

# BANDON HILL BULLETIN



Deputy Headteacher  
Update



Issue 62

Friday 14th November 2025



Dear Parents and Carers,

Another week of learning, fun and adventure at Bandon Hill Primary School! Year 2 went on a visit to the Tower of London (seeing the Crown Jewels, ravens and learning about the Great Fire of London during a workshop!). Meanwhile, Year 5 had a trip to the Science museum learning about space.

November may be the month of the annual budget, but there was only one political story worthy enough to grace the pages of the Bandon Hill Bulletin this week! Mr Hopkins took two elected officials from our School Council, Mo and Monish, to a Pupil Parliament with other children from across the academy trust. Many important issues were discussed and debated.

Finally, a fabulous rainbow shone over Bandon Hill earlier in the week which was caught on camera! Whilst it looks like the rainbow lands in the Reception Pen, no pot of gold has been found at the time of writing.

Have a lovely weekend,

Mr Haddock





# PSA UPDATES



Bandonhillschoolpsa@gmail.com

# YAY!

## Disco raised £416.34

**Christmas fete**  
Saturday 13<sup>th</sup> December  
12:30- 3pm

Come and Join us for  
Christmas Stalls, tombolas,  
games and more

**Donation Mufti Day**  
Friday 28<sup>th</sup> November

In exchange for wearing your own clothes (no football kits) we would like a donation for the Christmas Fete

**Nursery, Reception, Year 1, Year 2**  
Christmas chocolates, coins, sweets

**Year 3/4/5/6**  
Bottle donations: shampoo, conditioner, shower gels, wine and soft drinks

This is for guidance any of the above is welcome

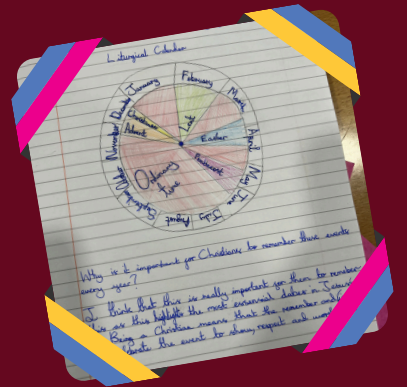
## Date to Remember Saturday 13<sup>th</sup> December

We will need helpers if you can spare a couple of hours to support please pop to the office or email us

Follow us on Instagram @bandonhillschool\_psa



# AROUND OUR SCHOOL THIS WEEK



## Weekly House Points

Mason House

Shanahan House

Weir House

Widdowson House

363

334

286

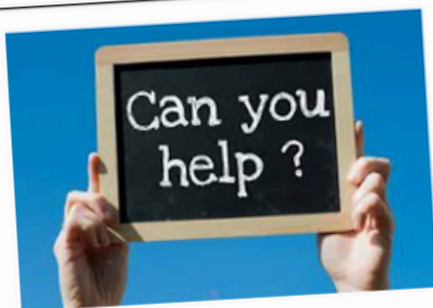
318



# We Need Your Help



**Our Little Free Cupboard**  
"Give what you can,  
take what you need."



Our Community Larder continues to be a great support to our Bandon Hill Community. We receive donations each week via Neighbourly which enables us to help families in need at this time.

We would love some parent volunteers to help collect the food from supermarkets and keep our cupboard fully stocked.

Days available are:

Sunday: Lidl Hackbridge

Monday: Lidl Hackbridge

Tuesday: Lidl Hackbridge and Lidl Wallington

Wednesday: Lidl Hackbridge

Thursday: Lidl Wallington.

The stores prefer collection before 1pm but they are flexible.

Please contact Bell Stirrat via the office if you can lend a hand!

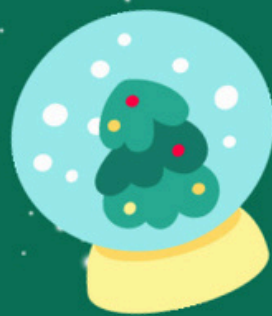
Thank you so much! |

# Christmas Fete

Saturday 13<sup>th</sup>  
December

12:30- 3pm

Come and Join us for  
Christmas Stalls, tombolas,  
games and more



# UPCOMING DATES

| Date                        | Year Group                               | Event  |
|-----------------------------|--|--|
| 24.11.25                    | Rec-6                                    | Parents Evening                                      |
| 27.11.25                    | Rec-6                                    | Parents Evening                                      |
| 08.12.25<br>9:15am          | Nursery                                  | Christmas Concert                                    |
| 08.12.25<br>1:45pm - 2:45pm | 1-6                                      | Winter Craft Afternoon                               |
| 10.12.25<br>9:15am          | Rec- 2 (Jeffers,<br>Attenborough, Owens) | Christmas Around the World Concert                   |
| 11.12.25<br>9:15am          | Rec - 2<br>(Donaldson, Goodall, Ali)     | Christmas Around the World Concert                   |
| 15.12.25                    | 3 & 4                                    | Christmas Concert at St. Michael & All Angels Church |
| 16.12.25                    | 5 & 6                                    | Christmas Concert at Michael & All Angels Church     |
| 12.12.25                    | 6  | Year 6 Christmas Community Party                     |

**Bandon Hill Primary School**  
Term Dates 2025/26

Friday 29th August 2025 - INSET Day 1  
Monday 1st September 2025 - INSET Day 2  
Tuesday 2nd September 2025 - First Day of Term  
Friday 17th October 2025 - Finish at 3.15pm  
**October half term**  
Monday 3rd November 2025 - First day of term  
Friday 19th December 2025 - Finish at 1.00pm  
**Christmas holidays**  
Monday 5th January 2026 - First day of term  
Friday 13th February 2026 - Finish at 3.15pm  
**February half term**  
Monday 23rd February 2026 - INSET Day 3  
Tuesday 24th February 2026 - First day of term  
Friday 27th March 2026 - Finish at 1.00pm  
**Easter holidays**  
Monday 13th April 2026 - First day of term  
Friday 22nd May 2026 - Finish at 3.15pm  
**May half term**  
Monday 1st June 2026 - First day of term  
Friday 17th July 2026 - Finish at 1.00pm  
**Summer Holidays**

This academic year  
Next academic year

**Bandon Hill Primary School**  
Term Dates 2026/27

Tuesday 1st September 2026 - INSET Day 1  
Wednesday 2nd September 2026 - INSET Day 2  
Thursday 3rd September 2026 - INSET Day 3  
Friday 4th September 2026 - First Day of Term  
Friday 23rd October 2026 - INSET Day 4  
Friday 23rd October 2026 - Finish at 3.15pm  
**October half term**  
Monday 9th November 2026 - INSET Day 5  
Tuesday 10th November 2026 - INSET Day 6  
Friday 18th December 2026 - First Day of Term  
Friday 18th December 2026 - Finish at 1.00pm  
**Christmas holidays**  
Monday 4th January 2027 - First day of term  
Friday 12th February 2027 - Finish at 3.15pm  
**February half term**  
Monday 22nd February 2027 - First day of term  
Thursday 25th March 2027 - Finish at 1.00pm  
**Easter holidays**  
Monday 12th April 2027 - First day of term  
Thursday 27th May 2027 - Finish at 3.15pm  
**May half term**  
Monday 7th June 2027 - INSET Day 5  
Monday 7th June 2027 - First day of term  
Thursday 22nd July 2027 - Finish at 1.00pm  
**Summer Holidays**

# CURRICULUM

## UPDATE - EYFS

It has been a very busy week for us all this week! We painted a field of poppies and used a simple programme on Busy Things to colour in poppies. On Tuesday, we remembered the soldiers who were brave for us and took part in a two minute silence. The children were amazing and very respectful. Well done to them all!

Your children may have mentioned that we have started to practice the songs for our Christmas Singalong. This will take place on **MONDAY 8<sup>TH</sup> DECEMBER** at 9.15am. For this performance, we ask that Elmer class attend for the morning session which begins at 8.30am. The children are already very excited about performing for you! Enjoy your weekend!



We have had an amazing week in Reception. The children enjoyed an important Remembrance assembly on Tuesday reflecting on the soldiers who kept our country safe during the war. We have also looked at Autumn this week and discussed the different clothes we may wear, created Autumn trees and used play dough to create hedgehogs!

Next week, the children will start to look at different celebrations and we will start by learning about birthdays! If you have any old birthday cards that are not being used at home please could they be sent in for our provision.

**CHRISTMAS AROUND THE WORLD CONCERT DATES:**  
Jeffers, Attenborough & Owens - Wednesday 10<sup>th</sup> December @ 9:15am

Donaldson, Goodall & Ali - Friday 12<sup>th</sup> December @ 9:15am

Please note that we only have space for two adults to attend per child due to hall space. Thank you, have a great weekend!



# CURRICULUM UPDATE KS1

# 2

# 1



It's been another fantastic week in Year One! The children thoroughly enjoyed Story Time as we read the humorous book, "I Want My Hat Back." They loved the engaging story and the playful dialogue.

In maths, we had a productive time learning about fact families. The children are now confidently identifying the relationship between addition and subtraction facts, which is a key concept for building their number fluency.

Our new topic in geography involved looking at a map of the school grounds and began to understand the layout and orientation of different areas. This is a great introduction to map skills.

Finally, in PE, we've been busy developing our ball skills. The children participated in activities designed to improve their catching, throwing, and dribbling, showing great enthusiasm and coordination.

We've had another busy week this week!

In maths, we started the week by going over some addition and subtraction questions with the children to help secure their understanding of these two operations.

The children really enjoyed our school trip to The Tower of London on Thursday! It involved a lot of walking but we spotted some wonderful landmarks on the way; including the Shard and the Tower Bridge. Once there, they got the chance to admire the Crown Jewels and explore the White Tower. The day also included a workshop all about the Great Fire of London! Thank you to all our volunteers on the day - we couldn't go on these trips without you so your help is much appreciated.

Elsewhere in art we have been finding out all about Picasso and what influenced his artwork and in PHSE, we have been exploring the impact of loss and how we can make ourselves feel better.



# ATTENDANCE FOR THIS WEEK



KS1: Jeffers and Ali (96%)  
KS2: Curie (99%)

# PUNCTUALITY FOR THIS WEEK

KS1: Donaldson

KS2: Frank, Keller, Curie,  
Hawking and  
Goodall



89% or Below  
Drastic effect on academic achievement

95% - 90%  
Cause for concern

100% - 96%  
Excellent



# CURRICULUM UPDATE KS2

# 3

This week in year 3 we have been busy completing some assessments to establish the children's current knowledge in maths, reading and SPaG. Once these have been completed, this will support us in making sure that we plug any gaps in the children's knowledge moving through year 3.

In art the children had a great time mixing colours, experimenting with making different shades and exploring how artist Joan Miro used bold colours in his artwork.

The children have really been enjoying reading Paddington by Michael Bond and in English we had fun planning our own instructions to make Paddington-worthy marmalade!

In maths we have been doing lots of practical lessons to explore multiplication using arrays and making equal groups to understand the relationship between repeated addition and multiplication.

### Reminders:

- Please bring library books each week to be changed.
- Please bring your reading books every Friday to be changed for the weekend.
- Homework is due every Friday; please make sure you bring your homework folder!
- Spelling tests are every Friday morning. Please make sure you bring your spelling book.
- In these wet and cold autumn months please make sure you wear a coat to school every day!

Kahlo: Thursday Hadid: Wednesday



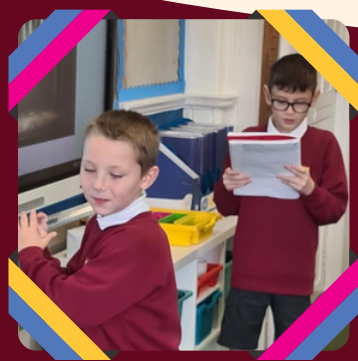
We have been having great fun learning a range of songs in our music lessons - including actions! Over the next few weeks, we will begin learning and practicing our songs in preparation for our Christmas concert in December.

Year 4 have been working hard this week completing assessment tests. A huge well done to all of the children for trying their best.

We have been exploring the poem 'Duelling Duo' by Joseph Coelho in our reading lessons this week. We had great fun performing the poem - one person reading with expression, while others performed actions linked to the poem.

Next week in English, linked to our focus text 'Hello Lighthouse', we will begin working on writing an informal letter from the lighthouse keeper to his wife, sharing details of his days in the lighthouse.

Polite reminder: We will be having a full-day learning workshop at school on Thursday 4<sup>th</sup> December as part of our current history topic 'What Changed in Britain After the Anglo-Saxon Invasion?' Throughout the day, we will be learning all about Anglo-Saxon life and traditions. Children are encouraged to dress up as an Anglo-Saxon on the day (please refer the original letter for suggested costume ideas).



# 4



# Wrap around care



Wrap around care at Bandon Hill provides pupils with:



For pricing and to book, please contact the main office.

- ✓ Child Led Nurturing Activities
- ✓ Homework and Reading Support with experienced and qualified TA's
- ✓ Opportunities to Socialise and Learn Social Skills
- ✓ A start and/or end of day reflection to motivate and encourage
- ✓ Snacks and Drinks



Our wrap around care offer ensures that we are supporting not just our own pupils, but their whole family to..

## Dare to Dream



Telephone: 020 8647 5377

or

E-mail: [office@bandonhillprimary.co.uk](mailto:office@bandonhillprimary.co.uk)

for further information. and terms and conditions



# CURRICULUM

## UPDATE KS2

# 5

# 6

On Wednesday 12<sup>th</sup> we had our first trip of the year to the Science Museum. As well as exploring the Space area and looking at the different missions we attended an amazing workshop. Full of information, experiments and fun we all thoroughly enjoyed the trip and look forward to our next one. Thank you so much to the adults who came with us - we couldn't do it without you!

The children have been completing assessments this week and have all worked very hard.

In computing, we have started a new unit using Scratch. We have started with some tinkering where we explored how to add sound using coding blocks. This will then be used to add sound to a scene later on.

A plea to all - as the weather is now heading into late Autumn, please ensure that your child comes to school with a coat. We try to go as much as possible and need the children to be protected from the drizzle - thank you.

Another busy but brilliant week in Year Six! We will be welcoming Mr Corfield back on Monday. Where did those two weeks go? Thank you to Mrs Dodson for teaching Luther-King over the past two weeks!

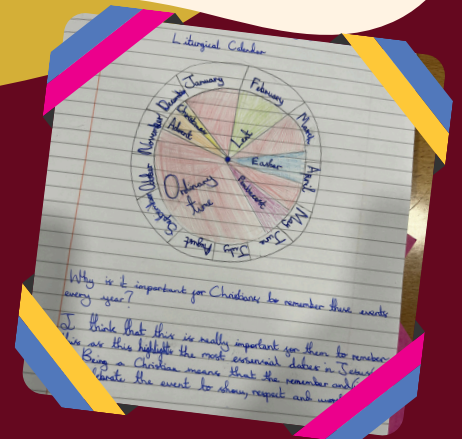
During English this week we have planned and started to draft our non-chronological reports on the Galapagos Islands.

Maths this week has been a continuation of fractions. We have multiplied and divided them. We haven't been on a trip to KFC this week, but it might have come up as a suggestion after utilising the 'Keep it, Flip it, Change it' method for dividing fractions!

Our sketch books are really brightening up now after we replicated some artists colourful styles this week.

Hopefully all children who ordered a leavers hoodie received theirs this week. They're looking great. A reminder that the children are to only wear their hoodies on PE days. Whilst we understand that this is frustrating, it is crucial to maintain a consistent and professional standard across all year groups with Year 6 children setting the example. We will review the days that we wear them towards the end of the year post SATs.

Lastly, a reminder that the Community Christmas party is on Friday 12<sup>th</sup> December 2-3.30pm. All children must attend and are expected to stay at school until 3:45pm. You should all have received letters to invite a grandparent/close family friend. Please send in any guest names and numbers via the permission slip ASAP. A few more letters will be sent out in the coming weeks - look out for these! Any questions please ask Miss Shah or Mr Corfield.



# Nurture

*This week in Nurture, we have been offering extra support and checking in with the children as it has been assessment week. As always, we are incredibly proud of how resilient the children have been throughout their assessments.*

*It was also a pleasure to accompany and support our Nurture children on the Year 5 trip to the Science Museum and the Year 2 trip to the Tower of London, both were fantastic experiences for everyone involved!*

*Despite the busy week, we managed to fit in a few Nurture sessions. Year 3 Nurture began creating their Zones of Regulation toolkit bags. One side focused on the different zones and their meanings, while the other side reflected what was on their minds at the time, along with their favourite interests to make each bag unique and personal.*

*We're looking forward to Nurture sessions returning to their usual routine next week.*



# Safeguarding In school

We always encourage children to report to their teacher or a DSL if they are experiencing problems from another child. Sometimes this is a one off issue which teachers will deal with. Sometimes, if the issues are repeated over time, it can become bullying in which case the problems are escalated to senior leaders in school. Please encourage your child to always speak to a school adult if they are worried about other children in school.



## WHAT IS BULLYING AND WHAT SHOULD YOU DO IF YOU ARE BEING BULLIED?

### What is Bullying?

Bullying is when someone makes you sad by hurting you or upsetting you over a period of time (so it has happened more than once).

Bullying can involve name calling, teasing, hurting/hitting, ganging up on someone, stopping people being friends and making you feel unsafe or unhappy.

### Where does Bullying take place?

It can take home in school, on the playground, on the way to and from school and online.

### What should you do if you are being bullied?

Tell your **teacher or any adult** in the school straight away. You may also talk to a **Wellbeing Ambassador** who can give you advice.





# SPELLINGS

## YEAR 1

helped  
printed  
today  
one



## YEAR 2

Group 1: camel, tunnel, jewel, travel,  
tinsel, squirrel, hazel, vowel, angel,  
towel

Group 2: it, beg, men, net, wet



## YEAR 3

Group 1  
mistake, mislead, misbehave, misspell,  
misplace, misread, mistrust,  
misunderstanding, misuse, mislaid

Group 2  
pocket, balloon, carrot, thunder, sunset,  
football, playground, farmyard, bedroom,  
starfish

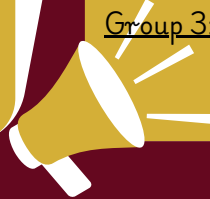


## YEAR 4

Group 1: sadly, completely, wildly, bravely, gently,  
foolishly, proudly, horribly, nervously, happily

Group 2: mistake, mislead, misbehave, misspell,  
misplace, misread, mistrust, misunderstanding, misuse,  
mislaid

Group 3: girl, shirt, third, bird, first, turn, hurt, burst,  
church, Thursday



## YEAR 5

Grp 1: competence, confidence, decent, eloquence,  
emergent, frequent, innocent, intelligence,  
transparent, violent.

Grp 2: mistake, mislead, misbehave, misspell,  
misplace, misread, mistrust, misunderstanding,  
misuse, mislaid




## YEAR 6

Group 1: appreciate, communicate, definite,  
exaggerate, harass, marvellous, persuade,  
relevant, stomach, vehicle


Group 2: mistake, mislead, misbehave, misspell,  
misplace, misread, mistrust, misunderstanding,  
misuse, mislaid





# Autumn Term Lunch Menu



**FOOD SERVED HERE**  
Soil Association



## MENU WEEK 1





| MONDAY    | Pasta Bolognese<br>2, 7             | Macaroni Cheese<br>2                | Garlic Bread<br>Broccoli<br>A/F          | Apple Crumble<br>& Custard<br>2, 7  |
|-----------|-------------------------------------|-------------------------------------|--|-------------------------------------|
| TUESDAY   | Chicken Burger<br>2, 7              | Vegetable Burger<br>2, 7            | Crisp Cube Potatoes<br>Sweetcorn<br>2, 7 | Carrot Cake<br>2, 4, 7              |
| WEDNESDAY | Sausage Roast<br>Dinner<br>2, 4, 7  | Cheese & Tomato<br>Pinwheel<br>2, 7 | Roast Potatoes &<br>Vegetables<br>A/F    | Fruit Shortbread<br>2               |
| THURSDAY  | Mild Creamy<br>Chicken Curry<br>A/F | Vegetable Pasta<br>Bake<br>2, 7     | Rice & Mixed<br>Vegetables<br>A/F        | Old School<br>Sprinkle Cake<br>2, 4 |
| FRIDAY    | Battered Fish<br>2, 5               | Quorn Nuggets<br>2                  | Chips &<br>Peas/Beans<br>A/F             | Strawberry &<br>Vanilla Mousse<br>7 |

**ALLERGEN KEY**


1. Celery
2. Gluten
3. Crustaceans
4. Eggs
5. Fish
6. Lupin
7. Milk
8. Molluscs
9. Mustard
10. Peanuts
11. Sesame
12. Soybeans
13. Sulphites
14. Tree nuts

A/F Allergen Free




Catering provided by Greenshaw Learning Trust.  
All products are locally sourced wherever possible.  
All food is cooked fresh on the school site each day.

**AVAILABLE DAILY** Wholemeal bread, fresh salads, a variety of seasonal fresh fruit, yogurts & jacket potatoes. Please note that all our dishes can be adapted to suit the majority of dietary requirements




**GREENSHAW LEARNING TRUST**



\*We are dedicated to minimizing our carbon footprint by actively reducing food waste throughout our operations, from sourcing to serving. Through staff training, supplier collaboration, and customer engagement, we are committed to making a positive environmental impact.\*



**FOOD SERVED HERE**  
Soil Association



## MENU WEEK 2





| MONDAY    | Meat Pizza<br>2, 7                        | Cheese & Tomato<br>Pizza<br>2, 7                  | Wedges & Salad<br>A/F                 | Jelly & Fruit<br>A/F               |
|-----------|---|---|---------------------------------------|------------------------------------|
| TUESDAY   | Chicken Meatball<br>Pasta<br>1, 2         | Dhal Sweet Potato<br>Curry<br>1, 2, 7             | Mixed Vegetables<br>A/F               | Marble Cake<br>2, 4                |
| WEDNESDAY | Roast Turkey<br>& Yorkshire<br>2, 4, 7    | Glamorgan Sausage<br>Roast & Yorkshire<br>2, 4, 7 | Roast Potatoes &<br>Vegetables<br>A/F | Fruit Flapjack<br>2                |
| THURSDAY  | Beef Lasagne<br>Pasta<br>2, 7             | Roasted Vegetable<br>Lasagne<br>2, 7              | Mixed Vegetables<br>A/F               | Lemon Drizzle<br>Cake<br>2, 4      |
| FRIDAY    | Fish Fingers or<br>Salmon Fingers<br>2, 5 | BBQ Quorn Fillet<br>2                             | Chips &<br>Peas/Beans<br>A/F          | Chocolate &<br>Vanilla Mousse<br>7 |

**ALLERGEN KEY**


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# Bandon Hill's Book Fair

Join us for our School Book Fair from Monday 24th to Thursday 27th November and help support our library!

The fair will be open during parent evenings that week and after school in the playground on other days. It's a fantastic opportunity to pick up some great books as Christmas presents while helping us raise funds to purchase new books for our library and inspire a love of reading in our students.

 SCHOLASTIC  TRAVELLING BOOKS

Come to the  
**BOOK  
FAIR**

and earn **FREE BOOKS**  
for our school!



Art © Dav Pilkey,  
DOG MAN TM/© Dav Pilkey.

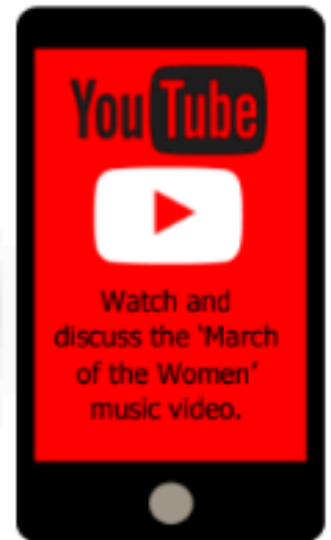


# HOME INFORMATION




## November's Musician of the Month

# Ethel Smyth




Now Playing



**SPOTIFY**

1:24 3:11



**About:** Dame Ethel Mary Smyth DBE was an English composer and a member of the women's suffrage movement. Her compositions include songs, works for piano, chamber music, orchestral works, choral works and operas. Smyth tended to be marginalised as a 'woman composer', as though her work could not be accepted as mainstream. Yet when she produced more delicate compositions, they were criticised for not measuring up to the standard of her male competitors. Nevertheless, she was the first female composer to be honoured with a damehood.

**Genres:** Classical and Opera

**Active from:** c.1877 - c.1927

**Origin:** Sidcup, United Kingdom

Books to read...

If you like Ethel Smyth, try...



- Johannes Brahms
- Augusta Holmès
- Louise Farrenc

# TEAM UP FOR TICKETS



Sutton United

VS

Gateshead

29/11/25 | 3:00 | VBS COMMUNITY STADIUM

**Bandon Hill Primary School**

- All tickets bought through the link below will result in 50% cashback to **Bandon Hill**
- Sell tickets and earn prizes



# Family Support

## Sutton's Education Wellbeing Service Parent/Carer Group: Supporting your Child with Fears, Worries & Anxiety

  
South West London and  
St George's Mental Health  
NHS Trust

### Is your child:

- Aged between **4-10 years old**?
- **Recently (in last 6-8 months)** started to **struggle with worry**?
- **Avoiding** certain places, **things** or situations?
- Finding it difficult separating from you?  
**If yes, this group might be for you!**



### Topics will include:

- Learning about your child's fears/worries and how they're maintained
- Strategies to support your child to face worries in manageable steps

**Group Details:** Groups will run across 5 weekly sessions. We ask that parents/carers attend every session.

**Tuesday 16<sup>th</sup> September – Tuesday 14<sup>th</sup> October 2025**  
(every Tuesday), 9:30 am – 11 am



**Location: The Phoenix Centre, SM6 9NZ**

Please note: Spaces are limited, so we encourage you to submit your application as soon as possible if you're interested in joining!

**Suitability:** Our Parent/Carer group supports children with mild to moderate anxiety. We ask that Parents/Carers are not engaging with other support services to avoid families getting lots of different advice.

To sign-up & register your interest, please complete this form:

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

You can also complete this form by scanning this QR code →

We'll start with a screening call to make sure the group is right for you!



Education  
Wellbeing  
Service



## Education Wellbeing Service Webinar

### Promoting Positive Behaviours

Want to reduce challenging behaviour and enjoy more positive moments with your child?

Join our workshop for parents and carers of children aged 0-5.

Learn simple, effective ways to encourage good behaviour through the power of praise, positive attention, and play.

This workshop will give you tools you can use straight away to create a calmer, happier home.

#### DATE / TIME

Tuesday 18th November  
1.00-2.00pm



Scan the  
QR code  
or  
[click here](#)

#### LOCATION

Online - Hosted on Teams

Sign up to either event for free on Eventbrite by scanning the QR Code.

You can also check out our other events by [clicking here](#)

wellbeinginschoolsevents@swlstg.nhs.uk

#### DATE / TIME

Thursday 20th November  
6.00-7.00pm



Scan the  
QR code  
or  
[click here](#)

## Education Wellbeing Service Webinar

### Building Resilience in Primary School Children

Practical advice for parents who are open to thinking about their role and what they can do to help develop resilience in their child.



Education  
Wellbeing  
Service

#### DATE / TIME

Monday 17th November  
1.00-2.00pm



Scan the  
QR code  
or  
[click here](#)

#### LOCATION

Online - Hosted on Teams

Sign up to either event for free on Eventbrite by scanning the QR Code.

You can also check out our other events by [clicking here](#)

wellbeinginschoolsevents@swlstg.nhs.uk

#### DATE / TIME

Wednesday 19th November  
8.00-9.00pm



Scan the  
QR code  
or  
[click here](#)

# PARENT SESSIONS

The Educational Psychology Service at Cognus are running a series of **free** parent sessions.

Our next session is:

**THURSDAY 13TH NOVEMBER 2025**

**9:30AM -11:30AM**

**COGNUS, CANTIUM HOUSE, WALLINGTON**

## Social Media and Online Influences

### Aims of the session:

- To understand the digital landscape.
- Gain a better knowledge of the impact social media can have.
- How to spot the warning signs of concerning content.
- Find ways to support young people who are being influenced by negative online content.



Open to any parent/carer who lives in Sutton and/or has a child at a Sutton School.

» **To book a place:**

Please send an email to:  
[ep.service@cognus.org.uk](mailto:ep.service@cognus.org.uk)





# Getting it Right for Children

A course designed to help you parent cooperatively. When parents are separating or separated, children can often get caught in the middle.

Getting it right for children is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.

## Parents only

Must have a child under 19 years or 25 years with SEN living at home and be a resident of Sutton.

**Please note:** Both parents don't need to attend together

To book your space please scan the QR code



Carshalton Family Hub & Children's Centre  
(Previously Known as Tweeddale)

Tweeddale Road, SM5 1SQ

Friday 21st November 2025

Start at 9.30am

Finish 12.30pm

More information contact parenting: 07873 702777

