



Shorefields Parent Newsletter

3rd February 2023

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

Dates for your Diary:

Quiz night 3rd February CANCELLED

Pink Day Thursday 9th February— You are welcome to wear pink and perhaps provide your child with a little money for a donation or to perhaps purchase 'pink' refreshments and raffle tickets

6-12 February—Shorefields will be taking part and spreading awareness of Children's Mental Health Week—please see attached for more info from Leah, Thrive

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 Friday Good News!

Mr Tumble and the Something Special team filmed an episode 'Pancake Making' last year and this will be shown for the first time on CBeebies at 09.45 Tuesday 21st February 2023 (repeated the same day at 13.45)

The Provider Event which Pete Norfolk organised yesterday was wonderful—36 providers for Post 18/19 years. There were over 600 attendees—AMAZING. Thank you to Lesley and Leane who assisted

Pier 1—Pupil managed 5 minutes in their stander, 2 pupils loved hydrotherapy, one pupil requested to read a book to another and also spoke 'hello' to another.

Pier 2—Getting back to the hydro pool and one pupil managed 20 minutes in their standing frame.

Pier 4—enjoyed making a variety of bubbles in the pool!!!

Sunshine 5—went on a public bus for the first time to the Library

Sunshine 1—a new pupil has settled in well

Sunshine 4—Have all been wonderful this week

Sunshine 1,2, 3 & 4 have all enjoyed the large trampoline—thanks to Jackie and Ian for facilitating this.

Pier 5—One student loved the pool so much and hasn't stopped talking about it.

Beach 4—One student brushed their hair 14 times—they usually hate hair brushing!

Sunshine 3—one pupil after 18 months found their name on the board!!!

Beach 5—loved the Provider Event—especially the free pens! Lots of 'please' and 'thank you'

Sunshine 8—A student managed brilliantly at Provider Event after having been very hesitant, spoke to providers individually. Other students loved independently speaking to providers

Sunshine 7—Thoroughly enjoyed the Provider Event, although one student loved the lift the most!!

School Dinners – w/b 6/02/22
Week 3 of the Autumn Menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Sausages served with Jacket Potatoes & Beans	Spaghetti Bolognaise served with garlic bread	Roast chicken, sage & onion stuffing Yorkshire pudding & roast potatoes	Pork & apple burger (no bun) 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	Macaroni Cheese served with garlic bread	Hot dog in a roll served with chips
Vegetables	Mixed Vegetables	Broccoli & sweetcorn	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	Iced sponge & custard	Fruit smoothie	Artic roll

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



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



St Osyth Village Hall
Clacton Road
St Osyth, Clacton-on-Sea, CO16 8PE

Wednesday 8th February
14.00 - 18.00

Family vaccination clinic
COVID 1st, 2nd & booster doses available
Flu for 18+ years over 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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Greenstead Community Centre
Hawthorn Avenue
Colchester, Essex, CO4 3QE

Thursday 9th February
14.00 - 18.00

Family vaccination clinic
COVID 1st, 2nd & booster doses available
Flu - 18+ years for those eligible*

(*limited stock available, injection only)

Please check vaccination eligibility by visiting www.sneevaccine.org.uk



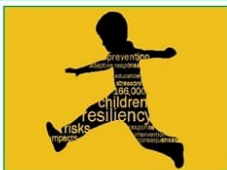
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easy read)

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



"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)

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://interacthelmsford.wufoo.com/forms/z1u3p2l31fotsrw/>



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

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>

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.

<p>► SEND Session Drop Colchester & Clacton 24 & 25 Jan</p> <p>► Supporting Sensory Needs Colchester & Clacton 31 Jan & 1 Feb</p> <p>► It's Different for Girls - ASD Colchester & Clacton 7 & 8 Feb</p> <p>► Sensory Stories Clacton 21, 22 Feb & 1 Mar</p>	<p>► Social Stories Clacton 7 Mar</p> <p>► Working with School & Professionals Colchester & Clacton 14 & 15 Mar</p> <p>► Anxiety & the SEND Child Colchester & Clacton 21 & 22 Mar</p> <p>► Sensory Play for Easter Clacton & Colchester 28 & 29 Mar</p>
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To find out more & enrol, please visit:
ACLESSEX.COM/COMMUNITY-FAMILY-LEARNING



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:	
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. 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.	
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