



Important Dates:

Tues 21st & Wed 22nd Oct

Parent & Carer
Consultations

Tues 21st Oct

KS2 English Workshop for
Parents & Carers 2.20pm

Wed 22nd Oct

Y1 Autumn Seasonal Walk;
Parent & Carer Forum
@11am (remote)

Thurs 23rd Oct

Halloween Disco

Friday 24th Oct

RAINBOW Friday;
Through the Hatch Treats
(after school)

Mon 27th—Fri 31st Oct

Half Term

Mon 3rd Nov

Non Pupil Day

Tues 4th Nov

School re-opens

Please click [here](#) for other
dates.



To safeguard our children,
please remember that
phones are not permitted at
any school events.

Firstly, I would like to say thank you to those who have reached out this week to express your support—it is very much appreciated.

Parent & Carer Forum

We will be hosting our first meeting of this academic year on **Wednesday 22nd October at 11.00am**. This is an opportunity to discuss any issues about our school and your child's education with myself and Mrs Randall.

Currently on the agenda for this meeting is:

- Upper School Stationery
- Relationships & Sex Education



If you would like to add anything to the agenda, please do so [here](#).

The meeting is remote so that you can hopefully join conveniently from wherever you are. The Zoom link will be emailed to parents and carers nearer the time. Please do not share this link with anyone outside of our school community.

For safeguarding reasons, you will not be admitted unless your camera is switched on to confirm your identity. After that, you can switch off if you would prefer.

Mrs Ramet

Afterschool Activity Clubs

Please note that teacher-led Afterschool Clubs will not be running next week due to parent & carer consultations. Girls football club on Tuesday is also cancelled.

Other clubs run by external providers will continue as normal.



Parent & Carer Consultation Meetings

If you have not booked an appointment with your child's teacher, please return the [slip](#) with your child on Monday or leave a message with the school office.

Essex Family Forum Parent & Carer Views

We have been very fortunate to have been allocated on the Essex PINS project to support our school to make improvements to our provisions for neurodiverse pupils. As part of this project, parents and carers are being invited to give their views.

Please click [here](#) to complete the survey and [here for help](#) to complete the survey.



My Future Careers



Inside Out



We have been looking at careers that link to being 'Inside Out' and a person's mental health.

Why not have a discussion with your child about the career they found most interesting? What would they need to participate in this career?

My Future, My Basildon

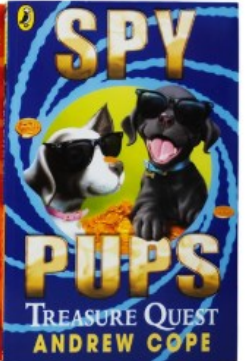
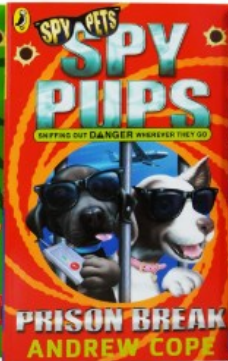
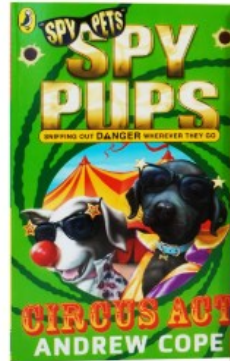
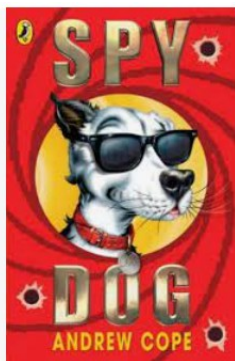
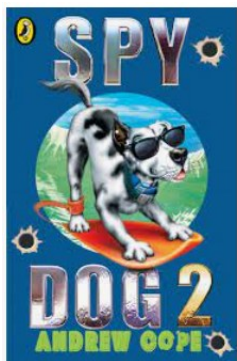
The children have enjoyed their first session of My Future, My Basildon this half term. These are a series of remote sessions across the year where children can talk to people from a wide variety of careers. The aim is to raise aspirations and challenge stereotypes of certain careers. We want our children to know that there are no limits in what they can achieve.

To read more about how you can continue this learning at home, please click [here](#).

Spy Books Safeguarding Concern

We have been advised that towards the back of each book there is a URL link intended to direct keen readers to a companion website featuring bonus content. We understand that this URL link has been taken over by a third party who has used the site to post inappropriate material intended only for adult audiences. The author and Puffin Books have taken the matter extremely seriously and have commenced a complex legal process to have the website taken down as soon as possible. The stories shared within these books continue to be suitable for children.

If you have any of these books at home, please remove that page. All of our books in school have been checked and do not contain this link.



FS Read With Me

Ladybirds and Bumblebees had an enjoyable afternoon sharing books with their parents, carers, nans, grandads, aunts and uncles. Much fun was had by all!



Sports NEWS

Football

Our Year 5/6 **boys football team** competed in a tournament on Tuesday, against other schools in Wickford. We won 3 matches and drew 3, resulting as us finishing in top position. We have now qualified for the School Partnership final next week against schools from Billericay, South Woodham and Dengie. Good Luck Boys!!

Our Year 5/6 **girls football team**, played in their first tournament of the year yesterday. They played against Abacus, Oakfield, Grange and Hilltop schools.

The results were:

Abacus - 0-0; Oakfield - Lost 1-0; Grange - Won 1-0; Hilltop - Won 3-0.

The girls showed real determination throughout and we cannot wait to see them compete in two further tournaments across the year as well as friendlies



Archery

15 children represented our school in a School Games Archery competition. We were the only school from Wickford to participate in the event against other schools in our School Sports Partnership (South Woodham, Billericay and Dengie).

Our children showed great enthusiasm and determination throughout and were a real credit to our school. We were lucky enough to take a team in each upper school year group and we finished in the following positions:

Y3 - 6th; Y4 - 4th; Y5 - 4th and Y6 - 7th.



A special mention to **Teddy and Archie Bennett** who not only helped set up the equipment, but also packed it all away, collated scores and helped hand out medals and certificates. Well done boys!



Let's Celebrate!



Rory Fenn, 6LG scored his first goal of the season and got man of the match at the football match at the weekend.
Jenson Bayley, 3EC football team won 5-2 on Sunday. He scored a hat trick and got MOTM.
Blossom Rose, 2JB has just completed stage 4 of swimming and is moving up to stage 5.
Finley Marsh, 4AY won the Player of the Match trophy after scoring his first league goal for his team this season.
Kaleb Sharp, 5SY got Trainer of the Week and was made Captain for the next match.

Well done to this week's winners:

FS: Emily Hunt, Sulayman Ali

Year 1: Ethan Cutbush Suarez, Ellie Brown

Year 2: Harrison Bezant, Olive Sargent

Year 3: Joli Elleston, Oliver Baronti, Theo Tavergnier

Year 4: Bella Payne, Mabel Davies, Megan Osborn

Year 5: Eevee Payne, Erin Spindler, Billy-Blue King, Riley Howell

Year 6: Freeda Omofuma, Sophie Coates, Sydney Rhodes, Harry Smith

CLASS
dojo

Golden Token Winners

This week's lucky winners are:

FS: Riley Thompson

Year 1: Emilia Botnari

Year 2: Sofia Potapov



Year 3: Grace Mifsud

Year 4: Abdulhamed Yusuf

Year 5: Derrick Omofuma

Year 6: Matilda Brown



School Dinners

The dinner menu next week is:

MONDAY

- Battered Chicken Nuggets
- Crispy Quorn Dippers
- Jacket Potato with Cheese or Beans
- Tomato Pasta Salad
- Milkshake & Yoghurt

WEDNESDAY

- All Day Breakfast
Sausage, Bacon & Egg
- Vegetarian Breakfast
2 x Veggie Sausages & Egg
- Hot Bacon Roll
- Hash Brown
- Baked Beans
- Healthy Fruit

FRIDAY

- Chicken Burger
- Southern Fried Quorn Burger
- Jacket Potato with Cheese
- Chips
- Peas
- Sweetcorn
- Chocolate Brownie

THURSDAY

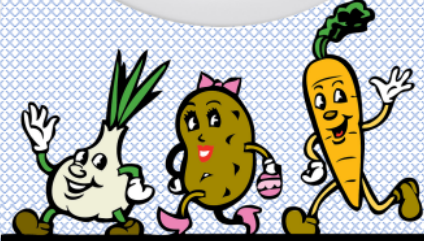
- Pork & Carrot Meatballs in Gravy
- Plant Based Meatballs in Gravy
- Jacket Potato with Cheese & Beans
- Crushed New Potatoes
- Broccoli & Cauliflower Mix
- Fruit Jelly

TUESDAY

- Ham Wrap
- Cheese Wrap
- Tuna Mayo Wrap
- Tortilla Chips
- Cucumber & Carrot Sticks
- Chocolate Chip Muffin

Week 2

Week Commencing
8/9, 29/9, 20/10



Recent Letters

[Y6 WW2 Day & Parent& Carer Assembly](#)



Changes to Twilight Club Charges

From **1st November**, there will be a change to our Twilight Club charges. We are introducing an early-collection charge to support families who collect their children early.



The new pricing will be as follows:

- **Full Session (no change):** £7.00 (*Pupil Premium: £3.50*)
- **Collection by 4:00 PM:** £3.50 (*Pupil Premium: £1.75*)

Thank you for your continued support. If you have any questions, please don't hesitate to get in touch.

Whole School Attendance

95%

Weekly Winning Classes

Bumblebees 100%

w/e 10/10/25



10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



#WakeUpWednesday

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