

Wallace Fields Junior School Bulletin

12th May 2023



KEY DATES

- **Monday 15th May 2023**
 - Year 4 Depart for Hooke Court - Drop off at 7.30am for departure at 7.50am sharp.
 - Year 6 Fun Afternoon and ice cream van visit
- **Tuesday 16th May 2023** - Year 4 in Hooke Court
- **Wednesday 17th May 2023**- Year 4 return from Hooke Court at approximately 4.00pm.
Check Twitter for timing updates
- **Thursday 18th May 2023**
 - Bentley Photographic are coming in to take class photos
 - The Coffee afternoon for New Parents and Parents New to English (N2E) at 2.30pm

- **Friday 19th May 2023** - Netball tournament at Banstead Community Junior School - 3:15pm tbc

For the latest dates click here¹ for calendar on website.

HEAD'S UPDATE



Thanks - Race Night: A huge thank you to all who attended the PTA Race Night last Friday - and to a special thanks to the PTA including Jade Dodd and Kelly Tebbs who worked so hard on getting it organised. Thanks to Katie Muir and her staff members for their support at the bar and Mrs Curran for her help on the betting machines. It was a wonderful night and the PTA raised an excellent amount that will go directly to the children in both schools. If you are interested in helping the PTA please contact the main office who will put you in touch.

Building Works Limiting Traffic Flow - Thanks to all the parents and carers who are trying so hard to drive carefully outside school. This has been especially hard due to ongoing building work outside two properties in Dorling Drive. The additional skips, lorries and supplies vehicles have blocked the road up and this limits turning at the bottom. I understand the work is nearing completion so hopefully this disruption will end. Thanks in the meantime for not parking using resident's drives and keeping the junction clear to ensure the safety of pedestrians especially the children.

National Tests Over - Well done to Year 6 who came in positive and upbeat every day this week - chilled and fully prepared to do their best in the tests. The SATs can sometimes become a cloud over Year 6 as they prepare though it must be said our Year 6 were very cool about it and took it in their stride. Thanks to all parents/carers who obviously made sure they rested, did not cram or fret and they came in fresh, ready to take them on. I was very impressed (along with many of the staff who commented) with how they approached it. With so much more learning and exciting activities to fulfil this summer term, the tests can be forgotten and we can move forward and get on with our year.

¹<https://www.wallacefields-jun.surrey.sch.uk/school-calendar>

IMPORTANT

Waterproof Coats

The weather is still very mixed with regular showers forecast for most days so children **must** bring coats **every day** to school even if it looks fine in the morning. We will be sending children outside at lunchtime and playtime unless it is very heavy rain or stormy. It has been raining on and off for months now so please do not let them presume a sunny start to the day means no need for a coat. Be prepared.

Class Photos - Thursday 18th May 2023

On Thursday 18th May, Bentley Photographic will be coming into school to take year group photos of the children in the morning. They will start at 9.15am and finish at 12.10pm so **please ensure your child is in school and is wearing full school uniform tidily and neat with hair brushed and tied as required**. Hair must be off the face. A comb or hairbrush can be brought to school on the day. If they wish, children can change into their polo shirts after the photograph sitting.

Coffee Afternoon for New Parents and Parents New to English (N2E) Postponed to 18th May 2023

The Coffee Afternoon for New Parents and Parents New to English (N2E) has been postponed to 18th May 2023 at 2.30pm. We know that moving schools or countries can have many challenges and it was a great opportunity to get parents and carers together, so we can talk about issues and create a network of friends and support.

Reminder - INSET Day Coming Up Monday 5th June 2023

The school will be closed to pupils on Monday 5th June 2023. Children will not return until Tuesday 6th June after the May half term the week before.

Celebration Evening & Summer Fair - Friday 23rd June 2023 3.00pm -6.30pm

The date is booked and the children are rehearsing their end of year performance for us to enjoy before the fair kicks off! Fun at the fair will include all the favourites as well as the bar and BBQ. Plus, a brilliant array of mega inflatables and games and this year to make it easier we are selling wristbands that allow unlimited access to the inflatables and classic fair games.

Wristbands are available to purchase now on PTA events. <https://www.pta-events.co.uk/wfjspta/>
And of course, we cannot run these events without you lovely lot. The volunteer slots are live too so please sign up for what you can.



Book Bank

The school is collecting pre-loved books in good condition on behalf of **Epsom Food Bank and Epsom Pantry**. There will be a collection box outside school all week commencing 22-26th May. Please support this new initiative to help disadvantaged children access new books.

Any questions, contact Mrs Bruen, School Librarian



**Donate your
secondhand books
to disadvantaged
children**

There is no doubting that times are tough at the moment and many families need extra support.

By donating your children's pre-loved books when they have moved onto new stories and adventures, we can pass on them onto families who perhaps do not have access to new books.

We are working with Epsom Foodbank & Epsom Pantry to provide a regular book stall where families can take a pre-loved book for their children completely free of charge.

All we need is your books!

So if you've tired of
The Tiger That Came To Tea
or you're bored of
The Gruffalo
send them over to us and we
will give them a new home.

**"At the Book Bank
Group we believe ALL
children should be
given the chance to
enjoy the wonder of
reading."**

**Contact
Emma Ware
07779590830**



Netball Team Tournament - Friday 19th May 2023

On Friday 19th May 2023 there is a netball tournament at Banstead Community Junior School and Mrs Sellars will be selecting a team to attend. The times are not yet confirmed but are likely to be around 3.15pm. Parents will need to be available to pick up, take to Banstead and collect their child afterwards. Mr Sellars will be contacting his selected team via SPOND with more details.

Ice Cream Van on Monday 15th May 2023

There will be an ice cream van outside school in the turning circle after school on Monday 15th May 2022. Year 6 children will have already had one, thanks to the PTA, as part of their post SATS Fun Afternoon.

Wellbeing Day - Friday 26th May 2023

Wellbeing is an important aspect of school life and we will be hosting a Wellbeing Day on Friday 26th May. On this day, children will have a range of activities to support their wellbeing including a sports activity with Mr Sellars, a fun activity with the Year 6 Sports Crew, a reflective lesson about online wellbeing as well as some free time to do cosy reading, mindful art work, maths puzzles and more! **For this day, all children in all year groups are allowed to wear their PE kit.**

THIS WEEK

Well done to Year 6 - National Tests (SATS)

Well done to the Year 6 for being calm, resilient and performing really well in their National Test (SATS) week. Thank you to Mrs Bracher, Mrs Oxe and Ms Scoller who kindly volunteered to help as readers. As a reward for all their hard work the Year 6 will on Monday 15th May 2023 have lots of fun playing lots of games on the field with Mr Sellars and, thanks to the PTA who have arranged to pay for their ice creams.

Hugely Successful Fundraising

A massive thanks to the WFJS and WFIS PTA for organising the race night as well as Mr Lee and Mrs Curran who ran the tote, WFIS staff who helped on the bar and Joe Findlay for setting up and clearing up. It was a super event and we raised lots of money for our schools. Race Night raised £2300 profit to be shared between both schools, and the uniform sale raised £210.

YEAR 6

Year 6 Residential Trip French Trip

Passports and EHIC/GHIC

All children will be required to use their own passport for the French Trip. If you need to apply for a passport, please do so in plenty of time. Please note current UK passports must be at the time of travel: • Less than 10 years old • Valid for at least 3 months after the day we leave France. **You will need to send in your child's passport to the school office by Tuesday 6th June 2023.**

All children will require either a valid in-date European Health Insurance Card (EHIC) or a Global Health Insurance Card (GHIC). If your child's EHIC is out of date then you should apply for a GHIC (Global Health Insurance Card). You may apply for a GHIC up to 6 months before your EHIC expires. Applying for a GHIC is **free of charge** on the NHS website². Beware of unofficial websites that charge you a fee to apply. **Please ensure you apply for this in plenty of time.**

Final Instalment :

The 4th Instalment and final instalment of £115 is due by 6th June 2023

YEAR 5

Year 5 Science Masterclass - Wednesday 24th May 2023

Some Year 5 pupils have been selected to attend a Year 5 Science Masterclass, which is being held at Epsom College on the afternoon of Wednesday 24 May 2023. Parents/Carers were emailed further information on 27th April including a Google form to give permission for them to attend.

If you have selected to collect your child from Epsom College, please meet your child with Mrs Day outside the Chapel within the grounds of Epsom College.

²<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

Year 5 Dance Festival

Dance rehearsals started on Thursday 27th April 2023 at lunchtime with Lauren Johnson (Hip Hop dance club leader). It is important dancers attend every rehearsal.

Children may go in for early lunch ready for a start at 12.30pm in the school hall. If they are not in PE kit, please make sure they **have comfortable clothes to change into**.

The Dance Festival show itself will be on the evenings of **Tuesday 20th June and Wednesday 21st June 2023** at the Epsom Playhouse. There will also be an "all-day" rehearsal on **Monday 19th June 9.30am** to about 3.15pm.

I am sure that you'll want to come along and watch the show; tickets are now available to purchase from the theatre box office and online at www.epsomplayhouse.co.uk³ at £7.00 each. **They sell out very, very quickly so don't delay as many less-organised parents have been disappointed in the past.**

Mrs Johnson has emailed parents to ask if they would give permission to take photos and videos. Any questions please email on lejdancecompany@gmail.com or give it to your child to hand it in at their next class.

YEAR 4

Children Not Going to Hooke Court

Children not attending Hooke Court next week are expected to attend school as usual and will have alternative activities provided including some exciting Viking activities. These few children should wear their PE kits on Monday, Tuesday and Wednesday next week. Any children absent without a valid reason will be recorded as unauthorised absence. Please be aware that 5 days (cumulative) of unauthorised absence will incur a fix penalty notice (a fine) of £60 per person /per family. A timetable with school staff is carefully planned and so absence during a trip is not acceptable.

Year 4 Residential Trip Hooke Court 15th - 17th May 2023

A letter was sent out on Tuesday 25th April 2023 with all the details for the Hooke Court trip Residential Trip 15th - 17th May 2023.

Important Reminder: If your child requires any medication or is required to take preventative medicine i.e. inhalers or travel sickness tablets on the trip, please attend a brief individual meeting on: **Wednesday 10th May 2023 at 8.45am. This is your only opportunity to pass on medicine/ care plans and full instructions, as this needs to be handed in person to the appointed first aider of the trip.**





Last minute reminders:

- **Monday 15th May 2023-** children arrive at 7.30am wearing home clothes and trainers and with their packed lunch. We will be leaving for Hooke Court at 7.50am sharp.
- **Wednesday 17th May 2023-** arrive back at school at approximately 4.00pm. Please check twitter for any changes to this time on the day. Please do not phone the school office.

³<http://www.epsomplayhouse.co.uk/>

The Year 4 team are all looking forward to the trip and if you have any last minute questions, please email office1@wallacefields-jun.surrey.sch.uk

Year 4 Multiplication Tables Check

MONTH	March	April	May	June
AREA	 GARAGE	 GARAGE	 STUDIO AND SOUNDCHECK	 SOUNDCHECK
TIME	15 minutes per week	15 minutes per week	10 minutes per week in Studio 5 minutes per week in Soundcheck	3 games per day

The children in Year 4 have been busy practising their times tables ahead of the multiplication check in June. Miss Sarjeant sent out a letter last term and a visual timetable, which can be seen below. We suggest that the children start practising in the 'Soundcheck' area for 5 minutes (1 game) to familiarise them with the setup for the check in June. This is the area we will be using in school and it gives the children 25 questions up to 12x12 - the same as the check. They have 6 seconds to answer each one. We are very proud of all the children and we are making this a fun experience where we can celebrate our times tables knowledge in June! Thank you for your continued support.

YEAR 3

Year 3 - Bring a Thin Paintbrush for Friday 19th May 2023

Please can bring Year 3 to bring in a thin paintbrush for next Friday, 19th May 2023.

Year 3 Trip to Painshill Park on Thursday 29th June 2023

Year 3 have an exciting visit to Painshill Park on Thursday 29th June. The trip is based around our Science topic of plants where children will have the opportunity to be 'Plant Detectives' and explore the grounds of Painshill Park to observe different types of plants.

For the trip, we would love to have some parent/ carer volunteers join us. This will consist of volunteering for the whole day, including the coach journey to and from Painshill Park and helping to monitor the children throughout the day. We would also like to hold a short 15 minute meeting on Wednesday 28th June straight after school (3:45) with all volunteers to run through safety produces and safeguarding.

Please note, helpers and volunteers will not be in a group with their own child.

If you would like to volunteer for the trip, please email the School Office at office1@wallacefields-jun.surrey.sch.uk⁴ by midday on Monday 19th June.

Closer to the time of the trip, we will pick names out of a hat for volunteers and contact those selected the week before the trip (by Friday 23rd June).

Thank you very much in advance for your support.

Miss. Day

Year 3 Class Teacher

⁴<mailto:office1@wallacefields-jun.surrey.sch.uk>

Wallace Fields Junior School

Year 3 Music Performance - 13th June 2023

If your Year 3 child is a budding musician, please put the following date in your diary for the Year 3 Music Assembly - Tuesday 13th June 2023 (1.10pm-1.45pm). Nearer the time auditions will be held in school and then parents will be informed if their child has been selected to perform.

CLUBS

Mrs Kidwai's Karate Class on Sunday Mornings

NEW Karate Class starting in Epsom

at Wallace Fields Junior School, KT17 3BH,
Sunday morning 10:30 to 11:30 from 30th April 2023!

We are extremely excited and happy to announce the launch of our brand new Karate class with Mrs. Kidwai. She is a trained GKR karate instructor and a friendly and familiar face to many children in the school.

**For more information or to book your FREE trial class,
contact Ali Doueib, Regional Manager, GKR Karate on
07707802702**

Karate As A Form Of Self-Defence

As a self-defence system, karate does not so much teach a set of standard responses to a set of limited scenarios, but rather it teaches a set of principles that can be applied to any situation. Unlike many martial arts, the size and strength of a karate practitioner is unimportant as students are taught to use their entire body when delivering strikes. Furthermore, students are trained to deliver sharp blows with various weapons of the body towards pressure-sensitive areas of an opponent. While karate teaches a person combat skills, karate does not promote aggression. Instead it promotes awareness to avoid conflict. Combat should only be used as a last resort.

Health Benefits Of Karate

As a health and fitness activity, karate tones and shapes the body, increases aerobic stamina, improves muscular strength and flexibility, enhances balance, agility and co-ordination and quickens the reflexes. Karate also improves our mental health. As it challenges the brain, it improves focus and concentration. It also develops a person's composure and provides a deeper insight into one's mental capabilities. One of the advantages of karate is that students may train at their own pace so even those who have not exercised in some time can start learning and gaining from the benefits of karate.

Karate As A Way of Life

Karate promotes a number of values to live by, including integrity, respect, courtesy, humility, loyalty and compassion. Karate is an individual sport. Therefore the focus is not to compete against another person or team, but rather to compete against one's self. This 'self-focus' accompanied with continual improvement develops self-esteem and self-confidence amongst those who practice it. Karate also promotes self-discipline, goal setting and leadership. People who study karate can attain a high level of commitment and dedication to any chosen endeavour simply because of the skills and habits they develop.

GKR Karate offers classes for...



Some testimonials from our website...

I signed my children up in 2013 and watched them from the sidelines for 2 years. After many invites from the Sensei I finally joined in and wish I started sooner. Being able to train alongside my children is something so rare in sports these days and something I'm so grateful to be able to do!

— Craig Fenech, Liverpool NSW

We train in the same class as our 2 kids (aged 11 and 6). There's not many sports that you can do that with, let alone sports that provide such lifelong benefits and skills for the kids. Training together is something we really cherish and the instructors are fantastic with everyone even though we were total beginners when we started. Getting the kids away from their screens and into the dojo doing something productive, and together, is something I'll always be grateful for.

— Quessen Family, London, UK

Wrap Around Care Provided by Junior Adventures Group - JAG!(formerly Energy Kidz)

Junior Adventures Group Club (JAG) provides excellent wraparound care at Wallace Fields Junior School. They run Breakfast Club from 7:30am until 8:45am and After School Club from 3:20pm until 6:00pm.



Dear school partner,

We are so excited to announce the launch of Junior Adventures Group UK to all of our families, schools & leisure partners, and children. We hope you've enjoyed seeing the first day in action.

To help you explore your new club further please see a selection of the key updates following your rebrand – where you can see all things new with your new Junior Adventures Group Club...



Our NEW Website is now LIVE!

We've developed a new and easier to use website delivering a first class digital experience for families. Whether it's **help booking children's spaces, finding their nearest venue, checking availability, discovering our new activities and Whole of Child programme** or **experiencing our new parent support portal** - we're so excited for you to experience JAG online yourselves! Head over to www.junioradventuresgroup.co.uk now!



Learn more about our Whole of Child Promise!

Our new multi-activity programming ensures every day is always different! With activities split across seven exciting categories: **Creative Inventors, Global Kids, Super Sports, Power Teams, Zen Masters, Brain Boosters & Splash Zone**. Whether they're, moving their feet, gardening, painting or on a scavenger hunt, JAG time is always children's favourite time.





Spread the word... JAG is here! Explore your NEW JAG partner toolkit...

As our partners in delivering amazing experiences for your families, we hope you share our excitement as your out-of-school hours club turns purple!

As promised, we are delighted to equip you with an up-to-date toolkit full of resources to update your website, communications to inform your family database of the change to JAG and updates to deliver via socials, newsletters or your preferred method of communication. Click the links below and download the content that matches your school service:

[Click here to access your JAG Toolkit](#)

- [E-Leaflets](#)
- [Posters](#)
- [Sample Timetables](#)
- [Social Media & Images](#)
- [Website Content](#)
- [Email out to parents](#)
- [Newsletter insert](#)



Late Collection Policy Update

Following on from our December communications as Energy Kidz & Fit For Sport regarding late bookings - we can confirm that our new late collection policy has taken effect. This means we can now not accommodate late bookings that are attempted to be made less than 60 minutes before a parent/guardian's desired session starts. As a reminder, we have informed all families registered with us in recent weeks.

We pride ourselves on being flexible for families, with adhoc bookings a popular feature for our families - however, to maintain high-quality care ensuring every child is safely welcomed to our clubs each day, our new late booking policy below will be effective immediately. We appreciate your support in this decision - please see the exact update below.

Please see the updates below:

- All families can make a booking via their online account up to 60 minutes before the session - this applies to our Breakfast & After School Clubs. We recommend

0333 577 1533

5a Millars Brook Business Park, Molly Millars Ln, Wokingham RG41 2AD

junioradventuresgroup.co.uk

Building brighter futures together

Junior Adventures Group Ltd is registered in England with company number 07042427

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families book in advance and offer a range of flexible payment methods to support them on their booking journey.

- Any families looking to drop their children at sessions not booked before the above timings will, unfortunately, not be on our register and, therefore unable to attend due to safeguarding requirements. **

We want to thank you in advance for your support with this process - enabling us to maintain the safety of all children in our care.

** We will, of course do our utmost to accommodate children in the event of an emergency, where the child is already registered with us and where we have the relevant space (ratio, team members and capacity). **We respectfully request that the school contact friendly customer care teams on 0333 577 1533 if this is the case.**

Expand your School Offering with JAG!

Our passion for making a difference in your local school community means we always explore different avenues to maximise our school partnerships. Discover our range of additional bespoke services via our new 'for schools' page: <https://www.junioradventuresgroup.co.uk/for-schools/>

If you are interested in upgrading your school offering, please don't hesitate to reach out to your Regional Director or contact us at bd@junioradventuresgroup.co.uk.



Contact details!

We've updated our contact details! Our customer experience team are now available via:
Email: hello@junioradventuresgroup.co.uk Phone: 0333 577 1533

If you have any questions, please don't hesitate to contact your regional support team or reach out to our friendly team above.

Kind Regards,

Junior Adventures Group



0333 577 1533

5a Millars Brook Business Park, Molly Millars Ln, Wokingham RG41 2AD

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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many devices which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: It tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'heart rate' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the Sunday Times, Which? PC Pro and Computeractive. He's appeared regularly as a technology pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly about internet safety issues.



National Online Safety
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)
[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)
[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)
[@national_online_safety](https://tiktok.com/@national_online_safety)

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WELLBEING

Proud to be part of

Mindworks Surrey


The children and young people's emotional wellbeing and mental health service

NHS
Surrey and Borders Partnership
NHS Foundation Trust

Mental Health Awareness Week 2023 - Parent Webinars

As a School Based Needs Team, we are offering a variety of webinars this mental health awareness week. Each webinar will take place online, via Microsoft Teams and last approximately one hour. To sign up, and receive the meeting link, please click or scan the QR code or click on any of the descriptions below to complete the sign up form. Please note, sign up closes on 12th May at 4pm, when invites will then be sent.

Click or scan the QR code



The Teenage Brain & Emotional Regulation:
Monday 15th May, 9.30am, 6.30-7.30pm.

- Changes in the teenage brain
- How this affects emotional wellbeing, behaviour and regulation

Managing big emotions and anger:
Monday 15th May, 9.30am, 6.30-7.30pm

- Why our children struggle to manage big emotions
- Supporting your child with big emotions

Anxiety:
Tuesday 16th May, 9.30am, 6.30-7.30pm

- Symptoms and signs of anxiety
- Supporting your child with anxiety

Low Mood:
Wednesday 17th May, 9.30am, 6.30-7.30pm

- Symptoms and signs of low mood
- Supporting your child with low mood

Body image and self-esteem (Secondary):
Thursday 18th May 9.30am 6.30-7.30pm

- Pressures young people face
- Supporting your child's self-esteem and body image

Friendships, self-esteem and confidence (Primary):
Thursday 18th May 9.30am, 6.30-7.30pm

- Importance of friendships
- Supporting your child with positives friendships and challenges

Children's health in the digital age:
Friday 19th 9.30am

- Social media and emotional wellbeing
- Sleep and healthy eating

Webinars for children: We are also offering a webinar Mon-Thursday for secondary school age children. Please see the offer here:
<https://forms.office.com/e/sTWkms43T4>



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Mindworks Surrey


The children and young people's emotional wellbeing and mental health service

NHS
Surrey and Borders Partnership
NHS Foundation Trust

Mental Health Awareness Week 2023 - Student Webinars

As a School Based Needs Team, we are offering a variety of webinars this mental health awareness week. Each webinar will take place online, via Microsoft Teams and last approximately one hour. Please use the QR code to sign up to receive the invite link via email.. you are welcome to sign up to multiple webinars.

Click or scan the QR code



Understanding your Emotions:
Monday 15th May, 5-6pm

- Changes in the teenage brain
- How this affects emotional wellbeing, behaviour and regulation
- Ways to manage big feelings and overwhelming emotions

Anxiety:
Tuesday 16th May, 5-6pm

- Symptoms and signs of anxiety
- When anxiety is normal, when to get help
- Skills to learn to manage anxiety

Low Mood:
Wednesday 17th May, 5-6PM

- Symptoms and signs of low mood
- Skills to help improve your mood

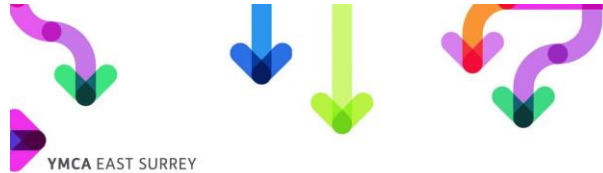
Body Image:
Thursday 18th May 5-6pm

- Why we might feel the need to look a certain way
- Images in the media
- How to improve self-esteem and view of self

Clarification on signs and symptoms was well presented

I found it helpful to learn about positive and negative thinking patterns

The workshop gave lots of ideas to try to deal with anxiety



YMCA EAST SURREY

Supporting your child with the transition from Primary to Secondary school

Join YMCA East Surrey's Community Wellbeing Team for these informative and supportive online workshops about the transition from Primary to Secondary school and how you can support your child. There will be an opportunity for discussion and questions. These workshops are suitable for parents and carers with children in school Years 5-7.

- ▶ Wednesday 24 May 2023 | 18:30 - 19:30
- ▶ Wednesday 21 June 2023 | 18:30 - 19:30
- ▶ Wednesday 19 July 2023 | 18:30 - 19:30

Register your place at:

www.ymcaeast Surrey.org.uk/parent-workshops/

YMCA

Here for young people
Here for communities
Here for you



Empowered Parenting Workshop

Parent with confidence when dealing with challenging behaviour

What will I learn?

Learn tools and strategies to help you understand the emotional need behind challenging behaviour

When?

Wednesday 17th May
Summer 2023
9:45-11:45

Where?

Epsom Family Centre,
Pound Lane, KT19 8SD
No parking onsite

To book your place, call
Epsom Family Centre on
01372 749 834




Epsom Family Centre
  



General Reminders and News

Contacting Wallace Fields Junior School

In line with most other schools, all emails from parents and carers are via our very helpful school office team at Office1@wallacefields-jun.surrey.sch.uk⁵. Emails for staff will be forwarded on for you. If you accidentally use an old email you will receive an automatic message reminding you to contact the School Office at Office1@wallacefields-jun.surrey.sch.uk⁶. Please include in the subject matter the child's name and class.

For urgent messages, absences or pick up arrangements please call 020 8393 0350.

Stationery Reminder

it is detrimental to your child's learning if they do not have the right stationery in class and impacts on everyone, as it disturbs others! Please ask your child to check if they need any stationery. Class teachers may send your child home with a slip indicating which stationery they need. Parents may provide their child with a little cash so that they can buy replacement stationery as necessary. Children may purchase replacement whiteboard pens, glue sticks, pens and pencils at our stationery shop run by Year 6 prefects on Tuesday and Thursday break times (at the 4J window).

⁵<mailto:Office1@wallacefields-jun.surrey.sch.uk>

⁶<mailto:Office1@wallacefields-jun.surrey.sch.uk>



Penalty Notice for Unauthorised Absence

Just to remind parents/carers that if they take their children out of school without authority for 5 or more days (which do not have to be consecutive) , they will be liable to receive a penalty notice. Currently the amount payable under a penalty notice is £60.00 per parent/carer per child if paid within 21 days. Thereafter the amount increases to £120.00 if paid between 21 and 28 days. If the penalty notice remains unpaid after 28 days, the Local Authority will consider a prosecution in the Magistrates Court. Please note that penalty notices are issued per parent/carer per child so a family of two parents and two children will receive 4 penalty notices.

Surrey County Council is not responsible for authorising pupil absence and therefore cannot withdraw any Penalty Notice requests without the written permission of the Headteacher.

We do not authorise term time holiday in line with an agreement with the local cluster of primary schools.

Spare Trainers for Lunchtimes

The field is now open for children to play on most lunchtimes, depending on the weather. To avoid children bringing mud inside all children wanting to play on the field must change into their spare pair of trainers. So please remind your child to bring in a spare pair if they want to go on the field or the activity trail. Thank you.

Sports Kit Amnesty

Most sports kit has now been returned to school. If you still have any items please return as soon as possible to the School Office.

WELCOME TO MAPAC

We are delighted to be working with your school who have entrusted us with providing your children's school uniform.

1. HOW TO REGISTER & ORDER

- CLICK THE UNIFORM LINK FROM YOUR SCHOOLS WEBSITE...or...
- Visit www.mapac.com/education/parents or search online for 'Mapac find your school'.
- Use the 'LOGIN/REGISTER' tab at the top of the page and fill in your details (even if you don't need to order straight away, it means you'll start receiving Mapac updates and offers!)
- Once on your dedicated school page, simply add everything you need to your basket, register (if you haven't already) and then check out.

2. ORDERING GUIDE

Under normal circumstances we aim for all orders to be sent out within 10-15 working days. During our busier periods (especially over the summer) or if anything unexpected occurs, it can take longer, so please allow us some extra time to get your order to you.

Delivery to your home / work all year round!

IMPORTANT SUMMER ORDERING INFORMATION

To receive your order before the start of term please order by 31st July.

We do everything we can to send out all items as soon as possible but a high volume of orders or unforeseen circumstances may occasionally lead to delays.

If you have any queries, please do not hesitate to call or email us. We are happy to help!

T: 01923 255525 | E: parentcustomerservices@mapac.net

COMMUNITY NEWS

Would you like to train to teach in a school in your community?

We are holding a recruitment presentation and information event in school specifically interested in becoming teachers. See the poster below for details. 12.00pm until 4.30pm in the group room (Year 6) on Thursday 18th May 2023.



WANT TO MAKE A DIFFERENCE? TEACH

Local teacher training in this area and beyond



South Farnham SCITT
www.ssfscitt.org.uk
@ssfscitt.org.uk
SSF SCITT

Would you like to train to teach in a school in your community?

Come along to an information event held at
Wallace Fields Junior School (Dorling Drive, Epsom, KT17 3BH) **On Thursday 18th May.**
This is a drop-in event, so come along anytime between **12:00pm and 4:30pm** to chat to one of the SCITT team. You'll find us at the main entrance of the school - we'd love to meet you!

For further information, please:
visit www.ssfscitt.org.uk ('information events')
or email scitt@sft.org.uk

Bourne Hall Museum
Kids Club
bringing history alive

"Join us in the year 883 for a Viking journey to England, brave the icy waves of the North Sea, learn about the skills, clothing and weapons needed to survive in Viking England and travel as part of a brave adventuring crew, led by a powerful Viking chieftain, to the heart of the Danelaw."



£5 per child

Saturday 13 May 1pm to 2.30pm

Bourne Hall Spring Street Ewell KT17

1UF 0208 394 1734

dbrooks@epsom-Ewell.gov.uk



Do you enjoy Alexandra Park?

Do you have a:

Spade Wheelbarrow Brush
or a willing pair of hands



Come on

**14 May 2023 between
10-12**

and help tidy the park

Epsom & Ewell Colts FC Trials

U11 2023/24 (School Yr 6)



THURSDAY 4 MAY 2023 @ 18:00-19:00

SATURDAY 6 MAY 2023 @ 10:00-11:00

Court Recreation Ground, Pound Lane, Epsom KT19 8HG

Epsom & Ewell Colts FC is an inclusive and diverse club committed to providing a safe and fun environment that allows players, coaches and managers to develop their skills and ensure a positive experience of football. We are currently looking for U11 players for the 23/24 season. We are running open trials and would love to see you there. Please contact us below to find out more!

info@epsomandewellcolts.co.uk

FOCUS
NETBALL



**CALLING ALL
NETBALLERS IN
YEARS 4 & 5...**

If you would like to find out what being part of a netball club is like, then come and join us for free training sessions in June.

Just email:
focusnetballclub@gmail.com
to find out more.

We train on Wednesday nights
6.30pm—7.30pm
@Therfield School in Leatherhead.
(No experience needed)

Bourne
Hall

**EPSOM
& EWELL**
BOROUGH COUNCIL



BOURNE HALL'S FESTIVAL OF EWELL NEW BEGINNINGS FRI 19-SAT 20 MAY

10AM-6PM

JOIN US FOR:

THE FLYING SAUCER CAFÉ LAUNCH
DESIGN A SPACESHIP OR ALIEN IN THE LIBRARY
MAZE EXPERIENCE
MARKET STALLS
DANCE SHOWCASES
AND MORE!

BOURNE HALL, SPRING ST, EWELL, EPSOM, KT17 1UF
BOURNEHALLMAILBOX@EPSOM-EWELL.GOV.UK



ADULT SWIMMING LESSONS

Downsend School (Leatherhead) and Epsom College

3 WEEKS FREE*
*New adult swimmers

All standards including advanced length swimmers

01372 739600
colin@cbswimming.co.uk • www.colin-bull-swimming-lessons.co.uk
www.facebook.co.uk/cbswimming



SWIMMING LESSONS

SATURDAY AFTERNOON SWIMMING CLASSES FOR CHILDREN
2pm to 5pm

All Abilities: Parent & Child, Non Swimmers, Improver & Advanced

01372 739600 • colin@cbswimming.co.uk