

Wallace Fields Junior School Bulletin

9th December 2022



KEY DATES FOR NEXT WEEK



Key Dates

- **Monday 12th December 2022** - Christmas Concert Epsom College Chapel - Rehearsal am, Evening for parents.
- **Wednesday 14th December 2022** 12.45pm-1.10pm - The School Choir in Alexandra Park by Park View Café.
- **Thursday 15th December 2022**
 - Christmas jumper or headwear and tinsel with uniform for Christmas lunch with crackers
 - Upper school trials for the girl's football team 3.30-4.30pm (no boy's football squad training tonight)

- **Friday 16th December 2022 - Early finish, last day**

- Year 5 & 6 finish at **1.20pm**,
- Year 4 finish at **1.25pm**,
- Year 3 finish at **1.30pm**

Most Clubs Finished Now

The following clubs finish on Monday 12th December: **Arts and Crafts, Year 4 & 5 Choir, Gymnastics and Netball.**

All the other clubs have finished already.

HEAD'S UPDATE



Alice's Adventure in Wonderland Pantomime: This was a wonderful show and the children had a fantastic Christmas treat watching it Thursday morning. The Cat's Grin Theatre always put on such a fabulous show with lots of laughs, silliness and festive fun! Wonderful stuff and many thanks to the PTA for funding this event, it was enjoyed by all.

Christmas Fair : Thank you to all those who attended the Christmas Fair and an extra special thanks to the PTA crew who worked so hard to put it together and thanks to the parents and staff who helped run the stalls and attractions. A great success and only possible with your help.

Chris Grayling's Christmas Card competition The Rt. Hon. Chris Grayling MP came into school today to present the winning trophy in person to Natalie from Year 5 who won the 8 - 11 category. Natalie is a very modest individual who has amazing artistic skills and this is true recognitions of her fabulous skills. Well done Natalie! She received a special silver trophy for her victory.

Christmas Carol Concert: Very excited to be looking forward to our Christmas Carol Concert on Monday after three years of its postponement. It is a very festive event and I am sure you will enjoy it as much as the children. The rehearsals reach a culmination and there is even audience participation with some of the classic carols.

THIS WEEK

Our Fabulous Christmas Fair

Thank you so much to the fantastic efforts of Jade Dodd, Kelly Tebbs and the PTA team for organising and running a fabulous Christmas Fair last Friday and raising £2,500 for the school. It's a mammoth task to undertake with only a small PTA team. Particular thanks to those who stayed behind after the fair to clear up. Thank you to Richard Ascough and 3rd Epsom Scouts for the loan of the marquees. If you came along and enjoyed the fair, please consider contacting the PTA to help at the next event wfspta@gmail.com¹. It is a great way to help fundraise for the extras for your child while they are at Wallace Fields, as well as meet other parents at the school.



¹<mailto:wfspta@gmail.com>

















Chris Grayling MP Visits to Present Christmas Card Trophy





Congratulations to Natalie W in Year 5 whose artwork won a prize in an artwork competition and today was presented with the prize from MP Chris Grayling in our Friday Celebration Assembly.

Football Fixture Report

The A and B football team played their final fixture before Christmas on Thursday 8th December against Epsom Primary.

It was an icy cold fixture for the Epsom Primary vs Wallace Fields football fixture this week and both WFJS teams put on a smoking hot performance. Our teams kicked off piling on the pressure and the goals came with it. Our A team screamed ahead in the second half to finish with a very convincing win (11 - 1). Also, victorious, our B team showed a solid performance that continued until the final whistle with a 6 - 0 result.. A special mention must be made to James O' Driscoll's left foot 'WOW!'.

Thank you to our teams and all who braved the cold to support our players.

Mr Sellars

Clubs Starting in January - sign up now!

Wallace Fields Junior School has a huge range of fabulous extra-curricular clubs run by external club leaders. Most of the club letters were sent out this week. **Yoga and Gymnastics club** letters will be sent out next week. **Cookery** club has managed to fill all spaces already filled from the waiting list from last term. All club letters can be downloaded from our website please click [here](https://www.wallacefields-jun.surrey.sch.uk/clubs)².

Please note that Thursday's Theatre Arts Club is open to all age groups (not just Year 3).



1 - Our popular before school tennis club.

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

Panto Fun

Thank you to the PTA for funding the "Alice in Wonderland" pantomime who came into school on Thursday 9th December 2022. Thank you to Mayfield London Christmas Shop, Gift Shop & Coffee Bar who sponsored the event - a flyer has come home with your children tonight and is also posted in the Community section of this newsletter.



IMPORTANT NEWS

PG FILMS

On the last day of term some class teachers may choose to watch a PG film. If any parent does NOT give permission for their child to watch a PG rated film, please contact their class teacher before Wednesday 14th December 2022. Click here³ for staff email addresses. Thank you.

Carol Singing in the Park

We would love parents to come along and support the school choir, as they welcome the Christmas Spirit into Alexandra Park. The School Choir will be carol singing in Alexandra Park Recreation Ground by the Park View Café on **Wednesday 14th December 2022** from around 12.45pm until 1.10pm. All parents are welcome to come along and watch. The café will have extra treats available and there will be a collection for the All-Weather Track fund, so if you do have any spare change, donations are much appreciated.

Parents/Carers of those choir members singing have been contacted individually. Don't forget to send them in on the day with a warm, thick coat to school as well as a hat, as we will be standing outside for up to half an hour. It might even be advisable for them to put on some extra layers under their uniform as temperatures are dropping!

Christmas Lunch - Thursday 15th December 2022

Reminder to wear full uniform with Christmas jumper, tinsel or headwear. There will be crackers for all and packed lunches might like to bring Christmas themed food.

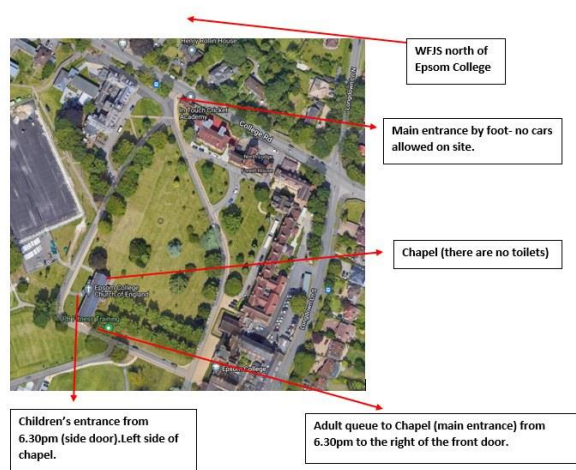
If your child normally has packed lunch and has signed up for Christmas lunch they will not need a packed lunch on that day.

Christmas Carol Concert - Monday 12th December 2022

³<https://www.wallacefields-jun.surrey.sch.uk/our-school/our-staff>

The whole school is looking forward to the Christmas Concert in the illustrious Epsom College Chapel. A detailed letter has been sent out and here are few final reminders for the Christmas Carol Concert.

- No Parking at Epsom College (except pre-arranged disabled parking)
- No early arrival - From 6.30pm only.
- Pupils enter from side entrance.
- Parents enter from main entrance and queue on right hand side (up the hill) .
- No tickets, immediate family only are welcome.
- The concert will be approximately 6.45pm to 7.45pm
- Parents depart via the main entrance (to collect from the side)
- Pupils will exit with teachers from side entrance (Year 3 plus siblings, Year 4 plus siblings and so on) for pick up.
- Please bring spare change and cash for a collection bucket for Save the Children will be on the door as parents depart.
- Event will not be live streamed. Parents/carers are welcome to take own photos and videos for personal use only and please do not share on social media.



Girls Football Squad

Please complete the Google form below if your daughter would be interested in trying out for a Wallace Fields Junior School girls football squad. If selected, football training is free and will take place every Thursday after school from 3.30-4.30pm starting in January 2023.

<https://forms.gle/1hMCcWT5MmD4mmjk8>

The trial will take place on **Thursday 15th December 2022 3.30pm - 4.15pm.**

Please send your daughter in with an outfit suitable to play football including trainers. If they have football boots (no studs) and shin pads please bring them though please do not purchase them especially unless they are selected for the team.

If your daughter is unable to attend the trial please indicate on the form below and we may be able to accommodate a few trying during the first squad training next term.

WFJS World Cup Fundraising

Thanks for all your entries to the WFJS World Cup Fundraising. The children had great fun taking part in the mini football challenges each week in their PE lessons with Mr Sellars with keepie uppies, shoot the target, dribbling race and distance travelled. Each child will have brought home their own booklet with their personal results of the challenge. The sponsorship donation pledges have started to flood in, please don't forget to send in yours. Rocket Fund has now closed but please pay any late donations to the following: <https://cafdonate.cafonline.org/8007#!/DonationDetails>.

Elf on a Shelf at Wallace's Diner by Twelve 15



The school caterers Twelve 15 are running an Elf on a Shelf competition where your child can give a name to the naughty elf. Children can put the name suggestion into the box placed in the dining hall (make sure your child's name and class is on the back of the paper) and before the last day of the term a lucky child per year group will receive some home made Christmas goodies.

Please click here ⁴for more news from Twelve 15.

Group A Streptococcal Infections

As a precaution we are sharing information that the school has been sent on the signs and symptoms of Group A Streptococcus Infections and what to do if you think your child develops these:

The most common infections are sore throats(strep throat), fever, scarlet fever and minor skin infections.

Further information is also available via the NHS Website:

<https://www.nhs.uk/conditions/sore-throat/>

⁴<https://itstwelve15.co.uk/newsletter-december22/>

<https://www.nhs.uk/conditions/scarlet-fever/>

If concerned, please contact NHS111 or your GP.

In very rare cases, this infection can be more serious. Although the risk is very small, it is important to be aware of more serious signs and symptoms e.g. very high fever, severe muscle aches and pains and unexplained diarrhoea or vomiting. If your child becomes ill with some of these symptoms, please seek urgent medical help.

An email was sent out this week from Surrey County Council with more information.

Changes to School Meal Preference

Please complete the attached form by **Wednesday 14th December**, if you wish to change your child's lunch preference for next term. Click here to complete form⁵

YEAR 3 REMINDERS

Twitter Permission

We have a number of Year 3 children who we do not yet have permission to be Tweeted and it makes it difficult to share memories of our concert on our website, bulletin and Twitter. The school uses Twitter to share the exciting activities happening at school click here ⁶to see our Twitter page and it is easily accessible from our website. Most parents change permissions in Year 4 when a school trip happens and they want to see their child on residential so it would be great if you could consider this now. We have no children in Year 6 without permission currently. We fully understand your reasons to not permit this, however, please email the school office on Office1@wallacefields-jun.surrey.sch.uk⁷ if you would be happy to change your child's status to allow their image to be tweeted.

<http://twitter.com/statuses/1597971024792150018>

YEAR 5 REMINDERS

Coping with Low Level Issues

We are getting a growing number of emails regarding very trivial issues and low level school incidents that are dealt with fully internally. The Year 5 are now only five terms from secondary school and they really do need to mature and develop their independence. This is not all Year 5 though it is a common theme for this cohort. Independence and the taking of responsibility is lacking in a number of our Year 5 pupils and demanding their parents write long emails is not the way forward. We ask that you consider the issues you are told by your child and think if it is vital and worth writing an email about. Please contemplate if you are getting the whole truth or a selective version of events and finally, consider how to equip your child with a more resilient attitude to low level conflict, minor disappointment or a friendship issues instead of considering how it can be justified by blaming others. The key is to provide a long term fix to the problems encountered and at secondary school an email will probably not even evoke a response so it is best we help them understand how to deal with issues now before it becomes a learned trait. Your cooperation is

⁵<https://forms.gle/NkMiU3FehcooCmTN6>

⁶<https://twitter.com/wallacefieldsjs>

⁷<mailto:Office1@wallacefields-jun.surrey.sch.uk>

appreciated. Teachers simply do not have the time from teaching, marking, assessing and planning to reply to this inordinate amount of emails. We include a lot of parenting advice in the bulletin that has useful tips on supporting your child's maturation and resilience. Regards Mr Lee, Headteacher.

Year 5 Swimming

Parents/Carers have now been informed if their child has been selected to attend a swimming assessment on 9th January 2023 during the school day at Epsom College. From this assessment, you will be informed if your child needs to continue with the swimming programme. We do request a voluntary donation of £6 to cover the initial swimming assessment on 9th January.

Year 5 Isle of Wight Residential Trip

Reminder to parents the 2nd instalment of £140 is due by 16th December 2022. Please visit Scopay to make your payment.

YEAR 6 REMINDERS

YEAR 6 SWIMMING

Parents/Carers have now been informed if their child has been selected to attend a swimming assessment on 9th January 2023 during the school day at Epsom College. From this assessment, you will be informed if your child needs to continue with the swimming programme. We do request a voluntary donation of £6 to cover the initial swimming assessment on 9th January.

Wellbeing: Parenting Help and Support

Seven Ways to Support Children and Young People

Please click on the link provided to discover seven ways to support children and young people, who may be worried. Clinicians at the Anna Freud Centre have developed seven ways that they consider to be best practice in responding to children and young people's fears.

7 ways to support children and young people who are worried

Clinicians at the *Anna Freud Centre* have developed **seven ways** that we consider to be best practice in responding to children and young people's fears.



This document is informed by a Cognitive Behaviour Therapy (CBT) approach to managing anxiety. CBT is one of the therapeutic approaches which is most commonly used to treat anxiety and depression. It is recognised by the NHS NICE guidelines as a suitable evidence based treatment.

CBT is a talking therapy which can help people to manage their feelings or problems by changing the way that people think and behave. It offers a practical approach which aims to help people tackle problems that can feel overwhelming by breaking them down into smaller parts and by challenging negative thinking and/or behavioural patterns in order to improve the way that they feel.

This document is not intended as a substitute for therapy but to outline some of the principles that can be easily adopted to support children and young people.



1 Create a space for conversation

Demonstrate that you are available to talk but don't force the conversation at the wrong time as this may feel intrusive. Be open and consistently available, allowing conversation to flow when the young person is ready and willing to talk. Children and young people often find it easier to talk while doing another activity, such as drawing, going for a walk or baking.

2 Demonstrate calm

Try to model a calm and measured response. We know that children are good at noticing when others around them are anxious and will watch the behaviour of others to work out whether they too should feel anxious themselves. Even if you're feeling anxious on the inside, you can help the young person by remaining calm on the outside. This will help to reassure them that things might be difficult, but they are manageable.



3 Empathise and validate

We often want to reassure children, and to help find solutions to make them feel better, but first, spend time listening to the young person, ask them questions, and show an interest in viewing things from their perspective. Be accepting of their worry, anger and sadness about how things are at present. Try to avoid early reassurance which can often sound like "everything's fine". Recognise that these kinds of feelings are common and understandable. Explain that, although the physical feelings we experience in our bodies when we are anxious can be unpleasant, they are normal.

4 Introduce alternative perspectives and ways of thinking

A worry is a thought, not necessarily a fact. Listen to the young person and try to understand exactly what they are concerned about. What exactly are they worried about, and are their worries likely to happen, if so, what would it mean if they did? Exploring alternative ways of looking at things might help to put worries into perspective and in turn result in less anxiety-provoking conclusions.

5 Reduce environmental stresses

Help the young person to consider and recognise what makes anxiety worse, for example constant exposure to stressful stimuli such as too much social media/news, and the withdrawal of daily activities which may have previously provided support. Try to keep to a routine, with activities throughout the day (e.g. schoolwork, exercise, relaxing, keeping in touch with friends and sleep). However, don't add pressure if they seem overwhelmed. Instead, emphasise the importance of self-care and being kind to themselves.



6 Problem solving and coping

Focus on emphasising confidence in the young person's ability to cope and engage them in helping to think about different strategies. For example;

- (a) **Future and action orientation:** '...so what are we going to do about this? We can't do X... but we can do Y...'
- (b) **Holding the hope:** that somehow this situation may make space for something different and better to happen.
- (c) **Keeping up healthy habits** – school and domestic routines.



7 Check-in and monitor progress

A critical part of the process is to carefully observe the impact of any suggestions/changes in approach with the young person. This could be done using an Anxiety Thermometer which is based on the child's response; 0 being calm and content to 10 being extremely anxious, hopefully by taking these steps the young person's Anxiety Thermometer will reduce over time.

Wellbeing: Money and Mental Health Support

Young Minds: If you need practical and financial support for your family then take a look at the guides on the Young Minds website. It has lots of information including a parenting A - Z mental health and a great section on 'Money and Mental health'. It includes how to talk to your children about money and the cost of living crisis, reassuring your children regarding cost of living worries and importantly taking care of your own wellbeing as a parent and where to get help practical and support. The link is: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/money-and-mental-health>

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

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness, recognising when something isn't OK – and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**
Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- 2. AVOID THE MAIN FEEDS**
Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- 3. DISCUSS WHAT THEY'VE SEEN**
Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds. If alarm bells ring, it could be time for a more in-depth talk or to seek support.
- 4. LEARN HOW TO HIDE CONTENT**
If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- 5. SET DAILY LIMITS**
Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.
- 6. MONITOR THEIR ACTIVITY**
Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally risk to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- 7. TURN OFF PUSH NOTIFICATIONS**
Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and these notifications will still be there later, when we have more time.
- 8. USE DEVICES TOGETHER**
Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- 9. ENCOURAGE OTHER ACTIVITIES**
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- 10. TALK ABOUT PEER PRESSURE**
Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert
Shazia Sarwar-Azmi is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2022

General Reminders and News

STATIONERY REMINDER

If a child is missing essential resources a stationery slip goes in their bag or reading record home as a reminder that some items need replacing or replenishing. All children must have a ruler, pencil, whiteboard pen and a ruler as a bare minimum. Pencil cases must be labelled. Stationery shop runs every Tuesday and Thursday playtime – all key items are available at a very low cost.

Applying for a Sibling Place at Wallace Fields Junior School

A reminder that for any child applying to start at Wallace Fields Junior School in September 2023 must apply by January 15th 2023. For more information click here⁸.

Looking for a Holiday Club in the Christmas Break?



**CHRISTMAS HOLIDAY CLUBS AT
WALLACE FIELDS JUNIOR SCHOOL**
MONDAY 19TH - FRIDAY 23RD DECEMBER

**ACTIVE
WONDERLAND**
MON 19TH - FRI 23RD DECEMBER

PACKED WITH OVER
30 THEMED ACTIVITIES
FOR 4-12 YEAR OLDS
PRICES FROM £30 PER DAY



ONE WEEK OF FUN AWAITS YOUR CHILD THIS CHRISTMAS!

 HANDMADE DECORATIONS Christmas lanterns and paper chains	 GIFT MAKING Make your own bead candy cane	 WINTER GAMES Ice hockey and waddle like a penguin
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BOOKINGS AND MORE INFO [SCLACTIVE.CO.UK](https://www.sclactive.co.uk) | 0345 644 5747

Raise PTA Funds Whilst Online Shopping!

Easy Fundraising - Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be collecting free donations for Wallace Fields Junior School PTA? It is a really super easy way to help the school raise funds - sign up via <https://www.easyfundraising.org.uk/causes/wfjspta> and once you have created an account, you can set your preferences to have gift aid claimed as well. The retailers include Sainsbury's, Tesco, Amazon, Ocado, Waitrose, eBay, Argos, John Lewis, Aviva, thetrainline, Expedia and Thomas Cook to name but a few. Thank you!

⁸<https://www.surreycc.gov.uk/schools-and-learning/schools/admissions>



Urgent Messages - Contact the office!

For urgent messages, absences, pick up arrangements and general enquiries please email the School Office on Office1@wallacefields-jun.surrey.sch.uk⁹ or by calling **020 8393 0350**.

If you need to talk to your child's teacher regarding homework or learning, please contact them through their email address. Click on the red envelope next to the staff member on the following page <https://www.wallacefields-jun.surrey.sch.uk/our-school/our-staff>. Teaching staff will do their utmost to respond within 48 hours. If your email is urgent please do contact the school office.

Sign Up For Energy Kidz Our Excellent Wrap Around Care Provider

Energy Kidz provides excellent wraparound care at Wallace Fields Junior School. They run Breakfast Club from 7:30am until 8:45am and After School Club from 3:20pm until 6:00pm. Click here¹⁰ for more information.



Latest School Calendar Dates

For the latest dates click here¹¹ for calendar on website.

Nut Free school



⁹<mailto:Office1@wallacefields-jun.surrey.sch.uk>

¹⁰<https://www.energy-kidz.co.uk/breakfast-and-after-school-clubs/wallace-fields-junior-school/>

¹¹<https://www.wallacefields-jun.surrey.sch.uk/school-calendar>

We are a nut-free school, so please ensure none are included in any pack lunches or snacks at any time.

Community News



NEW! Mayfield LONDON
Gift Shop & Coffee Bar

**Coffee, cakes and toasties
Now Open!**

**Mayfield Lavender
Favourites**

**Stylish
Cards & Wrapping**

**Must have...
Toiletries & Fragrance**

**Fabulous
Homeware**

**Local
Wines, Spirits & Beer**

139 Reigate Road, EPSOM KT17 3DW | [mayfieldlavender.com](https://www.mayfieldlavender.com)

The advertisement features a central grid of six images showcasing the shop's offerings: a glass of coffee, lavender products, cards, toiletries, homeware, and a selection of local wines and spirits. The background shows the exterior of the shop, a modern building with large windows and a stone wall. A QR code is located in the bottom right corner of the grid.

Mayfield
LONDON

Christmas Shop



Nordmann Fir Non-drop
Christmas Trees



Beautiful Christmas
Decorations & Gifts



Tree Decorations
Buy 6 for the price of 5!

**Choose your Christmas Tree from our Mayfield Forest
and enjoy a complimentary Mulled Wine and Mince Pie!**





Festive
Wreaths & Garlands



For your loved ones
Hampers

SEE WEBSITE FOR OPENING TIMES: MAYFIELDLAVENDER.COM

YMCA EAST SURREY


Proud to be part of
Mineworks Surrey
The children and young people's emotional wellbeing and mental health service

Children's Wellbeing Parent Workshops



YMCA East Surrey's Community Wellbeing Team invites you to attend our free online parent workshops:

- ▶ Talking to your child and supporting them to cope with worries
- ▶ Understanding, expressing and managing emotions

These workshops are suitable for parents with children aged 8+. Our Community Wellbeing team will provide you with information and key strategies to support your child. There will also be time for you to ask any questions that you have via the online chat function.



For dates and times and to book your place, please visit our website:
www.ymcaeastsurrey.org.uk/parent-workshops/

  @YMCAEastSurrey

YMCA

Here for young people
Here for communities
Here for you



EPSOM & EWELL
CHRISTMAS
 COMMUNITY SPIRIT



This christmas we are supporting
 the Epsom & Ewell Foodbank,
 helping local families in need
 to have a fresh christmas meal!



You can help them by texting to donate:

Text FESTIVEFOODBANK 5 to 70470 to donate £5
 Text FESTIVEFOODBANK 10 to 70470 to donate £10
 Text FESTIVEFOODBANK 15 to 70470 to donate £15
 Text FESTIVEFOODBANK 20 to 70470 to donate £20

More information about the
 Epsom & Ewell Foodbank can be found at
www.epsomewell.foodbank.org.uk

Registered Charity: 1042721

#ChristmasCommunitySpirit







**RECRUITING
NOW**

VOLUNTEERS NEEDED

Are you a mum, dad, grandparent or carer?
 We need people with your experience to volunteer
 at your local Home-Start.

- Make a difference to the lives of parents and children
- Enhance your well-being
- Access free, high quality training

Find out more:
www.hseeb.org
admin@hseeb.org.uk



**HOME
START**
 Epsom, Ewell
 & Banstead
(Incl. Mole Valley North)

A SHORT HISTORY OF CHRISTMAS

Saturday December 10 2022 1pm to 2.30pm

For the History of Christmas, We will do a whistle stop tour through the ages including its earliest pagan origins, the bringing in of the yule log and its height of celebration and feasting during the Medieval and Tudor period, especially with the introduction of sprouts! It will also include the puritan banning then it trying to get back to the height it was and where commercialisation then takes over. Two World Wars don't stop us enjoying Christmas bringing us up to modern day with our links. We will then end making paper chains and lanterns with a link to how we can still reuse and recycle today.



Cost £5 per child per session . Further information is available from David Brooks, Bourne Hall Museum, Spring Street, Ewell, Surrey, KT17 1UF. Tel 0208 394 1734, Email dbrooks@epsom-ewell.gov.uk

Epsom and Ewell
during the Great War

Tuesday 20 December
2pm to 3.30



In 1914 Epsom was a small, self-contained town of 20,000 citizens, Ewell a village of 4,000 inhabitants. People went to concerts and the newly invented moving pictures at the Public Hall, were loyal to a bewildering choice of eleven different churches and chapels, played football, cricket and tennis, and belonged to dozens of Clubs, Brotherhoods and Orders. The big family names, such as Glyn or Bridges, no longer owned most of the land; tradesmen were in the majority on the Urban and Rural District Councils. In the new municipal Rosebery Park, children sailed their boats.

Then came the war.!

£5 per child . Contact: David Brooks, Bourne Hall Museum, Spring Street, Ewell, Surrey KT17 1UF Tel 020 8394 1734.
Email dbrooks@epsom-ewell.gov.uk



Epsom and Ewell in WW2 find out what it was really like !

December Tuesday 20th 2022 10.30am to 12pm

The Borough suffered heavily from bombing in World War 2 and from 1940 to 1944, 890 alerts were sounded, 384 people were injured by enemy action and 33 killed. There were more than 200 incidents with 12,234 houses slightly damaged, 413 devastated and 192 completely destroyed, while thousands of incendiary and anti-personnel bombs were dropped with 440 high explosive, 64 oil and 30 flying bombs falling on the Borough.



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