



# East Sheen Primary School

## Newsletter 12<sup>th</sup> January 2024



Welcome to the first newsletter of 2024! May we take this opportunity to wish you all a happy and healthy new year.

### Thinking Schools:

ESPS first gained accreditation as a Thinking School in September 2017 after a three-year journey to introduce and embed the methodology. In 2021 the school was re-accredited and gained an award of excellence. Three tools are used as part of the teaching and learning across the curriculum: **thinking maps, thinking hats and habits of mind**. For more information, please [click here](#). To further promote the sixteen Habits of Mind, we will be focusing on specific habits each half term.



### Year 3:

Well done to Year 3 who have funded the planting of two trees in conjunction with National Forest Org. They are true **Guardians of the Trees!**



### Supporting children and families:

Please find a number of resources and workshops below that may be of interest.

We are hosting a friendly, informal coffee afternoon at ESPS with our Mental Health Support Team where the topic of discussion will be '**emotional regulation**'. This will take place on 30/01/24 at 13.45-14.45pm. The session will include advice and suggestions on how to support your child to emotionally regulate and build resilience. For more information, please [click here](#).

If you can't attend this session, Barnes Primary are inviting parents to a coffee morning on Emotional Coaching designed specifically for parents and carers, on the 5<sup>th</sup> February at 9.00-10.30am. To book a place, please [click here](#).

The Mental Health Support Team are also offering two free webinars on: **Helping Children with Screentime & Online Media** on the 23rd and 25th January 2024. For more information and to book a place, please [click here](#).



For more information about **#BeOK Ukrainian young people's group**, please [click here](#). The hub offers a chance to make new Ukrainian friends, where sessions are run in both Ukrainian and English.

There is a new **Richmond Food Bank** located in Mortlake, which provides families with long-life food items such as canned goods, flour, washing powder, hygiene and baby products. For more information, please [click here](#).



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### Chinese New Year 2024:

Heatham House is celebrating Chinese New Year with a programme of six activities leading up to the **Year of the Dragon**. They are ending this programme with Dragon Dancing in the February Half Term.

For more information, please [click here](#).



### House Captains:

Congratulations to our new House Captains for the Spring Term: A and M for Jupiter; G and L for Mars; V and N for Saturn and D and J for Neptune.



### Fun Kingston Bike Ride:

Start the new year in style, and with healthy new habits, by joining our 3rd free and family-friendly ride. Whether Santa brought you a new bike for Christmas, or you're just keen to get active in 2024, all ages and cycling abilities are welcome. The easy-paced 7-mile group ride will start from Alexandra Park in Berrylands before venturing along quiet roads and traffic-free routes in Tolworth and Old Malden. Come along, join in the fun and maybe even discover a few new routes while building your cycle confidence.

[KINGSTON FAMILY-FRIENDLY FUN BIKE RIDE - London Cycling Campaign \(lcc.org.uk\)](https://lcc.org.uk)

### Helping Hands Award:

M in 2N has shown amazing kindness to her friends at school. She is respectful to all staff and students and tries hard to make sure that our class is a friendly and safe place for all new friends who have joined us this year.



### Sports Captains:

Congratulations to our new Sports Captains for the Spring Term: O, C, L, J, L and I.



Notices and reminders: Please ensure that the **contact details** (including your telephone number and address) you have provided the office with are up to date. Please ensure you let us know if there are any changes.

Rosslyn Park are hosting a girls-only rugby taster training session on 20th January which will be open to any girls of any ability between Y6 to Y11. The day will run from 11:30-13:30 and will include lots of fun games and activities, before the men's 1XV match takes place in the afternoon. The girls will have free entry to this, plus two parents/guardians. For more information, please [click here](#).