



Shorefields Parent Newsletter

3rd March 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

Forward planning: Tuesday 16th May, as part of our careers week we will be having a vehicles day, if you or anyone you know has a vehicle associated with their work, who would be happy to come along for the morning, we would be happy to hear from you. Please call the school and ask for Pete Norfolk or Lesley Crowe

Happy Friday Good News!

Everyone enjoyed the planned visit from the fire brigade this week—they parked on the school playground and showed the children around the fire engine, setting off the siren and using the water hose.

World Book Day was on Thursday this week—there were some wonderful book themed costumes!

Pier 3—had a visit from St Johns Ambulance crew member

Sunshine 4—made pancakes and 2 pupil's said they were better than Justin!

Sunshine 7—one young man in class wrote CVC words independently and was very pleased with himself

Pier 1—success for a pupil who is sitting on the toilet in school. A little girl went swimming for the first time ever, nervous at first but loved it in the end!

Sunshine 5—had a wonderful visit to the police station and visited the library on World Book Day

Pier 5—One young lady is using PECs and independently used this to ask for the toilet. A young man used his core board to request 'more'. Another student understood how to do Curling at the Leisure Centre and won the first game!

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.
 - The Wheels for All sessions will now be on **Wednesdays after school, rather than on Saturdays**, beginning in April.
- If you have any questions or want to get involved as a volunteer, please contact Julie Bunnage via

Email: 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, which would include free training, please see Alison or contact Julie directly.



SHOREFIELDS SCHOOL
EASTER DISCO

3rd APRIL 2023 3pm-5pm
St OSYTH VILLAGE HALL

JAMES' MAGIC
& A VISIT FROM THE
EASTER BUNNY

TOMBOLA PRIZES TO BE WON
& REFRESHMENTS SOLD SEPARATELY

€7 PER CHILD

The poster features a cartoon Easter Bunny peeking over a large, colorful striped Easter egg. The egg has a red bow and the text '€7 PER CHILD'. There are also two smaller decorated Easter eggs at the bottom.

<https://www.facebook.com/events/918663172815003?ref=newsfeed>

School Dinners – w/b 06/03/23

Week 3 of the Menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Sausages served with Jacket Potatoes & Beans	Spaghetti Bolognese 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

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://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

ACL Essex County Council

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 28th 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 20th.

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>



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.

When
Monday 6 March
Time 10am – 12pm

Where
Mistley Village Hall
Furze Hill, Manningtree. CO11 1HS

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
or 01245 353 575