



Shorefields Parent Newsletter

25th February 2022

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

You will no doubt have heard the announcement on Monday from the Prime Minister that the Covid-19 restrictions will be lifted from Thursday 24 February 2022. In terms of education announcements, the following points were made:

Twice weekly asymptomatic testing guidance has been lifted as of Tuesday for all settings except for special schools, AP and specialist SEND units in mainstream schools including specialist FE SEND provision

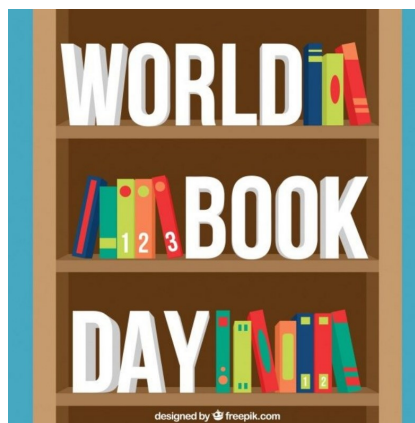
If someone under the age of 18 tests positive they will be advised to stay at home, this is the same advice for all adults.

Secondary aged students, please continue with the twice weekly lateral flow testing. If you require any more testing kits, please let us know.

Also should any primary aged children/families wish to have some testing kits, they are available, please pop a note in the home school book if you would like some.

Dates for the diary

We are celebrating World book day on Friday 5th March. Pupils are welcome to dress up as a book character if they wish.



Parents - If you are attending any medical appointments in school eg, Physio, medicals, OT, would you please arrange to take a lateral flow test before coming in to school. Thank you.

School Prom invites have been sent out to all students from year 11 - 14 Please can you return all reply slips by Friday 4th March. Thank you

We regret to inform you that we have been advised by Essex County Council to close our hydro pool whilst further Investigations are carried out, following the discovery of a leak on return from the Christmas holidays. We are currently trying to source community provision for some pupils with hydro stated on their EHCP. We will update when we have further information- our deepest apologies.

The Maze have a lot of support on line

<https://www.themazegroup.co.uk/learning-materials/>

We facilitate a group here every term for more information contact Angela our Learning Link Advisor.
angelag@shorefields.essex.sch.uk



Good news stories

Pier have all loved their sensory space experience this week 😊

A pupil in Sunshine 4 has started to sign Good Morning 😊

Sunshine 3 had a lovely PE session yesterday . In September they only stayed for 10 minutes now they stay for up to an hour!!!

Pier 3 A student was able to experience the Space Enrichment Day which used the dome tent while staying calm. This is a huge step forward for him as tents are difficult for him.

Sunshine 2 did a great sensory cookery lesson making biscuit dough and one little boy has done some amazing pecs work this week!

Sunshine 5: 3 students have engaged really well with their new communication groups and have been using much more language

Sunshine 3
One student showed great catching and throwing skills in PE!

Sunshine 6 have been learning about how to look after themselves and really enjoyed learning about hair washing. They have also loved making pancakes on Tuesday, especially flipping them over!

One pupil in Beach 3 used a core board independently to communicate that he liked the games in the communication group

Everyone in Pier 3 made Fruit rockets as part of their Cookery session

Beach 1 were brilliant about trying new food this week and someone else showed how amazing their speech is.

Beach 4 made scones and they turned out well 😊

For families with children and adults with additional needs and disabilities

Saturday 19th March 2022

10.30am—12.30am

Christ Church URC, Carnarvon Road, Clacton, CO15 6PH

Messy fun for all the family, parents, siblings and carers

Crafts, music, interactive sensory story, sensory messy play

Lunch provided

Contact Trish Hahn: 01255 483288

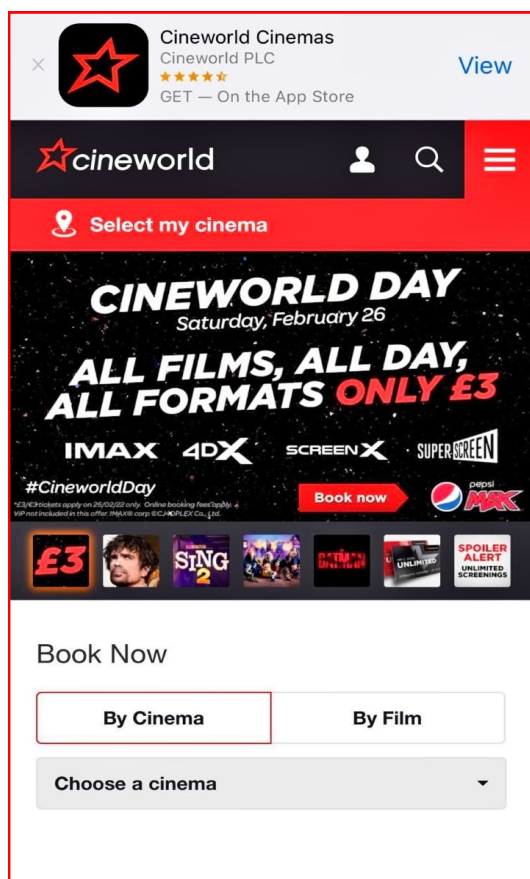
Facebook: Mess Church S.E.N.D / Christ Church URC





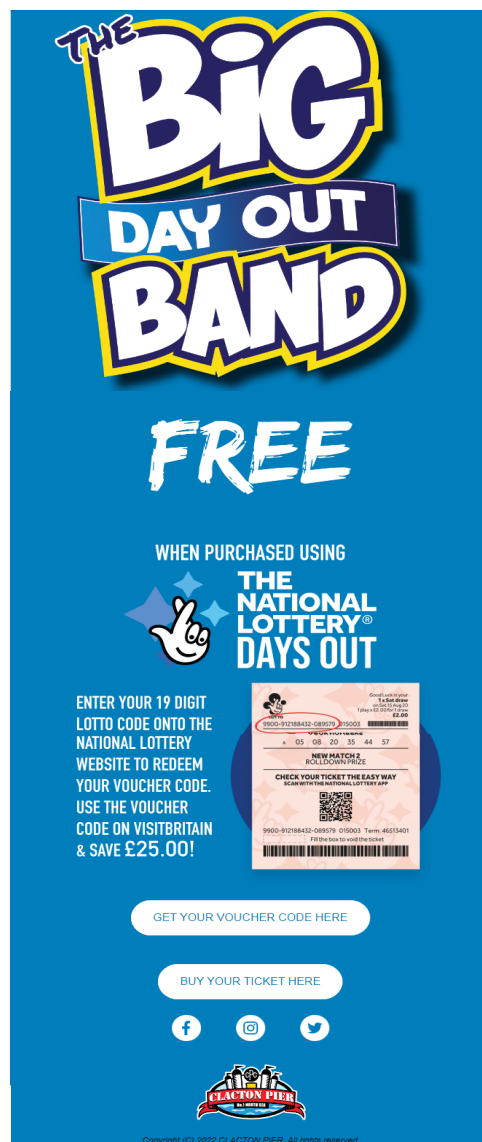
School Dinners – w/b 28/2/22 we will be on week 2 of the Spring Menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Sausages served with jacket potato & baked beans	Chicken curry served with rice & naan bread	Roast beef, yorkshire pudding & roast potatoes	Cornish pasty served with mash potato	Omega 3 fish fingers served with chips
Main Meal Option 2	Tomato pasta bake	Homemade cheese flan served with new potatoes	Cheesy beans in a Yorkshire pudding, parsnips & roast potatoes	Macaroni cheese served with garlic bread	Chicken burger served with chips
Vegetables	Mixed vegetables	Broccoli & sweetcorn	Cauliflower & green beans	Cabbage & carrots	Baked beans & bubble & squeak
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dessert/ Pudding	Chocolate cake with chocolate sauce	Melon, strawberry & grape pots or a fruit smoothies	Fruit crumble & custard	Homemade cereal bar	Fruit smoothie or cheese & biscuits



The nearest Cineworld is Ipswich
Cardinal Park, 11 Grafton Way,
Ipswich IP1 1AX

If you purchased the big day out band to use during half term, the pier was closed for some of the time due to severe weather conditions but they will honour any tickets bought.



Self-care bingo

Drink lots of water	Enjoy time outside 	Create your own daily affirmations	Set aside some quiet time to relax	See someone that makes you happy	List three things you enjoyed about this week	Have a good night's sleep
Tidy your room	Have a bath	Try a new hobby	Make someone smile	 Listen to your favourite music	Watch your favourite film	Create a bucket list
 Read your favourite book	Have a dance around	Try meditation	Eat a nutritious meal	Focus on what you can control	Have a digital detox	 Say something nice to yourself in the mirror
Think what you are thankful for	 Try a new sport	Talk about your feelings with someone you trust	Practice calming breathing techniques	Dress up in your favourite outfit	Establish a morning routine	Spend time with friends
Have a treat night	Ask for help when you need it	Do stretches or yoga	Go for a walk 	Set yourself some realistic goals	Start a journal	 Celebrate your success - no matter how big or small



Teacher Bulletin



One month left to enter the 2022 awards

The deadline for nominations for the National Teaching Awards 2022 is **Friday 4 March** - don't miss the opportunity to celebrate the people and teams in your community who make a real difference. With 15 categories to choose from, the awards are open everyone working in schools and colleges – individuals, teams, teachers, leaders and support staff.

The awards are free to enter and there's only one month left until the nominations deadline - so make 2022 a year of celebration for your school or college.

Enter now

<https://content.govdelivery.com/accounts/UKDFE/bulletins/308c127>



**SAFER
GREENER
HEALTHIER**

Sign up for a free adult cycling training session.

Whether you're a beginner or just
want to boost your confidence,
our qualified instructors can help.

Sign up at

[https://essex.cycleready.co.uk/
registerinterest/registerselectcoursetype](https://essex.cycleready.co.uk/registerinterest/registerselectcoursetype)

or for more details, email

SaferEssexRoads@essexhighways.org



Training sessions will run until 31st March 2022
and are available across Essex.


Essex County Council

<https://essex.cycleready.co.uk/registerinterest/registerselectcoursetype>



FREE BIKE TRAINING



The
BIG BIKE
Revival



**BEGINNERS
LEARN TO RIDE**

9:00-10:30

**ADVANCED
ROAD CONFIDENCE**

11:00-12:30

**MARTELLO COACH
CAR PARK, CLACTON
CO15 1AH**

COME ALONG EACH SATURDAY

12TH FEBRUARY, 19TH FEBRUARY

26TH FEBRUARY, 12TH MARCH

Age 12 years and over. We have training bikes for you to borrow and use for free on the day if needed.



SCAN TO BOOK ONLINE

OR CONTACT US TO BOOK

07866782456

EssexPedalPower@ActiveEssex.org





InterAct



Clacton Youth Club

Every Wednesday from 6.30pm - 8.30pm

At Clacton Youth Club

Green Lodge

180 Old Road

Clacton CO15 3AY

Cost £9

Why not come along and have fun with games, crafts, music, films, picnics and more

This club is for young people aged 10—18 years old with special educational needs

To find out more about InterAct and how to register please visit: www.interact.org.uk






Email: youngpeopleteam@interact.org.uk

or call 01245 608206

Already registered?

Book & pay for activities online: www.interact.org.uk/booknow




Wednesday 02 March	6:30pm — 8:30pm		Pancake making — Come along and choose your favourite toppings to go on your pancake and enjoy some pancake games too.	£9	TP 1416	Clacton Youth Club 180 Old Road Clacton CO15 3AY	
Wednesday 09 March	6:30pm — 8:30pm		Bowling at Clacton Pavilion	£4	TP 1417	Marine Parade West, Clacton, Essex, CO15 1QX	Please bring money to play on the night
Wednesday 16 March	6:30pm — 8:30pm		St Patrick's day celebrations	£9	TP 1418	Clacton Youth Club 180 Old Road Clacton CO15 3AY	
Wednesday 23 March	6:30pm — 8:30pm		Mothers day crafts - make a card or a flower mosaic	£9	TP 1419	Clacton Youth Club 180 Old Road Clacton CO15	
Wednesday 30 March	6:30pm — 8:30pm		Treat making —Make a chocolate Rice Krispie birds nest	£9	TP 1420	Clacton Youth Club 180 Old Road Clacton CO15 3AY	

Book & pay for activities online: www.interact.org.uk/booknow OR 01245 608206