



NEWS FLASH

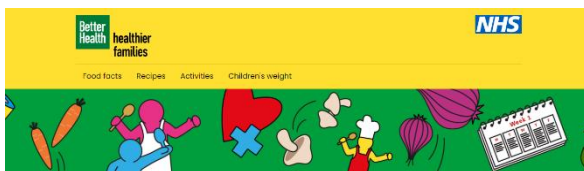
Friday 21st January 2022

SEN PARENTS FORUM

As mentioned previously, we would like to start an open forum for our parents/carers of children with special educational needs (although all parents are welcome to attend). The first session is scheduled for **Tuesday 25th January at 2pm**. If you have a particular SEN area of interest, please let our school SENDCo know and we will endeavour to include these in our sessions learlsmith@worplesdon.surrey.sch.uk.



If you would like to attend the forum, please complete the form sent out earlier today. These can be found under the forms section of your ParentMail account, thank you.



PACKED LUNCHES

Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list. If you do

make a packed lunch for your child then the NHS have got you covered with their range of quick, easy, healthy lunchbox ideas and tips.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#recipes>

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#tips>

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#swaps>

PE KIT REMINDER

With the wet and cold weather continuing, please can we remind you to ensure that children are coming to school with appropriate kit.

- Red shorts or grey tracksuit for outdoor games lessons (***we have been informed that PRIMARK now do children's grey tracksuits***)
- White Worpleston T-shirt
- Plimsolls/ Trainers for outdoor games lessons



PARKING REMINDER

We have had a number of complaints regarding inconsiderate parking. Rule 243 (The Highway Code) clearly stipulates that you must not stop or park where the kerb has been lowered to help wheelchair users/pushchairs and powered mobility vehicles; in front of an entrance to a property; on a bend (this would include the roundabout). Parking inconsiderately is not only frustrating to others but is also dangerous for our young pedestrians and other drivers.

Thank you for your continued support.

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Do you need help to achieve a healthy weight for your child?

Be Your Best is a **free** service for Surrey families with children aged 0-12 who are above the healthy weight range.

We can help you make a positive difference to your child's health and wellbeing.

Families will be offered 6 one-to-one nurse sessions and 6 online group sessions.

Sessions include:

- Live cooking workshops
- Interactive supermarket tours
- Meal planning for the whole family
- Reducing anxiety
- Managing screen time
- How to become an active family
- Importance of sleep



Nurse sessions:

Consist of home visits and take place at a mutually agreed time.

Group sessions:

Tuesdays or Thursdays
4 - 5.30pm via Zoom

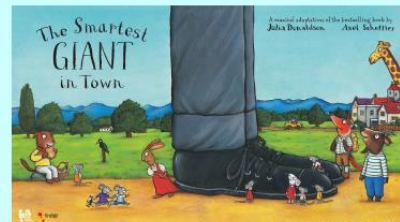
Family Fit sessions:

Saturdays
10 - 10.40am via Zoom

For more information, visit www.bybsurrey.org
or email us at BeYourBest@surreycc.gov.uk.



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