

# NEWSLETTER

Strive † Aspire † Succeed

Spring Issue 02—16th January 2026



## Next Manner of the Week

We look at the person who is speaking to us.

**Digital Detox** Mrs Heasman met with 43 Year 6 children today to kick start their Digital Detox. For 2 weeks they will work on reducing their screen time to observe the impact on their mental and physical wellbeing. We look forward to sharing the results with you.

## Road Safety Magic Show in Early Years

This week, our EYFS children thoroughly enjoyed an exciting Road Safety Magic Show, linked to our Transport and Travel topic. Through fun magic tricks, comedy and engaging puppets, the children learned important road safety messages in a lively and memorable way. The interactive session helped them understand how to keep themselves safe when out and about.

The show covered key road safety themes, including:

- Be bright and be seen
- Why we need to stay safe on the road
- How to use zebra crossings correctly
- Being aware of fast-moving cars
- Traffic lights and what the colours mean
- How to cross the road where there are no traffic lights
- Stop, Look, Listen and Think

The children were fantastic participants and came away with lots of new knowledge to help keep them safe.



## DATES FOR YOUR DIARY .....

**Mon 19th Jan**—Spring Term Lunchtime Clubs start

**Mon 19th-Fri 23rd Jan**—Zactiv Sponsored Sports Week

**Tues 20th Jan**—Family Support Worker drop-in session, 1-3pm

**Thur 22nd Jan**—O2 choir Young Voices concert, O2 arena London, leaving school @12.30pm

**Fri 23rd Jan** - Spotlight on Learning Assembly, Hedgehog class, 9am, large hall

**Fri 23rd Jan**—Football league match HOME v St Clements School, selected children, 3.45pm

**Thur 29th Jan**—Football league match HOME v Stamford Green, selected children, 3.45pm

**Fri 30th Jan**—Spotlight on Learning Assembly, Chestnut Class, 9am, large hall

**Fri 30th Jan**—PTFA Quiz Night, school hall, doors open 6.15pm, quiz 7pm



**Music Mark Award** St Martin's have again been awarded the Music Mark for 'Ambition and Quality' in music education in school.



## Sports News

### Active Ambassador

This week's Active Ambassador is **Lilia M** in Hawthorn class for her creative and well coordinated dance moves in her PE lessons. Well done Lilia!



**Tennis balls donation** A huge thank you to Queen's Tennis Club in London for donating over 1000 tennis balls to the school.

We are very grateful to James who brought them down in the rain!



### Club Vale February Half Term Holiday Club 2026

**Club Vale Holiday Club: Monday 16th Feb to Thursday 19th Feb 2026**

To sign up, your child does not need to be a regular user of our wrap-around care. If you wish to enrol, please click on the following link:

<https://enrolmy.com/club-vale-ltd/book-now/20-Club-Vale-February-Half-Term-Holiday-Club-2026>



### Family Support Worker drop-in clinic

On Tuesday 20th January, from 1-3pm, our school's Family Support Worker will be in school for a drop-in clinic. If you have any worries you'd like to chat through, advice needed or support around your children's behaviour,

emotional wellbeing, housing, finances, your own emotional health or anything else that is impacting family life please get in touch. To book an appointment in advance, please email me directly on:

[howens@schoolsoutreachservice.org](mailto:howens@schoolsoutreachservice.org)

with your name and preference of appointment. You will be allocated a set time from there.

Heather Owens-Leather—Family Support Worker

## Attendance

**Attendance last week:  
6th – 9th January 2026**

**Infant Attendance: 95.6%**  
Highest class was **Otter** with **100%** Well done!

Otter Class will receive their certificate and 'Atty Bear' for the week.

Closely followed by Rabbit class with 99.2%

**Junior attendance: 95%**  
Highest classes was **Plum** with 99.2%.



### It's time to get creative

Submissions are now open for the Young Artists' Summer Show 2026, our popular online and onsite exhibition at the Royal Academy of Arts featuring work by artists aged 4–18.

We can't wait to see what you've been creating! Find out more and get involved.

Free to enter. Deadline is Wednesday 4 March 2026 at 5pm.

Register

Find out more

**Royal Academy Young Artist's Summer Show** ..... Would your child like to enter?



Submissions are now open for this year's summer show. If your child would like to enter a piece of art, the deadline to submit artwork is Wednesday 4th March 2026 at 5pm. You can edit submissions until this deadline.

One piece of artwork can be submitted per child. This year, you child's artwork can be submitted from home, rather than through school.

For each submission you will need one image of the artwork plus details including a title, medium and a short description.

You can save your submission as a draft and submit it at a later date if you need more time.

How to register—[click here](#). To find out more, [click on this link](#).

Questions? See our [FAQs](#).



## PTFA news .....

[ptfaepsom@gmail.com](mailto:ptfaepsom@gmail.com)

We are on Facebook and Instagram  

### Dates and Information .....



#### Zactiv Sponsored Sports Week

Next week all children in the school will participate in their year group voted sports activity as part of the fund raising for the Zactiv Health & Wellbeing platform and programme.

Hopefully your child has already got some

sponsorship, but if not there is still time! Just £2.50 per child would be enough to fund the programme in full and it would be great if every child could contribute.

Please can you **return just your child's sponsorship form in book bags by Friday 30-Jan**. Don't worry, you have until the end of February to return the funds (details of how to pay are on the sponsorship form). If you can't find the form, please contact the school office or if you can, print from home.

#### PTFA Quiz Night—Friday 30th January

Gather together a group of up to 10 team members, or we can add you to a team, and get your tickets now on our Sumup store - <https://stmartinsepsom-ptfa.sumupstore.com/product/quiz-night-2026>. **Ticket sales close and food orders need to be confirmed by Fri 23rd-January.**

Don't forget to name your team, be creative as there will be a prize available for the best team name! Once decided, please email your team name and members to [ptfaepsom@gmail.com](mailto:ptfaepsom@gmail.com).

#### Join our 100 Club lottery

Support our school AND be in with a chance to win a cash prize every month. The more members, the bigger the prize, and the more we can help our children's school.

Interested? Find out more and buy your tickets here: <https://st-martins-epsom-ptfa-100-club.sumupstore.com>

Next PTFA meeting:  
Friday 20th March at 8am  
Venue: In school



#### Thursday 22nd January 2026

Excitement is building for our Young Voices O2 choir as they are nearing the date of their big concert next Thursday!

A few reminders before the big day:  
(sent out on Tuesday)

Choir children should come to school wearing their T shirt, plus dark coloured trousers (navy/ brown/black) with warm layers on top, particularly those who are planning to travel home by train. Please wear comfortable footwear! They will have their school dinner as usual before they go.

Please bring:

- \* Packed tea, plus plenty of water to drink
- \* TinyTorch keyring. (no other torches)
- \* Small handheld toy or book. Nothing noisy or valuable. **Please note: No mobile phones.**



Friday 23rd January- Choir children are allowed to arrive at school either at their usual registration time on Friday OR at morning break (10.30-10.45am) - not in-between these times. If they are coming in at

break time, they **MUST** be signed in at the school office.

**Enjoy the concert!!**

FRIDAY 30 JANUARY 2026

# QUIZ NIGHT

Infant School Hall

Doors open: 6:15pm  
Quiz starts: 7:00pm  
Food served: 8:00pm

Licensed Bar

£18 - Ticket includes food  
(Fish/spring roll/veggie burger & Chips)

Teams of up to 10 members  
Prizes for best team name & overall winners!

PLEASE BUY YOUR TICKETS FROM THE PTFA SUMUP STORE:

Buy tickets before 23 January  
Adults only



# Values Tie and Stars of the Week



**Badger- Values Tie: Imogen. Superstar: Mirabel**

**Star of the week: Kai** has worked incredibly hard on his phonics and handwriting the past couple of weeks. His growing confidence is wonderful to see. Fantastic progress, keep it up Kai!

**Dormouse– Values Tie: Isla. Superstar: Peyton**

**Star of the week: Grace** has been a real Thinking Thedrick this week. She thought carefully about the questions asked based on the text she read and was able to answer them with improved recall and understanding. Well done, Grace — keep up the super work!

**Fox - Values Tie: Ori. Superstar: Ali**

**Star of the week: Delilah** has been working really hard in phonics, especially when writing her sounds. She has shown great focus and determination to form her letters correctly. Keep being a Thinking Thedrick!

**Hedgehog- Values Tie: Austin. Superstar: Sloane**

**Star of the week: Rex** has been working hard since coming back to school after the holidays. He has been a real Thinking Thedrick in maths where he has applied his learning about 10s and 1s to complete his book independently. Well done, Rex!

**Mole– Values Tie: Nadia. Superstar: Noah**

**Star of the week: Delilah** has been working hard with her colourful semantics sentences this week. She was able to identify what words belonged to which colour, and wrote a lovely sentence with capital letters and full stops. Well done!

**Otter– Values: Jack. Superstar: James**

**Star of the week: Eden** has been a real 'Brave Branley' whilst participating in whole class maths discussions (numbers up to 20). She has understood the one more, and one less rule during her independent practice, too! Well done Eden, you mathematician!

**Rabbit– Values Tie: Evie. Superstar: Adam**

**Star of the week: Chloe** has settled back into school so well and has been sharing amazing ideas in English. She has been a real Thinking Thedrick, well done!

**Squirrel– Values Tie: Saesha. Superstar: Asher**

**Star of the week: Zendaya** for being a Resourceful Reggie in using the manipulatives in maths to solve money problems.

**Vole – Values Tie: Lucy. Superstar: Monty**

**Star of the week: Yilmaz** for being a Thinking Thedrick in Maths this week exploring money and identifying the value of coins and notes in a set. Great work!

**Holly– Values Tie: Hamish. Superstar: Kelsie**

**Star of the week: Milo!** Congratulations on receiving this week's award! You have wowed both your teachers with your consistent efforts excellent listening skills showcased in all lessons. You always try your best, stay focused, and show a great attitude toward learning. Keep up the wonderful work-you are a joy to teach!

**Juniper– Values Tie: Orla. Superstar: Jude**

**Star of the week: Michael** created an incredible volcano painting, based on the work of Nick Rowland, using different paint techniques. Well done Michael!

**Willow– Values Tie: Blake. Superstar: Phoebe**

**Star of the week: Sophie,** we are very proud of your incredible effort, resilience and determination despite facing many challenges over this last week. You always continue to work hard, stay positive and do your very best no matter what. You are a wonderful example of courage and commitment.

**Maple– Values Tie: Hannah. Superstar: Sam**

**Star of the week: Oliver** for showing great enthusiasm while conducting science experiments. Well done, Oliver, keep it up - you're a star!

**Poplar– Values: Evan. Superstar: Darci**

**Star of the week: Florence** for consistently working with exceptional focus and determination, and for always offering insightful, knowledgeable contributions in every lesson. Your hard work and thoughtful ideas make a real difference to our class. Well done!

**Plum– Values Tie: Jacob B. Superstar: Celine**

**Star of the week: Saoirse** for being an incredible help to others during computing this week. Well done Saoirse!

**Hazel- Values Tie: Caleb. Superstar: Olivia**

**Star of the week: Amal** for your excellent contributions and knowledge of the faith of Islam during our RE lessons. Keep it up!

**Hawthorn- Values Tie: Aureya. Superstar: Eloise**

**Star of the week: George** for his excellent contributions in class discussions throughout the week and for being ready to start each lesson promptly. Great work, George!

**Beech– Values Tie: Mimi. Superstar: Hannah**

**Star of the week: Isaac,** well done for engaging so energetically with our World War 2 English topic. Thank you for confidently sharing your ideas and enthusiasm with the class.

**Oak-Values Tie: Joannathan. Superstar: Mabel**

**Star of the week: Maika** for approaching each lesson with enthusiasm and determination. A role model to all!

**Chestnut-Values Tie: Kendrik. Superstar: Cleo**

**Star of the week: Lettie** for excellent description and vocabulary in her warning story in English, and for always working hard to up-level her writing.

**Pine-Values Tie: Anouk. Superstar: Dale**

**Star of the week: Beau** for his innovative ideas when developing descriptive sentences around a modelled text - thank you for always sharing your work.



## FAMILY LEARNING



### First Steps to Understanding Emotionally Based School Non-Attendance Course

This FREE online three week course for parents will be delivered in two hour sessions. You will gain an understanding of your child's school avoidance and ideas on how to make changes for a positive impact for all the family.

#### What will I learn?

- Understand reasons why your child will not attend school or lessons
- Understand reasonable adjustments from school to support your child
- Be confident in advocating for your child

For course dates, more information and to book your place please click on [this link](#) or scan the QR code



Web : [www.surreycc.gov.uk/familylearning](http://www.surreycc.gov.uk/familylearning)

Email : [family.learning@surreycc.gov.uk](mailto:family.learning@surreycc.gov.uk)

Tel : 0300 200 1044



# 10 Top Tips for Parents and Educators

## SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

### Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



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