

Wallace Fields Junior School Bulletin

2nd December 2022



KEY DATES FOR NEXT WEEK



Key Dates

- **Monday 5th December 2022** - Year 3 & Year 6 Design and Technology Week
- **Tuesday 6th December 2022** - Year 6 Height and Weight Check by School Nurses
- **Thursday 8th December 2022**
 - Christmas Pantomime. All morning.
 - A & B Football match at 3.30pm - Home match
- **Friday 9th December 2022** - Theatre Arts club showcase for parents after school
- **Monday 12th December 2022** - Christmas Concert Epsom College Chapel - Rehearsal am, Evening for parents.
- **Wednesday 14th December 2022** 12.45-1.10pm - The School Choir in Alexandra Park by Park View Cafe.
- **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
- **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

Clubs Finishing For Christmas

Yoga and Chess clubs have now finished for Christmas. The following clubs finish on Monday 12th December: Arts and Crafts, Year 4 & 5 Choir, Gymnastics and Netball. All the other clubs finish on week commencing 5th December. Please see the table below. Club letters for the Spring term will be circulated shortly.

Arts and crafts	12/12/2022	Gymnastics	12/12/2022
Book club Yr 3 & 6	06/12/2022	Hip hop	06/12/2022
Book club Yr 4 & 5	05/12/2022	Intro to Theatre Arts	09/12/2022
Chess	30/11/2022	Judo Tuesday	06/12/2022
Choir Year 3	07/12/2022	Judo Wednesday	07/12/2022
Choir Year 4-5	12/12/2022	Netball	12/12/2022
Code camp Monday	05/12/2022	Netball team	07/12/2022
Code Camp Wednesday	07/12/2022	Science club year 4	06/12/2022
Cookery	06/12/2022	Science club Yr 6	08/12/2022
Football	06/12/2022	Spanish	08/12/2022
Football team	08/12/2022	Tennis	05/12/2022
French	07/12/2022	Theatre arts	09/12/2022
Gardening club	06/12/2022	Yoga	23/11/2022

HEAD'S UPDATE



Christmas is Coming! The excitement starts as we hit December and the festive spirit is rife throughout the school. Today's amazing Christmas fair is looking good and there are a huge number of stalls and attractions to enjoy. In a short while our amazing Christmas Carol Concert will be happening (12th Dec 2022) and after so many years it will be the first time many of you will get to enjoy this real seasonal treat. The Carol Concert will include traditional carols, songs for all, some modern songs and a special Christmas song including all the teachers and children. The children and staff have been rehearsing the songs and the school is feeling very Christmassy already so we are all looking forward to this very traditional and atmospheric event in our school calendar.

Sustainability: One of the key objectives here at Wallace Fields Junior School is being Eco-aware and our current theme is sustainability. We are ensuring our children learn from and connect with nature and improve biodiversity in our school. We are already doing plenty of fantastic work in this area with recycling bins in every class and scrap paper used in class for wet playtimes. We achieved the Green Flag award for our efforts by being more green and eco-friendly. We have new playground benches made from recycled plastic (a quick note of thanks to the PTA for funding those) and the school has been reducing its paper use by double siding documents and moving our policies, plans and documentation into purely electronic form. Our bulletin has been paperless for years now. Children use water bottles to refill and we have reduced our single use plastics.

Outdoor Learning: We are planning to develop our outdoor learning and improve our outdoor education. As well as taking science lessons into the outdoors, we are introducing more lessons on the ecosystem and having detailed discussions on how we can support biodiversity in our school grounds and beyond. Most young people are aware that we are in the midst of climate and biodiversity crises. The curriculum is completely packed and teachers are cramming a vast amount into every day (hence why attendance is so important) – though like many schools, we have begun to find ways to weave sustainability into the subjects we teach. Raising awareness of climate change and biodiversity is essential and it is vital that all pupils have the opportunity to bring about change so we can give our children a sense of hope and empowerment in regard saving the planet. We listen to School Council and the children have a genuine pupil voice. The children have asked for 'low energy days' where we use less electricity and reduce screen use and these are now planned into the academic year.

THIS WEEK

Christmas has come to Wallace Fields Junior School



The Christmas tree arrived in the hall on Tuesday 29th November. Thank you to the PTA for decorating the tree and to the Old Moat for supplying the Christmas tree.

Christmas Hampers



Winners of the Christmas hampers will be announced tonight at the Christmas fair.

Lower School Children v Adults Football Match

Some great fun was had at the children v adults football tournament. Adults showed a force to be reckoned with finding the back of the net with a display of silky skills! Not an easy task with Oz in goal and performing at his best! A physical tournament with tough tackles relentless determination and goals for all teams made it a treat for spectators. Thanks to everyone who attended for making the football so much fun.







Football Fixture Report

Our open team had a nail biting match with West Ewell this week. After a goalless 1st Half the ball found the WFJS goal 3 times in 10 nineties. Wallace Fields Juniors fought back relentlessly to level the game. Final score West Ewell 3- 3 WFJS. Our second team put on a very solid performance this week. Using clever and accurate passing to find space in attacking positions kept West Ewell on the back foot. Some thumping goals were enjoyed by our spectators. Final result West Ewell 1 WFJS 7. Well done to all our players and thank you to all who came to support.

Benches and Friendship Bench



The PTA have funded brand new recycled plastic benches and a 'Friendship Bench'. These include some circular benches that go round the steel poles for the shade sail. These recycled materials are

in line with our sustainability efforts and they have a guaranteed life of 25 years. A huge thanks to the PTA for their generous contribution.

IMPORTANT NEWS

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.

Christmas Carol Concert - Monday 12th December 2022

Rehearsals are on for the Christmas Carol Concert and we are expecting the performance to be from 6.30pm to approximately 7.45pm on **Monday 12th December 2022**. It is held in the illustrious venue of the Epsom College Chapel. This is the only whole school event of the year, so we expect all children to attend. All parents and siblings are welcome to come to watch the concert.

There will be **no parking available** except for the disabled parking. If you need disabled access please email Office1@wallacefields-jun.surrey.sch.uk¹. **More information will be sent out** regarding arrival and departure from the venue.

If for religious reasons your child is **unable to attend**, please email Office1@wallacefields-jun.surrey.sch.uk². If we do not hear from you then we shall expect your child to attend the rehearsal (on the morning from school) and the evening service.

Thank you to all those parents who have signed up to help walk with the children over to and back from the Epsom College Chapel in the morning of Monday 12th December 2022 for the dress rehearsal. We will be leaving school at 9.00am and returning at 11.45am. We still need more so helpers so if you are able to help please email Office1@wallacefields-jun.surrey.sch.uk³.

See more information in the letter attached separately.

Maths Anxiety Webinar

In our September maths parent workshop, we spoke to Anne Okafor live, who shared her own experiences and advice for supporting children with maths anxiety. Miss Sarjeant has been working alongside Anne this term to provide staff and children workshops. Please find attached a webinar for parents on how you can support your children with anxiety around maths.

<https://vimeo.com/483278706>

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>

¹<mailto:Office1@wallacefields-jun.surrey.sch.uk>

²<mailto:Office1@wallacefields-jun.surrey.sch.uk>

³<mailto:Office1@wallacefields-jun.surrey.sch.uk>

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

Please send in your daughter with a outfit suitable to play football including trainers. If your daughter has football boots (no studs) and shin pads then please bring them but do not go out and purchase them unless they get 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 - Deadline 6th December 2022

As the month of November comes to an end, World Cup Fundraising events are almost complete. The children have been taking on a series of mini football challenges each week in their PE lessons with Mr Sellars. This has involved:

1. **Keepie Uppies**
2. **Shoot the Target**
3. **Dribbling Race**
4. **Distance travelled**

Each child has been completing their own booklet to record their personal results of the challenge. Now that is has finished, your child will be bringing home their booklet so you can see what they have achieved and how much to sponsor them.

With your child, you can decide how much to sponsor them. Perhaps 10p per keepie uppie? Or £1 per goal scored?

You can gather your donations and then donate online at:

<https://www.rocketfund.org/p/help-wfjs-build-all-weather-training-track/donate/20>

Or scan the QR code

All donations will go directly towards the all-weather track fund.

We can't wait to see how much we have raised.

Thanks so much for your support.

WFJS Sports Team





1 - Click here⁴

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 here⁵ for more news from Twelve 15.

⁴<https://www.rocketfund.org/p/help-wfjs-build-all-weather-training-track>

⁵<https://itstwelve15.co.uk/newsletter-december22/>

YEAR 3 REMINDERS

5th December 2022- Year 3 Design and Technology (D&T) Week!

Year 3 will be making packaging in D&T next week. For this, on Monday 5th December 2022, we will be looking at lots of examples of packaging! Please could children bring in a couple of examples of cardboard packaging (e.g. tooth paste boxes, cereal boxes, food boxes, chocolate boxes, biscuit boxes).

No boxes that previously contained nuts please.

The packaging needs to be brought in on **Monday 5th December 2022** and they can bring as many as they like. Ideally not broken down as they need to look at the overall package.

Thank you!

Year 3 Class Teachers

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 good 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.uk ⁷ by end of school on Friday 9th December 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

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 5 Swimming Programme for Developing and Non-Swimmers

The Year 5 & 6 children who **cannot swim 25 metres in a recognised stroke will be invited to come for swimming lessons From 9th January 2023 for 8 weeks.** We need your help in letting us know how confident your child is in the water by completing this Google form: [Click Here](#) ⁸. Please can **all** parents complete this form whatever their ability.

YEAR 6 REMINDERS

Year 6 Slipper Making - Equipment Needed

We are making slippers next week in school. You will need:

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

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

⁸<https://forms.gle/mfcebRFBsSC5tRwR7>

- **A cereal box** big enough to draw around your feet.
- **A piece of material** measuring approximately 0.5m². The most suitable material would be a fleece/sweatshirt, felt or brushed cotton (a material that can be easily cut, sewn and will not fray). We have found that an old fleece or sweatshirt, once 'opened' up at the seams, provides enough material. Materials that are too thick like a fluffy blanket will be very hard to cut!
- **A material that could be used for the soles.** This needs to be strong, durable and able to be cut in class. We recommend an off-cut or sample of lino from a local flooring shop. We would really appreciate if you could (if possible) get more than one or extras to help others who may not have the means or opportunity to secure this material. Other ideas for the sole could be to take apart an old slipper and re-use the outer sole. Children will be shown some ideas on Friday at school- please discuss materials with them and be creative. .
- **Some other materials needed:** J Cloth (blue and white kitchen cloth) and thick card/cardboard for inner sole.

Mrs Kidwai and Mrs Crabb

Year 6 Swimming Programme for Developing and Non-Swimmers

The Year 5 & 6 children who **cannot swim 25 metres in a recognised stroke will be invited to come for swimming lessons From 9th January 2023 for 8 weeks.** We need your help in letting us know how confident your child is in the water by completing this Google form: [Click Here](#)⁹. Please can **all** parents complete this form whatever their ability by today, Friday 2nd December 2022.

School Nurse Year 6 - Height and Weight Screening

Each year in England, Year 6 children have their height and weight checked as part of the National Child Measurement Programme and in Wallace Fields Junior School it will be on 6th or 7th December 2022. Please complete the electronic consent form with either Yes or No. Visit <https://www.cfhschilddevelopment.co.uk/Form/NCMP> Enter your school's unique code: - **SR125298**

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.

⁹<https://forms.gle/mfcebRFBsSC5tRwR7>

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>

Please Check Your Child's Mobile Devices - Metropolitan Police

As a result of an ongoing investigation in a neighbouring borough , we have been made aware there may be a video(s) with deeply concerning and inappropriate content being circulated via electronic devices and/or being shared or viewed, from child to child at our schools. Due to the digital nature of this material, it can be shared across multiple platforms extremely quickly and it is impossible for us to limit or halt the transmission. Therefore, we are taking the unusual step of asking for your immediate assistance as we do all we can to safeguard and protect our children. **We urge you to review your child's phone and if any inappropriate content is found, take control of the phone and raise with it your schools designated safeguarding lead (DSL).** The content can then be assessed and escalated, if necessary, either to police or other appropriate agency. The purpose of this advice is to protect the welfare of our children and ensure those affected are provided with the necessary support.

For more information about the Designated Safeguarding leads at Wallace Fields Junior School click ¹⁰here.

¹⁰<https://www.wallacefields-jun.surrey.sch.uk/our-school/safeguarding>

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 ask 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 messages 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 those 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.

NOS 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

Cycling Guidelines

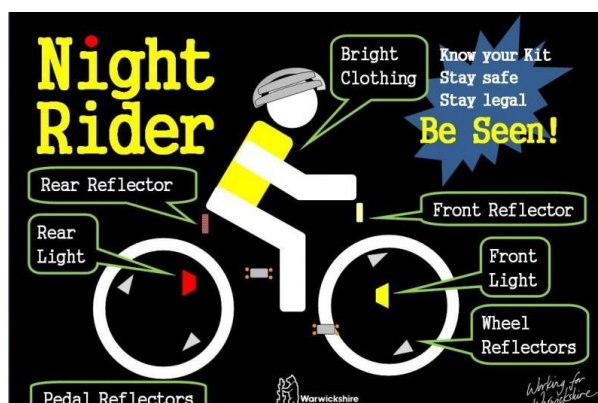
We have had a few reports by parents and residents of Wallace Fields Junior School pupils cycling dangerously in the local area. Some children have been seen cycling without helmets, cycling without lights, riding in the middle of the road in busy traffic and with cycling with a child across handlebars or on the back. Although children outside school remain the parents' responsibility we would like to encourage safe cycling so have attached some **useful guidelines**.

Due to the quantity of traffic at pick up and drop off we would advise for children to dismount and push their bikes as they approach the school. Thank you.

See the poster attached about cycling in the dark and some useful links below:

Guide to cycling in the dark¹¹

Top tips – cycling safely on the roads in winter¹²



Looking for Wrap Around Care in the Christmas Holidays?



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,

¹¹<https://www.sustrans.org.uk/our-blog/get-active/2019/autumn-and-winter/a-guide-to-cycling-in-the-dark/>

¹²<https://www.bikeability.org.uk/blog/top-tips-cycling-safely-on-the-roads-in-winter/>

Amazon, Ocado, Waitrose, eBay, Argos, John Lewis, Aviva, thetrainline, Expedia and Thomas Cook to name but a few. Thank you!



Urgent Messages

For urgent messages, absences, pick up arrangements and general enquiries please email the School Office on Office1@wallacefields-jun.surrey.sch.uk¹³ 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 here¹⁴ for more information.



Latest School Calendar Dates

For the latest dates click here¹⁵ for calendar on website.

¹³<mailto:Office1@wallacefields-jun.surrey.sch.uk>

¹⁴<https://www.energy-kidz.co.uk/breakfast-and-after-school-clubs/wallace-fields-junior-school/>

¹⁵<https://www.wallacefields-jun.surrey.sch.uk/school-calendar>

Nut Free school



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

Community News



COST OF LIVING

NO ONE LEFT BEHIND | SURREY COUNTY COUNCIL

Surrey County Council
DIRECTORY
OF SUPPORT

surreycc.gov.uk/welfare

For news and updates on support from across the county, please scan the QR code or follow us on social media.

We know that people all across Surrey are feeling the impact of increasing costs and pressure on household budgets.

This Directory of Support is designed to help, by pulling together all the financial and welfare advice on offer in the county.

We hope you will find the information useful.

For financial, welfare and wellbeing support, you can access information on our online support hub at surreycc.gov.uk/welfare

If you are unable to find the right help and support on these web pages, you can speak with a member of our community helpline team, to talk through your needs and they will help to point you in the right direction for financial, welfare or wellbeing support in Surrey.

0300 200 1008

(9am to 5pm, Monday to Friday, excluding bank holidays)

Or complete an online community helpline enquiry form at surreycc.gov.uk/welfarecontact

Deaf or hard of hearing community

You can contact the helpline by textphone, smartphone app or text message about any of the services in this directory. Textphone or smartphone app via Relay UK **18001 0300 200 1008** SMS **07860 053 465** BSL users surreycc.gov.uk/bsl

Calls to 03 numbers from any network will cost no more than those to 01 and 02 numbers and count as part of any call package. The cost of calls per minute depends on the network. Please check with your provider. BT customers may be able to call 03 numbers for free.

If you require this document in an alternative format or language, please contact us on **0300 200 1008**, SMS **07860 053 465**, email contactcentre@surreycc.gov.uk

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ARE YOU IN FINANCIAL CRISIS?

Surrey Crisis Fund

Providing financial help to Surrey residents who have nowhere else to turn in an emergency or following a disaster. It can also provide assistance to set up a home where no other funds or resources are available. This is a discretionary fund run by Surrey County Council and may be able to assist with:

- food and toiletries
- essential white goods and furniture (though they do not provide replacement items)
- certain utilities
- emergency travel costs (hospital appointments, job interviews, etc.)

Other support may be available and this will be considered when you apply.

Am I eligible? For Surrey residents who have nowhere else to turn in an emergency or following a disaster. The fund aims to support people for one occasion and signpost to long-term help to prevent ongoing need. Visit surreycc.gov.uk/surreycrisisfund or call **0300 200 1008**

Food banks

If you're struggling to put food on the table, there are a number of food banks and community fridges across Surrey you can turn to.

Am I eligible? For people struggling financially to put food on the table. Visit surreyinformationpoint.org.uk and search "foodbanks" or call **0300 200 1008**

Breathing Space

Gives temporary protection from most types of debt collection.

Am I eligible? Anyone with debt problems can get support and space from creditors. If you are receiving mental health crisis treatment you can get more protection. Visit surreycc.gov.uk/mentalhealthdebtsupport

Surrey charities are here to help you

Many charities in Surrey have been given funding to offer you help if you need it.

Am I eligible? Yes, available to all. Visit surreycc.gov.uk/householdsupportfund or call **0300 200 1008**

LOOK OUT FOR OTHERS

Remember that other people, like older neighbours, friends and family members, may need a bit of extra help and care over the winter period. Check on them when you can. You can also help play a part in your community by joining up and joining in with others in your local area. Visit surreycc.gov.uk/makeithappen

GENERAL SUPPORT FROM US

Warm Hubs

Places within the local community where people can enjoy a safe, warm and friendly environment in which to enjoy a hot drink, social activity, and receive information and advice.

Am I eligible? Yes, it's particularly beneficial to residents in hard to heat homes, those who are isolated, or those worried about their energy bills.

Visit surreycc.gov.uk/welfare, call 0300 200 1008 or visit your local library for more information.

Surrey Libraries

Free access to computers and Wi-Fi in all 52 libraries across Surrey. Providing resources activities and events in suggested locations, including drop in sessions on welfare support and advice.

Am I eligible? Yes, libraries are open to all residents, with or without a library card.

Visit surreycc.gov.uk/libraries

Surrey Information Point

An online directory of care and support options available locally. You can find local support for money management and tackling debts, as well as a host of other services including befriending and help with local transport during winter.

Am I eligible? Yes, available to all. Visit surreyinformationpoint.org.uk

Staying Independent

If you have difficulties completing everyday tasks safely and independently, there's lots of equipment to hire or buy which can make looking after yourself easier.

Am I eligible? Yes, available to all. Visit surreycc.gov.uk/adultequipmentandtechnology

Priority services registers

In the event of a water shortage you can receive free support and bottled water. You can also sign up with your electricity and gas supplier in case of a supply issue so you are treated as a priority customer.

Am I eligible? If you are of pensionable age, have a long term medical condition or disability, or have children under the age of five. Contact your utility companies directly to be put on their register.

Support for carers

Carers often miss out on entitlements which may be available to them.

Am I eligible? You are a carer if you look after someone who is ill, frail or disabled and you are unpaid.

Visit surreycc.gov.uk/carerfinancialsupport

Support for veterans

There are a number of ways for the Armed Forces community to access help and support.

Am I eligible? Available to anyone who has served in the British Armed Forces, including those who undertook National Service. To find out more, download the Forces Connect app.

Visit surreycc.gov.uk/armedforces

Free period products

In partnership with charity Binti International, free period products are available in selected locations across Surrey.

Am I eligible? Yes, available to all for free collection and donation in 52 Libraries in Surrey.

Visit surreycc.gov.uk/perioddignity

HELP TO REDUCE YOUR FUEL BILLS

Sustainable warmth grant

Funding to make your home warmer and more energy efficient which will help lower bills.

Am I eligible? For residents with a household income of less than £30,000.

Visit actionsurrey.org to apply or call 0800 783 2503

LoCASE Grant

Grant funding of up to £20,000 (up to 40% of eligible costs), to implement energy efficiency measures and reduce energy costs and carbon footprint.

Am I eligible? Small and medium-sized businesses and charities can apply.

Visit lowcase.co.uk or email lowcarbon@surreycc.gov.uk

Energy Advice Tool

To help you understand and manage your energy use.

Providing tailored options to help with reducing energy use, finding free or part funded schemes to make your home more energy efficient and signposting you to debt relief grants.

Am I eligible? Yes, available to all.

The tool will be available at

surreycc.gov.uk/welfare

Leaving the car at home

Opting to walk or cycle on shorter journeys can benefit your health and save on fuel costs.

Am I eligible? Yes, available to all.

Visit surreycc.gov.uk/activejourneys

LAUNCHING
SOON

£125

draught-proof windows and doors

£95

keep shower time to just four minutes

£70

avoid using the tumble dryer

£70

insulate your hot water cylinder

£65

switch appliances off standby mode

TOP 10 SAVINGS TO HELP YOU REDUCE YOUR ENERGY BILLS*

£43

don't overfill the kettle and fit an aerator onto your tap

£34

wash at 30°C and do one less wash a week

£25

turn off lights when not needed

£20

swap one bath a week for a shower

£70

set your boiler's flow temperature between 55 - 60 degrees **

* Estimated annual savings for an average household. Source: Energy Saving Trust.
** Source: The Heating Hub.

SUPPORT FOR FAMILIES

Surrey Family Information Service

Providing advice, support and information on a range of subjects.

Am I eligible? Yes, support and advice for everyone.

Visit surreycc.gov.uk/fis or call **0300 200 1004** (Mon - Fri, 9am - 5pm)

Club4

Free school holiday camps running during the longer school holidays, offering healthy food and fun activities.

Am I eligible? For children aged 5-16 who receive benefit-related free school meals. Visit activesurrey.com/community/club4

Free school meals

Free school meals for primary and secondary pupils.

Am I eligible? All infant pupils are entitled to free school meals. Children in Year 3 and above are eligible if their parents receive one or more qualifying benefits. If you think your child may be entitled to a free school meal, contact your school to apply or visit surreycc.gov.uk/freeschoolmeals

School uniform

We have a list of local services that can support with school uniform costs.

Am I eligible? If you are worried about school uniform costs, the Family Information Service provides suggestions and services that can support. Visit surreycc.gov.uk/schooluniforms

Funded early education for two year olds (FEET)

Early years settings are wonderful places for children to learn, make friends and have fun. Eligible families can receive up to 15 hours of funded early education and childcare a week for 38 weeks a year.

Am I eligible? Check the website for more details. Visit surreycc.gov.uk/feet

Funded early education and childcare for three and four year olds

In England all three and four year olds are entitled to up to 15 hours of funded early education and childcare a week for up to 38 weeks a year.

Am I eligible? This is a universal offer and is available to all children. Visit surreycc.gov.uk/fundedchildcareage3to4

Tax-free childcare

Up to £2,000 a year of tax-free childcare is available to help lower costs.

Am I eligible? Check the website to find out if you are eligible. Visit gov.uk/get-tax-free-childcare

Be aware of scams

Cost of living scams can include fake energy rebate texts, offers of loans, too good to be true prices, and false home improvement claims to cut your bills.

Be wary of unexpected phone calls, texts, pop up adverts online, emails and knocks on the door. For more advice, to report a fraud or scam, get a free no cold calling or scams sticker pack, or enquire about a free call blocker device please visit surreycc.gov.uk/tradingstandards or call **0300 123 2329**

TOP TIP

It's important for your health to heat your home to at least 18°C (65°F).

LOCAL AND NATIONAL SUPPORT

The Government has provided various payments to those who are eligible. Visit helpforhouseholds.campaign.gov.uk

Universal Credit advice

Supports you if you are on a low income or out of work by providing you with a monthly payment to help with your living costs.

Visit gov.uk and search 'understanding universal credit' or call **0800 328 5644** or telephone **0800 328 1344** (Mon - Fri, 8am - 6pm)

Help with your income

Personalised job support is available through job help, tax relief and work-related expenses.

Visit gov.uk and search 'job help'

Help with managing finances

Free, confidential money help that is quick, easy to use and backed by the Government.

Am I eligible? Yes, available to all. Visit moneyhelper.org.uk

Citizens Advice

Can give free advice on benefits and other financial support online, by phone or in person.

Visit citizensadvice.org.uk for advice and to find your local branch. Call **0800 144 8848** or, if you can't hear or speak on the phone, textphone or smartphone app via Relay UK **18001 0800 144 8884**

District and borough council support

Find support in your local area including housing benefit and council tax support.

Elmbridge	• elmbridge.gov.uk/cost-of-living-support
Epsom & Ewell	• epsom-ewell.gov.uk/residents/cost-living-crisis
Guildford	• guildford.gov.uk/costoflivingsupport
Mole Valley	• molevalley.gov.uk/cost-of-living
Reigate & Banstead	• reigate-banstead.gov.uk/cost-of-living
Runnymede	• runnymede.gov.uk/cost-living
Spelthorne	• spelthorne.gov.uk/support
Surrey Heath	• surreyheath.gov.uk/additional-support
Tandridge	• tandridge.gov.uk/support
Waverley	• waverley.gov.uk
Woking	• woking.gov.uk/costofliving

HEALTH AND MENTAL WELLBEING

We know that the cost of living crisis could have a damaging impact on many people's mental and physical health, especially over the winter months. There's a range of support and information to help you through these difficult times.

Healthy Surrey

Information and advice to help you stay well. Find self-help tips and services for yourself, or a child, friend or relative.
Am I eligible? Yes, anyone in Surrey can access support. Visit healthysurrey.org.uk

Mindworks Surrey

A mental health and wellbeing service for children and young people.
Am I eligible? Available to all children and young people in Surrey, aged 5-18. Visit mindworks-surrey.org
For those in crisis, call **0800 915 4644**

NHS Mental health crisis support

A local helpline for you to speak to a friendly and well-trained member of staff if you've reached breaking point.
Am I eligible? Children and adults can access this support.
For more support: Call the crisis helpline, 24 hours a day, 7 days a week on **0800 915 4644** or text **07717 989024**

Staying safe

Common household appliances used for heating and cooking can produce carbon monoxide (CO) if they're badly fitted or poorly maintained. Symptoms of CO poisoning are flu-like and can be hard to detect. To keep you and your loved ones safe from the poisonous gas, have your appliances serviced by a Gas Safe Registered engineer each year. Don't forget to test your CO alarm regularly

Pharmacies

Can help with minor health concerns before they get worse.
Am I eligible? Yes, available to all. It is often easier to get the help and advice you need without having to book and go to your GP or A&E. Find your nearest nhs.uk/nhs-services/services-near-you

NHS 111

A 24/7 service offering round-the-clock information and advice.
Am I eligible? Yes, available to anyone with urgent health problems which are not life threatening.
Visit 111.nhs.uk, use the **NHS app** or call **111**. In an emergency always call **999**

COVID-19 booster and flu vaccinations

Your flu and COVID-19 vaccines are two of the most important things you can get to protect yourself from becoming seriously ill and to keep others safe this winter.
Am I eligible? Yes, if you are aged 50 and over, have certain health conditions, are pregnant, a carer, frontline health worker or a social worker.
COVID-19 – visit nhs.uk/coronavirus
Flu – nhs.uk/flu
Or speak to your GP or local pharmacy.

to check if it's working, requires new batteries or needs replacing. If you suspect that you have a carbon monoxide leak in your property, call the National Gas Emergency line on **0800 111 999**.

YMCA EAST SURREY

Children's Wellbeing Parent Workshops

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

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.ymcaeast Surrey.org.uk/parent-workshops/

  @YMCAEastSurrey



YMCA

Here for young people
Here for communities
Here for you



2 - [click here](#)¹⁶



¹⁶<https://www.toyota.co.uk/dreamcar-2023>



Bourne Hall Museum
Kids Club
bringing history alive



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.



£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



THE STIRRUP HAND PUMP



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)

**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

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



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