



EAGLE PARK SCHOOL

NEWSLETTE 90

Friday 9th January 2026

Spring Term 2026

Dear Parents, Carers and Students,

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

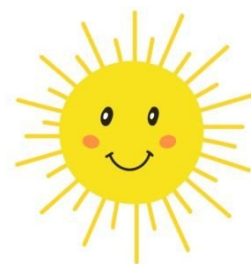
This week our students have been making and recording their New Year Resolutions. It has been fantastic finding out what they want to achieve this year and seeing how many of them want to help improve the lives of those around them or the world we live in.

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

Headteacher



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

Class News

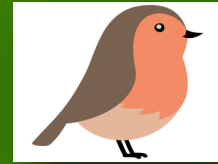
Crane Class



Crane Class had a calm and positive week as we settled back into our routines after the holidays, and we would like to wish all our families a very Happy New Year. In Food-Tech, the children enjoyed making Brazilian cheese balls, helping to mix the ingredients and exploring new tastes and textures. We also had lots of fun creating colourful **2026 crowns**, with the children choosing decorations and proudly wearing their creations. In Literacy, we introduced our new story, *The Tiny Seed*, and the children enjoyed looking at the pictures and talking about what might happen in the story. The class spent a wonderful time working with OT and SALT, taking part in activities to recognise patterns and colours, showing great focus and engagement. Music was a real highlight of the week, with the children thoroughly enjoying learning how to play the piano and exploring different sounds together.

Class News

Robin Class



We were happy to welcome everyone back as we began the Spring semester. The focus this week was returning to familiar routines, and the children settled in well, showing positive engagement and enjoyment throughout the day. Daily **Reading, Literacy and Numeracy** sessions resumed smoothly, alongside continued **OT training** to support regulation, focus, and physical development. These structured activities helped pupils feel calm, confident, and ready to learn.

To mark new beginnings, pupils created a **paint artwork inspired by 2026 New Year's resolutions**, using colour and texture to express feelings and positive intentions. It has been a joyful and successful start to the term.

Class News

Dove Class



Happy New Year! We hope you all had a fun but restful Christmas break :) This week we focused on our strengths and goals thinking about new years resolutions. We thought about what we would like to learn this year, what we would like to improve and what we would like to try again. We watched the London 2026 firework display then created our own colourful and sparkly firework display with our 'shooting star goals'.

In Science this week we recapped the seasons discussing and exploring the different features of Winter. **colder temperature, bare trees, wrapping up in warm clothing, snow, ice and shorter days with less sunlight.**

We have started our whole class LEGO therapy and enjoyed learning about the different roles we will be taking on as we progress through the term.

Class News

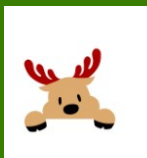
Goldfinch Class



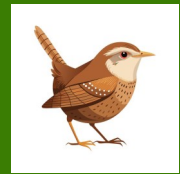
This week, the children took part in a variety of activities across the curriculum. We revised counting in 2s, 5s, and 10s using songs and hands-on activities, and continued developing spelling and phonics skills.

In science, we learned about how plants grow, from seed germination to the development of roots, leaves, flowers, and fruits. The children watched videos, sang songs, completed a reading comprehension activity, and carried out a cut-and-paste task to sequence the stages of plant growth.

The therapy group joined us for a cooking activity in which the children made sandwiches and practised spreading butter and jam. We also had a Food Technology session, making fruit hedgehogs using pears, grapes, and blueberries. These activities helped to improve fine motor skills and concentration, and the children thoroughly enjoyed them.



Class News Wren Class



This week we have been focusing on the Rainforest, how it works, and its crucial importance to our world. The Amazon Rainforest has been a target for exploration. We know that the Amazon rainforest is the biggest of its kind on Earth, so we are looking at the kind of plants that grow there as well as the kind of animals that live there.

EAGLE PARK SCHOOL NEWSLETTER



Students are nominated weekly for a class award.

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



Crane: Hashim

"For working independently in Phonics Phase 2 so well."

Robin: Kevin

"He has shown great progress in staying focused on his work and is no longer easily distracted by others."

Well done, Kevin — fantastic effort and concentration!"

Dove: Lennon

"For a huge improvement with his communication skills and engagement in class."

Goldfinch: Jude

"For good behaviour and listening."

Wren: Hallie

"she has been absolutely outstanding. She has connected very well with Hugo. She played a massive role in calming Hugo down and enabling Hugo to settle down and engage effectively in the Wren class."

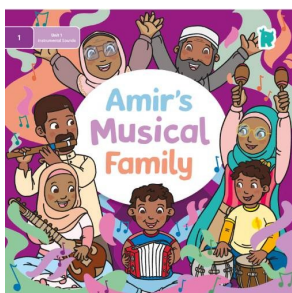


EAGLE PARK SCHOOL NEWSLETTER

Eager Eagles Reading Time

A new flexible approach for the whole school. Each class will be reading books each day, at the same time, helping to create a shared sense of focus and enthusiasm for reading and books.

Crane Class

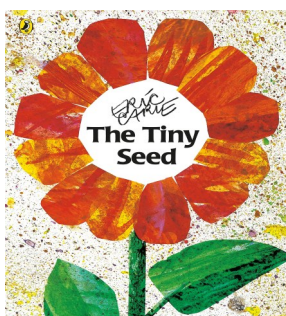


Amir's Musical Family by Twinkl Books

The Tiny Seed by Eric Carle

Sip Sip Tip by Twinkl Books

My Phase 2 Sound Mat by Twinkl



Goldfinch Class



The sock by Rhino Readers

Boxes and Boxes by Rhino Readers

On the Top by Rhino Readers

Training Ben by Rhino Readers

The woodland Den by Rhino Readers

How to Spot Birds Near You by Rhino Readers



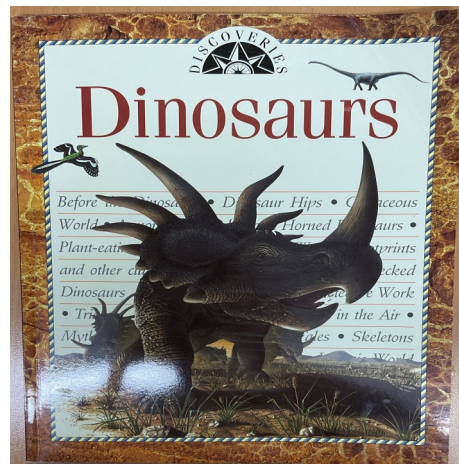
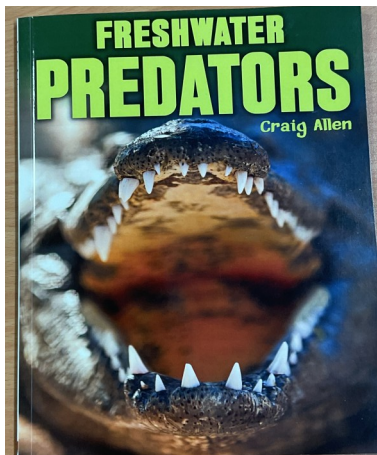
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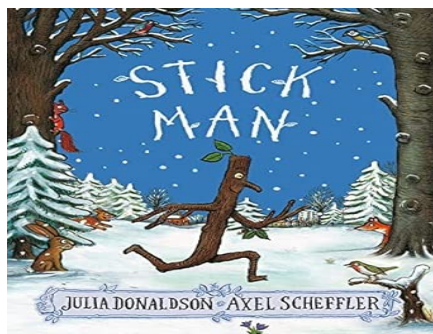
Wren Class

FreshWater Predators by Craig Allen
Dinosaurs by Discoveries



Dove Class

Its Great to be Kind by Jordan Collins
Stickman by Julia Donaldson
Cold (out and about book of poems) by Shirley Hughes



EAGLE PARK SCHOOL NEWSLETTER

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Robin Class

Dear Zoo by Rod Campbell

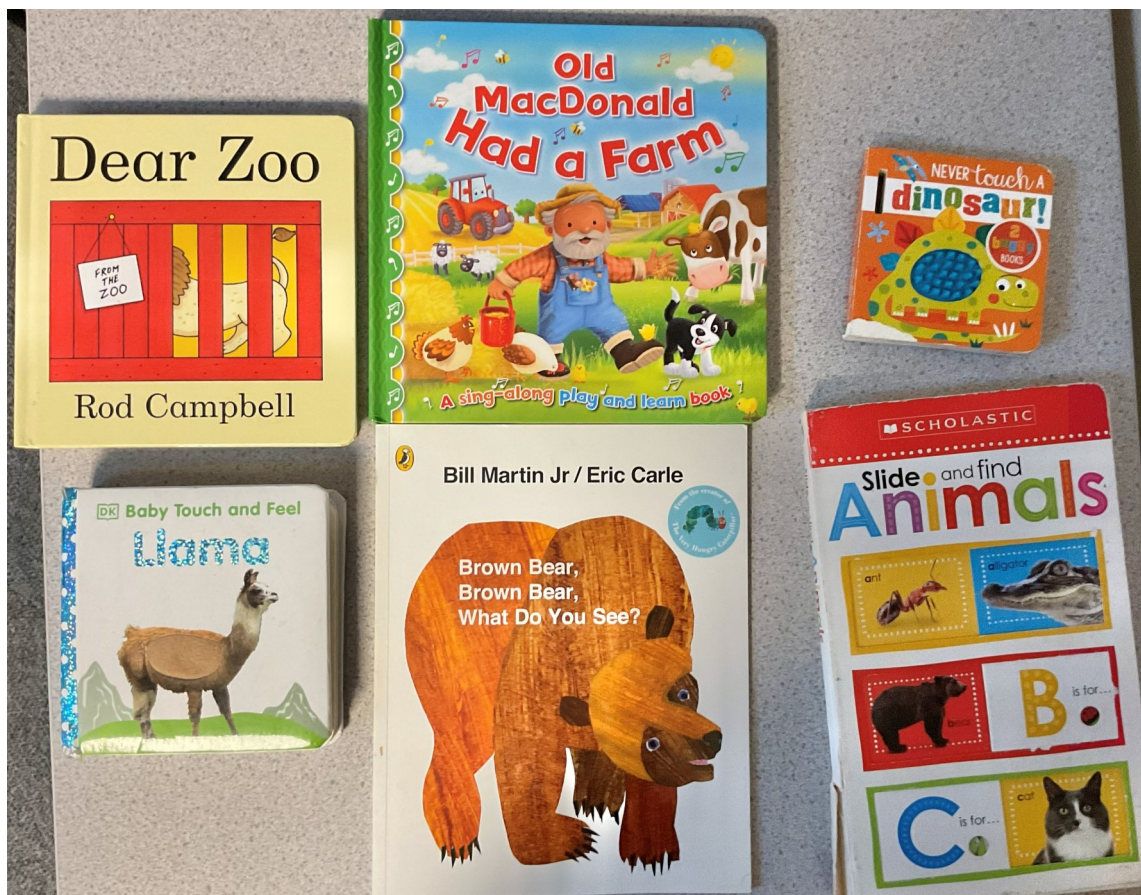
Old MacDonald Had a Farm by award

Brown Bear, Brown Bear, What Do You See? by Eric Carle

Never Touch A Dinosaur by Sam Tapin And Larranaga

Slide and find Animals by Scholastic

Llama by DK



EAGLE PARK SCHOOL NEWSLETTER

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
SoLTs: Kaho & Noa



EAGLE PARK SCHOOL NEWSLETTER

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



EAGLE PARK SCHOOL NEWSLETTER

School Meal Menu

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 chili 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 chili	Chickpea & sweet potato patties with curried yoghurt (Milk)	Lentil & feta moussaka (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	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 ganoush	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 chili	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

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.



EAGLE PARK SCHOOL NEWSLETTER

Labelling Items

Please make sure every piece of your child's clothing – including hats and gloves – is clearly labelled with their name.

Having names on items helps us return things quickly and makes getting ready to go outside much easier. We still have a number of unlabelled items that we can't return because we don't know who they belong to.



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.

EAGLE PARK SCHOOL NEWSLETTER

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 built on **“togetherness”**. We work hand in hand to nurture curious and confident children, helping them develop a strong 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.

EAGLE PARK SCHOOL NEWSLETTER

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!

**FRIDAY 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](#)

EAGLE PARK SCHOOL NEWSLETTER

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/cover>

EAGLE PARK SCHOOL NEWSLETTER



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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May 2026							June 2026							July 2026							August 2026						
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= School day
 = School holidays
 = Staff inset day
 = Bank holidays
 = Weekends

Eagle Park allocates five non-pupil days.

Autumn Term:	Starts: Monday 1 September 2025 Ends: Friday 19 December 2025 Half Term: Monday 27 October to Friday 31 October Christmas break starts Monday 22 December 2025 and ends Friday 2 January 2026	75 days	Public holidays during 2025 – 2026	
			Christmas day Boxing day New Years day Good Friday Easter Monday Early May bank Holiday Spring bank holiday Summer Bank holiday	Thursday 26 December Friday 26 December Thursday 1 January Friday 3 April Monday 6 April Monday 4 May Monday 25 May Monday 31 August
Spring Term:	Starts: Monday 5 January 2026 Half Term: Monday 16 February to Friday 20 February 2026 Easter Break starts Monday 30 March and ends Friday 10 April 2026	55 days		
Summer Term:	Starts: Tuesday 13 April 2026 Half Term: Monday 26 May to Friday 30 May 2026 Ends: Monday 20 July 2026 Summer Break starts Monday 20 July 2026	65 days 195 days		

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

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