



Shorefields Parent Newsletter

8th July 2022

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

Dates for the diary

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

For families in receipt of free school meals from Year R to Year 6, you have been issued with Essex Activate Vouchers to use for external summer holiday providers. Please check your emails for information.

We have also been informed that free school meal vouchers will be available for the school holidays. The office team will be able to order them from next week so keep an eye on your emails as these will be sent via Wonde.

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

Sports Day

We all had a wonderful time at Sports Day this week—thank you to all the families who came along to watch and for cheering the children along.

We have received some wonderful comments about Sports Day—it was great to finally all get together again and to see the children having fun.



School Dinners – w/b 11/7/22 we will be on week 3 of the Summer Menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Sausages served with potato croquettes	Lasagne & garlic bread served with vegetables or salad	Roast chicken, sage & onion stuffing Yorkshire pudding & roast potatoes	Bacon whirls served with seasoned cubed potatoes	Harry Ramsdon fillet of fish served with chips
Main Meal Option 2	Tomato pasta bake	Fishcake served with new potatoes	Cheesy beans in a Yorkshire pudding, stuffing & roast potatoes	Tuna pasta bake	Hot dog in a roll served with chips
Vegetables	Broccoli & sweetcorn	Mixed vegetables	Peas & carrots	Cabbage & mixed vegetables	Baked beans
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dessert/ Pudding	Homemade Bakewell tart & custard	Fresh fruit pots or angel delight	Homemade bread & butter pudding & custard	Fruit smoothie with a homemade biscuit	Fresh fruit pots or jam and cream scones

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

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?

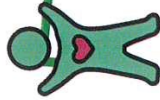


2. ArtWeek

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!



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.

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



<https://essexcc.pagetiger.com/sendfamilybulletinmayedition/july-edition>

Beach Hut now available to book

For those of you who may be interested in booking the school beach hut, please find below details of cost of hire:-

£15 per day, maximum of 3 days in a row in the summer holidays—

Monday to Wednesday £40, Thursday to Saturday £40, Sunday only £15

For bank holidays and Air Show days, one day booking only at £20 per day

Please contact the school office for a booking form and Conditions of Hire

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.



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

**SAFER
GREENER
HEALTHIER**

HOLIDAY COURSES

Bikeability Level 1, Level 1 & 2 and 3 and Learn to ride courses

To book, please visit link
essex.cycleready.co.uk/publicbooking

There is a £10 non-refundable booking fee



Essex County Council

The holiday club is for 14 year olds and above

Sailship School Holiday Club
2022
For young people with learning disabilities / physical disabilities



Our new Accessible Pathway!
Can you complete the Golden Mile?
Enjoy the gardens and wildlife on your journey
around the path whilst getting some exercise!
6 laps = 1 mile

Sailship TLL
RGAT Allotment Site
Fairclough Avenue
Clacton-on-Sea
C016 7EG

T: 07875 639188 E: info@sailship.org.uk
Half Term Holiday
31st May - 3rd June
Summer Holiday
22nd July - 31st August



Reg Charity Number: 1174081

Sailship School Holiday Club
2022
For young people with learning disabilities / physical disabilities

Tuesday - Friday 10am - 4pm £20 per day

Bring your own lunch **OR** purchase lunch from our Kitchen on Tuesdays & Fridays

Join Sailship Trainees in a safe environment where you can enjoy

Kitchen Activities



Wildlife & Nature Activities



Gardening & Garden Crafts



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

Do you need to take some time for you?

We are spreading the word about Time 4 You grants

They can help you spend some time doing something you enjoy. Relax, recharge or have an adventure, its up to you...and there's no forms or fuss. Just fill in the online form at

<https://www.essexcarerssupport.org.uk/carers-breaks-examples> and we will be in touch.





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





Picnic in the Priory

Saturday 23rd July 2022

10.30 - 3pm - Bring a picnic

Priory Street, Colchester CO2 7EE

Entertainment provided by Crafty Drama
outside in the lovely surroundings of St
Bede's Priory
Various Stalls, refreshments and ice cream!




03330 135 438
www.ecl.org
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ecl
Person-centred care

<https://www.mercurytheatre.co.uk/event/send-party-nights/>

SEND Party Nights



Show Information

Shows from: Fri 27 May 2022
Shows to: Fri 29 July 2022
Duration: 2 hours
Price: £5.00
(inc. £1.50 ticket levy)
Venue: Rehearsal Room
Age Guidance: 7-14s

[Book Tickets](#)



Your cards and a map should be with you now
so you can join in at home. We shall also be
doing it at school as well. Hope you enjoy
joining in the fun!

To start playing, hover your card at your first Box. You then have 60 mins to get to your next Box and collect your first lot of points. Hurry! If you don't make it in 60 mins, your points won't be awarded. Score points for each extra Box you visit.

[Community Voluntary Services Tendring Active Essex](#) Tendring District Council