



Shorefields Parent Newsletter

28th February 2020

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



Chat and Play 1st Saturday of the month at Homelands Free Church (opposite Frinton triangle Shopping Centre Car Park) 2.30-4pm Saturday.

A free get together for local children and families with additional needs. Come along and chat to them about their **free** Play sessions for Families with Children with Additional needs.

Dates for the diary

6th March—World Book Day

21st March World Down Syndrome Day/odd sock day

3rd April—Last day of term—Finish at 1.30

20th April—return to school

The staff here at Shorefields are willing to help and advise parents and families wherever possible, please be respectful to our staff and be aware that verbal abuse will NOT be tolerated under any circumstances., thank you.

Head Teacher

We are working in partnership with Hawk Farm in Weeley, to raise some funds. We are looking for sponsors for a Health and Wellbeing project, so that our students can engage in and develop life-long skills and greater independence, through outdoor learning.

If you know of any businesses in the area that might be interested in supporting the project, please get in touch with Alison at Shorefields



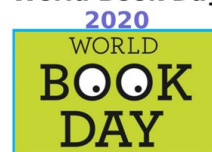
School Dinners – w/b 02/03/20 we will be on week 2 of the Autumn Menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Tuna Pasta Bake	Chicken Tikka Masala Served With Rice & Naan Bread	Roast Beef Parsnips, Yorkshire Pudding & Roast Potatoes	Sausage Pie Served With Mash Potato	Harry Ramsden Fillet Of Fish Served With Chips
Main Meal Option 2	Southern Fried Chicken Served With New Potatoes	Fishwich In A Bun Served With Potato Wedges	Cheesy Beans In a Yorkshire Pudding, Parsnips & Roast Potatoes	Macaroni Cheese Served With Garlic Bread	Sweet Chilli Or BBQ Chicken Wraps Served With Chips
Vegetables	Cauliflower & Peas	Broccoli & Sweetcorn	Green Beans & Carrots	Cabbage & Mixed Vegetables	Baked beans, Corn On The Cob, bubble & squeak
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dessert/ Pudding	Coconut & Jam Sponge Served With Custard	Rice Krispie Cake With A Choice Of Milkshake	Fruit Crumble & Custard	Selection Of Ice Cream Pots With A Shortbread Finger	Fairy Cakes or Muller Corner Yogurt



Just to let you know that we will be celebrating world book day on Friday 6th March. It will be a non-uniform day and if your children wish to dress up as a book character they are very welcome to, there will be a few activities throughout the day similar to what we

World Book Day



21st March 2020 is World Down Syndrome Day

We are supporting this by selling badges in reception or ask Calen's mum Tania, they are £1 each.

We will also be holding an 'odd socks' day on 20th March—donations welcomed (not socks!!)



HEALTH & WELLBEING DAY 2020 FREE ENTRY

**Saturday 29 February
10am – 3pm**

**Jaywick Community Resource Centre,
Brooklands Gardens CO15 2JP**

**Find out how you can maintain
a happy healthy lifestyle**



**FREE Demonstrations,
Activities, Information
and gifts
FREE Prize Draw
for all attendees
1st prize £30 Morrisons
voucher!**



#JaywickWellbeingDay

Hosted by CVS Tending
Charitable Company Limited by Guarantee No: 1108177. Reg: 5325167
Tel: 01255 425692 admin@cvstending.org.uk www.cvstending.org.uk

A variety of demonstrations throughout the day including

- Chair based resistance
- Crystal healing
- Fitsteps
- Gentle yoga
- Guided relaxation
- Line dancing
- Massage tasters
- Reflexology
- Reiki
- Seated dance
- Self-defence
- Singing
- Sound healing
- Tai chi

Organisations attending

- Active Essex
- Anglian Community Enterprise
- Carers First
- Citizens Advice Tending
- CVST - Hill/My Weight Matters/Social Prescribing/Winter Resilience Team/ Anglian Water Keep it Clear Campaign
- Dementia UK/Admirals Nurses
- Essex Carers Support
- Essex County Fire and Rescue
- Fitsteps
- Friends of Jaywick Martello Tower
- Healer Practitioner - Reiki
- Health Forum - North East Essex CCG
- Home-Start Colchester
- ICS Health and Wellbeing
- Jackie Byrd Therapies
- Jaywick Community Resource Centre Toddler Group
- Jaywick Men's Shed
- North Essex Reiki Practice
- Parashakti Yoga
- Singalongapen
- Solely Reflexology & Relaxation Centre
- Sonny's Army

Healthy food tips for the week

Try going as natural and healthy as you can within the restrictions set by your child. Mix some natural Greek or organic probiotic yogurt into their usual flavoured yogurt, gradually increasing the amount of the good stuff over a period of weeks.

Please note that our policies can be found on our school website.



InterAct's new activity programme for April - June 2020.

There are lots of exciting things going on in the year ahead including a trip to Nuclear High Ropes, Canal boat trip and an new overnight stay at Layer Marney, plus lots more!
Something for everyone, we hope you agree.

The holiday activities will be available to book from 7pm on 24th February and the **booking deadline** for the Easter holidays is Monday 23rd March 2020. So we recommend booking early to avoid disappointment as numbers are limited.

Go to: www.interact.org.uk/booknow

Please Note:

Young people wishing to access these activities which are part of ECC Short Breaks clubs, activities and care programme will need an **Essex County Council passport number**.

If you are not already registered with Essex County Council (ECC) for Short Breaks activities you will need to visit: <https://shortbreaks.essex.gov.uk/what-are-short-breaks/>

and complete the on-line registration form to obtain an ECC passport number in order to continue attending InterAct or other providers Short Breaks services.

This number will be unique to each child and be required to access all Shortbreaks services including:

Clubs and activities - Light Touch Care Hours - Caravans - Beach Huts - Max Cards - Tickets

The criteria for registering require the child or young person to:

- be aged between 0-25 (Please note some services post 19 would require a personal budget to access)
- have a diagnosis of special educational needs and/or a disability
- live within the administrative boundaries of Essex County Council (excluding Southend and Thurrock)

If you have any problems please get in touch with Essex Short Breaks:

Email: shortbreaks@essex.gov.uk



PROPER FAMILY FEST
EASTER MONDAY 13TH APRIL 2020

50% TICKETS REMAINING

ALEXANDER O'NEAL • JOYCE SIMS
ASH SELECTOR • PINEAPPLE DISCO
NICKY BLACKMARKET • RAVEN TOTS • PHILGOOD & RAM

ATTRACTION: FUNFAIR • BOUNCY CASTLES • ICE CREAM VANS
FACE PAINTING • CANDY FLOSS • STALLS • SUPER HERO DANCERS • BUBBLE MACHINES

WWW.PROPERFAMILYFEST.CO.UK • 12 - 11PM

Just to give you an overview of our event:

Alexander 'O'Neil will be headlining along with Joyce Simms - <https://www.youtube.com/watch?v=LVNPV5V6O24> & https://www.youtube.com/watch?v=v_H23dEmO4Y Some of the UK's biggest DJ's playing a variety of music

- Family funfair rides- Children ride for free
- Laser quasar
- Wide range of food
- Children's entertainers
- Entertainment
- licensed Bars
- lots of fun for all age generations
- so much more!
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Proper Family Fest is a Festival which is all about bringing parents and children together and unwinding in a safe secure and fun environment.