



Shorefields Parent Newsletter

15th July 2022

<https://www.shorefields.essex.sch.uk>

Dates for the diary

Break for summer holiday—21 July—finish at 1.30pm

Meet the Teacher—2nd September—please request an appointment

Pupils back in school Monday 5 September

Free school meal vouchers for the Summer holiday

For those entitled to free school meals, vouchers have now been ordered and you should have received an email from Wonde with your voucher attached.

If you are in receipt of Universal Credit, you may be entitled to free school meals—please contact the school office for more information

Good News

Sunshine 7 have had a great week spending one day at the Beach Hut and another at the Splash Park

Sunshine 5 had a lovely trip to the beach and park this week. They all listened so well and had lots of fun!

Beach 3 had a great time having a water fight, everyone joined in and they all shared the water pistols and sprinkler well.

Beach 4 enjoyed time in the paddling pool and cooling down in the hot weather!

Sunshine 3 have had a lovely week at the park and beach keeping cool!

Sunshine 8 had an amazing time at the beach hut followed by an ice cream

Sunshine 1 are off to the beach for the day today

Pier 3 Have been working hard on keeping cool, enjoying lots of water play. We enjoyed our last Music therapy session with Davy for the Term, we thank him for delivering such lovely musical sessions

Pier 1 have been busy making cards this week for Staff who help us. We had an attention bucket Thursday, they had fun exploring Gloop, One student joined Sunshine 4 water play and got soaked through—great fun! The children made Davey a card to say thank you for our music sessions.

We are sad to say goodbye to some of our staff at the end of this term, but wish them all the best for their future. They are Kevin, Kat, Mandy and Leah in the medical team

Also wishing all the very best to Pam and Tracy on their upcoming weddings.

Amber weather warning - Extreme heat

Please note that on Monday and Tuesday we are placed within the Met Office Extreme Heat category area. This means there is a significantly increased potential for serious illness or danger to life.

Children's susceptibility to high temperatures varies; those under 4 years of age, who are overweight, or who are taking certain medication may be at increased risk of adverse effects. Some children with disabilities or complex health needs may be more susceptible to high temperatures.

Alongside this, we have received information that ambulance times could be affected by this, as well as disruption to roads.

We have seen an increase in Covid cases in school this week.

With all the above in mind - please assess your child's health and make the decision about whether to send them to school, or if it is best to control their temperature at home, on Monday and Tuesday. A few of our classes have air conditioning, however, we have a few which are East/South facing which do not and become hotter throughout the day. All playground and most outside areas are in the sun for the school day, which is likely to make most of them unusable in such extreme temperatures.

A student in sunshine 6 has had their hair cut after growing it for the Little Princess Trust. We are all so proud of him and he looks very handsome and grown up!

Mum has requested that we share some photos with you all—there is a Go Fund Me page as well, please get in touch for further details



SPLASH EVENTS FOR THE SUMMER HOLIDAYS

THURSDAY, 4 AUGUST 2022 FROM 18:30-20:00

SPLASH private hire of Colchester Leisure World



Private hire of the leisure world pools
flumes open from 6.45-7.45pm.
£5.50 per person numbers will be limited

Tuesday, 16th August 6.15—8.15



Private hire of Playpalz

£5 per Child

28 Telford Road, Clacton on Sea, CO15
4LP

SATURDAY, 27 AUGUST 2022 FROM 12:00-13:30

SPLASH Private hire of Amazing Activities



Private hire of amazing activities
This is limited to 20 children so will be
done on a first come first served basis.
The cost will be £10 per person.

For more information please go to the SPLASH Facebook page

<https://www.facebook.com/SPLASHPTA>

Or contact Louise either via email Lbennison89@gmail.com

Or a note in the home school book for attention of Louise SPLASH



School Dinners – w/b 18/7/22 we will be on week 1 of the Summer Menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Tomato pasta bake	All day breakfast, sausage, egg, bacon & hash brown	Roast pork, sage & onion stuffing, Yorkshire pudding & roast potatoes	Omega 3 fish fingers served with chips	
Main Meal Option 2	Chicken chunks served with new potatoes	Vegetarian sausage, egg, hash brown, tomato	Cheesy beans in a Yorkshire pudding, stuffing & roast potatoes	Chicken burger served with chips	
Vegetables	Cauliflower & mixed vegetables	Baked beans & mushrooms	Cabbage & carrots	Spaghetti hoops, bubble & squeak	
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	
Dessert/ Pudding	Lemon drizzle cake & custard	Fresh fruit pots or angel delight	Homemade brownie served with ice cream	Homemade biscuit with a choice of milkshake	

Look after your wellbeing this summer - choose one, two or three activities to complete each week and tick them off as you go! Share your favourite activities on social media and tag @ThriveApproach in your post.



1. Nature week

Explore your garden or local park and see what you can find - sticks, leaves, feathers. Arrange your items on the ground to create a picture.

Make a cake for the birds. Make a small hole in the bottom of a yoghurt pot, thread some string through and tie a knot on the inside. Leave enough string so that you can hang the pot up. Cut some soft lard into pieces and mix with seeds, raisins and cheese. Fill the pots and put them in the fridge. Once set, hang where birds can enjoy, and you can watch them!

Plan a day out with your friends or family. Go for a walk, bike ride, swim or picnic and enjoy being outside in the fresh air.



Thrive's 6 weeks of summer



5. Self-care week

Download the Thrive self-care bingo and see how many activities you can cross off in a week. Challenge your friends and family to do the same.

Plan a home spa day. Make your own natural facemasks, have a bubble bath or do your own pedicure. Do anything that makes you feel relaxed and special.

Research yoga and the benefits it can have on your mind and body. Try different poses and build your own sequence to practice.

3. Mindfulness week

Put a blanket down outside and watch the clouds. Notice how they move and change shape, what do they look like? Take some deep breaths and pretend you're blowing the clouds along.



Go for a mindful walk in your local area. Notice the colours, sounds and smells around you. How does your body feel when you walk slowly or when you go up a hill?

Find a meditation or body scan video to help relax your mind and body. How does it make you feel?



2. ArtWeek

Create splatter painting! Dip your paint brush or spoon into the paint then flick your wrist to splatter the paint across the paper. Continue splattering with different colours and movements to create your masterpiece.

Make a fan for a hot day. Decorate one side of a paper plate then fold it in half so the blank side is on the inside. Staple the outer edges together and tape a lolly stick to the middle as a handle - your fan is ready to use!

Try continuous line drawing - the aim is to not take your pencil off the paper. It doesn't matter if it makes the drawing look scribbly or messy - that's part of the fun!

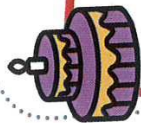


6. Food week

Find a local market and see what food is on offer - is there something you've never tried before?

Have a picnic outside with your friends or family. Ask everyone to bring their favourite food to share with the group.

Get creative in the kitchen and cook a meal or snacks from a different country.



4. Gratitude week

Use the Thrive Gratitude Treasure Hunt to explore your surroundings and find things you're grateful for.

Make a jar of joy! Take note of joyful days, moments or feelings, write them down and put them in your jar. At the end of the year, open it up and remember all of the things that made you smile!

Say thank you to someone you care about by making them a surprise breakfast one morning.



Yay, you've completed Thrive's 6 weeks of summer! Celebrate by downloading your certificate from thriveapproach.com/resources

SUPERBLOOM



Follow our Superbloom project. Check out our weekly blog on the school website via scanning the QR code of visiting the school website.

The Bridge SEND Bulletin

Connecting Families, Young People and Services together - Summer Edition



We have some hand sanitizer which families are welcome too. It will be first come first serve basis. If families could pop into the office if there interested that will be great.

Clare (A parent of a student at Shorefields) would like to know if anyone would be interested in supporting her with a view to arranging a siblings group, it would be a couple of hours of an occasional evening please email her if you are interested

clarethompson83@gmail.com



Safeguarding & Data Protection

To keep up to date with the schools safeguarding and data protection procedures scan the QR codes.

