



# Coxheath Primary School Newsletter

## 19.09.2025

Dates for the diary



### TERM 1

01 Oct Individual and Sibling Photos

03 Oct Year R We're Going on a Bear Hunt Performance

- 07 Oct Year 3 Wakehurst Trip  
Year R and Year 6 National Child Measurement Programme
- 13 Oct Year R Biscuit Bear Bake Off
- 14 Oct Parents Evening – 3.40 – 6:30pm
- 16 Oct Parents Evening – 3.40 – 6:30pm
- 16 Oct Last Day of Term for Children**
- 17 Oct Trust Inset Day

## **TERM 2**

### **03 Nov First Day of Term**

Flu Immunisations – all school

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

## School Contact Information

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

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

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

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

**School Phone Number 01622 745553**

## Head Teacher News

What beautiful weather to end another fantastic week! Watching the children play happily at lunchtime while staff enjoyed their breaks at the picnic tables felt more like the end of Term 6 than September.

Behind the scenes, leaders have been busy refining our school priorities for the year ahead. One of our key priorities, and something we will continue to place at the heart of our work, is reading.

Over the coming weeks, Miss Ryan will be sharing ways in which parents can support reading at home. We will also be introducing reading rewards, which will be communicated once they are finalised.

I cannot stress enough the importance of reading with your child at home, from Year R through to Year 6. Speaking as a full-time working parent myself, I know how challenging it can be to find the time. That is one of the reasons we made the decision not to set homework (apart from Year 6, who are preparing for their transition to secondary school), so that families can focus their energy on reading together. Even five minutes a day can have a huge impact.

There may be a view that teaching children to read is solely the school’s job, and, of course, it is our responsibility. However, with children’s enjoyment of reading at an all-time low, and with too many pupils leaving school without the reading skills they need to thrive, we must join forces.

Children who are not being heard read at home are prioritised in school, but with such a broad and balanced curriculum, there simply aren’t enough hours in the day to hear every child read regularly.

So, my plea is this: if you are a parent who doesn’t currently read with your child, please commit to even five minutes a day. The difference it makes is immeasurable.

Have a great weekend and fingers crossed for more summer sunshine!

Giacomo

## Learner of the Week

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

## Dinner Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Cheese & Tomato Pizza Slab (V)	Southern Baked Chicken & Wedges	Roast Chicken, with Roast Potatoes & Gravy	Pasta, Onions, 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)	Pasta or Baked Beans (VE)
<b>3RD 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), 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 VE Vegan and Plant Based N 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 Halloumi Burger & Wedges (V)	Teriyaki Noodles (V)	Hearty Sausage Pasta Bake (VE)	Onion Bhaji Wrap & Slaw with Chips (VE)
<b>VEG</b>	Garlic Bread & Peas (VE)	Sweetcorn (VE)	Fresh Roast Carrots (VE)	Broccoli (VE)	Pasta or Baked Beans (VE)
<b>HALF PORTION</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), 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 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
<b>MAIN 1</b>	Cheese & Tomato Pizza Slab (V)	Beef Burger with ColeSlaw	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)	Fishy 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)	Pasta or Baked Beans (VE)
<b>HALF PORTION</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 Cookie (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 VE Vegan and Plant Based N New Dish

# 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)




## Community News



### [Community News](#)



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




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

## BIBLE BRICK BUILDERS

**New Club starting .....**

**Date** - Thursday 2nd October  
**Where** - Holy Trinity Church, Coxheath  
**Time** - After school until 5pm

Suitable for children in school years 1-6



EXPLORING THE BIBLE BRICK BY BRICK

# MAIDSTONE RUGBY CLUB

Interested in trying rugby?

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

3-week free trial for new players.

Every Sunday 10:00 - 11:30

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



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



@MaidstoneSpitfires



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



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

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

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

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

**ONLY £4.00 A SESSION**

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



### SATURDAY MORNING SESSION

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

#### MIDDLE FIELD - THE BEACONS COXHEATH

Location: Off Linden Road Coxheath ME17 4QS

#### More Details

Coxheath & Farleigh Junior Football Club

#### More Information

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





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

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



**Kent & Medway  
recovery  
wellbeing  
College**

**DROP IN SESSIONS**

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

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

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

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

**A place for everyone.**



## Want to improve your wellbeing?

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

### Join our free courses in Maidstone

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

To enrol, scan the QR code, or visit:

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

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



Kent and Medway  
NHS and Social Care Partnership Trust

# STARTING

## 15th September 2025

(10:00-12:00)



### 10 x 2hr wellbeing course for parents

#### 'Healthy Parent Carers'

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

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

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

## Sign Up Now!

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





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

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

# Neurodiversity Day

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

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

Detling Showground, ME14 3JF

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

Book workshops here:



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

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

## Maidstone Family Hubs Timetable

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

**Monday**

- South Borough** Young Parents 11.30-1.30

**Tuesday**

- South Borough** Stay & Play 9.30-11.00
- Infozone** Strengthening Family Relationships 11.00-1.00 (30<sup>th</sup> September)
- South Borough** Introducing Solids 1.30-2.45 (Second Tuesday of the month)
- South Borough** Baby Massage 1.30-2.30
- Infozone** Compass SEND 4.30-6.00

**Wednesday**

- Infozone** Baby Steps Musical 10.00-11.00
- Infozone** Baby, Family and You 12.30-2.30
- South Borough** Compass Home Education 1.00-2.00

**Thursday**

- South Borough** Talking Walk Ins 9.30-11.30 (2<sup>nd</sup> Thur of the month)
- South Borough** Health Visitor Clinic 1.30-3.30
- South Borough** Resilience Group 4.00-5.30

**Friday**

- South Borough** Breastfeeding Clinic 9.30-11.30
- Infozone** Baby Massage 10.00-11.00
- South Borough** Little Talkers 1.00-2.00

**Our Family Hubs:**

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

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

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

## Information

**Compass SEND**

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

**Strengthening Family Relationships**

A workshop for parents in conflict giving you the information and practical tools you need to help improve the outcomes for your children, creating a healthier environment for your family

*Booking Required*

<https://www.kent.gov.uk/education-and-children/family-hub/mental-health-and-family-relationships/what-are-arguments-and-conflict-between-parents/strengthening-family-relationships>

**Young parents**

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

**Introducing Solids**

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

**Baby, Family & You**

4 Week Course face to face & 4 week follow up call. Antenatal and postnatal preparing for baby and beyond 0-12 mths

**Stay & Play**

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

*Please note we have 4 Stay & Play sessions. Greenfield, South Borough, Parkwood & West Borough*

**Baby Steps Musical**

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

**Resilience Group**

After school full support building confidence, self-esteem and encouraging outside school friendship with a range of activities.

**Compass Home Education**

This Compass course has been designed for parents who are unable to attend for some reason. You will receive practical tools to help manage resilience, relationships and challenging behaviour for your child. This course is delivered in a group-based setting and will run for 10 weeks.

**Healthy Start Vitamins**

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

**Free for 2**

Some 2 year olds can get up to 15 hours of free childcare per week. Information and how to sign up: <https://www.kent.gov.uk/free-childcare>

**Useful Contact Numbers:**

Health Visiting Team 0300 5559506

**Please Note:**

For Health and Safety reasons there are room capacity limits in place.

**For more information**

about opening times give your local Hub a call

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



# Maidstone Family Hubs Timetable

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

## Our Family Hubs:

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

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

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

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

## Information

**Baby Steps Sensory**  
6 Week rolling themes  
Exploring all the senses such as sight, sound, touch, taste and smell.

**Compass**  
Compass helps you to navigate emotions, relationships and life's challenges by teaching you dialectical behaviour therapy (DBT) skills. The course is an evidence-based approach to help you cope with all sorts of problems in life. It's suitable for young people aged 11 to 18 years old. The course is 10 weeks 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 is also a wonderful way to bond your baby for life.  
*Please note we have 2 Baby Massage sessions.*

**Talking Walk Ins**  
Play-based session where you can speak to a speech and language therapist. If you do not have parental responsibility please bring written consent with you.  
*We have 2 sessions: Greenfields & South Borough.*

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

**Health Visitor Clinic & for Breastfeeding Clinic**  
A drop in clinic for you to come along, have your baby weighed and speak to a member of the Health Visiting Team. Breastfeeding information, advice and support clinic.  
*Please note we have 2 Health Visiting and 3 Breastfeeding Clinics a week: Parkwood, South Borough & West Borough.*

**Twins Group**  
Group run by parents for families with multiple births.  
*2<sup>nd</sup> & 4<sup>th</sup> Friday of the month*

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

@MaidstoneFamilyHubs  
@MaidstoneFamilyHubs  
@MaidstoneFamilyHubs11019

www.kent.gov.uk/familyhub  
Family Hub Sites are run by Kent County Council



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



### OSI COULD HELP YOU

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

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

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



### HOW TO ACCESS OSI

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

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



We are kind.



We are respectful.



We work together with our communities.



# Oral Health in Early Years



March 2025

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



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

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

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

### Added sugar:

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

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

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

You do not need to worry about sugar in:

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



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

**Check out our Webpage below for even more tips and resources!**

[www.kentcht.nhs.uk/happyteeth](http://www.kentcht.nhs.uk/happyteeth)

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

Contact us via email for more information!

Plus, a FREE training session with CPD on 15.4.2025

Click the link below to join:

[Join the meeting now](#)



## Household and Financial Support



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

\*Online benefits calculator

\*Online Budget Planner

citizens advice

### Kent Money Advice Hub

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



CALL

0808 175 6406

Mon—Fri

9am—5pm



\*Digital Skills

\*Online access

\*Device Recycling

\*Social Broad-band Tariffs



Support in our communities

\*Urgent Help & Support, inc. voucher

\*Benefits Checker

\*Advice on reducing energy bills



### Help for Households

\*Cost of Living Payments (eligibility applies)

\*Help with Child-care costs

\*Money Saving Advice



### Healthy Start

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



PLEASE NOTE: Eligibility may apply

[Coxheath X Account](#) - @coxheathprimary

