



March Edition



Park and Stride @ TVI



Now that the weather's improving, we thought it would be a good time to talk about the **Park and Stride** initiative again.

Did you know that studies show that students who have walked for 10 minutes or more of their journey to school arrive more alert and ready to start the day? **Park and Stride** encourages families to park their car a distance from school and walk the rest of the way. It allows those who live further from the school to introduce an element of active travel into their journey. As well as promoting physical activity, Park and Stride is good for our physical and mental wellbeing, it can reduce congestion and improve Air Quality around school and it's also a neighbour friendly initiative. So please, now that the Spring is almost upon us, park your car a ten-minute walk from school and complete your journey on foot. If using public transport, maybe even get off a couple of stops early and walk the rest of the way to School!

Clothes, Coffee and Community

A warm, friendly, and supportive event for our local community.



Every 2nd Saturday of the month

10:00 am - 2:00pm

Grace to Grace
International church
Wantz road
Dagenham, RM10 8PS

Event highlights



Free hot drinks and refreshments



Free clothing for adults and children



Welcoming environment for everyone

@ggicgraceland 07957 154375 GGICgraceland

From Dagenham Heathway Station, take the **173, 174** or **175** bus to Oxlow Lane/Wantz Road, then it's a short walk to Grace to Grace International Church.

This Easter AGES 4-16

Get involved in **healthy and fun** activities

SWIPE TO SEE THE PROGRAMME

OR

Check out the programme at lbbd.gov.uk/HAF

EACH ACTIVITY INCLUDES A HEALTHY LUNCH

Scan the QR code for our new and easy booking process. Bookings open on the 2nd March at 12pm.

SCAN ME

#HAF2026
This provision is free for children and young people who live or go to school in Barking and Dagenham and are eligible for benefits related free school meals.

Department for Education

Barking & Dagenham



Portage Parent Support Sessions Supporting You, Supporting Your Child

Learn about services available in Barking & Dagenham for families who have a child aged 0-5 years with significant and/or long-lasting delays in their development, including Autism. You can learn about the support to access Disability Living Allowance (DLA), Short Breaks and other services.

Where & When:

Day: Thursday (term time only)

Time: 1pm - 2pm

Venue: Thames Community Hub, Bastable Avenue, Barking IG11 0LH

How to Book:

Contact Portage Office on 0208 724 8550 to book your space

If you are unable to access the venue, please contact the Portage Office where we can book you on virtual sessions.



Wonderland Farm Day at Valence House

Gemma's Farm is returning to Valence House for a day of family farm fun!

Come along to meet Gemma's friendly farm animals and enjoy traditional outdoor games!

It is the perfect opportunity for children to explore, play and make special memories.

They are also offering a Quiet Session for families with children who have additional needs. This relaxed hour offers a calmer, more supportive environment with reduced noise, fewer visitors and plenty of space to explore at your own pace.

Date: 9th April 2026

Where: Valence House, Becontree Avenue, Dagenham, RM8 3HT

Times: 10am-11am- Quiet Session

11am- 4pm- General Session

Please book using this [link](#).

For all other events at Valence House please click on the [link](#).



Barking & Dagenham
Celebrating World Book Day 2026

Usborne Book Fair

Exchange your World Book Day Tokens after school in your local library

BLC 25th & 27th March: 3:30-5pm

Dagenham Library: 6th & 23rd March 3:30pm-5pm

Primary School admissions



Reception 2026- National Offer

If your child is due to start Reception in September 2026, *and* you applied on time for their school place, you should receive the outcome on the 16th April 2026.

If you do not receive this, then please contact Barking and Dagenham School Admissions as soon as possible, on 020 8215 3004 or admissions@lbbd.gov.uk



Important- You **MUST** accept the offer by 30th April 2024, or you will lose your child's place.

If you haven't applied for your child's Reception place for 2026, please call LBB D Admissions on the number above and they will advise you.

The only place to celebrate Eid in style!

1 Eid festival 2026

Subject to moon sighting
20 - 22 March
TWO DAY FESTIVAL - EID DAY & NEXT DAY

DAY 1: EID SALAAH 10AM - FESTIVAL 12 PM - 9 PM 9:30 PM FIREWORKS
DAY 2: 1 PM - 9 PM

GOODMAYES PARK

GREEN LANE - ILFORD IG3 9RT **P** ORCHARD PLAYING FEILDS IG3 9PW

BIGGEST EID FUN FAIR IN TOWN!
INTERNATIONAL FOOD DESSERTS CHILDREN'S ENTERTAINMENT COMPETITIONS FIREWORKS AND MORE!

BOOK ONLINE WWW.1EID.NET

WE ARE 100% VOLUNTARY MANAGED ORG- SUPPORT OUR CHARITY (NO 114868)
TO SPONSOR, BOOK A STALL OR VOLUNTEER CONTACT US:
INFO@1EID.NET 07968 183 184 OR VISIT WWW.1EID.NET