

## Wellbeing

We show respect, care and consideration for all. We value and appreciate our diverse school community, where everyone feels confident, safe and heard.



# Chipstead Valley Primary School Wellbeing support through the financial crisis

We understand that the current financial situation is impacting so many families across our school community. Having listened to your comments and ideas from our recent parent survey, below are a few more initiatives both in and outside of school.

### Kids Eating Discounts

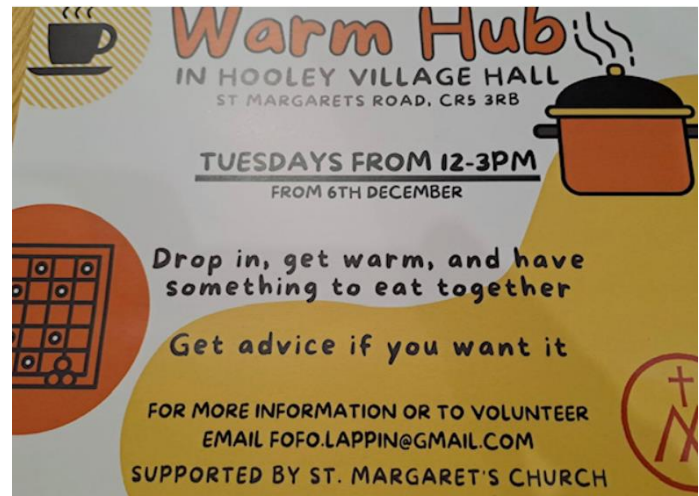
ASDA- Kids eat for £1 all day everyday at Asda Cafes- until March 2023



Hungry Horse- Kids eat for £1 on Mondays and between 3-5pm Tuesdays-Fridays. Kids meals are £1 and larger meals for £1.50.



IKEA- Kids can enjoy pasta and tomato sauce and a soft drink for 95p. Any other kid's meal for £1.50 from 11am.



Local Warm Hubs		
Location	Days of the Week	Times Open
Coulston Library	Monday and Thursday	10am-6pm
	Saturday	9am-5pm
Purley United Reform Church	Tuesday and Saturday	10am-1.30pm
Purley Library	Tuesday and Thursday	10am-6pm
The Hub on the Hill at St Barnabas Church	Tuesday	1pm-2.30pm (term time only)
Bradmore Green Library (Old Coulston)	Tuesday and Friday	10am-6pm
Old Coulston Congregational Church	Wednesday and Saturday	10am-2.30pm

### Fruit

All children in EYFS/KS1 are entitled to free fruit for their break time snack. We are distributing any spare fruit to children in KS2, who otherwise would not have a snack.



### Shoes

We are requesting **any** old school shoes of **any condition** to provide a free shoe exchange, for those that may need it. Through an incredibly kind shoe cobbling business within our school community, we will be able to make any old shoes wearable again to benefit another family. If you have any shoes at home to donate, please send these in with your child or to the school office.



### School Uniform Exchange

Our winterwear exchange was very successful and we are incredibly grateful for all of your generous donations. Next half term, we are looking to have a school uniform exchange. Over half term, please have a look through any school uniform you have at home to see if there is anything suitable for donations. We will let you know about our donation drop-off days.

### Purley Food Hub

Purley Food Hub have continued to go above and beyond and support families in our school and local community. A time of crisis can happen to anyone, and Purley Food Hub are there to help.

In order to receive a food parcel, you need to be referred to them by one of their approved ticket partners, such as CVPS. We will let the food hub know how many adults and children there are in your family or household, the children's ages, and if there are any young children needing nappies, wipes or baby/toddler food. We will also let them know if anyone has any special dietary needs, or requires female sanitary products.



### Emergency Supplies

At CVPS, we have a stock of *emergency* food and toiletry supplies. If you are in need, please contact a member of staff and we will be happy to help.

With half term approaching, we thought it would be useful to share some activities that families can access during that time. Although a great break from routine and school, we understand that the holidays can sometimes put an emotional and financial burden on parents. Below are some places and events that offer either free or discounted ways of keeping the children entertained during the holidays.

### Take part in a Parkrun

Parkruns are free 5km runs which take place every Saturday morning at 9am. They don't cost anything to enter and each run is timed so you can try and beat your personal best each week. There are a variety of different runs in and around Croydon including Banstead Woods, Nonsuch Park, Priory Park, Lloyd Park and many more.

Find out more: [www.parkrun.org.uk/events/events/](http://www.parkrun.org.uk/events/events/)



### Meet the animals at Crystal Palace Park Farm

Here you can meet animals such as goats, chickens, Shetland ponies, pigs, rabbits and guinea pigs and handle snakes and lizards in the exotics room for free.

It's open from 12-3.30pm daily except Wednesdays.

Find out more: [www.capel.ac.uk/crystal-palace-park-farm.html](http://www.capel.ac.uk/crystal-palace-park-farm.html)



### Explore RISE Gallery (St George's Walk, Croydon)

This trendy gallery is free during the day and puts on free evening events. Take a trip to see its collection of contemporary, urban contemporary, and post war-pop art. Just don't try and go on a Monday as it's not open!

### Play Basketball

Don't bother paying for sports! Head to one of Croydon's parks, including South Norwood Lake and Grounds, Upper Norwood Recreation Ground, Selsdon Recreation Ground and Rickman Hill, and you'll find basketball courts where you can play for free.



### Purley Youth Project Juniors

They are a youth organisation for Purley and the surrounding areas. Their goal is to give local children (aged 6-15 years) a safe space to take part in fun and productive activities. £1 per session and the opportunity to take part in discounted trips as well.

They are open from 5.00pm until 7.00pm every Wednesday and (4-7pm during the school holidays.) Saturdays 9.30am-12.30pm (ages 6-15 years)



If you know of any free or discounted local events which would benefit our school community, please contact the safeguarding team. Thank you.



### Visit Priory Park (Reigate)

This beautiful green space features woodlands, gardens, a pond, and a café. With a wooden ship climbing frameset in a sand-filled playground, as well as a fun splash area, there is plenty to keep any little ones entertained.



### Soft Play and other activities The Arc (Caterham)

Everyday 9:30 AM - 5:00 PM

Adults (over 12 years old)

Children (2-12)

Reduced off peak times



### Special Needs Soft Play

Mondays: 3pm-7pm

£6- Discounted rates for siblings and carers are free.

A calmer atmosphere with no music or flashing lights. Full access to sensory room.

### Pistachios in the Park (Banstead)

The soft-play is FREE for one hour per child when you spend over £5 in the cafe, otherwise, its £2 per child per hour. For two children, they ask you to spend over £10 or pay £2 for your extra child. This park is a short 166 bus ride from Chipstead Valley Road.

### See supercars at Mercedes-Benz World (Weybridge)

Be dazzled by super-fast cars on the race track and take a look at vintage vehicles inside the museum at Mercedes-Benz World. It is free to wander around the displays, have a go at the interactive games and pick up motor merchandise from the gift shop.

Open seven days a week.



### Some Free Places to Visit in London:

- Natural History Museum
- Science Museum
- Changing of the Guard at Buckingham Palace
- Queen Elizabeth Olympic Park
- V&A Museum

ZSL  
LONDON  
ZOO

### **£3 ZOO TICKETS!**

London Zoo is offering £3 tickets for anyone currently receiving Universal Credit, Employment and Support Allowance, Income Support or Jobseeker's Allowance.

•The £3 tickets are available for the whole family and under 3's go free.

•Tickets can be purchased from the admissions kiosk on the day, from 11am, every day of the week.

•Just bring proof of benefit letter (electronic or paper).

•Offer runs until the end of March 2023.



London Zoo tickets are normally £26.50, so this is a huge saving!