



Wallace Fields Junior School Newsletter

24th January 2025

KEY DATES

- **Monday 27th January 2025** - Selected Year 5 and Year 6 Swimming - Bring normal swim wear but please wear winter PE kit to school if taking part.
- **Wednesday 29th January 2025 3.00pm - 3.40pm** - PTA Second Hand Uniform Sale
- **Thursday 30th January 2025** - Parents Workshop 'Developing Independence' 9.30am-11.30am. Sign up to attend
- **Friday 31st January 2025** - Auriol Football Tournament - A Team Football Team Playing at Auriol 1pm-3pm. No B team or girls team training after school. See SPOND for more information.

[Click Here¹ for Upcoming Events](#)

[Click here² for School Calendar and to Subscribe to Calendar](#)

Head's Update

Half Term Approaching

Half term is fast approaching. If you have not sorted your holiday childcare yet, you might want to consider NS Sports Holiday Club which will be held at Wallace Fields Junior School over half term. NS Sport already run the popular football clubs and coach the football team though NS Sport, and it is much more than football. NS Sport is offering an action packed holiday club with a range of sports, arts and crafts and leisure based activities for children in safe and nurturing environment. Sign up soon before the spaces fill up. See details below.

NS SPORT
NEXT STEP HOLIDAY ACTIVITIES
YEAR 1-6 PUPILS ONLY
NNSPORT PRESENTS AN ACTION-PACKED HOLIDAY ACTIVITIES PROGRAMME FEATURING A WIDE RANGE OF SPORTS, ARTS & CRAFTS AND LEISURE BASED ACTIVITIES FOR CHILDREN IN A SAFE AND NURTURING ENVIRONMENT.
WALLACE FIELDS JUNIOR
SCHOOL
RUNNING 17-21 FEBRUARY 2025
CHILD CARE FROM 8AM-6PM EARLY BIRD PRICES AVAILABLE
www.nssport.co.uk
@NSSport_Surrey

NS STARS
NS STARS PROGRAMME
For children who want to stay active and have fun and variety in their day!
This programme allows them to explore a range of sports, indulge in free play, get stuck into craft, design and drama and free up their imaginations.

NS STRIKERS
NS STRIKERS PROGRAMME
A football focused programme that looks to capture the imagination for the same and inspire children to develop their skills further. We take them to whichever level they want to reach. There will be 'World Cup' competitions and lots to inspire them.

THEME: SUPERHEROES	THEME: FOOTBALL FREESTYLING
MONDAY 17 FEBRUARY Scooters & Rider-ons Superhero Masks & Crafting	MONDAY 17 FEBRUARY Robots & Rainbow Fields Monday Focus: Dribbling (Mesa & James)
TUESDAY 18 FEBRUARY Top Shot Tuesday Superhero Skills & Powers	TUESDAY 18 FEBRUARY Around the World & Knee Stall Tuesday Focus: Passing (Die Dwayne & Taron)
WEDNESDAY 19 FEBRUARY Wellbeing Wednesday Superhero Fitness Challenge	WEDNESDAY 19 FEBRUARY Cross Overs & Heel Juggles Wednesday Focus: Shooting (Rashford & Kerr)
THURSDAY 20 FEBRUARY Fruity Thursday Superhero Games & Relays	THURSDAY 20 FEBRUARY Maradona Seven Thursday Focus: Attack/Defend (Ronaldo & Williamson)
FRIDAY 21 FEBRUARY We can be Heroes Disco Dress up as your favourite superhero	FRIDAY 21 FEBRUARY Friday Focus: Champion Friday (Mbappe & Morgan)

* * Schedule may be subject to change without prior notice

International Schools Award presented by the British Council at the Houses of Parliament.

I had the enormous honour of accompanying our Diversity Leader and International School's Coordinator Mrs Kidwai up to the seat of government, the Houses of Parliament. We had a pleasant afternoon talking with other schools who have benefitted from this scheme. My thanks go to Mrs Kidwai for coordinating this award that is valid now for three

¹<https://wallacefields-jun.surrey.sch.uk/events>

²<https://wallacefields-jun.surrey.sch.uk/calendar>

years and to all the staff who have worked tirelessly on collating the evidence to illustrate to the British Council how we celebrate and promote diversity and celebrate different cultures across the school - both formally through integration in the curriculum and also through the extra curricular events, celebrations and displays. The school has active links with a number of schools abroad and the regular diversity days and the international links drive a new level of understanding and enthusiasm across the whole school.' **Mr Lee**

'On the 20th January, I attended the British Council Award ceremony for the International School Award at the Houses of Parliament with Mr. Lee; it was truly a memorable experience and indeed a proud moment for our school. The reception offered breath taking riverside views, setting a perfect backdrop for the event. We were treated to inspiring speeches by children from international schools, showcasing their remarkable insights and perspectives. It was heartening to witness the dedication and effort of 54 schools in integrating an international dimension into their curriculums. This event highlighted the importance of fostering global understanding and collaboration among young learners, ensuring they are well-prepared for a diverse and interconnected world. We are inspired to continue bringing more international experiences and links for our learners in the future. We would also like to thank our wonderful community of parents, staff and governors whose support is invaluable in helping our school go from strength to strength.' **Mrs Kidwai.**

The local **MP Helen McGuire** has proposed an Early Day Motion (EDM) to Parliament for achieving this award and six MPs have already signed this motion: "This House congratulates Wallace Fields Junior School, Epsom, on achieving accreditation with the British Council International School Award; notes that this prestigious award recognises and celebrates schools that demonstrate a strong commitment to integrating international dimensions into their curricula and activities, engages students, staff, and the local community in understanding and celebrating international diversity; and wishes them the very best in their future endeavours educating children on key life skills."

<https://edm.parliament.uk/early-day-motion/62845/british-council-international-school-award-for-wallace-fields-junior-school-in-epsom>



1 - Copyright: DAVID POULTNEY @IN-PRESS PHOTOGRAPHY LTD



THIS WEEK

Active Surrey Sports Challenge at Nescot College

We were delighted to be invited to attend an Active Surrey Sports Challenge at Nescot College on Tuesday 21st January 2025. This was a fantastic opportunity for selected children to build on their confidence and resilience within a highly respected, fun and exciting inter-school event. Eight children from Wallace Fields Junior School made up a team whereby the children rotated around 8 different multi-skills style stations to score points for their team. Although we did not win, the children thoroughly enjoyed the morning and were thrilled to be runners up. Ms White and Mrs Garsden were extremely impressed by the children's resilience, teamwork and maturity. They were a real asset to our school. The competitors received their certificates and medals in assembly today. Well done!





Stars of the Week



This week's Stars of the Week were nominated in assembly - they create an excellent role model for their fellow peers through their efforts and commitment by following the school values. Usually only one pupil per class is nominated in our Celebration Assembly every Friday. All of the Stars of the Week receive a certificate and five house points for showing one or more of the school BELIEVE values - **B**rilliance, **E**nthusiasm, **L**earning, **I**nspiration, **E**quality, **V**ision and **E**very pupil matters. Well done to this week's winners.

IMPORTANT INFORMATION and REMINDERS

Donate To School Funds on Scopay

We have a fantastic PTA who raise significant funds for the school. We also have our own School Fund which has also been a very important source of income over many years, providing funds to support some of the other things, which have enriched the educational experience of your children including the recent refurbishment of our IT suite converting it into two separate rooms.

Please do consider donating to our School Fund next time you are on Scopay. Select **WFJS Voluntary Contribution** at the bottom of your Scopay screen

<https://www.scopay.com/wallacefields-jun>.

Funding is becoming tighter and finances are being squeezed.....we're expected to do more with the same – or even less. With staffing costs making up around 85% of an average school's expenditure, balancing the budget while focusing on a broad and balanced curriculum is an ongoing challenge. Your donations make a huge difference to the offer and experience we are able to provide for your children. **Thank you** in advance for your help and continuing support.

Second Hand Uniform Sale - Wednesday 29th January 2025



Positive Parent Workshop 'Helping Your Child Developing Independence'

Practical advice and help to ensure your child develops independence at our parenting workshop at Wallace Fields Junior School. This event will be led by Lesley Lane from Home Start on Thursday 30th January 2025 from 09:30-11:30. Everyone is welcome. Lesley is an expert in positive parenting and has led many highly acclaimed parental workshops. Please complete the form below so we have an idea of numbers attending.

<https://forms.gle/dwCNXwUjQmcT533dA>

Happy School Bag Collection - 5th February 2025

A reminder of your upcoming Happy School Bag collection is Friday 5th February 2025. Please use this opportunity to turn your unwanted clothing into funds for the school. If you lose the official Happy School Bag do not worry - just put your clothing into a clean bin bag and drop off at the gate on that Friday morning. You can drop off your bag first thing in the morning. The collection time is expected to be 10.00 am. So please ensure your bags are dropped off outside school by 9.30am at the latest.

Thank you so much in advance for your donations - they make a real difference and you get to have a bit of an early spring clean as well.

We Are Fundraising For Your Local School!

Hey, I'm Hoppy

Our Brand Mascot

Hi Pupils & Parents, Your school is participating in our Happy School Bag Fundraising Scheme!

Through your kind donations of unwanted & pre-loved clothing to your school, we will pay the school 40p per KG collected!

If your school has scheduled more than one collection in advance, the rate becomes 45p per KG.

Meaning the more you bring the more your school raises for investments!

What we collect

We accept:

- ✓ Adults and children's clothing
- ✓ Paired shoes
- ✓ Handbags, belts, hats, jewellery
- ✓ Toiletries, perfumes,
- ✓ Souvenirs, unwanted gifts

Please ensure that all items placed in the bags are in good REUSABLE condition. Please ensure that the bags remain dry on rainy days. Thank you

If unsure about anything, please call us on 0170 868 5071

We do not accept:

- ✗ Uniforms, underclothing
- ✗ Bric-a-brac, toys, DVD'S, CD'S
- ✗ Rugs, blankets, curtains, books
- ✗ Household linen, pillows, duvets
- ✗ DIRTY, DAMAGED, or WET clothes

(Please note that the current price may change based on factors outside of the business's control, such as sanctions and conflicts which may affect global trade and the economy)

0170 868 5071 | info@happyschoolbag.co.uk | www.happyschoolbag.co.uk

INSET Day Reminder - Monday 24th February 2025

On Monday 24th February 2025, only staff are in school as it is a training day. Children return from half term on **Tuesday 28th February 2025**. There is no wraparound care available on that Monday so please make sure you have sorted your childcare.

NS Sport Fundraising Afternoon - Monday 3rd February

NSSPORT & WALLACE FIELDS JUNIOR SCHOOL

FUNDRAISING AFTERNOON!

MONDAY 3RD FEBRUARY
15:30 - 16:30

INFLATABLES!

GLITTER TATTOOS!

DODGEBALL!

TOMBOLA!

PENALTY SHOOTOUT

A FUN-FILLED AFTERNOON. A CHANCE TO MEET THE NSSPORT TEAM & RAISING MONEY FOR WALLACE FIELDS JUNIOR SCHOOL!

WWW.NSSPORT2.CO.UK

Sign Up for Adult v Children Fundraising Football Challenge – February 2025

We are fundraising for new sporting equipment for the playground, which will be chosen by the children. To help raise money for this, we are running a football event where the children take on their parents! **Kids VS Adults Football Matches.**

These will be after school events. We are arranging mini 15 minutes matches where the children can face their adults. These will be held for **Upper School children and parents Thursday 13th February 2025 and Lower School children and parents on Thursday 27th February 2025.** Both events run from **3:45pm – 4:30pm** and we will be asking for a donation on entry to the matches, which goes towards the new sporting equipment.

You do not need to be a great footballer, or super fit and the emphasis is on having fun, rather than beating the children! You will need shin pads and a good team spirit.

We will need to consider numbers so if you are interested in playing, please complete the **Google Form** on the link below. <https://forms.gle/W2pVLuUKs6BhikCBA>

The deadline is Thursday 30th January to register your interest. After this date, you will not be able to enter as the groups will be arranged.

On the day of your child's match, you will need to be available for a briefing at **3.15pm** in the school hall, kitted out and ready for action! Studs can be worn on the grass pitch if you have them. Refreshments will be available and QR codes can be scanned on the day to pay.

If your child usually attends an after school club on a Thursday, they can still attend this club after the football matches have finished as Mrs Day will escort them to the club. Alternatively, they may leave with you. Please indicate your preference for this on the Google Form.

Do not delay - this is a very popular fundraising event. We encourage mums to take part!

Music Performance Assembly Dates

- **Year 6 Music Assembly: Tuesday 11th February 2025 2.45pm.** Auditions in lesson on Thursday 6th February 2025.
- **Year 5 Music Assembly: Tuesday 11th March 2025 2.45pm.** Auditions in lesson on Tuesday 25th February 2025.
- **Year 4 Music Assembly - Tuesday 29th April 2025 2.45pm.** Auditions in lesson on Wednesday 23rd April 2025.
- **Year 3 Performance Assembly - Tuesday 20th May 2025 2.45pm.** Auditions in lesson on Monday 12th May 2025.

Parents of children performing are invited in to school to watch the music assemblies. We now hold our weekly Music Assemblies at the end of the day on Tuesday so giving a precise

start time is difficult to say as it will depend on the number of performers. I anticipate around 2.45pm and I will confirm the time in the newsletter the Friday before.

I will hold 'auditions' in the class lessons - please see dates above. As there are often so many children who would like to take part, I have to restrict performances to 1 minute maximum. Please could you ensure your child's performance fits within this time. If they are singing pop songs, they will need to be able to provide me with the YouTube backing track (no vocals) and the start and finish times of the selection they are singing. I can advise if they need help choosing the 1 minute section if they come to me in advance of the class auditions.

Looking forward to some wonderful performances.

Children's Art Exhibition Horton Art Centre 4th to 8th March 2025

Well done to all the children whose art work has been selected for entry to the art exhibition at Horton Arts Centre from **4th to 8th March 2025**. Parents have been emailed with further information about viewing the exhibition and reserving and purchasing on Scopay their framed artwork.

The Horton Arts Centre is a beautiful setting - a carefully restored chapel with exhibition spaces and an exquisite environment. It is a grade II-listed building – the former Horton Chapel – opened in 2022, following major renovation works and offers atmospheric and welcoming spaces for live performance, events, exhibitions, workshops and hospitality. You can view the children's artwork any time The Horton is open. Check their website for opening times. There is a café there too, so you can get refreshments if you want to after viewing the children's amazing art pieces.

School Stationery Shop is Open

Open to all children - Tuesday and Thursday playtimes in the 4C window. The shop is very well run by Year 6 Prefects. Please send your child in with cash in coins.

Stationery Shop
Open to all children - Tuesday and Thursday playtimes in the playground.
Shop run by Year 6 Prefects.

Purple pen.....	30p
Pencil	20p
Staedtler Pen	70p
Ruler	30p
Pritt Stick	£1.40
Berol Pen	40p
Barrel Sharpeners	£1.00
Whiteboard Pen.....	70p
Erasers	40p
Highlighters	40p
Whiteboard erasers.....	70p

S:\Office\Everyone\Admin - Non Curriculum\Forms, Flyers, Notices, Headed paper, Logos & Signs/Stationery Shop price list

YEAR 3

Road Safety Awareness Training

We are pleased to announce that Year 3 will be participating in Surrey County Council’s new road safety awareness course **Feet First: Walking Training Programme** on **25th and 26th February 2025**.

Our Year 3 pupils will be participating in activities held within the classroom as well as on-road practical training led by fully trained and DBS checked Surrey County Council Walking Instructors. There are also some at home activities to continue the learning!

We want all Year 3 children to participate but we will need all parents to give permission by clicking here³ and completing Surrey County Councils consent form by Wednesday 12th February 2025.

Feet First is a road safety and active travel skills awareness course that will be aimed at children ages 7 to 8 years old (Year 3). It will provide pupils with road safety awareness skills, providing them with a key life skill that prepares them for travelling independently in the future.

Pupils will be trained in:

³https://walkingtraining.online/public/school_training/10000394/

- The Green Cross Code: Stop, Look, Listen, Think.
- Road signs and pedestrian crossings.
- Recognising safer and unsafe places to cross.
- How to cross between parked cars.
- The benefits of active travel on health, wellbeing, and the environment. There is a voluntary donation on Scopay of **£6** and it is **free for pupils eligible for Free School Meals**. For this, schools will get access to online 'Safer Steps' training modules, lesson plans and a parent / carer worksheet that can be provided at the end of the training.
- Pupils also get a certificate, pencil, sticker and fluorescent zip clip for their school bag.

Further information about Feet First can be found [here](#)⁴ and [click here](#)⁵ for a promotional video.

YEAR 4

Year 4 Residential Trip to Ufton Court 19th - 20th March 2025

We are looking forward to our residential trip to Ufton Court in March and will send out a final letter with full details in February. In the meantime, please note **the final instalment of £70** is due by **15th February**.

YEAR 5 and Year 6

Upper School Choir Invited to Music Festival

The Upper Choir have been invited to the annual Epsom Playhouse Music Festival on **Tuesday 25th March 2025** and **Wednesday 26th March 2025, 5pm - 7pm**. There will be a rehearsal during the day on Monday 24th March (usually from around midday) that requires your child to be collected from school and dropped off at the Epsom Playhouse - another consideration for your planning!

I intend to do the same as last year and have a different group performing each night to enable the maximum number of children to take part as we are only able to take 17 children for each performance. Even doing this, there will not be enough space for everyone in the choir to take part which I find really disappointing but unfortunately this is something out of

⁴<https://www.surreycc.gov.uk/schools-and-learning/teachers-and-education-staff/road-safety-and-sustainable-travel/primary/steps-pedestrian-awareness-training/frequently-asked-questions>

⁵https://www.youtube.com/embed/XB_9YFPI8dA?feature=oembed

my control. We are going to put on and record a school performance of the song with the whole choir so that everyone can still be involved.

I am going to give Year 6 priority as this will be the last opportunity they will have to be part of this event and will then select the Year 5s to fill the remaining places by drawing names out of a hat during choir practice.

So that I can organise the groups please fill in the Google form⁶ **by Thursday 30th January 2025** to let me know if your child would like to take part and which day/days they would be able to attend.

Kind regards, Mrs Johnstone

YEAR 5

Year 5 Residential trip to Marchants Hill 6th – 9th May 2025

Instalment reminders:

3rd Instalment : £130. 24th January 2025

4th Instalment : £130. 1st March 2025

YEAR 6

Year 6 Residential Trip to France

Instalment reminders:

- **2nd Instalment of £120 by 22nd January 2025**
- 3rd Instalment of £120 by 25th March 2025
- 4th Instalment of £130 by 10th May 2025

Junior Citizen Scheme – Thursday 6th March 2025

As part of the Year 6 work in Personal, Social and Health Education (PSHE) in the Spring Term, Year 6 take part in a Junior Citizen Scheme at Epsom Grandstand on **Thursday 6th March 2025**. In partnership with the Police, Fire Brigade, Thames Water and other public services, pupils learn about personal safety relevant to their transition to secondary school and to help them develop their independence. The children leave school by coach at 9.15am and return to school at approximately 11.45am in time for lunch. They will eat lunch at school as normal.

In order to cover the cost of this trip, we need to ask for a voluntary **contribution of £11.50**. If your child is eligible for free school meals, please contact the school office for financial

⁶<https://forms.gle/pxg2JNyHYPezps5dA>

assistance in paying for this trip. Please visit our on-line payment system Scopay to make your voluntary donation.

We are looking forward to an enjoyable and informative morning.

PTA and FUNDRAISING EVENTS



WFJS PTA Friday 23rd January 2025

PLEASE GIVE ANY SECOND HAND UNIFORM TO THE OFFICE! NEXT SALE DATE: 29TH JANUARY AT PICK UP

Currently fundraising to buy 70 new Chrome Books!

Valentines Disco
Wednesday 12th February
16:30-17:30
Book your childrens tickets for just £5
ON SALE NOW
pta-events.co.uk/wfjspta

Tribute Social
Friday 14th March
at 7:30pm
ENTRY £8
NEW EVENT - Book your ticket for an adults only social night with a fab tribute act who will mingle with the crowd and play us some classic bangers!

Get DUO
Tickets are on sale now!
pta-events.co.uk/wfjspta

GET IN TOUCH: Got an idea or want to get involved? Drop us a line
✉ wfjspta@gmail.com **f** facebook.com/groups/wfjspta

WALLACE FIELDS JUNIOR SCHOOL PTA PRESENTS

Tribute Social



COME ALONG TO THIS ADULTS ONLY NIGHT FOR A SOCIAL, A GLASS AND THE AMAZING TRIBUTE ACT

ENTRY
£8



MARCH 14 7:30 PM
FRIDAY

JUNIOR SCHOOL HALL

GET YOUR TICKETS NOW
pta-events.co.uk/wfjspta

WALLACE FIELDS JUNIOR SCHOOL PTA PRESENTS

VALENTINES DISCO



Ticket price includes a snack and drink

TICKET
£5

WEDNESDAY 12TH FEBRUARY
16:30 - 17:30
JUNIOR SCHOOL HALL

GET YOUR TICKETS: PTA-EVENTS.CO.UK/WFJSPTA

WFIS PTA PRESENTS



QUIZ NIGHT

STAFF
TEAM TO
BEAT!

TEAMS
OF 8
MAX

Friday 7 February

WFIS HALL DOORS OPEN 7.30PM

Do you have what it takes to be the ultimate quiz champions? Gather your friends and join us for Quiz Night!

TICKETS ON SALE NOW!

PTA-EVENTS/WFISPTA



TICKETS £15 EACH, INCLUDES PIZZA SUPPER AND A DRINK!

SAFEGUARDING and WELLBEING

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and digital citizenship. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit thenationalcollege.com.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

WHAT ARE THE RISKS?

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the age and physical capabilities of children or 16-year-olds. For example, they have different physical activity targets for 16-year-olds and 18-year-olds. This can create unrealistic expectations and set exercises which may be too strenuous for younger children or teens.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of apps are not. As such, these apps may present safety concerns by giving incorrect advice regarding physical activity or injury. Multiple sign-ups may include content which would breach child protection legislation.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical activities can offer – for instance, meeting people at fitness classes, or the fun of being at other such activities. Research has found that young people spend less time with family or friends using fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including names, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may use this data to third parties. Read reviews that highlight young people identified issues here, the content found posted in places to protect their identity and privacy while using the website.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more detailed content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can increase costs to several times the service's original price.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without taking care to limit screen time and encourage other activities – users could start to see their routine slow to be active. Young people may also become obsessed with tracking their exercise, health and eating habits, this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than doing everything alone. Encourage the fun that can be had by organising team events rather than using an app to motivate their regime. The kids often of the responsibility of setting up, as well as the benefits of going on with company.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read the reviews and scroll through to see if it's appropriate for younger users. You should also try it yourself, to see if it's appropriate for the child's physical needs and age. Look for complaints with things such as things that are privacy-compromising features – such as obvious tracking – or excessive.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin to lose things like fun, being childlike and confident. The body is still growing and changing. It's really important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will help to restrict some limits, disabling or copying in-app purchases, and monitoring social network of features which aren't age appropriate. By setting these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert



Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety programs for schools. She has written various research papers and carried out research for the Australian Government comparing internet use and texting behaviour of young people in the UK, USA and Australia.

Source: See full reference list on guide page at: <https://thenationalcollege.com/guides/wake-up-wednesday-fitness-apps>

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@wake_up_weds

www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2023

Family Learning Courses for Parents and Carers



Surrey Family Learning (part of Surrey County Council) run course that are available for families to enrol on with a few simple clicks on the website⁷. You can cut and paste this into your bulletin for parents and carers.

[Click here⁸ for More Information About Safeguarding at Wallace Fields Junior School](#)

CLUBS

Do You Need Financial Help With Clubs?

Do you, or have you previously, been eligible for free school meals?

If so, we can provide your child with the opportunity to try something new or that they have not done before. We have a number of clubs that run before school, at lunchtime and after school and if your child is interested in joining one of these clubs, we can offer some financial assistance to enable them to join. Please click here⁹ to see information about the clubs at Wallace Fields Junior School. If you would like to discuss this opportunity, please do get in touch with the School Office. They will be very discreet and will let you know some of the support available. Call 0208 393 0350 or email office1@wallacefields-jun.surrey.sch.uk.

Girls' Football Before Half Term

The girls' football coach Tim Dowdeswell is unfortunately away the next three Fridays so there will be no football training during lunchtime and after school before half term. We are hoping to arrange for a girls only training session with NS Sport on one of these Fridays after school in February - date to be confirmed.

⁷<https://www.surreycc.gov.uk/schools-and-learning/adult-learning/courses/family-learning>

⁸<https://wallacefields-jun.surrey.sch.uk/our-school/safeguarding>

⁹<https://wallacefields-jun.surrey.sch.uk/clubs>

NS Sport Launches New Holiday Club - February 2025

www.nssport.co.uk
enquiries@nssport.co.uk

**CHILD CARE FROM 8AM-6PM
EARLY BIRD PRICES AVAILABLE**

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WALLACE FIELDS JUNIOR
DORLING DRIVE | BURELL | EPOW | KITEZ BAY
RUNNING 17-21 FEBRUARY 2025

FIND US... www.nssport2.co.uk @NSSport_Surrey

NS STARS PROGRAMME	NS STRIKERS PROGRAMME
<p>For children who want to stay active and love fun and variety in their days! This programme allows them to explore a range of sports, indulge in free play, get stuck into craft, design and drama and fire up their imaginations.</p> <p>THEME: SUPERHEROES</p>	<p>A football focused programme that looks to capture the imagination for the game and inspire children to develop their skills further. We take them to whichever level they want to reach. There will be 'World Cup' competitions and lots to inspire them.</p> <p>THEME: FOOTBALL FREESTYLING</p>
<p>MONDAY 17 FEBRUARY</p> <p>Scooters & Rides-ons Superhero Masks & Crafting</p>	<p>Rabona & Rainbow Flicks Monday Focus: Dribbling (Messi & James)</p>
<p>TUESDAY 18 FEBRUARY</p> <p>Top Shot Tuesday Superhero Skills & Powers</p>	<p>Around the World & Knee Stall Tuesday Focus: Passing (De Bruyne & Toome)</p>
<p>WEDNESDAY 19 FEBRUARY</p> <p>Wellbeing Wednesday Superhero Fitness Challenge</p>	<p>Cross Overs & Heel Juggles Wednesday Focus: Shooting (Rashford & Kerr)</p>
<p>THURSDAY 20 FEBRUARY</p> <p>Fruity Thursday Superhero Games & Relays</p>	<p>Maradona Seven Thursday Focus: Attack/Defend (Ronaldo & Williamson)</p>
<p>FRIDAY 21 FEBRUARY</p> <p>We can be Heroes Disco Dress up as your favourite superhero</p>	<p>Friday Focus: Champion Friday (Mbappe & Morgan)</p>

** Schedule may be subject to change without prior notice.

Junior Adventure Group Wrap Around Care



✈️ Kick off the Year with Special Days & Enriching Adventures with JAG this January & February! ✈️

As the new year begins and we welcome the start of the 2025 Spring term, we're thrilled to bring a fresh wave of fun, learning, and creativity to our JAG Clubs! At the heart of our clubs is the Adventure Programme—a vibrant library of diverse activities spread across seven exciting categories. This unique programme allows children to learn through play, make new friends, and enhance their education in the most engaging ways!

Our Adventure Programme comprises seven exciting categories:

- 🍷 Flavour Fest
- 🌍 Global Kids
- 🧠 Brain Boosters
- 🧘 Wellbeing Warriors
- 🏆 Power Teams
- 🦸 Super Sports
- 🛠️ Creative Inventors

By engaging in activities across these categories, we'll also celebrate special themed days in January and February, enriching children's learning, expanding their horizons, and sparking their curiosity about the world around them.

Some of the celebration days include:

January

🌾 Lohri (13th Jan)

Say goodbye to winter and welcome the harvest with vibrant festivities through activities in our Global Kids category. Let's embrace the lively spirit of this Punjabi celebration!

🐻 Winnie the Pooh Day (18th Jan)

Join Pooh and friends for a day of friendship and sweet wisdom through activities in our Brain Boosters category. Kids will explore the joys of friendship and curiosity.

🧱 International LEGO Day (28th Jan)

Get those creative gears turning through activities in our Creative Inventors category! Kids will build, explore, and unleash their imaginations with LEGO fun.

February

🧘 Children's Mental Health Week (W/C 3rd Feb)

Well-being is the focus this week through activities in our Wellbeing Warriors category. Kids will dive into mindfulness and self-care activities to promote a healthy mind and happy heart.

💌 Valentine's Day (14th Feb)

Show some love through activities in our Creative Inventors category! Children will make special gifts to celebrate the friendships and connections that matter most.

🤝 Random Acts of Kindness Day (17th Feb)

Spread joy and kindness through activities in our Wellbeing Warriors category—because the more kindness, the better!

Join us at JAG this spring term for a journey filled with adventure, creativity, discovery, and joy!

COMMUNITY



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**HOME
START**
Surrey



RECRUITING
NOW

VOLUNTEERS NEEDED

Do you have parental experience? Could you spare 2-3 hours a week to share your invaluable knowledge? If yes we would love to hear from you!

Home-Start volunteers work alongside families to give compassionate and confidential support, tailored to each family.

Our volunteers are fully trained and given expert ongoing support

Home-Start Surrey covers all 11 boroughs in 8 local branches: East Surrey, Elmbridge, Epsom, Ewell & Banstead, Guildford, Runnymede & Woking, Spelthorne, Surrey Heath & Waverley
www.homestartsurrey.org

Volunteering for local families can change your life and the life of a family in your community!

Spring 2025 Courses starting throughout Surrey very soon, don't delay get in touch today!

For further details please
call: 01252 737453
Or email: volunteers@homestartsurrey.org



One-minute guide

Home-Start in Surrey



face to face informal interview and completion of an application form that requires names and contact details for two-character references. Suitable applicants are invited to attend a mandatory volunteer preparation course and an enhanced Disclosure and Barring Service check is undertaken. Volunteers are usually parents themselves. All volunteers have regular support and supervision with a Family Co-ordinator and are expected to take full advantage of the comprehensive continual learning and development programme. Home-Start Surrey also need volunteers to help with other things such as being a Trustee, helping at groups and fundraising.

Key Contact Information:

Home-Start East Surrey

Telephone: 01737 770 220.

info@home-starteaststaysurrey.org.uk www.home-starteaststaysurrey.org.uk

Home-Start Elmbridge

Telephone: 0203 757 7220

enquiries@home-start-elmbridge.org.uk www.homestartelmbridge.org.uk

Home-Start Epsom, Ewell & Banstead

Telephone: 01737 379 902.

homestart@hseeb.org.uk www.hseeb.org

Home-Start Guildford

Telephone: 01483 511181.

office@hsguildford.org.uk www.hsguildford.org.uk

Home-Start Runnymede & Woking

Telephone: 01483 740 367

info@homestartrow.org www.homestartrow.org

Home-Start Spelthorne

Telephone: 01784 463200

info@home-startspelthorne.org www.home-startspelthorne.org

Home-Start Surrey Heath

Telephone: 01276 681121

office@home-startsurreyheath.org.uk www.home-startsurreyheath.org.uk

Home-Start Waverley

Telephone: 01252 737 453.

info@homestartwaverley.org www.homestartwaverley.org



Asthma Workshops for Parents/Carers

Beating asthma together: Asthma triggers, the effects of smoking, vaping, housing and air pollution on asthma

10th March 7.30-8pm



<https://events.teams.microsoft.com/event/4d69c58-004c-4124-879f-53117c194c2837c354b2-85b0-47f5-b222-07b48d774ee3>

Does your child or young person have asthma or suspected asthma?

Join us on this webinar which focusses on what action we can take to reduce their exposure to triggers that can make their asthma worse.

Surrey heartlands children and young people's asthma team

Beating asthma together

13th February 7.30-8pm




<https://events.teams.microsoft.com/event/ab0bb3b-ab38-4b23-e331-e9447e561aa4@37c354b2-85b0-47f5-b222-07b48d774ee3>

Are you a parent or carer whose child has asthma or suspected asthma?


Join us on at this event to look at the challenges facing children and young people with asthma and how we can help overcome them.

Surrey heartlands children and young people's asthma team

Bourne Hall Museum Club




Great Victorians — Florence Nightingale and her work in nursing and health reforms
Saturday 8 February 2025
1pm to 2.30pm



Florence Nightingale will visit Ewell after returning from her nursing duties in the Crimea. Meet her and discover her life story; hear about her famous lamp-carrying while at the Scutari Hospital and her later campaigns for nursing and health reforms in England.

Hear about the difficult conditions that the nurses found themselves in. Find out how and why nurses were recruited and what the offences were that sent some home. Do you have what it takes to be one of Nightingale's nurses? Would she let you stay or send you back to England without pay?

Learn about the battles, poor living conditions and harsh weather which caused so many soldiers to be wounded and fall ill under the care of Florence and her team — see what treatments they would have got. Try out some of their nursing methods and decide if you would have liked to take her medicine!



Cost £6 per child. Further information is available from David Brooks,
Bourne Hall Museum, Spring Street, Ewell,
Surrey, KT17 1UF. Tel 0208 394 1734
Email dbrooks@epsom-ewellewell.gov.uk

CAVE PAINTING

Thursday 20 February
11am-12.pm & 2pm-3.pm

Bourne Hall Museum
Kids Club
bringing history alive



In the deep time of prehistory early men crawled down into the darkest caves and used light from primitive candles to paint pictures of themselves and the animals they hunted.

They left behind a vivid record of their way of life and some clues of what they believed in. Discover how and why these paintings were created.

Then by flickering light try to create your own cave painting in our very own 'caves'

Cost £6 per child. Two identical sessions will be run, please book to reserve your place; maximum 16 children.

Contact: David Brooks, Bourne Hall Museum, Spring Street, Ewell, Surrey, KT17 1UF. Tel 020 8394 1734.

Email dbrooks@epsom-ewellewell.gov.uk

Familiarisation 11+ Test Opportunities

Tiffin School offer a series of mock 11+ tests during the Easter and summer holidays. This is to give children the chance to practise taking school entrance tests in a real secondary school environment, so as to help them feel more confident when they tackle real tests later in the year. Discounts are available for families who attract Pupil Premium funding. To find out more information go to the following website: www.11plustestkingston.co.uk¹⁰

¹⁰<https://www.11plustestkingston.co.uk>