



# Coxheath Primary School Newsletter

## 05.09.2025

Dates for the diary



### TERM 1

08 Sep All YR children in school all day

**Year 2** Meet the Teacher 3.20 - 3.45pm

- 09 Sep **Year 5** Meet the Teacher 3.20 - 3.45pm
- 10 Sep **Year 1** Meet the Teacher 3.20 - 3.45pm
- 11 Sep Kent Test (11+)
- AGM Meeting 6pm
- 12 Sep **Year 6** Meet the Teacher 3.20 - 3.45pm
- 01 Oct Individual and Sibling Photos
- 07 Oct Year 3 Wakehurst Trip
- Year R and Year 6 National Child Measurement Programme
- 16 Oct Last Day of Term for Children**
- 17 Oct Trust Inset Day

## 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

### **Welcome Back!**

Well, that was probably one of the wettest returns to school we can remember! However, the rain certainly didn't dampen the children's spirits. It has been wonderful to welcome everyone back. Despite a few nerves, most of the children I spoke to said they were pleased to be back, and it has been lovely to see so many happy faces around school again.

We have been particularly impressed with how well our new Reception children have settled in – it already feels as though they have always been part of our school community. Listening to their conversations as they left about how much fun they'd had was a real highlight of the week.

A big thank you to all of our parents and carers for your patience as staff familiarise themselves with new faces at pick-up times. We hope the process will feel much smoother by the end of next week.

Hopefully, many of you have already had the chance to meet your child's new class teacher during our "Meet the Teacher" sessions and have found out more about the year ahead, as well as how you can support your child's learning. There will be further meetings taking place next week for those who have not yet had the opportunity to meet your child's teacher.

Last year, some parents shared that they missed the community events we have held in the past. Without a PTFA in place, we were unable to organise events such as the Christmas Fayre or the End of Summer Festival. The good news is that, towards the end of Term 6 and over the summer, progress has been made and we hope to have a new PTFA up and running this term.

An **AGM will be held on Thursday 11th September at 6pm**, where the new members of the PTFA will be voted in. We would love to see as many parents and carers there as possible. Attached to this Newsletter email is a list of roles and brief descriptions. If you would like to be considered for a role, please come along to the AGM where you will be able to express your interest.

In addition to the formal roles, we also rely on volunteers throughout the year to help run events. This is an area we have struggled with in the past, and sadly some events had to be cancelled due to a lack of support. This not only means the children miss out on fun activities such as discos, but it also reduces the funds we can raise to support projects that school budgets alone cannot cover.

We are excited about the year ahead and the opportunity to bring our school community back together through these events.

Have a great weekend, and let's hope for a drier week next week!

## Message from Mrs Evenden

Dear Parents and Carers,

I would like to say a huge thank you for the warm wishes and thoughtful gifts you gave me for my retirement. It was an absolute pleasure working with so many amazing children and families over the years at Coxheath Primary and I carry with me many cherished memories which I'm sure I will treasure forever.

Kind regards,

Beverly Evenden.

## PTFA AGM Meeting

If anyone is looking to join the PTA and would like a specific role, please could an expression of interest and why they would like to join be emailed to: [ptfa@coxheath.kent.sch.uk](mailto:ptfa@coxheath.kent.sch.uk)

The next AGM meeting is being held on the 11th September. Please see poster for more information.



## Year 5 and 6 Girls Football Trials

Following our email on Wednesday, we would like to remind you that football trials for Year 5 and 6 girls will take place after school on **Wednesday 10th September**. If you would like your child to take part in the trials, please ensure that the permission form is completed and submitted by 5pm Monday 8th September. Unfortunately, pupils will not be able to participate without this.

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

Should your child be selected for the team, football training will take place after school on Mondays.

## Reminders

### Nut Allergies

Please can we remind all parents / carers that children are not to bring any nut products into school. We have children in the school with severe nut allergies which can develop into a potentially life-threatening allergic reaction.

Children who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction not only from eating nuts, but just by being touched on the skin or smelling

the breath of someone who has had nuts or a product containing nuts. This can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).

**Our “Nut-Free Policy” means that the following items should not be brought into school:**

- Packs of nuts
- Peanut butter or Nutella sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Houmous as it contains tahini which is made from sesame
- Pesto which contains nuts
- Cakes made with nuts
- Self-serve pastries covered in almonds – for example almond croissants
- Any home-cooked meals for packed lunches that are made from nuts or nut oils

### **Delivery of forgotten items**

Please do not drop off forgotten items for the office staff to deliver to your child after the start of the school day. Children should be encouraged to take responsibility for their own things as part of growing up and as a preparation for their next school. Please note that if non-essential items are left with office staff during the day, we cannot guarantee that these will be delivered. This will depend on pressure of work in the office on the day. Clearly we will ensure that essential items, such as lunch boxes, are delivered to the child. Our thanks to all parents who have supported office staff in this matter – your help is much appreciated.

### **School Carpark**

Please be reminded that the school carpark is for staff and blue badge holders only.

When parking in the car park in the mornings, please do not block any empty parking spaces as members of staff are also trying to access the car park.

Please can you provide us of a copy of your blue badge, if you have not already done so, together with your car registration, make, model and colour. If we do not receive a copy of your blue badge, you will no longer be able to park in the school car park.

Due to Health and Safety reasons, we do need to limit the number of cars entering the school car park. If the car park is full, we will not let any more cars in. We must ensure there is always access for deliveries to the kitchen and an emergency vehicle if required.

## Parking

Please could we remind parents to park considerately outside the school and surrounding areas at pick up time.

## 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
<b>MAIN 1</b>	Cheese & Tomato Pizza Slab (V)	Southern Diced 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>SUB-OPTION</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)	Beetroot Brownie	Fruity Jelly Pot (VE)	Lime & Coconut Cake (VE)

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), Baked 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 Gluten Free, N Nuts, Non-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
<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 Ballonini Burger & Wedges (V)	Teriyaki Noodles (V)	Hearty Sausage Pasta Bake (VE)	Onion Bhaj 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>SUB-OPTION</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), Baked 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 Gluten Free, N Nuts, Non-Dairy

### LUNCH Week 3

W/C 15/09, 06/10, 27/10, 17/11, 08/12, 19/01, 09/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Cheese & Tomato Pizza Slab (V)	Beef Burger with Cole-slaw	Roast Chicken with Roast Potatoes & Gravy	Traditional LASAGNE	Fish Fingers & Chips
<b>MAIN 2</b>	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)
<b>VEG</b>	Sweetcorn (VE)	Seasonal Vegetables (VE)	Seasonal Vegetables (VE)	Focaccia & Green Beans (VE)	Peas or Baked Beans (VE)
<b>SUB-OPTION</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>	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), Baked 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 Gluten Free, N Nuts, Non-Dairy

# Special Diet Menu

## SPECIAL DIETS LUNCH MENU 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	Lentil and Tomato Pasta Bake	— Select —	Roast Chicken with Roast Potatoes and Gravy	Chicken and Vegetable Stew with Rice	Crispy Chicken Nuggets with Chips
VEGETARIAN	Baked Sweet Potato with Baked Beans, Vegan Cheese	Chicken and Vegetable Rice	Jacket Potato with Baked Beans and Vegan Cheese	Dhansak Curry with Mixed Rice	Jacket Potato with Baked Beans and Vegan Cheese
3rd OPTION	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans and Vegan Cheese	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw
VEG	Broccoli	Swetstem	Carrots	Green Salad and Garden Peas	Garden Peas and Baked Beans
DESSERT	Raspberry and Lime Cake	Fresh Fruit Salad	Fruit Jelly	Fresh Fruit Salad	Shortbread Biscuits
Fresh Fruit					

**WHILST RIGOROUS CONTROLS ARE IN PLACE TO MANAGE THE RISK OF CROSS CONTAMINATION, SODEXO CANNOT GUARANTEE ABSENCE OF ANY SPECIFIC ALLERGEN. OUR STAFF WILL BE HAPPY TO TALK TO YOU ABOUT WHAT WE DO IN THE KITCHEN TO REDUCE RISKS OF ALLERGEN CROSS-CONTAMINATION.**

**DISHS MADE WITHOUT FISH, SULPHITES, GLUTEN, DAIRY, EGG, SOYA, PEANUTS, TREE NUTS, MOLLUSCS, CRUSTACEANS, SESAME, MUSTARD, LUPIN, AND CELERY CONTAINING INGREDIENTS.**

## SPECIAL DIETS LUNCH MENU 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	Jacket Potato with Baked Beans and Vegan Cheese	Buffalo Chicken with Mashed Potatoes	Roast Chicken with Roast Potatoes and Gravy	— Select —	Crispy Chicken Nuggets with Chips
VEGETARIAN	Roasted Tomato and Lentil Pasta	Jacket Potato with Baked Beans and Vegan Cheese	Lentil Tomato Sauce with Pasta	Jacket Potato with Baked Beans and Vegan Cheese	Margherita Pizza with Chips
3rd OPTION	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Lentil and Tomato Pasta	Jacket Potato with Baked Beans and Vegan Cheese	Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw
VEG	Swetstem	Broccoli	Roasted Vegetables	Green Beans	Garden Peas and Baked Beans
DESSERT	Vanilla Cookies	Fresh Fruit Salad	Fruit Jelly	Fresh Fruit Salad	Ginger Cake
Fresh Fruit					

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## SPECIAL DIETS LUNCH MENU

### 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	Tomato and Lentil Pasta Bake	Lemon and Garlic Chicken with Half Jacket Potatoes	Roast Chicken with Roast Potatoes and Gravy	Cottage Pie	Crispy Chicken Gargone with Chips
VEGETARIAN	Jacket Potato with Baked Beans and Vegan Cheese	Chicken and Vegetable Rice	Lentil and Tomato Pasta	Jacket Potato with Baked Beans and Vegan Cheese	Jacket Potato with Baked Beans and Vegan Cheese
3rd OPTION	Jacket Potato with Baked Beans, Vegan Cheese or Colislaw	Lentil and Tomato Pasta	Jacket Potato with Baked Beans and Vegan Cheese	Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Colislaw
VEG	Roasted Cauliflower	Green Beans	Cabbage and Garden Peas	Sweetcorn	Garden Peas and Baked Beans
DESSERT	Spelt Summer Cake	Fruit Jelly	Fresh Fruit Salad	Fresh Fruit Salad	Chocolate Shortbread
	Fresh Fruit				

WHILST RIGOROUS CONTROLS ARE IN PLACE TO MANAGE THE RISK OF CROSS-CONTAMINATION, SODEXO CANNOT GUARANTEE ABSENCE OF ANY SPECIFIC ALLERGEN. OUR STAFF WILL BE HAPPY TO TALK TO YOU ABOUT WHAT WE DO IN THE KITCHEN TO REDUCE RISKS OF ALLERGEN CROSS-CONTAMINATION.

DISHES MADE WITHOUT FISH, SULPHITES, GLUTEN, DAIRY, EGG, SOYA, PEANUTS, TREE NUTS, MOLLUSCS, CRUSTACEANS, SESAME, MUSTARD, LUPIN, AND CELERY CONTAINING INGREDIENTS.

## External Clubs held at Coxheath School

### External Clubs

Gymnastics Club      Monday

Sama Karate Club      Thursday

Irish Dancing      Friday

Make Time for Music

Rock Steady

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

# SAMA SOUTHEAST MARTIAL ARTS



## KARATE CLASS HELD AT

**Coxheath Primary School**  
Thursdays 3.20pm - 4.20pm

JOIN OUR KARATE CLASSES  
FOR THE NEW ACADEMY YEAR IN SEPTEMBER

SELF DEFENCE-COORDINATION-FOCUS-CONFIDENCE-RESPECT

Beginners Welcome from 4 Years Old

Book online for up to 4 trial lessons before committing to membership and uniform  
Register and book your trial lessons now with BookInClass!

Limited Space available class needs to be pre-booked

 [SAMASOUTHEAST.CO.UK](http://SAMASOUTHEAST.CO.UK) / [SAMAKARATE.COM](http://SAMAKARATE.COM)  
 0333 444 5100

## Make Time for Music Bringing Music To Life

There is an opportunity for your child to start piano or guitar lessons at School with Make Time for Music in September 2025.

If you are interested in him/her learning to play an instrument, please complete our application form by visiting the link below:

[Click Here to Apply for Lessons](#)

If you have any questions please email:

[office@maketimeformusic.org](mailto:office@maketimeformusic.org)

or call James on: 01303 894178

### Why Choose Make Time for Music?

- All our teachers are music specialists, qualified and experienced in their field, to ensure your child gets the best start to their musical journey.
- Our teachers are checked regularly to ensure quality lessons are delivered.
- Students are encouraged to perform, join ensembles, and take graded examinations.
- We deliver written reports on each student's progress, and parents have the opportunity to discuss lessons with us at any time.
- Students can take advantage of special rates for woodwind, brass, and string instrument rental.



[www.maketimeformusic.org](http://www.maketimeformusic.org)

Music Lessons  
available at  
your school



### Tuition Fees

For a term of 10 lessons

**Group Lessons** £73

#### Individual Lessons:

20-minute individual lessons £130

30-minute individual lessons £190

#### Beginners Group package

Includes your first tuition book along with your

first block of group lessons £85

#### Instruments:

Make Time for Music students can take advantage of a rent/buy scheme from our partners at Ackerman Music for all woodwind, brass and string instruments.

Guitars and keyboards are not available for hire, but we are happy recommend to you what to purchase at the best price if you contact our office.

### Make Time for Music in Schools

Learning an instrument is a fantastic skill to have and the best time to start to learn is in childhood.

As well as being a valuable creative outlet it can help build confidence and dedication, and is recognised that students learning an instrument perform better in the rest of their schoolwork

We can offer tuition on; piano/keyboard, guitar (electric and acoustic), drum kit, ukulele, violin, clarinet, flute and brass \*

Most students start with group lessons and enjoy learning with their friends, but we are happy to move students on to individual lessons at any time if they prefer.

We regularly arrange opportunities for students to perform in school and many of our teachers have contacts with local ensembles that they can join.

Lessons normally take place during the school day. Sometimes we do arrange for lessons to run outside of school hours. If you have any queries regarding our lessons please contact James at our office on: **01303 894178**

\*Please check page 1 for which instrument options are available at your school

**[www.maketimeformusic.org](http://www.maketimeformusic.org)**

**Guitar  
Drum Kit  
Piano  
Keyboard  
Violin  
Clarinet  
Flute  
Brass**



## Let's Dance UK



*Let's*  
**DANCE**  
*Uk*

Come and join our dance family.

**Book your 3 free trial classes**

**This September**

To Book: Letsdanceuk@live.co.uk

**New Acro classes**

The poster features four small images at the bottom showing children in various dance poses and acrobatic stunts on a stage.

## Community News



## Community News



**Sutton Valence Hockey Club Juniors**

Sutton Valence Prep School, Chart Sutton, ME17 3RF

**Every Sunday**  
9:30am  
Mini's, U8's, U10's  
11:00am  
U12's, U14's, U16's

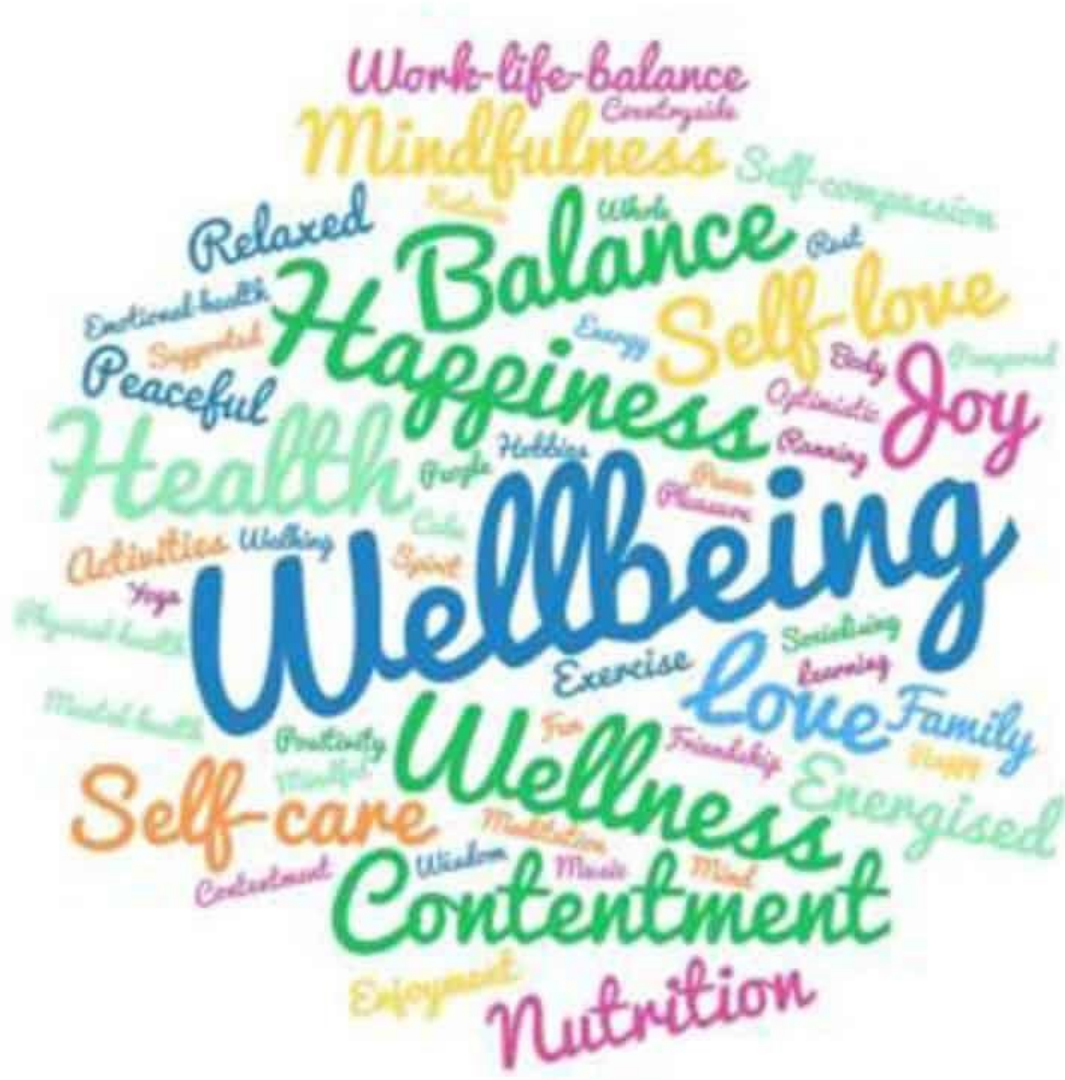
**Returning:**  
14th September 2025

We welcome all abilities for fun, games & skills  
From Reception upwards

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

The poster includes the SVHC logo and a photograph of a hockey player in action on a field.

Wellbeing



[Wellbeing](#)

**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**  
**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](https://forms.office.com/e/2kNvyZEAQj)

[pins@kentpact.org.uk](http://pins@kentpact.org.uk)



# Maidstone Family Hubs Timetable

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

### Our Family Hubs:

<b>South Borough</b> 03000 417770 Heathrow Close, Maidstone ME15 8TL Southborough@kent.gov.uk	<b>Infozone</b> 03000 419470 3 Palace Terrace, Maidstone ME15 6BT infozonefamilyhub@kent.gov.uk	<b>326 The Mall</b> 03000 419470 326 The Mall, Maidstone ME15 6AT infozonefamilyhub@kent.gov.uk
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<b>Monday</b>	<b>South Borough</b> Young Parents 11.30-1.30				
<b>Tuesday</b>	<b>South Borough</b> Stay & Play 9.30-11.00	<b>Infozone</b> Strengthening Family Relationships 11.00-1.00 30 <sup>th</sup> September	<b>South Borough</b> Introducing Solids 1.30-2.45 Second Tuesday of the month	<b>South Borough</b> Baby Massage 1.30-2.30	<b>Infozone</b> Compass SEND 4.30-6.00
<b>Wednesday</b>	<b>Infozone</b> Baby Steps Musical 10.00-11.00	<b>Infozone</b> Baby, Family and You 12.30-2.30	<b>South Borough</b> Compass Home Education 1.00-2.00		
<b>Thursday</b>	<b>South Borough</b> Talking Walk Ins 9.30-11.30 2nd Tues of the month	<b>South Borough</b> Health Visitor Clinic 1.30-3.30	<b>South Borough</b> Resilience Group 4.00-5.30		
<b>Friday</b>	<b>South Borough</b> Breastfeeding Clinic 9.30-11.30	<b>Infozone</b> Baby Massage 10.00-11.00	<b>South Borough</b> 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 <https://www.kent.gov.uk/office-com/book/familyhub/maidstone> @KentCountyCouncil on Microsoft.com/

## 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

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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 4x4 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, grandparents are welcome! This free course provides a safe and enabling environment for young people to explore their interests, build self-esteem and develop a positive attitude to learning. The course is delivered in a group over 10 sessions. For more information about opening times give your local Hub a call

### 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

# Maidstone Family Hubs Timetable

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

### Our Family Hubs:

<b>Parkwood</b> 03000 412700 Furford Close, Maidstone ME15 8TL Parkwood@kent.gov.uk	<b>Greenfields</b> 03000 412887 Furford Way, Maidstone ME15 8TL Greenfields@kent.gov.uk	<b>West Borough</b> 03000 419361 Greenway, Maidstone ME15 8TL Westborough@kent.gov.uk
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<b>Monday</b>	<b>Parkwood</b> Health Visitor Clinic 9.30-11.30	<b>Greenfields</b> Stay & Play 9.30-11.00	<b>Parkwood</b> Breastfeeding Clinic 1.00-3.00
<b>Tuesday</b>	<b>West Borough</b> Health Visitor Clinic 9.30-11.30	<b>Greenfields</b> Baby Steps Sensory 10.30-11.30	<b>West Borough</b> Little Talkers 10.00-11.00
<b>Wednesday</b>	<b>Parkwood</b> Baby Massage 10.00-11.00	<b>Greenfields</b> Neuro Navigators 3.30-5.00	
<b>Thursday</b>	<b>Parkwood</b> Stay & Play 1.00-2.30	<b>West Borough</b> Stay & Play 10.00-11.30	<b>Greenfields</b> Compass 6.00-7.30
<b>Friday</b>	<b>Greenfields</b> Twins Group 9.30-11.30 2 <sup>nd</sup> & 4 <sup>th</sup> Fri of the month	<b>Greenfields</b> Talking Walk Ins 9.30-12.00 1 <sup>st</sup> & 3 <sup>rd</sup> 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 responsibility please 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. Tues, Thurs & Fri.

### 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.

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 & 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



**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.

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](#)



Funded by Kent County Council's Helping Hands Scheme

## Household and Financial Support

Kent County Council  
kent.gov.uk

<p><b>Money Helper</b></p>  <ul style="list-style-type: none"> <li>*Free &amp; impartial money &amp; pensions guidance online or by phone</li> <li>*Online benefits calculator</li> <li>*Online Budget Planner</li> </ul>	<p><b>Kent Money Advice Hub</b></p> <p>Money worries support by phone, video call, or at a kiosk</p>  <p>CALL 0808 175 6406 Mon—Fri 9am—5pm</p>
<p><b>DIGITAL KENT</b></p> <ul style="list-style-type: none"> <li>*Digital Skills</li> <li>*Online access</li> <li>*Device Recycling</li> <li>*Social Broadband Tariffs</li> </ul> 	<p><b>Kent Together</b> Support in our communities</p> <ul style="list-style-type: none"> <li>*Urgent Help &amp; Support, inc. voucher</li> <li>*Benefits Checker</li> <li>*Advice on reducing energy bills</li> </ul> 
<p><b>Help for Households</b></p> <ul style="list-style-type: none"> <li>*Cost of Living Payments (eligibility applies)</li> <li>*Help with Child-care costs</li> <li>*Money Saving Advice</li> </ul> 	<p><b>Healthy Start</b> <small>NHS</small></p> <p>Support to buy food, milk and vitamins, for those pregnant or have children under 4 (eligibility applies)</p> 

PLEASE NOTE: Eligibility may apply

[Coxheath X Account](#) - @coxheathprimary

