



Shorefields Parent Newsletter

27th 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

Half term—Monday 13 February to Friday 17 February, back to school Monday 20 February

Easter—last day of term, Friday 31 March—finish at 1.30pm

Non pupil day Monday 17 April, return to school Tuesday 18 April

May Day—Monday 1 May

Coronation Bank Holiday—Monday 8 May

Happy 'Good News' Friday!

Pier 3—visited Clacton Police Station this week and had a wonderful experience. The students asked lots of questions independently and the police station staff were extremely helpful.

Sunshine 4—To celebrate Chinese New Year, everyone tried food tasting.

Sunshine 8—trialled a baked potato lunch last Friday which went very well

Sunshine 5—one pupil choosing to write a story independently

Sunshine 6—last PE lesson with Vicky was brilliant and all participated

Pier 5—made fruit smoothies with most students trying them

School Dinners – w/b 30/1/22
Week 2 of the Autumn Menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Homemade pizza served with seasoned wedges	Pork meatballs in a rich tomato sauce served with penne pasta	Toad in the hole, parsnips & roast potatoes	Chicken curry served with rice & naan bread	Omega 3 fish fingers served with chips
Main Meal Option 2	Chicken chunks served with seasoned wedges	Harry Ramsdon fillet served with new potatoes	Cheesy beans in a Yorkshire pudding, parsnips & roast potatoes	Homemade cheese flan served with seasoned cubed potatoes	Beef burger served with chips
Vegetables	Cauliflower & mixed vegetables	Cabbage & carrots	Cauliflower & green beans	Brocoli & sweetcorn	Spaghetti Hoops, bubble & squeak
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dessert/ Pudding	Chocolate cake with chocolate sauce	Fruit Jelly & ice cream	Fruit crumble & custard	Angel delight & fruit pots	Biscuit & milkshake



ADULT LEARNING

WINTER SEND SESSIONS

All workshops run for 1 or 2 weeks and start at 10am.

Do you have, or care for child(ren) with SEND? Our parent/carer workshops can empower you to support them with their learning needs.

▶ **SEND Session Drop**

Colchester & Clacton
24 & 25 Jan

▶ **Social Stories**

Clacton
7 Mar

▶ **Supporting Sensory Needs**

Colchester & Clacton
31 Jan & 1 Feb

▶ **Working with School & Professionals**

Colchester & Clacton
14 & 15 Mar

▶ **It's Different for Girls - ASD**

Colchester & Clacton
7 & 8 Feb

▶ **Anxiety & the SEND Child**

Colchester & Clacton
21 & 22 Mar

▶ **Sensory Stories**

Clacton
21, 22 Feb & 1 Mar

▶ **Sensory Play for Easter**

Clacton & Colchester
28 & 29 Mar



To find out more & enrol, please visit:

[ACLESSEX.COM/COMMUNITY-FAMILY-LEARNING](https://www.aclessex.com/community-family-learning)



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 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



University of Essex



FREE CONFIDENTIAL LEGAL ADVICE FOR FAMILIES

Has your relationship broken down?

Issues Concerning Children?

Threatened with eviction or dismissal from work?

We are pleased to be working with Essex University Law Clinic to provide a local school based confidential law clinic, to provide legal advice and information on a wide variety of issues affecting families, such as divorce, contact with children, consumer disputes, employment, and housing problems.

All advice is given by University of Essex law students in strictest confidence under supervision.

MONDAY 27TH FEBRUARY 2023 – AM

**BRIGHTLINGSEA PRIMARY SCHOOL
by appointment only, No drop ins.**

Appointments will be offered following submission of referral form
please pick up a referral form from the school office or call:

Tendring Families First - 07944333685

Organised by Tendring Families First in collaboration with the Essex





Essex Law Clinic Referral Form

Please complete in full to include details of your ex-partner/husband in order that we can complete a conflict check to ensure they have not sought legal advice from us. This is just an internal check they will not however be contacted by us

Full name	
Date of birth	
Full postal address	
Email address REQUIRED TO OFFER ONLINE APPOINTMENT	
Telephone number(s)	
Partner/ex-partner's full name Please note that we request this information in order to carry out a conflict check to ensure they have not sought legal advice from us. They will not however be contacted in any way	
Partner's/ex-partner's date of birth	
Partner's/ex-partner's full postal address	
Brief outline of legal issue:	
<p>I agree that the information provided may be shared with the Essex Outreach Law Clinic and Tendring Families First. I understand that all details will remain confidential and will not be shared with any third party.</p> <p>I confirm I understand that the information I provide will be passed to the Law Clinic and I will be contacted me so that an appointment can be arranged.</p>	
Signature Client:	Date
Print Name	
Preferred Availability	Time of appointment:

Please return completed form to your school office to forward to: Tendring Families First Or call 07944333685 or email: liz.pickford@brightlingsea.essex.sch.uk

Funded by

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



"I enjoyed learning about meeting and knowing my basic needs, resilience in a meeting – learnt skills to have a positive attitude. To put into action all that I have learnt on the course" (Parent comment)


Course details

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

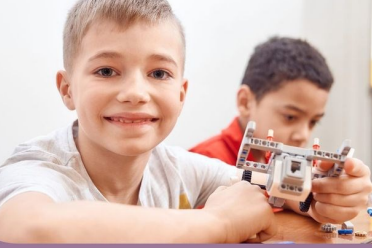
Times: 10:00 to 13:30

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@ffessex.org.uk

Understanding special needs

Upcoming Parent Workshops




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=IwAR1wxhhHSwLCudgO3D3Qi5GqGM0iYdu8h1WZ4dnytkP9NfgUuFsl2D1FGJk>

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)

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G. M. Graham Pharmacies

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

23rd - 27th January

30th January - 3rd February

Monday - Friday 9.00am - 17.00

Family Vaccinating Clinic

COVID all doses available - 5+ years

Flu - 18+ years for those eligible*

(*limited stock available, injection only)

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



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G. M. Graham Pharmacies

77-79 Frinton Road
Holland-on-Sea, Essex, CO15 5UH

Saturday 28th January

10.00 - 16.00

Vaccinating

COVID all doses available - 5+ years

Flu - 18 years for those eligible*

(*limited stock available, injection only)

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



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Foundry Court Community Centre

Colchester Road, Manningtree
Essex, CO11 1EJ

Monday 1st February

14.00 - 18.00

Family Vaccinating Clinic

COVID - 5+ years, 1st, 2nd & booster

Flu - 18+ years for those eligible*

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)