



Shorefields Parent Newsletter

18 March 2022

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

Covid Update

We have a significant number of positive Covid cases in school amongst staff and children. We will endeavour to keep classes open, however we may need to close classes or partially classes if we are unable to staff them. We appreciate this is really difficult for families and we will do our best to keep classes open safely where ever we can.

Please continue to lateral flow test your child twice a week, we have tests in school if you need any.

Advice if your child tests positive:- If they test positive on a lateral flow test, this is day Zero. Day 1 is the day after the positive test. You can take another lateral flow test on day 5, if negative, test again on day 6 and if negative return to school.

If still positive, test again on day 7 and 8, if both negative return to school on day 8.

If still positive on day 8, return to school on day 11 if well enough to do so.

Dates for the diary

Messy Church is cancelled this weekend due to illness

Splash Disco Friday 8th April, St Osyth Village Hall
Break for Easter holidays—1st April—we will finish at 1.30pm on that day.

Return to school Wednesday 20th April

Pink Day in aid of Breast Cancer Care will be on Thursday 24th March

If you wish, your child can come in to school wearing something pink! We would suggest a donation of £1 if possible. There will be a cake sale and raffle throughout the morning so do please send in a few pennies with your child on that day, so they can take part. Thank you

Essex Activate and Free School Meal Vouchers

For those of you in receipt of free school meals in years R to 6 will receive vouchers today for Essex Activate. These vouchers can be used to book Clubs for the Easter holidays from 16 March.

Free school meal vouchers will be paid for all those entitled to free school meals for the Easter Holidays - these will be ordered the week beginning 21 March.

Good news stories



Good luck to Nicole Bevis, class teacher for Sunshine 5, who is getting married this weekend!



Sunshine 7 have been great rocket scientists this week

A child in Beach 1 did her own attention bucket session with Gemma, class managed to catch it on video. Fantastic work!!

Sunshine 8—A young man's speech is coming on amazingly, he told the whole class the names of his siblings and clearly said he went to the "pier" at the weekend

Pier 1 has made it through the week and had a fun time in the playground on Monday. One young man has made friends with another and one of them has been blowing kisses to one of the girls!

Sunshine 5 did really well at the pentathlon

Sunshine 1—one of the little boys counted to 31!

Beach 2 - one of the boys independently rode a 2 wheeled bike for a short time yesterday. Another young man has been signing 'more'. Another young man accessed the upstairs Sensory Integration room and used the new trapeze swing.

Beach 3—One of the students tolerated his new leg splints for 15 mins yesterday! He has to lay down for the duration so this was huge for him.



Good news stories—continued

Sunshine 8— We have some almost complete papier mache projects, a rare sight! We also have our bus passes so we can practice travelling by bus!

Beach 4—One young man managed to make toast in the independent living flat, without eating any in the process!

The Superbloom Seeds have arrived so they will be planted soon.

Governors this week have approved the storage buildings for the Pier classes to store equipment— this will be completed during the summer holidays

SPLASH EASTER DISCO

Easter Disco being held at St Osyth Village Hall on Friday 8th April 7pm to 9pm, £5 per child.

You should all have received a booking ticket this week, please return to the school office with money for the number of children attending. Thank you

For families with children and adults with additional needs and disabilities

Saturday 19th March 2022

THIS EVENT IS CANCELLED DUE TO ILLNESS

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



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



We will be on Week 2 of the 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

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



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/registerselectcoursestype>
 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/registerselectcoursestype>



Just **ONE HOUR**
 Are you looking for a New Year's resolution that benefits you **and** someone else?



Could you give **ONE HOUR** of your time, once a week to befriend someone who is feeling lonely or isolated?

A weekly call or visit from a befriending volunteer can really brighten someone's day.

That volunteer could be YOU!

For more details contact: benefit@ageconnect.org.uk

All volunteers are required to undergo a CRB check and provide references.

Registered Charity Number: 1142414 Registered Company Number: 701777

Easter Holiday Courses Bikeability Level 1, Level 1 & 2, Level 3, and Learn to ride courses. In Chelmsford, Colchester, Harlow & Maldon.



<https://essex.cycleready.co.uk/publicbooking>

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