

NEWSLETTER

Strive † Aspire † Succeed

Spring Issue 03—23rd January 2026



Young Voices concert at the O2 arena last night

Well done to the children in the choir who sang their hearts out last night. A huge thank you to Mrs Kelleher who dedicated so much time in the preparation for this event. You are a star for making this happen!



NATIONAL YEAR OF READING 2026
**If you're into it,
read into it**

This week's news from the Book Corner:

Just one more week to enter the competition to design a poster to show how much you love reading books!

In the **National Year of Reading** we want to spread the joy of books throughout the school with some wonderful posters.

Please use bright colours and lots of imagination to create your designs. Winning entries will be displayed throughout the school and the library. This competition is open to all year groups. If you would like to send your entries digitally please send to librarian@stmartinsepsom.school

Alternatively, please give your A4 sized artwork in at the main school office. Don't forget to add your name and class to the back of the poster so we can congratulate you! This competition closes on Friday 30th January.

I am so looking forward to receiving more entries, we already have some fantastic posters from some book enthusiasts in year 5.

Thank you to Tomas from Willow class for his donation of magazines to the library!

Next Manner of the Week

We move sensibly around the school and show awareness of others.

DATES FOR YOUR DIARY

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

Mon 2nd Feb—Epsom & Ewell Schools Panathlon Tournament, selected children, Nescot College, 9.45-11.30am

Mon 2nd Feb—Thur 12th Feb—Year 4 swimming lessons, Rainbow Leisure Centre

Fri 6th Feb—Spotlight on Learning Assembly—Hawthorn class, 9am, large hall

Attendance last week: 12th – 16th January 2026

Infant Attendance: 97.7%

Highest class was **Rabbit** with **100%** Fantastic! Dormouse, Squirrel and Vole all had over 99%.

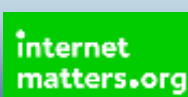
Rabbit Class will receive their certificate and 'Atty Bear' for the week.

Junior attendance: 95.5%

Highest class was **Holly** with 98.6%.

Active Ambassador



This week's Active Ambassador is **Henry D** in Dormouse Class. He has demonstrated excellent hand eye co-ordination and teamwork skills when taking part in ball games over the last few weeks - well done Henry!





PTFA news

ptfaepsom@gmail.com

We are on Facebook and Instagram  

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

Dates and Information

Zactiv Sponsored Sports Week

Well done to all of the children who participated in their sponsored year group sports activity!

Huge thanks to those who have already returned their forms or sponsorship money raised. Please can you **return just your child's sponsorship form in book bags by Friday 30th January.**

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 ptfaepsom@gmail.com.

PTFA Quiz Night—Friday 30th January

Last chance to buy your tickets and order your food by 6pm today, Friday 23-January.

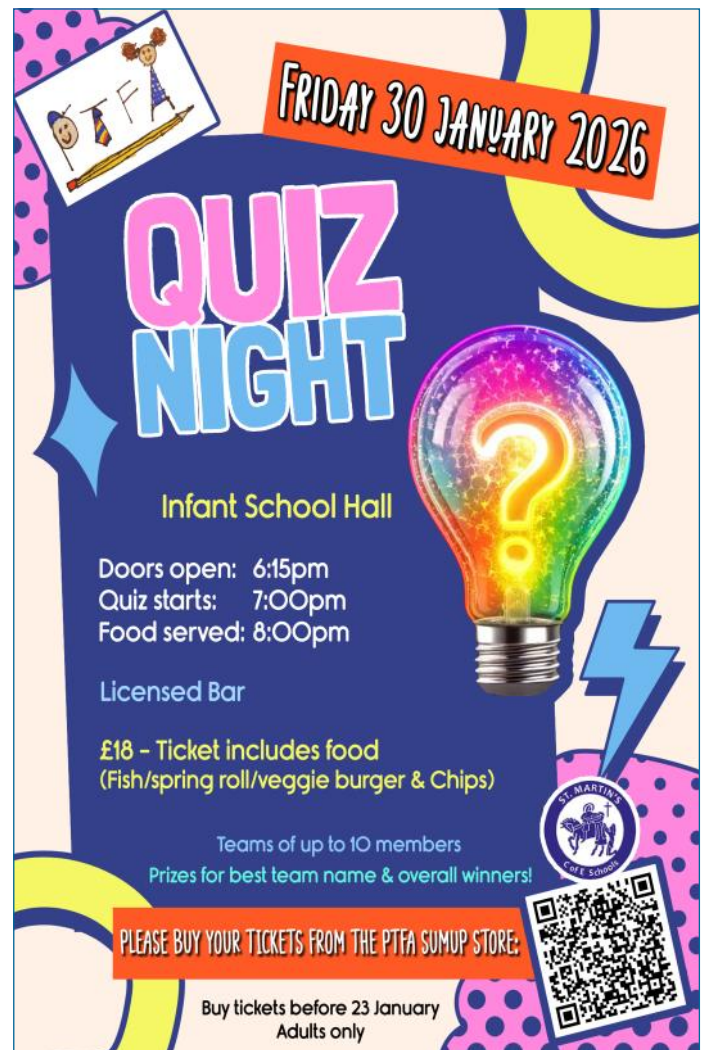
<https://stmartinsepsom-ptfa.sumupstore.com/product/quiz-night-2026>

A big thank you to our outgoing Uniform Coordinator, Jenny!

The PTFA would like to say a huge thank you to Jenny Bond who has often single handedly managed the used uniform sale on behalf of the PTFA for many years! It's been a huge effort with Jenny often going above and beyond washing, drying and ironing lost and found uniform items at home or ensuring surplus items went to charity or clothes recycling rather than the bin! We wish Jenny all the best in her new volunteering adventures at school and beyond!

Date to put in your diaries:

Thursday 12th February—'Love your School Day' - non-uniform for the day



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: Aliana. Superstar: Jesse

Star of the week: Hannah C for always trying her best in lessons, and showing our school values in everything she does. Well done Hannah!

Dormouse– Values Tie: Lottie. Superstar: Piper

Star of the week: George has been a real Resourceful Reggie this week. He thought carefully about the phonics sounds we have learnt and used fred talk to help him write words independently. Well done, George — keep up the super work!

Fox - Values Tie: Lennon. Superstar: Kitty

Star of the week: Freddie has been a real Curious Cully this week, he asked and answered lots of questions to support his learning on our space theme. Well done Freddie, keep up the super work!

Hedgehog- Values Tie: Betty. Superstar: Edward

Star of the week: Jude was a real Thinking Thedrick in Art. He drew and labelled a design for his clay sculputure and used it to create a 3D model of a caterpillar, using rolling skills and adding clear texture. Well done, Jude!

Mole– Values Tie: Thomas. Superstar: Martha

Star of the week: Nelly has been impressing me this week with her confidence and super listening skills. She has been putting her hand up every single lesson to give an answer, ask a question or contribute to the class discussion- even when shes not sure. Keep up the good work Nelly!

Otter– Values: Rein. Superstar: Bauti

Star of the week: Rory continues to shine and go above and beyond in all areas of her learning. When she finishes an independant task, whether that is in phonics, computing or art, she asks if she can do more! Not only this, but she is then always happy to help those around her. I am so proud of you!

Rabbit– Values Tie: Emilia. Superstar: Freya

Star of the week: Samuel for being a real Thinking Thedrick in our English lessons and sharing his innovation with the class, well done!

Squirrel– Values Tie: Naz. Superstar: Evaan

Star of the week: Altay, for being a Thinking Thedrick, reflecting on how we communicate in class and with our friends.

Vole – Values Tie: Adhi. Superstar: Ela

Star of the week: Aariya for being a Thinking Thedrick, reading with excellent expression during guided reading this week.

Holly– Values Tie: Sophie. Superstar: Erin

Star of the week: A huge well done to **Jemiah** for receiving this week's award! You have truly blown us away with your positive attitude towards learning, as well as being such a kind and caring friend. We were especially impressed by how inclusive and supportive you were during PE towards your fellow classmate. Thank you for all your hard work—keep it up!

Juniper– Values Tie: Ariella. Superstar: Aras

Star of the week: Well done **Max D** for producing a beautifully presented and well thought out piece of work in science, on how we use forces both around the classroom and in our day to day lives.

Willow– Values Tie: Vincent. Superstar: Callum T

Star of the week: Well done **Isla** for being a wonderful, caring friend. You consistently look out for others and help to make everyone feel happy. Keep being the lovely, kind person you are!

Maple– Values Tie: Nancy. Superstar: Kasper

Star of the week: Sarmad for great engagement and learning outcomes in our art lesson on Picasso, producing fantastic portraits! Well done, Sarmad!

Poplar– Values: Selin. Superstar: Jacob

Star of the week: Isla for showing such incredible hard work and determination in practicing her times tables! I can see how her hard work is making such a positive impact in her Maths lessons and on TTRS – well done, keep shining

Plum– Values Tie: Jude. Superstar: Iola

Star of the week: Ava for her wonderful 'Happy Human' in RE this week showcasing her identity. Well done Ava!

Hazel- Values Tie: Maximus. Superstar: Asher

Star of the week: Leo for your amazing work in Art. You have taken your time and put in so much care to produce a gorgeous piece of work. Keep it up!

Hawthorn- Values Tie: Katherine. Superstar: Jessie

Star of the week: Well done **Issie** for your brilliant effort in English this week, especially when writing your quotes for your newspaper report. Keep up the good work!

Beech– Values Tie: Cassidy. Superstar: Raffi

Star of the week: Well done **Arson**, for always engaging enthusiastically in all lessons. You are controlling your natural desire to chat and, as a result, making good progress in all subjects.

Oak-Values Tie: Mya. Superstar: Esma

Star of the week: Matei for his enthusiastic contributions in English and Do Now sessions. You are always happy to share your sentence work and this is really appreciated. You have also been a caring friend this week. Well done!

Chestnut-Values Tie: William. Superstar: Liv

Star of the week: Raphael for all-round positivity and hard work in every lesson. Well done.

Pine-Values Tie: Madison. Superstar: Bea

Star of the week: Alarik for his excellent partner work when innovating his warning story in English.



Epsom & Ewell Family Centre

12:30-2:30pm

Thursdays

26 Feb 5, 12, 19 March

Parenting Puzzle course

Free course at Epsom Family Centre.

Having children is rewarding, but it can also be stressful! Learn positive parenting strategies and tools in this four-week course for a calmer, happier home life.

To book a place, scan the QR code, email:
epsomewellfamilycentre@barnardos.org.uk
Or call: 01372 571 178



Epsom Family Centre, Pound Lane, Epsom, KT19 8RY
(no parking on-site)



**Changing childhoods.
Changing lives.**



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

Email : family.learning@surreycc.gov.uk

Tel : 0300 200 1044



What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, lumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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