



# Coxheath Primary School Newsletter

## 26.09.2025

Dates for the diary



### TERM 1

- 01 Oct Individual and Sibling Photos
- 03 Oct Year R We're Going on a Bear Hunt Performance
- 07 Oct Year 3 Wakehurst Trip  
Year R and Year 6 National Child Measurement Programme
- 09 Oct Harvest Festival
- 13 Oct Year R Biscuit Bear Bake Off
- 14 Oct Parents Evening – 3.40 – 6:30pm
- 16 Oct Parents Evening – 3.40 – 6:30pm
- 16 Oct Last Day of Term for Children**
- 17 Oct Trust Inset Day

### TERM 2

- 03 Nov First Day of Term**  
Flu Immunisations – all school

04 Nov New parent Tours 9.30-10.30am and 1.30-2.30pm  
05 Nov New parent Tours 9.30-10.30am and 1.30-2.30pm  
13 Nov New parent Tours 9.30-10.30am and 1.30-2.30pm and 5.30-6.30pm  
**19 Dec Last Day of Term**

## School Contact Information

[OFFICE@COXHEATH.KENT.SCH.UK](mailto:OFFICE@COXHEATH.KENT.SCH.UK) -General enquiries

[ATTENDANCE@COXHEATH.KENT.SCH.UK](mailto:ATTENDANCE@COXHEATH.KENT.SCH.UK) - All absence related matters

[SENCO@COXHEATH.KENT.SCH.UK](mailto:SENCO@COXHEATH.KENT.SCH.UK) -All matters for senco

[CASC@COXHEATH.KENT.SCH.UK](mailto:CASC@COXHEATH.KENT.SCH.UK) - Extended services booking enquiries and requests

**School Phone Number 01622 745553**

## Head Teacher News

It has been another busy week, and it's hard to believe we are already more than halfway through the term!

I am sure the new road crossing patrol was a welcome sight for many of you. It's reassuring to know that our children are now safer crossing the road. The trainer from KCC was very complimentary about the children's behaviour, noting how sensible they were. He explained that in many schools, children can sometimes take unnecessary risks when there has been a period without a crossing patrol, so this is a real credit to our pupils.

This week, both KS1 and KS2 took part in a virtual assembly run by the NSPCC. The assemblies focused on helping children to:

- understand abuse in all its forms and recognise the signs of abuse
- know that abuse is never their fault and that they have the right to be safe
- find out where to get help and learn about the sources of support available, including Childline.

On Monday, children in Years 2, 5 and 6 will also take part in workshops to further explore these important themes.

Looking ahead, next term we will be holding our first **Parent Council meeting**. These meetings usually take place on the 2nd Thursday of every term at 2:00pm. They are a great opportunity to discuss whole school issues, celebrate what is going well, and share

suggestions for further improvements to the school. If you would like to volunteer to be a **class representative**, please put your name forward to the school office.

If you are already a rep and would like to continue, please also let the office know. Where more than one rep comes forward, priority will be given to a parent who has not previously had the opportunity. Just a reminder that the Parent Council is not a forum to discuss individual pupil needs. These should always be addressed directly with your child's class teacher.

Every year a new craze comes along, and this year is no different - little tiny plastic animals are certainly the talk of the playground right now! In fact, only this week I found myself surrounded by a group of children excitedly sharing and comparing their favourites, the tiny capybara was definitely my favourite! We would not want to discourage children from bringing these into school, as they clearly enjoy playing with them together at lunchtime. However, as with all playground crazes, there are some challenges. They can quickly become a distraction in class and are easily lost. The adults certainly don't want to spend lesson time searching for a missing miniature duck or reminding children not to play with them during learning.

If your child is bringing them into school, please could you remind them:

- not to play with them during lesson time
- to look after them carefully
- not to bring in their most precious collectables, as there is always a risk of them being lost.

Thank you for your support and have a great weekend.

Giacomo Mazza

## Why is idling bad? Written by Emma Jordan Year 6 Pupil

**Idling**, instead of turning your engine off whilst stationary, increases the amount of exhaust emissions in the air.

These emissions contain a number of harmful gasses including carbon dioxide, which is bad for the environment and contributes towards climate change, as well as a range of other harmful gasses including nitrogen dioxide, carbon monoxide and hydrocarbons which are linked to asthma and other lung diseases.

Diesel vehicles - older ones in particular - are thought to be one of the biggest contributors to the problem due to high levels of nitrogen oxide and particulates.

**Heath affects.**

The pollution in the air can be very harmful. Idling vehicles release a harmful pollutant that can exacerbate respiratory conditions like asthma and chronic obstructive pulmonary disease (COPD). Did you know that the Royal College of Physicians estimate 40,000 deaths a year in the UK are linked to air pollution, with emissions from engines idling contributing to this.

This information was found from the RAC.

## Learner of the Week

Congratulations to all the children who received Learner of the Week 26.09.2025.





Photo's from 19.09.2025 Learner of the Week





## Lost property

Please check the lost property box outside by the main reception. Anything not claimed will be recycled at the end of Term 1.

## Cross Country Club - Years 3 and 4

There is no Cross Country Club on Friday the 3rd October. It will return on Friday 10th October 3.15 - 4pm. Please note that this will be the last session.

## Benjamin in Allington Class Fund Raising

Benjamin in Allington class has decided he wants to ride his bike or run the length of his road every night in October to raise money for children with cancer. It is all his own idea and so far he has raised an amazing total. His family would like to spread the word far and wide so he can raise as much as possible for this amazing charity. Some friends from Benjamin's class have also said they would like to join him on his bike rides for support and encouragement which is amazing.

**Please see the below message from Benjamin and how to donate.**

Thank you for taking the time to visit my fundraising page. Cancer is happening right now, which is why I'm fundraising right now for Cancer Research UK. There's no time to lose! Donate to my page today and help bring forward the day when all cancers are cured. I am 6yrs old, almost 7 and I feel amazing. I want to ride my bike every night in October to raise money for Children who have cancer so they can get the medicine they need to help them feel as amazing as me. (All Bens own words)

<https://fundraise.cancerresearchuk.org/page/benjamins-bike-ride>

## E-Scooters - are you breaking the law?

**Please see the letter below that we have been asked to send out to all parents by Kent Fire and rescue service and Kent Police;**

We would like to draw your attention to the matter of electric scooters (e-scooters).

There continues to be an increasing number of individuals riding e-scooters on the public highway, pavements and in public open spaces.

E-Scooters are classed as motor vehicles and are required to be taxed and insured. It is not possible to get insurance for privately owned e-scooters, which means it is illegal to use them on the road or in public spaces, such as pavements.

We understand many parents/carers may wish to purchase an e-scooter or perhaps already have, so therefore we urge you to disseminate the following information throughout your school community.

### **Enforcement**

The police are obliged to take action against anyone who is caught repeatedly using an e-scooter illegally or in a way that causes a nuisance to others. In these circumstances, the police have the power to seize the e-scooter under Section 59 of the Police Reform Act/165 of the Road Traffic Act.

You risk a £300 fine, six penalty points endorsed on your driving licence and the E-Scooter being seized. If you do not currently hold a driving licence at the time of the offence, you may be prosecuted and may have to go to court, whereby the fine can increase and your ability to obtain a driving licence in the future may be affected. If you purchase an E-Scooter, it can only be used on private land with the landowner's consent.

## **Fire Safety**

Kent Fire and Rescue Service always advises people to use, charge and store lithium-ion batteries safely and responsibly to help reduce the risk of a fire.

Lithium-ion batteries, or li-ion batteries (sometimes called LIBs) are found in many household items, including mobile phones, laptops, e-bikes, e-scooters, vaping devices, and vacuums.

If used or stored incorrectly, there is a risk these batteries could ignite or start a fire.

To help avoid an emergency, remember to:

- Buy electrical items from a reputable retailer
- Follow the manufacturer's guidance on charging and storing
- Only charge during the day when you are at home, and on a non-flammable surface
- Always unplug after use or when charged
- Avoid storing, using or charging batteries at very high or low temperatures
- Protect batteries from being damaged, such as being crushed, punctured, or immersed in water. If a battery has been damaged, don't use it.

And make sure to register electrical items at [www.registermyappliance.org.uk/](http://www.registermyappliance.org.uk/).

## **Additional information**

For further detailed information regarding e-scooters please visit GOV.UK:

<https://www.gov.uk/government/publications/powered-transporters/information-sheet-guidance-on-powered-transporters>

The Government is currently trialling the use of approved rental e-scooters as environmentally friendly modes of transport in some specific locations in the UK. Find out more here:

<https://www.gov.uk/guidance/e-scooter-trials-guidance-for-users>

# E-scooters – are you breaking the law?



**Can I ride my e-scooter to school or work?**

**No, it's illegal...**

E-scooters are classed as motor vehicles and are required to be taxed and insured. It's not possible to get insurance for privately owned e-scooters, which means it's illegal to use them.

**Can I ride my e-scooter on the pavement?**

**No, it's illegal...**

You cannot use e-scooters on public footpaths, cycle lanes or roads.

**What happens if I'm caught using my e-scooter in public spaces?**

**The scooter may be seized and as a result, destroyed.**

If stopped by an officer, you may be asked to complete a breath and drugs test. You also risk a £300 fine and six penalty points on your licence for no insurance.



**Think before you buy:**

The number of electrical scooters being used on our streets has risen, as well as reports of serious injury and fatalities. For more information and advice on the use of e-scooters visit [www.kent.police.uk/road-safety](http://www.kent.police.uk/road-safety)

## Violence Reduction Unit

Please see the below leaflet from the Violence reduction unit.

## KEEPING YOUR CHILD SAFE AS THEY RETURN TO SCHOOL

**We know that as a parent, nothing matters more than your child's safety and wellbeing. As the school term begins, we understand this can bring worries about safety both inside and outside school.**

Kent and Medway Violence Reduction Unit works with partners and communities to keep children safe by reducing and preventing violence. We support parents in having the right conversations and helping them spot if their child may be involved in violence or bullying.

Our back-to-school guide outlines year-round tools to help your child stay safe, take action and make the right choices.



[Watch: Sophie's story a parent's experience](#)

**Tools to help you**

Not sure how to support your child or young person? Our range of guides can help:

- [Explainer: understanding gangs](#)
- [A guide to knife harm: feel more confident in conversations.](#)

**Having the right conversations**

Talking with young people or young adults about knives and weapons can be difficult, whether you are a parent, guardian or carer. Our toolkit can help you prepare for a conversation with your child about carrying knives.

[View the toolkit on our website](#)

**Free sports activities**

We work with Sports Connect to provide free local out-of-school activities that support physical and mental health while keeping children and young people out of trouble through creative and interactive sessions.

[Visit the Sports Connect website](#)

**Being an active bystander: Clock It, Check It, Change It**

Many young people witness unacceptable behaviour in and outside school, and you can empower them to safely step in and make a change.

Free resources from our Clock It, Check It, Change It campaign support conversations with young people about responding when they see or anticipate violent incidents.

[Access the resources on our website](#)

CLOCK IT  
CHECK IT  
CHANGE IT



Our team can provide advice and guidance all year round.

[vu.programme.delivery@kent.police.uk](mailto:vu.programme.delivery@kent.police.uk)  
[kentandmedwayvrui.co.uk](http://kentandmedwayvrui.co.uk)



VRU: Sep25\_ParentsOnePage.v1

## Dinner Menu

**Circus Fun Festival** - Please see the change to menu for **Thursday 2nd October**. This will replace the usual menu for this day only. Please book as usual on Arbor. Please note that it will say the usual menu.

# CIRCUS FUN FESTIVAL!

Census Day 2<sup>nd</sup> October  
**Main 1**  
 "Big Top" Mini Hot Dogs

**Main 2**  
 Lion's Mac & Cheese

**Sides**  
 Juggler's potato wedges  
 Circus Coleslaw Confetti

**Dessert**  
 Clown Cupcakes



## LUNCH Week 1

W/C 01/09, 22/09, 13/10, 03/11, 24/11, 15/12, 05/01, 26/01



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Cheese & Tomato Pizza Slice (V)	Southern Baked Chicken & Wedges	Roast Chicken, with Roast Potatoes & Gravy	Pasta Bolognese, Garlic Bread	Fish Fingers with Chips
<b>MAIN 2</b>	Farmhouse Hash (VE)	(N) Chili Bean Tortilla Stack, Wedges (V)	Hearty Quorn Roast with Roast Potatoes & Gravy (V)	Sweet Potato, Leek & Cheese Calzone (V)	Crispy Quorn Nuggets & Chips (VE)
<b>VEG</b>	Green Beans (VE)	Fresh Broccoli (VE)	Carrots & Cabbage (VE)	Sweetcorn (VE)	Peas or Baked Beans (VE)
<b>J&amp;O</b>	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings
<b>DESSERT</b>	Freshly Baked Chocolate Cookie (VE)	Plum Sponge Pudding & Custard (V)	Beechroot Brownie	Fruity Jelly Pot (VE)	Lime & Coconut Cake (VE)

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), **seasoned** yoghurts (V) as well as freshly baked bread (VE) & seasonal salad bar (VE). Third option includes vegan and vegetarian items.

MENU KEY  Vegetarian  Vegan  Dairy Free  Gluten Free  N No Chick  New Dish

## LUNCH Week 2

W/C 08/09, 29/09, 20/10, 10/11, 01/12, 12/01, 02/02



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Creamy Mac n Cheese (V)	Chicken Burger & Wedges	Roast Chicken with Roast Potatoes & Gravy	Sausage Penne Pasta Bake	Battered Fish & Chips
<b>MAIN 2</b>	Roasted Tomato & Basil Pasta (VE)	Southern Baked Hallowm! Burger & Wedges (V)	Teriyaki Noodles (V)	Hearty Sausage Pasta Bake (VE)	Onion Dhap! Wrap & Slaw with Chips (VE)
<b>VEG</b>	Garlic Bread & Peas (VE)	Sweetcorn (VE)	Fresh Roast Carrots (VE)	Broccoli (VE)	Peas or Baked Beans (VE)
<b>J&amp;O</b>	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings
<b>DESSERT</b>	Chocolate Cornflake Cake (VE)	Mousse	Ginger Cake (VE)	(N) Autumn Fruit Crumble & Custard (V)	Ice Cream

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), **seasoned** yoghurts (V) as well as freshly baked bread (VE) & seasonal salad bar (VE). Third option includes vegan and vegetarian items.

MENU KEY  Vegetarian  Vegan  Dairy Free  Gluten Free  N No Chick  New Dish

LUNCH Week 3		W/C 15/09, 06/10, 27/10, 17/11, 08/12, 19/01, 09/02				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN 1	Cheese & Tomato Pizza Slab (V)	Beef Burger with Coleslaw	Roast Chicken with Roast Potatoes & Gravy	Traditional Lasagne	Fish Fingers & Chips	
MAIN 2	Creamy Leek & Cheese Pie (V)	Authentic Chickpea & Spinach Curry, Rice (V)	Flaky Puff Pastry Wellington & Roast Potatoes (VE)	Hearty Spaghetti & Meatballs (VE)	Jerk Hot Dog & Chips (VE)	
VEG	Sweetcorn (VE)	Seasonal Vegetables (VE)	Seasonal Vegetables (VE)	Focaccia & Green Beans (VE)	Peas or Baked Beans (VE)	
2ND OPTION	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	
DE	Apple & Cinnamon Flapjack (VE)	(N) Chocolate Mousse (V)	(N) Pear & Ginger Cake (VE)	Berry Cake	Freshly Baked Vanilla Cookies (VE)	

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), Seasonal yoghurts (V) as well as freshly baked bread (VE) & seasonal salad bar (VE). Third option includes vegan and vegetarian items.

MENU KEY V Vegetarian VE Vegan N Non-Dairy

## External Clubs held at Coxheath School

### External Clubs

Gymnastics Club	Monday
Sama Karate Club	Thursday
Irish Dancing	Friday
Make Time for Music	During school hours
Rock Steady	Thursday in school

Please see Coxheath school website or notice board for more information.

<https://www.coxheath.kent.sch.uk/page/?title=External+Clubs&pid=315>

## Community News



### Community News

**SCHOOL HOLIDAY & WRAPAROUND CLUBS**

**OCTOBER HALF TERM**  
20TH - 24TH OCTOBER 2025

**ST. JOHNS PRIMARY SCHOOL**  
CUNNINGHAM ROAD  
TUNBRIDGE WELLS  
TN4 9EW

**OVER 50 AMAZING ACTIVITIES!**  
 🏰 Bouncy Castles • Nerf Wars  
 🎮 Fun Games  
 🏹 Archery • Team Sports  
 🍷 Plus Loads More  
 🎉 Action-Packed Fun!

**5% DISCOUNT FOR BOOKINGS**

**FROM £34 REGISTER ONLINE NOW**  
LIMITED SPACES AVAILABLE

**Ofsted Registered**

**Southeast Kids Camps** [SOUTHEASTKIDSCAMPS.CO.UK](http://SOUTHEASTKIDSCAMPS.CO.UK)  
0333 444 5100

**EARLY STAGES  
DISCOVERY  
DAY**

**CREATIVE COURAGE FOR LIFE!**

SING  
DANCE  
ACT

Join us for a free discovery day at one of our Early Stages classes on a Saturday at Coxheath Primary School. Early Stages classes are for children aged 4-6yrs old. There are two class times 9.30am - 11am and 11.15am - 12.45pm. Each session is 90 minutes of jam packed singing, dance, drama and fun! If you would like to join us for a free discovery day this September please email Sarah at [maidstonewest@stagecoach.co.uk](mailto:maidstonewest@stagecoach.co.uk) or call 01622 535307.



# BIBLE BRICK BUILDERS

New Club starting .....

Date - Thursday 2nd October

Where - Holy Trinity Church, Coxheath

Time - After school until 5pm

Suitable for children in school years 1-6

Email Becky on [becky.thecal@btopenworld](mailto:becky.thecal@btopenworld) for more details and to book your child's place. Only 20 places available.....



# MAIDSTONE RUGBY CLUB

## Interested in trying rugby?

Maidstone Spitfires U8s are recruiting girls and boys to join our team in September.

3-week free trial for new players.

Every Sunday 10:00 - 11:30

E: [maidstonespitfires@gmail.com](mailto:maidstonespitfires@gmail.com)  
T: 07960 281483



Maidstone Rugby Club  
The Mote  
Willow Way  
Maidstone  
Kent, ME15 7DN  
[www.maidstonerugby.com](http://www.maidstonerugby.com)



SCAN ME



@MaidstoneSpitfires



## COXHEATH & FARLEIGH JFC RISING STARS RETURNS SATURDAY 13/09/25



Learn the skills & fundamentals of the game in a safe and friendly environment.

Your pathway into **Coxheath & Farleigh JFC Grassroots Football Teams**, starting at U8's. We are an FA Accredited Club, Established in 1974

All coaches are FA Approved & hold appropriate certification including Safeguarding & 1st Aid Qualification.

Rising Stars Coach - **Daniel Smith** assisted by other coaches on a weekly basis.

**ONLY £4.00 A SESSION**

- ✔ Boys & Girls Welcome
- ✔ Introduction to Football
- ✔ Skill & Ball Techniques
- ✔ Teamwork, Exercise, Fun & Games
- ✔ Rising Stars T Shirts Available to Purchase



### SATURDAY MORNING SESSION

Age : From 4 to 7 years - (Boys & Girls)  
Time : 9 am till 10am  
Location : As below

#### MIDDLE FIELD - THE BEACONS COXHEATH

Location: Off Linden Road Coxheath ME17 4QS

#### More Details

Coxheath & Farleigh Junior Football Club

#### More Information

Contact: Neil Hadley or Brady Dodd  
Mobile : 07812 004513 or 07777 510571



## Sutton Valence Hockey Club Juniors

Sutton Valence Prep School, Chart Sutton, ME17 3RF



We welcome all abilities for fun, games & skills

From Reception upwards

#### Every Sunday

9:30am  
Mini's, U8's, U10's

11:00am  
U12's, U14's, U16's

Returning:  
14th September 2025

For further details, please contact:  
Juniors at SVHC Tel: 07845112514, Email: svhc.juniors@gmail.com





## AUTISM AWARENESS AND SUPPORTING ADHD IN THE HOME

Understand, support and thrive.

Join us in an informative and supportive environment. Gain a deeper understanding of autism and ADHD, discuss effective behaviour management and discover strategies to support and empower your family.

**Where:** Greenfields Family  
Hub, Rutland Way, Maidstone  
ME15 8DR

**Date:** Tue 23/9/25-14/10/25

**Time:** 9:30-11:30

**To book a place please contact:**

Telephone: 03000 412987

Email: [Greenfieldsfh@kent.gov.uk](mailto:Greenfieldsfh@kent.gov.uk)



For more information  
scan the QR code

[kentadulteducation.co.uk](http://kentadulteducation.co.uk)  
**FREE, Fun & Informal**



### DROP IN SESSIONS

**WeClick** CIC

Unit 101, Lower Ground,

The Mall, Maidstone

10am – 12.30pm

Monday 18<sup>th</sup> August

Monday 8<sup>th</sup> September

Monday 6<sup>th</sup> October

Monday 3<sup>rd</sup> November

Monday 8<sup>th</sup> December

**Come along and find out more about the college!**

**At the Recovery and Wellbeing College we value people:**

- As experts in their own lives
- That everyone has strengths and skills
- Can make their own life choices
- Can share their expertise for the benefit of others
- Connectedness, collaboration and co-production.

**A place for everyone.**



## Want to improve your wellbeing?

We provide health-related educational courses for adults free of charge in supportive and accessible learning spaces. Through education, people can make sense of their experiences and learn how to take care of themselves.

### Join our free courses in Maidstone

Course	Date	Time	Venue
Introduction to Recovery College	Mon, 15 Sept	1 to 3pm	Maidstone Community Support Centre
Autumn Wellbeing	Wed, 24 Sep	10 to 12 midday	Greensand Health Centre
Goodbye to Clutter	Tues, 30 Sep & 7 Oct	10 to 12 midday	Fusion Healthy Living Centre
Wilder Wellbeing	Tues 30 Sep, 7, 14 Oct, 4, 11, 18 Nov	1.45 to 3.45pm	Tyland Barn
Living Well on a Budget	Mon, 13 Oct	1 to 3pm	Maidstone Community Support Centre
Caring for Carers	Tues 4, 11 Nov	10 to 12 midday	Fusion Healthy Living Centre
Reading for Wellbeing	Mon, 17 Nov	1 to 3pm	Maidstone Community Support Centre
Winter Wellbeing	Wed, 26 Nov	10 to 12 midday	Greensand Health Centre
Student Connect	Tues, 2 Dec	10 to 12 midday	Fusion Healthy Living Centre

To enrol, scan the QR code, or visit:

<https://www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/>

To book call 07407 826920 or email [kmpt.maidstonerc@nhs.net](mailto:kmpt.maidstonerc@nhs.net)



Kent and Medway  
NHS and Social Care Partnership Trust

# STARTING

## 15th September 2025

(10:00-12:00)



### 10 x 2hr wellbeing course for parents

#### 'Healthy Parent Carers'

A health and wellbeing programme for parent carers of children with special educational needs and disability (SEND) or parents facing other tough challenges in their life.

If you find life tough to cope with this course is for you!

This course supports long term changes to improve YOUR health and wellbeing.

## Sign Up Now!

EMAIL: [INFO@KENTPACT.ORG.UK](mailto:INFO@KENTPACT.ORG.UK)





[WWW.HEALTHYPARENTCARERS.ORG](http://WWW.HEALTHYPARENTCARERS.ORG)

"A genuinely life changing experience that not only benefits me, but everyone around me"

# Neurodiversity Day

~~Thursday September 11<sup>th</sup> 2025~~

**October 16<sup>th</sup>**

**Detling Showground, ME14 3JF**

For families with SEND children  
 Market place exhibitors  
 Guest speakers  
 Your chance to talk to experts in their field  
 Come along with friends and family  
 Children who are out of school are welcome

**Book workshops here:**



[forms.office.com/e/2kNvyZEAQJ](https://forms.office.com/e/2kNvyZEAQJ)

[pin@kentpact.org.uk](mailto:pin@kentpact.org.uk)

## Maidstone Family Hubs **Timetable**

8<sup>th</sup> September 2025 - 17<sup>th</sup> October 2025

**Our Family Hubs:**

- South Borough**  
02000 417770  
Stagshaw Close,  
ME15 5TL  
SouthBorough@kent.gov.uk
- Infozone**  
02000 419470  
3 Palace Avenue,  
Maidstone  
ME15 6NF  
Infozone@kent.gov.uk
- 326 The Mall**  
02000 419470  
2nd Floor The Mall,  
Maidstone  
ME15 6AT  
Infozonefamilyhub@kent.gov.uk

All of our groups and services are free. For groups requiring booking at all Hubs, see our booking page <https://outlook.office.com/book/FamilyHubActivitiesMaidstone@KentCountyCouncil.onmicrosoft.com/>

Day	South Borough	Infozone	South Borough	South Borough	Infozone
<b>Monday</b>	Young Parents 11.30-1.30				
<b>Tuesday</b>	Stay & Play 9.30-11.00	Strengthening Family Relationships 11.00-1.00 (30 <sup>th</sup> September)	Introducing Solids 1.30-2.45 (Second Tuesday of the month)	Baby Massage 1.30-2.30	Compass SEND 4.30-6.00
<b>Wednesday</b>		Baby Steps Musical 10.00-11.00	Baby, Family and You 12.30-2.30	Compass Home Education 1.00-2.00	
<b>Thursday</b>	Talking Walk Ins 9.30-11.30 (2nd Thur of the month)	Health Visitor Clinic 1.30-3.30	Resilience Group 4.00-5.30		
<b>Friday</b>	Breastfeeding Clinic 9.30-11.30	Baby Massage 10.00-11.00	Little Talkers 1.00-2.00		

Please Note: Signing in will not be available until 10 minutes before the session starts. [www.kent.gov.uk/familyhub](http://www.kent.gov.uk/familyhub) Family Hub Sites are run by Kent County Council

## Information

**Compass SEND**  
 This course features the 4 core elements of the original Compass manual but has been reframed to include additional resources such as Zones of Regulation, Sensory Feeding and Strategies, Scenarios and more. This course will be adaptable and tailored to the cohort on sign up. Please note young people do not require a formal diagnosis age 11-25 with SEND

**Strengthening Family Relationships**  
 A workshop for parents in conflict giving you the information and practical tools you need to help improve the outcomes for your children, creating a healthier environment for your family. **Booking Required**  
<https://www.kent.gov.uk/education-and-children/kent-family-hub/mental-health-and-family-relationships/mental-health-and-family-relationships>

**Young parents**  
 For young parents (up to 25 yrs) and their children. Lunch provided.

**Introducing Solids**  
 A workshop run by the Health Visiting team to guide you through the weaning journey. Book when baby is 4-6 months. Every second Tuesday of the month.

**Baby, Family & You**  
**4 Week Course face to face & 4 week follow up call**  
 Antenatal and postnatal preparing for baby and beyond 0-12 mths

**Stay & Play**  
 Fun activities providing learning opportunities through play and helping you to bond with your child. Just drop in!  
 Please note we have 4 Stay & Play sessions. Greenfield, South Borough, Parkwood & West Borough

**Baby Steps Musical**  
 Come and join us for a singing session! Learn how to support your child's speech & language development, social skills and self-esteem. Meet other parents and make new friends. 'Formerly Baby Rhyme Time'

**Resilience Group**  
 After school full Support building confidence, self-esteem and encouraging outside school friendship with a range of activities.

**Compass Home Education**  
 This course aims to be an alternative to school for children with SEND. It provides your child with practical tools to help manage resilience, relationships and challenging behaviour. For more information, contact your local hub. It is delivered in a group-based setting and will run for 10 weeks.

**Healthy Start Vitamins**  
 Are you eligible for Healthy Start Vitamins? Find out more here: <https://www.gov.uk/healthy-start-vitamins>

**Free for 2**  
 Some 2 year olds can get up to 15 hours of free childcare per week. Find out more here: <https://www.gov.uk/free-childcare>

**Useful Contact Numbers:**  
**Health Visiting Team**  
 0300 5559506

**Please Note:**  
 For Health and Safety reasons there are room capacity limits in place.

**For more information about opening times give your local Hub a call**

[www.kent.gov.uk/familyhub](https://www.kent.gov.uk/familyhub)  
 Family Hub Sites are run by Kent County Council



# Maidstone Family Hubs Timetable

8<sup>th</sup> September 2025 - 17<sup>th</sup> October 2025

## Our Family Hubs:

**Parkwood**  
03000 412700  
Furfield Close,  
M25 9 JH  
Parkwood  
@kent.gov.uk

**Greenfields**  
03000 412687  
Rutland Way,  
M25 9DR  
Greenfields  
@kent.gov.uk

**West Borough**  
03000 419241  
Greenway,  
M25 8TL  
Westborough  
@kent.gov.uk

Day	Parkwood	Greenfields	Parkwood	West Borough
<b>Monday</b>	Health Visitor Clinic 9.30-11.30	Stay & Play 9.30-11.00	Breastfeeding Clinic 1.00-3.00	
<b>Tuesday</b>	Health Visitor Clinic 9.30-11.30	Baby Steps Sensory 10.30-11.30	Little Talkers 10.00-11.00	Breastfeeding Clinic 1.00-3.00
<b>Wednesday</b>	Baby Massage 10.00-11.00	Neuro Navigators 3.30-5.00		
<b>Thursday</b>	Stay & Play 1.00-2.30	West Borough Stay & Play 10.00-11.30	Compass 6.00-7.30	
<b>Friday</b>	Twins Group 9.30-11.30 <i>2<sup>nd</sup> &amp; 4<sup>th</sup> Fri of the month</i>	Talking Walk Ins 9.30-12.00 <i>1<sup>st</sup> &amp; 3<sup>rd</sup> Fri of the month</i>		

## Information

**Baby Steps Sensory**

**6 Week rolling themes**

Exploring all the senses such as sight, sound, touch, taste and smell.

**Compass**

Compass helps you to navigate emotions, relationships and life's challenges by teaching you dialectical behaviour therapy (DBT) skills. The course is an evidence-based approach to help you cope with all sorts of problems in life. It's suitable for young people aged 11 to 18 years old. The course is 10 weeks but you'll support during people to building their confidence, resilience and self-esteem in a group environment.

**Baby Massage**

**4 Week Course**

Baby Massage enables you to learn about and respond to your baby's body language. It is also a wonderful way to make your baby feel safe and secure.

Please note we have 2 Baby Massage sessions.

**Talking Walk Ins**

Play-based session where you can speak to a speech and language therapist. If you do not have parental responsibility please bring written consent with you.

Please note only 15 families are seen a session.

We have 2 sessions: Greenfields & South Borough.

**Little Talkers**

A 6 week course for parents/careers to learn new techniques and useful hints & tips for developing your child's speech. Opportunity for discussion and trying out specific strategies within fun play activities, stories, songs & rhyme.

**Health Visitor Clinic & for Breastfeeding Clinic**

A drop in clinic for you to come along have your baby weighed and speak to a member of the Health Visiting Team. Breastfeeding information, advice and support clinic.

Please note we have 2 Health Visiting and 3 Breastfeeding Clinics a week: Parkwood, South Borough & West Borough.

**Twins Group**

Group run by parents for families with multiple births.

*2<sup>nd</sup> & 4<sup>th</sup> Friday of the month*

**Neuro Navigators**

A group for Neurodivergent children to learn skills that teach independence and support them to be ready for the transition to secondary school. Supporting building confidence, self-esteem & making lasting, supportive friendships with a range of activities.

@MaidstoneFamilyHubs

@MaidstoneFamilyHubs

@MaidstoneFamilyHubs11019

www.kent.gov.uk/familyhub

Family Hub Sites are run by Kent County Council



**OSI Online Support and Intervention for Child Anxiety**



### OSI COULD HELP YOU

OSI (Online Support and Intervention) is an online platform designed to help parents to learn tools and techniques to help their child (aged 5 to 12 years old) to overcome difficulties with anxiety.

Parents work through weekly online modules that contain videos, quizzes, and interactive worksheets. Parents are also supported by a weekly telephone/video call appointment with a practitioner.

You can access OSI at a convenient time for you using any electronic device!



### HOW TO ACCESS OSI

If your child attends one of our schools and you feel OSI would be helpful for you and your child, please scan the QR code which will take you to our website and the OSI self-referral form.

Alternatively, if you would like to discuss this further with someone or would like to consider alternative support, please speak with the Senior Mental Health Lead in your child's school.



We are kind.



We are respectful.



We work together with our communities.



# Oral Health in Early Years



March 2025

**Did you know children aged four to six should have no more than 19 grams of sugar a day?**



Could you promote the FREE sugar free app with your parents and carers. Maybe create your own social media post and direct them to the healthier family's campaign on [Healthier Families - Home - NHS](#)

Which foods/drinks to watch out for and tips how to reduce sugar at home

[Reducing sugar - Food facts - Healthier Families - NHS](#)

### Added sugar:

When we talk about added sugar, we mean sugar that has been added to food and drink to sweeten it.

This could be added by the manufacturer, by you if you're cooking at home, or by the chef or cook if you're eating out.

It's not just the white sugar you might think of on a teaspoon either: it includes fruit juice, honey, syrups and nectars too.

You do not need to worry about sugar in:

Plain milk, plain yoghurt, whole fruit and whole vegetables. This is not added sugar but remember to keep dried sticky fruit to mealtimes to protect teeth!



Check out the online sugar calculator it all adds up! [Sugar calculator - Food Facts - Healthier Families - NHS](#)

**Check out our Webpage below for even more tips and resources!**  
[www.kentcht.nhs.uk/happyteeth](http://www.kentcht.nhs.uk/happyteeth)

We will be holding FREE live Q&A sessions online with our team of dental professionals on 3.4.2025 & 10.6.2025

Contact us via email for more information!

Plus, a FREE training session with CPD on 15.4.2025

Click the link below to join:

[Join the meeting now](#)



## Household and Financial Support



\*Free & impartial money & pensions guidance online or by phone

\*Online benefits calculator

\*Online Budget Planner

citizens advice

### Kent Money Advice Hub

Money worries support by phone, video call, or at a kiosk



CALL

0808 175 6406

Mon—Fri

9am—5pm



\*Digital Skills

\*Online access

\*Device Recycling

\*Social Broad-band Tariffs



\*Urgent Help & Support, inc. voucher

\*Benefits Checker

\*Advice on reducing energy bills



### Help for Households

\*Cost of Living Payments (eligibility applies)

\*Help with Child-care costs

\*Money Saving Advice



### Healthy Start

Support to buy food, milk and vitamins, for those pregnant or have children under 4 (eligibility applies)



PLEASE NOTE: Eligibility may apply

[Coxheath X Account](#) - @coxheathprimary

