



Newsletter 04 09/10/2020

Dear Parents,

Today the school has been a sea of yellow as we all came together to support 'Hello Yellow Day', organised by the charity Young Minds. The wellbeing of everyone in the community is a high priority for us at school and is part of our School development plan again this year, being especially crucial as we all face the ongoing challenges of the pandemic. The children are confident to talk about how they are feeling and Mrs Crawford and I discussed with the children the importance of having a healthy body and a healthy mind in our year group assemblies this week.

One of the things that came out in the discussions with the children is how they can describe their feelings by referring to the 'Amazing 5 point Scale', which is used across the school, using shared language and understanding. Later in the newsletter, you will find a poster explaining the 5 point scale and the vocabulary that might be used by children and their parents to talk about how they are feeling.

In a previous newsletter we updated you about who had been elected as Head Boy and Head Girl and this week I wanted to update you on the results of the House Captain elections. We were incredibly proud of all the children who were brave enough to deliver their speeches. The competition, as usual, was fierce and once again the votes were very close, as the speeches were of such a high standard. I am delighted to announce that the following children have been chosen to represent their Houses for 2020-2021 and huge congratulations to them all:

Ewell House Ava Crouch, Ruby Hinton-Jones and Cameron Atkins

Stamford House Zac Moore and Rosie McDonald

Ruxley House Logan Hill and Sophia Jaffer

Town House Millie Florence and Marley Williams

Woodcote House William Chambers and Ruby Hall

Court House Joshua Wiles and Carrie Barnes

Next week it is Black History Week in school to coincide with Black History Month. We know how important it is for all children to have positive images of black culture and to celebrate the contribution of different cultures to society. The staff have looked carefully at how the achievements of black people in different areas of life have influenced us all and how these can be made accessible and meaningful for the children. One of the ways they will do this is to link the focus for each year group with their class names. Lowry and Goldsworthy classes, for example, who are named after artists, will look at the work and impact of black artists, while Redgrave and Holmes in Year 3 will celebrate the achievements of black athletes. We will also be celebrating black history in our assemblies. The focus on Black history week has also inspired us to look at our curriculum to ensure it is as rich and diverse as possible by exploiting opportunities to draw in different cultures within the whole curriculum provision.

Each week we carefully scrutinise the Surrey escalation status of the different boroughs for coronavirus and it is clear that the picture is changing and the numbers are rising. It is therefore imperative that we **ALL** follow the arrangements that we have put in place to keep everyone safe. We are using a significant number of staff to remind parents to adhere to the rules, particularly at the end of the day. We really need everyone to work together as a community to keep everyone as safe as possible. Everyone needs to take personal responsibility for this.

Just a reminder that next week the school photographer is visiting to take individual photos of all the children. Whilst they are not taking sibling photos, those families with more than one child here will be able to select their favourite individual images which will then be put into a family 'collage' so if you have more than one child at school you will not necessarily have to buy separate pictures unless you wish to. The photographers are in school on Thursday 15th and Friday 16th October so please make sure your child is in correct uniform on that day. For obvious reasons we will not be able to adjust or style hair so please make sure it is tied up securely if you have a particular style in mind for the picture.

Have a great weekend,

Kate Gee

Tweet of the Week

Follow us on
[@Southfield_Park](#)

Mental wellbeing is
important for
everyone



Individual photos

The annual individual photos of the children are being taken next week on Thursday 15th and Friday 16th October.

As in many other primary schools, sibling photos are not being taken this year, to help minimise the movement of children between bubbles. It is likely that parents with more than one child here will be able to select their favourite photo of each child for Fresh School Photography to compile into a montage.

The children usually look very smart in their school photos, so please remember they should be wearing their full uniform, including cardigan or jumper, and ties in the Juniors, and that hair should be tied back if it is shoulder length or longer.

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		

Thank you!

Happy birthday to us, happy birthday to us, happy birthday to us, happy birthday to us!

Birthdays are so important to children and we know how difficult it is to organise celebrations and make the day special at the current time. Parents have approached us about sharing sweets at the end of the day to make the day more special. As a 'Healthy School', we obviously cannot promote this or distribute sweets for the children. However, we know that children and parents like to mark the occasion and thought it might be a good opportunity to remind everyone that, if they wish to, they may donate a book to the class book corner for all the children to share. Mrs Hutton has some lovely book plates to stick in the front of the book, saying who donated it and which birthday they are celebrating. The children love the teachers to read 'their' book to the class and as a teacher there is nothing better than a reminder of former class members than picking up a book donated by them in the past. If you would like to donate a book, please hand it the class teacher or the school office and we will arrange for the book plate to be stuck in and the birthday boy or girl can share it with their friends.



Changing Meal Patterns for lunches

Children can change their meal patterns for the start of the new half term, although we have been more flexible this half term as the children may have been unsettled with the new structures and procedures brought in because of Covid.

Now they are all settled into a routine, including the Reception children, ALL children must stay on the dinner pattern for the whole of the next half term.

If your child is changing their lunch pattern you can email the school office, but preferably instead complete this google form to let us know which days they will be having a school dinner and which is a packed lunch from home.

Meals are on a 3-week rolling menu (shown below) and if a school dinner is chosen for a Monday, then it must be had on all 3 weeks. Children can't to have a meal on just 2 out of the 3 weeks.

Please click on this link, or copy and paste, to register your child's new meal pattern:

https://docs.google.com/forms/d/e/1FAIpQLSeATHERjiBAXRko74jR6j5pbUEZZKszvcDr5WPJSw_Cj22VIQ/viewform?usp=sf_link

Week 1	9th Nov, 30th Nov	Week 2	16th Nov, 7th Dec	Week 3	2nd Nov, 23rd Nov, 14th Dec
Monday	Cheese & tomato pizza, wedges, sweetcorn; Arctic Roll	Monday	Sausage, wedges & beans; shortbread & apple juice	Monday	Veggie brunch (omlette, hash browns, veggie sausage, beans); watermelon slice
Tuesday	Sausages, country style potatoes, baked beans; yoghurt	Tuesday	Meatballs, couscous, sweetcorn; cheese & crackers & grapes	Tuesday	BBQ chicken, rice, peas; yoghurt
Wednesday	Roast chicken, stuffing, roast potatoes, carrots, gravy; jelly	Wednesday	Roast chicken, yorkshire, stuffing, roast potatoes, broccoli; yoghurt	Wednesday	Roast chicken, stuffing, potatoes, cauliflower, gravy; Iced muffin
Thursday	Pasta bolognese, broccoli; cheese & biscuits	Thursday	Chicken goujons, rice, peas; fresh fruit	Thursday	Sausage, yorkshire, country style potatoes, sweetcorn; cheese & biscuits
Friday	Fish fingers, chips, peas; butterscotch sponge	Friday	Fish fingers, chips, beans; lemon shortbread	Friday	Fish, chips, peas; chocolate muffin

Wellbeing Workshop—supporting your child's wellbeing post-lockdown

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 a workshop being run next week (see below for details).

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

SUPPORTING YOUR CHILD'S WELLBEING POST LOCKDOWN

Workshop for Southfield Park Parents

"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 Zoom 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 16th October Time: 9:15 am

To join the workshop please sign up using the link below. The Children's Wellbeing Team will then email you the access code directly and a reminder email about the event the day before.

<https://www.surveymonkey.com/r/KHLMTPN>

HOW DO I JOIN A WORKSHOP?

- 1
Decide which workshops you would like to attend
- 2
Register attendance for each workshop via Survey Monkey (see next page)
- 3
You will be sent an email with the Zoom invite

REGISTER HERE:

Follow the link and select the workshops you would like to attend - <https://www.surveymonkey.com/r/KHLMTPN>

You will then be sent an email with invites to each of the workshops you selected.

HAVE OTHER QUESTIONS?

Speak to a member of staff at your school if you have any other questions as they may be able to help. Alternatively, they may be able to put you in contact with us directly.

FURTHER SUPPORT:

If you would like 1:1 support from the CWP team, please see our leaflet or speak with a member of staff from your school.

You may also wish to check out:
www.kooth.com
www.cyphaven.net
www.youngminds.org.uk

You can also contact the Surrey CAMHS Single Point of Access on 0300 222 5755, option 1 for signposting and advice.



Times Tables Rock Stars



We are pleased to announce that we have renewed our subscription to Times Tables Rock Stars (TTRS) and Numbots - thank you to the Friends of Southfield Park for funding this.

TTRS is for children in Years 3 - 6. It is an online programme that enables children to learn and practice their times tables at their own speed. We will be using TTRS instead of continuing Olympic Times Tables. Children will be playing it in class but will also be able to use their login at home. The website is play.ttrockstars.com or you can download the app on phones and tablets. For children who cannot access it at home, there are paper resources that can be sent home when TTRS is given as homework.

Numbots is for all children in Years 1 to 6. This programme focuses on counting, addition and subtraction and really helps children with their 'Magic Maths'. We will not be using it regularly in school, but children can choose to play at home. The website is play.numbots.com.

Your child will have their login details in the front of their Homework Diary or Reading Record. For children in Years 3 - 6, their TTRS login can also be used for Numbots.

Times tables are an important part of our maths curriculum because they are used in so many different areas of maths. Children who know their times tables are often able to grasp other concepts much easier. The National Curriculum states that children should know all times tables (up to 12×12) and the related division facts, by the end of Year 4. It is important that children continue to practise in Years 5 and 6, so that they can recall times table facts quickly.

Some children have been using TTRS regularly since we introduced it last year, but others have not played for a long time, if at all. So we are getting all children to play a 'Gig' so we can see how well they know their times tables. TTRS will then automatically set the level for the children to practise. For some children this may mean they are at a lower level than they were before. They shouldn't be disheartened - it just means that they need to do a bit more practice so that they really know their times tables.

Teachers will be setting class challenges, but there will also be some school wide competitions. We have a dedicated twitter page @SppsRock where you can hear about competitions and successes.

If you have any questions about TTRS or Numbots please email me at:

jo.page@southfield-park.surrey.sch.uk.

We hope that your children enjoy playing TTRS and Numbots.

Mrs Page



5	Very upset/Very angry - I need help now Cross Frustrated Mad Furious Devastated Miserable Terrified	
4	Unhappy Annoyed Sad Anxious Embarrassed Frustrated Lonely Down Upset Worried Nervous	
3	Feeling Ok Alright Not bad Average	
2	Happy Cheery/Cheerful Smiley Good Excited Content	
1	Feeling Great Excited Amazing Fantastic Awesome Over-joyed Fabulous	



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.

Christmas cards

This term we have decided to participate in a 'Christmas Design Project' run by Cauliflower Cards. The project aims to encourage pupils' creativity and design skills whilst also raising funds for our school, which is especially important at this time when we can't run our usual Christmas Fair.

Your child will be creating his/her own Christmas design which can be professionally printed to produce personalized Christmas Cards, Gift Labels, Wrapping Paper and/or Mugs.

Not only would it be very exciting for your child to see his/her work as a finished printed product, the cards themselves are great for sending a more personal greeting to friends and family at Christmas and the Mugs are great for gifts!

As we are unable to collect cash at this time Orders and payment must be made online using the unique code located at the top of the pupil order form and then please return the forms to school.

Each order form must be unique so please do not photocopy the form for other members of your family you can get extra copies from the school office.

All artwork where orders have been placed must be returned to school by the 6th November.

Thank you

The friends.

Schools and Parenting Autumn Programme

wea.org.uk

The WEA is running a series of **FREE** courses in partnership with East Surrey College.

For further information, contact Sam Johnson:

samanthajohnson@wea.org.uk

To book your place, visit: wea.org.uk, to look up the relevant course reference number or call 0300 303 3464 or click the relevant link below:

Half Term Autumn Fun for Families via Zoom

Tutor: Diana Barnsley Course ref: C3746058

Date: Wed 28th Oct Time: 10am- noon

<https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3746058>

Helping Your Child Manage Stress & Anxiety

Tutor: Sam Barbot-Freeman Course ref: C3746027

Date: Wed 11th & 18th Nov Time: 10am- noon

(2 sessions)

<https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3746027>

Supporting Children with Autism

Tutor: Sam Barbot-Freeman Course ref: C3746028

Date: Wed 25th Nov & 2nd Dec

Time: 10am- noon

(2 sessions)

<https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3746028>

Supporting Children with Challenging Behaviour

Tutor: Sam Barbot-Freeman Course ref: C3746029

Date: Wed 9th & 16th Dec

Time: 10am- noon

(2 sessions)

<https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3746029>

Schools & Parenting Autumn Programme

wea.org.uk

The WEA is running a series of courses **via zoom** in partnership with East Surrey College. The courses listed below are all being taught by an experienced Primary School teacher

For further information, contact Sam Johnson:

samanthajohnson@wea.org.uk

To book your place, visit: wea.org.uk, to look up the relevant course reference number or call 0300 303 3464 or click the relevant link below:

Introduction to Being a Teaching Assistant

This course gives an overview of the roles and responsibilities and the steps to take to become a Teaching Assistant

Tutor: Diana Barnsley Course ref: C3746041

Date: Wed 11th November Time: 10am- noon

Fee: **FREE**

<https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3746041>

Preparing To Help in Schools

An overview of the National Curriculum, Safeguarding responsibilities and fun interactive activities to show how children are taught and how they learn. It's a great course for parents or those interested in helping in a school. Accredited courses are available to progress to.

Tutor: Diana Barnsley Course ref: C3746042

Date: Wed 18th Nov- 9th Dec Time: 10am- 12.30pm

4 sessions. Fee: £32 – free if receiving income related benefits)

<https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3746042>

Supporting Children with Key Stage 2 English

This course is ideal for anyone looking to support a child in year 7-11 with English either at home or in a school

Tutor: Diana Barnsley Course ref: C3746043

Date: Fridays 13th- 27th Nov

Time: 10am- 11.30am

3 sessions. Fee: £14.40

(free if receiving Income related benefits)

<https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3746043>

Schools & Parenting

Reminders for Next Week

Monday 12th	
Tuesday 13th	
Wednesday 14th	
Thursday 15th	Individual photos
Friday 16th	Individual photos



Display Board of the Week

Year 1 have been discussing 'the family' in PHSE, learning about how my family can be different, or the same, to your family.

These picture frames are made of wooden lolly sticks, and there are some super portraits of the children's families. Don't they look amazing!

Bright Sparks

Well done to our Bright Sparks this week:

Britten	Sophie Kendall	Elgar	Isaiah Simpson Applewhaite
Goldsworthy	Aashna Kevlani	Lowry	Euan Blyth
Faraday	Stan Pace	Nightingale	Lola McDonnell-Cathcart
Redgrave	Charlie Edmonds	Holmes	Abigail Westcott
Darwin	Adam Arnaut	Newton	Amelia Oakley
Victoria	Kacey Elvin	Shakespeare	Riley Niner
Churchill	Alex Foulger	Attenborough	Merryn Hughes

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