



East Sheen Primary School

Newsletter Friday 11th September



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Welcome back!

We are delighted to begin a new school year and to welcome everyone back. Seeing the children settle into their routines, reconnect with their friends, and approach their learning with enthusiasm has been a joy. We are looking forward to the opportunities and achievements that lie ahead this year.



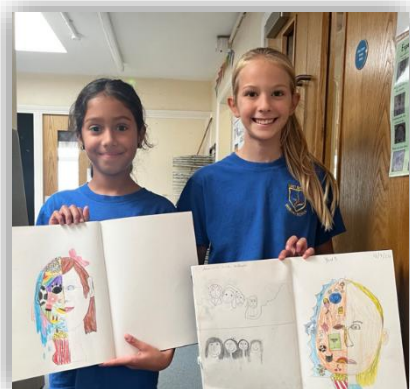
Jeans for Genes Day:

On Friday 18th September, we will be marking Jeans for Genes Day. Children are welcome to come to school in uniform but with an item of denim clothing, for example, jeans, denim skirt, denim pinafore or a denim jacket. If your child has PE, please make sure these denim items are clearly named. Jeans for Genes Day is an annual fundraising campaign for the genetic conditions community that supports people affected by a genetic condition. The monies raised on Jeans for Genes Day provide grants for day-to-day support, equipment, respite and events which bring together affected children and their families. If you would like to donate to this charity you may do so through the JustGiving link, alternatively your child can give cash to their class teacher.

<https://www.justgiving.com/id/jeansforgenesday66064>

Self-portraits:

Some wonderful works of art were created in Year 2 and Year 5 this week.





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Helping Hands:

Congratulations to M in 5C for being our first Helping Hands winner for 2026-27. This was awarded to M for supporting her classmates at the beginning of the school year so well.



Sports Stars:

Congratulations to P and S, who qualified for the Dance World Cup 2026 in Dublin with their dance school, MV Academy. Competing against more than 11,500 dancers from over 60 countries, they won a Silver medal in Group Commercial and a Bronze medal in Group Jazz in the Mini age category. We are incredibly proud of their fantastic achievement and the way they represented ESPS on the world stage.



British Farming Week:

The children enjoyed a delicious lunch featuring a couple of special menu options on Thursday 10th September to celebrate British Farming Week. ESPS took this opportunity to celebrate British farming and showcase some of the fantastic produce available from British farmers.

We also celebrated winning first prize in Pumpkin Category, the from the BHAS allotment society. What a fabulous achievement!



SEND support:

ADHD Embrace offers pre-and post-diagnostic support to families. This includes the following specialist ADHD services, which are bookable through the links:

[Post-diagnosis workshops for parents](#)

[Post diagnosis workshop for children/teens](#)

[Advice clinics](#)

To find out about their additional services, visit www.adhdembrace.org.



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Parenting support and workshops:

To enrol on any of the Richmond borough parenting courses you will need to complete this form <https://forms.gle/R4aQPsyNwcZgAnT58>. All courses are free to attend (some have a small suggested donation for course booklets).

Workshops & Drop-ins:

- **Making Sense of Big Feelings:** A neuro-inclusive workshop on understanding emotions and safely de-escalating meltdowns. (*Barnes CC: 6 Oct | White House FH: 9 Nov*)
- **Digital Parenting:** Down-to-earth strategies to manage screen time, gaming, and navigate online risks like AI. (*Ham CC: 17 Nov | Heathfield CC: 16 Dec*)
- **Stay and Play Drop-ins:** Informal spaces for parents to get quick, face-to-face advice while their children play. (*Ham: 24 Sept | Barnes: 6 Oct | White House: 9 Oct | Sunflower: 10 Nov | Heathfield: 10 Dec*)

Short Courses (2–4 weeks):

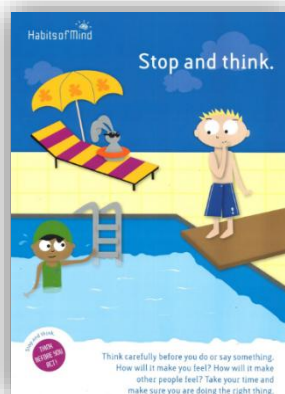
- **Playful Parenting (Under 5s):** 2 sessions focusing on building strong parent-child attachment and healthy emotional growth through play. (*White House FH: 16 & 23 Oct*)
- **Parents In Conflict:** A 3-week targeted course focusing on constructive communication and reducing the impact of relationship disagreements on children. (*Ham CC: 1 Dec – 15 Dec*)
- **Talking Teens:** 4 sessions exploring adolescent brain development, breaking down communication walls, and setting boundaries. (*Powerstation YC: 28 Sept – 19 Oct*)

Longer Programmes (6–10 weeks):

- **Teen Life (National Autistic Society):** A specialized 6-session programme for parents of autistic 10–16-year olds, focusing on communication and independence. (*Ham CC: 6 Nov – 11 Dec*)
- **The Nurturing Programme:** A 10-week evidence-based course for primary-aged families, looking at the 'why' behind behaviours and positive discipline. (*Heathfield CC: 23 Sept – 2 Dec*)

Thinking Schools

The two Habits of Mind we are focusing on this half term are:





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Notices and reminders:

Songs of the Week The children celebrated the start of the school year with singing assemblies focussing on their intentions for the year and raising the roof with their voices. Each week, the school continues to have a school 'Song of the Week', and the list of this term's songs can be found [here](#).



Sheen Food Fest returns on Saturday 12th September. More than 30 independent food and drink businesses across East Sheen will take part celebrating the vibrant cafés, restaurants, pubs, delis and eateries that make East Sheen one of south west London's hidden food gems.

Every ticket includes five Taste Tokens, redeemable for five complimentary tasting portions at participating venues, and every venue will also be serving a specially created Food Fest Special for just £5. To book your ticket, please click [here](#).



For more information about the different lessons on offer from Richmond Music Trust, please click [here](#).

For more information about Little Tanks drama club, please click [here](#).

East Sheen Primary School is committed to protecting the privacy and security of personal information. This privacy notice describes how we collect and use personal information about pupils, in accordance with the UK General Data Protection Regulation (UK GDPR). If you would like to read our full policy, please click [here](#).