



Shorefields Parent Newsletter

21st July 2023

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

Dates for your Diary:

Last day of term 21 July—finish at 1.30pm

Return to school—7 September (except for new students who will be starting in Sunshine 1)

**Wishing you all a very happy holiday and for those returning,
we look forward to seeing you all again in September**

**We say goodbye and good luck to those students and families who
are leaving us this term,
we wish you all the very best for the future**

Free School Meal Vouchers—these are being made available for the summer holidays again this year and are for all students/families who are in receipt of Free school meals. They will be available to you the week beginning 19th July.

Colourscape—a walk in structure of sound and light

At Castle Park 22nd and 23rd July, click the link to book tickets, still some available

<https://www.eyemusic.org.uk/whatsonevents/whatson.php>

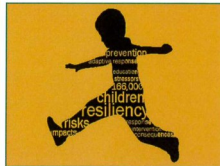
Flu Clinic

This year's flu clinic will be held at school on the 14th September in the Cafe.

Letters and appointment times will be sent out hopefully at the beginning of next term

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: 13th 20th 27th Sept & 4th Oct 2023
Times: 10:00 to 14:00
Venue: Long meadows Community Hall Harwich Essex CO12 4US

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/z1u3p2131fotsrw/>



Summer Club

Based at the "Little Explorers" Pre-School at Greenstead Community Centre, CO4 3QE

10am – 3pm

£35 per day
(Ask for 1:1/2:1 rate)

4 – 11 years






Running from Monday 31st July until Friday 25th August 2023

Drinks & Snacks provided (Bring own Lunch)



Exercise, Education & Safe!

Fully inclusive

To book contact:
kerryaustin@ktmcare.co.uk
07919 522341

All Staff DBS checked,
Fully trained and able to support ALL children



Care Service for All-Specialists in Autism

Some information about the Autism Central Peer Education Programme which Essex County Council are running for the East of England.

We now have our first online events booked for parents, carers and Personal Assistants of people with autism.

<https://www.eventbrite.com/cc/autism-central-east-of-england-2243549>

Did you know:

There is a Care Advisor at your doctors surgery?

They can give advice on equipment, they also help with form filling and do referrals plus a lot more

<https://www.cvstendring.org.uk/what-we-do/carers-information-and-advice/>

Anxiety Explained

Do you, or your children (especially your teens) suffer from anxiety?
Would you like to know what anxiety is and gain some
understanding on how to manage it?



A one -off two hour online talk delivered by Jane Keyworth, Lead
Facilitator at FACE (facefamilyadvice.co.uk)
on 27th July (6:30pm to 8:30pm)
Available to book now via the website