



Wallace Fields Junior School Newsletter



Thursday 8th October 2026

Key Dates this Term

- **Friday 9th October 2026** - Interhouse **Cross Country**. 14.15-15:00. Parents welcome to watch
- **Sunday 11th October 2026** - Final date to buy Halloween Disco Tickets
- **Monday 12th October 2026** - Deadline for the Pumpkin art competition

- **Wednesday 14th October 2026**
 - **14.:00-15:00** Year 6 Tea Party
 - **16:45-17:45** Halloween disco - No tickets available on the door
 - **15:30-17:00** Epsom & Ewell Borough Cross Country Tournament at Sutton Grammar Sports Ground- selected children
- **Thursday 15th October 2026 14.:00-15:00** Year 5 Tea Party
- **Friday 16th October 2026** - Break up for half term at 3.25pm/3.20pm as usual
- **Monday 19th October 2026 - Friday 30th October 2026** - Two Week Half Term for one year only
- **Monday 2nd November 2026** - Cauliflower Cards artwork and form returned to school
- **Sunday 8th November 2026** - PTA Fireworks Night 16:30

Click here¹ **for School Calendar and to Subscribe to Calendar. Click Here² for School Term Dates and INSET days**

Click Here³ **for Upcoming Events**

HEAD'S UPDATE

Outstanding National Test (SAT's) Results

Reflecting on the past year, I am exceptionally proud to share our last batch of National Test (SATs) results were outstanding—a true testament to the hard work, determination, and brightness of our children. For the vast majority of our Year 6 cohort, these results mark the culmination of four wonderful years with us, and watching them grow into confident, capable individuals has been a privilege. We also know that some pupils joined us later in their junior journey, and I am equally proud of how quickly they embraced our school and the remarkable progress they made. Well done to our fantastic Year 6 leavers; they left a lasting legacy here and with many returning to the front gate to revisit us and update us, we wish you every success in your next chapter.

These achievements do not happen by chance. Behind the scenes, our dedicated staff and volunteers work tirelessly through targeted interventions—including phonics, pre-teach sessions, utilising resources and specialist SEND support and many opportunities to challenge, extend and deepen their knowledge in all subjects. While parents might not

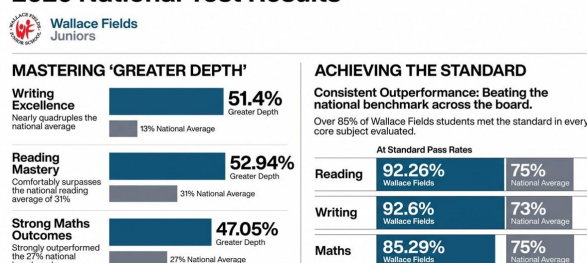
¹<https://wallacefields-jun.surrey.sch.uk/calendar>

²<https://wallacefields-jun.surrey.sch.uk/news/2025-03-18-inset-days-confirmed-for-next-academic-school-year>

³<https://wallacefields-jun.surrey.sch.uk/events>

always see these daily mechanisms at play, our visitors and volunteers see first-hand the incredible effort that goes into driving academic progress while maintaining our high expectations for behaviour and presentation.

Wallace Fields Juniors: 2026 National Test Results



All Our Classes Now Full and School Tours for September 2027 Places

Despite a drop in local birth rates locally and nationally, our school's strong reputation continues to spread, and we have welcomed many new children to fill our open spaces. While all our year groups are currently full, places do occasionally become available. Should a space open up, I will be sure to let you know so you can pass the word on to friends and relatives who might like to join our exceptional school. My sincere thanks go to our staff, volunteers, and parents for making our community such a wonderful place to learn and grow.

Our school tours are coming up in November for parents whose children are currently in Year 2 and hope to join Wallace Fields Junior School in September 2027. These tours offer a fantastic opportunity to see our school in action during live lessons, personally guided by our Year 6 prefects and elected ambassadors. You will also have the chance to meet our school meals provider, Nourish, as well as our wraparound care provider, Junior Adventures Group (JAG). Click here⁴ for more information. Slots are already starting to fill and places are limited, so please book your tour soon—I look forward to seeing you there!

⁴<https://wallacefields-jun.surrey.sch.uk/news/2026-09-10-prospective-parents-open-day-dates-announced>

THE LAST TWO WEEKS

Stars of the Week



Above is the photo of **Stars of the Week** for last two Fridays. The **Stars of the Week** 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 5 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.

BELIEVE Awards

BELIEVE Award winners are outstanding individuals who truly deserve this recognition. The award is presented only once a month and carries the added honour of ten house points. We warmly congratulate this month's winners on their achievement.



PUPILS BLOG

The WALLACE WEEKLY

A Week of Melting, Music and Magnificent Moments!

By Vihaan K and Jake S

Phew! What a week! The sunshine has been blazing so much that we are all starting to feel like giant ice lollies left out in the sun. One more hot day and we might have turned into puddles! Weirdly hot for September.

The week kicked off with our usual great assembly from Mrs Day, followed by the always-fun music assembly with Mrs Johnstone. There was singing, smiling and plenty of energy to keep us going through the week.

Wednesday and Thursday felt a little quieter with class assemblies, though the excitement soon returned on Friday with the one, the only... **CELEBRATION ASSEMBLY!** 🎉 A fantastic way to end the week and recognise all the amazing things happening around school.

Our Week's Highlights

Year 3

Laurence enjoyed handwriting because it was fun and gave him a chance to improve his presentation skills,

📝

Tarrasvere loved English, especially reading *The Iron Man*, which has kept Year 3 gripped from start to finish!

Year 4

Year 4 have been working hard all week and enjoying lots of exciting learning across the curriculum,

Year 5

Haans' favourite part of the week was PE, where he enjoyed playing football with his friends. ⚽

Year 6

Edward Y enjoyed maths because the class got to create some really cool posters while learning.

Charlotte loved writing in English about being stranded in a rainforest. Luckily it was only in her imagination... although we are not sure we would want to swap places with her!

As another busy week comes to an end, we are looking forward to seeing what next week brings. Hopefully slightly cooler weather... and plenty more amazing moments to celebrate! 🎉📝🎨🧩

Celebrating Languages Day on 2nd October 2026

The children had a fantastic day celebrating languages and learning about new cultures. It was lovely to see so many children in their traditional or cultural attire. Thank you for the

following parents/carers of Emilia 3D, Antonia 4K, Sara 6G, Alma 5H, and Deniz 3D for sharing their culture and languages. We heard about Slovak, Romanian, Italian, Finish and Turkish. This will be a lovely way to explore and celebrate the rich diversity that exists within Wallace Fields Juniors.



Harvest Donations

A huge thank you to all our children and families for your generous donations to our Harvest collection. We have been overwhelmed by your kindness and support.

Thanks to your contributions, we have been able to provide a wonderful collection of food and essential items for the **Epsom & Ewell Foodbank**, helping local families who may be facing difficult times. Your generosity will make a real difference in our community.

We are incredibly proud of the compassion and thoughtfulness shown by our school community. Thank you once again for supporting this important cause and helping others through your kindness.



Gardening Club



Gardening Club were very proud to display the pumpkins they have grown. Thanks to the Gardening Club Leaders Kelly and Kathy and thanks to Mr Findlay for watering them over the Summer.

As the weather starts to become more like a typical autumn. Please don't forget old shoes or wellies, raincoat and gardening gloves if your child wants to take part in Gardening Club.

Tea Parties

It was wonderful to welcome so many parents and carers to our Year 3 and Year 4 Tea Parties. These events provided a lovely opportunity to share updates about school life, celebrate the children's learning, and showcase some of the fantastic work they have been producing in class.

Families also enjoyed hearing the children perform a sea shanty, which links to their current music studies. The enthusiasm and confidence shown by the children made the performances a real highlight of the afternoon.

Thank you to everyone who so kindly donated cakes and refreshments. Your generosity is greatly appreciated and we hope the tea parties have raised a fantastic amount for the school.

We would also like to thank all the parents and carers who attended and helped make the events such a success. We look forward to welcoming our Year 5 and Year 6 families to the tea parties next week.





Year 5 & 6 Choir Festival at Epsom College - Tuesday 6th October 2026

The Upper School Choir had a fantastic day at Epsom College on **Tuesday 6th October 2026**, learning a programme of sky-themed songs to perform in a concert at the end of the day. They were also treated to some fantastic performances from Epsom College singers, including the soloist and a cappella group winners and runners-up from the College's recent choral competition. The children were wonderful ambassadors for the school and really seemed to enjoy the whole day, with rolling down the grassy bank at lunchtime proving almost as popular as the singing!



Year 5 - Hogsmill River Trip 8th October 2026

On 8th October, Year 5 enjoyed an exciting fieldwork visit to the Hogsmill River as part of their geography learning. The trip provided a fantastic opportunity for the children to

investigate the features of a river first-hand and carry out fieldwork in our local area. By observing, measuring and exploring the river environment, the children deepened their understanding of how rivers shape the landscape and the important role they play within our community.

The visit also brought local history to life. The children learned about the historic gunpowder mills that once operated alongside the Hogsmill River and explored the river's importance to the growth and development of the surrounding area. They also discovered the connection between the Hogsmill and famous Pre-Raphaelite artists, including John Everett Millais and William Holman Hunt, who found inspiration in the local landscape and used local scenes within their artwork.

A huge thank you to all the staff who helped me make the trip possible and ensured the children had such a valuable and enjoyable experience: **Miss Hill, Mrs Thompson, Mrs Baxter, Mrs Miller, Mr Lee and the indefatigable Mrs Hernandez**. Your support, enthusiasm and commitment were greatly appreciated and helped make the day such a success.

Mr Hurd

Trip Leader/ Year 5 Teacher

Black History Month

This month, we have been celebrating Black History Month through a range of engaging activities across the school. Children also took part in a special assembly where they learned about the importance and history of Black History Month, as well as this year's theme.

Each year group explored a different focus. **Year 3** learned about Rosa Parks, **Year 4** studied Nelson Mandela, **Year 5** investigated significant Black figures in STEM, and **Year 6** completed a research project linked to our PSHE values. Pupil voice shows how much children enjoy and value learning about Black History Month. They have loved discovering inspirational people, discussing important events and reflecting on how individuals can make a positive difference in the world. We encourage families to continue these conversations at home. You can support your child's learning by taking part in your own Black History Month activities together. Please see the accompanying slides for suggestions to help deepen your child's learning and celebrate Black History Month as a family.

Positive Parenting Workshop

Thank you to all the parents/carers who attending the **Positive Parenting Workshop on 29th September 2026**.



Epsom and Ewell – Over 5s

POSITIVE PARENTING

Workshop notes

REMEMBER : There is a reason behind every behaviour. All behaviour is emotion driven.

Use Empathy

Try to put yourself in their shoes. What is the emotion driving the behaviour?

Steps for giving Empathy

1. Stop what you're doing
2. give full attention and listen
3. give appropriate eye contact/body language and facial expressions
4. Try and find the feelings behind the words
5. Tentatively suggest the feeling behind the words, or actions, e.g "It sounds like....you seem....."
6. Allow them to tell their story if they want to, or walk away, or be silent as they wish.
7. Avoid questioning, commanding, giving advice or instructions
8. Do use gentle touch if appropriate
9. Keep focused on the person's feelings
10. Avoid fixing it or over reacting
11. Pause after the empathy (give time) to allow the child to come back (it could open up the conversation).

Empathic phrases that can help

"I'm wondering"
"You seem....."
"It sounds as though....."
"You sound....."
"You look....."
"It can be hard when....."
"I can see....."
"It seems as though....."
"I can hear that....."

PRAISE IS MAGIC!

Praise is a magic ingredient in relationships. It gives children information on how we would like them to behave. It also fosters a positive atmosphere in which both parents and children can relax. It helps children feel capable and confident, boosting self-esteem. Praise is one of the most powerful ways to help children with their behaviour.

Steps for giving Effective Praise

- Give the child all your attention
- Move close to the child
- Look pleased and share their pleasure
- Be specific: describe what you like
- Ask the child what he/she thinks
- Seek eye contact
- Mean it – be sincere and let it show in a warm tone of voice
- Touch the child gently
- Give the pride to the child ("You deserve to feel proud of yourself")

Remember to praise them for being as well as for doing. This indicates that your approval and love is not just on condition they achieve.

Doing

"Well done for sharing"
Thank you for playing so well together
That was very kind!
You're very good at helping mummy
what a good cook you are!
Thanks for all your help!

Being

"You're sooo cuddly!"
'I love spending time with you',
'You have a lovely smile'
'I love it when you giggle'
'you are fun to be with'

KINDNESS CHART

Rather than having a sticker chart for each child (which can get competitive), have a chart that each member of the family adds to so that you support each other

A chart for kindness is a good idea e.g. a black piece of A5 paper, with silver stars. Each member of the family spots each other being kind and that person sticks a star on the chart. So even mummies and daddies can get stickers, and the children can give each other stickers. When the chart is full the whole family gets a treat. Stickers can be given for helping feed the pets, being patient, helping lay the table, being gentle etc.

DISCIPLINE

The word 'discipline' can have negative implications. It is best to think of it as meaning **GUIDANCE**. Our aims as parents should always be to guide our children (without criticism), keeping the end in mind. Our long term goal is to encourage children to respect others, and to learn to make responsible choices – foundations for self-discipline that they will need as adults.

Setting Clear Boundaries

What sort of boundaries are in place in your home? Sometimes boundaries are very restrictive, sometimes there are no boundaries. For most of us, the boundaries are inconsistent, depending on our own moods. What we need to aim for, are clear, fair, consistent boundaries. Some children will test the boundaries to see where they are. Children feel safe when boundaries are **consistent** and fair.

Rules, Rewards and Penalties



Family rules help create a safe, fair consistent home environment for EVERYBODY in the family, both children and adults. They help to clarify what behaviour is acceptable, and what is not.

It is good to discuss with the family how they want to feel at home, and what gets in the way? What issues would benefit from having a rule? E.g. shouting.

'Dos work better than Don'ts'

When thinking of a rule, use DOs, backed up by DONTs.

e.g. **Do speak kindly and respectfully to each other. (Don't shout or argue)**
Family Rules apply to adults as well as children, which means you have to follow the rules too! Remember children learn more from what they observe rather than what we tell them. We are their role models. There should only be about 5 family rules.

Reward people who abide by the rules

Examples of rewards

A smile, Praise, Kind touch, Cuddles, High Five, Stars, stickers, objects, e.g. toys, Time-in with you, extra story, extra TV, Time on ipad, treat, family time in, extra games, responsibility

Those who don't follow the rules receive a **penalty** (a fair consequence).

Examples of penalties

No star/sticker, Loss of privilege, Less/no tv, No computer/ipad, removing toy/game, no treat, paying back for damage, time-out, grounding, parental disappointment, tidying after made a mess

ALL CHILDREN NEED ATTENTION. THEREFORE, WHAT WE PAY ATTENTION TO IS WHAT WE GET MORE OF.

Time-in

More often than not children play up when they are bored or want your attention. If you allocate quality time to playing with your children, they will play up less when you need to do other things. Go on, make some good memories!

Give Limited Choices

Children have little choice, or control in their lives, and this can lead to frustration, stress and rebellion. Giving children limited choices where you can, enables them to learn to take responsibility. Over-control of children usually encourages dependency, or rebellion.

So, instead of the struggle of a 'logger heads' situation,

"Put your sweater on!", "No I don't want to!" "Put your sweater on", "No!"

Try to give a limited choice that you are happy with

"Do you want to wear your red sweater or your blue one?"

"How do you want your hair today? Pony tail, or a plait?"

'Choices and Consequences' (Strategy for inappropriate behaviour)

'Choices and Consequences' is a very useful strategy for helping children learn to take responsibility for themselves by encouraging positive use of Personal Power. Children quickly become more co-operative than when coercion is used. The strategy keeps the adult in charge, whilst also empowering the child. It is an excellent way of defusing power struggles. It works wonders with all age groups.

e.g. A child is refusing to tidy their toys away.
(calmly point out the choices)

George... you have a choice
You can...choose to help me tidy the toys away
Or you can...leave it for me to tidy up.
If you... help me tidy up
We can do it quickly and have time to play another game before bed. (Positive consequence)
If you leave it for mummy to do
It will take me longer and there will be no time for another game. (negative consequence)
It's up to you...
It's your choice. I'll give you a minute to think about it.

Always start by pointing out the positive choice (using an enthusiastic voice)

(Child's name)..... You have a choice
You can choose to (Positive choice)
Or you can (Negative choice – normally the behaviour they have already chosen)
If you choose.....(+) then(positive consequence)
If you choose to(-) then unfortunately(negative consequence)
It's up to you
It's your choice
I'll leave you to think about it for a minute.

This is much more effective than children ignoring repeated instructions and then it ending in confrontation, where both adult and child are likely to feel resentful and angry. This offers them a way out, and a clear choice between two ways of behaving.

- Choose consequences that mean something to the child or relate to the behaviour
- Don't use threats, or ultimatums
- Choose consequences you can keep to. (Don't say 'you're not going on the school trip, party, etc. unless you are prepared to follow through')

Ignoring Inappropriate Behaviour

Minor, inappropriate attention-seeking behaviour e.g. whining, thumb-sucking, tantrums, nagging, interrupting) is best ignored, unless it is dangerous or harmful to people or property. **REMEMBER, 'What you pay attention to you get more of'.** This does not mean you ignore the child. You just don't mention, or pay attention to the behaviour. You can try to distract them out of it by making something else seem exciting or interesting. **DISTACTION** is a very useful tool.

Labelling



Think of one label you had when you were a child and how it made you feel. We often carry the labels we are given to us as children, through to adulthood. Positive labels are less damaging, but all labels are limiting. A child labelled as 'sensible', may be burdened with the duty of never being light hearted and silly. A neat and tidy child may feel unable to play in the mud. Negative labels (clumsy, fat, stupid, nosy, bossy, bad-tempered) are always a burden. Children trust you and believe you. If you say they are "the naughty one" they will believe it, and feel that they don't have any choice.

Nurturing Yourself

Self-nurturing is very important. We cannot continually nurture other people without giving something back to ourselves. Looking after ourselves is not selfish. Our needs are as valid as anyone else's, and others benefit from the time we give to ourselves, as we cope better when our own needs are being met.

Nice hot bubble bath with candles
A cup of tea in a pretty cup
Meet friend for a coffee
Go for a walk
Exercise
Listen to music



How do you nurture yourself?

PTA

Cauliflower Cards

Next week all artwork attached to a form should come home for half term.

If your child would like to add to their artwork this can be done. Please follow the instructions on the form to order from the website.

Please return the artwork on **Monday 2nd November** to ensure it can be posted to the card company on time and therefore cards etc will be delivered back to us the first week of December.

HALLOWEEN DISCO TICKETS SELLING FAST - GET YOUR CHILD'S TICKET TODAY! TICKETS WILL GO OFF SALE AT MIDNIGHT ON SUNDAY!

The Halloween disco is back on Wednesday 14 October! The ticket price of only £5 per child includes a snack and a drink, craft activities as well as dance offs and fun games. Tickets available now at: <https://www.pta-events.co.uk/wfjspta/index.cfm?event=event&eventId=121580>

If your child is in a club or in JAG and has a ticket for the disco, please let the club/JAG lead know they will be going to the disco. The children will need to go to classrooms to be signed in, Year 3 via 3G, Year 4 via 3D, Year 5 via 4K and Year 6 via 4T. Pick up after the disco will also be via these classrooms. Please note that all children must be collected after the disco at 5.45, even those children in Year 6 who usually have permission to walk home will need to be collected. If your child is being collected by someone else, please let us know on wfjspta@gmail.com⁵.

We wanted to flag that we receive lots of last minute requests for tickets both directly and via the school office. We never want to disappoint the children, but due to safeguarding reasons, we will not be able to provide last minute tickets. To avoid disappointment please purchase tickets before the advertised deadline of midnight this Sunday 11 October. The school office cannot accommodate requests for tickets as these tickets are only sold via the PTA. If you have any questions please contact wfjspta@gmail.com⁶.

⁵<mailto:wfjspta@gmail.com>

⁶<mailto:wfjspta@gmail.com>



CALLING BUSINESS OWNERS OF WALLACE FIELDS JUNIORS!

Do you have a fabulous business you'd like to promote to our amazing school community?
Do you also want to help support your children's school and enrich your children's learning experiences?

We are looking for sponsors for our events and for our PTA Events website! Please get in touch with us at wfspta@gmail.com⁷ to find out more!

Do you want to support the PTA without lifting a finger? Sign up for easyfundraising TODAY!

Sign up to support WFJS PTA - Wallace Fields Junior School - Ewell on #easyfundraising today and you can raise free donations for them when you shop online with all your favourite retailers!

That's right, you can raise money every time you buy clothes, groceries, takeaways, insurance, holidays or anything else you buy online at no extra cost.

Sign up here TODAY: <https://www.easyfundraising.org.uk/causes/wfspta/>

⁷<mailto:wfspta@gmail.com>

Wallace Fields Infant and Junior School PTA Firework Night is back! Sunday 8th November at Wallace Fields Junior School field Gates open at 16:30

We can't wait for another great fireworks night back at the Junior School grounds and we can't wait for you all to join us!

Doors will open at 16:30 and so will our fabulous Bar and Cafe, Candy Floss stall, Glow Stall and this year for the first time, we have The Colonel's Burgers and Bites!! So come hungry for a burger, sausage or chicken bites and chips followed by candy floss and other sweet treats! We'll have a range of alcoholic and non-alcoholic drinks available to purchase from our fully stocked bar, including beer, wine, mulled wine and hot chocolate. Arrive early for our fabulous outdoor children's disco at 5pm, beat the queues and get a good spot ready for the fantastic display courtesy of Vulcan Fireworks.

WE NEED YOUR HELP TO PULL OFF THIS AMAZING EVENT! We are offering priority booking for all volunteers and their families, ahead of the general ticket sale.

Volunteer slots are live and HUGE THANKS to those of you who have already signed up to help. We really appreciate it. We still have some slots to fill so please consider if you can help us on the night. WE CANNOT PUT THE REMAINING TICKETS ON GENERAL SALE UNTIL ALL SLOTS ARE FILLED.

Once you have signed up for a volunteer slot, your ticket confirmation will include a secret link to buy your Fireworks Tickets. The sooner you volunteer the sooner you can secure your tickets for this very popular sell out event! PLEASE DO NOT SHARE THE LINK WITH ANYONE ELSE. THE PRIORITY SALE IS ONLY FOR VOLUNTEERS AND WE WILL CROSS CHECK TICKET SALES WITH THE VOLUNTEER LIST.

THANK YOU SO MUCH FOR YOUR HELP WITH THIS AMAZING EVENT. WE CAN'T PULL IT OFF WITHOUT YOU!



EVENTS BEFORE HALF TERM

Cross-Country: Parents Welcome - Friday 9th October 2025, 1.50pm-3.00pm

On **Friday 9th October 2026** 16 boys and 16 girls will be running cross country to represent their house. Parents/Carers of the selected children have been contacted to let them know their child is participating.

If your child has been selected, they must bring their PE kit to school in a bag (unless they already have a PE lesson that day, in which case they will already be wearing their PE kit). Children are welcome to wear a t-shirt which represents their house colour. Please make sure they have a water bottle too.

A few children have been selected as reserves. We would be grateful if they could also bring in their PE kits so they are on stand-by on the day if their child does get asked to run.

All parents and carers are welcome to come and watch the event. Entry will be via the field gates, using the alley way. The approximate timings are as follows:

- 2:15pm - Lower School Girls' race
- 2:25pm - Lower School Boys' race
- 2:40pm - Upper School Girls' race

- 2:50pm - Upper School Boys' race

The children will not be released until the usual pick-up time.

The best children in the Upper School will be selected to take part in the Epsom and Ewell Competition on **Wednesday 14th October 2026**. If your child is a keen runner then do pencil the date in your diary and look out for the email on Friday 9th October.

Change Your Child's Meal Preference

As we approach the end of this half term, you have the option to change your child's meal preference.

Please only complete this form by Wednesday 14th October 2026 if you wish to make a change.

Children will be able to enjoy a combination of packed lunches and school lunches throughout the week. For example, they may choose a packed lunch from Monday to Wednesday and a school lunch on Thursday and Friday.

There is no minimum number of days required, giving families the freedom to choose what works best for them. Once selected, lunch days will remain the same for the duration of each half term to help us manage catering arrangements effectively. Please complete the form if you wish to make any changes to your child's school lunch arrangement.

Please note that a cost of a School lunch is £2.90 per day. Payment can be made on SCOPAY at the end of this half term and the total cost for next term for 5 days a week is £101.50 - this is for a 7 week half term.

Please note you do not need to complete this form if you do not wish to make a change to your child's lunch preferences.

Change of Lunch Preference Form⁸

Special Diet Form⁹

⁸<https://forms.gle/xp5tWbfhMQpAFx4G8>

⁹<https://forms.gle/D5TCVjFJficUi9mb9>



FREE SCHOOL MEALS EXPANSION

No Income Cap, Income Threshold No Longer Applies



Key Details of the 2026 Expansion

No Income Cap: The previous £7,400 net earned income threshold no longer applies to the new expanded group.

Free school meals are now split into Two Benefit Categories:

Targeted FSM (for household earnings of £7,400 or less, which unlocks Pupil Premium funding) and

Expanded FSM (for earnings above £7,400, which provides the meal only).

How to Apply: While many local authorities automatically recheck or transition existing claims, families receiving Universal Credit who are not yet registered should submit an application through their local council or use online checkers like the [Free School Meals Checker](#) to confirm status.

Official Guidance: Read the complete policy updates and requirements on the [GOV.UK Free School Meals Guidance](#) page.

YOU COULD SAVE UP TO £550 A YEAR

NOVEMBER TO MARCH 2025 THE NOURISH MENU					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Chicken Pie 1 Peas & Potatoes 1.95 Jackets with a Choice of Toppings 7.8, 9	Beef Bolognese Pasta Bake 1.95 Vegetable Chili Saus 1.95 Jackets with a Choice of Toppings 7.8, 9	Roast Chicken & Gravy Cream & Potato Pie 1.95 Jackets with a Choice of Toppings 7.8, 9	Minestrone Soup 1.95 Beef & Potato Pie 1.95 Jackets with a Choice of Toppings 7.8, 9	Chicken Nuggets 1 Cream & Tomato Potatoes 1.95 Jackets with a Choice of Toppings 7.8, 9
	21 November Custard Potatoes Cauliflower Carrots	Garlic Bread 1.8 Seasonal Vegetables	Rustic Roast Potatoes Cauliflower Peas	Roast Beef 1.95 Mashed Potatoes 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95	Chips Peas Baked Beans Custard Potatoes
	28 November Strawberry Muesli 7 Milk Chocolate 1.95 Milk Chocolate 1.95	Bananas & Chocolate Custard 7 Milk Chocolate 1.95 Milk Chocolate 1.95	Fruit Inty 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95	Beef & Potato Pie 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95	Chips Peas Baked Beans Custard Potatoes
WEEK TWO	Beef & Potato Pie 1.95 Peas & Potatoes 1.95 Jackets with a Choice of Toppings 7.8, 9	Tomato & Baked Potatoes 1.95 Beef & Potato Pie 1.95 Jackets with a Choice of Toppings 7.8, 9	Roast Chicken & Gravy Cream & Potato Pie 1.95 Jackets with a Choice of Toppings 7.8, 9	Beef & Potato Pie 1.95 Mashed Potatoes 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95	Chicken Nuggets 1 Cream & Tomato Potatoes 1.95 Jackets with a Choice of Toppings 7.8, 9
	9 November Custard Potatoes Cauliflower Carrots	Garlic Bread 1.8 Seasonal Vegetables	Rustic Roast Potatoes Cauliflower Peas	Roast Beef 1.95 Mashed Potatoes 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95	Chips Peas Baked Beans Custard Potatoes
	16 November Strawberry Muesli 7 Milk Chocolate 1.95 Milk Chocolate 1.95	Bananas & Chocolate Custard 7 Milk Chocolate 1.95 Milk Chocolate 1.95	Fruit Inty 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95	Beef & Potato Pie 1.95 Mashed Potatoes 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95	Chips Peas Baked Beans Custard Potatoes
WEEK THREE	Chicken Pie 1 Peas & Potatoes 1.95 Jackets with a Choice of Toppings 7.8, 9	Beef Bolognese Pasta Bake 1.95 Vegetable Chili Saus 1.95 Jackets with a Choice of Toppings 7.8, 9	Roast Chicken & Gravy Cream & Potato Pie 1.95 Jackets with a Choice of Toppings 7.8, 9	Minestrone Soup 1.95 Beef & Potato Pie 1.95 Jackets with a Choice of Toppings 7.8, 9	Chicken Nuggets 1 Cream & Tomato Potatoes 1.95 Jackets with a Choice of Toppings 7.8, 9
	23 November Custard Potatoes Cauliflower Carrots	Garlic Bread 1.8 Seasonal Vegetables	Rustic Roast Potatoes Cauliflower Peas	Roast Beef 1.95 Mashed Potatoes 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95	Chips Peas Baked Beans Custard Potatoes
	30 November Strawberry Muesli 7 Milk Chocolate 1.95 Milk Chocolate 1.95	Bananas & Chocolate Custard 7 Milk Chocolate 1.95 Milk Chocolate 1.95	Fruit Inty 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95	Beef & Potato Pie 1.95 Mashed Potatoes 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95 Milk Chocolate 1.95	Chips Peas Baked Beans Custard Potatoes

NSPCC's Speak out. Stay safe. Programme

Wallace Fields Juniors are participating in the NSPCC's Speak out. Stay safe. Programme this term and there will be **an assembly on this programme on Monday 12th October 2026.**

Speak out. Stay safe. is a programme for children aged 5-11 which aims to help children understand abuse in all its forms and to recognise the signs of abuse. Children are taught to speak out if they are worried, either to a trusted adult or Childline. This child friendly programme is aligned with the curriculum and consists of age appropriate virtual assemblies and supporting classroom activities which we have fully reviewed. The content is delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy. If you would like to know more about the Speak out. Stay safe. programme visit

<https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/pants-how-to-answer-questions/>

Annual Pumpkin-Making Competition Deadline 12th October 2026

The pumpkin competition deadline is approaching! You have until Monday to submit your entries. We're looking forward to seeing all of your crafty creations!



EVENTS AFTER HALF TERM

Christmas Card Competition - Deadline 2nd November 2026

We are excited to announce that we are taking part in the annual Christmas Card Competition run by Helen Maguire, MP for Epsom and Ewell.

This is an exciting opportunity for the children of Wallace Fields Junior School to showcase their talents and get creative. The winning design will feature on the front of Helen's official Christmas card this year. There will also be a prize for the winner and two runners-up.

Children will be sent home with a template (as seen below) to use for their design.

The following criteria must be met:

- The design must fit within the blue outlined box.
- The design should have a festive or seasonal theme.
- The design must be in portrait orientation.

The deadline for entries is **Monday 2nd November**. Entries should be handed to class teachers. Once the children have submitted their entries, Miss Gavin will send them to Helen on behalf of Wallace Fields Junior School.

We look forward to seeing your creative and festive designs!

2026 Christmas Card Competition – Helen Maguire MP

Name of School:

First and Last name:

Age:



To be submitted to: Helen Maguire, Fairmount House, Bull Hill, Leatherhead, KT22 7AH
by Friday 6th November

Parent-Teacher Consultations Dates for Diary

Please make a note in your diary that the following dates for Parent Teacher Consultations.

- **Monday 9th November** Face to Face Appointments 15:45 - 18:00 (3.45pm-6pm)
- **Tuesday 10th November** Virtual Appointments 15:45 - 18:00 (3.45pm-6pm)

Parents/carers will be emailed with how to sign up for appointments before we break up for half term.

Flu Vaccination on 10th November 2026 Complete Consent Form

This vaccine helps protect your child from influenza (flu), which can be unpleasant and cause serious complications. Vaccinating your child will also help to protect more vulnerable family and friends by preventing the spread of flu.

For further information visit: NHS Children's Flu Vaccine¹⁰

For your child to receive this vaccination when we visit your school on **TUESDAY 10TH NOVEMBER 2026**, please complete the e-consent form. Please note that e-consent access will close **4** working days before the visit date.

¹⁰<https://www.nhs.uk/vaccinations/child-flu-vaccine/>

- Please visit www.surreyimmunisations.co.uk¹¹ and enter your school's unique code **SR125298**
- If you are a **NO CONSENT**, please still complete a consent form but select the 'No' option.
- An **injectable flu vaccine is available that does not contain porcine gelatine**. If you prefer this, please select 'No' for the nasal vaccine and 'Yes' for the injectable flu vaccine and the vaccine will be delivered in school when we visit.
- If you only wish your child to be seen in a clinic setting, please submit an e-consent form and contact us using the details above for a clinic link.

An automated email will be sent to you on completion of the e-consent from school.immunisations@nhs.net¹². If you do not receive this, please check your junk email. Google Chrome is the recommended browser for this task.

Measles, Mumps, Rubella (MMR)

By now your child should have had two doses of MMR to fully protect them. If your child has NOT had two doses of MMR, and you would like them to be protected, please complete the separate MMR consent form. Find out more about this vaccine at: MMR for all: general guide¹³

Please visit Surrey Child and Family Health¹⁴ for information about the school-based vaccination programme.

Year 6 Height and Weight checks on 10th November 2026

Each year in England, school children in Reception and Year 6 have their height and weight checked at school as part of the National Child Measurement Programme (NCMP). Height and weight measurements are used to calculate body mass index (BMI). For further Information: NCMP Programme¹⁵.

During the Autumn term the School Aged Immunisation and Screening team will weigh and measure children fully clothed, except for their coats and shoes. This is a national opt out programme so if you do not wish your child to be measured please email the team as scfh.immunisations@hcrhcaregroup.com¹⁶ putting in the title **NCMP Opt Out and school name**. In the email, please state your child's name and date of birth or NHS number to identify them and confirm that you wish to opt out of the measurement screening programme. If you do not opt out the results will be sent to you via your email. If your

¹¹<http://www.surreyimmunisations.co.uk/>

¹²<mailto:school.immunisations@nhs.net>

¹³<https://www.gov.uk/government/publications/mmr-for-all-general-leaflet/mmr-for-all-general-guide>

¹⁴<https://surreychildandfamily.co.uk/services/immunisations/>

¹⁵<https://www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/>

¹⁶<mailto:scfh.immunisations@hcrhcaregroup.com>

child's measurements fall outside the normal range, details of further support will be included in this communication. If you do not receive your results, please contact our team on the details above. Children are not required to take part on the day if they choose not to.

LEARNING AND HOMEWORK

Little Wandle Letters and Sounds - Phonics Intervention

Parents and carers have been informed if their child has been selected to participate in our Little Wandle Letters and Sounds Rapid Catch-Up Phonics Programme this year. The aim of this programme is to help children to reach and maintain the expected standards in phonics, spelling and reading whilst also developing children's reading fluency, comprehension and other essential skills related to reading efficiently. Children who will be completing phonics sessions have been sent home with a letter which details information about the programme.

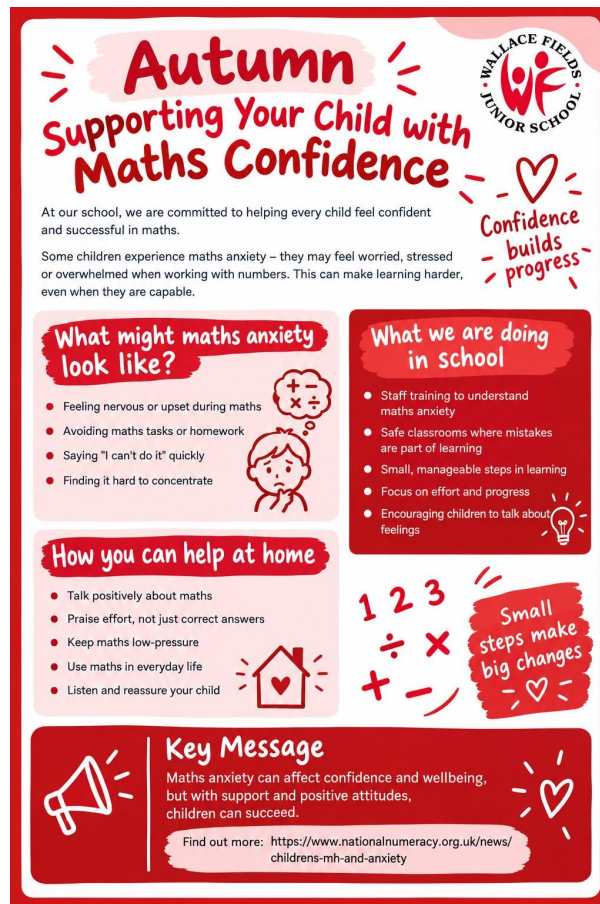
Further information will follow in the coming weeks regarding ways you can support your child with reading at home by accessing an e-book website with books suited to the children's learning.

Supporting Your Child with Maths Confidence

This term, we are focusing on helping every child **feel confident and successful in maths**. We recognise that some children experience maths anxiety, which can make them feel worried or overwhelmed when working with numbers, even when they are capable.

In school, we are supporting pupils through staff training, creating safe classroom environments, and focusing on effort and progress. At home, you can help by talking positively about maths, keeping things low-pressure and reassuring your child when they find things tricky.

Together, we can help children develop confidence, reduce anxiety and enjoy success in maths.



500 Words Competition - Now Open!

Every year, the BBC run a **500 word story competition**. It is an opportunity for children to write a story with no more than 500 words. There are two age categories: 5-7 and 8-11 year olds. If your child wants to enter, all they need to do is write a story in 500 words or less!

All children are encouraged to enter - it is all about the creativity!

If your child would like to enter, details can be found on the BBC website.

<https://www.bbc.co.uk/teach/500-words>

Entries are to be submitted via the BBC website but please do bring in your story to school to share with your class teacher too. We would love to read them. **Submit before 9pm, Friday 6 November 2026.**

Year 3 Homework

Just a reminder that Year 3 homework has begun.

Homework consists of:

- Reading at least 3 times a week - to be noted and signed in the Reading Record.
- Spelling Shed - 3 x 10 minute games will be set on a Monday.
- Times Tables Rock Stars - 10 x 1 minute games will be set on a Monday.

- Athletics - 1 x 30 minute quest will be set on a Wednesday.
- Handwriting - a written activity will be sent home in dedicated handwriting books on a Wednesday.

All homework is due in on the following Monday.

We are extremely impressed with the effort and enthusiasm that children have demonstrated towards their homework. Thank you for the support at home to encourage your children to complete the set tasks.

Children who do not complete homework will attend Catch Up Zone to allow time to catch up on any incomplete or missed work. This consists of staying in the classroom with the Year 3 team for a short period to catch up on missed homework. Catch Up Zone will be beginning for Year 3 after half term so any children who have missed homework or not completed the correct amount will be required to stay at lunch time to catch up.

Thank you for your continued support.

Miss Day and Miss Gavin

GENERAL INFORMATION AND REMINDERS

Prayer @ Wallace Fields (PAW)

- PAW is a group of Christian parents at WFJS from past and present.
- We believe that prayer has a positive effect on our school.
- We meet once a half term, at one of our homes to pray. You are welcome to join us!
- We have led occasional assemblies in school (e.g. Christmas, Easter, Year 6 leavers) and supported Faith & Philosophy lessons (e.g. What is prayer?, Why read the Bible?, What are miracles?)
- Our current PAW members:
 - Year 4: Machiko (Jonah's Mum), Alice (Henry's Mum)
 - Year 5: Natalie (Ezra's Mum)
- We would like to warmly welcome all new children and their families in WFJS.
- If you are interested and want to find out more, please do contact Machiko (machikow@hotmail.com)



Clip on Ties Now Available

Clip-on ties are now available from the MAPAC website. Please click here¹⁷ for more information and select the size as 14" clip on rather than 42" length.

¹⁷<https://www.mapac.com/education/parents/uniform/wallacejuniorKT17/school-tie>

School Tie



Product Details

School Tie

Colours

Scarlet/White/Black

Scarlet/White/Black

Purchase

Colour:

Size:

£3.40

Quantity:

Add to Basket

Earrings

We can not accept parents signing disclaimer forms as a child were injured, or if an earring caused injury to another child, the school could still be held responsible.

For this reason, our approach remains that

All earrings must be removed before PE, games and sporting activities. Children wearing earrings cannot take part until they have been removed, and the same expectation applies to sports clubs.

Library Books Wanted Back!

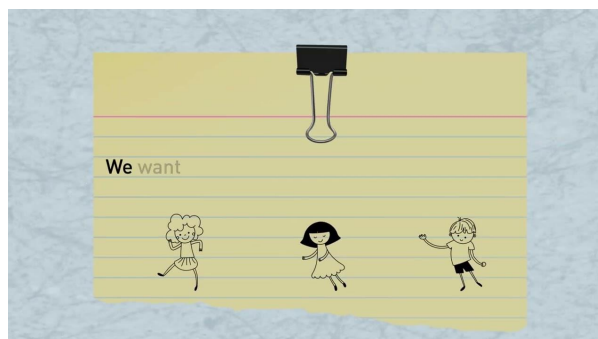
Our library shelves are looking a little empty in places at the moment, and lots of children are asking for books that are currently missing. Some of our most popular titles have several copies, though many of them have not found their way back to school yet!

Please have a quick look at home, under beds, on bookshelves, in book bags or wherever library books like to hide and send back any school library books you find. Returning them means other children can enjoy reading them too.

Thank you for helping us keep our library full of wonderful books for everyone!  

Not Sure Your Child is Well Enough for School?

Please watch a video from Department for Education



<https://youtu.be/i5KxqqkPTw>

Road Safety Reminder



Stop, Look, Listen... and Helmet On!



- Please help keep all children walking to school stay safe by reminding them to use pavements, cross at safe places, and stay alert near roads when travelling to and from school.
- Children riding bicycles or scooters should **always wear a properly fitted helmet** to help protect them from serious head injuries.
- Encourage children to walk their bike or scooter when entering the school site and to be considerate of pedestrians.
- Bright or reflective clothing can help children be more visible, especially during darker mornings and afternoons.
- Thank you for supporting our efforts to keep everyone safe on their journey to and from school.

Safety Slogan:

 **"Smart heads wear helmets – stay safe every journey, every day!"**  

Second Hand Dishwasher Required

Junior Adventure Group is looking for a second hand dishwasher to use for their wrap around care. Is anyone having a kitchen refit? Is anyone able to help? Please let the School Office know. We will collect and un-plumb it for free.

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. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about LOOKSMAXXING

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

WHAT ARE THE RISKS?

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective' and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmashing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online 'incel' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "told" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jasternmaxxing" (using humour to attract women) and "starvemaxxing" (extreme dieting).

CHECK THE SOCIAL MEDIA

Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.

#WakeUpWednesday

The National College

See full reference list on our website

[X @wake_up_weds](https://www.wake_up_weds.com) [f /www.thenationalcollege](https://www.thenationalcollege.com) [@wake.up.wednesday](https://www.wake.up.wednesday.com) [@wake.up.weds](https://www.wake.up.weds.com)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.09.2026

Our Commitments to Improving Support for Autistic Pupils & Families

Following our autistic review, we are committed to creating an inclusive, understanding and supportive environment where autistic children can thrive. We are working closely with families to ensure every child feels safe, understood and able to succeed. This week in school we have been ❤️ **Emotional Regulation and Wellbeing**

- Teaching children about emotions and regulation strategies
- Use of visual supports (emotion scales, zones of regulation)
- Adults trained to recognise early signs of distress

- Focus on co-regulation before independence
-  What this means: Children are supported before they reach crisis

Surrey Local Offer for SEND Parents

A trusted source of support, advice and opportunities for children with additional needs and disabilities, and their families

Surrey's Local Offer website brings together information, services, support, activities and opportunities for children and young people with additional needs and disabilities (AND), alongside practical guidance and resources for their families, all in one easy to access place. It is designed to help parent carers and young people find trusted information quickly and confidently. The website brings together the wide range of support available through Surrey County Council and its partners. The Local Offer complements rather than replaces personalised support. It helps families understand what help is available and access it at the earliest opportunity. **Visit the Local Offer¹⁸ at [surreycc.gov.uk/localoffer](https://www.surreycc.gov.uk/localoffer). Parents and carers can sign up here for the AND Newsletter¹⁹**

Useful information



**Epsom & Ewell
Family Centre**

**28th October
1pm-3pm
@ Ewell Family Centre**

**Young Person's Emotional Wellbeing
Workshop**

As part of our Mental Health Day celebrations, children will create their own Feelings Box, filled with tools and ideas to help them manage their emotions, such as fidget toys, calming activities, and breathing exercises. This fun, creative workshop will encourage children to recognise their feelings and develop positive strategies to support their emotional wellbeing.

To book a place, scan the QR code, email:
epsomewellfamilycentre@barnardos.org.uk
Or call: 01372 571 178



**Ewell Family Centre, Riverview Road, West Ewell KT19
OJP**

BARNARDOS Changing childhoods.
Changing lives.

¹⁸<https://www.surreycc.gov.uk/children/support-and-advice/local-offer/young-people/preparing-for-adulthood>

¹⁹<https://pages.comms.surreycc.info/pages/pa-7du4a9>



Changing childhoods.
Changing lives.



Cygnets in Surrey

A 6-session support programme for parents and carers of children and young people, aged 5 - 18 who have autism or suspected autism.

Where is it being delivered?

A mixture of online and in-person courses are taking place across Surrey.

Who can attend?

Parents, carers or other family members who have responsibility for your child. Your child must be aged between 5-18 and live in Surrey. They may have a diagnosis of autism or be waiting for one.

What does Cygnets involve?

The programme is delivered over six 2 ½ - 3 hour sessions which include:

- Introductory session
- Overview of autism with parent and carer experience
- Thinking & sensory
- Social interaction & communication
- Understanding & supporting behaviour
- Analysing behaviour

Who will deliver the course?

Surrey's Cygnets offer is coordinated through the Autism Outreach team but our team of trainers are made up from professionals working across Surrey in education, health and charity organisations.

Can I ask some questions?

Email us on SurreyParentworkshops@freemantles.surrey.sch.uk

How do I join a course?

Please register your interest by completing the electronic expression of interest form (accessed through the below link or by scanning the above QR code). You will then be added to our mailing list and contacted each time new courses are available on TryBooking.

<https://forms.office.com/e/wZ82L6t6rC>



Feeling like parenting has become a battle?
We can help.

We are running a 5-week
Parenting Puzzle
course for Parents and Carers

Children can be rewarding, stimulating and fun, but looking after them can also be extremely challenging and stressful. This course introduces POSITIVE PARENTING strategies to encourage cooperation, communication, and bring some harmony back into the family home.

Where?
Epsom Downs Family Centre
St Leonards Rd, Epsom
KT18 5RJ
Free Parking

When?
Thursday 5th November to
Thursday 3rd December 2026
10 a.m. - 12 p.m.
(no sessions during half term)

To book
Register using the QR code or email **Lesley Lane** at
lesley.lane@hseeb.org.uk to reserve your place

We ask a voluntary contribution of £10 towards the course book, but if you are experiencing financial difficulties, there are free places available - Just ask Lesley.

HOME START
Epsom, Ewell
& Banstead
Including
Mole Valley North

YMCA

Click here²⁰ for More Information About Safeguarding at Wallace Fields Junior School

CLUBS UPDATE

Half Term Holiday Club



NSSport Holiday Activities Wallace Fields 19-30 October

SPORTS, ARTS, CRAFTS, FUN, ADVENTURE, SAFE, NURTURING,
UNFORGETTABLE. JOIN OUR HOLIDAY PROGRAMME TODAY!

[Make a Booking](#)



[View Holiday Activities Flyer](#)

NSSport Holiday Activities is the perfect place to have fun

We provide active, affordable and exciting childcare for primary school aged children in school years 1-6. We aim to inspire children with a passion for health and fitness through innovative activities and unique experiences. Supported and led by a dedicated, enthusiastic and highly qualified team we ensure your child is safe and experiences the best time. Our knowledge allows us to care for your child in a fun, age appropriate and friendly environment whilst maintaining their physical, social and emotional development.

Full Play Options

We are pleased to inform you that NSSport Holiday Activities camps offer a full range of play options which allow you to work freely or go about your daily routine uninterrupted knowing that your child(ren) are in safe hands.

STANDARD PLAY	EXTENDED AM/PM	EXTENDED PLAY
£31 09:45 - 16:15	£34 08:00-16:15 09:45-18:00	£37 08:00 - 18:00

Here's what we have to offer

WEEK 1: 19-23 OCTOBER

NO CLUBS WEDNESDAY & THURSDAY
NO THURSDAY (HOLIDAY)

[Go To Bookings >](#)

WEEK 2: 26-30 OCTOBER

NO CLUBS WEDNESDAY
NO THURSDAY (HOLIDAY)

[Go To Bookings >](#)

How do I make a booking?

All bookings via our website at nssport.co.uk

If you haven't booked with us before you will need to register for an NSSport account. Registration is a one off process just so we have all the relevant information about your child as well as your contact details. Registration can be done via our website nssport.co.uk. Select the **VENUE** followed by the **REGISTER** button from the website header.

Once you have registered you will have access to our **BOOKINGS** area. Select the activities which you wish to book and add to your **BASKET**. When you are ready to **CHECKOUT** to make payment. We accept childcare vouchers (a list can be found on our website within the FAQ section), debit and credit cards. Please ensure you select the correct **CARD TYPE** when entering your details and confirm your **NAME** and **ADDRESS** are filled in correctly as displayed on your card. Failure to do so may result in an unsuccessful booking. A booking confirmation email will be issued when payment has been made to confirm your child's place.

All bookings must be placed on our website and are allocated on a first come first serve basis. We are unable to reserve any places. Please make yourself familiar with our terms and conditions regarding all our policies prior to booking. We ask that when your child(ren) attends a 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(ren) over the holiday period.

Have a question?

Should you require any further information or have some questions regarding our service, please do get in touch by email and we will be happy to assist.

[Email Us](#)

Social media

Stay up to date with current activities and future events by following us on your favourite social media channels.

[Facebook](#) [Instagram](#) [Twitter](#) [LinkedIn](#)

Changed my mind? [Cancel my booking](#)

²⁰<https://wallacefields-jun.surrey.sch.uk/our-school/safeguarding>

Wrap Around Care from Junior Adventure Group (JAG)

Welcome to the new school year with Junior Adventures Group, where we have lots of new and exciting things happening at both our Rise Then Shine breakfast clubs and our Stay and Play after school clubs.

At Rise Then Shine we are offering:

- **Healthy breakfast**, with crumpets, toast, bagels, cereal and honey, jam and spreads.
- **Power Up Games**. Quick, active, interactive and fun games, including: Capture the flag, Circle Games, Relay games, Tag games and ball games.
- **Wellbeing Reset**. Activities designed to ease your child into the school day. With Yoga, breathing exercises, Dance and others.

At Stay and Play these this is what we will be doing:

- **Snack Lab**. Every Monday instead of our usual healthy snack, we will be doing Snack Lab, where children will work alongside the staff to create fun, healthy and exciting new snacks for each other. We will change the menu for each half term and we will be starting with Toasties until half term and then Waffles up until Christmas.
- **Weekly Themed activities**. Every few weeks we will have a different theme for the activities we do, beginning with Play your way (getting your kids playing, exploring and trying something new) where we will play different games each week. Including: Power Play, Motion Squad and Skill Sprint.
- **Team Up**. Every Friday afternoon we will be doing a different sport for each half term. We will begin with Baseball, then Dodgeball. Children will be encouraged to create teams and play games against other teams over a few weeks, with a final tournament to finish.

We will also be having Special Events throughout the year and will be updating you through the newsletter when these are occurring.

All these new and exciting events will be alongside all the usual activities that your children enjoy at our clubs already, with a healthy fruit snack at arrival, a healthy child made snack midway through, plenty of arts and crafts, sports, quizzes and child led activities.

We will also be having Special Events throughout the year and will be updating you through the newsletter when these are occurring.



POWER UP GAMES

QUICK, FUN GAMES FOR ANY GROUP

CIRCLE GAMES



DUCK DUCK GOOSE
Sit in a circle. One player walks around tapping heads saying "duck". Pick a "goose" to chase you - race back to their spot!



FRANKENSTEIN (WINK MURDER)
Stand or sit in a circle. One player is the detective (steps away). A secret "mad scientist" asks to tag players out. Detective returns and tries to guess who it is.



HEAD IT / CATCH IT
Stand in a circle with a ball. Leader calls "Head it" or "Catch it" and throws the ball. On the opposite - got it wrong and you're out! Run round the other circle before it's your turn again!



THE NAME GAME
Stand in a circle with a ball. Throw the ball and call someone's name. Catch - quickly pass to someone new.



PARACHUTE GAMES
Hold the parachute in a circle.
Sharks & Lifeguards
Sharks crawl underneath and eat players under while lifeguards rescue them.
Call a Mouse
Mouse hides under the parachute while the cat moves on top to get to tag them.
Launch Ball
Work together to bounce a ball on the parachute and launch it off.

CAPTURE GAMES



CAPTURE THE FLAG
Steal the other team's flag and bring it home. Don't get tagged - if you do, freeze or return (self your rule).



TREASURE RAIDERS
Split into 2-4 groups and nominate some defenders. Collect conchshells/equipment from the centre and bring them back to your base. Avoid being tagged by defenders - grab as many as you can!



GUARD THE CASTLE
Each player/team has a cone (castle). Stack 2 cones together. Protect your cone while trying to knock over others with dodgeballs. Last castle standing wins. Freeze and swap positions.



SWITCH
Each player stands by a cone. Remove a cone at the start of each round. When "Switch" is called, find a new one. No cone = out. Last 2 win.



CONE TIC-TAC-TOE
Split into 2 teams. Set up a 3x3 grid. Teams take turns racing to place a cone. First to get 3 in a row wins. If cones run out, move one to a new space.

CIRCLE GAMES



DUCK DUCK GOOSE
Sit in a circle. One player walks around tapping heads saying "duck". Pick a "goose" to chase you - race back to their spot!



FRANKENSTEIN (WINK MURDER)
Stand or sit in a circle. One player is the detective (steps away). A secret "mad scientist" asks to tag players out. Detective returns and tries to guess who it is.



HEAD IT / CATCH IT
Stand in a circle with a ball. Leader calls "Head it" or "Catch it" and throws the ball. On the opposite - got it wrong and you're out! Run round the other circle before it's your turn again!



THE NAME GAME
Stand in a circle with a ball. Throw the ball and call someone's name. Catch - quickly pass to someone new.



PARACHUTE GAMES
Hold the parachute in a circle.
Sharks & Lifeguards
Sharks crawl underneath and eat players under while lifeguards rescue them.
Call a Mouse
Mouse hides under the parachute while the cat moves on top to get to tag them.
Launch Ball
Work together to bounce a ball on the parachute and launch it off.

TARGET & RELAY GAMES



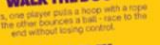
TOWER BUILDERS
Build the tallest tower using available equipment.



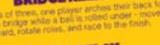
CASTLE KNOCKDOWN
Set up cone towers or cones stacked. Teams play dodgeball to knock towers down - first to destroy all towers wins.



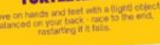
FLIP THE HOOP
Place hoops in a line. Throw a downward into your hoop - if it lands inside, flip it forward, then to the next hoop.



WALK THE DOG
In pairs, one player pulls a hoop with a rope while the other bounces a ball - race to the end without losing control.



BRIDGE RELAY
In teams of three, one player reaches their back to make a bridge while a ball is rolled under - move forward, rotate roles, and race to the finish.



TURTLE RELAY
Move on hands and feet with a light object balanced on your back - race to the end, rotating if it falls.



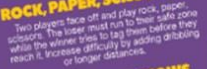
POWER UP GAMES

QUICK, FUN GAMES FOR ANY GROUP

TAG GAMES



ZOMBIE TAG
One player starts as the zombie. When players are tagged they become zombies and help chase the remaining survivors.



ROCK, PAPER, SCISSORS TAG
Two players face off and play rock, paper, scissors. The loser must run to their safe zone before they win. The winner tries to tag them before they reach it. Increase difficulty by adding dribbling or longer distances.



SHARKS & MINNOWS
One or two players act as sharks in the middle. Minnows try to run from one side of the area to the other without being tagged.



CHICKEN OR HERO
All players start at one end, with a trigger in the middle. The trigger calls a player and shouts "Chicken" or "Hero".
Chicken Everyone runs to the other side - avoid being tagged.
Hero The chosen player runs alone - if they make it, everyone gets a free run, if tagged, everyone runs.



RUCK & ROBBERY
Each player starts with a tag or tucked into their waistband as a tag. Players run into their waistband as a tag. Players run into their waistband as a tag. Players run into their waistband as a tag.

BALL GAMES



CRAB FOOTBALL
Players move in a crab position (hands and feet, facing up) and kick the ball to score goals.



ELEPHANT FOOTBALL
Players stand in a circle with high apart and try to hit the ball through another player's legs using their arms as trunks.



ONE TOUCH
Players can only touch the ball once before passing.



END ZONE
Teams score by passing the ball to a teammate standing in a scoring zone.



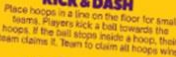
DODGERBALL
Players throw soft balls to hit opponents while avoiding being hit. If hit, players are out.
Ball Dodgeball - Out players move behind the opposing team and return if they catch a ball.
Spin Throw - Players must spin once before throwing.
Medic Dodgeball - One player per team can bring teammates back into play.



HANDBALL TENNIS
Split the space with cones or a line as a "net". Players use their hands to volley the ball to the other side. If the ball bounces twice or goes out, the other team scores a point (tennis rules).



TUMBLE TOWERS
Teams build a tower using two stacked cones. Players throw balls to knock down other teams' towers while protecting their own.



KICK & DASH
Place hoops in a line on the floor for small teams. Players kick a ball towards the hoops. If the ball stops inside a hoop, their team claims it. Team to claim all hoops wins.



POPCORN RACE
Players bounce a ball along a cone course. Each bounce flips a cone the correct way up. First player to complete the course wins.

PICK A GAME, START PLAYING IN SECONDS

START
SHAPE
SHARE



ACHIEVEMENTS

Otis's BMX result in London series on Sunday

Otis had a great first race event this weekend in the London Series BMX races at Merton's track.

He came 10th overall and came 2nd in the B final after a crash in his Semi final.

I was particularly pleased that even though he crashed (in the semi) he rode out the race to make the B final. In the final he managed to overhaul another rider in the last few meters to get 2nd, and therefore 10th out of 26 riders in the 7-8yrs Novice category. A great result considering he's been riding BMX 2 months.

Gold Won in Kick Boxing Competition

Lily is very excited to tell you she got Gold in her 1st ever kickboxing competition. 4 matches of point sparring and she won all 4!



Pupil Joins Chelsea FC Future Blues Programme



I wanted to share some exciting news regarding Isabella. Following a rigorous trial and assessment period, she has been accepted into Chelsea FC Women's Future Blues programme, as well as the club's Performance Centre. This is a fantastic opportunity for Isabella to continue her football development within Chelsea's player pathway, training and developing under the guidance of the club's coaches. It would be great if you would consider sharing this in the newsletter as we (and Isabella) are very proud. She's worked extremely hard to get to this stage, having started her journey with Mr Dowdeswell at Stoneleigh FC.

Tennis Star Award

Well done Arielle (3D) who was recently awarded a Tennis Star award.

COMMUNITY

OUR ANNUAL BOWLES TRIP

The Residential trip is where we take a group of young adults to Bowles and they take on activities they may have never tried before to help teamworking skills, along with friendship building and of course communication. A Group of volunteers attend as well, so it gives parents the rest they deserve. We are hoping to extend the invite to Bowles to younger children with SEN / SLCN and also arrange day trips from January!



*Creating safe spaces for children
who need it!*

Talk Active

Communication. Community. Confidence.

Supporting children and young people with SEN and speech, language & communication needs through community, connection and confidence-building activities.

WHAT WE DO

We offer a welcoming social club helping young people 6+ with SLCN & SEN to build friendships, communication skills and confidence through activities, games and community because...

Every child deserves to feel included, understood and confident in who they are.

JOIN TODAY!

Whether you're looking for friendship, support, confidence - building or simply a place to feel understood — Talk Active is here for you.



@talkactivecharity



www.talkactive >>>>



info@talkactive.org.uk



BIKE & TECH AMNESTY



Got a bike or redundant tech you don't need? Then donate them so we can refurbish or recycle so others can really benefit from your generosity

and for every quality bike you donate you will have the chance to win up to **£100** of bike maintenance by FullCycle.org.uk (New Malden)



Bike donations welcome here!



Tech donations welcome here!

24TH OCTOBER 2026
9 AM - 5 PM

AT EPSOM METHODIST CHURCH, SCOUT HALL,
ASHLEY ROAD KT18 5AQ