

OCTOBER 9TH 2026

SOUTHFIELD PARK



NEWSLETTER



Dear families

It has been a week packed with learning, and senior leaders have been out in the school visiting English lessons as part of an English Review. It has been very rewarding to see the progress that the children have made since the beginning of term, and we've had the pleasure of reading work about mice, the Iron Man, dragons, Pompeii, fairy tales and WWII diary entries - to name a few!

Next week, Year 1 – 3 are off to The Horton to watch The Hikapee Theatre on either Tuesday or Wednesday afternoons. We can't wait to hear all about it.

Last Friday, the whole staff from all seven schools in the Lumen Learning Trust got together for some shared work and training. With over 450 of us in the room, the strength of the team and the power of collaboration was clear. The title of our session was 'What I go to school for' and it gave the whole staff a chance to stop and think about the importance of every single one of our roles.

We hope to see many of you over the coming weekend, with the Bingo Night this evening and the Reception Stay and Play session on Saturday for prospective families. Next Tuesday is also our first Open Classrooms Event (details can be found below).

Best wishes for a lovely weekend,

Sally Smith

Dates for your diary...

Fri 9th Oct

- Friends Family Bingo

Sat 10th Oct

- World Mental Health Day
- Prospective Reception families Stay and Play

Mon 12th - Fri 16th Oct

- Wellbeing Week

Tues 13th Oct

- Open Classrooms 9:00 - 9:30am

Thur 15th - Fri 16th

- Harvest Collection for the Food Bank

Fri 16th Oct

- Break up for half term





● Open Classrooms

Next Tuesday, families are invited to come into school to share their children's learning with their child. The school will be open from **9am** until **9:30am**, giving you time to pop in to all of your children's classes. If you are not able to visit this time, the event is run every term at different times of the year. Please do talk to your children so that they know whether you are coming or not.

We will close the gates at **8:45am** and will register the children before reopening for you to come in at 9am. Classes on the left of the school (3A, 4D, and both Year 6 classes) should be accessed by coming in through the main office door. All other classrooms can be accessed from the infant playground. All visitors should leave the site through the main office door.

● Home-School Agreement

At Southfield Park, we are committed to working in partnership with our families to ensure that every child can **SUCCEED, INSPIRE, NURTURE, EXCEL** and **SHINE**. Our vision is to provide a caring community and a happy, exciting environment where every child is encouraged to learn, grow and reach their full potential.

From today and throughout next week, your child will be bringing home a copy of our Home-School Agreement. Please check your child's school bag, take a few moments to read the agreement together, and return the signed copy to the school office.

● Friends' Events

The Friends and I have pencilled in the following events so please add them to your diaries. All events are dependent on having enough volunteers and events later in the year, and will be decided upon based on the support that is received this term.

Please do give a bit of your time if you can, not only to come to events, but to run a stall or help tidy up.

- MUFTI for hamper donations -24th November
- Crazy hair for tombola donations - 26th November
- Jolly Jars- with class competitions for highest quantity - 23-27th November
- Token Sales - Week of 23rd November
- Christmas Fair - 28th November - 12:00-14:00
- Quiz Night (grown ups only) - 29th January - 19:00-21:00

● Photograph Permissions and the Sharing of Images

As telegraphed in the newsletters in the Summer Term, it has been a Trust decision that our newsletters and website will now be 'face-free' to safeguard our children's images from potential misuse. The decision, like so many others, was made collaboratively by the group of Heads from all seven schools in the Lumen Learning Trust.

We have been in the process of updating our procedures to ensure that you still have a record of your child's experiences here at Southfield Park. I would like to apologise that these systems were not quite ready for the beginning of the year, including for the Sayers Croft residential, and for any confusion this has caused. We will ensure that any photos taken are shared with consenting parents under Option 3 below.

Thank you to all the families who have already completed and returned the photographic consent form. If you have not yet done so, could I please remind you to complete the form, which identifies which aspects of photographic image use you would like to consent to. The options are:

1. Internal Displays
2. Newsletter (names only)
3. External Activities (group photos will only be shared with parents and carers in a closed email group)

If you have not yet completed the form, please look out for the email sent alongside this newsletter with the Photographic Consent Form attached. Please complete and return it to info.southfieldpark@lumenlearningtrust.co.uk.



BARNADO'S Changing childhoods. Changing lives.

Cygnets in Surrey

A 6-session support programme for parents and carers of children and young people, aged 5-18 who have autism or suspected autism.

Where is it being delivered?
A mixture of online and in-person courses are taking place across Surrey.

Who can attend?
Parents, carers or other family members who have responsibility for your child. Your child must be aged between 5-18 and live in Surrey. They may have a diagnosis of autism or be waiting for one.

What does Cygnets involve?
The programme is delivered over six 2 1/2 - 3 hour sessions which include:

- Introductory session
- Overview of autism with parent and carer experience
- Thinking & sensory
- Social interaction & communication
- Understanding & supporting behaviour
- Analysing behaviour

Who will deliver the course?
Surrey's Cygnets offer is coordinated through the Autism Outreach team but our team of trainers are made up from professionals working across Surrey in education, health and charity organisations.

Can I ask some questions?
Email us on SurreyParentWorkshops@freemantles.surrey.sch.uk

How do I join a course?
Please register your interest by completing the electronic expression of interest form (accessed through the below link or by scanning the above QR code). You will then be added to our mailing list and contacted each time new courses are available on Trybooking.
<https://forms.office.com/e/2321G66C>

Cygnets Parent Training

The next available Cygnets Parent Training session is available to book online. This is a support programme for parents and carers of children and young people, aged 5-18, who are autistic. The link for more information and to book is:

<https://www.trybooking.com/uk/event/79736>

● School Lunch Reminder

Just a reminder from the kitchen and the school office that our lunches are now provided by **Dolce**. Parents are required to register and order their child's meals through **SchoolGrid**

We strongly recommend that you **pre-order your child's meals**, which can be done up until **8.15am on the day**. Pre-ordering helps our kitchen team prepare meals in advance and provide a more efficient service for the children.

- **Daily**, by **8:15am**
- **Weekly**, if preferred
- **For the whole term** if you wish to plan ahead.

Please note that if you do not pre-order your child's lunch, they will be provided with a **basic meal option** such as plain pasta or a sandwich.



● Reception 2027: Stay and Play this Saturday

No sooner have we welcomed our new Reception children to school than we turn our attention to next year's joiners! If you have a child who was born between **1st Sept 2022 and 31st August 2023** then they will be eligible for a Reception place in September 2027. As you can see from our dates list, our tours for prospective parents and Stay and Play are already in the diary; to book your place, please email

info.southfieldpark@lumenlearningtrust.co.uk.

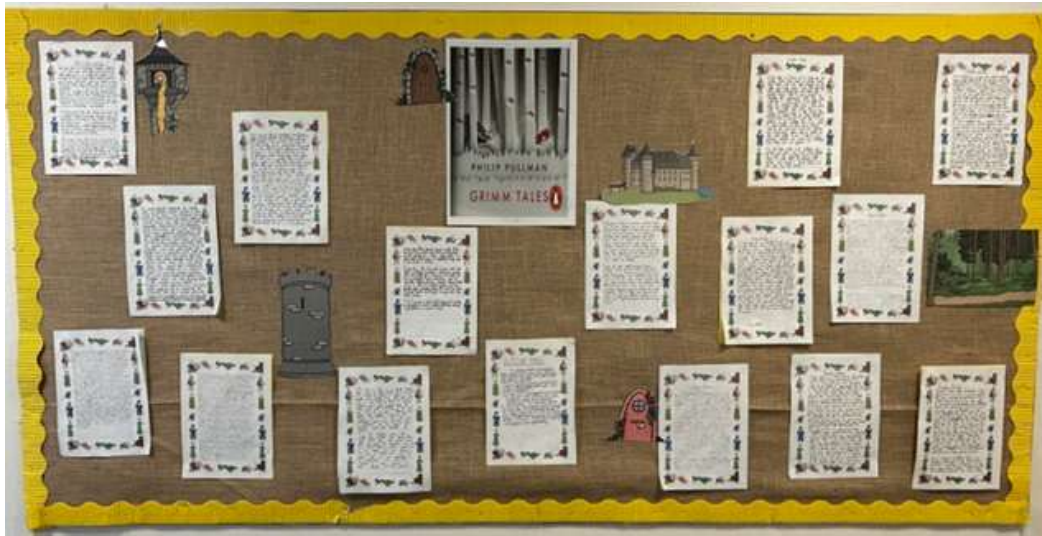
Please share this information with your friends and neighbours who might also be looking for a school place for next year. Further information about the application process can be found on the Surrey County Council website.



OCTOBER 9TH 2026

● Display Snapshot

Year 5 have had their heads buried in the 'Grimm' side of fairy tales this half term. They have fully immersed themselves in the worlds, creating characters, settings and stories. Their writing display is very creative and shows how much the children have been enjoying the genre.



Reading Rangers

As you know, we are hoping to expand our team of Reading Rangers. If you could give up a regular slot to come and spend some time with children one at a time, we would love to hear from you. Please don't worry if English is not your first language, our children will always benefit from adult time and a cosy time to share a book. All accents welcomed! The office would love to hear from you if you'd like to join our team.



We would like to say well done to **Year 1** children for transitioning into life in Year 1. They have had lots of fun engaging with a range of learning activities and resources in our new outdoor area. This week they have been fascinated by catching the rain water. We used this opportunity to talk about greater and less than and lots of comparing capacities.

In Art, we have been learning about Mondrian and we have been so impressed with their creativity. We have been building upon our understanding of colourful semantics and using this to help us write our own sentences. In Science we have been learning about seasonal change and this will continue when we return from half term - hopefully we will see more signs of Autumn!



- There was a sea of yellow in the school today for **Hello Yellow Day!**

The children and adults in the school took part, alongside thousands of other UK schools, to raise awareness of Mental Health and support Mind, a mental health charity.

The winners of the competition to find/make an unusual item are:

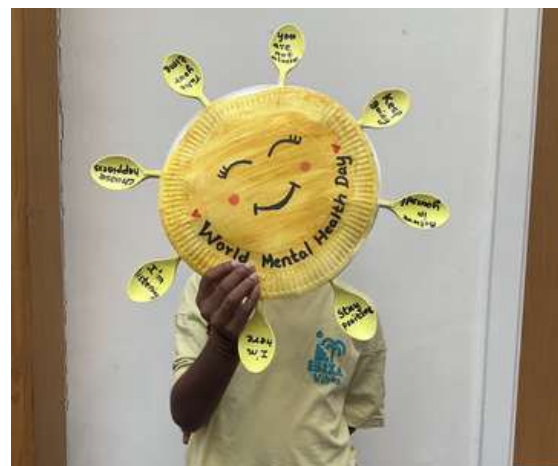
Infants – Khiyash N (yr1)

Juniors – Kishana N (yr6)

Thank you to everyone who has donated either cash or through the QR code. I will leave them up on the fences for a week if you have not got round to it yet, or want to donate again (below for ease)!



Many thanks!
Miss Cobban
Primary Mental Health Lead





Harvest Collection for Epsom Food Bank

As part of our Harvest celebrations, we will be collecting donations for Epsom Food Bank from **Monday 12th to Friday 16th October** to support local people and families in need.

Please see below for a list of items they can accept.

Please note that frozen and refrigerated items cannot be accepted.

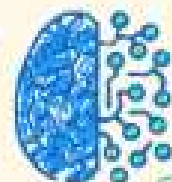
Thank you for your generosity and support in helping our local community. Every donation makes a difference!

- Tinned Meat
- Custard
- Ketchup/Brown Sauce/Mayonnaise
- Jam/Honey/Marmalade/Peanut Butter/Chocolate Spread
- Porridge
- Tinned Fish
- Milk UHT (Semi-Skimmed or Whole)
- Rice Pudding
- Cooking Sauce
- Tinned Vegetables
- Tinned Potatoes
- Rice
- Tea (bags)
- Sugar
- Longlife Juice
- Squash
- Tinned Spaghetti
- Instant Coffee
- Packet Soup
- Sponge Pudding
- Chocolate Biscuit Bars
- Noodles
- Male Deodorant
- Hair Conditioner
- Washing Powder
- Adult Toothbrushes
- Shampoo
- Tampons





ASK THE HSLW



Ask the HSLW, a space where we'll answer common parenting questions and share practical, evidence-based tips to support families with everyday challenges.

My child has ADHD. What can I do?

Surrey Support Services

- [Mindworks Surrey](#) - Support and resources available for children experiencing needs or traits which could be associated with neurodiversity.
- [Mindworks Surrey, Out of hours advice line](#) - Free phone line (5pm to 11pm) providing advice to parents and carers who are struggling with behaviours or difficulties which could be related to neurodevelopmental need, such as Autism Spectrum Disorder (ASD) or ADHD.
- [Barnardo's Surrey, Positive Parenting Service](#) - Supporting parents and carers of children 6 to 18 years old who have a diagnosis of ADHD or if their young person shows ADHD behaviours with an 8 week programme online.
- [Time Out Support group \(Farnborough and Camberley\)](#) - Local support group on the Surrey and Hampshire borders. This group has been set up by parents of children with ADHD and other additional needs and disabilities.

Family Centres

You can find support and groups for you and your children at [your local Family Centre](#). They have SEND specific stay and play sessions and support groups, where you can meet other families and speak with professionals.

Online workshops from [Surrey Family Learning](#)

- Empowering Your Neurodiverse Child to Build Resilience, Monday 2 November, 7:30 to 9:30pm
- First Steps to Understanding My Neurodivergent Child, Wednesday 4 November, 7:30pm to 9:30pm
- Confident Transitions for Your Neurodiverse Child, Monday 23 November, 7:30pm to 9:30pm
- Develop Skills to Support your Child's Sensory Needs, Wednesday 25 November, 7:30pm to 9:30pm

October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month. Surrey's [Local Offer](#) has many resources to support children and young people with ADHD and their families. You can read more about [types of Special Educational Needs and Disabilities \(SEND\)](#) and find ADHD specific support and events throughout the year.

Listed below are services in Surrey, events in October for parents, carers and children, and nationwide support.

Events Directory

Find events for parents, carers and children and young people with the Family Information Service [events search](#). Below are some examples of the groups running in October:

- [SENDSory play](#), for children from birth to age 5 with additional needs, with regular early years support professionals and physiotherapists on hand to answer questions. Mondays, 10am to 11:30am, Guildford
- [Can Do!](#) Inclusive playgroup for families with children aged 0 to 11 who have additional needs. Two sessions this half term, Thursday 22 October and 29 October, 10am to 11:30am, Epsom
- [SEND Coffee and Play](#), a safe and non judgemental space for parents and carers of children with additional needs. Children welcome. Thursday 13 and 27 October, 10:30am to 12pm, Bookham
- [SEND Stay and Play](#), a welcoming, relaxed play session for children aged 2 to 5 year olds with SEND and their families. Wednesdays term-time 10am to 11:30 am, Dorking

Additional Needs Service Showcases

Hosted by the [Surrey Family Information Service](#) in partnership with [Family Voice Surrey](#), these events offer a fantastic opportunity for families and professionals who support them to explore and connect with a variety of local services, organisations, and charities.

[Upcoming Showcases](#)

Tuesday 3 November 2026, 9:30am to 2:30pm, Oakhall Church Hall, [181 Chaldon Road, Caterham, CR3 5PL](#)
Wednesday 18 November 2026, 10am to 2pm, Guildford Baptist Church Millmead, Guildford, GU2 4BE

09/10/2026

NEW!

FRIENDS.SOUTHFIELDPARK@LUMENLEARNINGTRUST.CO.UK

News from the Friends



TONIGHT!



6PM
to
8PM

Doors open at 5:30 PM



**£5 per game booklet,
purchased on the night**

£ 6 games of BINGO with cash prizes! £

Other fun mini games! (£1 each, cash on the night)

Bingo dabbers available to purchase for £1 each

Feel free to bring your own light tea / snacks and drinks
(no nuts or sesame!)

Looking forward to seeing you there!

09/10/2026

NEW!

FRIENDS.SOUTHFIELDPARK@LUMENLEARNINGTRUST.CO.UK



News from the Friends



We are once again working with Cauliflower Cards, and the children are busy creating their artwork so parents can order personalised cards and other Christmas items this year!

How does it work?

1. Complete the order form that is coming home with your child's artwork in the upcoming days.
2. Visit the online ordering website and enter the unique code provided on the form.
3. Choose the products you would like to purchase and complete your payment online.

Return the completed order form with the artwork to the teachers ASAP if you haven't yet.

Please note that each order form contains a unique code linked to your child's artwork, so **you must use the original form and return the artwork** to the teacher.

Thank you for supporting our school and celebrating your child's creativity! ✨

09/10/2026

NEW!

FRIENDS.SOUTHFIELDPARK@LUMENLEARNINGTRUST.CO.UK



Events might be cancelled if we don't gather enough volunteers.

Upcoming EVENTS

Get involved • Support our school • Make a difference

2026 Events

	MUFTI for hamper donations	24 November
	Crazy hair for tombola donations	26 November
	Jolly Jars with class competitions for highest quantity	23 – 27 November
	Token Sales	Week of 23 November
	Christmas Fair	28 November - 12:00-14:00

2027 Events

	Quiz Night	29 January
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Dates to
be confirmed

Summer Family
Bingo



Doughnut
sales

World Book Day
collection and swap



Summer
Event

... and we might have new events coming!

To find out more on how to help:



friends.southfieldpark@lumenlearningtrust.co.uk



<https://tinyurl.com/FoFSPPS>





Academic Year 2026-2027

Autumn Term 2026

- INSET days: Tuesday 1st and Wednesday 2nd September (school closed to children)
- Start of term: Thursday 3rd September 2026 (children return to school)
- INSET day: Friday 2nd October 2026
- Half term break: Monday 19th to Friday 30th October 2026 (two weeks)
- End of term: Friday 18th December 2026 (school closes at 1:30pm)

Spring Term 2027

- INSET days: Tuesday 5th January (school closed to children)
- Start of term: Wednesday 6th January 2027 (children return to school)
- Half term break: Monday 15 February to Friday 19 February 2027
- End of term: Thursday 25th March 2027 (school closes at 1:30pm)

Summer Term 2027

- Start of term: Monday 12th April 2027
- Half term break: Monday 31st May to Friday 4th June 2027
- End of term: Tuesday 20th July 2027 (school closes at 1:30pm)
- INSET days: Wednesday 21st and Thursday 22nd July 2027 (school closed)

Term Dates for the Academic Year 2027 – 2028

Autumn Term 2027

- INSET day: Wednesday 1st September (school closed to children)
- Start of term: Thursday 2nd September (children return to school)
- INSET day: Friday 1st October
- Half term break: Monday 18th to Friday 29th October
- End of term: Tuesday 21st December (school closes at 1:30pm)

Spring Term 2028

- Start of term: Tuesday 4th January (children return to school)
- Half term break: Monday 14th February to Friday 18th February
- End of term: Thursday 31st March (school closes at 1:30pm).

Summer Term 2028

- Start of term: Monday 18th April 2027
- Half term break: Monday 29th May to Friday 2nd June
- End of term: Friday 14th July (school closes at 1:30pm)
- INSET days: 17th, 18th and 19th July

Feeling like parenting has
become a battle?
We can help.

We are running a 5-week

Parenting Puzzle

course for Parents and Carers

Children can be rewarding, stimulating and fun, but looking after them can also be extremely challenging and stressful. This course introduces POSITIVE PARENTING strategies to encourage cooperation, communication, and bring some harmony back into the family home.

Where?

Epsom Downs Family Centre
St Leonards Rd, Epsom
KT18 5RJ
Free Parking

When?

Thursday 5th November to
Thursday 3rd December 2026
10 a.m. - 12 p.m.
(no sessions during half term)

To book

Register using the QR code or email **Lesley Lane** at
lesley.lane@hseeb.org.uk to reserve your place



We ask a voluntary contribution of £10 towards the course book, but if you are experiencing financial difficulties, there are free places available - Just ask Lesley.

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A 6-session support programme for parents and carers of children and young people, aged 5 - 18 who have autism or suspected autism.

Where is it being delivered?

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Who can attend?

Parents, carers or other family members who have responsibility for your child. Your child must be aged between 5-18 and live in Surrey. They may have a diagnosis of autism or be waiting for one.

What does Cygnets involve?

The programme is delivered over six 2 ½ - 3 hour sessions which include:

- Introductory session
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Who will deliver the course?

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Can I ask some questions?

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How do I join a course?

Please register your interest by completing the electronic expression of interest form (accessed through the below link or by scanning the above QR code). You will then be added to our mailing list and contacted each time new courses are available on TryBooking.

<https://forms.office.com/e/wZ82LGt6rC>

Surrey Parent Training
Programmes



Consultation on admission arrangements for Surrey's community and voluntary controlled schools for 2028

Surrey County Council is consulting on proposed changes to admission arrangements for some community and voluntary controlled schools for September 2028.

Full details of the consultation and the changes being proposed are available at [Consultation on the admission arrangements for community and voluntary controlled schools for September 2028](#)

Why Surrey County Council is consulting

Surrey County Council has a statutory duty to consult on admission arrangements if it intends to make a change. The changes being proposed are as follows:

1. **Banstead Community Junior School** – reduction in published admission number for Year 3 from 90 to 60
2. **Stamford Green Primary School** – removal of the catchment area

How can you respond to the consultation?

The consultation on the admission arrangements for community and voluntary controlled schools, which include the proposed changes above, will run from Tuesday 6 October until Tuesday 17 November 2026. If you would like to take part, please complete an online response form at [Consultation on the admission arrangements for community and voluntary controlled schools for September 2028](#) or by using the following QR code:

Autumn Term 2026 Key Dates: Parents and Carers

Date	Time	Event
Fri 9th Oct		Family Bingo
Sat 10th Oct		World Mental Health Day
Sat 10th Oct	10am – 12pm	Prospective Reception families Stay and Play
Mon 12th – Fri 16th Oct	Wellbeing Week	
Tue 13th Oct	9 – 9:30am	Open Classrooms (All)
Thur 15th – Fri 16th Oct	Harvest Collection for the Food Bank	
Fri 16th Oct	End of school	Break up for half term
Half Term Mon 19th Oct- Fri 30th Oct		
Mon 2nd Nov	8:35am	Children return to school
Wed 4th Nov	4:30pm	Relationship and Sex Education parent/carers information session
Wed 4th Nov	5:30pm	Early Maths Parent Meeting for Reception and KS1 parents/carers
Fri 6th Nov	9:15am	Prospective Parent tour
W/c 9th Nov	Bebras Computing Challenge	
Wed 11th Nov	Remembrance Day	
Thur 12th Nov	9:15am	Y2 Assembly to parents/carers
Fri 13th Nov	9:30 – 11:30	Craft Day for pre-schoolers in hall
Fri 13th Nov	pm	House Event: Anti-bullying Week
Thurs 19th Nov	EYFS and KS1 Road Safety Trips	
Friday 20th Nov	KS2 Road Safety Learning	
Mon 23rd Nov	9:15am	Prospective Parent tour
Mon 23rd Nov	15:00 – 18:30 16:00 – 18:00	Parent Consultations (all year groups)

Autumn Term 2026 Key Dates: Parents and Carers

Week of 23 November		Token Sales
23rd -27th Nov		Jolly Jars (with class competitions for highest quantity and possibly best one per class also)
Tue 24th Nov	15:00 – 18:30 16:00 – 18:00	Parent Consultations (all year groups)
Tue 24th Nov	AM	Nasal Flu Vaccines for Reception to Year 6
Tues 24th Nov		MUFTI for hamper donations
Thurs 26th Nov		Crazy hair for tombola donations
Sat 28th Nov	12:00 – 14:00	Christmas Fair
Mon 7th Dec	9:15 am	Year 2 and Year 3 Christmas Performance to Year 3 parents
Tue 8th Dec	9:15 am	Year 2 and Year 3 Christmas Performance to Year 2 parents
Wed 9th Dec	9:15 am	EYFS and Year 1 Christmas Performance to Reception parents
Thur 10th Dec	9:15 am	EYFS and Year 1 Christmas Performance to Year 1 parents
Tues 15th Dec	10am	Phase 3 rehearsals at the Church
Wed 16th Dec		Christmas Lunch and Party afternoon – party wear or Christmas jumper
Thurs 17th Dec	10am	Phase 3 Carol Concert at the Church
Fri 18th Dec	Panto x2 (funded by Friends)	
Fri 18th Dec	1:30pm	Break up for Christmas Holidays



Southfield Park

Primary School



OPEN EVENTS FOR RECEPTION 2027 ADMISSION

**COME AND VISIT OUR
BEAUTIFUL SCHOOL!**

Stay & Play Drop In Session:

Saturday 10th October 10:00- 12:00

Open Mornings with a tour:

Monday 14th September 9:15

Monday 5th October 9:15

Friday 6th November 9:15

Monday 23rd November 9:15

Friday 8th January 9:15



TO BOOK



www.southfield-park.surrey.sch.uk



info.southfieldpark@lumenlearningtrust.co.uk



Southfield Park Primary School,
Long Grove Road,
Epsom KT19 8TF



AFTER-SCHOOL CLUB

SING
ACT
DANCE
BELONG



GLEE CLUB

3
PLACES
AVAILABLE!

BUILD
CONFIDENCE
MAKE FRIENDS
HAVE FUN



A fun and friendly after-school club for children
in **Years 3–6** at **Southfield Park Primary**.

Develop your singing, acting and dancing skills
while working towards a performance in March!



Fridays



3:20 – 4:20pm



Years 3–6



Southfield Park
Primary

Working towards
a performance
in **March!**



CONFIDENCE
CREATIVITY
FRIENDSHIP
FUN

BOOK YOUR PLACE NOW



Email gleesouthfieldpark@gmail.com

Places are limited – get in touch to secure a place!



MUSIC | CONFIDENCE | CREATIVITY | FRIENDSHIP | FUN

Act
Learn
Grow
Shine



LAMDA CLUB

CONFIDENCE
COMMUNICATION
CREATIVITY
OPPORTUNITY

2
PLACES
AVAILABLE!

AFTER-SCHOOL CLUB

AT SOUTHFIELD PARK PRIMARY

A fun and supportive after-school club for children
in **Years 3–6**.

Explore screen acting and LAMDA preparation while
developing your confidence, communication and performance
skills in a friendly and encouraging environment.



TUESDAYS



3:20 – 4:20pm



YEARS 3–6



**SOUTHFIELD PARK
PRIMARY**



Screen Acting
LAMDA Prep
Build Confidence
Have Fun!



TO BOOK YOUR PLACE, EMAIL
southfieldparklamda@gmail.com



Places are limited – get in touch to secure a place!

ACTING | CONFIDENCE | COMMUNICATION | CREATIVITY | ACHIEVEMENT



Combat Martial Arts

Reigate, Epsom, Ewell & Sutton

JKD KICKBOXING CLASSES

FIRST MONTH ONLY £20!
LIMITED OFFER

Confidence – Discipline – Fitness – Focus

Fun, structured, beginner-friendly Martial Arts classes helping children build confidence, improve fitness and learn valuable self-defence skills in a safe and supportive environment.



WHY PARENTS LOVE OUR CLASSES

- ✓ Confidence Building
- ✓ Structured Belt Grading System
- ✓ Focus & Discipline
- ✓ Fitness & Coordination
- ✓ Self Defence Skills
- ✓ Positive & Supportive coaching
- ✓ Beginner Friendly

Call: 07387 880306

CLASSES



LITTLE DRAGONS (Ages 5-8yrs)

Mondays 4.30pm - 5pm · Sutton
Thursdays 4.30pm - 5pm · Reigate



KIDS JKD KICKBOXING (Ages 9-14yrs)

Thursdays 5-6pm · Reigate
Mondays. 5-6pm · Sutton
Saturdays. 9-10am · Epsom

ADULT JKD KICKBOXING (Ages 16+)

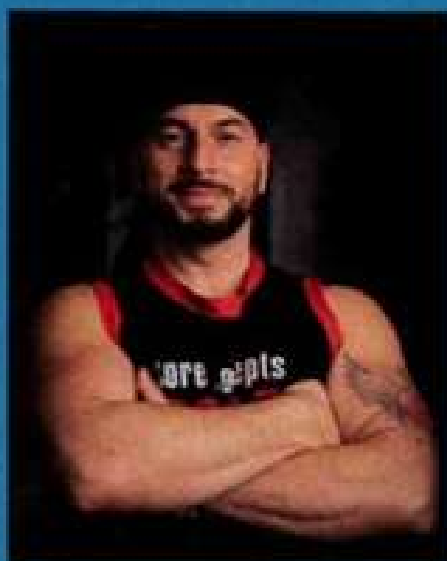
Saturdays 1-2PM · Epsom



JEET KUNE DO

(Wednesday Nights)

Wednesdays 6:30-7:30PM · Epsom



Meet Sifu Pat – Head Instructor

With over 30 years Martial Arts experience, Sifu Pat is passionate about helping children build confidence, discipline, confidence, focus and resilience through Martial Arts training.

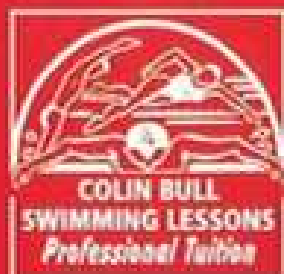
Classes are designed to be fun, structured, supportive and beginner friendly – helping kids grow physically and mentally while learning valuable self-defence skills in a safe environment.

Through positive coaching and a structured Belt Grading system, children are encouraged to progress, achieve goals and develop confidence both on and off the mats.

- ✓ 30 + years experience
- ✓ Certified instructors
- ✓ DBS Checked
- ✓ First-Aid Certified
- ✓ Fully Insured

Call: 07387 880306

www.flowcombatmartialarts.com
Email: flowcombatsystems@gmail.com



SWIMMING LESSONS

QUALITY LESSONS FOR ALL AGES



**Downsend School
(Leatherhead)
and
Epsom College**

- 🏊 Qualified, experienced instructors
- 🏊 Evenings and weekends
- 🏊 Helpers in the water
- 🏊 Small groups with excellent results
- 🏊 Adult classes, all abilities
- 🏊 Aged 4 & above without parent
- 🏊 Aged 2½ and above with parent

01372 739600

colin@cbswimming.co.uk

www.colin-bull-swimming-lessons.co.uk

📷 @colinbullswimminglessons

📘 cbswimming



Is your child in year 6?

If so, you need to apply online for a secondary school place by **31 October 2026**. Applying on time gives you a better chance of getting one of your preferred schools.

If you live in Surrey, you can find out all you need to know about school admissions and apply online at surreycc.gov.uk/admissions or you can call us on **0300 200 1004**.



Apply online
Apply on time by
31 October 2026



drama singing dance

Delivering fun and engaging performing arts classes

led by professional tutors since 1995

JIGSAW EPSOM

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Epsom, KT17 1NB

Saturday
mornings

3-18
years

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drama singing dance



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years, giving your child a
place to belong!

The safety of our students is a priority, whilst maintaining a fun and engaging environment.
All teachers are DBS checked.

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to speak with a member of our team and book a two week trial today!

- Drama, singing and dance

- Learn social skills, build self-esteem

- Two week trial available to all new customers

- 90 minute sessions for children aged 3 to 6

- Three-hour sessions for children aged 7 to 18

- Students are taught by specialist performing arts tutors

- End of term shows, presentations, certificates and awards

ds

EPSOM

Saturday mornings

Glyn School

The Kingsway

Epsom, KT17 1NB

3-4 year olds:

9.30am – 11.00am

11.30am – 1.00pm

5-6 year olds:

9.30am – 11.00am

11.30am – 1.00pm

7-18 year olds:

10.00am – 1.00pm



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Contact us via WhatsApp
02038118636



T: 0203 8118636

E: epsom@jigsaw-arts.co.uk

W: jigsaw-arts.co.uk



Epsom & Ewell Family Centre

**28th October
1pm-3pm**

@ Ewell Family Centre

Young Person's Emotional Wellbeing Workshop

As part of our Mental Health Day celebrations, children will create their own Feelings Box, filled with tools and ideas to help them manage their emotions, such as fidget toys, calming activities, and breathing exercises. This fun, creative workshop will encourage children to recognise their feelings and develop positive strategies to support their emotional wellbeing.

To book a place, scan the QR code, email:
epsomewellfamilycentre@barnardos.org.uk
Or call: 01372 571 178



**Ewell Family Centre, Riverview Road, West Ewell KT19
OJP**



**Changing childhoods.
Changing lives.**