



Shorefields Parent Newsletter

20th January 2023

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

Dates for your Diary:

Quiz night 3rd February, doors opens 6.30 for 7pm start.

Teams of 6, £3 per head, prize for the winners, bring your own drinks and nibbles. There will be a raffle

To book a table: phone 01255 424412, leave a note in home school book, email

lesleycr@shorefields.essex.sch.uk or leave a message on either Facebook page.

shorefields school pta and events or Shorefields school Thank you

Vicky, our sports and leisure co-ordinator will be leaving Shorefields next week. I am sure you will join us in wishing her good luck as she starts a new venture. We will be sorry to see her go and would like to thank her for everything she has done for us all over the last 9 years. Her last day in school will be Tuesday 24th January.

Happy Good News Friday!

Our hydro pool is open!

Sunshine 3—went to Walton Swimming Pool and had a brilliant time

Sunshine 5—went on a lovely walk to Wivenhoe Woods

Pier 1—have had a brilliant week—standing frame and walker fittings for 2 pupils and on Thursday all 4 pupils with walkers used them.

Sunshine 8—One student's speech is coming along beautifully and using 2 part sentences in cooking.

Beach 5—One student used their iPad to request 'more' and 'help'

Beach 2—one pupil used core board to request 'more dancing' and also imitated ducks in a song.

Sunshine 2—had their snack at Morrisons Café and loved it!

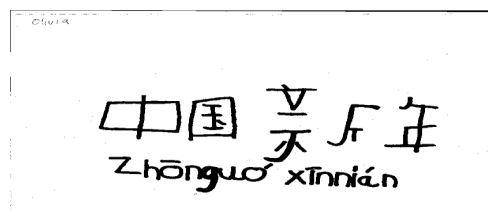
Beach 3—one student is saying 'hello...' and then the pupil's name. Another pupil is signing 'help, no, yes'

Pier 3—In PE one student asked to walk all the way back from the hall and another student independently strummed a guitar to differentiate between hard and soft.

Beach 1—had a furniture deliver of new weighted chairs

Pier 5—lovely to welcome a student back after illness and using eyegaze.

Classes have been celebrating Chinese New Year this week, and one student in Sunshine 7 has written Happy New Year in Chinese



School Dinners – w/b 23/1/22

Week 1 of the Autumn 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	Sausage roll served with mash potato	Omega 3 fish fingers served with chips
Main Meal Option 2	Quorn Vegan Dippers Served with potato cro- quettes	Vegetarian sausage, egg, hash brown, tomato	Cheesy beans in a Yorkshire pudding, stuffing & roast potatoes	Macaroni cheese served with garlic bread	Chicken burger served with chips
Vegetables	Mixed vegetables	Baked beans & mushrooms	Cabbage & carrots	Broccoli & sweetcorn	Baked beans, bubble & squeak
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dessert/ Pudding	Jam sponge & custard	Fresh fruit pots or angel delight	Homemade brownie served with ice cream	Melon, strawberry & grape pots of fruit, smoothie	Blueberry muffins

Private hire of the leisure world pools Wednesday
15th February from 6.30pm-8pm.
flumes open from 6.45-7.45pm.
£5.50 per person numbers will be limited

<https://www.facebook.com/events/869064617628337/?ref=newsfeed>

To book a place either go to the Facebook page, write in
home school book or email:

splashgroup@shorefields.essex.sch.uk

lesleycr@shorefields.essex.sch.uk



FORWARD

Transition event
02/02/23 10am- 7pm
Colchester Rugby Club

Raven Park, Cuckoo Farm Way, Colchester CO4 5YX

**This Transition event for Students, parents, carers and staff
supporting SEND learners.**

You will have the opportunity to meet with up to 40 local post school,
social care day service provisions, further education establishments,
supported living providers and both social care and independent support
and activity services.

There will be presentations throughout the day that will hopefully give you a
better insight about what is on offer for those with SEND once they leave
school.

This will be a free event to attend, with plenty of parking and disabled
access.

The SEND Forward event has been made possible through the
collaborative working and collective partnership by the following schools.



If you have any questions or would like to know more please call

Peter Norfolk on 01255424412 or email on
petem@shorefields.essex.sch.uk

Funded by

InterAct

Skills Funding Agency

European Union

Essex County Council

Developing Resilience and Wellbeing

A FREE four week course for Parents/Carers of children (0-19) SEN&D/Emotional difficulties

Resilience Training

Introducing the idea of building resilience (managing the daily family pressures and stress), and using what we know, can help children and ourselves to bounce back when life is particularly tough.

Resilience is the ability to withstand and recover from stressful life challenges, strengthened and more resourceful. The course focuses on what it means to be a parent of a child/children and the particular challenges the family may face on a daily basis

The course aims to build parents' resilience, so they are well placed to enjoy their journey bringing up their children:

- Share and explore their travels so far
- Take note of and celebrate the skills they have acquired along the way
- Map their needs in preparation for the next adventure
- Practise and rehearse possible strategies for building their skills and strengthening their resolve to journey on

Course details


Dates: 22nd Feb 1st 8th 15th March 2023

Times: 10:00 to 13:30

Venue: Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, Clacton-on-Sea CO15 2JS

For more information, or to book:
Contact EXTRA on 01255 475001 or email admin@extrasupportforfamilies.co.uk or link to book: <https://interactchelmsford.wufoo.com/forms/z1u3p2l31fotsrw/>

InterAct, Charity Registration No: 1048631 Company Registration Number: 3087233



Families InFocus Essex

North Essex Family Activity Club

Introducing a new Club for families living in North Essex with neurodivergent children and young people

Activities	When	Where
Lego Table Tennis Board games Arts & Crafts Soft Play Badminton	Sundays 1.30pm - 3.30pm	Leisure World Highwoods The Gilbert School, Brinkley Lane, Highwoods, Colchester CO4 9PU

Cost
Sessions are free

BOOKING IS ESSENTIAL

For further information and to book your place email: Alex@fifessex.org.uk

Understanding special needs

Upcoming Parent Workshops

SEND

ESSEX FAMILY FORUM
MAKING A DIFFERENCE

9th November 2022	Annual Reviews
25th January 2023	Transitions
10th March 2023	Requesting an Education, Health and Care Plan Needs Assessment

All workshops are to be held 10am - 12pm
You can book your place via the Eventbrite link

Please see details of the upcoming SENDIASS Workshops. . Please book your place via the Eventbrite link <https://www.eventbrite.co.uk/e/438989578647>

A leaflet produced by Autism Anglia—Cost of living support you may find useful

<https://www.autism-anglia.org.uk/cost-of-living-support?fbclid=IwAR1wxhhHSwLCudg03D3Qi5GqGM0iYdu8h1WZ4dnytkP9NfgUuFsl2D1FGJk>



**For Families with Children and Adults
with Additional Needs & Disabilities**

Saturday 21st January 2023

10.30 am – 12.30 pm

**Venue – Christ Church URC, Carnarvon Rd,
Clacton, CO15 6PH**

Messy Fun for all the family, Parents, Siblings & Carers

Crafts, Music, Interactive Sensory Story, Sensory Messy Play

Lunch provided

Contact Trish Hahn: 01255 483288

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

Future dates: 10th December, 21st January 2023, 25th February



Suffolk and North East Essex

Walk-In COVID Vaccination Clinic

no bookings, just turn up

If you have queries please go to www.sneevaccine.org.uk

or call the NHS patient helpline 0344 257 3961

Alternatively the vaccinator will be happy to answer your questions on the day



G. M. Graham Pharmacies

**Pier Avenue, 78 - 80 Pier Avenue,
Clacton, CO15 1NH**

All of January

Monday - Friday 9.00am - 17.00

Saturday 9.00am - 13.00

Vaccinating

COVID - 18+ years, 1st, 2nd & booster

Flu - 2+ years for those eligible*

(*limited stock available, injection only)

To check your eligibility visit www.sneevaccine.org.uk



Scan QR code to get current walk-in clinics across Suffolk & North East Essex along with the most recent information on COVID (available in other languages and easy read)