



3rd February 2023

Dear Parents/Carers,

We have been supporting the development of children's imagination through their creative play in the sand. The children have been using branches, shells and play people to build their own pirate ships and islands.

Special points of interest:

- This week's activities
- Calendar Dates
- Snack donations
- What's happening in the Community, free courses and food

Pirate ship

Pirate island



Calendar 2022-2023

Nursery

Dates

Updated

Snack

donations

Spring Term 2023

Monday 13th February- Friday 17th February- **Closed for Half Term**

Monday 20th February—**Children return**

Friday 31st March - **Last Day of Term**

Summer Term 2023

Monday 17th April- **Children return**

Thursday 15th June – **Class Photos**

Monday 29th May - Friday 2nd June **Closed for Half Term**

Monday 5th June- **Closed for INSET day**

Tuesday 6th June—**Children return**

Friday 21st July– **Last Day of Term**

Snack donations

Thank you for continuing to donate healthy snacks for your children to enjoy at snack time.

We are a nut free school.

Please do not bring any snacks containing nuts of any kind.

Thank you for helping to keep our children safe.



Roehampton Warm place for families at the Children Centre Monday-Friday
Wagamamas are offering free hot drinks and sides for adults and free meals for children.

On these dates: 17/01/23-7/02/23—Families can book on the link below:

https://www.eventbrite.co.uk/e/wagamama-community-hubs-southside-wandsworth-tickets-513957790587?fbclid=IwAR2ojvNaQ6R1yF6uW_Yf_QM9Mw_n-hVNADty8Z6R3ss2DG1HHzr3AssiWJFY
www.wagamama.com/nourishingothers

Free Workshops "Empowering Women" from 31st January to 14th March 2023.

31 January (Tuesday), 09:30-12:30.

Rebuilding relationships: how to restore relationships with the people around you; exploring why relationships break down and practical steps to restore them.

7 February (Tuesday), 09:30-12:30.

Managing your emotions: how to keep your mind and body well during stressful times. Learning techniques and opportunity to reflect on what works best for you.

21 February (Tuesday), 09:30-12:30.

Improving your active listening skills: helping you to understand others better and giving you tools to use at home and work.

28 February (Tuesday), 09:30-12:30.

Straight talking: how to get results by saying things that people might not want to hear. Learning a technique to say it in a constructive way.

9 March (Thursday), 09:30-12:30.

Expressing yourself: understanding and expressing your needs and feelings so that others can understand you better, increasing your confidence to say what you need to say.

14 March (Tuesday), 09:30-12:30.

Dealing with conflict: reflecting on conflicts that have affected you and using exercises, you will learn skills to improve the way that you react to disagreements.



31.01-14.03.2023 | PORTSWOOD SPACE, SW15 4ED 

Free workshops: 'Empowering Women'

Life skills to help you express yourself in everyday conflict.

- Women only - all women welcome!
- For Roehampton community as priority.
- A safe and confidential space with female-only facilitators.
- Teas and coffees provided.



ALTON ACTIVITY CENTRE

FREE ACTIVITIES FOR WOMEN

Self Care workshop for Women
every Friday 10:00-11:30 Yoga, Breathwork, Meditation and Sound Healing

Candle Light into Spring Classes
every Saturday evening 7-8pm

Coffee morning every Wednesday from 10am to 12pm

FREE


YOGA WITH VERENA NASH

Women's Yoga

Classes Roehampton

Candle Light Into Spring Classes | **Self Care For Women Classes**

Saturday Evenings 7-8pm
January 28th
February 4th, 11th, 18th
March 4th, 11th, 18th, 25th
April 1st, 22nd, 29th
May 6th, 13th, 20th, 27th

Every Friday morning 10:00 - 11:30am
during term time from now until mid July 2023



**IMPROVE YOUR WELLBEING
STRENGTHEN AND REJUVINATE YOUR BODY AND MIND**

Where: Alton Activity Centre, Ellisfield Drive, SW15 4EZ
Cost: FREE

What to bring: Water, blanket (optional if you get cold in winter), wear comfortable, layered clothing

For more information please contact Verena: verenash@hotmail.com

"I really enjoy Yoga sessions with Verena. She communicates so well and makes you feel very comfortable. Verena is a kind spirit with a gentle soul, thoughtful and patient. Her tailored yoga practice is a great mix of strength, flow, deep breathing and relaxation. She works with all levels. If you have the opportunity, do not hesitate to join a class with her. At the end of every class you will feel a sense of relaxation and peace. I recommend her classes to anyone who needs to relieve stress after a long week of work or just to unwind." Mira Kubecka.

Candle Light Into Spring Classes sponsored by 

Self Care For Women Classes sponsored by 