

## Newsletter 26 14/05/2021

Dear Parents,

On Thursday a number of our school community observed Eid Al-Fitr, a religious festival marking the end of Ramadan. To those who did, we wish you all a happy Eid and hope you enjoyed your celebrations with your loved ones, albeit in a slightly different way this year.

As you all know, from Monday the Covid 19 restrictions nationally will ease a little further as we begin to return to a little more normality in our lives. This has meant that as a school we have been able to confirm some of our usual events in our school calendar. We will be running our Year 6 residential trip to PGL in the IOW from the 7<sup>th</sup> to 11<sup>th</sup> June and the children are certainly looking forward to it. We have also been able to organise the sleepover for those children in Year 3 on Friday 28<sup>th</sup> May to help prepare them for their residential trip to Sayers Croft early in the Autumn term. Having such events in the diary really gives us all a sense of moving forward, but with obvious caution. Year groups have been planning trips and you will have received letters about them directly from the class teachers.

In terms of the school day and organisation within the school, the regulations have remained the same with the children in year group bubbles. However, at the next stage of the roadmap on 21<sup>st</sup> June, there should be more flexibility and we hope to be able to make some more changes. We will, of course, update parents if, and when, things do change.

We are continuously reviewing our curriculum provision to ensure it is engaging for, and meets the needs of, the children. This term we have organised for our curriculum leaders and members of the leadership team to visit classes across the school to learn about what is going well in their subjects and where we can continue to make changes to make our provision even better. It has been a real privilege to be in the classrooms and share some great lessons, hearing what the children think. It is a really positive picture, but we will make some tweaks and changes as it is so important to keep moving forwards and take the children's viewpoints on board. So far, we have reviewed History and Geography and will be continuing with Computing and RE before half term.

Next week, we will be welcoming parents of children who will be joining us in Reception from September for a Covid 19 secure tour of the school. This will give them a first taste of life at Southfield Park, as they have had to select the school having not stepped over the threshold and only met Mrs Crawford and myself via Zoom. We have made the school look vibrant and welcoming, and the children have created some wonderful corridor displays, which you will be able to see on our Twitter feed and in the newsletter over the coming weeks. In the newsletter we are starting with Y1's Castles board; have a look at their lovely work.

Have a great weekend and fingers crossed the sun will make more of an appearance next week!

Kind regards,

Kate Gee.

**Tweet of the Week**

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

Monday afternoons are  
tailor-made for princess  
dresses





# Wellbeing Newsletter No.6

This week is Mental Health Awareness week and we wanted to take the opportunity to sign post a few useful websites and services which provide support and advice about how to look after your own mental health.

## For some practical tips

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

## Local drop in services

<http://www.lovemelovemymind.org.uk/services/>

<https://www.mindmattersnhs.co.uk>

Thank you to Mr Batty and Miss Cobban for sharing their wellbeing strategies this week. Please do share their tips with your children, if you feel it is appropriate. We are hoping to lead by example by showing children that it is normal to have bad days and worries but that it can help to express these feelings whilst also understanding that there are plenty of strategies out there which can help.

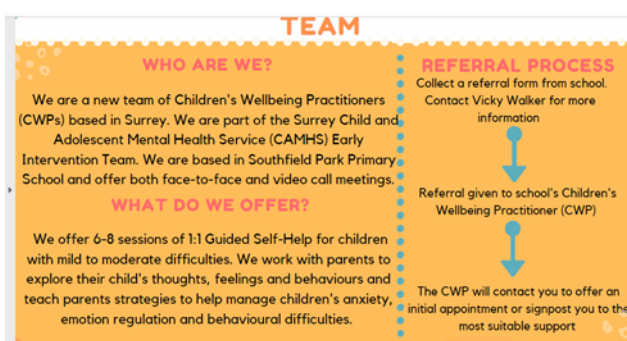
## Support for Parents

Just a quick reminder that Southfield Park Parents have access to the following support services

### Children's Wellbeing Team

#### Family Links

Lesley.Lane@hseeb.org.uk or  
familycentre@epsom.surrey.sch.uk



Please contact me – [senco@southfield-park.surrey.sch.uk](mailto:senco@southfield-park.surrey.sch.uk)—if you would like more information about these services.

Vicky Walker

Senco

#### Spotlight on wellbeing—Miss Cobban

As a busy working single mummy, I can sometimes feel quite overwhelmed. To re-ground myself I like to run! Trainers on, a good podcast playing and I am off for an hour in my own headspace. I come back refreshed, re-energised and ready to tackle whatever life throws at me!! If its raining, I opt for a long, hot, bubbly soak in the bath with a good book. It calms my mind and soothes my tired body!



#### .....and Mr Batty



When I am feeling overwhelmed with everyday life, I always turn to friends, family and my hobbies. After a long day, I will often spend time with my son, Jude, in the local park playing football or throwing and catching – you might even find me going down a slide too! If I need to think something through or I have something big on my mind, I get outside for long bike ride or take the motorbike into the surrey hills. This clears my head and I always come back feeling refreshed and ready to tackle any obstacles the days ahead hold. Some might know that I enjoy a good joke or a little bit of sarcasm, looking for the silver lining of the situation and making light of the negatives never fails to bring a smile. And if all else fails, then a good film, cup of tea, sneaky piece of cake and my cat Hobie always puts me in a positive mood!

## Reminders for Next Week

Monday 17th	
Tuesday 18th	
Wednesday 19th	Churchill class PGL meeting for parents (no pre-schoolers, please), 2.30pm; Please wear masks unless medically exempt
Thursday 20th	Attenborough class PGL meeting for parents (no pre-schoolers, please), 2.30pm; Please wear masks unless medically exempt Y3 swimming
Friday 21st	



## Display Board of the Week

Year 1's topic is Castles this term, and the children have made some super images of the types of buildings found in different countries as part of their history lessons. We love the 3d turrets on this German castle.



## Bright Sparks

Well done to our Bright Sparks this week:

Britten	Lily Adams	Elgar	Thomas Roel
Goldsworthy	David Ryklin-Balagadde	Lowry	Zach Nicolaou
Faraday	Reuben Belton	Nightingale	Isla Mckillop
Redgrave	Khushi Byssoo	Holmes	Alice Amos
Darwin	Henry Smalley	Newton	Annalise Edwards-Baer
Victoria	Ruby Divell	Shakespeare	Rosie-May Elliott
Churchill	Daisy Hunter	Attenborough	Lara Ali 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



## How Parenting Puzzle Workshops have helped other parents

"So helpful to have ways of dealing with situations that happen on a daily basis"

"Wonderfull! Could do this every day"

"Better than expected, made me think differently about toddler behaviour"

"It was a completely new experience for me but after the first week I was completely relaxed"



check out [familylinks.org.uk](http://familylinks.org.uk)

## The Nurturing Programme Parenting Puzzle Workshops

### where:

Epsom Family Centre  
Pound Lane  
Epsom  
KT19 8SD

### when:

From 10th June to 8th July 2021  
Every Thursday from 9.45 to 11.45 a.m.

### contact details:

Email Home-Start or Epsom Family Centre  
[Lesley.Lane@hseeb.org.uk](mailto:Lesley.Lane@hseeb.org.uk)  
or  
[familycentre@epsom.surrey.sch.uk](mailto:familycentre@epsom.surrey.sch.uk)  
01372 749834



[familylinks.org.uk](http://familylinks.org.uk)



## Parenting Puzzle Workshops

## Information for parents and carers



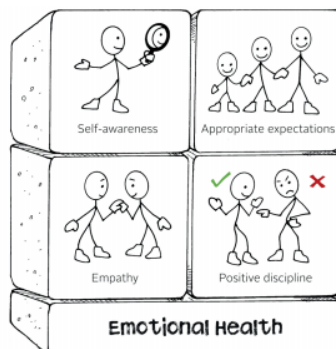
## What is the Parenting Puzzle?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Parenting Puzzle Workshops help deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

## The Building Blocks of the Parenting Puzzle



## The Four Workshops

**Workshop 1:** Understanding Children's Behaviour, Listening and Communicating, Praise and Encouragement

**Workshop 2:** Praise and Guidance vs. Criticism, Child-led Play, and Positive Moments

**Workshop 3:** Boundaries and Parenting Styles, Time to Calm Down, Dealing with Stress and Conflict

**Workshop 4:** Choices and Consequences, Behaviour to Ignore, Putting the Puzzle Together, Looking after Ourselves

## Practical information

There are four 2-hour sessions with a tea and coffee break

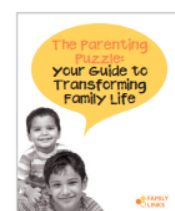
10-20 parents are invited and there are two Family Links trained group leaders

Partners are welcome and it's also fine to come on your own or with another relative or friend

Some groups provide a creche; check with group leaders beforehand

You need to come to all four workshops; they fit together like a puzzle

You will be provided with a copy of The Parenting Puzzle book to accompany the workshops.





Adult Learning Within Reach

Please see below for our May and June Schools and Parenting Courses.  
All courses are via zoom and are for parents/carers living in East Surrey in the districts of Reigate & Banstead, Mole Valley, Epsom & Ewell & Tandridge.



### **Helping Your Child to Manage Stress and Anxiety**

6th & 13th May 7-9pm (via zoom)

Cost: Free

<https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3746666>

or phone 0300 303 3464 quoting C3746666

### **Encouraging Positive Behaviour in Early Years and Primary School age children**

Tue 11th May 10am- 12.30pm (via zoom)

Cost: Free

<https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3746679>

or phone 0300 303 3464 quoting C3746679



### **Encouraging Positive Behaviour in SEND children**

18th & 25th May 10am- noon (via zoom)

Cost: Free

<https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3746678>

or phone 0300 303 3464 quoting C3746678

### **Supporting Children with ADHD**

A brand-new course delivered by an Occupational Therapist. (via zoom)

20th May and 27th May 10am-noon

<https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3746671>

or phone 0300 303 3464 quoting C3746671



### **Introduction to Being a Teaching Assistant**

24th May 10am- noon (via zoom)

<https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3746884>

or phone 0300 303 3464 quoting C37466884

Accredited courses are available in this subject to progress onto.

### **Preparing To Help in Schools**

Mon 7<sup>th</sup> June- 28<sup>th</sup> June (every Monday for 4 weeks)

9.30am- 12.00 noon (via zoom)

Cost: £32 (free to those receiving benefits)

Accredited courses are available in this subject to progress onto.

<https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3746673>

or phone 0300 303 3464 quoting C3746673





## Welcome to Family Learning Parent Bulletin

### Issue #21

Summer is on its way... and we hope for lots of sunshine!

This month we've got exciting activities and recipes for you to explore with your child. We also have some gardening activities, and resources to support your wellbeing.

**Don't miss out - There is still time to enrol on our summer term courses.**

All Family Learning courses are FREE and can support you with:

- \*parenting
- \*wellbeing
- \*understanding your child's behaviour
- \*getting to grips with maths and phonics
- \*English for parents/carers as an additional language.

Go to <https://www.surreycc.gov.uk/schools-and-learning/adult-learning/courses/family-learning> to have a look at the Family Learning courses



**BBC**  
**goodfood**



**SURREY**  
**ADULT LEARNING**



## Met Police Youth Football Camp

**Met Police FC  
May Football Camp**

When: 1st June to 4th June 2021

Age: 5 Years to 15 Years

Where: Tiffin Sports Ground, Summer Rd, Molesey, East Molesey KT8 9LS

Time: 9am to 3pm (Early Drop Off and Late Pick Up, £5 per half hour)

Cost: £110 For 4 Days or £30 for a Day (if booked before May 24th)

Book: <https://www.mpyfc.co.uk/enroll/holiday-camp>



## SWIMMING LESSONS

QUALITY LESSONS FOR ALL AGES



Downsend School  
(Leatherhead)  
and  
Epsom College

- ✓ Qualified, experienced instructors
- ✓ Evenings and weekends
- ✓ Helpers in the water
- ✓ Small groups with excellent results
- ✓ Adult classes, all abilities
- ✓ Aged 4 & above without parent
- ✓ Aged 2½ and above with parent

**01372 739600**

[colin@cbswimming.co.uk](mailto:colin@cbswimming.co.uk)

[www.colin-bull-swimming-lessons.co.uk](http://www.colin-bull-swimming-lessons.co.uk)

[www.facebook.co.uk/cbswimming](https://www.facebook.co.uk/cbswimming)



\*\*\* COME AND TRY A CLASS 'FREE' \*\*\*  
Ring Colin today. You'll never go anywhere else!



# The Nonsuch Town & Country Show

the show with something for everybody

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



**30th and 31st May**  
Nonsuch Park, London Way,  
Epsom, Surrey,  
KT17 2DL

**FREE PARKING, DOGS WELCOME**  
10.30 - 5.30

ADULTS £9.50  
CHILDREN £4.50  
UNDER 5 FREE

**DISCOUNTED  
TICKETS ONLINE**

**INCLUDING  
FESTIVALS OF DOGS**

**INCLUDING:  
FESTIVALS OF CARS  
FALCONRY/WRESTLING  
DOG & DUCK/HEAVY HORSES  
ACROBATICS/THE ZULU'S  
COOKERY DEMO'S/HISTORY**



## MAY HALF TERM

TUESDAY 1ST - FRIDAY 4TH JUNE 2021

Example weekly theme:



Movie Making | Video Game Design | Robot Coding | STEM Experiments | Engineering

### Covid-19 Safety Procedures

Providing safe, fun, educational and essential childcare across all tiers



"My sons 3rd visit and he'll be returning!!  
Enough said!"

Jane Baker (Hendean House School)



**We are in your area!**

We have more than 30 camps running this Summer. Operating over 8 weeks! Find your local camp on our website

## MAY HALF TERM

FOR BOYS AND GIRLS AGES 5 - 12  
£155.20 FOR FOUR DAYS, 9 AM - 4 PM DAILY

FIND YOUR NEAREST CAMP ON OUR WEBSITE  
[www.nextthing.education](http://www.nextthing.education)

**Reduced numbers. Limited Spaces. Book Now!**



W: [WWW.NEXTTHING.EDUCATION](http://WWW.NEXTTHING.EDUCATION)

E: [INFO@NEXTTHING.EDUCATION](mailto:INFO@NEXTTHING.EDUCATION)

T: 01442 873150





**HOLIDAY CLUBS FOR 4-12 YEAR OLDS**

# ALL THE FUN OF THE FAIR

**Circus Skills and Carnival Games, a fun-packed, themed holiday club!**  
Archery • Candy Floss • Mini Golf & much more

**TUES 1ST - FRI 4TH JUNE**

YOUR NEAREST VENUE IS...  
**WALLACE FIELDS INFANT SCHOOL**  
Wallace Fields, Ewell KT17 3AS

✓ OUR CLUBS ARE COVID-19 SECURE

**FIND OUT MORE & BOOK ONLINE**  
[wearescl.co.uk/holiday-clubs](http://wearescl.co.uk/holiday-clubs)  
[enquiries@wearescl.co.uk](mailto:enquiries@wearescl.co.uk) | 0345 644 5747



WE ACCEPT  
CHILDCARE  
VOUCHERS



KIDS DAY ACTIVITY CAMPS

CHILD CARE FROM  
8am - 6pm

AGES  
4 - 14

## JUNE HALF-TERM & SUMMER CAMPS 2021

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



**MAD SCIENCE**

KIDS FAVOURITE



**BUBBLE FOOTBALL**



**WET N' WILD**

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

**MULTIPLE LOCATIONS THROUGHOUT  
ESSEX, KENT & SURREY THIS SUMMER**


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

Ofsted  
Registered

ALL OUR  
STAFF ARE  
DBS  
CHECKED

CHECK WEBSITE FOR LOCATIONS & DATES

We Have Been Recognised As The Best Children's  
Sports Coaching Provider in Surrey  
<https://www.sme-news.co.uk/winners/community-advantages-sports-coaching/>



# FOOTBALL COACHING

## JUNE HALF TERM HOLIDAY COURSE

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

**Dates:**  
Tuesday 1st June - Friday 4th June  
Boys and Girls aged 4-11 years  
(Reception to Year 6)  
From 9.00am - 1.00pm

**£18 per day**  
£15 per day if you book all four days  
10% sibling discount for all/any attending siblings

Coaching includes: Ball Skills, Fun Games and Matches.  
Every child will receive a prize and there will be  
special additional trophies for excellent sportsmanship.  
To book your place, please see details overleaf.

**COMMUNITY ADVANTAGES**



# FOOTBALL COACHING

Should you wish for any further information  
about the holiday club then please feel free to contact  
Naz (Head Coach) on 07793 815 752 or by e-mail at  
[info@ca-sportscoaching.co.uk](mailto:info@ca-sportscoaching.co.uk)  
or check out our website at [www.ca-sportscoaching.co.uk](http://www.ca-sportscoaching.co.uk)

**Your child should arrive with:**  
Weather appropriate sports clothing and footwear  
Snacks and a drink (non fizzy)

To book a place, please email  
[info@ca-sportscoaching.co.uk](mailto:info@ca-sportscoaching.co.uk) confirming  
the following details:

1. Childs Name
2. Current School Year
3. Emergency Contact Number
4. Medical Requirements (if any)
5. The Days You Would Like To Book

Once we receive your booking request we will contact you  
to explain how to make payment.

**COMMUNITY ADVANTAGES**



# HALF-TERM CHILDREN'S PERFORMANCE CAMPS

## COMING TO EPSOM AGES 5-11

The Upper Norwood Library Hub in London are delighted to be spreading our wings and landing at:

**Stoneleigh Methodist Church Centre**  
**1 Stoneleigh Crescent, Epsom KT19 0RT**

Dates and times are from Tuesday June 1st to Friday June 4th 9:30am-4:30pm

Our camp will be led by some of the West End's finest performers and musicians and kids will have the opportunity to discover and learn about children's author, ROALD DAHL who wrote kids' classics such as 'Charlie and the Chocolate Factory', 'The BFG' and 'James and the Giant Peach' to name a few!

As we focus on acting, singing and movement, children will rehearse and perform two of the most famous songs 'When I Grow Up' and 'Revolting Children' from the hit West End Musical, MATILDA for their families to come and watch on the final day.

For more information or to book, please visit:

**<https://buytickets.at/uppernorwoodlibraryhub/514906>**

Or visit our website:

**[www.uppernorwoodlibraryhub.org](http://www.uppernorwoodlibraryhub.org)**

**WHO'S GONNA GET THEIR GOLDEN TICKET?**

