



EAGLE PARK SCHOOL NEWSLETTER 15



Date: Friday 9th January 2026

Spring Term 2026

Our 3E's promote self esteem & Confidence



-Margaret Carey



Effort

-I will always do my best

Equality

-I will always respect others

Empathy

-I will try and understand how you feel

Dear Parents, Carers and Students,

Happy New Year! We hope that 2025/2026 will be a great year for us all!

This week our students have been making and recording their New Year Resolutions. It has been fantastic finding out what they want to achieve this year and seeing how many of them want to help improve the lives of those around them or the world we live in.

At present we are redeveloping our Maths and Science programs to ensure that all our young people get the chance to learn and develop in these areas as they deserve to. We will be updating you on how we are doing this in future newsletters and will be inviting families in to talk about the curriculum and accreditation pathways before Easter.

We wish you all a very happy and relaxing weekend

Margaret Carey

Term start date:	Monday 5th January 2026
Term Ends:	Friday 27th March 2026
Half Term:	Monday 16th February to Friday 20th February
Easter Break starts:	Monday 30th March and ends Friday 10th April 2026

PICCADILLY CLASS NEWS



We are delighted to welcome all pupils back to school and are excited to begin the Spring Term with lots of engaging and learning across the curriculum. In Science, pupils are starting a new Chemistry topic, exploring the Periodic Table and enjoying a fun code-breaking challenge using element symbols. In English, they are studying war poets, focusing on powerful vocabulary linked to injury, conflict, bravery, patriotism and honour, and reflecting on the emotional impact of language. In Food Technology, pupils are learning about the Origin of Afternoon Tea, exploring its history and traditions.

It has been a fantastic start to the term, with pupils returning enthusiastic, positive and ready to learn. We are looking forward to an exciting and successful term ahead!

JUBILEE CLASS NEWS



This week in Jubilee Class, we have been introducing our new routines and characters while making our New Year's resolutions. We created a New Year's chain filled with our wishes and goals for this academic year.

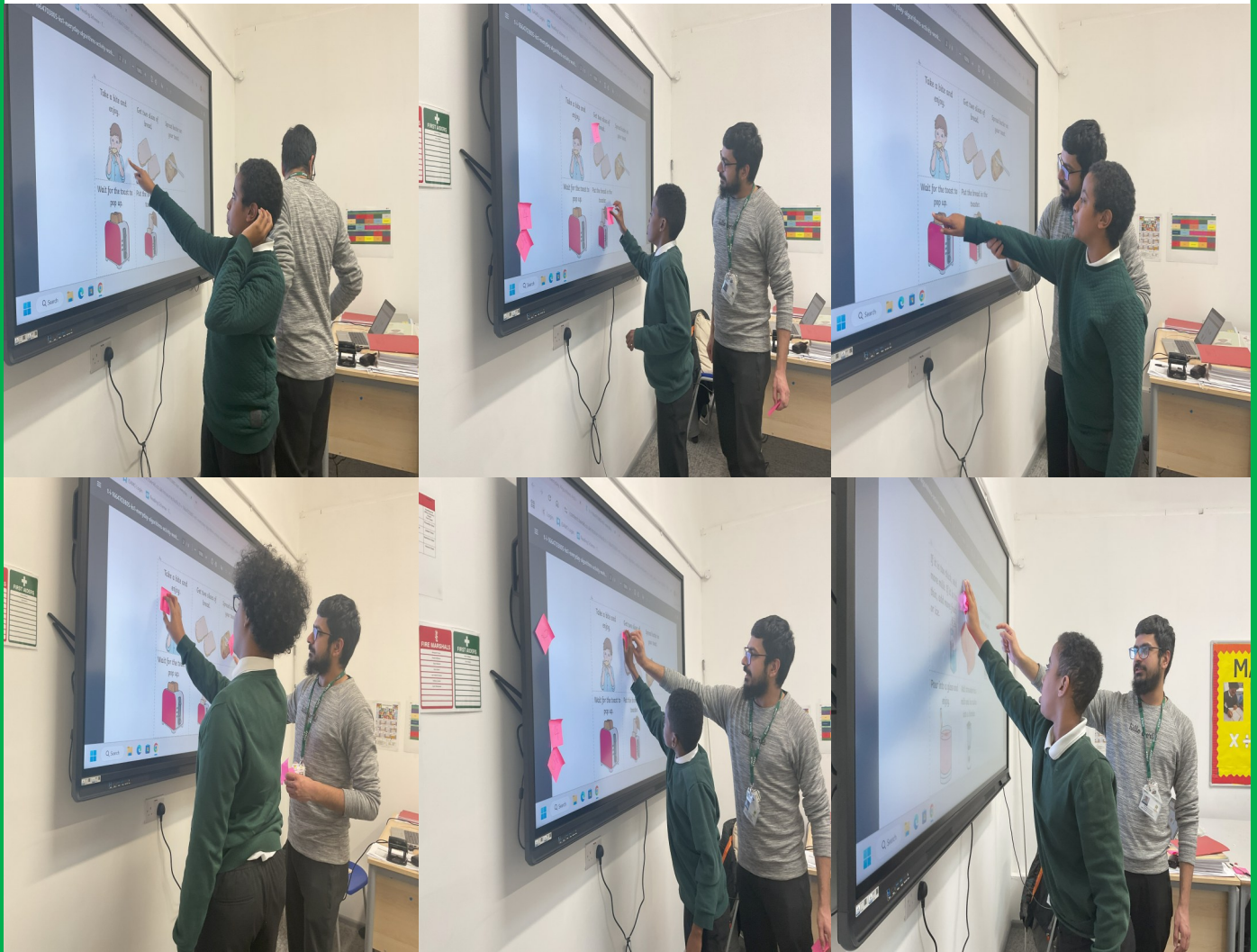
In English, we explored our new story *Dear Zoo*, focusing on the characters and new vocabulary. We discussed what the animals looked like, how they felt, and where they lived in the zoo. This learning links closely with our science topic this half term on habitats.

In Maths, we recapped number recognition and compared animals by exploring concepts such as heavier, taller, and longer as we began our work on measurement.

During cooking sessions, we have been learning about a wider range of hygiene practices. Pupils were asked, "What do we need to do?" and practised sequencing the steps needed to cook independently, including cleaning surfaces and washing hands.

In PE, our new sport this term is football. We have been learning how to move around the pitch and navigate through cones.

BAKERLOO CLASS NEWS



We continue to work diligently after the Christmas holidays. During this first week, we have resumed the development of our lessons, placing particular emphasis on individual work and on the use of electronic devices, in order to equip our students with the skills needed to handle them effectively. As we can see in the photos, computing has become one of the key subjects in the course, and the students enjoy it very much.

VICTORIA CLASS NEWS



This week our Victorians had a great start to the new term by writing their own new year's resolutions. Most of the students want to join an art club to improve their art skills and improve their reading. In ICT they have practiced algorithms where they started to place instructions in coding.

Students are nominated weekly for a class
award.



**This week's EPS Eagle
Class Award goes to:**



Piccadilly: Taylor

Taylor has made fantastic progress, confidently using his AAC application on iPad to communicate. He has shown excellent engagement, across all areas of learning. Well done, Taylor!

Jubilee: Anas

“for displaying get picture reading skills in our sensory story.”

Bakerloo: Mohayad

“is highly engaged, consistently supporting his classmates, taking on leadership within the classroom, and demonstrating the significant progress he has made since the beginning of the course.”

Victoria: Degmo

“For adapting to change in class”

THERAPY PAGE

BACK TO COMMUNICATION ROUTINES



After the Christmas holidays, many children and young people need time to get back into familiar communication routines. Tiredness, excitement, and changes in routine can all affect how children understand and use communication. This is very common and usually settles with time.

Routines

Clear and predictable routines support understanding, emotional regulation, and communication, especially in the first weeks back after Christmas.


Parents can help by:

- Keeping daily routines consistent where possible (mornings, after-school, bedtime)
- Using clear, simple language to describe routines
- Talking through changes in advance and reminding children what will happen next
- Using familiar phrases such as first... then... or now... next...
- Allowing routines to be simpler at first while children re-adjust and rebuild energy

When routines feel predictable, children are more able to manage emotions and communicate their needs effectively.

Supporting communication at home

- Keep language short and predictable.
- Use simple phrases and repeat key words for everyday routines.
- Give extra thinking time (wait 5–10 seconds).
- Reduce questions and add comments instead.
- Use visuals such as photos, symbols, objects, or gestures to support choices.



What to Celebrate!

Success might look like asking for help, making a choice, using a familiar symbol or sign, or staying calm during a routine.

Small steps matter.

Remember: all communication is meaningful – speech, signs, symbols, gestures, behaviour, or eye gaze.

EPS therapy team

OT: Nichola

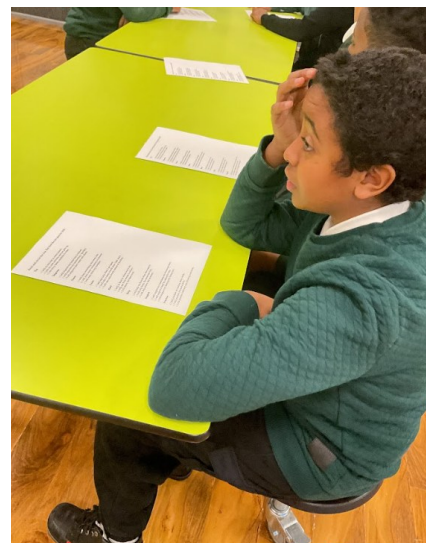
SalTs: Kaho & Noa



New Year's resolutions & Epiphany

In assemblies this week, students have been learning about New Year's resolutions and the meaning of Epiphany. They have been encouraged to reflect on fresh starts, setting positive goals, and how the story of Epiphany reminds us about hope, guidance, and making thoughtful choices as we move forward into the new year.

Here are some pictures



School Meal Menu

Our school meals are supplied by **First Yield Foods**

A copy of their menu can be found below.

If your child wishes to have a packed lunch please ensure there are no sweets or fizzy drinks included.

As we do have children and staff with nut allergies, please do not send anything into school in their packed lunch containing nuts.

FIRST YIELD FOODS Growing starts here.					
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course One	Beef bolognese	Roasted rosemary chicken with onion gravy	Classic beef lasagne (Milk, Wheat)	Chicken noodle stir fry (Wheat, soya)	Baked cod with herb tartar sauce (Egg, Fish)
Main Course Two	Butternut squash tomato sauce and grated cheese	Carrot, parsnip & white bean stew (Milk, Wheat)	Spinach & feta filo pie (Milk, Wheat)	Red lentil, coconut & spinach curry	Cheesy tomato pasta bake (Milk, Wheat)
Something on the Side	Spaghetti (Wheat) Steamed peas Broccoli	Sweet potato mash Roasted cauliflower florets and curly kale	Roasted carrots	Basmati rice Green beans Samosas Raita (Milk)	Crushed new potatoes Mixed roasted vegetables
Dessert	Fruit salad & yoghurt (Milk)	Fruit salad & yoghurt (Milk)	Banana & cinnamon cake (Milk)	Fruit salad & yoghurt (Milk)	Apple & pear crumble with custard (Milk, Wheat)
Additional Items	Freshly baked bread, salad bar, composite salads, fruit, yoghurt	Freshly baked bread, salad bar, composite salads, fruit, yoghurt	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Salad bar, composite salads

FIRST YIELD FOODS Growing starts here.					
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course One	Chicken pomodoro with basil	Beef & black bean chilli con carne with salsa & sour cream (Milk)	Moroccan style chicken with mint dressing	Swedish style meatballs (Milk, Wheat)	Fish pie (Fish, wheat, milk)
Main Course Two	Mixed mushroom alfredo (Milk, Wheat)	Red lentil & parsnip chilli	Chickpea & sweet potato patties with cumin yoghurt (Milk)	Lentil & feta mousakka (Milk)	Mac & cheese (Milk, Wheat)
Something on the Side	Penne pasta (Wheat) Green beans & leeks	Steamed long grain rice Roasted cabbage & peppers Tortilla chips & guacamole	Quinoa & cous cous (Wheat)	Creamy mash Broccoli florets Roasted Beetroot	Green vegetable medley
Dessert	Fruit salad & yoghurt (Milk)	Fruit salad & yoghurt (Milk)	Cocoa & beetroot brownie bite (Egg, Milk, Wheat)	Fruit salad & yoghurt (Milk)	Rice pudding with apricot sauce (Milk)
Additional Items	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Salad bar, composite salads

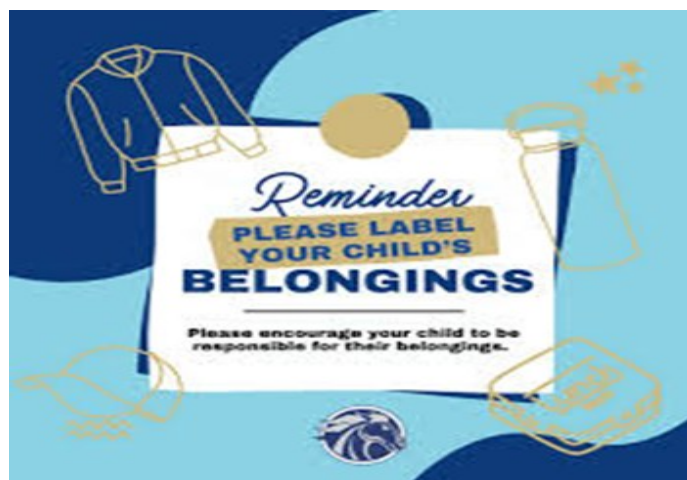
FIRST YIELD FOODS Growing starts here.					
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course One	Minced beef & mushroom stew	Chicken & carrot tagine with baba ghanoush	Mild lamb curry (Mustard)	Beef burger	Baked mackerel, caper & dill sauce (Fish)
Main Course Two	Ratatouille & cheese pasta bake (Milk, Wheat)	Louisiana-style bean & lentil chilli	Thai green vegetable & bean curry (Soya)	Cheesy cauliflower, leek & white bean bake	Margherita pizza (Milk, Wheat)
Something on the Side	Roasted root vegetables	Cous cous (Wheat) Steamed peas & roasted parsnips	Steamed basmati rice Broccoli florets	Potato wedges Sweetcorn & rainbow slaw	Crushed potatoes Green beans
Dessert	Fruit salad & yoghurt (Milk)	Fruit salad & yoghurt (Milk)	Apple & cinnamon sponge with custard (Egg, Milk, Wheat)	Fruit salad, yoghurt (Milk)	Coconut & apricot flapjack (Oats)
Additional Items	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Salad bar, composite salads



Labelling Items

Labelling Personal Belongings

All students are required to ensure that every item of clothing, including hats and gloves, is clearly labelled with their name. Proper labelling allows lost items to be returned promptly and helps maintain an orderly environment. Unlabelled items that cannot be identified will unfortunately be unable to be returned to their owners.



Report Student Absences



In accordance with our Attendance Policy, we kindly ask parents and carers to contact the school by telephone (0203 876 5076) or email (admin@eagleparkschool.co.uk) to inform us of the specific reason for their child's absence each day

(unless the illness is ongoing, such as chicken pox). Providing clear details of your child's symptoms is very helpful, as general statements like "unwell" or "sick" do not give us enough information.

Please note that Government guidance requires children who have experienced diarrhoea and/or vomiting to remain at home for 48 hours after the last episode.

For example, if a child is collected from school on Tuesday due to sickness, they may return on Friday, provided no further symptoms occur on Wednesday or Thursday.

Updating Contact Information

Updating Contact Information

If you need to update your contact details, or those of an emergency contact, please email the school office at admin@eagleparkschool.co.uk with the new information as soon as possible. Prompt updates ensure we can reach you quickly if needed.

Contacting Our School Office

Our school office is open **Monday–Thursday from 8:00am to 3:45pm** and **Friday from 8:00am to 2:45pm**. You can contact us by telephone at **0203 876 5076** or by emailing admin@eagleparkschool.co.uk.

Please note that **all staff emails must be sent to this central address**; personal staff email accounts should not be used. Emails are monitored throughout the school day, and we aim to respond to all non-urgent enquiries within **five school days**.

If our office team are unable to answer your call, please leave a message. Your call will be returned as soon as possible.

For any **safeguarding concerns or urgent enquiries**, please email admin@eagleparkschool.co.uk or telephone the school on **0203 876 5076**. Messages may be left **outside school hours**, and they will be followed up promptly.

Our School Aim

More than just a school, we are a community with a culture and ethos that embodies “togetherness”. We work hand in hand to develop curious and confident children with an understanding of how to be socially, morally, spiritually and culturally aware.

Our School Vision

To give our pupils a sense of purpose and equip them for the future.

To foster positive relationships with all members of our school community.

To celebrate success and achievement, no matter how big or small.

London Borough of Ealing

Dear Parents and Carers,

Please find below some useful information from your local council, including details about the **HAF programme**, **Family Information Services**, **half-term activities**, and **after-school opportunities**. We'll be updating and rotating this information each week to keep you informed of the latest support and activities available. You can access the full details by clicking on the link provided.




Come and meet other parents and carers of children with Special Educational Needs and Disabilities, and meet our Team!

FRIAY 9TH JANUARY 2026
10.30AM - 12.30PM
St Andrews Church Centre
Mount Park Road, Ealing W5 2RS

WE'D LOVE TO SEE YOU AND HEAR YOUR EXPERIENCES, LIVING IN EALING AND BEING PART OF THE SEND COMMUNITY.

Join us if you can, or please email Heidi for further information: info@epcf.org.uk




JOIN US FOR COFFEE!

Our focus at this coffee morning will be:

Supporting Neurodivergent Children through Nutrition:
Key Aspects of a Brain-Nourishing Diet

Join local Nutritional Therapist and ADHD Coach Emily Fawell for an engaging talk exploring how diet can support young neurodivergent minds. Whether you're navigating ADHD, autism, or simply interested in how food influences focus, mood, and mental wellbeing, this session will offer practical insights and advice.

Tuesday 27th January 2026
10.30am - 12.30pm
Park Hub, Boston Manor Park
Boston Manor Rd, Brentford TW8 9JU



Parents and carers of children and young people with ADHD: Come and join us for our first coffee of the New Year!

COFFEE & CHAT!

Friday 16th January 2026
10.00 - 11.30am

The Fields Cafe,
Questors Theatre
12 Mattock Lane, Ealing, W5 5BQ



The Log Cabin on Northfields Avenue, Ealing, is a play space where local children and young people between 5 and 15 years old with additional needs or disabilities can socialise, grow and have fun alongside their mainstream peers.

Open throughout the year, we run affordable after school club, holiday playschemes and Saturday clubs, providing play opportunities for children. We offer light refreshments, collection from local schools during our after-school club and activities including cooking, gardening, arts and crafts and sport, and a large outdoor area where children can safely play.

With our strong focus on inclusivity, we welcome all children regardless of ability or emotional, physical, behavioural and learning disabilities, allowing them to play and make new friends, and preventing those with additional needs from becoming socially isolated.

Our values place the child at the centre of everything we do. This philosophy is shared by all our staff and volunteers who have the expertise, experience and patience to make children feel at ease and enable them to join in and discover their self-worth and Independence.

Registrations / Referrals

In order to access services all service users are required to complete the registration process parents are able to self-refer, which includes;

- Completing a registration form
- Providing information on any additional needs and/or health needs including medications.
- If your child has additional needs / disabilities will be required to complete and telephone assessment and observation. In addition, we may ask for supporting documents on your child's needs from school.

[Inclusive After-School & Holiday Club | The Log Cabin Charity - The Log Cabin Charity](#)

London Borough of Hammersmith and Fulham

Dear Parents and Carers,

Please find below some useful information from your local council, including details about the **HAF programme**, **Family Information Services**, **half-term activities**, and **after-school opportunities**. We'll be updating and rotating this information each week to keep you informed of the latest support and activities available. You can access the full details by clicking on the link provided.



February half-term fun and activities for 2026

Join us for our **FREE** holiday activities and food for children and young people in H&F.

Our February half-term activities run from **Monday 16 to Friday 20 February 2026**.

Each organiser will provide event details and information about how you can book a space for your child.

[➔ Book your activities](#)

H&F's Holiday Activities and Food programme (HAF) offers a wide range of **FREE** activities across the borough, ensuring that every young person receives a nutritious meal.

Funded by the Department for Education, the HAF programme is designed to support families who receive benefits-related free school meals during school holidays. The programme offers a variety of free engaging activities and nutritious meals for children and young people across H&F.

Your child will qualify for the HAF programme if all these statements apply to you:

- your child or children are eligible for benefit related free school meals (FSM)
- you live in Hammersmith & Fulham
- your child or children are aged between 5 and 16 years.

All activities aim to be inclusive and providers can adapt to meet additional needs if their risk assessment allows. Please contact individual providers for more information.

<https://book.plinth.org.uk/calendar/5ZdOKXUTLe8PtJqQJULC>



September 2025							October 2025							November 2025							December 2025						
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29	30																										

January 2026							February 2026							March 2026							April 2026						
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26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29	27	28	29	30			
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May 2026							June 2026							July 2026							August 2026						
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25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30
																					31						

= School day
 = School holidays
 = Staff Inset day
 = Bank holidays
 = Weekends

Eagle Park allocates five non-pupil days.

Term	Starts	Ends	Days	Public holidays during 2025 – 2026	
				Christmas day	Thursday 25 December
Autumn Term	Monday 1 September 2025	Friday 19 December 2025	76 days	Boxing day	Friday 26 December
Spring Term	Half Term: Monday 27 October to Friday 31 October	Friday 2 January 2026	55 days	New Years day	Thursday 1 January
	Christmas break starts Monday 22 December 2025 and ends Friday 2 January 2026			Good Friday	Friday 3 April
Summer Term	Starts: Monday 5 January 2026	Friday 27 March 2026	66 days	Easter Monday	Monday 6 April
	Half Term: Monday 16 February to Friday 20 February 2026			Early May bank holiday	Monday 4 May
	Easter Break starts Monday 30 March and ends Friday 10 April 2026	Monday 20 July 2026	195 days	Spring bank holiday	Monday 25 May
	Starts: Tuesday 13 April 2026			Summer Bank holiday	Monday 31 August
	Half Term: Monday 20 May to Friday 30 May 2026				
	Summer Break starts Monday 20 July 2026				

Eagle Park Independent School, London Transport Sports Ground, Park Place, Chiswick, London, W3 8JY

admin@eagleparkschool.co.uk Telephone: 020 3876 5076