

NEWSLETTER



Strive † Aspire † Succeed

Summer Issue 02 24th April 2026

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DATES FOR YOUR DIARY



Mon 27th—Thur 30th April—
Bikeability Course Level 1—Year 4

Mon 27th April—Pop-up and Perform, Years 5 and 6 plus Loud and Proud Choir, 3-3.30pm, large hall

Mon 27th April—PTFA used uniform sale, 8.30am, music/library block.

Mon 27th April— PTFA meeting, 7.30pm, Derby Arms pub, Epsom Downs

Tues 28th April—'Coffee and chat' with Senior Leadership Team, 9am, small hall

Fri 1st May—Pop-up and Perform, Years 1 and 2 plus Songbirds, 3.10-3.30pm, outside Year 2 classrooms

Mon 4th May—BANK HOLIDAY—School closed

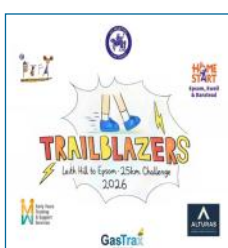
Tues 5th May—Pre-teens parent workshop, Year 6 parents only, Room 9, 9am-12

Thur 7th May—Early Years trip to Godstone Farm

Fri 8th May—Spotlight on Learning assembly, Beech Class, 9am, large hall

Fri 8th May, KS1 Multi-Skills Event, Meadow Primary School, selected children, 9.15-11.15am

Fri 8th May—Year 6 Book sale, 3.20pm



Trailblazers complete first 8km training walk!

On Sunday, 42 Year 6 children and a large group of parents successfully completed their first (8km) Trailblazers Training Walk on Epsom Common! The children all did really well – completing the walk in around 2 hours (excluding breaks) and having lots of fun along the way. The weather couldn't have been better! We are looking forward to repeating the training walk this Saturday! To support Year 6 with meeting their **fundraising goal of £10,000** please visit the [Trailblazers Team Just Giving Page](#). Your support is greatly appreciated!



Screen use in classrooms In line with the government's updated guidance on screen time for children under five, we would like to reassure parents and carers about screen use. In our classrooms, children do not watch screens unsupervised. Any screen use, throughout the school, is purposeful, carefully planned, and limited to short, age appropriate educational content, usually from filtered and trusted sources such as BBC Bitesize.

On occasion, children may watch a story being read aloud, for example if the school does not have access to a particular book or where there is a strong, class interest in a specific story. Screen use is always used to support learning and engagement and does not replace play based or interactive teaching.

Some upcoming dates in the Summer term

Tues 12th– Thur 14th May—Scholastic Book Fair

Sat 16th May—PTFA Colour Run

Wed 20th May—Sports Day

Thur 21st May—Languages Day

Mon 25th—Fri 29th May—HALF TERM

Mon 1st June—INSET DAY

Tues 2nd June—Science Fair KS1 and Years 3&5



Active Ambassador

This week's Active Ambassador is **Kyziah** in Fox class for demonstrating impressive 'start and stop' actions when running and also listening brilliantly to instructions - well done!



Football League Last Friday, in a football league fixture against Danetree, the boys' team produced a strong and determined performance. They played some excellent link-up football and showed their characteristic passion throughout a hard-fought match, narrowly losing 1-0 despite their efforts.

The girls' team, meanwhile, continued their outstanding run of form with another dominant display. Showcasing great teamwork and impressive footballing skills, they found the net five times to secure a convincing 5-1 victory, extending their winning streak in style.

Year 4 Football Tournament: On Tuesday afternoon, a Year 4 girls' team took part in a football tournament in the sunshine and represented the school brilliantly. With many of the players new to football and the team playing together for the first time, they showed fantastic enthusiasm, positivity, and support for one another throughout.

Each match saw the team grow in confidence, developing both individually and as a group. It was a wonderful afternoon of football, full of learning, teamwork, and enjoyment—an excellent experience for all involved. Well done, team!



POP-UP AND PERFORM

Please note date clarification below:

Monday 27th April: Year 5 & 6 plus Loud and Proud Choir 3:00-3.30pm
Venue: Large hall

Friday 1st May: Year 1 & 2 plus Songbirds 3:10-3:30pm
Venue: Playground outside Year 2 classrooms

Friday 15th May: Year 3 & 4 plus Loud and Proud Choir 3:00-3:30pm
Venue: Large hall



Many thanks for the wonderful entries to the Book Fair poster competition! I am delighted to announce the winners pictured here:



Sophie, Willow Class



Ethan, Holly Class



Annie, Badger Class

Bea, Holly Class

These posters will be seen around the school to promote the Book Fair. All the winning children will receive a £5 voucher to spend at the fair.

Please come to the bookfair as all books sold earn new books for the school!

Thank you to Akhira from Chestnut class for her donation of books.

If you would like book recommendations or have queries about loaned titles, please do not hesitate to contact me

librarian@stmartinsepsom.school

Sports Day

Wednesday 20th May

[Click here for details.](#)

Physi Fun

On Thursday some of our Year 5 children demonstrated their fantastic leadership when they trained to be sports coaches and took part in hosting events for 60 children across the borough in Year 1 and Year 2. They all did a fantastic job at learning their game and sharing this with their groups. Working together, they had to present the instructions and adapt their delivery to ensure all the younger children were engaged and enjoying themselves! The Year 1 and 2's had a great time playing lots of different games and working with each other to solve problems.



School Attendance

Attendance last week:
13th – 17th April 2026

Infant Attendance: 96.1%
Highest class was **Otter** with **100%**.
Well done! Atty Bear has spent the week in your classroom!



Junior attendance: 96.4%
Highest class was Hazel with 100%

Every day
COUNTS!

School success starts
with attendance

Attendance reminders:

- Children must arrive between 8.45-8.55am in time for class registration at 9am. Arriving promptly and on time gives them the best start to the day.
- All absence must be reported by 9.20am on each day of absence to the school office.
- Leave of Absence requests must be made 2 weeks in advance of the requested date wherever possible.



L a n g u a g e s D a y
T h u r s d a y 2 1 s t M a y

We are looking forward to our Languages Day. If you would like to come into school on that day and share your language with the children, [please click on this link to sign up.](#)



Morning snacks

A reminder that for a morning snack, all children in the Infants are provided with a piece of fruit. In the Juniors, the children are encouraged to bring a piece of fruit into school. Please do not provide other items such as biscuits or 'snack bars'.



Pre-teens workshop

Lesley Lane from Home Start Epsom, Ewell & Banstead will be running a workshop in school for Year 6 parents on **Tuesday 5th May at 9am.**

To sign up, please [click on the following link.](#)



PTFA news

ptfaepsom@gmail.com

We are on Facebook and Instagram



Next PTFA meeting:

Monday 27th April at 7.30pm

Venue: Derby Arms pub, Epsom Downs

Dates and Information

Colour Run - Saturday 16-May from 1-4pm

We need your help!

We are just 3 weeks away from the Colour Run and the response to the event has been great - tickets are flying! However right now, we only have 3 volunteers to throw paint, and that simply won't create the spectacular event everyone is expecting.

We must have volunteers confirmed by **Friday 1-May** or we won't be able to order the stock - and the event will need to be cancelled.

The more volunteers we have, the less each person needs to do - share the fun, share the load! Kids can get involved too - there are plenty of positions for little helpers too! Volunteer before or after your own run - then enjoy the run yourself while another parent takes over.

This event can't happen without you, so please step forward - every volunteer makes a difference!

Access all of the volunteer slots on the PTA Events site - <https://pta.events/stmartinscolourrun2026>. Thank you so much for your support!

Items needed

We are on the hunt for a few items that would be super helpful for our Colour Run and PTFA activities. If you have any of the below or can connect us to someone who could help, please reach out to ptfaepsom@gmail.com

- Hay bales for the colour run
- Traffic cones to borrow for the colour run
- Large stackable storage boxes or shelving we could have for the PTFA shed

Are you a childminder with spaces becoming available from September?

Our new Early Years parents are confirming their places with St Martin's and already thinking about wrap-around child-care.

If you are a childminder with slots becoming available and able to take on some of the new joiners from September,

please get in touch with Suzy directly or via the ptfaepsom@gmail.com and we will be able to connect you with the new parents.

Let's help the new families feel supported and prepared for joining St Martin's.

Used Uniform Sales

The next used uniform sale will take place at 8:30am on Monday 27-April from the kitchen area in the Music/Library block. Please use the doors and queue to the right and be mindful of children accessing school.

The online request form for second-hand uniform items will be open until Sunday 26-April evening. Stock depending, we will aim to send your requested items home via your child's class within a week.

If you urgently need any uniform items outside our scheduled sales, please email ptfaepsom@gmail.com and we will assist where we can.

Please only donate good quality clean logo'ed uniform items, shorts or PE items at this point as we have a surplus of most other items.

We are recruiting for a PTFA Chair/Co-Chairs!

The Chair role is instrumental in ensuring the smooth running of the PTFA.

Responsibilities include:

- Becoming a trustee of the charity
- Leading the relationship between the PTFA and school
- Leading PTFA meetings, including creation of agendas
- Event coordination of all PTFA fundraising events
- Coordination of volunteers, PTFA committee and class reps
- Liaising with external agencies and companies in respect of events
- Creation of PTFA event calendar with support of committee and school

In line with all the PTFA positions, this role is voluntary. If you would like to find out more, please contact us: ptfaepsom@gmail.com



St Martins C of E School



COLOUR RUN

Our first ever – and we'd love your support!

We're the PTFA at St Martin's School, and we are thrilled to be organising our very first Colour Run! We're looking for local businesses and community supporters to help sponsor the paint that makes the event so special.



Yellow Green Purple Pink Blue Red Orange Turquoise
£100 per colour to cover the cost of the paint at each station.

What your sponsorship includes

- Your own signage displayed at your sponsored colour station (please note, it will inevitably get a little colourful!)
- A thank-you post on the St Martin's PTFA social media channels

Email :

PTFAEpsom@gmail.com



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The Colour Run Needs



YOU!



It's fun, it raises money for school and the more volunteers the better.

Sign up – your kids will love you for it!

PTFA ARE ON THE SEARCH FOR



8 WEIGHTED TRAFFIC CONES - FOR USE AT THE COLOUR RUN

4 HAY/STRAW BALES - FOR USE AT THE COLOUR RUN



LARGE STACKABLE STORAGE BOXES WITH LIDS FOR THE PTFA SHED

Values Tie and Stars of the Week



<p>Badger- Values Tie: Ralph. Superstar: Rosie</p> <p>Star of the week: Jacob has been blowing us away with his handwriting this week! He has been trying so hard to form his letters correctly. Well done, Jacob!</p>
<p>Dormouse– Values Tie: Oscar J. Superstar: Jay</p> <p>Star of the week: Evan has been a real Thinking Thedrick this week. He has carefully thought about what we include in a sentence and is writing sentences with capital letters, finger spaces, full stops and a range of vocabulary. Well done Evan, keep up the super work!</p>
<p>Fox - Values Tie: Ayla. Superstar: Delilah</p> <p>Star of the week: Chizara has been such a fantastic Thinking Thedrick. She is always keen to share her ideas with the class, especially during this week's Talk for Writing lesson. Chizara spoke confidently and answered questions brilliantly while hot seating as Handa. Well done, keep up the great work!</p>
<p>Hedgehog- Values Tie: Evelyn. Superstar: Joshua B</p> <p>Star of the week: Ted has been working really hard this week. In English, he has been reciting our model text clearly and created a very neat boxed-up text map. Well done Ted!</p>
<p>Mole– Values Tie: Izzet. Superstar: Maya</p> <p>Star of the week: Eva has been a Curious Cully this week in all subjects! She has been putting her hand up to ask questions and answer questions, and helping provide explanations which also helps her friends to learn. Keep it up Eva!</p>
<p>Otter– Values: Sam. Superstar: Ethan</p> <p>Star of the week: I am extremely proud of how Henry has settled in to the Summer Term. I have seen a big improvement with his communication/ emotions... and he is also trying hard with his learning and friendships. Well done, keep it up!</p>
<p>Rabbit– Values Tie: Luke. Superstar: Flora</p> <p>Star of the week: Evelyn was a real Thinking Thedrick and showed great enthusiasm during our English lesson on exclamation marks. I was so impressed with how you changed your expression to show you had used an exclamation mark. Well done Evelyn!</p>
<p>Squirrel– Values Tie: Amelia. Superstar: Thea</p> <p>Star of the week: Narin - Excellent sentence construction! You used punctuation correctly for commands, statements, questions, and exclamations. Well done!</p>
<p>Vole – Values Tie: Kamila. Superstar: Dylan</p> <p>Star of the week: Eva for being a Thinking Thedrick in Maths this week when solving multi-step questions on volume and capacity. Great work mathematician.</p>

<p>Holly– Values Tie: Kelsie. Superstar: Freddie</p> <p>Star of the week: Congratulations to Jacob! We were super impressed with your enthusiasm, participation and overall behaviour during our Spinnaker Day on Tuesday. Your positive attitude and willingness to get involved throughout the day really stood out to us :).</p>
<p>Juniper– Values Tie: Samantha. Superstar: Ted</p> <p>Star of the week: Well done Grace for your excellent performance in our recent cricket lesson. We were so impressed with your enthusiasm, your effort and your skill!</p>
<p>Willow– Values Tie: Sebby. Superstar: Noah</p> <p>Star of the week: Well done, Mia, for working incredibly hard in our geography lesson this week and producing a brilliant map of our school, including a key. I was very impressed with your good listening and enormous effort. Keep up the super work!</p>
<p>Poplar- Values Tie: Anna-Lisa. Superstar: Brody</p> <p>Star of the week: Tobi, for your great animation skills in our computing lessons. You've shown fantastic creativity and effort – well done, keep it up!</p>
<p>Maple- Values Tie: Stanley. Superstar: Hannah R</p> <p>Star of the week: Emily G for your proactive and enthusiastic attitude applied to all aspects of school life and a fantastic piece of artwork in RE using chalk and pastels. Well done, Emily - you are a star!</p>
<p>Plum- Values Tie: Ava. Superstar: Alex E</p> <p>Star of the week: Alex H for his enthusiastic contribution to our science lesson, creating circuits and demonstrating a clear understanding of complete and incomplete circuits. Well done Alex!</p>
<p>Hazel- Values Tie: Ava. Superstar: Ezra</p> <p>Star of the week: Evie M- I am so proud of how well you are doing in your Maths. You have gained so much confidence to now share your ideas in lessons! Keep it up!</p>
<p>Hawthorn- Values Tie: Nathan. Superstar: Aeva</p> <p>Star of the week: Well done Immie for your fantastic engagement in all of our lessons, and in particular in RE. You always have excellent questions to ask and make valuable contributions to all of our class discussions.</p>
<p>Beech– Values Tie: John. Superstar: Teddy</p> <p>Star of the week: Alexa, well done for listening and responding thoughtfully to our NSPCC lesson and workshop this week and for producing a fantastically informative poster.</p>
<p>Oak– Values Tie: Thea. Superstar: Heidi</p> <p>Star of the week: Umeyir for always working so hard to improve his writing and respond to feedback - we were really impressed by your Alama diary entry - well done!</p>
<p>Chestnut—Values Tie: Emily. Superstar: Alan</p> <p>Star of the week: Alice for an excellent diary entry in English, full of detail and emotive language.</p>
<p>Pine—Values Tie: Thea. Superstar: Heidi</p> <p>Star of the week: Umeyir for always working so hard to improve his writing and respond to feedback - we were really impressed by your Alama diary entry - well done!</p>

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday

1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
 Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

www.nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

**PLAYERS
WANTED**

ALEXANDRA UNITED FC

We're looking for enthusiastic football players to
come along to our player recruitment session for

GIRLS' TEAMS OF ALL AGES

for the 2026/27 season Saturday & Sunday leagues



Sunday 17th May

10am-11am | U8s-U11s

11am-12pm | U12s-U15s

Court Recreation Ground
Pound Lane, Epsom
KT19 8SF

For more info email
girlsfootball@alexutd.com

Home ground
Alexandra Rec
Bridge Road
Epsom
KT17 4AN



JOIN OUR FRIENDLY CLUB FOR NEXT YEAR'S SEASON