



# NEWS FLASH



Friday 17<sup>th</sup> July 2020



## END OF TERM

We would like to remind you that school finishes next Wednesday, 22<sup>nd</sup> July at 1.45pm and children return for the new academic year on Thursday 3<sup>rd</sup> September. We are very much looking forward to welcoming all children back from September. We wish you all a happy and restful Summer break.

## THE OFFICE TEAM

When we return in the Autumn term, Parents/Carers normally have a number of questions they need answering, so would ordinarily come into the School Office. We ask that in the current circumstances, any questions you may have in September are directed to the Office Team via email [office@worplesdon.surrey.sch.uk](mailto:office@worplesdon.surrey.sch.uk) and a member of the team will get back to you as soon as they can.

## PARKING

Also, if you are registered disabled or have been granted permission by the Chair of Governors to park in the staff car park, unfortunately at the current time you will be unable to do this. In September the main driveway will continue to be used as a one-way drop off zone for the Junior children, we are sorry for any inconvenience this may cause.



If you are registered disabled we ask that you park as close to the school as possible where a member of staff will meet you. If we have not already seen proof of your valid blue disability badge, we will ask to see this.



## MUSIC

Please can we ask that if you have previously rented a musical instrument through school, that this is returned to the School Office before the end of this term, Wednesday 22<sup>nd</sup> July, thank you.

## TRIMTRAIL FUNDRAISER

We have raised an amazing £8,484 so far... please can we ask that you share the details with friends, families and any business contacts that you have to help us achieve our target. Our hope is that we may be lucky enough to get this installed before the children come back in September. Our fingers are crossed!

[www.virginmoneygiving.com/fund/wpstrimtrail](http://www.virginmoneygiving.com/fund/wpstrimtrail)



## ACTIVITIES TO ENJOY DURING THE SUMMER HOLIDAYS

Over the page, we have included some details of activities you may wish to enjoy during the Summer holidays.



### Managing anxiety after lockdown:

#### How to adjust to school life post lockdown

Going back to school in September might be scary for young people, especially considering the lengthy period that some children have been away from school and given concerns from children, parents and staff alike about the coronavirus pandemic.

HeadSpace Guildford is offering a one-off group session to help children and young people who may be nervous and anxious about returning to school. This group has specifically been designed to help children and young people understand and manage the anxiety that might arise when they are going back to school in September.

Young people will first learn about anxiety, including how anxiety presents and what the function of anxiety is. The second part of the session will teach young people strategies to learn and cope with anxiety. These will involve relaxation strategies and breathing techniques. The session will be a combination of psychoeducation by our clinical psychologist and interactive activities which will include group exercises.

There will be groups for children aged 8-11 and groups for 12-15-year olds. We are hoping to run both an in-person group and a virtual group, for both age ranges, depending on response. The session will be adapted according to the age ranges and parents will play a more active part in the younger children's group.

- Face to face ages 8-11 on Wednesday 26<sup>th</sup> August at 09.30-11.30am
- Face to face ages 12-15 on Wednesday 26<sup>th</sup> August at 1.30-3.30pm
- Virtual ages 8-11 on Friday 28<sup>th</sup> August at 09.30-11.30am
- Virtual ages 12-15 on Friday 28<sup>th</sup> August at 1.30-3.30pm

The virtual sessions will be conducted via Zoom.

The cost of the group is £58 per child for virtual sessions and £65 for face to face. There will be a sibling discount, with two children being £110 (virtual) and £120 (f2f).

To register your interest or if you have any further questions then please contact Phoebe Crook (Assistant Psychologist) on [phoebecrook98@gmail.com](mailto:phoebecrook98@gmail.com)



