

# Pyrford C of E Primary School Weekly Newsletter

Well done girls!

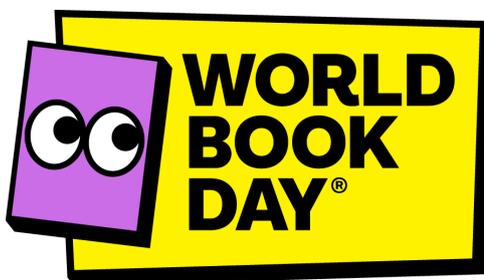
Last Friday we had the pleasure of taking our girls' football team to the County Finals of the EFA Pokemon Tournament. All the schools there were winners of their local school tournaments, so the standard was incredibly high. Our team was no exception, winning four out of five games. This took them through to the semi-finals, where we cruelly lost out on penalties.

We are so incredibly proud of how brilliantly they all played and worked together as a team. Congratulations on getting to this stage girls, and on representing our school so well.



## Inside this issue

Headteacher's Letter.....	2
Safer Internet Day.....	2
Behaviour Blog.....	3
Treetops Emails.....	3
Term Dates 2025/26 .....	3
Golden Book Awards.....	4
Job Vacancy .....	5
Spring Term Dates.....	6
PTA Notices.....	6
Summer Terms Dates.....	7
Bright Colours Mufti Day.....	7
Wonka Bars.....	8
Term Dates 2026/27 .....	8



We will be celebrating World Book Day (a day late) on **Friday 6th March**. This is a national celebration of books and reading. On this day, we would love children to come to school dressed as their favourite book

character and bring the accompanying book (named please).

If you prefer a 'bought' costume to a homemade one, and you have any **old, no longer need costumes** please bring these to school from Monday 26th February. We will have a rail outside the office where you can leave costumes and help yourself to a different one. Hopefully this will help with cost and saving the planet!



<https://www.facebook.com/profile.php?id=100086005376237>



[pyrfordprimaryschool](https://www.instagram.com/pyrfordprimaryschool)

## Headteacher's Letter

Dear Parents and Carers,

What a wonderful week it has been at school, filled with inspiring moments both in and out of the classroom. Our week began with assembly, where we have been exploring the story of Daniel from the Bible. This week, we reflected on how Daniel was able to interpret messages from God, even in the most challenging circumstances. The children have engaged beautifully with these stories, thoughtfully considering how we can all remain attentive to guidance and wisdom in our own lives.

I must also take a moment to celebrate our girls' football team, who made us incredibly proud last week. Having previously won our local tournament, they went on to compete against the best teams in Surrey and reached the semi-finals - an outstanding achievement. After winning four out of five group games, they fought valiantly but were narrowly knocked out on penalties. Their determination, teamwork and sportsmanship throughout the tournament were exemplary, and we could not be more proud of them.

This week, we were delighted to welcome our School Improvement Partner (SIP) for a visit. It was a real pleasure to showcase the wonderful learning taking place across the school. Our pupils demonstrated impressive knowledge, enthusiasm and excellent behaviour, and it was a joy to walk around the school and reflect on the strong progress being made. Well done to everyone!

I have also been particularly pleased to see so many children remembering to bring their coats this week - the wet weather has certainly tested us. Thank you for your continued support in ensuring children come prepared for our very British weather.

Looking ahead, our Year 3/4 production is fast approaching, and the children have been working incredibly hard on their performances. It promises to be a truly special occasion. Please also remember that next week is the final week before half term - one last push before a well-earned break!

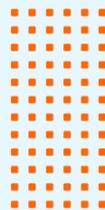
Have a lovely weekend.

Mr D

Gavin Dutton  
Headteacher

SAFER INTERNET DAY

**Smart tech, safe  
choices –  
Exploring the  
safe and  
responsible use of  
AI**



On Tuesday 10<sup>th</sup> February, we will be joining schools across the world to celebrate **Safer Internet Day**. This year's theme is about using Artificial Intelligence. Everyone's talking about AI at the moment, and it's really important that our children have the understanding and confidence to make safe choices when using AI tools and outputs. During the day we will be discussing how AI

systems work, the amazing things they can do and the issues that children need to be aware of. Click on the link for top tips for parents and carers about the day and supporting your child online more broadly.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-parents-and-carers>

# Behaviour Blog

## Blue light addiction

We would like to take a moment to share some information about **blue light exposure and screen use**, a topic that has become increasingly relevant for children and adolescents in today's digital world. Devices such as phones, tablets, computers, and televisions emit blue light, which—when used excessively—may contribute to eye strain, disrupted sleep patterns, reduced attention, and increased dependence on screens.



**Children experience blue light addiction and withdrawal if they are exposed to blue light for more than 2 hours a day.** A child's brain in withdrawal state presents in a similar way to an ADHD brain. Examples may include:

- **Emotional Dysregulation:** Intense mood swings, anger, and anxiety.
- **Restlessness:** Inability to sit still or find engaging, non-digital activities.
- **Physical Discomfort:** Headaches, fatigue, and sleep disturbances.
- **Depression/Anxiety:** Feelings of sadness or loneliness when not connected.

Our goal in sharing this information is not to discourage the positive and educational use of technology, but rather to promote **healthy balance and mindful screen habits**. Encouraging regular breaks, limiting screen time before bedtime, turning off blue light on devices and ensuring children engage in offline activities such as reading, outdoor play, and family interaction can all make a meaningful difference to children's overall well-being.

As parents it is important that we lead by example and model healthy screen habits too. While these withdrawal symptoms are challenging, they are generally temporary and part of the adjustment process to healthier habits.



All bookings for Treetops should be made on Scopay. If you have any booking or payment queries please email [office@pyrford.surrey.sch.uk](mailto:office@pyrford.surrey.sch.uk)

For any other queries or concerns please email [treetops@pyrford.surrey.sch.uk](mailto:treetops@pyrford.surrey.sch.uk) Many thanks.

## Term Dates ... This Year (2025/26)

Monday 16th - Friday 20th February	HALF TERM
Friday 27th March	Term ends at 12:00
Monday 13th April	First day of term
Monday 4th May	BANK HOLIDAY
Monday 25th - Friday 29th May	HALF TERM
Monday 29th June	INSET DAY
Friday 17th July	Term ends at 12:00



**6 HOLLY - Lincoln** for his impressive story this week, *The Song of the Sirens*. His word choices were excellent and his sentence structure made the story flow really well. The descriptions were vivid and exciting and he did a great job bringing Odysseus' dangerous encounter with the Sirens to life. It was an entertaining and engaging piece of writing and Lincoln should be very proud of the work he's done. Well done Lincoln.

**6 LAUREL - Naksh** In RE we have been learning about Hinduism and Hindus (Sanatanis) worship. We learned about Hindu worship in the home and also about different Hindu festivals (such as Diwali) and how they are celebrated. Well done Naksh, keep up the great work!

## **JOB VACANCY - KS2 Teaching Assistant**

We are seeking to appoint an enthusiastic and creative Teaching Assistant to join our friendly, hardworking and supportive team in this popular village school for this academic year.

We are looking for a motivated and dedicated person who is both passionate about supporting children's learning and committed to keeping children safe. We offer an ambitious and creative place to work with staff who are happy to assist and support each other. We work collaboratively with other local schools in different ways, including the schools in the Learning Partners Trust, and are constantly on the look-out for opportunities to enhance our provision. The role will involve supporting specific children to access their learning but also in undertaking other usual classroom duties whilst working alongside the children as directed by the class teacher. This could include reading, administering support plans, working with intervention groups, working 1:1 with targeted children, working in the class alongside the groups and undertaking break and lunch-time duties. All applicants should have the flexibility and potential to work in any year group across the school.

### **Job Purpose**

To work with teachers to support teaching and learning by working with individuals or small groups of pupils under the direction of teaching staff and may be responsible for some learning activities within the overall teaching plan. The TA role takes the responsibility for ensuring the participation of pupils in the social and academic practices of the school, enabling pupils to become more independent learners thereby helping to raise standards of achievement for all. To undertake specific duties across the school day as directed by the leadership team and provide support for any children who may need it. They will usually work with small groups of children but may sometimes supervise whole classes, maintaining good order and keeping pupils on task. To role model the school's values and be a fully integrated member of the school team and community with safeguarding at the heart of everything they do.

Applicants should have:

- A good level of written and spoken English.
- A good level of numeracy.
- Basic IT skills.
- The ability to follow instructions.
- The ability to plan and prioritise regular and irregular tasks.
- The ability to clarify and explain instructions to pupils.
- The ability to communicate effectively with pupils and adults.
- The ability to motivate pupils to learn.
- The ability to assist with the organisation of the learning environment.

Hours: 8.45am – 3:15pm; five days a week

Salary: S3

Pyrford C of E Primary School is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all staff and volunteers to share this commitment. We particularly welcome applications from under represented groups including ethnicity, gender, transgender, age, disability, sexual orientation or religion.

SPRING TERM DATES		
Tue 10 Feb		Safer Internet Day
Wed 11 Feb		Y6 Greeks Workshop
Wed 11 Feb	14:15	Y3 / Y4 Performance @ CoGS
Thu 12 Feb		Y1 to Milestones Museum
Thu 12 Feb		Y5 Bath Bombs with Dr M
Fri 13 Feb		Bright Mufti Day for Children's Mental Health Week
Fri 13 Feb	15:00	Valentine's Day Bake Sale
Mon 16 - Fri 20 Feb		<b>HALF TERM HOLIDAY</b>
Mon 23 Feb		Young Voices Choir to O2
Tue 24 Feb		Y6 Hearts with Dr M
Tue 24 Feb		Y5/6 Girl's Football Tournament
Wed 25 Feb	<b>09:00</b>	KS2 visit CoGS to mark Ash Wednesday
Fri 6 Mar		World Book Day
Fri 6 Mar	19:30 - 22:00	PTA Spring Quiz Night
Mon 9 Mar		Y3 Elm Feet First Training
Tue 10 Mar		Y3 Maple Feet First Training
Wed 11 Mar		Y2 to Brooklands Museum
Tue 17 Mar		Bishop of Dorking Visit
Wed 18 Mar		YN & YR Little City @ CoGS
Tue 24 Mar		Y3 Soils workshop with Dr M
Wed 25 Mar		Y5 Vikings Workshop
Thu 26 Mar	09:00	Easter Service @ CoGS
Fri 27 Mar	12:00	Last Day of Spring Term
Mon 30 Mar - Fri 10 Apr		<b>EASTER HOLIDAY</b>

**Valentine's Day Bake Sale**

In aid of  
The Matthew Hackney Foundation

**Friday 13 Feb**

Time to get baking!

Please deliver your bake  
(cakes or biscuits - nut-free and optional valentine's themed)  
to the Music Hut at drop-off

**Bake Sale Music Hut from 3pm**  
All items £1

See you there!

Friends of Pyrford Primary School  
present our ever-popular

**Spring Quiz Night**

Friday 6 March  
7.30-10pm, School Hall

Scan QR code or follow link to book & pay (via PayPal)  
<https://pci.jotform.com/form/260276695321056>

**£10 per person**

Teams of maximum 8 people  
No team? Email: [pyrfordptaevents@gmail.com](mailto:pyrfordptaevents@gmail.com)  
and we'll find you one!

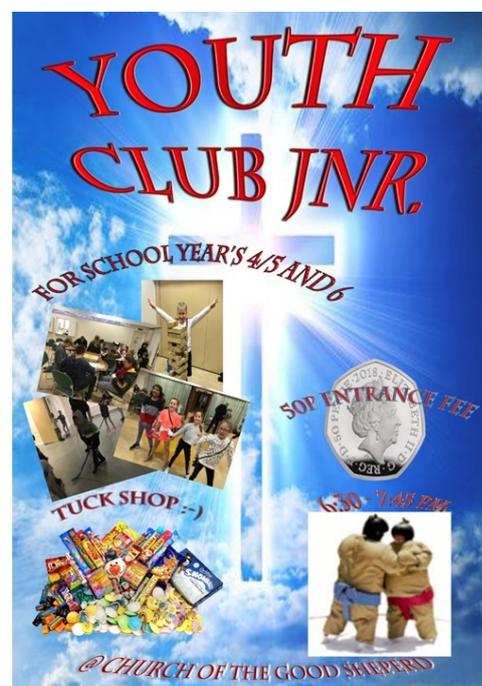
Pizza/Fish/Sausage & Chips  
available to preorder

Drinks and snacks available  
to buy on the night

Cash & card accepted  
Bring your own drinking glasses!

Early birds...  
Book before  
13 Feb to receive  
a free answer  
on the night!

SUMMER TERM DATES		
Mon 13 Apr		First Day of Summer Term
Thu 23 & Fri 24 Apr		Life Bus Workshops
Mon 27 - Wed 29 Apr		Y4 Hindleap Warren Residential
Mon 4 May		<b>Bank Holiday</b>
Thu 7 May		YR to Wellington Park
Fri 8 May		Y4 to Hampton Court
Mon 11 - Thu 14 May		Y6 SATS
Mon 18 May	am	EYFS & KS1 Sports Day
Wed 20 May		Class Photos
<b>Thu 21 May</b>		<b>Outdoor Classroom Day</b>
Thu 21 May		Y5 to Mosque
Fri 22 May	am	KS2 Sports Day
Mon 25 - Fri 29 May		<b>HALF TERM HOLIDAY</b>
Wed 10 Jun		Y1 Animal Club Workshop
<b>Thu 11 Jun</b>		<b>International Day of Play</b>
Sat 13 Jun		School Summer Fair
Tue 16 Jun		Y6 Leavers' Service @ Cathedral
Wed 17 Jun		EYFS Minibeast Bugfest
Thu 18 Jun		Y6 Lego Stem Workshop
Fri 19 Jun		Y5 to Wildwood
Sat 20 Jun	evening	Y4 Brass Concert @ CoGS
Wed 24 Jun		Y2 to The Lookout Discovery Centre
Wed 24 Jun		Nursery Class Photo
Fri 26 Jun		Y3 Outdoor Learning Activity Day
Mon 29 Jun		<b>INSET DAY</b>
Tue 30 Jun & Wed 1 Jul		Forest School - 1 class per day
Mon 6 - Fri 10 Jul		Y6 Osmington Bay Residential
Thu 16 Jul	09:00	Leavers Service @ CoGS
Fri 17 Jul	12:00	Last Day of Summer Term



Dear PARENTS:- We need four parents per night to have the appropriate adult to child ratio in our Church Safeguarding policy. So, if you have not already volunteered this year, **PLEASE LOOK and SEE** if you might be free once this term, that would be **WONDERFUL!**

If free, you can email [suzanne@wisleywithpyrford.org](mailto:suzanne@wisleywithpyrford.org) or fill in this slip and return it at Youth Club Jnr. Many thanks. Name & contact no./email \_\_\_\_\_

I would be available to help on Friday \_\_\_\_\_ (date)

#### JANUARY

Friday 16th January 6:30pm-7:45pm

@ the church of the good shepherd

Friday 30th January 6:30pm-7:45pm

@ the church of the good shepherd

#### FEBRUARY

Friday 13th February 6:30pm-7:45pm

@ the church of the good shepherd

Friday 27th February 6:30pm-7:45pm

Ice Skating @Guildford Spectrum

#### MARCH

Friday 13th March 6:30pm-7:45pm

@ the church of the good shepherd

Friday 27th March 6:30pm-7:45pm

@ the church of the good shepherd

## BRIGHT COLOURS MUFTI DAY

To mark Children's Mental Health Day next Friday, children are invited to wear bright coloured clothes - any colour (or as many colours) as they wish!



**WONKA IS BACK IN TOWN!**

Alongside the school's World Book Day celebrations **WONKA BARS** will be on sale!

**FRIDAY 6 MARCH**  
Details coming soon!

Chocolatiers of  
PYRFORD  
C OF E PRIMARY SCHOOL  
present our  
**WONKA WISDOM BAR**  
100% CHOCOLATE

BUT HAVE YOU FOUND A GOLDEN TICKET?

Congratulations!  
YOU'VE FOUND A GOLDEN TICKET!

**Will you find a Golden Ticket?**

**Term Dates ... Next Year  
(2026/27)**

Tuesday 1st & Wednesday 2nd September	INSET DAYS
Thursday 3rd September	Term starts for children
Friday 16th October	INSET DAY
Monday 19th - Friday 30th October	HALF TERM
Friday 18th December	Term ends
Monday 4th January	First day of term
Monday 15th - Friday 19th February	HALF TERM
Wednesday 24th March	Term ends
Thursday 25th March	INSET DAY
Monday 12th April	First day of term
Monday 3rd May	BANK HOLIDAY
Monday 31st May - Friday 4th June	HALF TERM
Monday 28th June	INSET DAY
Friday 23rd July	Term ends

Online Course

# Stronger Relationships

For parents and other adult carers living together or apart. **For Parents of Year Five Students Only, group starting Wednesday 1 April at 6:00pm**



Online Course

# strengthening families strengthening communities

For parents and other adult carers; **for Parents of Year Five Students Only, group starting on Thursday 16 April at 10:00am**

- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online sessions



6 group discussions



Certificate on completion

## What to expect...

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

## Topics covered...

- Healthy adult relationships.
- Identifying and managing disagreements.
- Understanding how conflict affects your children.
- Enhancing parent-child relationships.
- Managing stress, anger and emotions.
- Strategies to resolve conflict and create a parenting agreement

## Group discussion...

1. Speak to a course expert and get answers to some of the questions you might have
2. Talk about how the strategies are going at home.
3. Address other difficulties relating to your relationships.
4. Hear from others about what works for them.



6 online sessions



6 group discussions



Certificate on completion

## What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

## Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

## Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.



Find out more or register for the course by scanning the QR code or emailing us at: [sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk)



strengthening families  
strengthening communities

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Online Course

# Stronger Relationships

For parents and other adult carers living together or apart. **For Parents of Year Six Students Only, group starting Monday 9 March at 1:00pm**



Online Course

# strengthening families strengthening communities

For parents and other adult carers; **for Parents of Year Six Students Only, group starting on Thursday 19 March at 10:00am**

- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online sessions



6 group discussions



Certificate on completion

## What to expect...

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

## Topics covered...

- Healthy adult relationships.
- Identifying and managing disagreements.
- Understanding how conflict affects your children.
- Enhancing parent-child relationships.
- Managing stress, anger and emotions.
- Strategies to resolve conflict and create a parenting agreement

## Group discussion...

1. Speak to a course expert and get answers to some of the questions you might have
2. Talk about how the strategies are going at home.
3. Address other difficulties relating to your relationships.
4. Hear from others about what works for them.



6 online sessions



6 group discussions



Certificate on completion

## What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

## Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

## Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.



Find out more or register for the course by scanning the QR code or emailing us at: [sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk)



strengthening families  
strengthening communities

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# FEBRUARY HALF TERM!



**MONDAY 16<sup>TH</sup> FEBRUARY - FRIDAY 20<sup>TH</sup> FEBRUARY**  
**SUITABLE FOR ALL AGES**  
**GOLDSWORTH PRIMARY SCHOOL**  
 ✉ [INFO@TINYTERRAPINSSWIMSCHOOL.COM](mailto:INFO@TINYTERRAPINSSWIMSCHOOL.COM)

Lessons held daily between 9.30am - 11:30am  
 /class size : Max 5 / 30 minute lessons **£82.50**

## ND LIVE WEBINAR FOR PARENTS/CARERS DELIVERED BY LEARNING SPACE

Book a place on this two hour live webinar exploring neurodivergent conditions, with a particular emphasis on autism and ADHD; whilst also looking at PDA and anxiety.

This webinar is for **parents and carers** of any child or young person with an ND need, whether diagnosed or not. **Please note we will need you to sign up at least a day in advance of the session.**

**Dates**

- Day 1: Wednesday 14 January 12:00-2:00pm
- Day 2: Monday 19 January 6:00-8:00pm
- Day 3: Wednesday 21 January 12:00-2:00pm
- Day 4: Wednesday 4 February 12:00-2:00pm
- Day 5: Monday 23 February 6:00-8:00pm
- Day 6: Wednesday 4 March 12:00-2:00pm
- Day 7: Monday 9 March 6:00-8:00pm
- Day 8: Wednesday 25 March 12:00-2:00pm

PLEASE SCAN THE QR CODE OR CLICK BELOW

[CLICK HERE](#)



# Open House

Come and encounter God's presence with us.  
 3rd Sunday, 7.30-9pm  
 (refreshments from 7.15)  
 Informal worship, bible teaching, time...  
 Church of the Good Shepherd, Pyrford.



PARISH OF WISLEY WITH PYRFORD



## WOKING FAMILY CENTRE

Online 10 week course  
 Starting 22nd January 2026  
 9.30am - 11.15am

### The Nurturing Programme (formerly The Parenting Puzzle)

This tried and tested programme can help you deal with challenges supporting a calmer family life.

The course covers:

- Recognising feelings behind behaviours
- Different approaches to positive discipline
- Co-operation and self discipline
- The importance of looking after ourselves

For more information scan the QR code or call: 01483 310419



Woking Family Centre, The Bungalow, Sythwood, Woking Surrey, GU21 3AX




## WOKING FAMILY CENTRE

Online 4 week course  
 10th Feb - 3rd March 2026  
 10.00am - 11.30am

### Talking Teens

A free course for parents or carers of teenagers and pre-teens (8 years plus), looking for advice.

Sessions will focus on relationships within the family, communication, negotiation, decision making and strategies to reduce conflict.

The group aims to develop:

- relationships between teenagers and parents/carers
- a calmer home life
- confidence when talking about difficult issues
- an understanding of teenage needs and development

For more information scan the QR code or call 01483 310419



Woking Family Centre, The Bungalow Sythwood, Woking, GU21 3AX





### Woking Family Centre

Online 4 week course

12th February -  
5th March 2026

7.00pm - 8:45pm

## Keeping Your Child In Mind

### Adults working together.

A FREE programme for parents and carers focusing on relationships within the family and the influence of parental relationships on children.

### The course covers:

- Self-awareness
- Appropriate expectations
- Boundaries and positive discipline
- Understanding empathy

For more information scan the QR code or call 01483 310419



Woking Family Centre, The Bungalow  
Sythwood, Woking GU21 3AX



**BARNARDOS** Changing childhood  
Changing lives.



BOOK NOW FOR HALF TERM & EASTER!

MON 16, TUES 17, WED 18 FEB 2026

MON 30, TUES 31 MARCH 2026

TUES 7, WED 8 APRIL 2026



VENUE Guildford Hockey Club  
at Broadwater School GU7 3BW

TIMINGS 10am-3pm, with early drop-off (from 9am)  
and late pick-up (until 4pm) available as an add-on

DISCOUNTS available for multi-day bookings

Performance Camps available for more experienced players



BOOKING LINK: [ghchockey.as.me](http://ghchockey.as.me)  
15% discount with code: SCHOOL15

# CAMPS



HAVE YOU GOT CHILDCARE SORTED  
IN THE HALF TERM?

## HOLIDAY COOKING CAMPS AND WORKSHOPS

Hands-on sessions, cooking, mixing and making meals.  
Children have fun with their peers along the way!

TUES 17 FEB, 10AM - 3PM, FULL DAY (PANCAKE DAY)

WED 18 FEB, 10AM - 12:30PM, HALF DAY

THURS 19 FEB, 10AM - 3PM, FULL DAY



Drop and go session in Shepperton, in our Cooking Studio!

To book go to [HERE](#)

[contact@totallytangerinecookery.co.uk](mailto:contact@totallytangerinecookery.co.uk) | 07974 320678

FREE PLAY & LEARN  
SESSION



## WOKING FAMILY CENTRE

DROP-IN & JOIN US FOR MESSY PLAY

ARTS, CRAFTS & HEALTHY SNACKS

WEDNESDAY 18th FEBRUARY 2026

12:30pm - 2:00pm



For more information contact:  
[wokingfamilycentre@barnardos.org.uk](mailto:wokingfamilycentre@barnardos.org.uk)  
01483 310419

Suitable for children 0-11 years (older siblings are welcome)

Woking Family Centre, Sythwood,  
Woking, GU21 3AX



**BARNADO'S**

# STAY & PLAY AFTERNOON

NSSport and Barnardo's are delighted to host a Stay and Play afternoon, featuring fun activities designed to bring the local community together.

- ✓ Drinks & Snacks
- ✓ Raffle Prizes
- ✓ Inflatables & Races
- ✓ Glitter Tattoos

- 📅 Thursday 19th February 2026
- 🕒 13:30 - 15:00
- 📍 Sythwood Primary School
- 👤 Ages 4-13

**CONTACT US**

wokingfamilycentre@barnados.org.uk

01483 310419



## FAMILY LEARNING



### Empower Your Child: Supportive Approaches to Manage Anxiety

Join our FREE workshop designed for parents and carers! In this 2-hour session, you'll work with the tutor and other parents to deepen your understanding of anxiety and learn practical ways to support your child.

✓ **What you'll learn:**

- Gain a deeper understanding of childhood anxiety
- Practical ways to help your child manage anxious feelings
- Opportunities to connect with other parents in a safe, supportive environment

**Where:** Woking Family Centre

The Bungalow, Sythwood  
GU21 3AX

**When:** 11th March 2026

**Time:** 12:45 -14:45



Changing childhoods.  
Changing lives.



**SCAN ME**

**To book your place please click on this link or scan the QR code**



**Web :** [www.surreycc.gov.uk/familylearning](http://www.surreycc.gov.uk/familylearning)

**Email :** [family.learning@surreycc.gov.uk](mailto:family.learning@surreycc.gov.uk)

**Tel :** 0300 200 1044



### WOKING FAMILY CENTRE

Online course  
Friday 20<sup>th</sup> & 27<sup>th</sup> March  
9.30am - 12.00pm

## Parenting Puzzle Workshops

A supportive, non-judgemental programme for parents/carers of children under 5 years old. Helping families to understand why their children behave as they do and to recognise the feelings behind their behaviour.

For more information scan the QR code or call: 01483 310419



Woking Family Centre, The Bungalow, Sythwood, Woking Surrey, GU21 3AX



Changing childhoods.  
Changing lives.

**18+**

1st & 3rd Thursday's of each month  
9.15am-10.45am  
(Term time, babies up to 3 months welcome in the group with their parents)

### Parent/Carer Well-being Group Catalyst Support & Woking Family Centre

Being a parent/carer can bring a range of emotions and challenges that can impact our mental health. Catalyst Support & Barnardo's, are running themed support sessions. Come along for a friendly chat to help build your support network, resilience and re-focus on your own mental health and well-being.

- Scan the QR code, call or email to register

- 📞 Call: 01276 409 415
- 📱 Text: 07919 541 424
- ✉️ [groups.cc@catalystsupport.org.uk](mailto:groups.cc@catalystsupport.org.uk)
- 🌐 [catalystsupport.org.uk](http://catalystsupport.org.uk)