

# Clifton Community News #3

Friday 17th November 2023

## Representing Clifton

It is always so wonderful when our pupils represent our school at events across the borough and last Sunday was no different.

A few weeks ago we ran a competition in KS2 for children to write their own poems about Remembrance Day, the winners would be selected to read their poems at the Southall Remembrance Sunday Memorial Event. We had so many entries and some fantastic poems, it was very difficult to pick just two, so we ended up choosing four children!

So, on Sunday morning our four Clifton representatives joined Miss Corrigan at the War Memorial for the Remembrance Event. Two of them read their poems in front of the memorial and two of them read their poems back at St John's Church afterwards. They also laid a poppy bouquet on behalf of the whole school.

Well done all of the children who entered the competition and well done to the children who took part in the service.



## Fantastic achievements!

# WE HAVE ACHIEVED



We are delighted to share with you the great news that our school has achieved TfL Travel for Life **GOLD** Accreditation, in recognition of our fantastic work to encourage safe, active, responsible travel.

By taking part in TfL Travel for Life, we have been able to contribute to improved road safety, better air quality, reduced congestion, and healthier active lives, both for young people in our school and the whole London community.

This fantastic achievement is a result of the combined efforts of the students, staff, and parent/carer community, and you should be very proud of this success. Thank you for your ongoing commitment to encouraging sustainable travel in our community. Together, we can help our school maintain this level of Accreditation and provide a healthy, safer learning environment for everyone.

If you'd like to find out more about TfL Travel for Life Accreditation please visit: [travelforlife.gov.uk](http://travelforlife.gov.uk) for more details.



Wellbeing Award  
for Schools

**2023-2026**

Clifton Primary School has been awarded The Wellbeing Award for Schools. A National Standard for Positive Mental Health and Emotional Wellbeing. Congratulations to everyone involved and thank you to our wonderful pupils, staff and parents who have made this possible.

## Tag Rugby Competition Year 5 and 6

What a fantastic day for our Year 5/6 Tag Rugby teams!

Both teams have trained hard over the past 7 weeks for this competition and they didn't disappoint.

We managed to get to the quarter finals before being knocked out in extra time!

Star of the tournament went to Dharmik for his 100% effort and determination, his fantastic individual try's and his dedication to track back and defend.



## Ten Pin Bowling Competition

On Monday 6<sup>th</sup> November a group of children from Years 5 and 6 went to the Ten Pin Bowling Competition in Acton. It was an amazing experience as they got to compete against other schools in Ealing.

Clifton children learnt about the importance of choosing the ball carefully and running up to the line, before pushing it with all their force. They also learnt how crucial it was to be aware of hand eye coordination and spatial awareness.

The children played bowling with a full team spirit and cheered each other along!



## Ealing Sportshall Athletics

On Tuesday 31<sup>st</sup> October 2023, Mrs Matharu and I accompanied a team of 10 children from Y3/4 to attend the FSSP Sportshall Athletics event at Featherstone Sports Centre. We competed against 12 other schools from around the borough across a range of track and field events, such as sprinting, relay, long jump, 5 strides (similar to triple jump) and javelin. We discussed each event and the children put themselves forward for the events they would be happy to compete and it was wonderful to see their excitement and confidence in their abilities throughout this process.

In the end we agreed on 3 events that each child would compete in. We began with the obstacle course where Mohammed and Anaya fought hard for a close second, followed by the sprints where Zakaria and Rahma performed brilliantly. After this each of the children took part in a field event, competing with tenacity and determination. The final round consisted of a series of relay races which really tested the team's focus and stamina, and I am proud to announce that not one baton was dropped!

Congratulations to Salem and Dhanyal for winning their boys relay race with careful strategic planning, and also to Mohammed, Dhanyal, Tanisha and Hind for winning their 4x1 mixed relay which was the final race of the day and a fantastic end to a brilliant event.

I would like to end by saying how beautifully behaved and enthusiastic our children were, both on the walk to and from the event, and during the event itself. They listened and followed instructions with great care, and competed with fantastic sportsmanship, truly embracing a growth mindset. Both they and their families should be very proud.

Miss Harris



## Pupil Leadership Team 2023-2024

We are excited to launch our pupil leadership teams for 2023-2024.

The children worked very hard to write their persuasive application as to why they should be a pupil leader; shortlisting the application was a very difficult task for all the teachers involved as the applications were all very good.

At Clifton we recognise the benefits such leadership opportunities have in preparing children for life beyond Clifton, with skills of communication, organisation and teamwork. We are confident that our children will gain an opportunity to develop and strengthen these skills further this year. We are pleased announce the following pupil leaders for 2023-2024:

Assessment Leaders	Timetables Leaders	Office Leaders	Dojo Leaders	Digital Leaders
<u>Year 6</u> Dhruvi Avneet	<u>Year 4</u> Sami  <u>Year 5</u> Gurnoor Seerath Dilrajan	<u>Year 5</u> Ibby Marwa Harnoor	<u>Year 5</u> Sidra  <u>Year 6</u> Shabnam	<u>Year 4</u> Alia Manveer  <u>Year 5</u> Jayden Seerath
Reading Leaders	Medical Leaders	Lunchtime Leaders	Well-being Buddies	Teaching and Learning Leaders
<u>Year 4</u> Rahma Anaya  <u>Year 5</u> Tamiha	<u>Year 4</u> Daisy Anaya Naira  <u>Year 5</u> Rajbir	<u>Year 3</u> Zuqra Het Sumaya Ranya  <u>Year 5</u> Harnoor Marwa	<u>Year 5</u> Ekamveer Zaid Jasnoor Huda Gursirat Mustafa Seerath Saarah Megan Rajbir	<u>Year 5</u> Dilrajan Harnoor Seerath  <u>Year 6</u> Kuarjeet Kuarveer
Sports Leaders		Library Leaders	Expected Behaviour Leaders	Language Leaders
<u>Year 5</u> Marwa Gursirat Rajbir Harnoor Gurnoor Ibby Manvi Emran Avneet Ismail	<u>Year 6</u> Dharmik Amaara Abdirahman Amela Ali Ayesha Cameron Simranpreet Masud Nikhil Aditya Khadeeja Amiira Saarah	<u>Year 4</u> Prince Maria H Rahma Cleonie  <u>Year 5</u> Marwa Mannat Reet Harnoor Seerath Anaya  <u>Year 6</u> Abdurahman	<u>Year 6</u> Manvi Simi Aleena Reet	<u>Year 5</u> Wad Aanya Navrose Larrison Abhijot Abigail  <u>Year 6</u> Aiza Tristain Gurtegh Simranpreet Manvi Omar
Mind up Leaders			Desmond Leaders	Parent/Carer Workshop Leaders
<u>Year 6</u> Dharmik Shabnam Ibtisam Sadit  <u>Year 5</u> Zaid Sidra Marwa Ranveer	<u>Year 4</u> Hasib Khawish Jazleen Isra  <u>Year 3</u> Ryan Simrah Norpreet Mansheel	<u>Year 2</u> Maniv Jassica Eliza Mohammed  <u>Year 1</u> Musa Soniya Rahima Rivan	<u>Year 3</u> Quratulain  <u>Year 4</u> Alexandra  <u>Year 5</u> Salma	<u>Year 5</u> Zaid Sidra Khadeeja

## Christmas Events

Yes, we are approaching that wonderful time of the year again where Christmas explodes at Clifton. Please see details of all our Christmas events below:

EYFS Christmas Concert Morning Performance - 9.15am - Friday 8th December

EYFS Christmas Concert Afternoon Performance - 2.30pm - Friday 8th December

Pantomime Trip for Years 3/4/5 - Tuesday 12th December  
(permissions and parent/carer volunteer sign up on ParentMail)

KS1 Christmas Production Performance 1 - Wednesday 13th December - 9.15am

Class Parties - Wednesday 13th December (children can wear party clothes and bring food for them to enjoy with their friends, please note: no high heeled shoes/boots and no nuts)

KS1 Christmas Production Performance 2 - Thursday 14th December - 9.15am

Christmas Lunch - Friday 15th December (see next page for the menu)

# Christmas Lunch Menu - Friday 15th December



**Christmas turkey (halal / non-halal) or  
Vegetarian tomato and mozzarella puff**

Served with all the trimmings roast potatoes,  
mini sausages, yorkshire puddings,  
carrots & peas, parsnips, brussel sprouts

stuffing & gravy

## **Desserts**

Chocolate ice cream log

or

Christmas mince pie slice

Christmas puddings or Ice creams



## Anti Bullying Week Poster Competition



Design a poster or write a poem that tells us:

- What bullying is
- How we can stand up against it
- Extra challenge: The difference between unkindness, bullying and banter

There will be prizes for the winners and their posters will be published online and around the school!

Deadline - Friday 24th November

In a world  
where you can  
be anything...

be kind

## Attendance Winners

Every fortnight we will be announcing the class who has had the best attendance of the year so far. At the end of a full term, the class who has achieved first place the most in their Key Stage will be rewarded with a prize!

### Key Stage One

Congratulations to **Tulip** class

### Key Stage Two

Congratulations to **Malala** class

Our whole school attendance (exc Nursery) is currently **94.9%**. Our current target is **95.7%**, this means we are currently below our target. Please keep sending your children to school everyday so we can reach our target!

**GOLD AWARD**



**Tulip**  
**(Year 1)**  
**96.9%**

**GOLD AWARD**



**Malala**  
**(Year 6)**  
**97.6%**

Let's aim even higher and give our pupils the best opportunity to achieve their full potential!

## 'Include Me' - Ealing Competition

Last year, some of our children entered the 'Include Me' Ealing competition and Aaralynn D'souza's art work was chosen to be displayed in the final exhibition. If you would like to go and see her beautiful art work the details are:



**Include Me**  
**ART Exhibition**  
1st November to 24th November

*What does Include Me feel like?*  
A collection of images drawn by Ealing's children and young people with additional and special educational needs or disability (SEND) from their perspective

*Where*  
 *Ealing Project*  
1 High Street  
Ealing Broadway London  
W5 5DB

Ealing council's vision is that every child, young person and their family feels welcome, happy, safe in their community and is included in choices about their lives. To find out more about Ealing's plan to improve the lives of children and young people with SEND please visit:  
[www.ealinglocaloffer.org.uk](http://www.ealinglocaloffer.org.uk) to view the strategy.

# DESMOND'S DIARY

Dear Diary,

Most of you know that I am always in training because one of my aspirations is to become a Dog Mentor! I finally have a very exciting update for you all, on Tuesday 23rd of January an assessor will visit me at our school and decide if I can show expected behaviours well enough to be an accredited Dog mentor. I now also have a page on our school website where you can read more about the assessment and me;

<https://www.cliftonprimaryschool.com/desmond-our-school-dog/>

My latest trick is to stay seated even when exciting people walk past my office (Miss Corrigan says it is her office but it is definitely mine).

Something that I am really struggling with is staying calm when we stop the car... I know that I look like I am showing expected

behaviour here but as soon as the engine turns off, I go straight into the yellow zone and I am super silly. I am determined to get better at this and will keep you updated.



When it was Halloween, I wore a bat costume. You can just about see my bat wings in the photograph on the right. I have a feeling that I am going to be getting dressed up just as often as you do.

Did you know that Miss Corrigan's favourite time of year is Christmas? I moved in with her last Christmas so that might be why.

As you can see, I am already in my Christmas jumper!

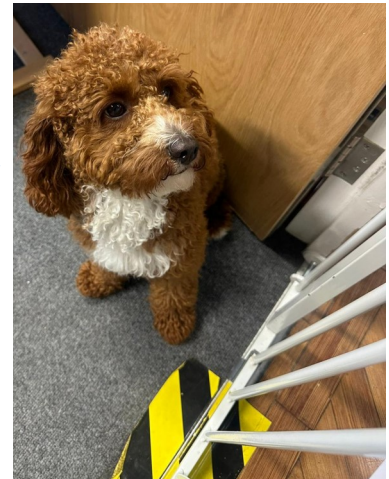


I would love to know what you are all aspiring to achieve this year so that I can share it in my next diary.

Let me know via letter or just pop in and tell me—I can then share this with Miss Corrigan.

Lots of love,

Desmond Bear

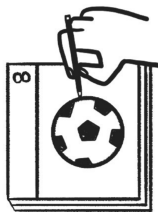


# New Ways November 2023

Actions to help you focus on what really matters, take a look at November's Wellbeing Calendar:

## New Ways November 2023

MONDAY



6 Try out a new way of being physically active

13 Do something playful outdoors - walk, run, explore, relax

20 Make a meal using a recipe or ingredient you've not tried before

27 Join a friend doing their hobby and find out why they love it



TUESDAY



7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Discover your artistic side. Design a friendly greeting card

WEDNESDAY

1 Make a list of new things you want to do this month

8 Plan a new activity or idea you want to try out this week

15 Build on new ideas by thinking "Yes, and what if..."

22 Find a new way to tell someone you appreciate them

29 Enjoy new music today. Play, sing, dance or listen

THURSDAY

2 Respond to a difficult situation in a different way

9 When you feel you can't do something, add the word "yet"

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for new reasons to be hopeful, even in tough times

FRIDAY

3 Get outside and observe the changes in nature around you

10 Be curious. Learn about a new topic or an inspiring idea

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently



SATURDAY

4 Sign up to join a new course, activity or online community

11 Choose a different route and see what you notice on the way

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way



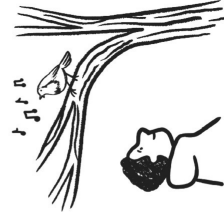
SUNDAY

5 Change your normal routine today and notice how you feel

12 Find out something new about someone you care about

19 Broaden your perspective: read a different paper, magazine or site

26 Try out a different radio station or new TV show



Happier • Kinder • Together

ACTION FOR HAPPINESS



## Ealing Schools Counselling Partnership

### Developing Friendship Skills

School is the place where children learn to navigate the world of friendships. At this age, alliances often shift and change. Learning to make friends and get along with peers can cause some distress to most children.

**How can parents help?** - It is important to listen to your child's experiences with peer challenges. Instead of telling them what to do, help them problem-solve, and also to clarify and understand their feelings. It is always best to stay away from taking sides with either child- offer empathy for all of your child's feelings, and also reflect together on how their peer might be feeling. Coach your child to stand up for themselves using their words and help them learn to express their needs rather than attacking their friend. It is helpful to practice this together!

**Sometimes we could all do with someone to talk to. If you would like to meet Elita for a confidential and non-judgemental chat about you, your child, or any other worries, she is available on Wednesdays at 9-10am. You can call/text Elita on 07469701260 or email her at [elita@schoolsounsellingpartnership.co.uk](mailto:elita@schoolsounsellingpartnership.co.uk)**

# Important Reminders and Messages

## Doctor's and Dentist Appointments

We would kindly request that dentist and doctor's appointments are booked outside of the school day unless they are emergency appointments.

For emergency appointments/hospital appointments/home office appointments, please ensure you inform the School Office by 9am on the day of the appointment, if you do not notify the school in advance of the appointment you will not be able to collect your child early and your appointment will have to be rearranged.



## Individual and sibling photographs

School Photograph day for individual and sibling photos will be taking place on **Monday 20<sup>th</sup> November.**

Please ensure your child is wearing the correct school uniform on this day so they look nice and smart.

If you would like your children to have a sibling photograph taken (**ONLY** siblings in Clifton Primary School) please bring them to school between **8.15am - 8.50am** on 20<sup>th</sup> November via the early years gate on **TALBOT ROAD**. We will send the children in to have their photo taken and then they will come straight back out to meet you so you can take them to their normal entrance gate, so all **parents/carers must wait outside school until they have had their photo taken.**

Please note **ONLY** siblings need to come from 8.15am - 8.50am.

## No Nuts in School

We are trying our hardest to be a nut free school, please do not send your child into school with any nut based product for snacks or packed lunch. This includes products that may contain traces of nuts such as; Nutella and peanut butter. We have children and staff who are severely allergic to nuts and can have adverse reactions if they are exposed to nuts.



## **GDPR (General Data Protection Regulations)**

If you would like to learn more about how we collect, use and store your data please have a look on our [GDPR website](#)

## Coming Up at Clifton...

Date	Event
20/11/23	Individual and Sibling Photographs
21/11/23	Year 3 Cinema Trip (Cineworld, Hounslow)
22/11/23	Read, Write, Inc Phonics Parent/Carer Workshop - Reception
22/11/23	Year 5 Frank Trip to National Portrait Gallery
23/11/23	Year 2 Cinema Trip (Watermans, Brentford)
23/11/23	Year 4 Darwin Class Assembly
23/11/23	Year 3/4/5/6 Boccia Competition
27/11/23	Girl's Football League Fixture 1
29/11/23	Times Tables Parent/Carer Workshop - Year 3/4
30/11/23	Year 3/4/5 Gymnastics Festival
1/12/23	Trip to see the England Lionesses vs Netherlands at Wembley Stadium
4/12/23	Year 5/6 Boys Football League Fixture 1
6/12/23	Maths Parent/Carer Workshop - Year 3/4/5/6
7/12/23	Year 5/6 Sportshall Athletics Competition
8/12/23	EYFS Christmas Concert
12/12/23	Year 3/4/5 Trip to The Beck Theatre to watch Beauty and the Beast Pantomime
13/12/23 and 14/12/23	KS1 Christmas Production
14/12/23	Year 3/4/5/6 New Aged Kurling Competition
14/12/23	Parent Pupil Progress Meetings
15/12/23	School Christmas Lunch for all pupils
15/12/23	Last day of term (School finishes 1.30)

**Please note important school finishing times for the last week of term:**

**Wednesday 13th December - Last day for nursery**

**Thursday 14th December - School finishes at 1.30pm due to Parent Pupil Progress Meetings (bookings open on ParentMail)**

**Friday 15th December - School finishes at 1.30pm for the last day of term**

# **Term Dates 2023-2024**

## **Autumn Term 2023**

Monday 4<sup>th</sup> September – INSET Day (School closed to pupils)

Tuesday 5<sup>th</sup> September – INSET Day (School closed to pupils)

Wednesday 6<sup>th</sup> September – Pupils Return to School

Monday 23<sup>rd</sup> October to Friday 27<sup>th</sup> October – Half Term

Monday 30<sup>th</sup> October – Pupils Return to School

Friday 15<sup>th</sup> December – Last Day of Term

Monday 18<sup>th</sup> December – Friday 5<sup>th</sup> January – Christmas Holidays

Monday 18<sup>th</sup> December – INSET Day (School closed to pupils)

Tuesday 19<sup>th</sup> December – INSET Day (School closed to pupils)

Wednesday 20<sup>th</sup> December - Occasional Day (School Closed)

Thursday 21<sup>st</sup> December - Occasional Day (School Closed)

## **Spring Term 2024**

Monday 8<sup>th</sup> January – Pupils Return to School

Monday 12<sup>th</sup> February - Friday 16<sup>th</sup> February – Half Term

Monday 19<sup>th</sup> February – INSET Day (School closed to pupils)

Thursday 28<sup>th</sup> March – Last Day of Term

Friday 29<sup>th</sup> March - Friday 12<sup>th</sup> April – Easter Holidays

## **Summer Term 2024**

Monday 15<sup>th</sup> April – Pupils Return to School

Monday 6<sup>th</sup> May – Bank Holiday (School Closed)

Monday 27<sup>th</sup> May to Friday 31<sup>st</sup> May – Half Term

Monday 3<sup>rd</sup> June – Pupils Return to School

Friday 26<sup>th</sup> July – Last Day of Term

Monday 29<sup>th</sup> July – Occasional Day (School Closed)

## School Website

Our school website has such an extensive amount of information on it which we are constantly adding to. Please take your time to explore what we have available. <https://www.cliftonprimaryschool.com/>

Click the links below to be taken to some of the key pages.

[Curriculum](#)

[Inclusion](#)

[Safeguarding](#)

[Medical](#)

[School Policies](#)

[Mental Health and Wellbeing](#)

[Term Dates](#) (also in this newsletter)

[School Uniform](#)

[School Meals](#)

[Online Safety for Parents/Carers](#)

[Extra Curricular Clubs](#)

[Parent and Carer Events](#)

All of the information on our website can be translated via google translate.



CLIFTON PRIMARY SCHOOL

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SEARCH

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*Aspire to Achieve*

HOME

ABOUT US

KEY INFORMATION

NEWS AND EVENTS

PARENTS/CARERS

PUPILS

# Attendance and Punctuality

## The first days back really matter!

Good school attendance is one of the main factors in determining your child's future and opportunities in life.

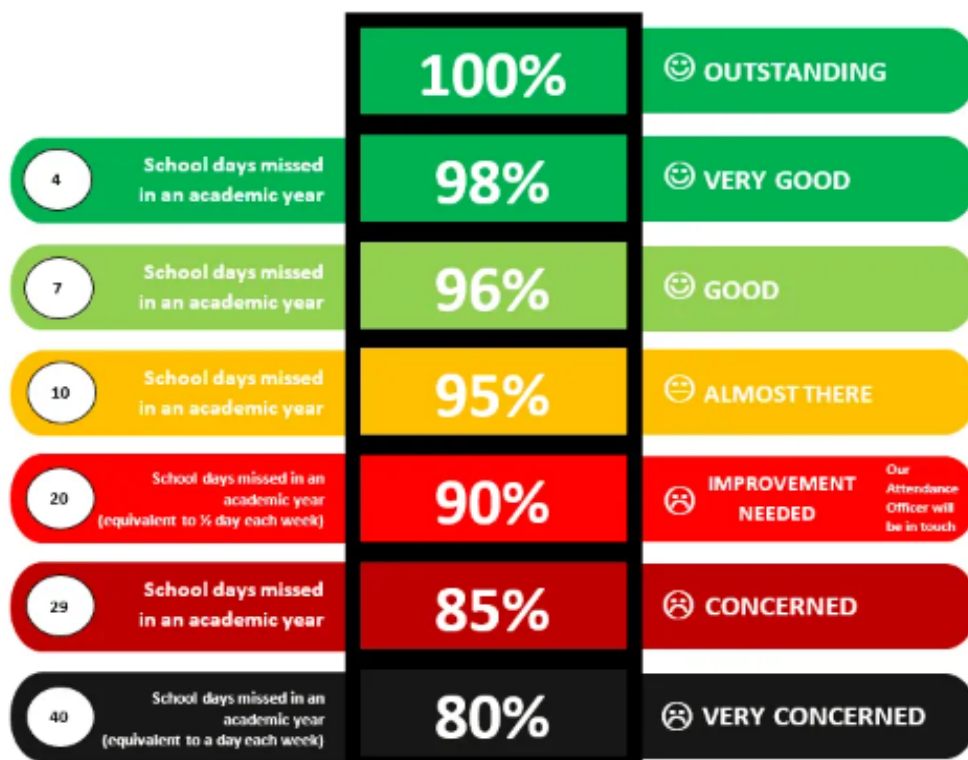
Evidence from a recent report showed that children who miss days 2, 3 and 4 of the new term for unauthorised reasons had a predicted overall absence of almost 45%, or 31 days across the term, compared to children who missed days near the end of term, with a predicted overall absence of 20-30%.

So, we ask all parents/carers to continue the excellent work you do each day to support children to attend from the first day of term.

Pupils should be in school on time, all day, everyday, except when they are too unwell/sick to attend. NHS advises that it is fine to send children to school with minor coughs and colds: [NHS advises](#)

Do NOT take your child out of school to go abroad for an extended holiday or leave of absence during term-time. All unauthorised absences will receive a penalty notice fine from Ealing Council.

Guidance for parents on how to seek support with attendance challenges: [Guidance for parents](#)



# Special Educational Needs Information

## About the Local Offer

The name 'Local Offer' is used to describe all the services and provision available to children and young people aged 0-25, and families 'locally' who are living with Special Educational Needs and Disability (SEND).

The Local Offer website is a resource to help you understand what is available and how to access services and support.

## Ealing's Local Offer includes:

- Early years and childcare
- Links to SEND provision within all schools
- Education, Health & Care (EHC) Assessment & Plan information
- Health and wellbeing
- Specific conditions
- Short breaks
- Money and benefits
- Housing adaptations
- Travel assistance
- Preparing for Adulthood (inc. housing, employment, support)
- SEN Support for Education

<https://www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/advice.page?id=9RSLmWI34g0&localofferchannelnew=0>

Are you concerned about your child's learning? If so please make an appointment to meet their class teacher to discuss what additional support can be put in place. For some children, they have additional Special Educational Needs which may mean they need teaching to be adapted.

They may need some support from professionals such as Occupational Therapists or Speech and Language Therapists which we can help you with. We have an extensive Inclusion Team at Clifton which is lead by Miss Corrigan.

Please take a look at our Inclusion page to find out more:

<https://www.cliftonprimaryschool.com/inclusion/>



# Speech and Language Service

- Have a question about your child's communication development?
- Feeling a bit worried about your child's communication but not sure who to talk to?
- Keen to speak to a speech and language therapist for some advice or reassurance?

**Come along to one of our drop-in sessions!**

**Bookings may be required so please contact the Children's Centre/ setting directly:**

Southall and West Ealing Drop in/advice sessions			
Date	Time	Location	Contact Details
Thursday 9 <sup>th</sup> November	10-11.30am	Dormers Wells Children's Centre	07719988113 Postcode: UB1 3HX
Tuesday 5 <sup>th</sup> December	9.15-11.30am	Havelock Children's Centre	020 8843 0548 Postcode: UB2 4XW
Northolt and Greenford Drop in/advice sessions			
Wednesday 20 <sup>th</sup> September	9.45-11.30am	Horsenden Children's Centre	0208 422 3854 Postcode: UB6 0PB
Tuesday 17 <sup>th</sup> October	9.30-11.00am	Limetrees Children's centre	020 8845 3807 Postcode: UB5 5LA
Ealing and Acton Drop in/advice sessions			
Tuesday 17 <sup>th</sup> October	11-1pm	West London Islamic Centre	Phone Sister Aisha to book on: 07988687111 Postcode: W13 0SQ
Wednesday 18 <sup>th</sup> October	10-11.30am	Acton Park Children's Centre	020 8743 6133 Postcode: W3 7LJ
Monday 4 <sup>th</sup> December	10-11.30am	Jubilee Children's Centre	020 8997 2338 Postcode: W13 0JF

The drop in sessions are for parents of children who do not yet have a referral to the Speech and Language Therapy service, but who would like to speak to a speech and language therapist. We will be able to access telephone interpreters.

## Speech and Language Therapy Team



Hannah Howell-Day



Georgia Maurice



Marwa Sadig



Fatma Nazimi

We provide a Universal Speech and Language Therapy service for children under 5. We empower families and practitioners to best support their child's communication.

A child might need some support if:

They are **18 months old** or over and not yet using any words

They are **2 years old** and have less than 50 words

They are over **3 years old** and a half and it is difficult to understand what they are saying

They are **2 and a half years old** and not yet putting 2 words together e.g. 'want juice' or 'go park'.

They have been in a **new setting for 6 weeks or longer** and are still not speaking in that setting

Get in touch with us!

07512 716478

Monday - Friday 1-4pm

(we can call back with an interpreter)



ealing.sitadvice@nhs.net



Facebook SLTEaling



Carmelita House  
21-22 The Mall, W5 2PJ



YouTube Ealing Children's Services



Zoom out (Ctrl+Minus)

## Workshops and Groups: September – December 2023

Early Start SEND Inclusion Team & Early Start Speech & Language Therapy Team

### Online resources

Ealing Speech and Language Therapy Facebook page: [www.facebook.com/SLTEaling](https://www.facebook.com/SLTEaling) - contains lots of tips to support communication, storytime videos and more!

Ealing Children's Services YouTube channel: [Ealing Children's Services - YouTube](https://www.youtube.com/channel/UC...) – contains bitesize tips and online workshops on Autism, language development, speech sounds and more!

Ealing Speech and Language Therapy website: <https://www.westlondon.nhs.uk/slt>

BBC Tiny Happy People: [Activities for babies, toddlers and children - BBC Tiny Happy People](https://www.bbc.com/tv-and-radio/tiny-happy-people) – they also have a brilliant Instagram page!

### Other useful local organizations

The Early Start SEND Inclusion team: Early Start SEND Inclusion Team offer targeted and specialist support to families of children with additional needs including social communication differences, speech and language difficulties, Autism, Down's Syndrome, hearing loss, vision difficulties and complex health and medical needs. Telephone: 020 8102 5888  
Email: [earlystartsendworkshops@ealing.gov.uk](mailto:earlystartsendworkshops@ealing.gov.uk)

The Health Visiting team: 020 8102 5888 for main hub.

Contact: charity supporting families with children with disabilities in Ealing. They offer information and guidance for parents, parenting support groups and more: <https://www.facebook.com/Contact-Ealing-104164327892227/>

Ealing Anchor Foundation: supporting families of children with disabilities in Ealing. They offer outings for families, workshops, play and support sessions and parent/carer evenings for adults.  
<https://www.facebook.com/profile.php?id=100064496000485>



Facebook

facebook.com/SLTEaling



**Raising Awareness of Communication Differences**  
e.g. selective/situational mutism



**What's on in the Community**  
Find activities or useful services across the borough



**Top Tips for Supporting Communication Difficulties**  
e.g. glue ear




YouTube

facebook.com/SLTEaling



**Raising Awareness of Communication Differences**  
e.g. Stammering



**Speech and Language Therapy Workshops**  
In-depth informative videos



**Communication Clips**  
Short advice videos



## Ealing Mental Health Support Team



### Workshops for parents/carers - Autumn term 2023

Over the Autumn term, Ealing Mental Health Support Team will be running a variety of workshops for parents and carers of children who attend a school in Ealing.

If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.  
<https://forms.gle/EE7eGmXmjSemf2te9>

If you have any questions, please do email us on:  
[Ealing.mhst@nhs.net](mailto:Ealing.mhst@nhs.net)



<p><b>Transitions</b></p> <p>12th September 2023</p> <p>4pm</p>	<p><b>Introduction to Autism</b></p> <p>29th September 2023</p> <p>4pm</p>	<p><b>Exam Stress</b></p> <p>20th October 2023</p> <p>4pm</p>	<p><b>Understanding Behaviour in Children with Additional Needs</b></p> <p>27th October 2023</p> <p>1pm</p>
<p><b>Student Anxiety</b></p> <p>17th November 2023</p> <p>4pm</p>	<p><b>Introduction to Autism</b></p> <p>24th November 2023</p> <p>1:30pm</p>	<p><b>Student Low Mood</b></p> <p>1st December 2023</p> <p>4pm</p>	<p><b>Understanding Behaviour in Children with Additional Needs</b></p> <p>19th December 2023</p> <p>11am</p>

# Contact Ealing Termly Timetable

**contact** For families with disabled children

In Contact EALING

**September — December 2023**

**Group Sessions**

**Contact Ealing Walk & Talks**  
(Walking & talking together with other parents, as well as Contact Ealing staff & volunteers)

**Thursday 21st September** Walk & Talk for parents and carers of children with SEND, **Gunnery Park, 10.30am start**, meeting point Popes Lane car park at 10.30am  
Please book to attend via this link: <https://forms.office.com/e/IVLmk58fR5>

**Monday 16th October** — Walk & Talk for parents and carers of children with SEND, **Northala Heights, 10.30am start, meeting point at Northala Fields Car Park (Kensington Road) entrance**  
Please book to attend via this link: <https://forms.office.com/e/q4HkQRLrq6>

**Thursday 23rd November** — Walk & Talk for parents and carers of children with SEND, **Osterley Park, 10.30am start, meeting point at Jersey Road entrance. Please book via this link:** <https://forms.office.com/e/kRke5BzS8S>

**Friday 1st December** — Walk & Talk for parents and carers of children with SEND, **Walpole Park, 10.30am start, meeting point next to playground, Pitshanger Hut.**  
Please book to attend via this link: <https://forms.office.com/e/rqQMCM5M9U>

*Our Walk & Talks are supported by Kathryn Rocha, our Volunteer Clinical Psychologist who offers parents the chance to have an informal catch up about a particular question or issue they would like advice on.*

**Contact Ealing Carers Group**

**Friday 29th September** — Joint workshop with Ealing Mencap on Independent Living Options  
Venue: Ealing Carer Centre  
Time: 10.30am start.

Booking essential via this link: <https://forms.office.com/e/ZY8YtG5ki>

**Monday 9th October** - Joint session with Ealing SLT and Ealing Anchor as part of the Ealing SLT awareness month on Communication around Toilet Training children with SEND  
Venue: Windmill Children centre, Greenford  
Time: 10am start.  
Booking essential via Ealing Anchor: <https://forms.office.com/e/R0S2iNDZ0p>

**Friday 13th October** Workshop on Money Matters including DLA  
Venue: Ealing Central Library, Ealing Broadway Shopping Centre, upstairs meeting room  
Time: 10.30am  
booking essential via this link: <https://forms.office.com/e/JUsSujSgeU>

**Thursday 9th November** Parental Well-Being workshop  
Venue: Ealing Central Library, Ealing Broadway Shopping Centre, upstairs meeting room  
Time: 10.30am  
booking essential via this link: <https://forms.office.com/e/5SWLGEhjT>

**Monday 11th December** — Carers Group on Health issues (Asthma and Epilepsy)  
Venue: Ealing Central Library meeting room (upstairs), Ealing Broadway Shopping Centre,  
Time: 10.30am start.  
Booking essential via this link: <https://forms.office.com/e/zZgI.1tnNFg>

**contact** For families with disabled children

In Contact EALING

**Contact Ealing Autism Group**  
Our support group for parents and carers of children with Autism or social communication difficulties

**Monday 25th September** — Online parent workshop with Robyn Steward: My life experiences (as an autistic woman)  
Venue: online via zoom  
Time: 7—8.30pm  
booking essential : <https://forms.office.com/e/vhEJnJ4WX4>

**Friday 6th October** — Joint online session with Ealing SLT as part of the SLT awareness month: how to support your child with social communication  
Venue: online via zoom  
Time: 10.30am  
booking essential: <https://forms.office.com/e/Es1fdRGPIE>

**Thursday 12th October** — Joint workshop with Ealing SLT as part of the SLT awareness month on Selective Mutism & Speech Anxiety  
Venue: Greenfield Children Centre, Southall  
Time: 9.30am start.  
Booking essential: <https://forms.office.com/e/Es1fdRGPIE>

**Thursday 16th November**—Autism Group Coffee morning at  
Venue: Jamaica Blue Coffee Shop, Ealing Broadway Shopping Centre  
Time: 10.30am start  
Booking essential: <https://forms.office.com/e/UJLPnt4Qh3d>

**Tuesday 19th December** — Coffee morning for parents of children with PDA / Autism / Demand Avoidance.  
Booking essential: <https://forms.office.com/e/RuNUAWiOfi>  
Venue: Jamaica Blue Coffee Shop, Ealing Broadway Shopping Centre  
Time: 10.30am start

**NHS Ealing Community Partners** Contact Ealing are proud to support the Ealing Speech & Language Therapy Awareness Month!

**Joint Contact Ealing and Ealing Anchor Foundation information sessions for parents of children with SEND, speaking community languages:**

**Monday 2nd October** – Information & Advice session on Money Matters for Arabic, Farsi and Somali speaking parents  
Venue: Ealing Project 1 High Street, Ealing W5 5DB  
When: 10.30am starting time  
Booking link: <https://forms.office.com/e/dJ4zb47DFc>

**Thursday 7th December** <https://forms.office.com/e/dJ4zb47DFc> Advice session on Money Matters in Ealing for Tamil, Polish and Punjabi speaking parents and carers  
Venue: Ealing Project , 1 High Street, Ealing W5 5DB  
When: 10.30am starting time  
Booking essential: <https://forms.office.com/e/y6i8LpxYxA>

**Telephone support in community languages:**  
At these times parents will be able to ring Contact Ealing on the number listed and get through to a Contact Ealing volunteer speaking their language:

**Tamil:** Monday 11th September, 10am — 12o'clock  
Monday 9th October, 12 — 2pm  
Monday 13th November, 10am - 12o'clock

**Arabic:** Friday 22nd September 10am — 12o'clock  
Thursday 12th October 1 — 2.30pm  
Friday 17th November 10am — 12o'clock  
Thursday 14th December 10am — 12o'clock

**Polish:** Tuesday 19th September, 12 — 2pm: on 0208 8406870  
Thursday 6th October, 10am — 12o'clock : on 0208 8406870  
Thursday 2nd November, 10am — 12o'clock: on 0208 8406870  
Tuesday 5th December 12 - 2pm: on 0208 8406870

**Somali:** Thursday 28th September, 10am 12o'clock: on 0208 8406870

**contact** For families with disabled children

**INFORMATION AND ADVICE SESSION MONEY MATTERS**  
Arabic - Farsi - Somali Speaking Parents and Carers

**Venue:** Ealing Project 1 High Street, Ealing W5 5DB

**Starting Time:** 10.30am

To book your place, please use the link or QR code below:  
<https://forms.office.com/e/dJ4zb47DFc>

H.S.E.N.A. EALING ANCHOR FOUNDATION Supporting Parents & Carers in Ealing

Our Community Language workshop on Monday 2<sup>nd</sup> October at 10.30am at the Ealing Project, for Arabic, Farsi and Somali speaking families. Parents can book to attend here:  
<https://forms.office.com/e/dJ4zb47DFc>



## EALING PARENTING SERVICE AUTUMN '23 WORKSHOP SCHEDULE FOR AFTER OCTOBER HALF TERM

**Tuesday, 7th November**

10:30am-12:30pm via MS Teams

### **Understanding Your Teen**

This workshop will look at emotional development through adolescence, to help better understand teenage behaviour and enable us to empathise with their experience. The workshop will also discuss mental health and the support available

This session is for parents/carers of young people aged 12-18 years

**Tuesday, 14th November**

10am-12pm via MS Teams

### **Impact of Domestic Abuse on Children & Young People**

This workshop will help you to recognise domestic abuse in its various forms. You will develop an understanding of how to recognise the impact of it on children and young people and how it can also impact on your parenting. You will gain knowledge and awareness of the local support services available to you.

This session is aimed at all parents/carers

**Tuesday, 21st November**

10am-12pm via MS Teams

### **Helping Children Cope with Separation & Divorce**

In this workshop, we will look at practical steps parents can take to ease the impact of their separation on their children, and help them feel safe and secure amid their parents' break up.

This session is aimed at all parents/carers

**Tuesday, 5th December**

10am-12pm via MS Teams

### **Tips on Reducing Parental Conflict**

This session is for parents/carers who are experiencing conflict in daily life whether you are in a relationship or separated. We offer the opportunity to gain awareness on the impact of conflict, and to learn practical strategies to manage emotions

This session is aimed at all parents/carers

**Please email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to book your place, giving your name/email/mobile no.**

**FREE**

## online parenting workshop

**PARENTING TOGETHER WORKSHOP SERIES**

Tuesday 21st  
Nov 2023  
10am-12pm  
via MS Teams

# HELPING CHILDREN COPE WITH SEPARATION & DIVORCE

When a family breaks up, it is hard for everyone, but this is a reality many children face. They need to be supported to understand that their parents need to move on from being a couple to being partners in parenting

How parents handle this process and deal with any conflict has a significant impact on how their children cope with their separation

Children need the love and support of both parents as they adjust to change

In this workshop, we will look at practical steps parents can take to ease the impact of their separation on their children, and help them feel safe and secure amid their parents' break up.



Delivered by  
**Chris Kolade**  
Ealing Parenting Service

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info



**SUPPORTIVE  
ACTION FOR  
FAMILIES IN  
EALING**



**EALING  
PARENTING  
SERVICE**