



# Shorefields Parent Newsletter

24th February 2023

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

## Dates for your Diary:

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

May Day—Monday 1 May

Coronation Bank Holiday—Monday 8 May

## Absences for Children

If your child is absent for any reason—please call the school office directly, do not pass messages via the bus crews. Please also inform the office team in advance, if your child will be absent due to a medical appointment. Thank you

A reminder too, that if your child is off with sickness or diarrhoea they remain off school for 48 hours

I would just like to take this opportunity to thank Staff, Students, Parents and Carers for making 'Pink Day' such a great success. It was great to see so many students dressed in pink! I am delighted to announce that we have made a fantastic £344.51 for Breast Cancer Now.  
Thank you, Rachel

**Messy Church this Saturday at United Reform Church, 10.30 til 12.30 with lunch included. All welcome**

## Happy Friday Good News!

Shorefields supported Children's Mental Health Week and Leah held a 'party' with children enjoying dancing, playing together and sharing food.

Pier 1—the wheelchair bike was used by all the pupils and they all had lots of fun. Enjoyed making pancakes, one little girl used our hydrotherapy pool for the first time and loved it!

Sunshine 4—2 pupils went in the hydrotherapy pool and really enjoyed it

Sunshine 6 and 7—had a great trip to the zoo and seeing all the animals

Pier 2—one young lady had food 'tasters' for the first time and moved on to a loaded spoon and really enjoyed it

Sunshine 1—great success with one little girl who is starting to feed herself with a spoon

Sunshine 8—when mum asked her son about school tomorrow, he replied 'leisure centre' which is a massive achievement. A very proud mum!!

Beach 2—great success in using the toilet for one student this week!

Sunshine 2—Also had great success with students using the toilet this week. Also had a trip to Brightlingsea which everyone enjoyed—until it started to rain!

More good news over leaf.....

#### **Good News continued....**

Beach 5—2 pupils played a communication game together for 5 minutes!!

Pier 5—2 pupils sat together laughing and smiling at each other. 1 pupil sang a song and the other pupil repeated back the tune.

Beach 4—one pupil is managing to last 15 minutes in a communication session

Sunshine 5—One pupil is now wearing pants all day and requesting the toilet. Another student said 'open please' and another child tolerated sitting on an orange chair!

Beach 3— one pupil has settled back in school and will wave and say 'h' for hello. One young man is using colours in his PECs strip for requests.

Sunshine 2—had a pancake race, which was great fun!

#### **Wheels for All Tending**

##### **Exciting news for Shorefields School**

Shorefields School is delighted to partner with Wheels for All (The largest national inclusive cycling charity in the UK) to become the first ever Inclusive Cycling hub in Tending. The school will share its cycle playground with the local community.

Shorefields will be the first ever Wheels for All hub in Tending, recognised for providing:

- FREE regular opportunities for disabled people to experience cycling in a safe environment both out of school hours and during school hours.
- Cycle training and support for the school community and local volunteers.
- Hosting seasonal cycling related events for the whole community including a summer sportive.
- A sustainable happy hub run by a great Team.

Further details about the cycling timetable at the hub will be released in February 2023 with the intention to 'Go Live' at the start of March 2023.

- Attendance at the FREE sessions will need to be booked in advance via a simple system hosted by Wheels for All.
- Sessions will run on Saturday's from 10am – 1.30pm

If you have any questions or want to get involved as a volunteer, please contact Julie Bunnage via

Email: [Julie.bunnage@wheelsforall.org.uk](mailto:Julie.bunnage@wheelsforall.org.uk) Phone: 07719073532

This is the first time Shorefields has opened its playground facility out of school hours specifically to provide inclusive cycling opportunities for the community. Shorefields students, families and friends will undoubtedly benefit from the regular cycling sessions and expertise that Wheels for All staff and volunteers can bring to our current offer for everyone.

We will be looking for support from individuals as Cycling Champions and volunteers to represent Shorefields School as part of this exciting partnership under the motto **#WeRideTogether**.

Future newsletters will provide regular updates on how to get involved. In the meantime please direct any enquiries to Alison

We are very excited about this new project for our students and families.

If you would like more information about the project or know someone who may be interested in volunteering to support the club on Saturdays, which would include free training, please see Alison or contact Julie directly.

# School Dinners – w/b 27/02/22

## 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

## 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](mailto:admin@extrasupportforfamilies.co.uk) or link to book: <https://interactchelmsford.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>

ACL

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://ACLESSEX.COM/COMMUNITY-FAMILY-LEARNING)





**Essex County Council**  
Special Educational Needs  
and Disabilities (SEND)

## SEND Roadshow

Are you the parent/carer or family member of a child with Special Educational Needs and Disabilities (SEND)? Do you have questions about accessing support in your area or questions about SEND support available in Essex through Health, Education and Social Care? Would you like to link up with other parents in your area?

If you do, please come along and see us at the Roadshow. There will be representatives from Essex Family Forum, SENDIASS, health, social care as well as representatives from the education teams, SEND Navigation Leads and local support groups. The roadshow is a drop-in event with no need to book.

**In North East it will be taking place on:**

**Tuesday 28<sup>th</sup> March From 9.30am to 3pm**

Address: Jobserve Community Stadium, United Way, Colchester, CO4 5UP

Free parking all day

Throughout the day there will also be FREE parent/carer workshops. The workshops running are:

- Behaviour and communication in children with SEND with Tasha from Dream Box Education
- ADHD and coexisting conditions with Steve Challen from ADHD plus
- Planning for educational transitions with Hannah Knight from Essex SEND IASS
- Mindfulness with Relax Kids

Please go to the Essex Local Offer to find out more and book your place (link below).  
Booking opens on February 20<sup>th</sup>.  
Places are limited so please sign up

**In Partnership with**

<https://send.essex.gov.uk/i-think-my-child-needs-help/ask-professionals-questions-person>





 **Families InFocus Essex**

## DLA In-Person Workshop

Join our experienced Family Support Advisers, at this group workshop in March. Our professionals will take you through the complex Disability Living Allowance form (DLA), supporting you with expert knowledge on how to complete it.

<b>When</b>	<b>Where</b>
<b>Monday 6 March</b>	<b>Mistley Village Hall</b>
<b>Time 10am – 12pm</b>	<b>Furze Hill, Manningtree. CO11 1HS</b>

**This is for families based in North Essex who have a child with a neurodiverse condition.**

**Booking is essential as places are limited**

For further information and to book contact  
[helpline@fifessex.org.uk](mailto:helpline@fifessex.org.uk)  
 or 01245 353 575

Understanding special needs ★



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 27<sup>TH</sup> 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 <b>REQUIRED TO OFFER ONLINE APPOINTMENT</b>	
Telephone number(s)	
Partner/ex-partner's full name  <b>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</b>	
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](mailto:liz.pickford@brightlingsea.essex.sch.uk)**