



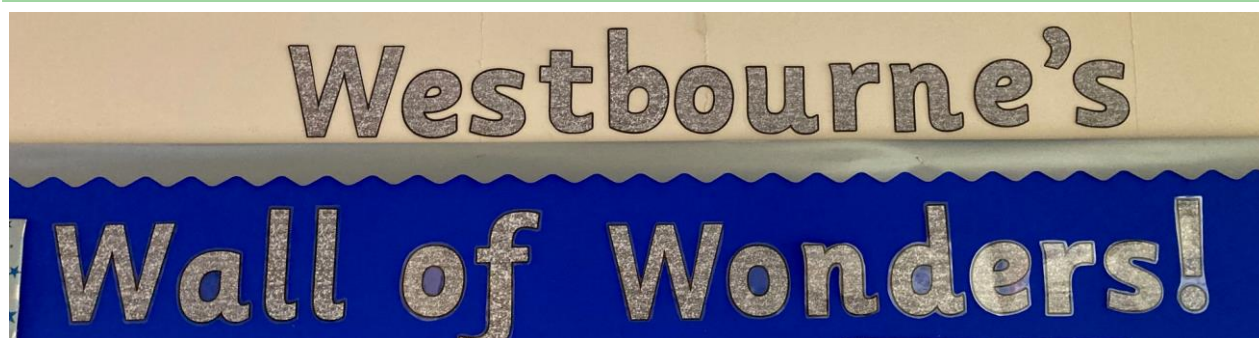
World Class School



## WESTBOURNE PRIMARY SCHOOL NEWSLETTER

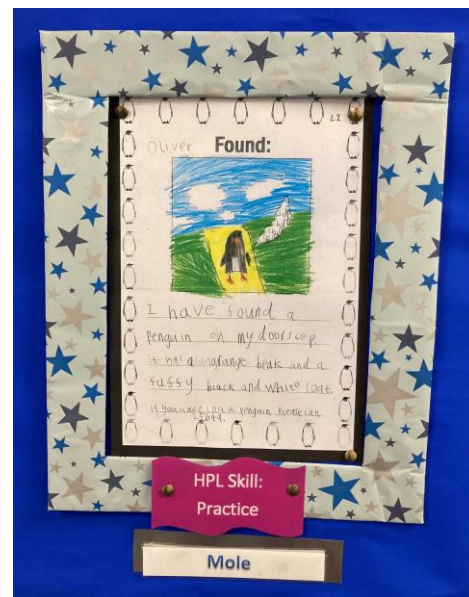
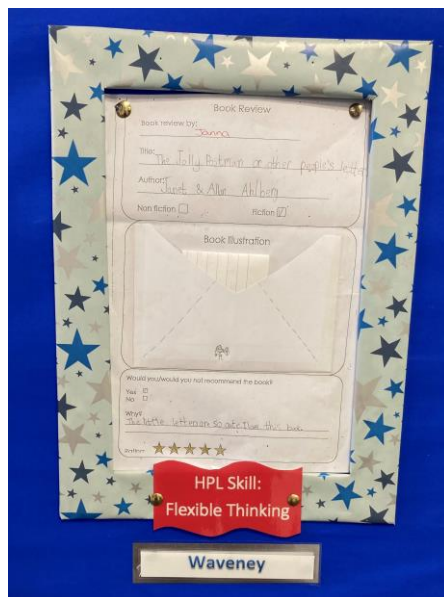
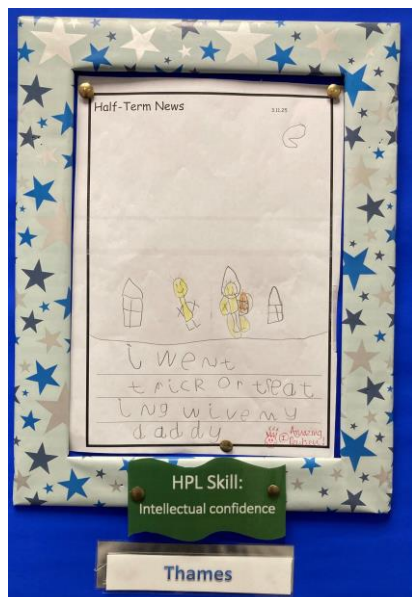
7<sup>th</sup> November 2025

We're on Instagram @westbourne.primary



### Wall of Wonders Display

Congratulations to Reuben in YR Thames Class, Janna in Y1 Waveney Class and Oliver in Y2 Mole Class for having used their HPL skills (see below) to produce some great pieces of writing. Their work is now proudly displayed on our Wall of Wonders outside of Mr Miracapillo's office - well done children!





## Odd Socks Day

On Monday 10<sup>th</sup> November, we'd like the children to wear odd socks to school to celebrate anti-bullying week. Their odd socks are a visual representation of how we are all unique, and each year they spark conversation about how to celebrate our differences. Please wear your fun and fabulous, odd socks with your normal school uniform. Thank you!



## CHILDREN IN NEED - Friday 14<sup>th</sup> November 2025

The BBC Children in Need Appeal is back!

The amazing projects it supports help change the lives of disadvantaged children and young people all over the country.

To support this fundraising opportunity on Friday 14<sup>th</sup> November, we thought Westbourne children would like to wear their PJs or Onesies for the day and ask that every child makes a donation of £1 to this worthwhile cause.

If PJs are not your thing, then feel free to cover yourself in spots instead!

We look forward to seeing everyone dressed up and looking good for this brilliant appeal!

Thank you for your support.

*THE SCHOOL COUNCIL*



## Y6s visit to The Sutton Library

On Friday 24<sup>th</sup> October, following a busy Swimming session in the morning, the Year 6 children visited the Sutton Library for an afternoon of learning how to become the best citizens that they can possibly be! They engaged in different Life Skills Experiences about Fire Safety, Travel Safety, Hate Crime and Ambulance life-saving skills to name but a few! All of these activities were specifically designed to make young people more 'street smart' and better able to deal with the dangers and risks that they may face in life as they venture out into the big, wide world. As always, the children were complimented for their outstanding behaviour and excellent participation...in fact, they were deemed to be the most well-behaved school who had visited Sutton Library this year...and ours was the final session! As a result of this brilliance, the Safety Team were able to include an extra Q&A session at the end. So once again, the Year 6 Westbourne children have done us proud- well done to you all!

## Winter School Uniform – Autumn 2

A reminder that children are now expected to wear the **full winter uniform**, i.e.: **Black School shoes**, Cardigans (Navy), Jumper (Navy), **School tie** (which can be purchased at the school's office), Grey shorts/trousers, Navy/Grey skirts or pinafore dresses, White shirt/blouse. **The P.E. kit uniform** (to be worn on P.E. days) comprises of: a white T-shirt, navy shorts, navy jogging bottoms, school jumper and a pair of trainers. More information is on our website:

<https://www.westbourne.sutton.sch.uk/school-uniform/> Please remember to name ALL uniform items!

## Best Start in Life

The Government has recently launched the 'Best Start in Life Campaign', which aims to increase awareness of the importance of early years in a child's development and the role of early years education.

The Best Start in Life website brings together trusted advice, support and guidance for parents: <https://www.beststartinlife.gov.uk/>



## Individual and Sibling Photos

Next Thursday 13<sup>th</sup> November, Fraser Portrait photographers will be in school to take your child(ren)'s individual (and sibling, where relevant) photo. Please make sure your child looks **extra smart in their full winter uniform (with a tie)** – **no PE Kit on that day** – thank you.



## Dutch Students Visit

This week, we have received a visit from a group of students (and their tutor) from MBO College Almere in The Netherlands; they are studying to become Nursery Nurses and Learning Support Assistants. They were all extremely impressed by our children: their impeccable behaviour and courtesy, their confidence, their HPL and Oracy skills and - of course - the high standards of teaching and learning at Westbourne. They will go back home with lots of ideas to improve their practice. Thank you for visiting us!



## Christmas Concerts Dates – December 2025

| Monday 8 <sup>th</sup>                     | Tuesday 9 <sup>th</sup>                      | Wednesday 10 <sup>th</sup>             | Thursday 11 <sup>th</sup>       | Friday 12 <sup>th</sup>          |
|--------------------------------------------|----------------------------------------------|----------------------------------------|---------------------------------|----------------------------------|
| 1:45pm – 2:25pm<br>Y3/4 concert to parents | 9:05am – 9:45am<br>Y3/4 concert to parents   | 9:15am – 10am<br>Reception performance | 2pm – 2:45pm<br>KS1 Performance | 9:15am – 10am<br>KS1 Performance |
| 2:40pm – 3:15pm<br>Y5/6 concert to parents | 10:15am – 10:55am<br>Y5/6 concert to parents | 2pm – 2:45pm<br>Reception performance  |                                 |                                  |

| Monday 15 <sup>th</sup>                 | Tuesday 16 <sup>th</sup>                | Wednesday 17 <sup>th</sup>                            |
|-----------------------------------------|-----------------------------------------|-------------------------------------------------------|
| 7pm – 8pm<br>Y5/6 Production to parents | 7pm – 8pm<br>Y5/6 Production to parents | 10:30am – 11am<br>Nursery singalong (N.H.) to parents |



7<sup>th</sup> November 2025

## WFA Little Recyclers

A huge THANK YOU to everyone who has taken part in our Little Recyclers fundraiser! Together, we have collected 557 kg of textiles, raising £259.65!

We are very grateful for all the donations received! And thank you to everyone who helped in the morning to sort the donations.



## Bible Explorers Workshop – Y3s

This week, Year 3 took part in an exciting RE workshop where they became explorers of the Bible! The session began with a fun true-or-false quiz to test their knowledge. The children then met two “explorers” who brought the Old Testament to life through engaging stories.

Working in groups, the children learned how to find Bible verses using the contents page and explored how the verses are structured. They also sequenced key events in Jesus’ life and discussed some of the amazing miracles he performed. To finish, the children became diligent detectives, cracking a special code to reveal messages that God shares with Christians in the Bible.

It was a wonderful, hands-on experience that deepened the children’s understanding of the Bible in an engaging and interactive way!



## Harvest Collection

We had an incredibly heartwarming start to our Friday this morning as we collected all of your donations for Sutton Night Watch. Thank you so much for your generous contributions and for helping us to give back to our community. We are so grateful and proud!



## WFA Christmas Fair

Dear parents/carers,

Our much loved and very popular Christmas Fair is back again on the 29<sup>th</sup> of November, and we need your help.

We are looking for **volunteers**!

We need **help setting up** on the 28<sup>th</sup> of November afternoon, from 1.30pm , to move things over to the New and Old Hall and generally getting things ready for Saturday.

If you can spare some time, even if only for an hour, on the 29<sup>th</sup> of November, come and give us a hand please. We need help setting up, running stalls and to clean up after the Fair.

In the run up to the Fair, we are planning on 2 Mufti days as usual, where we ask for your kind donations.

First Mufti Day is on 24<sup>th</sup> of October. Please see the list for the first Mufti Day donations on the next page.

### !!! SANTA WANTED !!!

If you love all things Christmas, getting into character and working with children, we would love to hear from you!

It would be very sad to close the Grotto early, if we can't find someone else to cover 1pm to 2.30pm.

We are asking our lovely bakers to once again kindly bake and donate some lovely cakes, cookies, brownies, cup cakes etc.

We also welcome shop bought items, not only home made ones.

The baked goods can be taken to the school office on the Friday 28<sup>th</sup> November afternoon, or on the morning of Saturday 29<sup>th</sup> Strictly NUT FREE . Please label your container/plate/box clearly with ingredients and your name/child name and class if you wish to get the container back.

We need any unwanted new gifts and also look for donations of elf suits and Christmas decorations. If you have any in good condition please drop them at the school office for the attention of WFA. Thank you.

If you can help, or for more information please let your class reps know, or email on [wfa.sutton@gmail.com](mailto:wfa.sutton@gmail.com)

Thank you!

WFA





## Christmas Fair – Fundraising Support Needed

Butler's Homes have agreed to sponsor our Christmas fair again for the 4th year - if we can meet a small target of 50 boards - and are making us another personalised Christmas themed board.

Every board that is put up outside the home of a parent or family member in Sutton leading up to the Christmas Fair for a few weeks generates money for the school.

**Last year 50 parents helped us raise £700 through boards alone!**

**Can you help us** this year raise money for the school in exchange for having a board outside your home for approx 4-5 weeks? They are removed 2 to 3 days after the event.

All you need to do is supply us with your name, address and contact number and we take care of the rest.

If you are willing to have a Christmas board up outside your home to help raise funds for the school, please contact [wfa.sutton@gmail.com](mailto:wfa.sutton@gmail.com)

Thank you

The WFA



**MUFTI DAY**  
**Friday, 21st November 2025**



As the countdown to Christmas begins, the parent volunteer organisers at the WFA have been working hard to make our annual Christmas Fair a memorable day for the children! Thank you for the great response in contributing stall prizes on the last mufti day.

Our next mufti day is on Friday, 21st of November. The children can come to school in their own clothes in exchange for a small, but vital donation (or £1 donation) towards the Christmas Fair stalls. We also need volunteers on this day to help us sort through the donations. Thank you.

|                  |                                                                   |
|------------------|-------------------------------------------------------------------|
| <b>Nursery</b>   | <i>Advent Calendar</i>                                            |
| <b>Reception</b> | <i>Advent Calendar</i>                                            |
| <b>YEAR 1</b>    | <i>A box of teabags / a jar of coffee/ Pack of Biscuits</i>       |
| <b>YEAR 2</b>    | <i>Selection Boxes (Chocolates/Biscuits)</i>                      |
| <b>YEAR 3</b>    | <i>New Pound Shop Toys</i>                                        |
| <b>YEAR 4</b>    | <i>A packet of rice or pasta, or a jar of rice or pasta sauce</i> |
| <b>YEAR 5</b>    | <i>New Pound Shop Toys</i>                                        |
| <b>YEAR 6</b>    | <i>Selection Boxes (Chocolates/Biscuits)</i>                      |

**THANK YOU FOR YOUR SUPPORT!**



**THANK YOU FOR YOUR SUPPORT!**

Want to get more involved? We would greatly appreciate any effort you can make, small or large!! There are lots of jobs involved in putting on these events, something for every level of commitment, so please get in touch! Email: [wfa.sutton@gmail.com](mailto:wfa.sutton@gmail.com)

**WE NEED ANY UNWANTED NEW GIFTS!**  
Also looking for **VOLUNTEERS** to help out on the day of the Fair, set up and clear away. If you can spare the time, please let us know.

If you have any of the above mentioned gifts or soft toys, please do bring them and hand it over at the school office marked FAO WFA. Thank you!



## Character.AI - Teens Banned from Chatbots

Since it first came out a few years ago, Character.AI (and other AI chatbots) have been a significant safeguarding concern for many highly inappropriate chats, advice, and even instrumental in some really tragic outcomes, with some AI companies, including Character.AI, facing lawsuits. What would be basic common sense to most ordinary people is that some services are simply not suitable for children, but tech companies continue to fail over and over again and it's usually only down to intense public and media attention where you see positive action being taken.

In the case of Character.AI, as of 25<sup>th</sup> Nov under 18s will no longer be able to use the chat function, they will only be able to generate content such as videos rather than talk to the characters. This is a welcome move, and a guardrail that should have existed from the very start, but it's one of many chatbots that are out there (just look on the Apple App store and Google Play to see how sexualised many of them are). Anecdotal, we know that children from around the age of 7 are using chatbots for a variety of reasons, one of the main (concerning) ones being loneliness.

You can read the full article about Character.AI on the BBC website [HERE](#).

## For Parents - Should I Use Screentime as a Reward?

It's such a difficult one for parents as we're living in a time where screen use starts at a very early age. But should we use screen time to support positive behaviours or even take away screens as a punishment? The answer is that there is no single answer, it very much depends on individual circumstances, but it was a question posed to some experts on Internet Matters which will hopefully give parents some food for thought.

Have a look at the article from the Internet Matters website [HERE](#).

## Sutton Men's Day

Sutton Men's Day is taking place on **Thursday 20<sup>th</sup> November** 2025. This is a day for men to come together to talk about how they can work together to promote safer communities for all.

Details of events, funded by MOPAC, in conjunction with Community Action Sutton and Sutton Women's Centre, being held can be found here: <https://www.eventbrite.co.uk/e/sutton-mens-day-tickets-1932631545979?aff=oddtcreator>

The events are an opportunity for men to come together to talk about how they can network positively to promote safer communities, constructively confront harmful influences on younger men and boys and work towards safer, healthier relationships, for all.

Men and women alike can thrive through positive connection but there's lots of influence and ideas out there, particularly targeting boys and young men, that can lead to unhelpful - or even unsafe - beliefs, behaviours and relationships. Coming together to take stock, share ideas, hopes, concerns and strategies doesn't happen often enough - Let's do it!!

This event will provide the opportunity for men to have really good conversations, and is timed to coincide with International Men's Day, a chance to focus on Men's Health and challenges. It also comes shortly before White Ribbon Day and the start of the 16 Days of Activism Against Male Violence Against Women and Girls.

Bring a mate, a male relative, a male colleague or team mate, or just come along by yourself.

The sessions will be co-facilitated by Michel Conroy, the founder and director of Men At Work CIC, and Lee Chambers, founder and director of Male Allies UK.





## School Council's Best Behaviours!

- ✓ **Respect others at all times**
- ✓ **Look after friends and school property** - *Concern for Society*
- ✓ **Be grateful for your friends, teachers and opportunities**
- ✓ **Follow instructions given by all adults**
- ✓ **Be responsible for your choices and actions** - *Self Regulation*
- ✓ **Use your manners wherever you are**
- ✓ **Include everyone** - *Collaboration*
- ✓ **Think before you speak**
- ✓ **Play kindly and safely**
- ✓ **Try your best in everything you do**

❖ School Councillors have special stickers to reward children who follow these Best Behaviours

❖ There will be a weekly award for children who impress their School Councillor





## We're a Voice 21 Oracy School!

Voice 21 is the national charity that advocates for and supports schools in delivering a high-quality oracy education. In continuing our relationship with Voice 21 for another year, we are part of a network of over 1,100 Voice 21 Oracy Schools across the UK that are transforming teaching and learning through talk.

### Why oracy matters?

Oracy is articulating ideas, developing understanding and engaging with others through speaking, listening and communication.

We actively invest teaching time into creating "talk-rich" classrooms, valuing every student voice, boosting confidence, and preparing our students for their futures.

- Speaking and listening skills are critical foundations for reading and writing.
- Students with better oral language skills are more likely to achieve the highest grades in GCSE Maths and English.
- Young people with good communication skills are less likely to have mental health difficulties.

By teaching students to become effective speakers and listeners, we empower them to understand themselves, each other, and the world around them better.



### Why are we a Voice 21 Oracy School?

As a Voice 21 Oracy School, we are placing oracy at the heart of our teaching and learning across all subject areas enabling students to develop and deepen their knowledge and understanding through talk in the classroom.

In Voice 21 Oracy Schools:

- 89% of students agree/strongly agree that speaking and listening has helped them make progress with their school work.
- 77% of teachers said that oracy had boosted attainment.
- 96% of teachers said that oracy is an essential part of teaching and learning.

Find out more about oracy and Voice 21 [here](#)



## HPL at Westbourne

As a re-accredited HPL World Class School (<https://primarysite-prod-sorted.s3.amazonaws.com/westbourne-primary-school/UploadedDocument/013b69d7-a2ed-4e8b-a945-632118753e46/newsletter-11th-july-2025.pdf>), we will continue to optimise and systematise HPL at Westbourne (for children, staff and parents, too) as members of the prestigious HPL Fellowship and Global Community.

If you are new to the school and/or wish to find out more about HPL, please find below a couple of posters summarising the HPL skills; you can also find more information by clicking on our website's HPL navigation tab: <https://www.westbourne.sutton.sch.uk/topic/hpl>

There is also a wealth of assemblies on HPL competencies on the school website: <https://westbourne-primary-school.primarysite.media/playlist/school-assemblies-spring-term-2021>



### How do High Performing Learners behave?

- Collaborative
- Concerned for society
- Confident

**Empathetic**



- Enquiring
- Creative and enterprising
- Open-minded
- Risk-taking

**Agile**



- Practice
- Perseverance
- Resilience

**Hardworking**



### How do High Performing Learners think?



- Intellectual playfulness
- Flexible thinking
- Fluent thinking
- Originality
- Evolutionary or revolutionary thinking

**Creating**



- Meta-cognition
- Self-regulation
- Strategy planning
- Intellectual confidence

**Meta-thinking**



- Connection finding
- Generalisation
- Imagination
- 'Big picture' thinking
- Seeing alternative perspectives
- Abstraction

**Linking**



- Critical or logical thinking
- Precision
- Complex and multi-step problem solving

**Analysing**



- Automaticity
- Speed and accuracy

**Realising**

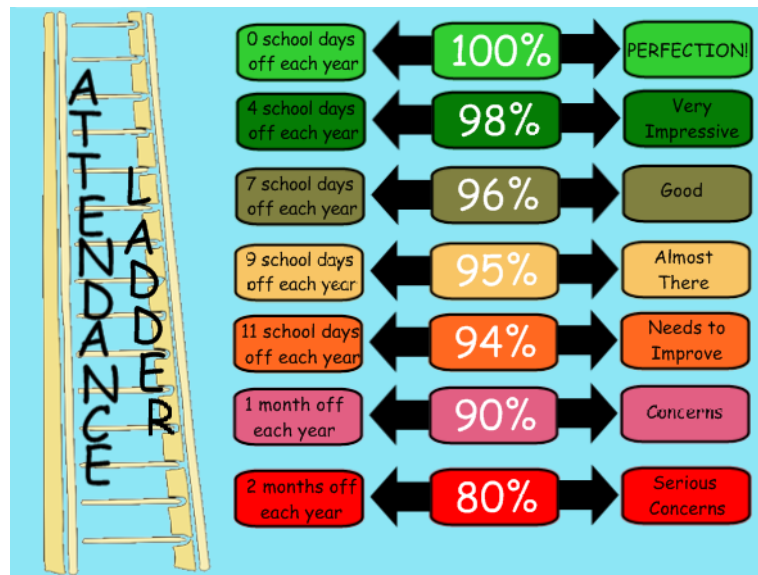


## School Matters!



### Weekly Attendance

| Class    | %     |
|----------|-------|
| Ember    | 97.7  |
| Thames   | 100.0 |
| Avon     | 91.3  |
| Cherwell | 94.5  |
| Waveney  | 91.3  |
| Ribble   | 95.3  |
| Eden     | 99.0  |
| Beverley | 97.3  |
| Mole     | 97.7  |
| Mersey   | 97.3  |
| Kennet   | 96.7  |
| Fleet    | 98.7  |
| Lea      | 98.0  |
| Tay      | 92.0  |
| Dart     | 99.3  |
| Medway   | 95.0  |
| Tyne     | 94.3  |
| Tweed    | 97.0  |
| Trent    | 96.0  |
| Derwent  | 98.0  |
| Wandle   | 99.3  |



### This Week's Overall Attendance

Attendance has improved this week, averaging at **96.5%** - well done! Let's get it even higher next week!



## Online Safety: The Dangers of Vaping

Important information about *The Dangers of Vaping* from The National Online Safety:  
<https://nationalonlinesafety.com/>

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [nationalcollege.com](https://nationalcollege.com) for further information and resources.

# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

### WHAT ARE THE RISKS?

#### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

#### WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

#### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

#### POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

#### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

#### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

#### ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

#### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

#### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

#### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

#### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

### Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.

Source: <https://www.bbc.co.uk/news/health-65809924>

[nationalcollege.com](https://nationalcollege.com) @thenatcollege /thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.09.2023

HEALTHY SCHOOLS CAMBRIDGESHIRE & PETERBOROUGH

The National College



## Let's Focus on Art – The Westbourne Gallery

As you may be aware, a couple of years ago we invested in a wonderful Art Gallery at school: many beautiful paintings (quality prints on canvas, despite some children still asking whether they are the originals...) are adorning the walls of the New Build staircase.

This week, we are focusing on: *The Fighting Temeraire*, by William Turner, England – 19<sup>th</sup> Century.



### The Fighting Temeraire (1838) print

Original– Oil on canvas

**William Turner**

London, UK (1775-1851)

*This is the last journey of the Fighting Temeraire, a celebrated gunship which had fought valiantly in Lord Nelson's fleet at the battle of Trafalgar in 1805.*



## **FREE Workshop – Managing Big Emotions**

Westbourne Primary School are running a workshop on:

**Managing Big Emotions** on THURSDAY 27<sup>TH</sup> NOVEMBER 2025 08:45 - 10:15AM

- Come along to understand more about emotional regulation and learn practical strategies for supporting children in managing their emotions.
- This workshop helps parents and carers to connect with their children so that big feelings are better understood and feel easier to manage.
- The coffee morning followed by Q&A will be led by Dr Freya Marshall, Educational Psychologist from the Educational Wellbeing Service.
- **No booking required: Please just come along on the day!**



**WESTBOURNE  
PRIMARY SCHOOL  
COFFEE MORNING**

**Managing Big Emotions**

JOIN US ON  
THURSDAY 27TH NOVEMBER 2025  
08:45 - 10:15AM AT SCHOOL

**We all experience big emotions. This workshop helps parents and carers to connect with their children so that big feelings are better understood and feel easier to manage.**

**Come along to understand more about emotional regulation and learn practical strategies for supporting children in managing their emotions.**

**The coffee morning followed by Q&A will be led by  
Dr Freya Marshall, Educational Psychologist from the Educational Wellbeing Service.**

Respectful Open Collaborative Compassionate Consistent





**EVERYONE**

**YOUR SCHOOL**

**HAS BEEN ADOPTED**

by your local Everyone Active Centre

A variety of **2 week** offers are available for parents /guardians, school pupils, & school employees.

**Scan the QR code to explore what's on offer!**

Your adopting centre:  
Cheam Leisure Centre



everyone  
ACTIVE



7<sup>th</sup> November 2025

## Education Wellbeing Service Webinar

### Building Resilience in Primary School Children

Practical advice for parents who are open to thinking about their role and what they can do to help develop resilience in their child.



**NHS**  
South West London and  
St George's Mental Health  
NHS Trust

Education  
Wellbeing  
Service

#### DATE / TIME

Monday 17th November  
1.00-2.00pm



Scan the  
QR code  
or  
[click here](#)

#### LOCATION

Online - Hosted on Teams

Sign up to either event  
for free on Eventbrite  
by scanning the QR Code.

You can also check out  
our other events by  
[clicking here](#)

[wellbeinginschoolsevents@swlstg.nhs.uk](mailto:wellbeinginschoolsevents@swlstg.nhs.uk)

#### DATE / TIME

Wednesday 19th November  
8.00-9.00pm



Scan the  
QR code  
or  
[click here](#)

## Education Wellbeing Service Webinar

### Promoting Positive Behaviours

Want to reduce challenging behaviour and enjoy more positive moments with your child?

Join our workshop for parents and carers of children aged 0-5.

Learn simple, effective ways to encourage good behaviour through the power of praise, positive attention, and play.

This workshop will give you tools you can use straight away to create a calmer, happier home.

Education  
Wellbeing  
Service



#### DATE / TIME

Tuesday 18th November  
1.00-2.00pm



Scan the  
QR code  
or  
[click here](#)

#### LOCATION

Online - Hosted on Teams

Sign up to either event  
for free on Eventbrite  
by scanning the QR Code.

You can also check out  
our other events by  
[clicking here](#)

[wellbeinginschoolsevents@swlstg.nhs.uk](mailto:wellbeinginschoolsevents@swlstg.nhs.uk)

#### DATE / TIME

Thursday 20th November  
6.00-7.00pm



Scan the  
QR code  
or  
[click here](#)



# SAFE SPACES SUTTON

DO YOU WANT TO BE A COMMUNITY GUARDIAN?  
DO YOU WANT TO BE AN ACTIVE BYSTANDER?  
WOULD YOU KNOW WHAT TO DO IF YOU SEE SOMETHING OR SOMEONE  
WHO'S HURT? .

**3 FREE WORKSHOPS**  
to empower local businesses  
and community members to  
recognise risks, feel supported  
and play a role in creating safe  
spaces across Sutton

Workshops can be attended individually  
or you can attend all day:

- **Basic life support skills;** including how to confidently use a community defibrillator and bleed contact kit
- **Violence Against Women and Girls** brought to you by Sutton Women's Centre
- **Contextual safeguarding;** looking at risks to young people and vulnerable adults outside of the home.

## When

Each date features three individual workshops, which can be booked separately or enjoyed together as a full-day experience. Workshop times vary by date and each workshop is approx 2-3 hours long

### Available dates

3<sup>rd</sup> November 2025

26<sup>th</sup> January 2026

16<sup>th</sup> March 2026

Times of Workshops vary depending of the day

## Where

The Quad  
Green Wrythe Lane  
Carshalton SM5 1JW

To book, click on this link or scan the QR Code  
<https://www.eventbrite.co.uk/e/safe-spaces-sutton-training-tickets-1803439007619?aff=oddtcreator>



# About the day;

**What:** Practical training for local community members on risks to young people and vulnerable adults outside the home; grooming, exploitation, peer pressure, county lines, youth violence, women's safety and unsafe relationships. With basic life support training.

**How:** Interactive, real-life examples and discussions to build knowledge, confidence and clear pathways to support

**Why:** To empower community members to recognise risks, feel supported and play a role in creating safe spaces across Sutton, where vulnerable people know they can turn for help



75%-88% of women report feeling unsafe in their own communities after dark. 40%-65% of women report feeling unsafe in their own communities during the day.

Sutton Women's Centre support everyone in the community to understand that women's safety is a shared responsibility and teach people how to challenge unsafe behaviour and language.



The Paul Alan Project are a registered Sutton based charity. In 2 years, since Clare founded the charity, they have provided free basic life support training to over 2400 people and installed over 50 defibrillator and bleed control kits across the boroughs of Sutton, Merton, Kingston and Croydon.



Community Safety and Contextual Safeguarding Leads who educate local community members on risks to young people through real-life examples and discussions to build knowledge and confidence; empowering community members to recognise risk, feel supported, and play a role in creating safe spaces across Sutton.





## Arguing Better

**A course to help parents communicate better with each other**

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Would you like to learn healthy ways to deal with stress and conflict?

If yes please come and join us at:

Carshalton Family Hub & Children's Centre  
Tweeddale Road, SM5 1SQ

**Wednesday 12th November 2025**

Start at 9.30am

Finish 12.30pm

More information contact parenting: 07873 702777

### **Parents only**

Must have a child under 19 years or 25 years with SEN living at home and be a resident of Sutton. **Please note:** Both parents don't need to attend together

**To book your space  
please scan the QR code**





## Getting it Right for Children

A course designed to help you parent cooperatively. When parents are separating or separated, children can often get caught in the middle.

Getting it right for children is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.

### Parents only

Must have a child under 19 years or 25 years with SEN living at home and be a resident of Sutton.

**Please note:** Both parents don't need to attend together

To book your space please scan the QR code



Carshalton Family Hub & Children's Centre

(Previously Known as Tweeddale)

Tweeddale Road, SM5 1SQ

Friday 21<sup>st</sup> November 2025

Start at 9.30am

Finish 12.30pm

More information contact parenting: 07873 702777



# Slow Cooker Club

## Free 4 week course

Dates available from November 2025 to March 2026

### Choice of Venue:

**Carshalton Family Hub &  
Children's Centre SM5 1SQ**

**Tuesday's 12:30pm - 2:30pm**

or

**Vanguard Community Centre**

**Wallington SM6 9JL**

**Friday's 12:30pm - 2:30pm**

- Light Lunch provided
- All ingredients supplied
- Discover tasty recipes for the whole family
- Budgeting / money saving tips
- Chat and cook

### Parents only

Must have a child under 19 years or  
25 years with SEND living at home

To book your space please use  
the QR code



Only one space per household  
Spaces allocated on a criteria basis



## Free Slow Cooker\*

\*subject to criteria





## TRANSITION FROM CHILDREN SERVICES TO ADULT SERVICES

# WORKSHOP FOR PARENT/CARERS

An opportunity for parents and carers to learn more about the transition of young people with SEND from children to adult services in Sutton

**SPACES ARE LIMITED  
REGISTER NOW**

Email: [localoffer@sutton.gov.uk](mailto:localoffer@sutton.gov.uk)

**With:**

Claire Jackson, Designated Social Care Officer

Meera Padhair, Transition Team, Adult Social Care

Emma Morris, Lead EHCP Coordinator

 10.30am to 11.30 am

 Thursday 13<sup>th</sup> November 2025

 Westcroft Leisure Centre,  
Westcroft Road,  
Carshalton SM5 2TG.





## Headteacher's Award

### HPL focus: VAAs

**Nursery:** Amal  
**Avon:** Shreyas  
**Ember:** Savannah  
**Thames:** Willow  
**Cherwell:** Clara  
**Ribble:** Adrian  
**Waveney:** Janna  
**Beverley:** Ryan  
**Eden:** Aiden  
**Mole:** Isaiah  
**Fleet:** Afan

**Kennet:** Sonic  
**Mersey:** Jessica  
**Dart:** Aamira  
**Lea:** Kaden  
**Tay:** Asher  
**Medway:** Ibraheem  
**Tweed:** Aaric  
**Tyne:** Sophie  
**Derwent:** Amelia  
**Trent:** Nivethika  
**Wandle:** Amelia

## Smart Award

Congratulations to the following children for looking smart in their uniform around the school!



**Avon:** Nieve  
**Ember:** Mia  
**Thames:** Titus  
**Cherwell:** Stephen  
**Ribble:** Victor  
**Waveney:** Psalm  
**Beverley:** Atheeran  
**Eden:** Ammanya  
**Mole:** Sam  
**Fleet:** Amy  
**Kennet:** James

**Mersey:** Kahina  
**Dart:** Elly  
**Lea:** Ryan  
**Tay:** Eissa  
**Medway:** Ibraheem  
**Tweed:** Kiaan  
**Tyne:** Isma  
**Derwent:** Isabel  
**Trent:** Daniel  
**Wandle:** Hollie

## Class of the week

Congratulations to the following classes:

**Infants:** Y2 Eden Class  
**Juniors:** Y3 Fleet Dart Class

for their excellent behaviour! Eden Class will have access to the 'Top Fun Bus' whilst Fleet Class can go on the 'Trim Trail' or – if wet - use the School Council's Drawing Box!

## Lunchtime Awards

**Y1 Waveney Class** (Infants) and **Y4 Lea Class** (Juniors) for showing great manners in the dinner hall at lunchtime! Waveney Class will have the privilege of dining at the very special '**top table**' in the hall, whereas Lea Class have exclusive access to the **Reading Shed**.

## Dates for your diary (please also check the Calendar on the website)

### Autumn Term 2025

WFA Mufti Day

Friday 21<sup>st</sup> November

WFA Christmas Fair

Saturday 29<sup>th</sup> November: 11am – 2pm

