



Coxheath Primary School Newsletter

03.10.2025

Dates for the diary



TERM 1

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
- 15 Oct Year R Phonics and reading Workshop
- 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 Nov Year 5 The Observatory Science Centre Trip
- 19 Dec Last Day of Term**

School Contact Information

OFFICE@COXHEATH.KENT.SCH.UK -General enquiries

ATTENDANCE@COXHEATH.KENT.SCH.UK - All absence related matters

SENCO@COXHEATH.KENT.SCH.UK -All matters for senco

CASC@COXHEATH.KENT.SCH.UK - Extended services booking enquiries and requests

School Phone Number 01622 745553

Head Teacher News

This week has once again reminded us how lucky we are to work with such incredible young people. Over the past couple of weeks, I've received several messages from parents, rightly proud of the compassion and kindness their children have shown.

Lenny certainly deserves a big shoutout. While in the car, he noticed an elderly lady struggling to put her rubbish in the bin. Without hesitation, he asked his mum to stop so he could get out and help. What a wonderful thing to do, an act of genuine kindness.

I also heard about Benjamin, who came up with the idea of riding his bike up and down his street every evening to raise money for children with cancer. What a thoughtful and caring way to make a difference.

And then there's Lottie, who has been awarded a *Blue Peter* badge for her efforts to care for the environment. She has been out in the local community picking up litter to make the area a nicer place for everyone. How amazing to see her already giving back at such a young age.

Our school values shine through in moments like these, and I honestly believe that kindness is one of the greatest qualities our children can show. A huge well done to Lenny, Benjamin, and Lottie, we are very proud of you. Please keep sharing these inspiring stories with us. We love being able to celebrate and share them with our whole school community.

Together, we are building a community full of kindness, compassion, and care and that is something truly special.

Have a great weekend.

Giacomo

Parents Evening

Parents evening booking will go live on Monday 6th October at 4pm and close on Sunday 12th October.

Please book via the parent Arbor portal. If you have any problems with this, please contact the school office.

Online Safety

From this week, we will send parent guides related to all things connected with online safety with the newsletter. They will also appear on our twitter feed. These aim to give parents a quick guide to things that can help to keep children safe online. The topics they cover range from specific apps, games, passwords and search engines. This week is related to the new version of **EA FC26**, a game many of our children already have and enjoy playing. They take a matter of minutes to read but could make a real difference to keeping our children safe online. You can also follow them on Instagram to view any previously produced guides @wake.up.wednesday



Learner of the Week

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





Harvest Festival Thursday 9th October

On Thursday 9th October we will be celebrating our Harvest Festival. This year we will be donating to The Salvation Army and you can begin to bring donations to school from Monday 6th October.

They would be very happy to receive any of the following; any tinned food, any dried food such as rice, pasta, cereals, long life milk, tea, coffee, pasta sauces, crackers, biscuits, nappies, baby products, toiletries, toilet paper and other household items eg cleaning and laundry.



Girls Football Tournament

On Monday 13th September, 9 girls were selected to represent Coxheath in a girls football tournament at The Gallagher Stadium.

The girls hadn't played together before, so to beat St Michaels in the first game 2-1 was a great start! Goals from Abigail and Darcy B got us in the lead, followed by great saves by Harper L in goal. The second game was a bit tougher against Allington, losing 5-1, but Harper W got her first goal of the tournament. There was no break before the next game against Tree Tops, another 2 goals from Harper W, but Tree Tops also scored 2! Luckily, we had great defending from Ayva A to not concede anymore. Our fourth game included a change in goal with Scarlett keeping a clean sheet and winning 4-0. Goals from Darcy B and Abigail for Coxheath's biggest win yet! Darcy M and Ava O protecting our goal to help with a clean sheet. The final group game was against Senacre with Coxheath continuing with another 4-0 win, goals from Abigail, Harper W and Darcy B. Poppy using her energy to run at players and defend when needed.

With these results Coxheath were through to the next round! We played Oaks in the last 16, the girls battled well and took the game to extra time. Unfortunately, Coxheath hit the woodwork several times, not scoring but Oaks managed to find the back of the net sending Coxheath home.

Well done to the girls who did brilliantly after only one training session! We are now back training, ready for league matches!

Mrs Mckenna

Scarlett B

Harper L

Ayva A

Ava O

Darcy M

Abigail B

Darcy B

Harper W

Poppy D

NSPCC Anger Management in children: how parents can help

With thousands of children turning to Childline for anger issues support each year it's understandable to worry about what's happening and why. Click on the link to help you find ideas you can try to help you cope.

https://email.kjbm.safeguardingschools.co.uk/c/eJyEkc2K3DAQhJ_GvgQb_fnvoENCMpBzHsC0pbdda1tSJHkn8_ZhZmchhIW9SV9VF00XhDA6OFBv8AITVSn7iHP0LgcqRG9Pk8m70mqrmFiJWreNQMXLVNNiQfQPIrc6RXjbSSrZaP6pu8HNqinSIYL3rRScSbYkx2YEiw45ItA_Yam6MEaSPlpiZj8GQ1-OJ_w94nuTXxH5_RI-3H_ffsv7CNI1a3iszAoUUxGKZAcfQtQ9t3M--ZLEkLJho2ilG1rBOixmHiE-dyYFJJO5hCse1lOuoEMy4nREtuzfM6v2eauPrct3veYcUiG_FuJSiMv1eq1dCsbUPi71uRXisiEGcktIVtptRFfd8wpXSWcIPuZq9rEKENHIVlGLxOU87u_KeDfvZHI1w0H7rcro0r2s9_MmdBbjaPOB5PSnm0YNEy1Ae21WxIQHuElx4_-sCHmtN3S5TmZ9WNFQIHT5UU-r-r5jHdlovxsTHUNZ30jyqx_UcYvP78XQv6DX7X4GwAA_8RytkC

Scooters

Just a reminder, scooters and bikes left on the school premises are at the parents' own risk. The school is not responsible for lost, theft or damage.

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.

Dinner Menu

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1 MAIN 2 VEG SALE OPTION EXTRAS		Cheese & Tomato Pizza Slab (V)	Southern Baked Chicken & Wedges	Roast Chicken, with Roast Potatoes & Gravy	Pasta Bolognese, Garlic Bread	Fish Fingers with Chips
		Farmhouse Hash (VE)	(R) Chili Bean Tortilla Stack, Wedges (V)	Hearty Quorn Roast with Roast Potatoes & Gravy (V)	Sweet Potato, Leek & Cheese Cassone (V)	Crispy Quorn Nuggets & Chips (VE)
		Green Beans (VE)	Fresh Broccoli (VE)	Carrots & Cabbage (VE)	Sweetcorn (VE)	Peas or Baked Beans (VE)
		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
		Freshly Baked Chocolate Cookie (VE)	Plum Sponge Pudding & Custard (V)	Beetroot Brownie	Fruity Jelly Pot (VE)	Lime & Coconut Cake (VE)
<small>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.</small>						
MENU KEY v Vegetarian VE Vegan-friendly N 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
MAIN 1	Creamy Mac n Cheese (V)	Chicken Burger & Wedges	Roast Chicken with Roast Potatoes & Gravy	Sausage Penne Pasta Bake	Battered Fish & Chips
MAIN 2	Roasted Tomato & Basil Pasta (VE)	Southern Baked Halloumi Burger & Wedges (V)	Teriyaki Noodles (V)	Hearty Sausage Pasta Bake (VE)	Onion Bhaji Wrap & Slaw with Chips (VE)
VEG	Garlic Bread & Peas (VE)	Sweetcorn (VE)	Fresh Roast Carrots (VE)	Broccoli (VE)	Peas or Baked Beans (VE)
HALF 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
DESSERT	Chocolate Cornflake Cake (VE)	Mousse	Ginger Cake (VE)	(N) Astoria 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 V Vegetarian VE Vegan and Plant Based N 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)	Fishy 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)
HALF 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
DESSERT	Apple & Cinnamon Flapjack (VE)	(N) Chocolate Mousse (V)	(N) Pear & Ginger Cake (VE)	Berry Cake	Freshly Baked Vanilla Cookie (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 V Vegetarian VE Vegan and Plant Based N New Dish

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

MODELFEST  RAF MANSTON HISTORY MUSEUM
Charity No. 1179982

AT THE MUSEUM 10am - 4pm

18TH-26TH OCTOBER 2025

Planes, Trains & Automobiles
A series of model displays including:

WARHAMMER 40,000

BOLT ACTION World War II Wargames Theme

SCALEXTRIC

& much more!

Usual Museum entrance prices apply, see webpage for more information

@RAF Manston History Museum
If you have any questions, please contact us at info@rafmanston.co.uk

Subject to change due to unforeseen circumstances including, but not limited to, weather conditions, mechanical breakdowns and shortage of volunteers and/or exhibitors.



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 or call 01622 535307.

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
T: 07960 281483



Maidstone Rugby Club
The Mote
Willow Way
Maidstone
Kent, ME15 7DN
www.maidstonerugby.com



@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



Please click on the link below to see posters for the workshops that are being delivered by the Emotional Wellbeing/Support Team for Term 1 & 2.

<https://coxheathnew.ovw6.devwebsite.co.uk/page/?title=Wellbeing&pid=110&action=save>
[d](#)



kae Family
kent adult education

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

For more information scan the QR code
kentadulthoodeducation.co.uk
FREE, Fun & Informal



Kent & Medway
recovery & wellbeing
College

DROP IN SESSIONS

WeClick CIC
Unit 101, Lower Ground,
The Mall, Maidstone
10am – 12.30pm
Monday 18th August
Monday 8th September
Monday 6th October
Monday 3rd November
Monday 8th 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



Kent and Medway
 NHS and Social Care Partnership Trust

Neurodiversity Day

~~Thursday September 11th 2025~~

October 16th

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

pms.kentpact.org.uk



Maidstone Family Hubs Timetable

8th September 2025 - 17th October 2025

Our Family Hubs:

South Borough 03000 417770 Heathrow Close, Maidstone ME15 8FL Southborough@kent.gov.uk	Infozone 03000 419470 3 Palace Terrace, Maidstone ME15 6BT infozonefamilyhub@kent.gov.uk	326 The Mall 03000 419470 326 The Mall, Maidstone ME15 6AT infozonefamilyhub@kent.gov.uk
--	--	--

Monday	South Borough Young Parents 11.30-1.30				
Tuesday	South Borough Stay & Play 9.30-11.00	Infozone Strengthening Family Relationships 11.00-1.00 30 th September	South Borough Introducing Solids 1.30-2.45 Second Tuesday of the month	South Borough Baby Massage 1.30-2.30	Infozone Compass SEND 4.30-6.00
Wednesday	Infozone Baby Steps Musical 10.00-11.00	Infozone Baby, Family and You 12.30-2.30	South Borough Compass Home Education 1.00-2.00		
Thursday	South Borough Talking Walk Ins 9.30-11.30 2nd Tues of the month	South Borough Health Visitor Clinic 1.30-3.30	South Borough Resilience Group 4.00-5.30		
Friday	South Borough Breastfeeding Clinic 9.30-11.30	Infozone Baby Massage 10.00-11.00	South Borough 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 Family Hub Sites are run by Kent County Council

All of our groups and services are free. For groups requiring booking at all Hubs, see our booking page [@KentCountyCouncil.com/microsoft.com/](https://book.office.com/book/familyhub/venues/maidstone)

Information

Compass SEND

This course features the 4 core elements of the original Compass national but has been enhanced to include additional resources such as Zones of Regulation, Sensory Profiling and Strategies, Skimming and more. This course will be adaptable and tailored to the cohort on sign up. Please note young people must not have 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/reduce-arguments-and-conflict-between-parents-to-strengthen-family-relationships>

Young parents

For young parents (up to 25 yrs) and their children.

A workshop run by the Health Visiting team to guide you through the weaning journey from when your baby is 6 weeks. Every second Tuesday of the month.

Introducing Solids

4 Week Course face to face & 4 week follow on call

Antenatal and postnatal prep for baby and beyond 9-12 mths

Baby, Family & You

Fun activities providing learning opportunities through play and helping you to bond with your child. Join drop in!

Please note we have 4 Stay & Play sessions. One at each of our Hubs: South Borough, Parkwood & West Borough

Stay & Play

Fun activities providing learning opportunities through play and helping you to bond with your child. Join drop in!

Please note we have 4 Stay & Play sessions. One at each of our Hubs: South Borough, Parkwood & West Borough

Baby Steps Musical

Come and join us for a singing session! Learn how to support your child's speech and language development, social skills and relationships. Meet other parents and make new friends.

"Totally Baby Brains Time"

Resilience Group

After school 4url Support building confidence, self-esteem and making friends outside school friendship with a range of activities.

Compass Home Education

This Compass course has been designed for young people who are home educated. Parents, carers, guardians, grandparents, siblings, family members are welcome! This free course provides a safe and supportive environment for young people to explore their interests, build self-confidence and develop their skills. The course is delivered in a group over 10 sessions. The course is free to attend.

Healthy Start Vitamins

Are you eligible for Healthy Start Vitamins? Find out more and apply today!

Free for 2

Some 2 year olds can get up to 15 hours of free childcare per week. Find out more and apply today!

Useful Contact Numbers:

Health Visiting Team
0300 5550506

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
Family Hub Sites are run by Kent County Council

Maidstone Family Hubs Timetable

8th September 2025 - 17th October 2025

Our Family Hubs:

Parkwood 03000 412700 Furford Close, Maidstone ME15 8FL Parkwood@kent.gov.uk	Greenfields 03000 412887 Furford Way, Maidstone ME15 8FL Greenfields@kent.gov.uk	West Borough 03000 419361 Greenway, Maidstone ME15 8FL Westborough@kent.gov.uk
--	--	--

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

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 19 years old. The course is 10 weeks and will support young 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's also a wonderful way to make your baby feel safe and secure.

Please note we have 3 Baby Massage sessions. 1 hour 15 minutes.

Talking Walk Ins

Play-based session where you can speak to a speech and language therapist. If you do not have a parent responsible for your child, bring written consent with you.

Please note only 10 families are welcome a session. We have 2 sessions. Greenfields & South Borough.

Little Talkers

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

Health Visitor Clinic &/or 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. Strengthening information, advice and support clinic.

Please note we have 2 Health Visitor and 3 Breastfeeding Clinic a week. Parkwood, South Borough & West Borough.

Twins Group

Group run by parents for families with multiple births.

2nd & 4th 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 & encouraging outside school friendships with a range of activities.

11 weeks

Healthy Start Vitamins

Are you eligible for Healthy Start Vitamins? Find out more and apply today!

Free for 2

Some 2 year olds can get up to 15 hours of free childcare per week. Find out more and apply today!

Useful Contact Numbers:

Health Visiting Team
0300 5550506

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
Family Hub Sites are run by Kent County Council



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

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

NHS

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

