pm

Saturday 26 September 2020, 9.00 - 10.30am

Friday 2 October 2020, 9.00 - 10.30am

Thursday 8 October 2020, 9.00 - 10.30am

Wednesday 14 October 2020, 9.00 - 10.30am

To sign up for one of these events, please do so at  
[www.stjohnsleatherhead.co.uk/visitus](http://www.stjohnsleatherhead.co.uk/visitus)  
Once you have booked attendance, you will be sent log in details.



**St John's School**  
LEATHERHEAD