

NEWSLETTER

Strive † Aspire † Succeed

Summer Issue 03 1st May 2026



DATES FOR YOUR DIARY



Newsletter contents

P2 ... Sports news and Book Corner
P3-4 ... PTFA news

P5 ... Stars of the Week
P8 ... SCITT information event
P9-10 ... PTFA Colour Run Information

YEAR 6 BOOK SALE

FRIDAY 8 MAY 3:20PM -JUNIOR PLAYGROUND

(Limited Sweet Goods Also Available)

All Sale Proceeds Go To Year 6 Fundraising



Pre-teens workshop for Year 6 parents

Lesley Lane from Home Start (Epsom, Ewell & Banstead) will be running a workshop in school (Room 9) for Year 6 parents on **Tuesday 5th May from 9-11am**. The workshop will be an opportunity to learn about the teenage brain, equip you with tools to build children's self esteem and resilience, learn strategies to keep the channels of communication open, and what to do to help individuals manage their big emotions. To sign up (to help provide an idea of no's, please [click on the following link](#)).

Correction to last week's Oak class Stars of the Week Please find Oak class Stars of the Week which were incorrect in last week's newsletter:

Values: Maika Superstar: Oscar

Star of the week: Aishya for always being so willing to contribute - especially in 'Do Nows' and maths lessons. It is really appreciated.

Mon 4th May—BANK HOLIDAY—School closed

Tues 5th May—Pre-teens parent workshop, Year 6 parents only, Room 9, **9am-11am**

Tues 5th May— Football league match v Epsom Primary, selected children, home match, 4pm

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

Fri 8th May— PTFA used uniform sale, 3.25pm

Mon 11th-Thurs 14th May—Year 6 SAT's

Tues 12th-Thur 14th May—Scholastic Book Fair, large hall, 3.30-4pm

Fri 15th May—Spotlight on Learning assembly, Maple class, large hall, 9am

Fri 15th May—'Pop-up and perform', Years 3 & 4 plus Loud and Proud choir, large hall, 3pm, parents invited

Sat 16th May— PTFA Colour Run, 1-4pm

Mon 18th—Fri 22nd May—Bikeability Level 2, Year 6

Mon 18th May—SRE meeting, Year 4 parents, Plum class, 3.40pm

Mon 18th May— PTFA used uniform sale, 8.30am

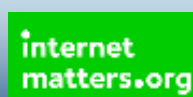
Tues 19th May—Year 3 trip to Chessington World of Adventures

Tues 19th May—SRE meeting, Year 5 parents, Beech class, 3.40pm

Wed 20th May—Sports Day

Thur 21st May—Languages Day

Fri 22nd May—Spotlight on Learning assembly, EYFS, all 3 classes, 9am, large hall



Active Ambassador

This week's Active Ambassadors are **Anya, Ivy B, Ava R -G, Deana T, Jessie T, Myla, Arson, Oscar C, Nathan, Caleb S, Sebastian K and Harvey** for being fantastic sports leaders during our PhysiFun event last week for the KS1 children.

Swimming Congratulations to Florence, Dhahwit, Mabel C, Oscar M and Aeva P-L for representing the school in the next round of the South-East Primary Schools Team Swimming Championships - the qualifying round for National Finals. Unfortunately, they didn't make it through this round, but we are incredibly proud of them for getting this far and thanks to all the parents for their support and encouragement.

Gymnastics success: Last weekend, Zion in Juniper class competed in the English Gymnastics Competition. He came 2nd overall in this national competition against 40 of the best gymnasts in the country born in 2017!

He also came 1st on Rings and Parallel bar and 3rd on Pommels and H bar. An incredible achievement Zion!



Football cup win Three of our boys in Year 4 won the Epsom and Ewell Youth League Club Cup in their Alexandra United U9's football team last week. Henry (Poplar), Alex E (Plum) and Zabdiel (Maple). Congratulations!



Trailblazers Complete Second 8km Training Walk! Last Sunday, 41 Year 6 children and a large group of parents successfully completed their second (8km) Trailblazers Training Walk on Epsom Common! The children all did really well – completing the walk in around 2 hours (excluding breaks) despite some very warm weather! We are now looking forward to our first 11k training walk on Sunday 10 May at Box Hill. 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!



Thank you to Max and Mimi in Beech class for their donation of books to the library.

Our winning posters will be appearing this week to promote our next Book Fair (Tuesday 12th—Thursday 14th May after school). All books sold earn rewards for new books for our school.

Who can resist the charms of Capybara Kingdom, or Dogman – Big Jim Believes! There is also an enticing three for two offer on books. Stock up on summer reading essentials 😊



Please make payment by card, we will have a card machine for the duration of the Book Fair.

Should you have questions about books at the Book Fair or any other book related matter please contact me Librarian@stmartinsepsom.school

School Attendance

**Attendance last week:
20th – 24th April 2026**

Infant Attendance: 97%
Highest class: **Squirrel** with 100%. Well done! Atty Bear has spent the week in your classroom!



Junior attendance: 97.6%
Highest classes: Willow and Holly with 100%. Fantastic!



PTFA news

ptfaepsom@gmail.com

We are on Facebook and Instagram



Next PTFA meeting:
Friday 26th June at 7.30pm
Venue: to be confirmed

Dates and Information

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

We need your help!

We are just 2 weeks away from the Colour Run and it's all coming together!

Tonight at 11:55pm Colour Run ticket sales close. No tickets to run the course will be open after today, no exceptions. So if you want to run / walk the course, don't miss out and get your tickets booked today!

We are so incredibly grateful for all who have signed up to volunteer, but we still have lots of volunteer slots that need filling and really can't put on this even without you!

All of the volunteer slots are on the PTFA Events site, so if you haven't yet, please log back in to sign up and help put on a great event. <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.

Emptying of Lost Property Trolleys

Please take note that the Lost Property Trolleys in the office and Early Years areas will be emptied after drop off on Monday 18-May.

Please make sure you collect any lost items that belong to you before this time. Any items left will be removed - all named items will be returned to your child via the school office/class, any unnamed items in good condition will be washed and added to the next second hand uniform sale after half term, the rest will be recycled.



Used uniform sales

The next used uniform sale will take place at 3:25pm on Friday 8-May from the kitchen area in the Music/Library block, including a selection of house coloured T-Shirts of all sizes available - get ready for Sports Day on 20-May!

The online request form for second-hand uniform items remains open until Thursday 7-May at 6pm. You can find this under Uniforms & Merchandise on the PTFA website: St Martin's Cof E Schools PTFA



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



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

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



Badger- Values Tie: Louis. Superstar: Leo

Star of the week: Zara for being a fantastic Thinking Thedrick in her writing. She has been using her finger spaces, capital letters and Fred Talk beautifully to build some brilliant sentences.

Dormouse– Values Tie: Ocean-Ivy. Superstar: Rosie B

Star of the week: Elise has been a real Thinking Thedrick this week. She is answering questions about our learning with greater detail and excellent understanding. She is also paying close attention to the structure of a sentence, which has enabled her to make excellent progress in this area. Well done Elise, keep up the fantastic work!

Fox - Values Tie: Lennon. Superstar: Quintin

Star of the week: Hayden has been a real Resourceful Reggie this week. He created an incredible observational painting, showing great attention to detail, carefully selecting the correct colours, and even exploring different materials to add texture. Keep up the great work!

Hedgehog- Values Tie: Jude. Superstar: Walter

Star of the week: Rutwikaa was a real Resourceful Reggie and used her Freddy Fingers to sound out and blend words during guided reading, managing to read a whole page independently. Well done, Rutwikaa!

Mole– Values Tie: Otis. Superstar: Nelly

Star of the week: Beatrix has been working super hard on her handwriting this term. I've noticed she is taking her time to make sure its formed correctly and sitting on the line. Well done!

Otter– Values: Ethan. Superstar: Rory

Star of the week: Raphael - A big well done for your improvement with your confidence recently. You have been volunteering to read in class more which has helped with your fluency and understanding. I have loved to see you also helping your friends.

Rabbit– Values Tie: Samuel. Superstar: Emelia

Star of the week: Phoebe has been participating enthusiastically when rehearsing our story in English. She remembers all the actions and is always confident with them. Well done Phoebe!

Squirrel– Values Tie: Nerea. Superstar: Ava

Star of the week: Stasyk - For being a Resourceful Reggie, using phonics to help write a story, and remembering to use full stops.

Vole – Values Tie: Archie. Superstar: Lottie

Star of the week: Ela for being a Teamwork Taura always working well in a group and always displaying friendship.

Holly– Values Tie: Isabella. Superstar: Thomas

Star of the week: We are super impressed with **Ethan D's** excellent effort he consistently demonstrates in his home learning each week. Ethan, your dedication and commitment to completing your home learning to such a high standard each week is truly impressive and has not gone unnoticed! A big well done to you- keep it up.

Juniper– Values Tie: Marly. Superstar: Ekagra

Star of the week: Well done Isla for drawing an excellent sketch map in geography, showing her route to school.

Willow– Values Tie: Callum T. Superstar: Yousif

Star of the week: Well done, Mila, for wowing me with your super work in maths. It is a joy to listen to your well-thought out strategies and ways of solving problems. Keep up the great listening and hard work.

Poplar- Values Tie: Betsy. Superstar: Ruken

Star of the week: Sam for being an exemplary member of Poplar Class, consistently demonstrating our school values and always striving to do your best in every lesson. You are an excellent role model - well done!

Maple- Values Tie: Ariyan. Superstar: Sophie

Star of the week: Annie for your valuable, thoughtful contributions to lessons and always trying your best in everything you do. Keep it up, Annie, you're a star!

Plum- Values Tie: Arthur. Superstar: Jaine

Star of the week: Jude for his thoughtful prayer and artwork which showed a clear understanding of the covenants between God and Noah and God and Abraham. Well done Jude!

Hazel- Values Tie: Asher. Superstar: Annie

Star of the week: Aya-for your impressive description of Ayesha's feelings in our writing this week. Your paragraph evoked lots of emotion with your use of similes and metaphors. Keep it up!

Hawthorn- Values Tie: Rebecca. Superstar: Maisie

Star of the week: Well done Ismael for writing some excellent descriptions in English this week and for practising your use of similes and metaphors. You have also really shown our school value of friendship throughout this week. Keep up the brilliant work!

Beech– Values Tie: John. Superstar: Deana

Star of the week: Well done Niamh, for being such a fantastic member of Beech Class. You are always so enthusiastic in all lessons and throw yourself into any topic, offering your ideas and opinions thoughtfully.

Oak– Values Tie: Elijah. Superstar: Jeslin

Star of the week: Mabel for always being such a conscientious student. You are such a calming presence within the classroom; a Star of the Week, every week!

Chestnut—Values Tie: Abigel. Superstar: Abhay

Star of the week: Leo for consistent engagement, enthusiasm and hard work in every lesson and always being willing to contribute to discussions - thank you!

Pine—Values Tie: Destiny. Superstar: Poppy

Star of the week: Elsie C for having such a positive and proactive attitude during our Mock SATS and always being open to improving her learning - thank you!

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

FIND OUT WHAT YOUR CHILD KNOWS 1

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



RIGHT TIME, RIGHT PLACE 2

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



KEEP IT AGE APPROPRIATE 3

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



EMPHASISE HOPE 4

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



MONITOR REACTIONS 5

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



CONSIDER YOUR OWN EMOTIONS 6

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



SET LIMITS 7

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



TAKE THINGS SLOWLY 8

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



ENCOURAGE QUESTIONS 9

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



FIND A BALANCE 10

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



BUILD RESILIENCE 11

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



IDENTIFY HELP 12

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-57478000> | <https://www.thetech.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.uncr.org/en/how-talk-your-children-about-conflict-and-war>

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.10.2023

National Online Safety®
#WakeUpWednesday

NatureWell Activity Group

Who?

Year 6 students who attend school in Epsom & Ewell & Mole Valley and would like to feel more confident about their move to secondary school in September 2026.

Young people will need to be accompanied by their parent or carer. The sessions will be facilitated by staff from the school based needs team at Mindworks.

When?

Wednesday 22 July 2026 1.30pm to 2.45pm
Wednesday 29 July 2026 1.30pm to 2.45pm
Wednesday 5 August 2026 1.30pm to 2.45pm
Wednesday 12 August 2026 1.30pm to 2.45pm
Wednesday 19 August 2026 1.30pm to 2.45pm

Ideally you would attend all 5 sessions, but we know that you might be going on holiday or have other things planned so please join us for as many sessions as you can!

Where?
Therapy garden,
St Ebba's hospital
site,
Hook Road,
Epsom,
Surrey,
KT19 8QJ

What3Words:
///loaded.wheels.finest
Google maps Plus Code:
9P2G+459 Epsom

Why are we doing this?

To try some new activities outdoors
To meet other young people moving to secondary school
To do something together with your parent/carers
To build confidence and to have fun

What do I need to do?

Come along and be prepared to join in the activities.
Wear/bring weather appropriate clothing - eg raincoat, sunhat, jumper

What we will do?

Spend time in our natural surroundings and be creative


If you are interested to find out more please email your contact details to: sbnepsom@sabp.nhs.uk by 6 July 2026.

INFORMATION EVENT




Considering a career in teaching?

Would you like to train in a school in your local community?
Come and chat with a member of our friendly South Farnham SCITT team and find out if teacher training is the career for you.

 St Martin's C of E Schools, Ashley Road,
Epsom KT18 7AD.

 Tuesday 2nd June 2026

 Drop in anytime between 12:00-4:30pm

No need to book. Ask us about:

- Do I need experience?
- Which programme is right for me?
- What finance options are available?




FOR MORE INFO

 scitt@sfet.org.uk

 www.ssfscitt.org.uk



Club Vale Summer Holiday Club 2026

 Epsom, Surrey

DISCOUNTS
AVAILABLE

We are running our Summer Holiday club from Monday 20th July until Friday 31st July 2026
All children welcome, they don't need to be a regular user of our wraparound care.

Click the link to book: <https://enrolmy.com/club-vale-ltd/book-now/21-Club-Vale-Summer-Holiday-Club-2026>

Website: <http://www.clubvale.co.uk>

Strive † Aspire † Succeed



Colour Run 2026

16th May 1-4pm

It's going to be **AMAZING!**

What is a colour Run

A Colour Run is a feel-good, fun-filled event where participants run (or walk!) a circuit of the school field while being showered in bursts of colourful, safe, washable paint powder. By the end you'll be a walking rainbow – and absolutely buzzing!

It's open to everyone – pupils, parents, and staff – and no running experience is needed. Whether you sprint the whole way or stroll with a smile, the most important thing is that you have a brilliant time.



What happens on the day

Each runner will complete two fun circuits of the school field at allocated time slots packed with:

- Easy obstacles to jump, crawl, and laugh your way through
- Colour stations where volunteers blast you with paint powder as you pass
- A FREE THROW SECTION at the finish – grab a packet of paint and go wild!

It's colourful, it's chaotic and it's completely joyful from start to finish.

How much does it cost?

Tickets include your colour run pack and entry to the event:



Whats in your colour run pack

Every registered runner receives a colour run pack filled with everything you need:

- White t-shirt – your blank canvas for the day!
- Headband – For a bit of sporting colour
- A packet of paint powder – for the free throw area

Where do I sign up?

www.pta-events.co.uk/stmartinsepsom-ptfa

Here you will be able to purchase timed entry tickets, colour run pack, protective eyewear, extra paint pouches and more! Tickets go live next week.

PLUS- You can choose you volunteer slot in the same place



How can I volunteer?

The Colour Run only works because of our brilliant volunteers – and we need YOU! Volunteering is great fun and you'll have a front-row seat to all the action.

Here's what volunteers can do:



- Man the colour stations – get ready to blast runners with paint powder! Your job is to make sure all entrants come away colourful with a smile on their faces.



- Help supervise the free throw section. Handing out paint bags, helping the photographer get great photos and having a laugh. This is going to require fully embracing the rainbow of excitement



- Help set up and take down the course on the day - If you want to help raise funds for the school, but don't want to get coated in paint. This is the job for you. Tables need setting up, the course marking out, Gazebos setting up and then doing it all in reverse at the end.



- Assist with colour run pack distribution at registration. Prepacked bags will need handing out on receipt of a ticket showing their t-shirt size. That easy! No money to be taken at this point.



- Selling on stalls - We will have a selection of items for sale, including safety glasses and extra colourful items to wear on the day.



- Other - This could be on the entrance to checking tickets and taking money from non participants. Seeing kids through the finish line and directing them back to the start or to the free throw area.

