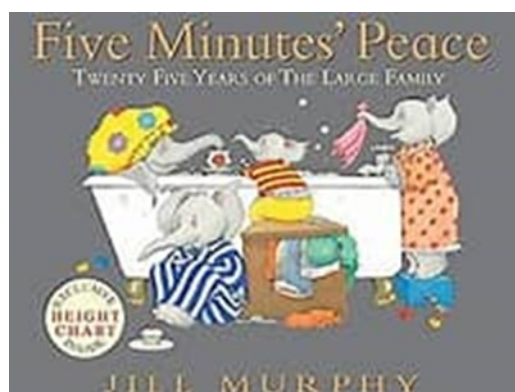


Autumn Term Newsletter Week 6 13th October 2023

Turtle and Starfish Class



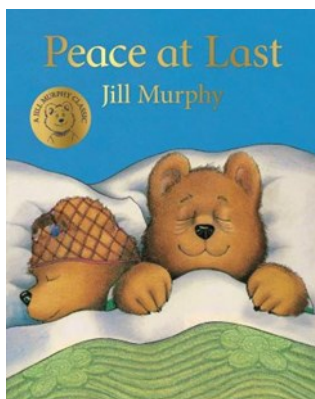
This week in the nursery, we have been reading Peace At Last and talking about all the different noises that were keeping Daddy bear awake at night. The children really enjoyed the story, so we also read 5 Minute's Peace, where Mummy Large wanted 5 minutes peace so she could have a cup of tea.

We also explored the school grounds and went down to the big playground to play on the pirate ship. On Friday, the children were very brave during a fire drill. They followed the instructions and went downstairs to the playground with the rest of the school.

We were very proud of them. Well done, Starfish and Turtles!

Next week, we will be learning about the season Autumn.

Mrs Attard, Mrs Brant, Mrs Cochrane, Mrs Loe, Mrs Mota, Mrs Bowser.



Seahorse Class



This week, Seahorse Class have looked at the stories 'Watch out wolf, there's a baddie in your book' and 'Little Red Riding Hood'. We began the week by discussing what a baddie was and naming other baddies from books and movies we had seen. We then explored different words to describe a baddie, ideas included: horrible, fierce, mean and evil. The children researched wolves and discovered a wolf's nose is 100 times more sensitive than ours and that howling is how wolves communicate with one another.

In Literacy, the children were tasked to design their own baddie. Some then wrote the initial sound of words to describe their character, while others wrote simple labels. In small groups, the children have talked about their special items in their 'All about me' bags.

In Maths, the children have explored the numbers 1, 2, and 3. We have looked at different ways to make each number and verbally stated the number sum. The children have thrown bean bags into hoops to show how to make 1, 2, or 3.

In PE, the children learnt how to control a beanbag by passing it from hand to hand whilst walking around the hall.

Throughout the week, the children have enjoyed mark-making on whiteboards, used scissors to cut out clothes to disguise the wolf, explored the water fall in the water tray and used the interactive whiteboard to copy dance moves and find phonic sounds.

What a fantastic week, Seahorses.

Mrs Newman, Mrs Penny, Mrs Bowser, and Mrs Mota



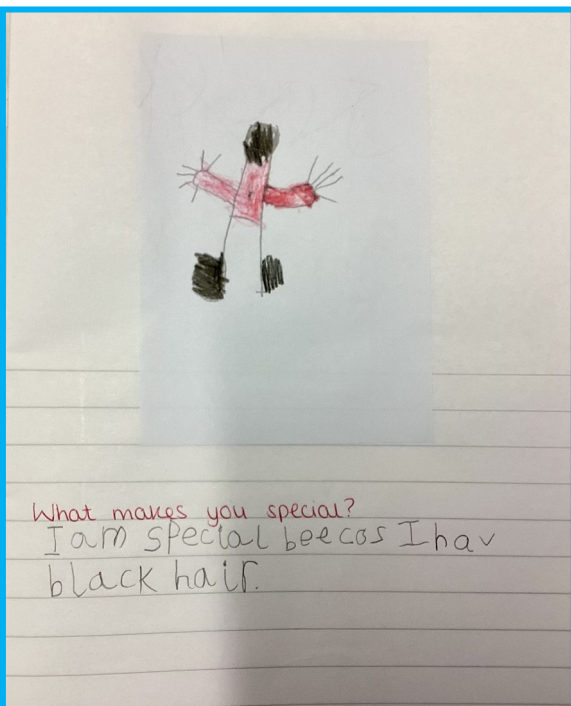
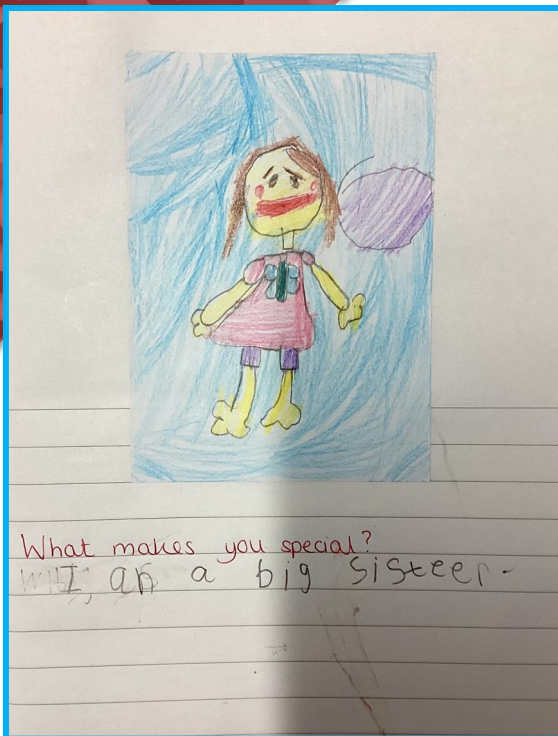
Oyster Class

The children, this week, have been exploring one more and one less than a number. We have been using the multi-link to show our answers. In English this week, we have nearly finished writing our Train Ride stories ready for the children to create their very own one, next week, which is exciting!

Our focus in PSHE this week has been 'What makes us special?' The children have discussed this beautifully and have been able to come up with their own ideas and have written some amazing sentences.

Well done, for another excellent week, Oyster class!

Miss Bradley and Mrs Tarling



Seagull Class



This week, we have been continuing to look at addition and subtraction. We have been focusing on similar calculations to help us solve trickier problems. We discovered that if we know bonds for 10 we can make links to work out bonds for 100.



In PE this week, we have further developed our sending and receiving skills by adding rackets. The children were challenged to use the rackets with control in different ways to control the ball, trap the ball and send the ball to a partner. We even played tennis racket football shootout!

Well done, Year 2.

Mrs Oakley and Mrs Merton



Heron Class



This week in Heron class, we have been writing Autumnal descriptions. The children have been using some incredibly ambitious vocabulary in their writing and I cannot wait for their independent writing next week.

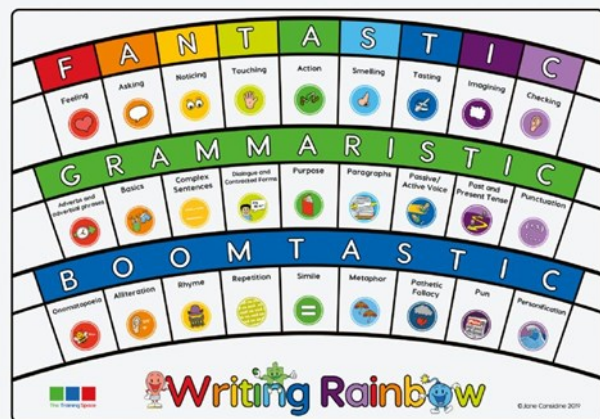
In Music this week, the children have been playing the glockenspiel. They have been learning to play in time to a track and make sure they all play in unison.

In our History lesson this week, we created models of what we thought Stone Henge might have looked like in the Stone Age using clay. Look at how fabulous they have turned out.

Have a great weekend!

Mrs O'Donnell and Mrs Edwards

Curlew Class



This week, Year 4 finished their writing unit of work and produced the most fantastic stories, which included many of the features of the writing rainbow. Because they worked so hard, they all took photocopied versions home to share with their families. Well done, Year 4 for such a fabulous effort.

Tuesday 10th October was World Mental Health Day. During assembly, the children learnt about the importance of good mental health and talking about problems and worries. They learnt how emotional trauma can also cause physical ill health and how necessary it is to speak up. Each child brought home some special 'homework' - a booklet where they can write down or draw a picture of something that worries them, so family members can talk to and reassure them. On Wednesday afternoon, Year 4 enjoyed a Now Press Play roleplay experience about bullying. Then we brainstormed the message of the story and identified the need to speak up if you feel you or someone else is being bullied.

In RE this week, the class were learning about Humanism and how humanists do not have any religious beliefs – they believe in science and that each person is solely responsible for their own life. The children worked in small groups to read various scenarios and decide the 'right' thing to do for each one.

Well done, fabulous foursies, for another fantastic week. Only one more week until a well-earned rest!

Miss Eakins and Miss Brailsford





Together we achieve

TOGETHER WE ACHIEVE

Curlew Class

6.10.23

Rewrite a story

Fold by Gold. Cease by cease. Turn by turn. Finally, the boy had made a fantastic aerodynamic paper plane. Excited and proud, he dressed into his lovely, grape coat and slipped on his matching belly's, as he balled outside onto the steps when he peeped up, he observed the sky was slate grey.

Blazing along the rocky road, the delighted boy was running to the pretty street, he imagined where his significant plane could zoom. The tough border gave him as much as the dangerous sea-bathing. Crashing, clanking. Without notice, the sky turned an ominous shade of slate. Whistle, the boy felt unsure what was happening.

At that moment, the wind seemed to pump up a magnificent speed and strength that enveloped the boy and ~~seemed~~ guided him to the spot. Gusts swirling all around him and set him on a spin. As he became accustomed to it's strength, he felt both unshaken and pleased.

The old man walking his dog observed the action suspiciously. While the joyful boy set the plane on the ground, within the boy, he came babbled, fakes, fakes, fakes trembled and winds whistled. Suddenly the boy had a magnificent idea. Bounce by bounce, splash by splash, launch by launch, lunge by lunge, the aerobised boy balled along the pavement.

Reflecting the obvious problem, the obvious boy released any thought of his plane. At that moment, the plane zoomed along into the sky. Will he ever see it again? Dejected, the old ~~helpless~~ boy stood on the miserable, lifeless street.

His grape-purple coat was as vibrant as an outburst. He couldn't see his good anywhere. The boy's neck twisted as he peered the whole of the street for his prized possession. The boys arms were thrown in the air in desperation. "Where are you?" he searched the boy in obvious distress.

It was no good. His plane landed on a tulip in the lake. Helplessly, clapping his arms to it without bailing into the lake but it was too fast. It was hopeless. The plane was obviously stuck. The man on the bench was sitting inactively, watching him with no care. The plane was gone, untouchable, just like his untouchable dreams.

As the dejected boy meandered back home, he thought to himself "I hate my life." His disappointed shadow slumped against the hard fence - devastated, dejected and dejected. His grape-purple coat had lost its sparkle, shine and vibrancy.

Tear by tear, sigh by sigh, snuffle by snuffle. Finally, the heartbroken boy was home. "It's ok," whispered mum, "we can make another one." Shakes, dressed and plastered, a comforting hug enveloped him.

A soft checked blanket, which was silky and sturdy, was wrapped around the comforted boy. There was a amazing aroma of cheesy pizza that left a fantastic taste in his dry throat. A boy. A plane. A pizza. What an exciting quest!

6.10.23

Rewrite a story

Fold by fold. Cease by cease. Flip by flip. After a lot of Soggy effort, pleased and proud, the boy had made a paper aeroplane. Then the boy got changed really quickly. As he glanced up, he saw that the sky was a grey.

Walking along the stone pavement, the joyful boy imagined where his fantastic aeroplane could fly. The rocky road felt as bumpy as a aggressive sea-roaring. Crashing, clanking without any warning, the sky turned grey. Whistling, the boy felt a little anxious and overwhelmed.

In a flash, the wind started to get stronger and stronger. It started to get incredibly fast and then it started to give him to the spot. Great big gusts of wind all around the boy. Then it chilled the boy to the bone. As he came accustomed to it's strength, he felt both elated and free.

The man got the scene while the joyful boy placed his plane on the soggy grass. When the boy's feet lifted, his head whistled, his feet rattled out of nowhere. The boy had an amazing idea. Jump by jump, stop by stop, hurdle by hurdle. The aerobised boy galloped along the dark pavement.

Not noticing the problem, the obvious boy didn't take any notice of his plane. In a flash, the plane glided along into the sky. Could he see it again? Dejected, the ~~sad~~ boy stood on the empty street. With nothing but leaves howling around on the dark street.

His lime green coat was as bright as grass. He couldn't see his fantastic paper plane. The boy's eyes scanned the street. Anxiously, for his plane, the boy's arms were thrown in the air. With depression, "Where are you?" said the boy.

It was no good. His plane was dead. Stuck in a gigantic blackberry bush. Dejectedly, stretching his arms up to the

Spiky grass, he desperately tried to climb it. It was hopeless. The plane was obviously stuck. The man, walking by, still ignored the boy. The plane disappeared, heart broken, just like his heartbroken dreams.

As the miserable boy shuffled back home, he thought "I hate my life." His dejected shadow slunk along the silver fence - dejected, dejected, soggy. His lime green coat had lost its shimmer.

Plot by plot, the boy sigh, tear by tear. The negative boy was home. "Come here, Don!" Calmed dad softly. Shattered, dressed, plastered, a warm hug warmed him up.

A comfortable blanket was wrapped around the boy. Then he was surprised with a juicy pineapple pizza he could smell fresh tomatoes and a cent of refreshing pineapple in his mouth and nose. A plane. Blackberry bush. A pizza.

What an amazing experience.

1.

6.10.23

Rewrite a story

After a lot of flips, pinches by pinches, folds by folds. The proud boy made the perfect, the best paper aeroplane. Feeling cozy and bursting with pride, he dressed swiftly and leaped outside onto the soft green grass. As he glanced above, the sky turned a strange pebble grey. All the negative feelings suddenly came to his head.

Racing along the stony pavement, the boy thought "Will my aeroplane fly?" The howling wind felt like a vicious hurricane - roaring, smacking, banging. Out of nowhere, the sky was quickly turning black. Blow blow, soon voosh. Now the boy was afraid.

At that moment, the wind boomed at objects which made them fall down. The wind started to throw the boy all over the place. As it finally calmed down, the boy was all chilled. He felt both blessed and pleased.

The spiky hedge speckled the moment mysteriously while the boy let the plane fly for the first time. In the sky, with the planes clouds circled and birds batted. Hop by hop, leap by leap, bounce by bounce. The boy started to run in the wind with

The aeroplane, the boy was having a lot of fun.

Leaving the plane, the boy rubbed out all his thoughts and left his mind blank. Without notice, the aeroplane zoomed off. Will his plane survive? The hopeless boy stood in sadness. While listening to the trees swish, all around him.

His leaf green coat was as bright as freshly mown grass. The boy's eyes searched and his hips turned so he could find his beloved toy. "Why are you leaving me?" sobbed the boy in distress.

There it was, it was stuck at the top of a little willow tree. Recklessly reaching between the branches, he grabbed it. There was no hope, the plane was stuck. The boy sat on the couch, peered at the heartbroken, confused. The plane then sorrow. It was gone just like his gone hope.

While the devastated boy stomped home through a nasty storm, he thought "Why me." His gloomy shadow wandered along a dusty fence, broken, fallen, snapped. His leaf green coat had lost its glimmer. He felt like all the colours on his coat and around him were slowly drifting away.

3.

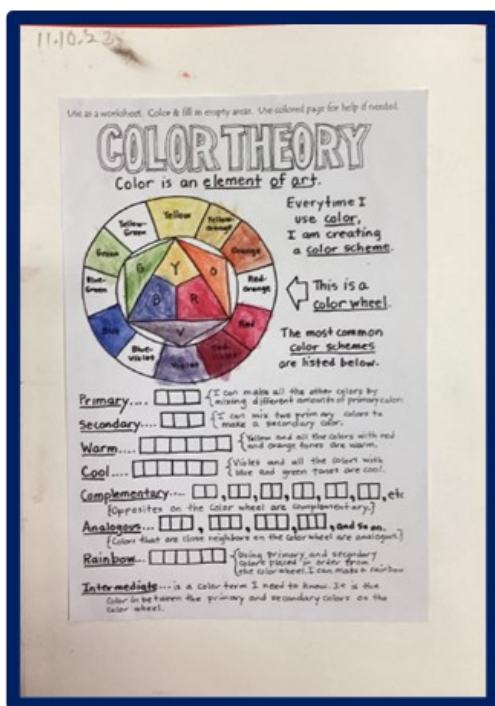
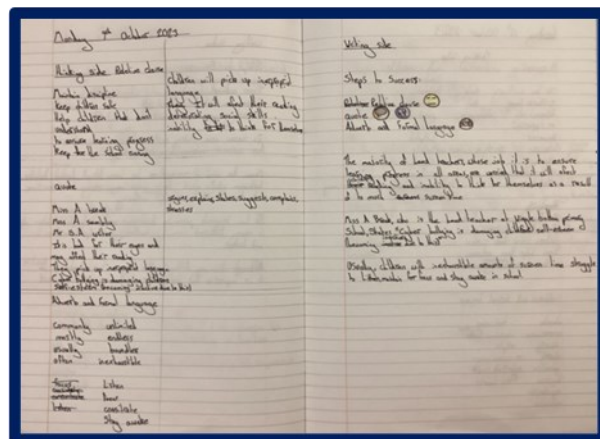
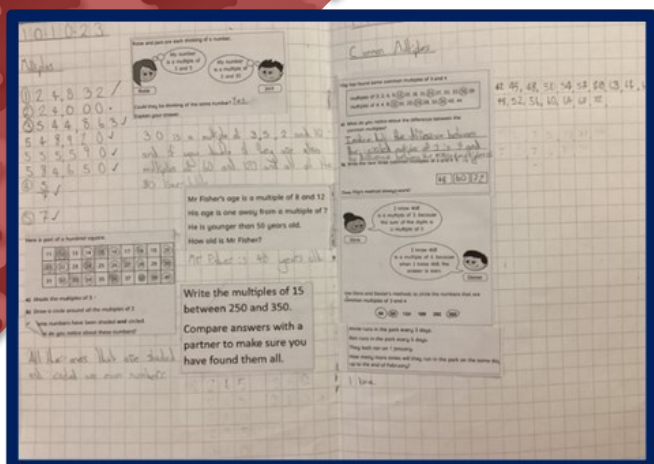
Sniffle by sniffle. Tear by tear. Stop by stop. At last the messy boy was home. "Come here my boy," soothed mum lovingly. "I will get you nice and warm." Bathed, dressed and cuddled a feeling of love wrapped around him.

Sitting in his favourite chair, which was sunny and comfy was keeping the boy comforted. There was a refreshing aroma of sugary cake that left a creamy taste in his mouth. A storm. A piece of cake. What a time to remember!

SECAT

Southend East Community Academy Trust

Sanderling Class



This week, our Super Sanderlings have sizzled superbly! They have been tackling multiples and factors in Maths, sentence stacked for their balanced argument, in Science they have explored filtering mixtures, talked colour theory in Art and about forgiveness in R.E. Our Rugby match was rained off so instead we had a great game of Dodgeball in the hall. Due to this, Year 5 shall be having next week's P.E. lesson on Monday so that we can get our rugby match in before we go on our Residential. We shall also be having our Forest School lesson on Tuesday next week instead of Wednesday. Keep an eye on our Instagram account while we are away, as we shall be posting lots of photos of the Sanderlings at Gillwell Park!

Take care and have a great weekend,

Mrs Emmings and Mrs Allen



Avocet Class

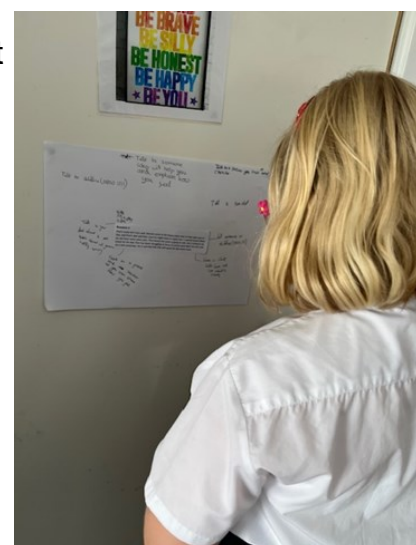
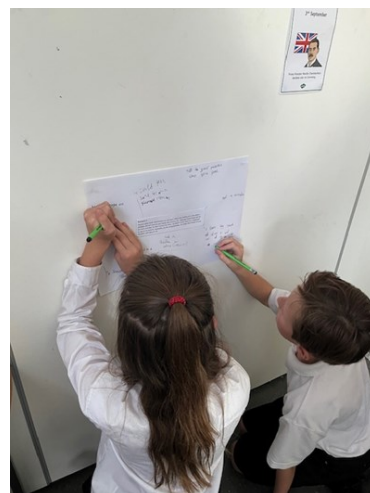
In English this week, we have been reading Letters From The Lighthouse and focusing on the main character of Olive through some hot seating activities. In Maths, we have focused on written methods for division and been introduced to the order of operations (also known as BIDMAS). Ask your children how to answer this question;

$$22 + 3 \times 4 =$$

In PE, we put all our Tag Rugby skills together and played a full game – Mr Young was super impressed with our team work, as well as our attacking and defending skills. In PSHE, we looked at some scenarios where children had lost someone close to them and offered some tips and advice to support them. The children came up with some excellent ideas and were very thoughtful in their discussions.

On Thursday, we had a special visit from Eddie the mountaineer. He talked about his previous climbs of some famous mountains, including Everest. He shared the safety equipment used when climbing different mountain terrains, as well as the clothing he wears to protect himself in extreme weather conditions.

Mrs Calvy, Ms Hardy and Miss Brailsford



Notices

Calling all Dads, with an under 4 year old child.

Join us for "Dad's Health Matters," a crucial session to prioritise your well-being!

Save the date: Thursday 9th November

Time: 7pm - 9pm

Location: Unit Twenty-One, Pier Approach, Western Esplanade, Southend on Sea, SS1 2EH

Learn top tips, tricks, and essential information to maintain a healthy and happy lifestyle as a Dad.

The evening includes:

A compelling talk by John Ryan, an award-winning comedian, covering all aspects of men's health and well-being.

Free Blood Pressure checks by Everyone Health to monitor your vital signs and ensure a healthy heart.

Insights from Andy's Man Club, a local men's mental health support group, to address and prioritise mental well-being.

Participation from Southend United Football Club Community & Educational Trust, promoting physical fitness and community engagement.

Wellbeing at Garon Park, providing guidance on holistic well-being and how to strike the perfect balance in life.

Don't miss this fantastic opportunity to invest in your health and happiness. See you there! □
#DadsHealthMatters #Wellbeing #MensHealth #SouthendOnSea

October is Breast Cancer Month.

As part of a series of events this month, Leigh based charity Lady McAdden will be holding a FREE Women's Wellness Event on **14th October** at **Leigh Community Centre**, SS9 1SP.

We will have a number of FREE sessions and information workshops covering topics such as yoga, menopause, breathwork, stress & anxiety, building resilience, mindfulness, healthy living, and nutrition.

We will also have nurses from our charity holding 1 to 1 appointments teaching women how to self-examine and delivering a talk on breast pain, potentially teaching women skills that could save their lives.

All sessions are free and open to everyone. This event is for all women with an interest in health and wellness- you do not have to have breast cancer or use Lady McAdden services to attend. Simply drop in for as many sessions as you would like!

Follow our face book pages @LadyMcAddenLeigh and @LadyMcAddenBreastCancer for more event info

We look forward to seeing you there!



Together we achieve

TOGETHER WE ACHIEVE



School Menu

Week commencing: 04/09, 25/09, 16/10, 13/11, 04/12

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Meat Smoked salmon mac & cheese with broccoli 	Sausage roll, potato smiles with carrots or baked beans 	Roast turkey, roast potatoes, mixed vegetables, yorkshire pudding and gravy (H) 	Chicken korma curry with rice & sweetcorn (H) 	Gluten free battered fish & chips with beans or peas
	Vegetarian /Vegan Mac & cheese with broccoli 	Cheese & onion pasty, potato smiles with carrots or baked beans 	Roast vegan Quorn fillet, roast potatoes, mixed vegetables, yorkshire pudding and gravy 	Chickpea & vegetable korma curry with rice & sweetcorn 	Vegan fishless fish finger & chips with beans or peas
	Jacket potato Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo 	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo 	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo 	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo 	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo
	Dessert Frozen yogurt 	Shortbread 	Jelly 	Fruit cocktail & whipped cream 	Ice cream sponge roll

School lunch costs

I am sure you will be well aware of surging food costs and the difficult inflation situation we are all living with at the moment. This has meant uncertainty and massive price variability for our catering team as we continue to try to deliver the best possible school meals for the children at our schools. Schools up and down the country are having to significantly increase meal costs and this is impacting on families already struggling with the cost of living crisis.

With this in mind we are very pleased to advise you that we will not be increasing the cost of school lunches and this will remain for the school year 23/24. This is part of our support to you as families. We have been able to get to this point by working together as a Trust to make the most of our collective buying power and in house provision of catering. We hope this is a rare bit of good news in a world where prices seem to be rising almost daily.

The Dinners option and the Clubs & Trips option is accessible via the menu in the MCAS app and via a web browser.

If you do not have access to MCAS, please contact the school office who will be able to send you an *invitation code* and *link* to activate your personal account.



Southend East Community Academy Trust



Awards and Notices

Ashley Banjo



Mo Farah



Ellie Simmonds



Jamie Oliver



Dress for Success

The class which achieves the best attendance, every half term, will be allowed to come to school in non-uniform the following Monday.

The winners so far this term are,

KS1 Seahorse Class, having attendance of 97.02% overall

and in KS2 Heron Class with 96.80%.



100% Attendance and Punctuality Prize

Each week, during our celebration assembly, we congratulate good attendance as a whole class.

This week in KS1, Alice the Bunny was won by Oyster Class with 100% and KS2 the attendance cup was awarded to Curlew Class with 98.75%.

The classes will be rewarded with an extra turn on the play equipment.

Student of the Week

Award Board

**Avocet Class—
Miley**

**Sanderling Class—
Sigourney**

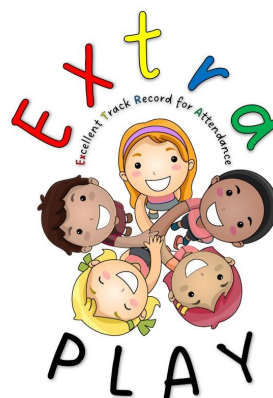
**Curlew Class—
Ethan**

**Heron Class—
Lerwis**

**Seagull Class—
Amelia**

**Oyster Class —
Harry**

**Seahorse—
James**





Awards and Notices



Catch Me! Awards

This is a system that rewards the children for doing the right thing all the time, whether it be being polite, helpful, ready to learn etc and any adult in the school can award the Catch Me! signatures to the children.

Well done to Riley, Sammy M, Jess, Ava P, Willow, Freddy and Matilda in Seagull Class, Olive and Chloe in Heron Class and Aiza in Sanderling Class on achieving their Bronze Catch Me! Awards.

Times Tables

Congratulations to Matilda, Poppy, Ronnie, Summer, Willow, Olivia, Albie, Arthur and George in Oyster Class and Lucia, Ayva D and Charlotte in Seagull Class on achieving their Bronze Times Tables Certificate.



School Garden

I just wanted to say a huge thank you to the group of parents who volunteered to clear the raised beds of weeds ready for the winter. They look amazing and we look forward to planting some crops in the spring.

Mrs Waite

Flu Vaccine Catch Up Clinics

Please see the attached leaflet for information on your nearest catch up clinics this winter

Term Dates / Dates for Your Diary

Please note that school, including Nursery, will close to pupils at 1:00pm on Wednesday 20th December 2023 and Friday 19th July 2024.

There will be revised lunchtimes on these days.

Breakfast club will run as normal on these dates, but there will be no after school club.

Autumn term 2023 dates (updates in red)

Y5 Residential (Gilwell Park)	18th—20th October 2023
Y3 Stone Age Workshop	20th October 2023
FOH Pre-Loved Uniform sale	20th October 2023—pm
Y1 Guy Fawkes/ Y2 Great Fire of London Workshop	1st November 2023
Individual Photos	2nd November 2023
Pupil Advocate Meeting	3rd November 2023 1.30—2.15
New Reception Parent Meeting	9th November @ 3.30pm or 16th November
September 24/25 Intake	@ 9.30am
Parent Consultations	14th & 16th November 2023 3.30pm—6.30pm
Children in Need Stalls (lunchtimes)	15th, 16th and 17th November 2023
Class Colour Hamper Donation Week (FOH)	w/b 20th November 2023
FOH Christmas Market	23rd November 2023
Whole School Assessment Week	w/b 27th November 2023
FOH Children's Christmas Fair	1st December 2023
Y6 trip to Duxford	5th December 2023 (change of date)
KS1 Christmas Production	6th December 2023 @ 9.30am
FOH Secret Santa	11th, 12th & 14th December 2023 (lunchtimes)
Reception Nativity	12th December 2023 @ 3.30pm
Christmas Lunch	13th December 2023
Nursery Nativity	14th December 2023 @ 9.30am
FOH Christmas Raffle Draw	15th December 2023

Spring Term 2024 dates (updates in red)

Choir at the O2	30th January 2024
Whole School Assessment Week	w/b 12th February 2024
Mother's Day Stalls	4th, 5th & 6th March 2024
Y2 Arctic and Antarctic Workshop	27th March 2024



Term Dates / Dates for Your Diary

Spring Term Dates contd 2023 (updates in red)

Parent Consultations	5th & 7th March 2024 3.30pm—6.30pm
World Book Day	7th March 2024
Aspirations Week	w/b 11th March 2024
Reception Stick Man Day (Danbury Park)	27th March 2024

Summer Term Dates 2024 (updates in red)

Bank Holiday (May Day)	6th May 2024
Y6 SATs Week	w/b 13th May 2024
Y6 to Chigwell	20th—24th May 2024
Father's Day stalls	10th, 11th, 12th June 2024
YR—Y5 School Assessment Week	w/b 24th June 2024
Sports Day & Picnic	1st July 2024
Y6 Transition Day	5th July 2024
Yrs R-5 Transition Morning	5th July 2024
FOH Summer Fair	6th July 2024
Reserve Sports Day	8th July 2024
Whole School Open Evening	11th July 3.30pm—5.30pm
Hinguar's Got Talent	15th July 2024
Volunteer Afternoon Tea	16th July 2.15pm
Y6 Graduation	18th July 2024 2.00pm

Term Dates for Academic Year 2023-2024

Autumn Term: Friday 1st September 2023—Wednesday 20th December 2023
Half Term: 23rd October –27th October
Spring Term: Thursday 4th January 2024—Thursday 28th March 2024
Half Term 19th February –23rd February
Summer Term: Monday 15th April 2024—Monday 22nd July 2024
Half term 27th May –31 May, and May Bank Holiday 6th May

Inset Days 2023/24

Friday 1st September 2023
Monday 30th October 2023
Friday 16th February 2024
Friday 28th June 2024
Monday 22nd July 2024

Inset Days 2024/25

Tuesday 3rd & Wednesday 4th September 2024
Friday 29th November 2024
Friday 14th February 2025
Monday 24th February 2025