



Coxheath Primary School Newsletter

30.01.2026

Dates for the diary



TERM 3

05 Feb Parent Council Meeting @ 2.00pm

10 Feb Parents Evening 3.40-6.30pm

12 Feb Parents Evening 3.40-6.30pm

13 Feb PTA Break the Rules Day

13 Feb Last Day of Term

TERM 4

23 Feb First Day of Term

03 Mar Bodiam Class Assembly

05 Mar World Book Day

13 Mar PTA Mothers & Others

17 Mar Walmer Class Assembly

02 Apr Rock Steady Concert

02 Apr Krispy Kreme Doughnuts - Pre order for collection

02 Apr Last Day of Term

TERM 5

20 Apr First Day of Term

24 Apr PTA PJ Day

28 Apr Year R Vision Test

28 Apr Yr 4 Canterbury Cathedral Trip

04 May Bank Holiday

06 May Scotney Assembly

07 May Year2 Wildwood Trip

15 May PTA School Disco

18 May Year6 Bikeability Week (Mon -Fri)

19 May Tonbridge Class Assembly

22 May Last Day of Term

School Contact Information

School Phone Number 01622 745553

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

After School Club Emergency Number 07902 520715

PTFA@COXHEATH.KENT.SCH.UK - All matters for the PTFA

Head Teacher News

As a headteacher, I am reminded every day what a privilege it is to work alongside you as parents, helping to shape the lives of our young children.

This was brought home to me again this week when a group of children came to my office carrying a little white envelope addressed to "Mr Mazza." They proudly explained that they had been raising money for the school by making and selling paper aeroplanes. Inside the envelope was their grand total: £3.01 and one dollar.

I was so touched, not by the amount, but by the thought behind it. The fact that they cared enough about their school to think of ways to make it an even better place speaks volumes. Their kindness, compassion and selflessness shone through so clearly. We have yet to decide what to put the money towards, but whatever we choose, it will represent something far greater than the coins themselves.

Another lovely reminder came from watching Allington class perform their class assembly. Seeing the children take that leap of faith, standing in front of a large audience to share their learning, was incredibly special. For some, the courage required was enormous, yet they rose to the challenge with confidence. The pride on the children's faces as they shared their work and talked through their learning was wonderful to see. It is clear just how hard they are working and the effort and focus they put into everything they do.

Please also look out for your child wearing a values sticker on a Monday. As part of our Monday morning assembly, teachers select a child who has demonstrated one of our school values through their actions and behaviour. It is always so lovely to hear teachers speak so passionately about the children and their achievements, celebrating not only what they accomplish, but the kind and thoughtful people they are becoming.

Moments like these capture the true spirit of our school community and make all of the staff incredibly proud of our children every single day.

Have a lovely weekend.

Giacomo

Parents Evening

Parents Evening booking opens at 4pm Friday 30th January. Please book through Arbor.

Netball

The Year 6 Netball team travelled to Cornwallis to gain valuable experience playing on an indoor court and to compete in a league fixture against Loose Primary School. The team put in a strong performance, scoring in every quarter and successfully putting their practice drills into action with excellent defending and attacking play throughout the match. The game was played at a high standard and, as always, the team demonstrated outstanding sportsmanship. Despite a determined effort and a closely fought contest, Loose Primary School edged ahead in the final quarter to secure a 9–5 victory. Well done to all players for their commitment and teamwork, and thank you to the parents who supported the team and helped make the fixture possible. Watch this space for further games for both Year 5 and Year6!

Art Hub

Art-Hub are pleased to announce that we will be taking part in the **Show Racism the Red Card Creative Art Competition 2026**, which encourages children to explore important messages about equality, respect and inclusion through art. Pupils may enter **individually or as part of a group**, using the official **boot or T-shirt templates**, which are available on request from the **Art Hub**. All entries must be **no larger than A3** and need to be submitted by **26th February 2026**. We look forward to seeing the thoughtful and creative ideas our children produce. Think carefully about how you can get your opinion about racism across. Make sure your message is clear. Take a peek at the website for some ideas: <https://www.theredcard.org/training-and-workshops/school-competitions/>

SHOW RACISM THE RED CARD SCHOOL 2026 COMPETITION



Donations

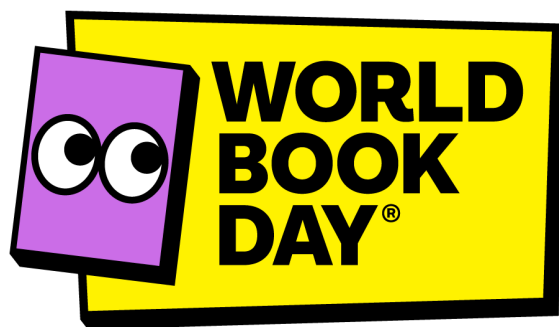
Mrs Planck is working on an exciting installation to celebrate the beautiful Year 4 bird sculptures and would like a donation of some shingle, stones and pebbles if anyone has a small quantity that they could bring in as soon as possible please?

Thank you.





World Book Day - 5th March



We will be participating in World Book Day on March 5th. It's a great opportunity to join in with the national buzz around reading and the celebration of books.

Children can either dress up as their favourite character from a book or choose to dress up as a word.

PTA - Break the Rules Day Friday 13th February



Extended Services

Please ensure you book your child into Breakfast Club or After School Club via the Arbor parent app. Please ensure that you book this 24 hours before your child needs to attend.

Social Media and Image Consent

You should have received a letter this week outlining our intention to move from X to Facebook in the near future. In the meantime, we ask that you complete the attached survey to review your image consent for use on social media and other publications. [Consent Form for Use of Images – Fill out form](#)



Young Artists Competition - Royal Academy Young Artists Competition 2026

You should have received an email with instructions on how to enter your child to the Royal Academy Young Artists Competition. Information is also below for your reference. please note, if your child wishes to enter, please do not send artwork into the school, it needs to be entered by parents / carers from home with the permissions form.

'Taking inspiration from the Summer Exhibition, the Young Artists' Summer Show is a free, open submission exhibition for young artists aged 4–18 years studying in the UK.

Submitting artwork is completely free and is done online. You will need to create an account in order so submit the artwork but this is quick and easy to do.

Each student can submit one artwork and there is no theme. The artwork can be made using any material; it can be a painting, sculpture, photograph, installation, video, drawing, or a combination.

When you enter, they'll ask for an image of the artwork plus some information about the piece such as title, size, and some text written by the artist which can include why they created the work and what it means to them.

Artworks are viewed and judged by a panel of experienced and passionate artists and arts professionals and they work together to select which artworks will be shown online and which will be shown at the Royal Academy.

Key dates:

Registration and submission open

5 January - 4 March 2026

Judging

May 2026

Online exhibition opens

14 July 2026

Display at the RA open

14 July - 30 August 2026

Please visit the RA website for full information and for entering the competition:

<https://youngartists.royalacademy.org.uk/>

Young Artists' Summer Show

Permissions form

The Young Artists' Summer Show offers students aged 4-18, and studying in the UK, the chance to exhibit their artwork at the Royal Academy of Arts, online and onsite.

Student's full name

Student's signature

Student's age

I am a student 13 years old or over and give my permission to participate in the Young Artists' Summer Show. I have read the terms and conditions and understand that:

- My artwork, first name, and age may be shared on the Royal Academy of Arts and Young Artists' Summer Show website and/or social media channels.
- The Royal Academy of Arts may use the image of the artwork to advertise the Young Artists' Summer Show.

I am a parent/guardian and give my permission for the named student to participate in the Young Artists' Summer Show. I have read the terms and conditions and understand that:

- Their artwork, first name, and age may be shared on the Royal Academy of Arts and Young Artists' Summer Show website and/or social media channels.
- The Royal Academy of Arts may use the image of the artwork to advertise the Young Artists' Summer Show.

Parent/guardian full name

Relationship to student

Parent/guardian's signature

Date

RA

Royal Academy of Arts



Guidance for submissions

The Young Artists' Summer Show is an opportunity for UK-based young artists aged 4-18 to make and share a piece of artwork that truly expresses their own voice. There is no set theme and we welcome submissions covering a range of techniques including drawing, painting, printing, photography, sculpture, textile, fashion, animation, video, and more.

What we're looking for:

- Judges are looking for imagination, originality and skill.
- Each artist can submit one artwork along with a short artist statement or description, written in the artist's own words where possible. Rather than solely focussing on the artmaking process, we encourage artists to describe why an artwork was created and what it means to them. Descriptions must be no more than 80 words and, if the work is selected, it will be subject to editing by the RA ahead of display.
- Capturing a good image of the artwork is very important and could influence the way that the artwork is viewed by the judges. You can read more about photographing your artwork in our FAQs.
- If you are a teacher who intends to submit artwork for each student in your class, we advise against submitting visually similar works.
- We recommend submitting well ahead of the deadline to avoid last-minute or technical difficulties.

We can't accept submissions that:

- Exceed 950mm wide x 3000mm high.
- Pose a health and safety risk.
- Are submitted late.
- Might infringe others' rights or break the law in any way, including copyright. Although many great artists 'copy' in creative ways, we are looking for original artwork.

Call for entries

An exciting opportunity for students aged 4-18, who are living and studying in the UK, to exhibit their artwork on site or online at the Royal Academy of Arts.

Open for submissions

5 January-4 March 2026

Find out more and enter

royalacademyarts.org.uk/youngartists
[@royalacademyarts](https://twitter.com/royalacademyarts)

Made possible by Robin Hambro

Young Artists' Summer Show

So please avoid submitting artworks solely depicting characters from popular culture, including TV, animation or comic books, for example.

- Are AI-generated.
- Contain content in the artwork or artist statement that may be sensitive or otherwise unsuitable to display publicly in an exhibition for artists aged 4-18.

The RA is committed to freedom of expression and, at the same time, has a duty to safeguard the young people involved in and visiting the show. All submissions must therefore be considered within this context. This is not always possible to predict in advance and for that reason submissions will be subject to review, through the selection process described in the Terms and Conditions of Entry.

Supporting young artists to create and submit original artworks is an achievement and something worth celebrating. We encourage this to be the focus over being accepted into the show. We enjoy seeing each and every artwork submitted and can't wait to see what our young artists will make this year!

If you would like further support submitting artwork, please contact us at

YASS@royalacademy.org.uk

Have a look at the previous exhibitions on our website to give you some inspiration and here are some good examples of original ideas and interesting descriptions to get you started.



A Collection of Numbers (sculpture)
by Ethan, aged 5

A collection of numbers were having a lovely day, when bad guy 7, comes along to eat them. But never mind, superhero 1 is going to save the day!



Here Comes the Kickflip (painting)
by Oskar, aged 11

This is me, the feeling of determination mixed with a sense of freedom and taking off into the air when I try to do a kickflip when I'm skateboarding. I wanted to focus just on my legs, the board, and the landscape around. It's the moment when you have to trust your legs and psyche yourself up to do this difficult move. I wanted it to feel full of movement and excitement.



I Just Want To Be Seen (mixed media)
by William, aged 18

I adore film and TV, but where were my role models whilst growing up? I never saw myself represented so in my film poster homage to Edgar Wright's 'Hot Fuzz', I have made myself the 'hero' that I wanted to see on the big screen. I have studied the work of Cindy Sherman, Cold War Steve and Jo Spence ('Putting Myself in the Picture') to solidify my ideas about myself and how the world sees me. #EndAbleism #Don'tDismissDis

RA

Royal Academy of Arts

Dinner Menu

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
MAIN 1	Cheese & Tomato Pizza Slab (V)	Southern Baked Chicken & Wedges	Roast Chicken, with Roast Potatoes & Gravy	Pasta Bolognese, Garlic Bread	Fish Fingers with Chips
MAIN 2	Farmhouse Haak (VE)	(N) (Chili) Bean Tortilla Stack, Wedges (V)	Hearty Quorn Roast with Roast Potatoes & Gravy (V)	Sweet Potato, Leek & Cheese Caltone (V)	Crispy Quorn Nuggets & Chips (VE)
VEG	Green Beans (VE)	Fresh Broccoli (VE)	Carrots & Cabbage (VE)	Sweetcorn (VE)	Peas or Baked Beans (VE)
JACKET POTATO	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	Freshly Baked Chocolate Cookie (VE)	Plum Sponge Pudding & Custard (V)	Beetroot Brownie	Fruity Jelly Pot (VE)	Lime & Coconut Cake (VE)

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

MENU KEY V Vegetarian, VC Vegan and Plant Based, N Nuts, No Dairy

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>

ROCK
STEADY

ROCK AND POP BAND LESSONS!



BOOK TO START
LESSONS IN JANUARY!

IGNITE THEIR INNER SPARK!

- ✔ Children learn to play an instrument in their very own band.
- 🎸 Fun and inclusive in-school band lessons. No music theory involved.
- 🎧 Follow their musical journey in your Backstage account.
- 📄 Exam-free, Ofqual-regulated Trinity music qualification.
- 🎵 Instruments provided and no experience necessary.



0330 113 0330 (Mon-Thurs 9am-5pm, Fri 9am-4pm, local rate)

rocksteadymusicsschool.com

LEARN TO PLAY MUSIC IN A BAND THAT'S FOR EVERYONE.

Choose from: Drums, guitar, bass, keyboards or vocals.

Inclusive and hassle-free!

Takes place in school. Instruments provided and no experience necessary!

Have fun and learn by playing

Children work their way through a curriculum of up to 300 musical skills.

Taught by professional musicians

Rocksteady band leaders are highly trained musicians who make learning music fun.

Much more than music

Improves wellbeing, confidence, social skills and academic achievement.

Progress at their own pace

Your child can achieve an exam-free, Ofqual-regulated Trinity music qualification!

End every term on a high note

Watch your child shine as they perform in their end of term concerts.

£24.99 per month (no payment in August) Money back guarantee for the first month. Cancel at any time.

"His confidence in music, in just over a year, is incredible to see!"

Minal

"It keeps encouraging us to do more, so it teaches us to never give up."

Rocksteady pupil

"Socially, it's great - learning skills, performance confidence - the list is endless."

Maxine

BOOK YOUR CHILD'S
PLACE ONLINE!

0330 113 0330
(Mon-Thurs 9am-5pm, Fri 9am-4pm, local rate)
info@rocksteadymusicsschool.com



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Community News



Community News

DID YOU KNOW?



2,206 posties were injured by dogs in the past year.
That's **42** attacks each week, with some suffering life changing injuries.

PLEASE HELP US PROTECT YOUR POSTIE

- Never open the door to a postie when your dog is not secured away
- Invest in a letter cage or external delivery point to stop bites through the letterbox
- If your dog is running loose outdoors on your premises your mail can be suspended

Following changes to the Dangerous Dogs Act 1991 in May 2014, an owner or/and a person in charge of a dog, can be prosecuted if that dog attacks anyone, in any place in England, Wales or Scotland.

For more information, please visit royalmail.com/dogawareness



Schools Out! Holiday Club

Schools Out Club provides the opportunity for children aged between 4 - 13 to participate in a range of sports and arts & craft activities.

Places are provided on a first come basis and charged at £5.00 per day. Payments are non-refundable.

Dates: Tue 17 Feb • Wed 18 Feb • Thu 19 Feb

Greenfields Community Primary School Shepway, Maidstone	Archbishop Courtenay Primary School Tovil, Maidstone	Leigh Academy Tree Tops Brishing Lane, Parkwood, Maidstone
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Sessions run for 4 hours between 10:00 - 14:00.

Visit stonesinthecommunity.org/programme/schools-out-holiday-club to book a space at one of our locations.

Part funded by MAIDSTONE BOROUGH COUNCIL

STONES in the community

stonesinthecommunity.org

Created by Cohesion.Design

STAGECOACH PRESENTS

ONCE UPON AN OGRE

Our 'Shrek' inspired
captivating 3 day
Easter Workshop 2026

Tuesday 7th April,
Wednesday 8th April,
Thursday 9th April

10am - 4pm daily,
with a performance to
parents on the last day

Coxheath Primary School, discounted student price available!

For more information,
email maidstonewest@stagecoach.co.uk
or call Sarah on 01622 535307

Maidstone Scouting Presents

Maidstone Gang Show



Hazlitt Theatre, Earl Street, Maidstone
7th April - 11th April 2026
www.maidstonegangshow.co.uk
Box Office - www.hazlitttheatre.com



Scouts



Funded by
UK Government

HAZLITT
THEATRE

Amateur Hire



Book your Tickets NOW!!



Maidstone Gang Show is a family variety show performed by a cast of over 90 talented performers from Maidstone Scouting.

Come and celebrate our return to the stage. Packed full of modern songs, dance routines with comedy and sketches featured throughout.

Maidstone Gang Show is great entertainment for all the family.

Tickets are exclusively available from the Hazlitt Theatre.



Book online at
www.hazlitttheatre.com
by phone - 01622 758611
or in person from the Box Office

Further information available at
www.maidstonegangshow.co.uk

Performances

Tuesday 7th to Friday 10th April - 7:30pm

Saturday 11th April - 2:00pm & 7:30pm

Tickets - £18.00*

* Price of tickets does not include P&P



Scouts

Maidstone East and Maidstone West Scout Districts
are both registered Charities



CROSSROADS
CARE KENT

Volunteers Needed

Ready to make a real difference?

Help us transform the lives of local young people by volunteering at our term-time Young Carer's Club!



In this role, you will:

- ✔ Offer Emotional Support
- ✔ Support fun & engaging activities
- ✔ Help to build confidence & social skills

Join our **Maidstone** Young Carers Club!

When: Mondays/Wednesdays
5 - 7pm or 5.30 - 7.30pm

Where: Shepway Community Centre, Cumberland Avenue, Maidstone, ME15 7JN

APPLY NOW

Please contact us at:
enquiries@crossroadskent.org

BARRACUDAS
ACTIVITY DAY CAMPS

HIGHLY RATED School Holiday Camps!!

AT A SCHOOL NEAR YOU IN 2026!

EXCLUSIVE PARENT DISCOUNT

USE CODE **SCHOOL20** FOR AN EXTRA £20 OFF YOUR BOOKING!

*Minimum 2 days. Not to be used in conjunction with other offer codes.

- ✔ 4 to 14 year olds!
- ✔ 80+ Activities!
- ✔ Choice each session!
- ✔ Specialist Courses!
- ✔ Flexible bookings!

OFSTED REGISTERED

barracudas.co.uk
01480 467 567

Trustpilot





Wellbeing



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



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.



Online Parent Groups

Supporting your child with their emotional wellbeing

For parents of children at primary school

Supporting Your Child with Fears & Worries

Are your child's worries and fears starting to impact their day to day life? This course will provide you with an understanding of how fears and worries develop in children, as well as evidence-based strategies and guidance to support your child with overcoming their fears and worries. This online group runs for 6 weeks and are run regularly throughout the year.

Understanding Your Child's Behaviour

Are you currently experiencing difficulties with your child's behaviour? This course will provide you with evidence-based strategies to promote a positive relationship with your child, supporting them with their emotion regulation and addressing any concerning behaviours. This online group runs for 7 weeks and are run regularly throughout the year.

If you would like to attend one of our groups, email

ewtandestenquiries@nelft.nhs.uk



Online Parent Workshops

Aimed at parents of children in
Primary school



Understanding your Child's Behaviour
19/01/2026 10:30 -12:30pm

[Understanding Your Child's Behaviour | Meeting-join | Microsoft Teams](#)



Supporting Your Child with Worries & Fears 02/02/2026 10:30 -12:30pm

[Supporting Your Child with Worries & Fears | Meeting-join | Microsoft Teams](#)



Autism and Sleep

09/03/2026 12:30 – 13:30pm

[Autism and Sleep | Meeting-join | Microsoft Teams](#)



Understanding Neurodiversity


24/03/2026 10:30 -12:30pm

[Understanding Neurodiversity | Meeting-join | Microsoft Teams](#)



NEL
NHS Fc

NHS
North East London
NHS Foundation Trust



Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Online Parent Workshops

Aimed at parents of children in primary school

Supporting Your Child with Worries & Fears
02/02/2026 - 10:30 - 12:30pm


*Workshop timings change from term to term

Are your child's worries and fears starting to impact their day to day life? Would you like to come and meet with other parents and carers and learn about ways to support your children so they can manage their concerns and enjoy themselves more?

You are invited to a workshop which focusses on understanding what anxiety is, the symptoms you may notice in your child and some techniques to help manage this anxiety.

If you would like to join, please ctrl + click the link below or by entering the Meeting ID and Passcode within Teams:



[Supporting Your Child with Worries & Fears | Meeting-join | Microsoft Teams](#)



Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. If you have any questions please speak to your child's school. Currently, this workshop is only available to parents/carers of children attending an EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email:

EWTandESTenquiries@neft.nhs.uk

We look forward to meeting you.



Online Parent Workshops

Aimed at parents of children in school

Understanding Sleep and Autism

Monday 9th March 12:30–13:30pm

*Workshop timings change from term to term

Are you currently experiencing difficulties with your child's sleeping patterns? Maybe your child has received a diagnosis. Would you like to come and meet with other parents and carers and learn about ways to support your child?

You are invited to a workshop about understanding sleeping patterns and autism. We also discuss helpful strategies that you can use at home to help support your child.

If you would like to join, please [ctrl + click the link below](#) or by entering the Meeting ID and Passcode within Teams:

[Autism and Sleep | Meeting Join | Microsoft Teams](#)

Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. If you have any questions please speak to your child's school. Currently, this workshop is only available to parents/carers of children attending an EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email:

EWandESTenquiries@neft.nhs.uk

We look forward to meeting you.



www.neft.nhs.uk



Online Parent Workshops

Aimed at parents of children in primary school

Understanding Neurodiversity

24/03/2026 - 10:30 - 12:30pm

*Workshop timings change from term to term

Do you have questions about neurodiversity? Maybe you would like to build on your understanding of children's different ways of experiencing the world. Would you like to come and meet with other parents and carers and learn about ways to support your child?

You are invited to a workshop about understanding neurodiversity. We also discuss helpful strategies that you can use at home to help support your child.

If you would like to join, please [ctrl + click the link below](#) or by entering the Meeting ID and Passcode within Teams:

[Understanding Neurodiversity | Meeting Join | Microsoft Teams](#)

Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. If you have any questions please speak to your child's school. Currently, this workshop is only available to parents/carers of children attending an EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email:

EWandESTenquiries@neft.nhs.uk

We look forward to meeting you.



[Coxheath X Account](#) - @coxheathprimary

