

Travel

the world

through

books

Wonder

Treasure

Peter Pan  
Beauty and the Beast  
The Wizard of Oz

Little Red Riding Hood  
The Wizard of Oz  
Room on the Broom

Alens Love Underpants

# Coxheath Primary School Newsletter

## 06.03.2026

Dates for the diary



### **TERM 4**

13 Mar PTA Mothers & Others

17 Mar Walmer Class Assembly -Parents invited to come and watch at 9am

26 Mar Parent Council Meeting 2pm

27 Mar Easter Church Service 10.00am and 2.00pm. Yr R and Yr 6 Parents invited (see poster for details)

02 Apr Rock Steady Concert

02 Apr Krispy Kreme Doughnuts - Pre order for collection

02 Apr Easter Bonnet Competition (see poster for details)

**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 Year 4 Canterbury Cathedral Trip

04 May Bank Holiday

06 May Scotney Assembly - Parents are invited to come and watch at 9am

07 May Year 2 Wildwood Trip

15 May PTA School Disco

18 May Year 6 Bikeability Week (Mon -Fri)

19 May Tonbridge Class Assembly -Parents are invited to come and watch at 9am

**22 May Last Day of Term**

## School Contact Information

**School Phone Number 01622 745553**

[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

**After School Club Emergency Number 07902 520715**

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

## Head Teacher News

It has been wonderful to see the first signs of spring arriving this week. The sunshine has certainly lifted everyone's spirits and it has been lovely to see the school enjoying the brighter weather. Let's hope it continues!

The week got off to a fantastic start with Bodiam's class assembly. The children put on a brilliant performance and it was clear to see just how much learning they have packed into the year so far. They spoke confidently, performed brilliantly and made everyone very proud. Thank you to the Bodiam team for such an enjoyable start to the week.

Our School Council also had an exciting meeting with Mrs Callegari, who shared all about her upcoming challenge of running the London Marathon. She will be raising money for Demelza House, a wonderful charity that supports children with serious or life-limiting conditions and their families. As part of our discussion, we began planning an exciting event for the school - our very own mini marathon! We will be sharing more details very soon, so please watch this space.

This week, Year 6 also enjoyed a fantastic trip to the Imperial War Museum. The visit helped to enhance their new History topic and gave the children a valuable opportunity to explore

historical artefacts and exhibitions linked to their learning. The children had a great day out and were a real credit to the school, behaving impeccably and acting as wonderful ambassadors.

Meanwhile, some very excited Year 1 children discovered some rather mysterious objects in their classroom this week! At first, they were convinced that I must have placed them there, but after some investigation it turned out they belonged to The Lonely Beast! What a fantastic and imaginative start to their new literacy topic. We can't wait to see where their learning takes them next.

Mrs Planck has also been busy transforming one of our display areas with the beautiful artwork created by Year 4 last term. The new display looks absolutely fantastic and really showcases the children's creativity and talent. I'm sure you will all agree it looks amazing.

It has certainly been a busy and positive week across the school, and with the sun shining, everything feels that little bit brighter. Long may the weather continue!

Mr Mazza

## Mrs Callegari Takes on the Marathon – Please Support!

As most of you may know, Mrs Callegari will be running the London Marathon in April in support of a fantastic charity, Demelza House.

Training is already well underway and she has now reached an impressive **14 miles** in her preparation!

The School Council have very kindly offered their support in helping to raise funds for this amazing cause, and we are incredibly proud of the enthusiasm they have shown. Together, we have a **very exciting fundraising event planned for the end of this term.**

Mrs Callegari and the School Council will be sharing more details with the children during **assembly on Monday**, so watch this space!

In the meantime, if you are able to support this wonderful effort, **please consider making a donation.** Every contribution, big or small, will help make a real difference.

[https://www.justgiving.com/page/amy-callegari-londonmarathon2026?utm\\_medium=FR&utm\\_source=CL&utm\\_campaign=021](https://www.justgiving.com/page/amy-callegari-londonmarathon2026?utm_medium=FR&utm_source=CL&utm_campaign=021)

Thank you for your encouragement and support as Mrs Callegari continues her marathon journey!

## Salvation Army Clothing Bank

We have been informed that the Salvation Army clothing bank located in the school car park will be removed in the foreseeable future.

A combination of global, local and economic pressures has significantly impacted the textile reuse and recycling sector. As a result, the charity is no longer able to cover the full costs associated with collecting and processing donations through its clothing bank network.

## Extended Services – Advance Booking Required

Due to limited spaces, we kindly ask all parents and carers to ensure they book Extended Services sessions in advance. If you have not made a booking and require a last-minute place, please email [casc@coxheath.kent.sch.uk](mailto:casc@coxheath.kent.sch.uk).

Mrs Knibbs will confirm whether a space is available. Thank you for your support and cooperation.

## Coxheath Primary School Easter Service and Easter Bonnet Competition

Please see posters with information for the Easter Service and the Easter Bonnet Competition.



## Easy Fundraising -Message from the PTFA

Easyfundraising is a free platform that enables charities, schools, sports teams, and community groups to raise money when supporters shop online. Please click the below link to sign up.

[https://www.easyfundraising.org.uk/support-a-good-cause/step-1/?char=123981&invite=86mnm9&referral-campaign=s2s&utm\\_campaign=web-referral](https://www.easyfundraising.org.uk/support-a-good-cause/step-1/?char=123981&invite=86mnm9&referral-campaign=s2s&utm_campaign=web-referral)

## PTFA Mothers' and Others'

Please see the attached poster for information about children purchasing a gift for **Mothers' and Others' Day** on **Friday 13th March**.

If your child would like to take part, please send the money in a clearly labelled purse or envelope to their class teacher at drop-off on the morning.

Unfortunately, the school office will not be able to deliver any forgotten money to classrooms.

Thank you for your support.



## PTFA Krispy Kreme Doughnuts

Coxheath PTFA are selling Krispy Kreme Doughnuts. If you would like to order a box, you must complete this form and make payment before 20/03/26.

£10 for a box of glazed dozen

Order by Friday 20/03/26

Delivery 02/04/26

Cash or Bank Transfer only

Bank details :

Coxheath Primary School

Natwest  
51-70-55  
81877870

Payment must be received for the order to be placed whether this is by bank transfer or cash.

Please add your Childs FULL NAME as reference when making bank transfer payment.

If paying by cash please bring cash into the main school office. This must be clearly labelled with your child's FULL NAME and CLASS.

We will also sell a handful on the gate £2 a doughnut. We can only accept cash on the gate.

Many thanks

PTFA

[PTFA - Krispy Kreme Doughnuts Pre-Order Form – Fill in form](#)



**Coxheath Primary School  
PTFA**

**Krispy Kreme Doughnuts**

£10 GlazedDozen

Pre Order: by Friday20th March 2026

Delivery: Thursday2nd April 2026

Bank Transfer orCash Payment

An email will be sent from theOOffice with a google forms link attached for orderingand payment details.



# Spring/Summer Dinner Menu

## LUNCH Week 1

W/C 23/02, 16/03, 13/04, 04/05, 25/05, 15/06, 06/07

|                | MONDAY                        | TUESDAY                                    | WEDNESDAY                             | THURSDAY                                | FRIDAY                             |
|----------------|-------------------------------|--------------------------------------------|---------------------------------------|-----------------------------------------|------------------------------------|
| <b>MAIN 1</b>  | Creamy Mac'n Cheese (V)       | Chicken Burger in a Bun & Wedges           | Roast Chicken with Roast Potatoes     | Sausage Pasta Bake, Garlic Bread        | Fish Fingers with Chips            |
| <b>MAIN 2</b>  | Roasted Tomato Pasta Bake (V) | Southern Bakes Haloumi Burger & Wedges (V) | Summer Quiche, Roast Potatoes (V)     | Veggie Sausage Pasta Bake (V)           | N) Pizza Pinwheel, Chips (V)       |
| <b>VEG</b>     | Garlic Bread & Peas (VE)      | Sweetcorn (VE)                             | Spring Greens (VE)                    | Broccoli (VE)                           | Carrots & Peas or Baked Beans (VE) |
| <b>J&amp;O</b> | Jacket Potatoes               | Jacket Potatoes                            | Jacket Potatoes                       | Jacket Potatoes                         | Jacket Potatoes                    |
| <b>DESSERT</b> | Freshly Baked Shortbread (VE) | Jelly (V)                                  | Chocolate sponge with chocolate sauce | (N) Peaches & Meringue Yoghurt Food (V) | Ice cream                          |

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

**MENU KEY** V Vegetarian VE Vegan and Plant Based N Non-Dairy

## LUNCH Week 2

W/C 02/03, 23/03, 20/04, 11/05, 01/06, 22/06, 13/07

|                | MONDAY                           | TUESDAY                                   | WEDNESDAY                                | THURSDAY                                   | FRIDAY                                  |
|----------------|----------------------------------|-------------------------------------------|------------------------------------------|--------------------------------------------|-----------------------------------------|
| <b>MAIN 1</b>  | Veggie Burger with wedges        | Smoke Chicken & Rice                      | Roast Gammon & Roast potatoes            | Traditional Beef Lasagne                   | Slicky BBQ Chipolatas (Sausage & Chips) |
| <b>MAIN 2</b>  | Veggie Sausage Rolls with wedges | Sweet Potato & Chickpea Curry & Rice (VE) | Slicky Tomato Tart (VE) & roast potatoes | Hearty Spaghetti & Meatballs, Focaccia (V) | Bean & cheese patty and chips           |
| <b>VEG</b>     | Crispy Cauli (VE)                | Broccoli (VE)                             | Fresh Carrots & Cabbage (VE)             | Roasted Vegetables (VE)                    | Carrots & Peas or Baked Beans (VE)      |
| <b>J&amp;O</b> | Jacket Potatoes                  | Jacket Potatoes                           | Jacket Potatoes                          | Jacket Potatoes                            | Jacket Potatoes                         |
| <b>DESSERT</b> | Freshly Baked Cookies (VE)       | Fruity Jelly Crunch Pot (V)               | Peach Crumble and custard                | Lime & Coconut Sponge (VE)                 | Fruit cheesecake                        |

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

**MENU KEY** V Vegetarian VE Vegan and Plant Based N Non-Dairy

## LUNCH Week 3

W/C 09/03, 30/03, 27/04, 18/05, 08/06, 29/06, 20/07

|                | MONDAY                                  | TUESDAY                        | WEDNESDAY                                  | THURSDAY                                           | FRIDAY                             |
|----------------|-----------------------------------------|--------------------------------|--------------------------------------------|----------------------------------------------------|------------------------------------|
| <b>MAIN 1</b>  | Cheese & Tomato Pizza (V)               | BBQ Chicken &                  | Roast Chicken & Roast Potatoes             | Pasta Bolognese or Halal Pasta Bolognese, Focaccia | Fish Fingers & Chips               |
| <b>MAIN 2</b>  | Crispy Potato Shells, Tomato Sauce (VE) | Chili Bean Tortilla Stack (VE) | (N) Summer Veg Tacos (VE) & Roast Potatoes | Tomato pasta bake                                  | Crispy Quorn Nuggets & Chips (VE)  |
| <b>VEG</b>     | New Potatoes, Green Beans (VE)          | Sweetcorn (VE)                 | Fresh Carrots & Peas (VE)                  | Broccoli (VE)                                      | Carrots & Peas or Baked Beans (VE) |
| <b>J&amp;O</b> | Jacket Potatoes                         | Jacket Potatoes                | Jacket Potatoes                            | Jacket Potatoes                                    | Jacket Potatoes                    |
| <b>DESSERT</b> | Chocolate Cornflake Cake (VE)           | Ginger Cake (VE)               | Jelly                                      | Caramel Mousse                                     | (N) Keef School Cake (VE)          |

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

**MENU KEY** V Vegetarian VE Vegan and Plant Based N Non-Dairy

## 2026/2027 Term Dates



|                                                                      |                    |
|----------------------------------------------------------------------|--------------------|
| <b>Term 1</b>                                                        |                    |
| 01.09.2026                                                           | Staff Training Day |
| 02.09.2026                                                           | Start School       |
| 15.10.2026                                                           | Last Day of Term   |
| 16.10.2026                                                           | Staff Training Day |
| <b>Term 2</b>                                                        |                    |
| 02.11.2026                                                           | Start School       |
| 18.12.2026                                                           | Last day of Term   |
| <b>Term 3</b>                                                        |                    |
| 04.01.2027                                                           | Staff Training Day |
| 05.01.2027                                                           | Start School       |
| 12.02.2027                                                           | Last Day of Term   |
| <b>Term 4</b>                                                        |                    |
| 22.02.2027                                                           | Start School       |
| 25.03.2027                                                           | Last Day of Term   |
| <b>Term 5</b>                                                        |                    |
| 12.04.2027                                                           | Start School       |
| 03.05.2027                                                           | Bank Holiday       |
| 28.05.2027                                                           | Last Day of Term   |
| <b>Term 6</b>                                                        |                    |
| 07.06.2027                                                           | Start School       |
| 21.07.2027                                                           | Last Day of Term   |
| Staff training days are dates when the children do not attend school |                    |

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## 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

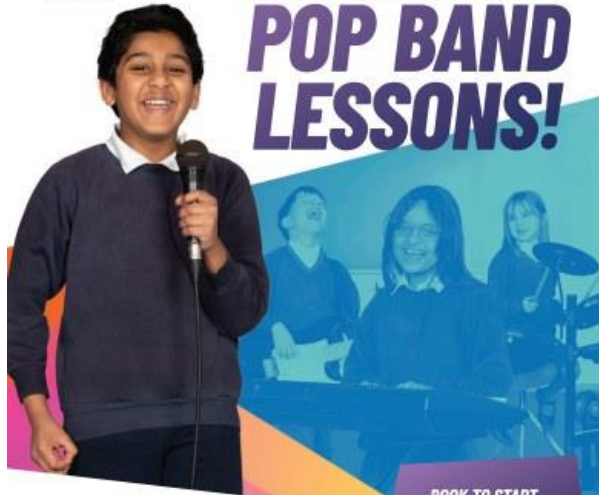
Rock Steady      Thursday in school

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

### Free Trial Session and £40 discount at Perform

Popular children's drama and dance school Perform is offering a Free Trial Session and a **special introductory discount of £40 for members of Coxheath Primary School** if they sign up by Saturday 2nd May 2026. Parents should quote COXH020526 when they book their free session by going to [perform.org.uk/try](https://perform.org.uk/try) or calling 020 7255 9120.

You can find out more about the classes at [perform.org.uk/try](https://perform.org.uk/try). Alternatively, pdf flyers can be downloaded from [here](#).

The nearest classes to Coxheath Primary School are as follows (please click for a map and further details):

**Perform Maidstone (Drama for 4-7s)**  
(3.8 miles)  
Fridays at 4pm

St Pauls Church  
Boxley Road,  
ME14 2AN

**Perform Maidstone (Drama for 7-12s)**  
(3.8 miles)  
Fridays at 5.05pm

St Pauls Church  
Boxley Road,  
ME14 2AN

**Perform Hempstead (Drama for 4-7s)**  
(8.2 miles)  
Wednesdays at 4pm

Hempstead Valley Community Centre  
Hempstead Valley,  
ME7 3PD

**Perform Hempstead (Drama for 7-12s)**  
(8.2 miles)  
Wednesdays at 5.05pm

Hempstead Valley Community Centre  
Hempstead Valley,  
ME7 3PD

**Perform Tonbridge (Drama for 4-7s)**  
(11.3 miles)  
Tuesdays at 4pm

St John's Church Centre  
Hildenborough,  
TN11 9HT

There are others too. Click to find all the nearest [here](#) or view a list of [all areas](#).

## Mother's Day Colouring Competition

**Mother's Day  
Colouring Competition**

Win a beautiful bouquet of Co-op flowers for your Mummy this Mother's Day

How to enter:  
Simply colour in your picture and return it to Coxheath Funeralcare, 112 Heath Road by 10<sup>th</sup> March.  
Winner will be announced 11<sup>th</sup> March 2026

Coxheath Funeralcare are running a Mother's Day colouring competition with the children at Coxheath Primary School.

The winner will receive a beautiful bouquet of Co-op flowers for their Mummy this Mother's Day.

Please see the choice of designs below. If your child would like to enter, they can come and collect their picture of choice from the school office.

Please submit entries by the **6th March**. These can be given to your child's class teacher or to the main office.



# Colouring Competition



Winners will be announced on:

Wednesday 11th March

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Please ask your parent/guardian for permission before entering. Put your name, age and contact number on your entry form before returning it to:

Coxheath

Funeralcare,  
112 Heath Road



Winners will be announced on:

Wednesday 11th March

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Please ask your parent/guardian for permission before entering. Put your name, age and contact number on your entry form before returning it to:

Coxheath

Funeralcare,  
112 Heath Road



# Colouring Competition



Winners will be announced on:  
Wednesday 11th March

Name: \_\_\_\_\_  
Age: \_\_\_\_\_  
Phone Number: \_\_\_\_\_

Please ask your parent/guardian for permission before entering. Put your name, age and contact number on your entry form before returning it to:  
Coxheath  
Funeralcare,  
112 Heath Road



Funeralcare

# Colouring Competition



Winners will be announced on:  
Wednesday 11th March

Name: \_\_\_\_\_  
Age: \_\_\_\_\_  
Phone Number: \_\_\_\_\_

Please ask your parent/guardian for permission before entering. Put your name, age and contact number on your entry form before returning it to:  
Coxheath  
Funeralcare,  
112 Heath Road



Funeralcare

**Colouring Competition**

# HAPPY MOTHER'S DAY


Winners will be announced on:  
**Wednesday 11th March**

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Please ask your parent/guardian for permission before entering. Put your name, age and contact number on your entry form before returning it to:  
**GoodHealth  
 Funeralcare,  
 112 Heath Road.**



Funeralcare

**EASTER HOLIDAYS**  
7TH - 17TH APRIL 2026

**SCHOOL HOLIDAY & WRAPAROUND CLUBS**

**ST. JOHN'S PRIMARY SCHOOL**  
TUNBRIDGE WELLS, TN4 9EW

*FREE for children aged 4-11 who are in receipt of benefit-related free school meals*

**OVER 50 AMAZING ACTIVITIES!**

- Bouncy Castles • Nerf Wars
- Fun Games
- Archery • Team Sports
- Plus Loads More

**Action-Packed Fun!**

Ofsted Registered




 **Southeast Kids Camps**

 [SOUTHEASTKIDSCAMPS.CO.UK](http://SOUTHEASTKIDSCAMPS.CO.UK)  
 0333 444 5100

**EASTER  
SOCCER  
SCHOOL**

7TH & 8TH APRIL | 15TH & 16TH APRIL

**#NEXTLEVEL**



STAGECOACH PRESENTS

# ONCE UPON AN OGRE

Our 'Shrek' inspired  
captivating 3 day  
Easter Workshop 2026



**Tuesday 7<sup>th</sup> April,  
Wednesday 8<sup>th</sup> April,  
Thursday 9<sup>th</sup> 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](mailto:maidstonewest@stagecoach.co.uk)  
or call Sarah on 01622 535307

STIVE AND SEDVE

PRIMARY LINKS

# SPORTS FEST 2026

YEAR 4 AND YEAR 5 STUDENTS ARE INVITED TO JOIN US FOR SPORTS FEST 2026

MARCH 18<sup>TH</sup>  
4PM - 5:30PM

## AMERICAN SPORTS SPECIAL

EMAIL OFFICE@OPGS.ORG TO RESERVE A PLACE

Maidstone Scouting Presents

# Maidstone Gang Show

Hazlitt Theatre, Earl Street, Maidstone  
7th April - 11th April 2026  
[www.maidstonegangshow.co.uk](http://www.maidstonegangshow.co.uk)  
Box Office - [www.hazlitttheatre.com](http://www.hazlitttheatre.com)

Scouts

Funded by UK Government

HAZLITT THEATRE  
Amateur Hire

MAIDSTONE BOROUGH COUNCIL

# 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](http://www.hazlitttheatre.com)  
by phone - 01622 758611  
or in person from the Box Office

Further information available at [www.maidstonegangshow.co.uk](http://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



YOUNG CARERS  
PROJECT

**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](mailto:enquiries@crossroadskent.org)

# 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 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](#)



## 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](mailto:EWandESTenquiries@neft.nhs.uk)

We look forward to meeting you.



[www.neft.nhs.uk](http://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](mailto:EWandESTenquiries@neft.nhs.uk)

We look forward to meeting you.



[Coxheath X Account](#) - @coxheathprimary

