



Wallace Fields Junior School Newsletter



Thursday 27th November 2025

KEY DATES FOR NEXT TWO WEEKS

- **Friday 28th November 2025 - Hamper Gift Mufti Day** (leave gifts with PTA at the gates)
- **Friday 28th November 2025 9:00** - Deadline to sign up for **Christmas Lunch**
- **Friday 28th November 2025 - Year 5/6 Girls Tag Rugby** Tournament at Auriol School 13:15 to 14:50. Email sent
- **Tuesday 2nd December 2025 12:00 -15.30 - Year 5 & 6 Girls Football** Tournament at Priest Hill - On SPOND

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- **Monday 10th December 2025** - Design Technology DT Week
 - **Wednesday 10th December 2025 12:00-13:15** Christmas Jumper day and Christmas Lunch
 - **Thursday 11th December 2025** - Lower School Children's PTA Christmas Fun Day - Sign up now
 - **Friday 12th December 2025** - Upper School Children's PTA Christmas Fun Day - Sign up now

[Click Here¹ for Upcoming Events](#)

[Click here² for School Calendar and to Subscribe to Calendar. Click Here³ for School Term Dates and INSET days](#)

Head's Update

Wallace Fields Junior School Achieves Surrey Healthy Schools Award!

We are thrilled to announce that **Wallace Fields Junior School** has been awarded the **Surrey Healthy Schools Award**, a prestigious recognition of our commitment to health and wellbeing for every member of our school community.

This award proves that our school has:

- **Embedded health and wellbeing into our ethos and daily life**, ensuring pupils feel safe, supported, and ready to learn.

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

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

³<https://wallacefields-jun.surrey.sch.uk/news/2025-03-18-inset-days-confirmed-for-next-academic-school-year>

- Delivered outstanding **PSHE education**, helping children develop resilience, healthy relationships, and life skills.
- Promoted **healthy eating and nutrition**, both in our meals and through engaging curriculum activities.
- Encouraged **physical activity for all**, through PE, active play, and initiatives such as the Daily Mile.
- Supported **emotional and mental wellbeing**, with wellbeing lessons and wellbeing days that help pupils thrive.
- Involved **parents, carers, and governors** in health initiatives and building strong partnerships.
- Actively listened to **pupil voice**, including School Council, ensuring children help shape our wellbeing strategies.

This achievement would not have been possible without the hard work and dedication of our staff and pupils, who contributed to the evidence submission and demonstrated our commitment to creating a healthy, happy learning environment. Special thanks to **Miss Chloe Day** and **Miss Sarah Hill** for their specific support in the initiation and sport respectively and a huge thank you to **Ms. Ellie Gough** for coordinating and leading this whole initiative.

Thank you to everyone who played a part in this success – together, we have made Wallace Fields Junior School a place where wellbeing truly matters! This is only the beginning. The Surrey Healthy Schools have recognised our efforts and they have given us development points to work on for the next two years. Lots more work to do on this and to keep our school happy and healthy.

Autism Friendly - Reducing Anxiety and Increasing Belonging

Following feedback from **SAFR** (SCC) about how to make the school **more autism friendly** - the children reported that there are some times where they feel more anxious and some situations can be unnerving. One of these is the cloakroom transitions at the start of the day, playtimes and lunchtimes. Recent research shows that children develop a stronger sense of **belonging** if they are greeted and monitored closely at transitions. Teachers always greet their own class at the start of the day and at the start of the afternoon (after lunch). In addition to this teachers and staff have been reminded to monitor the cloakrooms more closely and to ensure there is less crowding whilst coats and bags are being hung up or collected. We hope this will go towards lowering anxiety levels for those children with ASD or similar traits and extends the welcoming practices we have in school already.

This Week

Kurling

On **Friday 21st November 2025**, selected Wallace Fields Junior children were invited to take part in a sporting event at Dorking Sports Centre - Introduction to **New Age Kurling**. The children completed a series of target-based team skills and drills stations before taking part in New Age Kurling matches. The children had a fantastic morning, and were awarded with a medal for their tremendous efforts. Well done to all the children!





Year 3 Faith and Philosophy

On Wednesday, Year 3 had a very special visitor during their Faith and Philosophy lesson – PAW! The children were absolutely thrilled to welcome PAW into their classroom and take part in an inspiring discussion all about miracles.

The session was full of curiosity and wonder as the pupils explored what miracles mean, why they are important in the Christian faith, and how they can shape the way people see the world. There were plenty of thoughtful questions, lively conversations, and even a few 'wow' moments as the children shared their own ideas and listened to PAW's fascinating insights.

We would like to say a huge thank you to PAW for making the lesson so memorable and for helping Year 3 think deeply about such an exciting topic. It was a truly magical afternoon that left everyone feeling inspired!



Stars of Week



Last week's **Stars of the Week** were announced in the assembly last Friday - they create a superb role model for their fellow peers through their efforts and commitment by following the school values.

Nominated each week 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 - **Brilliance, Enthusiasm, Learning, Inspiration, Equality, Vision and Every pupil matters.** Well done to this week's winners.

Hamper Mufti Day - Tomorrow, Friday 28th November 2025



Christmas Colour Hampers are back – and we are so excited! **Tomorrow, Friday 28th November 2025**, children can swap their school uniform for their favourite outfit and join in the festive fun. All we ask is that you bring along a hamper item in your year group's colour to help us create our amazing Christmas hampers.

It is a wonderful way to spread some cheer and make our hampers extra special, so please give generously. Let us make this year's collection the best yet!

School Christmas Lunch - Packed Lunch Children Can Sign up

School Christmas lunch will be on **Wednesday 10th December 2025**. The meal is being offered to ALL children and costs **£2.80**. You will find the Christmas menu on our school website.

If your child is usually packed lunches and would like a Christmas lunch, please complete this online form no later than **Friday 28th November 2025 at 9am**. If your child has a special dietary requirement, please complete the attached form and return it to the School Office **no later than Friday 28th November 2025 at 9am**

If your child currently receives a school lunch, you do not need to complete this form as your child is already included in the meal numbers for that day.

Payment will be required on SCOPAY once numbers are confirmed.

Click here to complete form⁴



⁴<https://forms.gle/xeQQAgVaaAVcLBAE9>

Signature: Print Name: Date:
Parent Parent

Signature: Print Name: Date:
School/Academy Representative School/Academy Representative

Signature: Print Name: Date:
Twelve 15 Representative Twelve 15 Representative

This form should be held with the child's Care and Treatment Plan within the School/Academy office and a copy passed to the Team Twelve15 kitchen.

GDPR - Special Diet Request Form

Special Diets is an area of School/Academy meals provision where personal data of pupils is provided before any special diet can be safely served. This information can include the pupil's name, name of School/Academy, name of class, parent name, medical information and photograph of the child. This information is given willingly and with consent from the parent / guardian. Personal data is not stored by any member of Twelve15 central teams but held locally at the School/Academy for operational reasons.

Please be assured all information is held in accordance with data security and data retention policies and most importantly is held with the sole purpose of attending to pupils dietary needs to ensure the health and safety of the children and young adults to whom meals are served.

- **Pupil photographs on kitchen walls:**
Photographs are not displayed in public view; they are provided with consent from the parents and placed in a discreet place behind the counter so only visible to catering staff.
- **Pupil photographs in folders:**
Photographs may also be stored in folders within the kitchen or catering office. These are stored in a secure manner and only available to the catering staff.
- **Pupil photographs in dining hall**
Some School/Academy's choose to use photographs and detail dietary requirements on a child's place mat. Please check with your School/Academy if this practice is in place.
- **Allergy information including special diet request form and medical notes:**
All special diet pupils should have a special diet request form, along with any medical correspondence, submitted before a special diet can be served. This information is provided with consent from the parent and stored in a secure folder within the kitchen or catering office and School/Academy office.
- **Retention of Personal Data**
The data referred to will be retained only for the purposes of providing a special diet and will be confidentially disposed of when no longer required for this purpose.

Further information on how we ensure compliance with GDPR can be found at:

<https://www.surreycc.gov.uk/council-and-democracy/your-privacy>

I confirm that I have read and understood the above:

Signature: Print Name: Date:
Parent Parent

Signature: Print Name: Date:
School/Academy Representative School/Academy Representative

Signature: Print Name: Date:
Twelve15 Representative Twelve15 Representative

January 2020

Termly Review Record

[illegible]



SPECIAL DIET REQUEST FORM

School/Academy

Child's Name Class:

Please specify type of diet requested:

Medical (e.g. Nut/Gluten Allergy).....

Religious (e.g. Halal, Hindu).....

Ethical (e.g. vegetarian = eats no meat or fish).....

Please print specific details. Identify food that the child is / is not allowed to eat. This is not to be used for likes/dislikes but for medical or cultural requirements only

Non Suitable Foods	Suitable or Substitute Foods

DOES YOUR CHILD HAVE A SIGNIFICANT OR LIFE THREATENING FOOD ALLERGY?
(PLEASE CIRCLE) YES NO

<small>The following is required for medical diets only and should be copied by the School/Academy representative (who signs below) from the pupil's Care and Treatment Plan. N.B. This is essential to avoid misinterpretation.</small>	
EMERGENCY PROCEDURES FOR USE OF A PRELOADED ADRENALIN INJECTION	Details: (School/Academy to complete)
WHERE IS THE PRELOADED ADRENALIN INJECTION LOCATED?	
ADMINISTERED BY WHOM?	
LOCAL ARRANGEMENTS FOR IDENTIFICATION OF CHILD AGREED AND EMERGENCY PROCEDURE IN PLACE	Details: (School/Academy to complete)

January 2020

Outdoor/Woodland Area Design Competition

We are excited to announce plans to make our outdoor woodland area more engaging and to use it more effectively as a learning resource. To achieve this, we would love your help! We are inviting pupils to design their ideal outdoor eco-area. Designs can be created in any format—whether a drawing, an online design (such as Canva), a 3D model, or any other creative approach.

When creating your design, please think about what tools and equipment you would include and how the space could be used for learning. Which subjects could it link to? How would the resources support learning? Use your imagination! Examples might include a bug hotel, seating logs, a pond, sand or stones, fencing, footpaths, musical or sensory sections, and stepping stones.

There will be prizes for the top three entries, and elements from the winning designs will be incorporated into the final outdoor woodland area at Wallace Fields Junior School. The deadline for entries is **12 December 2025**, and all submissions should be given to **Mr Taylor**. We cannot wait to see your ideas!

Help us create a space where nature and learning come together!



Christmas Events at Wallace Fields Junior School

Christmas Concert - Keep the Date Free

Please keep the evening of **Monday 15th December 2025** from **18:15 - 20:00** free for the Wallace Fields Junior School Christmas Concert which will be held in the at Epsom College Chapel. It is the one opportunity in the year for all the children and their parents/carers to come together so it will be wonderful if everyone gets involved in this annual landmark event. Thank you to all the parents/carers who have emailed the School Office to volunteer to walk from school to Epsom College and back for the rehearsal on the morning of **Monday 15th December 2025**. It is much appreciated. Thank you.

Christmas Concert - Monday 15th December 2025

Rehearsals are going well for the Christmas Concert at the College Chapel and as the date approaches we are writing to give you more details about the event. All parents and siblings are welcome to come to watch and listen to the concert. If for religious reasons your child is unable to attend, please email office@wallacefields-jun.surrey.sch.uk. We expect your child to attend the rehearsal (in the morning during school) and the evening service unless we hear from you.

Timings:

- No-one to arrive on site before 6pm. Parents/carers must NOT arrive before 18:00 and unfortunately there is no parking on site.
- Staff arrive 18:10 through side door
- **Pupils in full school uniform - drop off at side door 18:00**
- Parents/carers /Siblings queue up to enter through back doors of church
- Concert starts 18:40

- **Concert should be finished by approximately 19:40**
- Parents/carers leave out of the main doors of the church only
- Pupils are collected from teachers/staff from area at the side of chapel - please be patient.

If you need disabled access and disabled parking please inform the School Office by emailing Office@wallacefields-jun.surrey.sch.uk

Further information will be sent out next week about collecting children at the end of the concert and a google form for those not collecting their own children. Safeguarding is our key concern so we would appreciate your patience at the end of the concert.

Parent Walking to Christmas Concert Rehearsal

Thank you to the parents who have already signed up to help. We still need some more parent volunteers to walk with the children to and from the Epsom College Chapel in the morning of **Monday 15th December 2025** for the rehearsal. We are leaving school at 9:00 and returning at 11:45. Parents do not need to stay for the whole dress rehearsal unless they wish to. If you can help please email: office1@wallacefields-jun.surrey.sch.uk

Carol Singing in the Park - Thursday 11th December 2025

Parents are warmly welcomed to come along and support the school choir, as they bring some Christmas spirit into Alexandra Park. The School Choir will be carol singing in Alexandra Park Recreation Ground by the **Park View Café on Thursday 11th December 2025** from around **12:45 until 13:10**. Children should wear full school uniform (no PE kits) and warm coat. Christmas headwear/tinsel also welcome for this fun event. All parents are very welcome to come along and watch. The cafe will be busy so go early if parents/carers want to buy drinks/lunch to avoid queues. There will be a collection to support school funds, so if you do have any spare change, donations are much appreciated.

Christmas Fun Day for the children in School!



After the success of last year we can't wait to bring back the festive magic of our Christmas Fun Days!

All children will be invited to join us throughout the school day on 11th (Years 3+4) and 12th (Years 5+6) December where they will enjoy a variety of Christmas games, arts & crafts, inflatables, hot chocolate and Christmas snacks.

ALL included in one inclusive donation price of **£8 per child**.

This means your children get all the fun of the Christmas Fair without us asking for your precious time and commitment to help!

Please pay here for your child to take part: <https://www.pta-events.co.uk/wfjspta/index.cfm?event=event&eventId=108114>

Doing Christmas Shopping while Supporting Wallace Fields Junior School

The easiest way to support Wallace Fields Junior School is by signing up to **easyfundraising**!

It's completely free — just shop online with over 8,000+ retailers, and we'll receive a donation at no extra cost to you.

This month only: Join via the **easyfundraising app** and we'll get a £2 bonus donation thanks to their Free £2 App-eal! Plus, if 10 or more of you register, we'll unlock even more bonus funding for the school!

Get started by clicking here⁵.

Once installed, simply choose to support 'WALLACE FIELDS JUNIOR SCHOOL' — every shop makes a difference!



⁵https://www.easyfundraising.org.uk/easyfundraising-app/?utm_campaign=pmc&utm_source=whatsapp&utm_medium=social&utm_content=pta-bonus-oct-wa1

IMPORTANT REMINDERS and OTHER NEWS

Insight into the Important Role of our Brilliant Peer Mentors



Who are our peer mentors?

Our twelve volunteer peer mentors are specially trained year 6 pupils.

How can peer mentors help?

Children often enjoy talking to older children about their worries. Peer mentors provide relevant guidance and advice to children on issues, including friendships, worries and playground issues. Children can book to see a peer mentor by signing up for a lunchtime session in a supervised area within the school building. Peer mentors also support on the playground, wearing hi viz jackets, so they can be easily spotted.

What issues have our peer mentors helped with this term?

Recently, peer mentors in our school have supported children with conflict resolution, friendship issues, rumours, name calling, the death of a pet, personal space, self-doubt, sharing, rudeness, and homelife.

What happens if a serious issue is raised?

Peer mentors are trained to flag more serious issues and safeguarding concerns to Mrs Day, our Designated Safeguarding Lead or any of our seven deputy safeguarding leads. Concerns this term have been escalated and subsequently investigated because of our efficient peer mentoring team.

What benefits and skills do mentees and mentors gain?

Mentees can benefit from improved wellbeing, enhanced social and communication skills, increased confidence and improved sense of belonging.

The peer mentors develop valuable skills, such as empathy, communication, problem solving and resilience and serve as positive role models to the other children.

A big thank you to our peer mentors

The peer mentors do a great job! We are very impressed with their maturity and the way they deal with the variety of issues they are presented with. They take the job very seriously and maintain full confidentiality, signing a mentor/mentee agreement before every session. They have an important role within our school community – thank you peer mentors!

Coats and Lost Property

Please ensure all children bring in a named coat every day.

If your child has lost a coat, please encourage them to check lost property in the quad. Parents /Carers are welcome to come and look through lost property at drop off or pick up by reporting to the school office.

LOST COAT - Jake S 5S has lost a dark blue, puffer style coat from Zara. Please check at home that you have not taken this coat home by mistake. If you have please bring into school and we will reunite it with its owner. Thank you.

Year 3 Design & Technology Week

Over the coming weeks, in December, Year 3 will be completing their D&T unit where they will be creating Christmas packaging! On **Monday 8th December 2025**, Year 3 will look at examples of packaging in all their different shapes, sizes and colours. Please could children bring in any surplus packaging they have at home on Monday 8th December 2025. Examples include cereal boxes, biscuit boxes, tooth paste boxes, washing up power boxes. Any boxes and/or packaging would be brilliant! Please note, no packaging that contained any form of nuts.

Thank you, Year 3 Team

Absences

When reporting your child's absence please can you either email the School office or telephone the School office and select the **option 1 'to report your child's absence'** Please notify the School **by 8.30am** on the first day of absence and each day of absence, stating your child's name and class and reason for absence.

Email: office@wallacefields-jun.surrey.sch.uk⁶

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

Telephone: 020 8393 0350

Stationery Supplies - Stationery Shop Tuesdays and Thursdays

Please remember to replenish your child's school pencil case with items such as white board pens and glue sticks.

Year 3 children are supplied with their original pencil case but will need to restock throughout the year as supplies get low. If the school staff notice they are missing items a stationery slip will be sent home.

Please remember to send your child in with coins in a named purse to purchase stationery items from the **stationery shop** run by Year 6 children on **Tuesdays and Thursdays**. See the price list here.

A poster for the 'Stationery Shop' with a decorative border of small pencil icons. At the top, there are images of various stationery items: a purple pen, a pencil, a Staedtler pen, a ruler, a Pritt stick, a Berol pen, a barrel sharpener, a whiteboard pen, an eraser, a highlighter, and a whiteboard eraser. Below the images, the text reads: 'Stationery Shop', 'Open to all children - Tuesday and Thursday playtimes in the playground.', and 'Shop run by Year 6 Prefects.' To the right of the list is a vertical ruler. The price list is as follows:

Purple pen.....	30p
Pencil	20p
Staedtler Pen	70p
Ruler	30p
Pritt Stick	£1.50
Berol Pen	40p
Barrel Sharpeners	£1.00
Whiteboard Pen.....	70p
Erasers	40p
Highlighters	40p
Whiteboard erasers.....	70p

C:\Official\Curriculum\Admin - Mrs Curridum\Enrich - Enrich - Notices - Stationery Shop price list

Financial Support for Children's Instrumental Lessons

Does your child dream of learning an instrument, participating in music ensembles, or pursuing their musical potential, but financial constraints are holding you back? The Cheryl King Trust, a registered charity may well be able to help. We believe that music should be accessible to every young person, regardless of their financial circumstances. The Trust offers financial assistance for group or individual instrumental lessons with professional music teachers, music exams, accompanists, and participation in courses, workshops, and ensembles.

Your child does not need to be a musical prodigy. The Cheryl King Trust celebrates the joy of music at all levels, from beginners to advanced students.

Eligibility Criteria:

- **Location:** Your child must live in Surrey.
- **Age:** 18 years or younger.
- **Income:** Your combined annual family income should typically be at or below £35,000. (Exceptions may be made for incomes up to £40,000 in special cases.)

The Trust typically covers **50%-75% of costs**, with families contributing the remainder. For households with significantly lower incomes or special circumstances, higher levels of funding may be available.

How to Apply:

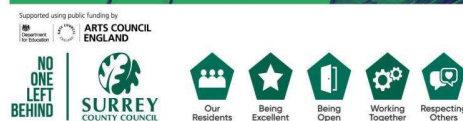
1. Complete the Application Form which you can find both at the following email address and in the attached word document : <https://www.cherylkingtrust.org.uk/how-to-apply>
2. Provide Evidence of Income: Include documents such as 3 months of payslips or your most recent tax self-assessment income summary.
3. Submit Your Application either by post: Cheryl King Trust, c/o Marianne Windham, 24 Litchfield Way, Guildford GU2 7QH or by email: applications@cherylkingtrust.org.uk.

Once your application is reviewed and approved, the Trust will arrange to pay an agreed contribution toward your child's music lessons until the end of the current academic year. Progress reports from the music teacher will be required for funding renewal in subsequent years. Take the first step toward unlocking your child's musical journey. The Cheryl King Trust is here to support you in providing your child with the transformative gift of music.

Colin Gray
Schools' Curriculum Lead – Surrey Arts
Cultural Services, Surrey County Council

07974 475520
14 The Pines, Broad Street
Guildford, Surrey, GU3 3BH

www.surreycc.gov.uk/arts



To view the Surrey Arts privacy statement please [click here](#)

Information about Surrey Arts bursaries is available to support low income families whose children would like to learn a musical instrument. The letter here explains everything you need to know, though please note that currently they are only able to offer clarinet and saxophone lessons at school through Surrey Arts, so these are the only two instruments that would be covered by a bursary.

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 climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, facts and tips, please visit [thenationalcollege.com](https://www.thenationalcollege.com).

What Parents & Educators Need to Know about TIKTOK

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

AGE RESTRICTION 13+
(Explicit features are restricted to over 18s only)

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

TikTok's following feed shows videos from known creators, while the algorithm for 'For You' shows endless clips based on viewing history. Most are harmless, but sensitive content can still appear, including forking knives. The app is designed to be addictive, with no end to the algorithm. Although TikTok says it has an age-appropriate filter, the content of posts means some slip through, increasing the chance that they are encountered. The app also makes videos private, so they are not visible to others until they are detected and removed.

CONTACT WITH STRANGERS

Because it has over 1 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-18s (or young people using a fake date of birth) are set to public, and by default, they mean that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and even appears in suggested or recommended feeds.

BODY IMAGE AND DANGEROUS CHALLENGES

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Potential challenges were included in the National Child, where users felt their breaths until passing out. Families filed lawsuits after children died from the trend, claiming how extreme or risky content can rapidly reach young people and negatively influence them.

MISINFORMATION AND RADICALISATION

TikTok's short videos may appear light-hearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one-third of 12-15-year-olds use TikTok as a news source, increasing the chance of being misled. Misinformation, including conspiracy theories, often brief clips can influence impressionable users and shape their worldview, leading to dangerous and radical thinking, propaganda and online influence operations motivated by power and extremism.

ADDICTIVE DESIGN

TikTok is fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent an average of 52 minutes per day on the platform, double the time recorded in 2020. Excessive use can affect sleep, increase anxiety and distract from learning at school. Community and social pressure (short clips may also affect academic life), making it harder to focus on longer tasks such as homework or reading.

IN-APP SPENDING

TikTok is free, but children can still spend money in the app, costing £9.99 to £24.99, for items like gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by excessive marketing. A Consumer Investigation found TikTok collected personal data from many children for targeting and advertising alongside age limits, meaning young users may lose control over their personal information.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's in order to manage settings remotely. Parents can check for and restrict harmful content, including the chance of a child seeing inappropriate content, set screen time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children cannot alter these settings without parental approval.

DISCUSS THE DANGERS

If a child seems to use TikTok and don't seem happy for them to do so, it's good practice to discuss the potential risks. Encourage them to stop any identifying personal information in respect to dangerous trends, and that they know to tell a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's important to talk about misinformation and propaganda.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased anxiety and a loss of concentration are potential red flags. As is losing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it never too late to introduce them.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.

#WakeUpWednesday The National College

Follow us on social media: @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. Document date: 26.11.2025



You Are Not Alone - Free Parent Online Drop-In

Parenting an autistic child can feel amazing, confusing, and overwhelming, sometimes all in the same day. That's why we host our **no-cost monthly online drop-in sessions for parents and carers**.

First Tuesday of every month

7pm - 8.30pm

Platform: Zoom



Erik Wagter - host of the drop-in

What these sessions are all about

We've created a safe, non-judgemental space where parents can bring their questions, share worries and connect with others who 'get it'.

Topics often included:

- Understanding and responding to challenging behaviour
- Making sense of autism on a deeper level
- The ups and downs of family relationships and dynamics
- Working with schools and professionals
- Meeting like-minded parents and realising you are not alone

What parents can expect to take away:

- Feeling heard, appreciated, and understood
- Knowing they are seen as the experts on their own child and family
- Feeling hopeful and having gained practical ideas

Who runs the sessions?

I'm Erik Wagter, co-founder of Autism Family Support Service. Alongside being a social worker, trainer and Solution Focused family coach, I also bring over two decades of personal lived family experience of autism.

If you would like to join please send an email to sallywagter@gmail.com and we will send you the Zoom link.

Autism Family Support Service
www.autismfamilysupportservice.com



**Epsom, Ewell
& Banstead**

(incl. Mole Valley North)
REGISTERED CHARITY 1156539

Over 5s / SEND SUPPORT

**We help parents to feel less isolated
and more confident in parenting by offering:**



Workshops:

Positive Parenting
Dealing with Difficult Emotions
Pre-teens



Building Self Esteem and Resilience
Bespoke Topics Relevant to the School

1:1 Support and Advice

Coffee Mornings / Support Meetings
Parenting Puzzle Courses (4 or 10 weeks)
Assistance Accessing Community Support



For more information, contact Lesley Lane at:

Email: lesley.lane@hseeb.org.uk

Phone: 07554 403522

Or scan the QR code to the right



**YMCA EPSOM DOWNS
FAMILY CENTRE**

PART OF YMCA EAST SURREY



Here for young people
Here for communities
Here for you

Family Wellbeing open morning

Epsom Downs Family Centre

Join YMCA East Surrey's Family Wellbeing Service and Reigate and Banstead Family Centre Team to find out more about YMCA's services offered to families in the local area.

Family Support Workers and Family Wellbeing Coordinators will be available to provide general advice and guidance to parents/carers, as well as signpost to other services and take direct referrals for supporting the emotional wellbeing and mental health needs of your child or young person.

Wednesday 3 December 2025

08:30-10:30

YMCA Epsom Downs Family Centre,
St Leonards Road, Epsom Downs,
Surrey, KT18 5RJ

*Please enter via the St Leonards Road
entrance.*



Hot drinks and biscuits will be provided. Parents/carers can drop in at any time. No need to sign up.

For more information, please get in touch:

Family Centres

Email: reigatebansteadfamilycentre@ymcaeast Surrey.org.uk

Family Wellbeing Service

Email: communitywellbeingteam@ymcaeast Surrey.org.uk

www.ymcaeast Surrey.org.uk | YMCAEastSurrey

Registered charity no: 1075028

Registered office: YMCA East Surrey, Princes Road, Redhill, RH1 6JJ



Epsom & Ewell Family Centre



Drop-In sessions in partnership with Citizens Advice Bureau

Partnership drop-in, Thursdays 9am-1pm

@ Ewell Family Centre

Drop in with questions about all aspects of parenting, including behaviour, SEND, family conflict, domestic abuse & mental health.

Starting Thursday 27th Nov we will be joined by CAB, offering advice around energy, benefits, debt, housing and more. CAB Energy Advice will join us on the 1st and 3rd Thursday in each month.

Where? - Ewell Family Centre, Riverview Road, KT19 0JP

No need to book, but if you want to contact us:
scan the QR code, call **01372 571 178** or email
epsomewellfamilycentre@barnardos.org.uk



BARNARDOS

Changing childhoods.
Changing lives.



Free Online Support and Courses - Sign Up for National College

We are part of the **National College** who provide **free training and resources** to parents and carers about staying safe online. The National College's resources aim to help equip parents and carers with the confidence and skills to have age-appropriate, informed discussions with children to keep them safe, healthy and resilient to life beyond the school gates. We would recommend the Award in Online Safety for Parents courses, in particular. To enrol on the National College website and access these free resources, please click the link here <https://nationalcollege.com/enrol/wallace-fields-junior-school>.

<https://nationalcollege.com/enrol/wallace-fields-junior-school>

[Click here⁷](#) for More Information About Safeguarding at Wallace Fields Junior School

CLUBS

Sign Up Now for NS Sport Christmas Holiday Club



The poster is for 'NEXT STEP HOLIDAY ACTIVITIES' by NS Sport. It features a dark blue background with white snowflakes. At the top left, a cartoon girl with reindeer antlers and a soccer ball is shown. At the top right, a cartoon Santa Claus is shown. In the center, the text 'NEXT STEP HOLIDAY ACTIVITIES' is written in large, colorful, stylized letters. Below this, it says 'AGES 4-11 YEARS' and 'NS Sport presents an action-packed holiday activities programme, offering a fun mix of sports, arts & crafts, and leisure activities for children in a safe and nurturing environment'. The location is 'WALLACE FIELDS JUNIOR SCHOOL, DORLING DRIVE, EWELL / KT17 3BH'. The dates and times are '19, 22 & 23 DEC 2025' and '08:00AM-18:00PM'. At the bottom, there is a 'find us...' section with a globe icon, the website 'www.nssport.co.uk', and social media icons for Facebook and Twitter with the handle '@NextStepSport'. On the bottom right, a cartoon character is shown with a sign that says 'CHILD CARE FROM 8AM-6PM £3.60 PER HOUR'. A small 'MERRY CHRISTMAS' sign is also visible.

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

**NEXT STEP
HOLIDAY
ACTIVITIES**

AGES 4-11 YEARS

NS Sport presents an action-packed holiday activities programme, offering a fun mix of sports, arts & crafts, and leisure activities for children in a safe and nurturing environment

WALLACE FIELDS JUNIOR SCHOOL
DORLING DRIVE
EWELL / KT17 3BH

19, 22 & 23 DEC 2025
08:00AM-18:00PM

find us...  www.nssport.co.uk  @NextStepSport  @NextStepSport

CHILD CARE FROM 8AM-6PM
£3.60
PER HOUR

⁷<https://wallacefields-jun.surrey.sch.uk/our-school/safeguarding>

**** COME ALONG AND JOIN IN THE HOLIDAY FUN ****

NEXT STEP HOLIDAY ACTIVITIES COMES ALIVE DURING SCHOOL HOLIDAY PERIODS.

WHAT TO BRING...

We ask that children are dressed appropriately for the weather and to play.

A healthy packed lunch with snacks and a water bottle. No fizzy drinks.

Note: Children staying with us for an extended play will need an extra snack.

Venues are NUT FREE, so please support us with this by ensuring all lunches are nut free.



Our Ofsted service works closely with policies and procedures similar to those in place at schools and care settings. Our unique programmes ensure that your child can maintain their development and learning through play in a safe and appropriate environment.

HOW WILL MY CHILD BE LOOKED AFTER?

Upon booking we ask for you to tell us a little about your child. From the very first meet your child becomes part of our setting and will be made to feel welcome and comfortable. Our staff to child ratios are extremely strong which ensures that your child's needs are priority.

HOW WILL MY CHILD SPEND THEIR DAY?

Each day is never the same and we can assure your child will enjoy their day. Our plans are devised with Fun, Physical, Emotional and Social Development in mind. We have a balance in activities and maintain enthusiasm and excitement in all that we do.

We ask that when your child attends an NSSport Holiday Activities camp they are in good health. We welcome guests to all our venues and look forward to having a fun time with your child.

WHAT YOU SAY...

Having NSSport as an option throughout the school holidays is fantastic. We know all of the coaches and they genuinely care for my children's safety and well-being and treat them as an individual which is great.

PARENT

NSSport is fun, there are so many activities to try out I can't wait to come back!

CHILD



STANDARD PLAY

£30

From 09:45 - 16:15

EXTENDED PLAY

£36

From 08:00 - 18:00



EXTENDED AM/PM

£33

AM: 08:00-16:15 PM / 09:45 - 18:00

ALL BOOKINGS VIA OUR WEBSITE: WWW.NSSPORT.CO.UK

Payments can be made online. You can also make payment with Childcare Vouchers, see our website for more info.

<div>  NS STARS </div>		<div>  NS STRIKERS </div>	
NS STARS PROGRAMME		NS STRIKERS PROGRAMME	
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.		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.	
THEME:	THEME:	THEME:	THEME:
FESTIVE FUN	WINTER WONDERLAND	FOOTBALL FRIDAY	FESTIVE FOOTBALL
MONDAY 15 DECEMBER	MONDAY 22 DECEMBER	MONDAY 15 DECEMBER	MONDAY 22 DECEMBER
CLOSED	Paper Snowflakes & Decorations Move-It Mondays	CLOSED	Snowman Target Practice The Grinch
TUESDAY 16 DECEMBER	TUESDAY 23 DECEMBER	TUESDAY 16 DECEMBER	TUESDAY 23 DECEMBER
CLOSED	Polar Bear Tag & Snowball Relays Christmas Jumper Day & Disco	CLOSED	Elf Relay Races Snowball Shootout
WEDNESDAY 17 DECEMBER	WEDNESDAY 24 DECEMBER	WEDNESDAY 17 DECEMBER	WEDNESDAY 24 DECEMBER
CLOSED	CLOSED Christmas Eve	CLOSED	CLOSED Christmas Eve
THURSDAY 18 DECEMBER	THURSDAY 25 DECEMBER	THURSDAY 18 DECEMBER	THURSDAY 25 JANUARY
CLOSED	CLOSED Christmas Day - Bank Holiday	CLOSED	CLOSED Christmas Day - Bank Holiday
FRIDAY 19 DECEMBER	FRIDAY 26 DECEMBER	FRIDAY 19 DECEMBER	FRIDAY 26 JANUARY
Winter Olympics The After Games Disco	CLOSED Boxing Day - Bank Holiday	Champion Friday Beat the Coach	CLOSED Boxing Day - Bank Holiday
** Schedule may be subject to change without prior notice.			

JAG - Win £2,000 of Wraparound Childcare!



Join the JAG Family and You Could Win Free Childcare Worth Up to £2,000!

This term, Junior Adventures Group (JAG) is giving **new families** the chance to make the 25/26 school year even brighter!

Set up a free JAG account between **10th November and 19th December**, and you could be **one of five winners** to receive **£2,000 of free childcare** — the equivalent of two full terms of before- and after-school sessions.

It's completely free to join, and every new family who registers is automatically entered into the draw!

🏠 **New families only!** This competition is open exclusively to parents registering with JAG for the first time.

👉 [Learn More](#)

🏆 How to Enter

1 Register for free - Set up your free JAG account to receive your first entry into the draw

👉 [Register Here](#)

2 Try Us for Free – Use code **FIRSTPLAY** at checkout to enjoy your complimentary session and earn a second entry into the draw.

3 Love it? Keep playing! – Each session booked before 19th December earns another entry - but your first one is on us!

🏆 Winners revealed on 22nd December 2025. Full T&Cs apply.

ACHIEVEMENTS

Martial Arts and Gymnastics

Amazing Achievements this week for Lily in 4C , who has achieved her Junior Black belt in Kick Boxing. Lily has also completed her grading for an adult Yellow belt, training with and sparing

against teenagers and adults. Following this, Lily has also completed in her first gymnastics competition in the 9-11 age group and came 4th overall.

Robyn in 3D and Alisha-Maya in 4C have also shared fantastic news this this week, and have achieved their Junior Yellow belts for Kick Boxing. Well done to everybody.

If your child has some special news/achievement to share with the school newsletter or their teacher, please email into the school office with a small description and a photograph.

We love to see the inspiring achievements of the children outside of school!







COMMUNITY

WORLD IN MUSIC ENSEMBLE

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Christ's College
Larch Avenue,
Guildford,
Surrey,
GU1 1JY

SATURDAYS
2pm - 3.30pm:
11/10/2025
25/10/2025
08/11/2025
22/11/2025
06/12/2025



For more information please contact:
surreyartsmusic@surreycc.gov.uk





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