



BALHAM NURSERY SCHOOL AND CHILDREN'S CENTRE

Weekly newsletter

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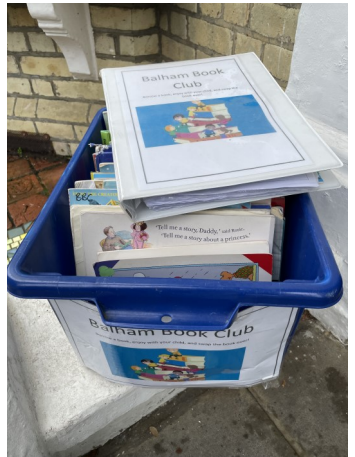
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Dear Families,

We hope you had a lovely half term break. It has been so lovely to see all our children come back really settled!

Balham Book Club

Balham Book Club is a book borrowing scheme. Encourage your child to choose a book that they like. Write the title of the book under their named page in the file and take it home to enjoy. New children will be decorating their own book bags next week, so that they can take their books home in style!



Resource donations needed!

- Welly boots - we really needs some bigger sizes eg, 9, 10 and 11. If anyone has some old ones in good condition, please send them our way!
- Child sized umbrellas
- Large, clean empty plastic bottles.
- Any baby equipment we could add to our home corner, baby cups, rattles etc.
- Newspapers

Safeguarding

One way children learn to keep themselves safe at Balham Nursery is to say when they don't like something. We teach children to hold their hands up and say, 'Stop, I don't like it!'



Thank you for your patience during this period of transition for the admin team. We extend a very warm welcome to Gema, who is new to the admin team and doing an amazing job. If you have any questions regarding invoicing, dinners, admissions, 30 hour codes and reporting sickness, please speak to Gema in the school office!

Remember we always like to hear about children's interests at home or special events. Please feel free to share a photo by emailing it to: admin@balham-nursery.wandsworth.sch.uk

Primary School Transfer

If your child is in their nursery year, is time already to think about applying for a place at a primary school. You should complete an application for a primary school place if your child's date of birth is between 1st September 2018 and 31st August 2019.

The closing date for applications to primary schools for admission in September 2023 is **Sunday 15th January**.

It is really important to get your application in by this date or it will be considered as a 'late entry' and your child will be placed on the reserve list.

The most important advice we can offer is that you visit at least two and ideally three schools which are within fairly easy travelling distance. You will want to feel when you make your choices that your child would be happy in the reception class and would continue to thrive in the school until she/he is 11. We urge you strongly to look at more than one school. To make your initial visits, look out for school open days but you can also ring schools to make an appointment.

Primary School Applications

Monday 14th November

AM: 9:15 - 9:45

PM: 1pm - 1:30

Choosing a primary school and applying for your child's Reception place, advice with Jo, in the Family Room

Dates for your Diary

School Photographer: We have a photographer coming into school on Tuesday the 8th of November to take individual photographs of the children.

If you would like a family or sibling photo the photographer will be able to take them from 8:30 – 9 am for morning children and from 12:30 - 1pm for afternoon children.

Parent/Teacher Conferences

Will be on the week of the 14th November. Sign up sheets will go up next week. Speak to Laura or Fiona for more information.

TALK WANDSWORTH

Building Resilience for Stressful Times

Session for parents on Friday 11th of November, 9am in the Family Room



Coffee morning and afternoon with Natalie (our Social Worker) on the 15th November at 9am and 1pm, in the Family Room

Term Dates 2022		
	First Day	Last Day
Autumn 1	6th September	21st October
Half Term	24th October	28th October
Autumn 2	1st November	16th December

Support Available:



Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

shout 85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

childline

ONLINE, ON THE PHONE, ANYTIME

Childline confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Urgent and other support available

Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX

Essential support for under 25s

The Mix provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

kooth

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine