



Wallace Fields Junior School Newsletter



Thursday 24th September 2026

Next Two Weeks Key Dates

- **Friday 24th September 2026** - Tag Rugby Tournament has been cancelled
- **Sunday 27th September 2026 8pm** - PTA Fireworks Volunteer slots go live
- **Tuesday 29th September 2026 09:15-11:15** - Positive Parenting Workshop. Sign up below

- **Wednesday 30th September 2026**
 - 9am Happy Bag collection.
 - Deadline for Food Bank donations
- **Friday 2nd October 2026 Celebrating Languages Day** - optional traditional /cultural dress. Not mufti
- **Tuesday 6th October 2026** - Year 5 & 6 Choir Invited to Epsom College Festival 10.30am-4.20pm
- **Wednesday 7th October 2026 14.:00-15:00** Year 3 Tea Party
- **Thursday 8th October 2026**
 - Year 5 Walk to Hogsmill - weather dependent
 - **2.00pm -3.00pm** Year 4 Tea Party
- **Friday 9th October 2026** - Interhouse **Cross Country**. 14.15-15:00. Parents welcome to watch

Other Key Dates for This Term

- **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
- **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
- **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

Volunteers Needed

At Wallace Fields Juniors, we need and value **volunteers** who support our children and staff. Whether you can offer an hour a week, a morning each fortnight, or another **regular commitment**, however small, your time can make a real difference.

Volunteering in school is a rewarding experience. It provides a wonderful insight into your child's school life, allows you to see learning in action, and gives you the opportunity to support children as they grow in confidence and achievement. Our teachers genuinely love, and are grateful for, the support of volunteers and they appreciate the **positive impact** that an extra pair of hands can have.

Teachers are crying out for volunteers right now. If you have ever considered getting involved, now is the time. Even a small regular commitment can make a significant difference to the experiences we are able to provide for our children.

No specialist knowledge is required, just enthusiasm, reliability and a willingness to help. By volunteering, you will be making a meaningful contribution to the life of the school, supporting our staff and helping our children to thrive.

Before volunteering, all adults must complete the school's safeguarding and recruitment checks, and undertake some brief induction and safeguarding training. Whilst the training itself is straightforward, the necessary checks can take time to process. If you think you may be interested in helping, please contact the school now so that we can begin the process and have you ready to support children in classrooms as soon as possible.

If you think you could commit some regular time, however small, please get in touch with the school office. We would be delighted to hear from you and welcome you into our school community. Together, we can make a real difference.

Need Parenting Support? We have StormBreak!

As part of our commitment to supporting children's wellbeing, Wallace Fields Juniors subscribes to **Stormbreak**. This programme provides parents and carers with practical advice, strategies and activities to support children's emotional wellbeing, resilience and self-

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>

regulation at home. Families may be signposted to **Stormbreak resources** by the school where additional support could be beneficial.

We have received positive feedback from our parents who have used the programme, with many reporting that the strategies and activities have helped them better understand and support their child's emotional needs. The resources are practical, accessible and designed to fit into everyday family life.

Please do not hesitate to come forward if you feel you or your child may benefit from additional support. Parenting can be challenging at times, and every family experiences difficulties from time to time. Seeking support is a positive step, and we are committed to working alongside families to ensure that children receive the help they need to thrive both at home and in school. The earlier support is accessed, the greater the opportunity to make a positive difference.

AI Glasses and Recording Devices

We would like to remind families that AI-enabled smart glasses and any other devices capable of recording audio, photographs or video are **not permitted in school**. These devices can record children, staff and visitors without their knowledge or consent, which raises significant safeguarding and privacy concerns. The recording, photographing, or filming of children on the school site without prior permission and appropriate consent is not permitted. Staff have been instructed to speak with individuals if they believe AI-enabled glasses or similar recording devices are being worn and may ask to inspect the device to confirm whether recording functionality is present. Thank you for your support in helping Wallace Fields Juniors maintain a safe, secure and respectful environment for all.

THIS WEEK

Stars of the Week



1 - 18th September 2026



2 - 11th September 2026

Above is the photo of **Stars of the Week** for last Friday 11th September 2026 and this Friday 18th September 2026. 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.

EVENTS COMING SOON

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 cannot 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 go live THIS Sunday 27 September 8pm,

a link will be sent via the class WhatsApp groups. 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!



HALLOWEEN DISCO TICKETS SELLING FAST - GET YOUR CHILD'S TICKET TODAY!

The Halloween disco is back on **Wednesday 14th 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>



Positive Parenting Workshop Tuesday 29th September 09:15-11:15

We are pleased to share that we will be hosting another **Parenting Workshop in school to support parents**. The session will be led by Lesley Lane, Senior Family Co-ordinator from Home-Start, who brings a wealth of experience and practical advice for families.

The workshop will take place on **Tuesday 29th September 09:15-11:15**. It is free to attend and offers a valuable opportunity to gain guidance, share experiences and build confidence in supporting children through these important years.

Please click below to sign up to attend this workshop.

<https://forms.gle/zPYLXwmnVbXAkTcz8>

Harvest Appeal: Supporting Our Local Food Bank - Deadline for Donations 30th September 2026

As our school community celebrates Harvest this term, we have been reflecting on the importance of gratitude, kindness and helping others. In a recent assembly, we explored what Harvest means, learned about the vital work of food banks, and discussed why our school proudly supports the local food bank in Epsom & Ewell each year.

While Harvest is traditionally a time to give thanks for the food we have, it is also an opportunity to think about those who may be facing difficult circumstances. Many individuals and families in our local area continue to experience financial hardship due to ongoing cost-of-living pressures. For some, putting food on the table can be a daily challenge.

As Diversity, Faith and Philosophy Lead, I am always inspired by the compassion shown by our children and families. One of the values we nurture in school is looking beyond ourselves and recognising how small acts of kindness can make a significant difference. A simple donation can help provide comfort, dignity and hope to someone who needs support.

We would be very grateful if families who are able to do so would consider donating an item for our Harvest collection. We understand that not everyone is in a position to give, and we appreciate support in whatever form it comes. There is absolutely no expectation for every family to donate. Please see the Food Bank's most needed items below.

Please ensure all donations are sealed, well within their use-by or best-before dates, and do not require refrigeration.

Deadline to bring in donations is 30th September 2026

Every item collected will help support local people through challenging times and remind them that they are not alone. Thank you for helping us demonstrate the values of generosity, empathy and community spirit that make our school such a special place.

Together, we can make a real difference this Harvest.

Kindest regards, Mrs. S. Kidwai, Diversity Lead / Faith & Philosophy Lead (R.E.)

Happy Bag Collection on Wednesday 30th September 2026



Reminder to bring in your **Happy Bags** collection or a bin bag if you have not received your official bag. Please drop off early (before 9am) on Wednesday 30th September 2026.



Celebrating Languages Day on 2nd October 2026

As part of celebrating and promoting the study of different languages, cultures and countries, if you have a second language in your household, other than English, children may wish to **dress up in traditional dress or their cultural clothing**. Lots of children will be in school uniform. Wearing traditional clothing is not compulsory. This will be a lovely way to explore and celebrate the rich diversity that exists within Wallace Fields Juniors. This is not a mufti day, not a flag colours and not a sports kit day.

Thank you to the parents/carers who are coming to on the day to celebrate their language and culture with the children.

School Photographs Now Online - Deadline 4th October 2026

GOOD NEWS!

Your child's official school photographs are now online!



CLICK HERE TO
VIEW AND ORDER

(this link will direct you to www.bentleypics.com where you will be required to enter the access codes from the unique ticket your child was given on the day of the photo shoot.)

Your school photographs are now online and ready for parents/guardians to view and order. The deadline for free delivery to school is Sunday October 4th 2026. After this date the parents will be required to pay for a home delivery.

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

On Tuesday 6th October 2026 selected **Year 5 & 6 Choir** have been Invited to take part in an Epsom College Festival from 10.30am to 4.20pm. Parents/Carers have been contacted and invited to attend the final performance at the end of the day. Thank you to all those who have offered to help the children to Epsom College, and the first three parents/carers who responded have been contacted to confirm their help will be needed.

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

Over the next week or so, the children will have the opportunity to run in heats for the cross-country race happening on Friday 9th October 2026. Each year group will select 16 boys and 16 girls to represent their house. Children will be told if they are participating. If your child is 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. 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.

Annual Pumpkin-Making Competition - Deadline 12th October 2026

Annual Pumpkin-Making Competition!

Design your own pumpkin using any materials that you have at home. If you need materials, please speak to Miss Gavin. Be as creative as you can!

The winning designs will receive a prize. If you are in the lower school, you will receive a prize if your pumpkin comes 1st, 2nd or 3rd. In the upper school, the best pumpkin in Year 5 and 6 will receive a prize.

The final hand-in date for your pumpkin creations is the **12th of October**.
The winners will be announced in assembly on the **16th of October**.





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 Vaccine⁴

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.

- Please visit www.surreyimmunisations.co.uk⁵ 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.net⁶ 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 guide ⁷

Please visit Surrey Child and Family Health⁸ for information about the school-based vaccination programme.

Year Group Music Assemblies – Dates for Your 2027 Diary

Each year we hold music assemblies where children get to perform in front of their parents/carers and peers during music assembly on a Tuesday afternoon 14:45 to 15:15. The children audition in their music lesson the week or so before the event and then

⁴<https://www.nhs.uk/vaccinations/child-flu-vaccine/>

⁵<http://www.surreyimmunisations.co.uk/>

⁶<mailto:school.immunisations@nhs.net>

⁷<https://www.gov.uk/government/publications/mmr-for-all-general-leaflet/mmr-for-all-general-guide>

⁸<https://surreychildandfamily.co.uk/services/immunisations/>

parents/carers are informed by email if their child has been selected to take part. If you child is likely to want to take part in this event, then please put these dates in your diary.

- Year 6 - Tuesday 19th January 2027
- Year 5 - Tuesday 9th February 2027
- Year 4 - Tuesday 20th April 2027
- Year 3 - Tuesday 18th May 2027

YEAR 3



Year 3 Homework

Year 3 children have spent time practising logging onto the homework sites in school. They have experienced logging on to Times Table Rock Stars (TTRS), Mathletics and Spelling Shed. Teachers have explained all homework expectations to Year 3 children and this has also been discussed with parents and carers in the welcome meeting, in line with the home school agreement. 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.

- **Mathletics** - 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. 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. **Homework for Year 3 began on Monday 21st September 2026.** Children will have regular reminders and the first set of homework will be **due in on Monday 28th September 2026.**

YEAR 4



YEAR 5



Year 5 - Hogsmill River Trip 8th October 2026

On 8th October 2026, Year 5 will be going on their exciting river trip. This links to our geography topic in autumn term and the children will be carrying out fieldwork at the Hogsmill River. This is a great way for the children to learn about rivers, using our local area.

On the day, all children must:

- wear school uniform
- wear shoes/old trainers, which can get wet and muddy
- have a waterproof coat with them
- bring a packed lunch and water bottle
- bring a clipboard if they have one at home

We will be leaving school at around 9:30am and will be back before 3pm. Please drop off and pick up at the normal times.

The weather will be monitored closely around the week of the trip. In line with our risk assessment, heavy rain on the days leading up to the trip or on the day itself will mean postponing the trip. This will be decided closer to the date and communicated to parents. Fingers crossed for dry weather!

Year 5 Old Pillow Cases/Sheets Needed

Please could we ask for any donations of old pillow cases, bed sheets or shirts (preferably white!) for the children's leaf artwork. We have some fabric left from last year which we have used, but not enough for the backing. It can be an old used one or a very cheap new one. Please bring them in as soon as possible so we can start cutting them up ready for the upcoming art lessons.

YEAR 6



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 Programme⁹.

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@hrcgroup.com¹⁰ putting in the title **NCMP Opt Out and school**

⁹<https://www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/>

¹⁰<mailto:scfh.immunisations@hrcgroup.com>

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 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.

Donate Old Shirts and T-shirts

As we start the new school year, we've been having a little clear-out during our class swaps and have discovered that our collection of art aprons is looking a little worse for wear! We would love to give our art aprons a freshen-up and are asking if families have any old adult shirts or oversized adult T-shirts that they no longer need. They don't need to be in perfect condition - in fact, the more paint-friendly, the better! If you have any suitable shirts you would be happy to donate, please send them in to **Miss Sarjeant** or **Miss Hill**, who will put them to good use during art lessons across the upper school. Thank you for helping us keep our artists (and their uniforms) paint-free!

PTA

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.com¹¹ 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/>

¹¹<mailto:wfspta@gmail.com>

GOVERNOR UPDATE

Who are the Governors at WFJS?

The WFJS Governing body is made up of a group of volunteers. We are committed to investing our time and effort to enriching and improving the education of every child in our school and contributing to the school's vision of being an environment where every child thrives.

All Governors focus together on all strategic school matters, but each Governor also has a primary focus area, as highlighted below.



What is the role of the Governing Body?

The role of the Governing Body is to

- ensure clarity of vision, ethos and strategic direction,
- hold school leadership to account for the educational performance of the pupils; and
- ensure the sound, proper and effective use of the school's financial resources.

Day to day operational matters remain the remit of school leadership. Do have a look at the website to find out more.

Governor Assurance Visits

Governors regularly carry out visits to the school to seek assurance regarding their area of focus, for example, safeguarding or quality of education. Do have a look at these reports by Christian Kingsley, John Burns and Jane Clayton regarding their recent visits to school.



Governor Visit Report: Safeguarding

WFJS GOVERNING BODY

Dear the WFJS community

My name is Christian Kingsley and I am Vice-Chair of the WFJS Governing Body. I am also the Local Authority Governor.

My area of focus is safeguarding and I regularly visit the school to seek assurance regarding safeguarding.

On my most recent visit I met with the School Business Manager, the Head Teacher, the Deputy Head Teacher (the Designated Safeguarding Lead) and the Deputy Designated Safeguarding Lead.

It is clear from my visit that safeguarding remains an integral element of the WFJS culture and leaders work hard to ensure it remains a priority for staff, children and their parents. I have seen clear signs that there is no complacency and the school continues to innovate and secure best practice around safeguarding. This was reflected in the recent OFSTED inspection, which was all very positive.

Christian Kingsley

We look forward to seeing you at upcoming events this term including:

- Year 3 Tea Party
- Year 4 Tea Party
- Year 5 Tea Party
- Year 6 Tea Party
- PTA Fireworks Night
- Christmas Carol Concert



Governor Visit Report: Year 5 Science Fair

WFJS GOVERNING BODY

Dear the WFJS community

As a Governor with a strong background in science and engineering, it is always a pleasure to see all the hard work the children put into exploring the world of STEM.

I was therefore delighted to see all the work on display at the year 5 science fair at the end of last term. Even though it was close to the end of the school year, and children were no doubt looking forward to the summer break, the effort showed through all the amazing displays.

I spoke with several of the children asking questions such as "what do you think would happen if ..." or "where is this technology used ..." and was delighted to hear so many interesting and knowledgeable answers. It was also great to see the practical experiments and of course Mr Findlay supporting with a water rocket, to show the fun of science.

A special thanks also to Miss Sarjeant and Mr Hurd for all their efforts with year 5 during the last year. All round a great morning and I look forward to seeing what the children come up with for the next science fair.

John Burns

We look forward to seeing you at upcoming events this term including:

Year 3 Tea Party

Year 4 Tea Party

Year 5 Tea Party

Year 6 Tea Party

PTA Fireworks Night

Christmas Carol Concert



Governor Visit Report: Quality of Education (Reading)

WFJS GOVERNING BODY

Dear WFJS parents and carers

My name is Jane Clayton and I am a Governor with responsibility for Quality of Education at WFJS. I recently visited the school and met with Miss Gough, the subject lead for Reading.

The area of focus for this Governor Assurance Visit was Reading. The key questions were:

- How is reading taught?
- What intervention is in action for those children with gaps in phonics and reading fluency?
- How are the children tracked?

Miss Gough explained that Reading is split into two main parts, reading for a purpose and reading for pleasure. Reading for a purpose is split into fluency, comprehension, prosody and vocabulary. This is planned with progressively more complex texts which are also incorporated into the writing progression plan. There is a big focus on reading for pleasure through the school's culture, book talk sessions, library sessions and through all staff sharing books.

I also learned about how the children are assessed and how their progress is tracked, as well as the interventions that are in place for children where needed, these include the Little Wandle Phonics Scheme or Fluency Scheme and 60 second reads.

I would like to thank Miss Gough for her excellent leadership in Reading and for taking the time to share her actions and the related impact on Reading.

Jane Clayton

We look forward to seeing you at upcoming events this term including:

Year 3 Tea Party

Year 4 Tea Party

Year 5 Tea Party

Year 6 Tea Party

PTA Fireworks Night

Christmas Carol Concert

GENERAL INFORMATION AND REMINDERS

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.

Reminder P.E.Days

On the days children do PE or games, they must come in wearing their PE kit and remain in it all day. PE kit is plain red shorts, white t-shirt with the school logo, white socks and trainers. When the weather is cold Winter PE kit includes black tracksuit bottoms and the school logo red sweatshirt as children will be too cold in shorts and t-shirt. Shorts can be worn underneath. They must have plimsolls in school, as well as wearing their trainers in case they get wet or muddy feet in the day and need to change.

The days are as follows:-

- **Year 3** – Monday and Tuesday
- **Year 4** – Tuesday and Thursday
- **Year 5** – Wednesday and Friday
- **Year 6** – Monday and Thursday

Please note that our uniform is not gender specific and the wearing of PE uniform on PE/games days means time saved from changing in and out of kit and there is more time to do sports, games and PE.

Dangerous Driving Outside School

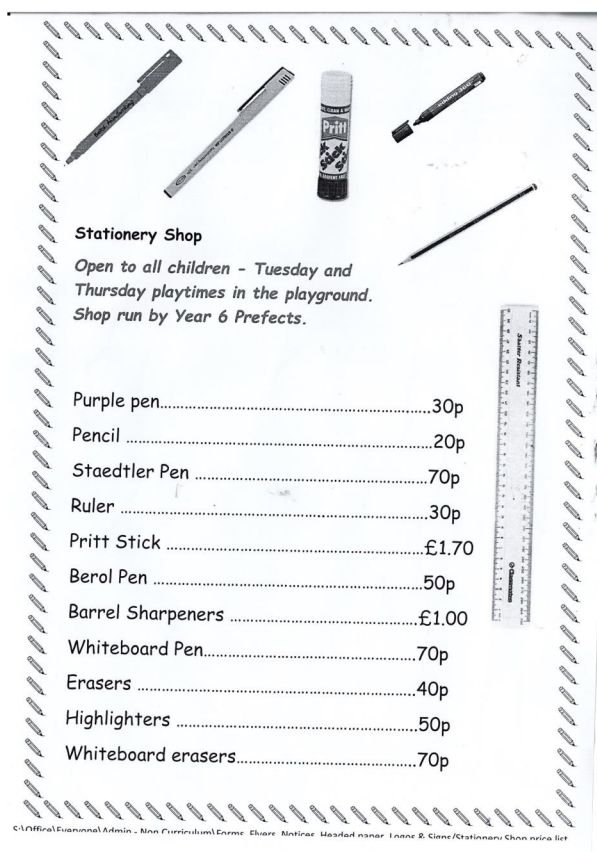
All drivers are urged to take extra care when arriving at and leaving the school site. **Do not turn around next to the island or carry out unsafe manoeuvres on the roads surrounding the school.** If you need to change direction, please drive away from the school and use the turning circle at the bottom of Dorling Drive.

The safety of our children must come before convenience. The roads around the school are busy, particularly at drop-off and collection times, and a moment's impatience can have devastating consequences.

Parents, residents, governors and staff have all expressed concerns about the standard of driving being witnessed around the school. Unless driving standards improve immediately, there is a real risk that a child could be seriously injured or killed.

Please drive slowly, park considerately, follow the rules of the road and put children's safety first at all times. No school run is more important than the safety of a child.

Stationery Shop Reminder



The **Year 6 prefects run a stationery shop** out of the Year 4T classroom window every Tuesday and Thursday. Children can bring in some coins in a named purse to buy stationery if needed. See the price list [here](#).

Tidy Hair Reminder

Hair Expectations: For health, safety and practical reasons, we ask that all children keep their hair neat and tidy for school. Hair should be brushed or combed and kept off the face. Long hair must be tied back with a hair band, scrunchie or Alice band.

Tying long hair back is particularly important in school. It helps to reduce the **spread of head lice (nits)** by limiting hair-to-hair contact during play and learning. It is also an important **safety** measure during PE, gymnastics and practical activities, where loose hair can **obstruct vision or become caught in equipment**.

To maintain a smart and consistent appearance, extreme hairstyles (such as Mohicans, shaved patterns or lines) are not permitted. Hair should remain a natural colour, although temporary colourful hair may be allowed on approved charity days, such as Comic Relief. Hair gel and hairspray should not be brought to or used in school.

Thank you for your support in helping us keep children safe, healthy and ready to learn.

School Lunches Menu to October 2026

APRIL TO OCTOBER 2026 NOURISH SPRING INTO SUMMER MENU					
WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 April 4 May 1 June 22 June 13 July 31 August 21 September 12 October	Beef Bolognese Pasta 1 Cheese & Peas Swirl 1,2 V Jackets with a Choice of Toppings 7,8,9	Chicken Korma Sweet Potato & Lentil Curry VG Herby Tomato Pasta 1 VG	Roast Gammon & Gravy Meatfree Meatballs & Gravy 6 VG Jackets with a Choice of Toppings 7,8,9	Macaroni Cheese 1,2 V Chick Pea & Spinach Biryani VG Tomato & Sweetcorn Pasta 1 VG	Fish Fingers 1,8 Wrap Stack 1,2 V Jackets with a Choice of Toppings 7,8,9
	Baked Wedges Seasonal Vegetables	Rice Green Beans Carrots	Rustic Roast Potatoes Cabbage Sweede	Carrots Mixed Peppers	Chips Sweetcorn & Peas Coleslaw 9
	Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Lemon Drizzle Biscuit 1,6 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Toffee Tart 1,7 & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Chocolate Orange Cake 1 VG Yoghurt 3,7 Fruit Pots VG
WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 April 11 May 8 June 29 June 20 July 7 September 28 September 19 October	Cheesy Cauliflower Pasta 1,2 V Vegetable Burger in a Bun 1,5,6 VG Jackets with a Choice of Toppings 7,8,9	Minced Beef Curry Sweet & Sour Vegetables VG Pesto & Pea Pasta 1 VG	Roast Chicken & Gravy Samoa Puff 1 VG Jackets with a Choice of Toppings 7,8,9	Chicken Fajita 1 Vegetable & Bean Fajita 1 VG Tomato Spaghetti 1 VG	Salmon Fish Cake 1,8 Mangherita Pizza 1,2 V Jackets with a Choice of Toppings 7,8,9
	Baked Wedges Peas	Rice Seasonal Vegetables	Rustic Roast Potatoes Broccoli Carrots	Rice Tomato Salsa Green Beans	Chips Peas Grated Carrot
	Oaty Biscuit 1,15 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Summer Trifle 1,7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Cornflake Cookie 1,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Honey Cake 1 & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Carrot & Orange Cake 1 VG Yoghurt 3,7 Fruit Pots VG
WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 April 18 May 15 June 6 July 14 September 5 October	Mild Chili Beef Tomato & Herb Penne Pasta 1 VG Jackets with a Choice of Toppings 7,8,9	Chicken Pie 1 Vegetable Stir Fried Noodles 1 VG Arrabbiata Pasta 1 VG	Pork Sausage 1,5,6 Vegetable Sausage 1 VG Jackets with a Choice of Toppings 7,8,9	Mangherita Pizza 1,2,7 V Loaded Cajun Bean Wedges VG Cheesy Fusilli 1,2 V	Fish Fingers 1,8 Cheese & Bean Parcel 1,2 V Jackets with a Choice of Toppings 7,8,9
	Rice Peas Mixed Peppers	Crushed Potatoes Seasonal Vegetables	Mashed Potato Baked Beans	Rainbow Rice Sweetcorn Coleslaw 9	Chips Peas, Baked Beans Cucumber Sticks
	Jam Boly Poly 1,6 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Sultana Cake 1 VG Yoghurt 3,7 Fruit Pots VG	Caramel Cookie 1,2 V Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG
1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeries/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre-prepped potatoes or vegetables on occasions. These may contain sulphites and celeries. Please discuss with your manager.					

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 www.thenationalcollege.com.

What Parents & Educators Need to Know about TOXIC GAMING

Gaming should be a way for children to have safe fun with their friends. But anonymity and a lack of consequences can mean that corners of online multiplayer gaming are riddled with toxicity that makes them unpleasant at best, and damaging to children at worst.

A 2019 study found 74% of players had experienced harassment in online games, and such behaviour has become increasingly normalised.

WHAT ARE THE RISKS?

GAMING WITHOUT THE FUN

Toxic gaming takes many forms, from in-game harassment to real-world threats. Children can be targeted by bullies, leading to low self-esteem and mental health issues. In some cases, children can be exposed to sexual abuse or grooming. Children can also be exposed to hate speech and extremist ideologies, which can lead to physical threats, stalking and assault.

WIDESPREAD TOXICITY

The Anti-Bullying Alliance's 2018 study found that 1 in 10 children experience bullying. In the context of gaming, this can be exacerbated by the anonymity and lack of consequences. Children can be targeted by bullies, leading to low self-esteem and mental health issues. In some cases, children can be exposed to sexual abuse or grooming. Children can also be exposed to hate speech and extremist ideologies, which can lead to physical threats, stalking and assault.

BIGOTED TRASH TALK

Such toxic tactics are especially prevalent against girls. LGBTQ+ players and players from minority ethnic backgrounds, and those with disabilities, are often targeted. A survey of 1,000 gamers found that 88% of LGBTQ+ players have been harassed by other gamers, while over half of women report being a target of sexist or misogynistic comments while playing.

EXTREMIST IDEOLOGIES

Extremist groups have been known to target gaming communities and streaming platforms as a way of spreading propaganda and recruiting young players to their cause. In 2018, the UK's Anti-Far Right Unit reported that 23% of players had been exposed to white supremacist ideology, with 18% exposed to far-right propaganda. In 2019, the UK's Anti-Far Right Unit reported that 23% of players had been exposed to white supremacist ideology, with 18% exposed to far-right propaganda.

A SAFE SPACE MADE UNSAFE

This toxic environment can lead to the same feelings of fear, isolation and depression that online bullying can. Children exposed to toxic gaming can become withdrawn, anxious or stressed. They can struggle with sleep and find it difficult to focus on schoolwork and other pursuits, even after the game has been switched off and they're no longer playing.

COPYING HARMFUL BEHAVIOUR

At the other end of the spectrum, children can mimic the toxic behaviour and language they've seen online in offline settings. If bullying or harassment is normalised in gaming, it can be normalised in real life. Children can learn to copy the toxic behaviour and language they've seen online in offline settings. If bullying or harassment is normalised in gaming, it can be normalised in real life.

Advice for Parents & Educators

PLAY WITH FRIENDS

When kids game, it's often with friends. If possible, encourage them to play with friends who are positive and supportive. If they're being targeted by bullies, encourage them to report the behaviour to the game's moderators or to a trusted adult.

USE THE GAME'S TOOLS

Many online games provide ways to limit interaction with strangers, either through the game's settings or by using third-party tools. Encourage children to use these tools to protect themselves from harassment.

MEET OUR EXPERT

Alan is a technology journalist who has written for publications including The Telegraph, The Guardian, The Independent and The New York Times.

TALK TO CHILDREN

Most importantly, if children are gaming online or want to start, talk to them about the risks and how to deal with toxic behaviour. Explain the risks and how to deal with toxic behaviour. Explain the risks and how to deal with toxic behaviour.

FIND THE RIGHT COMMUNITY

If your child is at an age where social media is permitted, encourage them to find a positive online community. There are many online communities where children can connect with others who share their interests and hobbies. Encourage them to find a positive online community.

[WakeUpWednesday.com](https://www.wakeupwednesday.com)

[The National College](https://www.thenationalcollege.com)

Follow us on social media: [@wake_up_weds](https://twitter.com/wake_up_weds), www.thenationalcollege.com, www.wakeupwednesday.com, www.wakeupwednesday.com

Terms of this guide do as of their own discretion. No liability is entered into. Current as of the date of release: 16.09.2023



School Autism Friendly Review Questionnaire

Please can you click on the link below and complete this quick questionnaire by 1st October 2026

Wallace Fields Junior SAFR Follow-up - parent carers – Fill in form¹²

Why are we asking you to complete this questionnaire?

Six months ago, our school took part in a School Autism Friendly Review (SAFR). This review helped us identify ways to further develop our provision for autistic pupils and create a more inclusive environment for all learners. We are now carrying out a follow-up review to understand the impact of any changes that have been made since the SAFR. Your views as a parent/carer are invaluable in helping us evaluate what is working well and where further improvements may be needed. By completing this questionnaire, you will help us:

- Measure the impact of actions taken following the SAFR.
- Understand families' experiences of support and communication
- Identify strengths in our current provision.
- Plan future improvements to ensure our school continues to meet the needs of autistic pupils and their families.

¹²<https://forms.office.com/Pages/ResponsePage.aspx?id=RbVh2UwQ0E6Fgh9XDwWVzc0MDKKnBG6xGu-NvHHa4HeNUMDFDRiNGTzFMSBIQk9JUzINQJTJCUjA1VS4u>

Thank you for taking the time to share your feedback. Your voice is an important part of helping us create an autism-friendly school community

Wallace Fields Juniors SEND Parent Support Group

We know that navigating the world of Special Educational Needs and Disabilities (SEND) can be both rewarding and challenging. You are not alone on this journey. We are delighted to invite you to the Wallace Fields Juniors SEND Parent Support Group. This is a friendly space for parents and carers to connect, share experiences, share information and recommendations on local services and offer mutual support. The group has been set up in collaboration with the school. A parent SEND ambassador from the group will meet with Mrs Elliot (SENDCO) each half term to share ideas from the group and help advocate for the SEND families at the school. Whether your child has a formal diagnosis or not you are very welcome to join the group. Please join our WhatsApp group by using the following link: WFJS SEND Parent Support Group¹³

NB: Any WhatsApp group is independently organised and managed by parents and not operated, monitored or endorsed by the school. Parents should exercise discretion when sharing personal information. Although using the school name, the school accepts no responsibility for the content of discussions within any group. All official school SEND communications and SEND enquiries should continue to be made through the school's approved communication channels such as emails and phone calls.

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

¹³https://chat.whatsapp.com/LxQJnAsMoalFxiXeiR4VSG?mode=gi_t

earliest opportunity. Visit the Local Offer¹⁴ at [surreycc.gov.uk/localoffer](https://www.surreycc.gov.uk/localoffer). Parents and carers can sign up here for the AND Newsletter¹⁵

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.

¹⁴<https://www.surreycc.gov.uk/children/support-and-advice/local-offer/young-people/preparing-for-adulthood>

¹⁵<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 10-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 17th September to
Thursday 3rd December 2026
9:30am - 11:30am
(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 here¹⁶](#) for More Information About Safeguarding at Wallace Fields Junior School

SPORTS TEAMS UPDATES AND FIXTURES

Football and Netball Team Trials

The final football trial for Year 5 is on tonight and we will inform all who took part who has been selected for the team by early next week.

Netball teams final trial was on Tuesday and all those who took part have now been informed.

Team correspondence will be on SPOND so please download the app and click on the link for the team which squad have been sent.

Epsom College U11 Football Match Results

Some of our best year 6 footballers attended the Epsom College Football tournament on Wednesday 23rd September 2026.

It was a fantastic event which saw our players take part in some high performance 5-a-side matches amongst a pool of 20 schools.

Our squad did an amazing job finishing high in the group stages. In the semi finals our team dominated the game seeing great teamwork, firing in a number of shots that secured a place in the final. It was extremely tense and although WFJS put a number of attacking plays together the ball failed to find the back of the net. Penalties meant that WFJS just missed out on taking the plate home.

Massive thank you to the players whose skills, teamwork and supportive sportsmanship attitude is something we can be very proud of. Also thank you to Jamie Day for getting the most out of the players, and the parents for their support.



¹⁶<https://wallacefields-jun.surrey.sch.uk/our-school/safeguarding>

CANCELLED - Tag Rugby Tournament Friday 25th September 2026

We have just been informed today by NS Sport that due to the state of the pitches and lack of rain, we have deemed the pitches unsafe for the tournament tomorrow, Friday 25th September 2026, to take place and have decided to postpone the year 5/6 boys' rugby tournament. Parents/Carers have been informed on SPOND and by email.

No Girls' Football Training on Thursday 24th September

The girls' coach is on holiday so there is no training today but it will be back as normal next Thursday.

CLUBS UPDATE

Gardening Club Update

Gardening Club on Tuesday lunchtime is hugely popular. A total of **46 children** attended last week and they had another bumper turn out again this week! This week they all seemed to thoroughly enjoy the session whether it was planting onion sets and broad beans, weeding, chopping back brambles, watering etc.

Please could any children who loved gardening club and want to continue **please bring a pair of gardening gloves** and keep them at school for Tuesdays. We just wanted to thank all the mums and dads and carers that provided gardening gloves for the children this week. As well as gloves it is essential that **old shoes or wellies** are worn as we get more rain so that the mud is not taken back into school please. Children who don't have the appropriate footwear or gardening gloves will not be able to attend.

We are very grateful for the bulb donations which allowed us to plant up some pots of crocus and tulips and for the extra trowels, small hand tools and seeds. If you are shopping for seeds, veg & winter flowering plants etc we would be very pleased if you could purchase an extra one for school. Any small trowels, forks and secateurs that you are not using too would be extremely welcome too along with a bag of compost. We have plenty of planters that we'd like to fill and distribute around school that the children can be responsible for so if you are shopping and can afford to pop a **few extra plants or compost** in your basket we would love to receive them.

Kelly and Cathy love helping the children on Tuesdays and it's very satisfying seeing their excitement especially when they can take home the produce or flowers they grow. At the moment we have several large pumpkins ready to harvest and at the end of the summer term the children took home onions, garlic, beans and potatoes. So watch this space !

Thank you for reading and don't forget GLOVES and OLD SHOES especially !

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. Recently rated as 'Outstanding' 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 allows 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	£34	£37
09:45 - 16:15	08:00-16:15 09:45-18:00	08:00 - 18:00

Here's what we have to offer

WEEK 1: 19-23 OCTOBER

NO STRAITS MYSTERIES & MAGIC
NO STRAITS MYSTERIES & MAGIC

[Go To Bookings >](#)

WEEK 2: 26-30 OCTOBER

NO STRAITS MYSTERIES & MAGIC
NO STRAITS MYSTERIES & MAGIC

[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**, then proceed 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 events 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.

Changed your mind? [Contact Us](#)

Wrap Around Care from Junior Adventure Group

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 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.

TARGET & RELAY GAMES



TOWER BUILDERS
Build the tallest tower using available equipment.



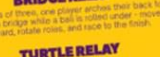
CASTLE KNOCKDOWN
Set up cone towers or cones stacked. Teams play dodgeball to knock towers down - first to destroy all towers wins.



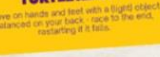
FLIP THE HOOP
Place hoops in a line. Throw a downward into your hoop - if it lands inside, flip it forward, next to the next hoop.



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, recasting 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 start 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 around trying to steal others' tags. The aim is to finish with a tag.



STUCK IN THE MUD
Tagged players freeze on the spot. They can only be freed when another player crawls through their legs.

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.



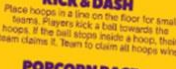
DODGERBALL
Players throw soft balls to hit opponents while avoiding being hit. If hit, players are out.
Ball Dodgeball - Out players move behind the opposing team and return if they catch a ball.
Spin Throw - Players must spin once before throwing.
Medic Dodgeball - One player per team can bring teammates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

Approved Foods List

Proteins	Alternatives	Dairy	Alternatives
Ham Slices	Quorn Ham slices or Quorn Vegan Smoky Ham Free Slices	Cheddar Cheese Slices	Dairy free cheese slices made with soya or coconut milk
Chicken Slices	Quorn Vegan Chicken Free Slices	Yogurt (lower or no added sugar)	Soya or coconut-based yogurt
Canned Tuna	Mashed Chickpeas or Plant based Tuna	Greek yogurt	Soya/Oat milk fortified with calcium
		Plain lower fat fromage fraits, and add fruit to sweeten	Dairy free cheese
		Milk	
		Grated Cheddar Cheese	
Spreads, Condiments, Dips	Alternatives	Low/No Sugar Cereals	Alternatives
Hummus	Soya or coconut-based yogurt with grated cucumber	Rice Crispies	Gluten-free cereal options
Tzatziki	Vegan Mayonnaise	Weetabix	
Light Mayonnaise	Soya or coconut-based alternative	Corn flakes	
Tomato Puree		Ready Oats	
Cheese Spread	Dairy free spread such as: Vitalite Dairy, Pure Dairy Free Buttery Spread	Wholemeal Bread(s)	Alternatives
Light Butter/Margarine		Pita Bread	Gluten-free bread
*Low Sugar Jam		Sliced Bread	
**Honey		Tortilla wraps	
		Muffins	
		Nann bread	
		Shredded wheat	
		Bagels	
		Malt Loaf	
		Fruit Bread	

Fruits:

Grapes, Bananas, Plums, Apples, Oranges, Melon, Pears, Satsumas/Mandarins, Clementine, Strawberry (fresh or frozen), Pineapple, Mango, Peach, Blueberries, Blackberries (fresh or frozen), Raspberries (fresh or frozen).

Vegetables:

Carrots, Cherry Tomatoes, Sweetcorn, Cucumber, Peppers, Avocado, Spinach

*Jam should only be used once or twice a week
**Honey should only be used once or twice a week

Any condiments limited to no more than 10 grams or one teaspoonful (applies across the whole school day)





ACHIEVEMENTS

Great Swimming Charlotte

Charlotte (Year 3) has been working really hard at her swimming and she got moved up to indigo hats (stage 6!) showing great determination! She's so proud as well she should be as she's worked so hard for this!



COMMUNITY

Secondary School Open Mornings

Please do let the School Office now if your child is attending any Open Mornings.

Rosebery School Open Mornings 2026

This year's Open Mornings will take place on:

Friday 2 October
Tuesday 6 October
Friday 9 October

Welcome Talk at 9.15am
Tours to follow from 9.40am.

Please visit our website to access our
online booking form for Welcome Talks.
There is **no need to book** if you wish to **tour the
school without attending a talk.**

Parking **will not** be available on site; please **DO NOT**
expect to be able to park in any of the roads near the
school. Please travel by public transport and/or walk
the last part of your journey - parking restrictions
apply in all local roads.

admissions@sut.gdst.net | suttonhigh.gdst.net

11+ Dates For Your Diary



Year 7 Taster Sessions - Friday 18 September 4pm

- **Drama and Dodgeball or**
- **Poetry and Pottery**

Choose from one of these exciting and interactive Year 7 taster sessions
to really get a feel for life at Sutton High.

BOOK NOW ➤



Senior School Open Evening - Thursday 24 September 6pm

Come and hear from our Head, explore our brilliant facilities, and see what
exciting things each department has to offer through interactive tours.

BOOK NOW ➤



11+ Application Deadline - Thursday 1 October

For September 2027 entry

Tick the relevant boxes when you apply for an 11+ place to be considered
for a scholarship or bursary. We offer academic and performance
scholarships, all girls who sit our 11+ entrance examination are
automatically considered for an Academic Scholarship.

APPLY NOW ➤

One of a kind.
Part of the family.


SUTTON
HIGH SCHOOL
GDST



Other Community Leaflets

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

DRAMA SINGING DANCE

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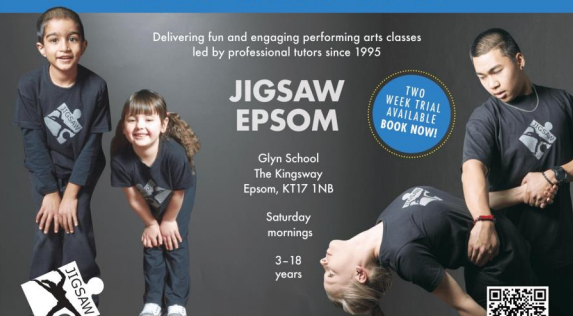
Glyn School
The Kingsway
Epsom, KT17 1NB

Saturday mornings
3-18 years

TWO WEEK TRIAL AVAILABLE BOOK NOW!

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EPSOM & EWELL HIGH SCHOOL
RUXLEY LANE
KT19 9JW

EVERY SATURDAY
09:30 - 10:30
10:30 - 11:30

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(1ST SESSION FREE)

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☒ Parent / Child / Coach Triangle
☒ Cruyff Football Methodology

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