

HINGUAR PRIMARY SCHOOL & NURSERY

📍 New Garrison Road, Shoeburyness, Essex, SS3 9FE ☎ 01702 292 721

🌐 www.hinguar.secat.co.uk ✉ office@hinguar.secat.co.uk

Headteacher: Mrs Emma Goy

20th March 2026

Dear Parents and Carers,

Welcome to our new newsletter! Following feedback, we are trying something a little different to streamline our communication with you.

Hopefully those of you with a child in reception to year 5 will have received my letter about the free breakfast club running at school from September. Please use the link to the [expression of interest](#) form. This will aid in our planning for the provision.

Respectfully, can I ask that children do not play on the playground equipment after school. The area is not supervised at this time and a clear, calm playground helps us release children safely to their parents.

It was lovely to see so many of you this week at our parent/teacher consultation evenings. I hope you found them valuable and enjoyed looking at your children's work.

Thank you to our Friends of Hinguar volunteers who organised and supervised the pre-loved uniform.

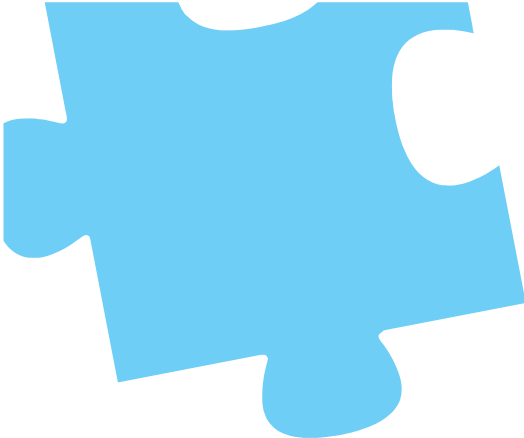
Have a lovely weekend,

Mrs Goy

Headteacher

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Upcoming dates

Monday 23 rd March-Friday 27 th March After school	Book Fair (Location TBC)
Wednesday 25 th March 6:30pm	Year 3 & 4 Performance (Spring Chicken the Musical) Tickets must be shown
Thursday 26 th March 9:30am	Year 3 & 4 Performance (Spring Chicken the Musical) Tickets must be shown
Friday 27 th March	Last day of term – normal closing time
Monday 13 th April	First day of summer term
Tuesday 14 th April PM	Year 5 swimming
Wednesday 15 th April and Thursday 16 th April	Year 6 Bikeability

For dates further in the future please see our [school calendar on the website](#)

[Term Dates](#)

School notices

Clubs next week – there will be no sports clubs before or after school next week. Choir and 11+ club will still run.

Drop Zone Easter Draw – all children who book into breakfast or after school club from Monday 16th March-Thursday 26th March will be entered into a draw to win a giant Easter egg. The winner will be drawn at breakfast club on Friday 27th March

Meningitis – we have had no concerns with meningitis at school, but we will be informed by public health if this becomes a specific concern in our community. However, with current publicity about cases in Kent you may be interested at this time in making sure you are aware what to look out for [What is meningitis? Symptoms, risks and how to protect yourself – UK Health Security Agency](#)



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Safeguarding

Welcome to this new section for the newsletter. Keeping our children safe and well is the most important thing for all of us and it is most effective when everyone works together. I will regularly share information about different aspects of safeguarding. Many of them will be linked to online safety as this is a significant parenting challenge when it comes to keeping children safe.

This week I would like to make sure our parent community is aware of the Designated Safeguarding Lead (DSL). All schools must have a DSL. At Hinguar, this role is fulfilled by Mrs Goy with Mrs Wilson as deputy.

If you have concerns about your child or something is happening in your child's life that could be having a negative impact please come and speak to us. You can contact the office and ask directly or use the dedicated email address below.

What to do if I am worried about a child

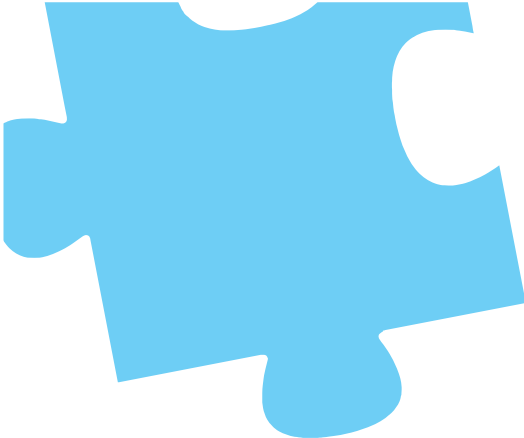
If a child is in immediate danger, you should always ring the police or ambulance services on 999.

If you have concerns about a child and would like advice you can contact me, dsl@hinguar.secat.co.uk a health professional or the [NSPCC](http://www.nspcc.org.uk).

If you are concerned that a child is suffering or at risk of suffering significant harm, abuse or neglect, you can contact social care directly on 01702 215007 during working hours. Outside of working hours call 0345 606 1212.

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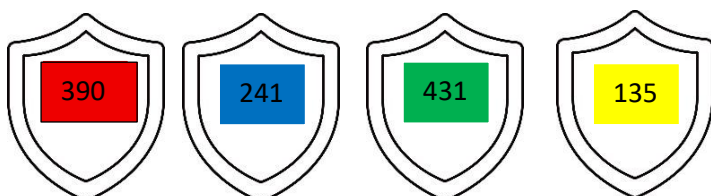
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Rewards



Catch Me! Awards

Any adult in the school can award a Catch Me! to a child for following our rules of being ready, respectful and safe

Congratulations to the children who have collected enough Catch Mes for a reward. Children who have achieved their gold award this term will join Mrs Goy for afternoon tea before the holidays.

Bronze

Silver

Luna, Bella and Rory in Oyster Class, Poppy in Heron Class and Lewis and Bjorn in Sanderling Class.

Gold

Arthur in Heron Class.

Reading Champion

This week's reading champion is Archie in Seahorse Class.

If you would like to be awarded a Reading Champion badge, you must read a selection of challenging books from a variety of genres and then write a short review of ONE book that you have read. Thank you for your continued support in fostering a love of reading.

'Together We Achieve.'

Attendance

We celebrate good attendance in school, as this provides your child the best opportunities for success. [Penalty notices](#) may be issued for unauthorised attendance.

This week's attendance was awarded to:

Reception/KS1	Seagull	94.83%
KS2	Heron	95.56%

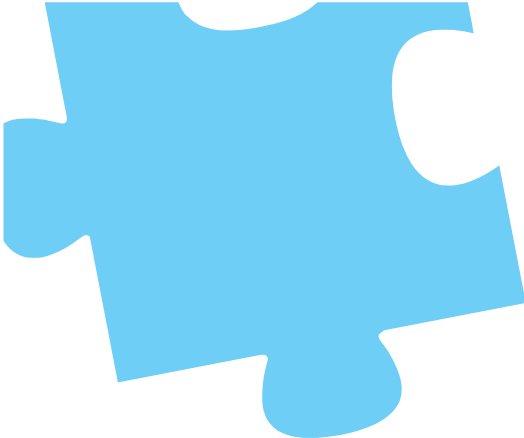
These classes will have an extra opportunity to use the play equipment.

Each half term classes are rewarded for the best attendance of the half term. This half term so far the leaders are:

Reception/KS1	Seahorse	94.36%
KS2	Avocet	94.91%

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SECAT



Together we achieve

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Special Achievement

The Year 5 and 6 Sports Hall Athletic team did a spectacular job on Wednesday at Garon Park in the final of the Smalls School Sports Hall Athletic competition. The team really pulled together and have achieved 9th place out of all the small schools in the whole of Essex. What a fantastic achievement!

Team Hinguar at its best 😊



Community news

WRAPAROUND CARE
Available for children Reception - Year 6

BEFORE SCHOOL
Children will be offered a nutritious breakfast (including dairy alternatives) and taken to their classes ready for their school day.
Monday - Friday
7:30am - 8:40am
£6.00 per Child, per day

AFTER SCHOOL
Children are escorted by their teachers at the end of the school day to a safe supervised space, providing enrichment, where they can build friendships. During the session, children will be offered a nutritious snack, for example a toastie or a pizza. There are plenty of activities to keep everyone occupied, including: crafting, puzzles, board games, small world playsets, quiet zones for homework and outdoor play.
Monday - Friday
3:00pm - 6pm
£11.50 per Child, per day

INFORMATION
The club is there to help working parents and offer social interaction and varied experiences beyond the curriculum, focusing on fun and development.

DID YOU KNOW?
Parents eligible for Tax-Free Childcare or Universal Credit Childcare will be able to use the support to help pay for wraparound care.

Session can be booked on MCAS parents can also email: dropzone@hinguar.secat.co.uk or call 01702292721 (During session times only)

Childcare Choices HM Government

We are offering a 50% discount for all new members to the club - subject to space available on your chosen day. Please help support our clubs to be successful. This offer can be used for future sessions when available - we aim to be as flexible as possible.

SECAT ClubsComplete 4-11 years

We are working in partnership with SECAT trust

Early Bird 10% Discount if you book before 15th March with code: SECAT10

EGG HUNTS
Week 1: Eggstravaganza 30th, 31st March, 1st, 2nd April
Week 2: Challenge Your Limits 7th, 8th, 9th, 10th April

COOKING & SCIENCE

EASTER CRAFTS

SPORTS

Any child from any school can join our easter clubs!
Half days available for 4 year olds

TIMES
8.30am - 4.30pm
9am - 3.30pm
8.30am - 6pm
Half Days

PRICES
£37.50
£34
£43
£17

Hinguar Primary School & Nursery
New Garrison Rd, Shoeburyness, Southend, Essex, SS3 9FE

FOR MORE INFORMATION 01530412750 07821288712
BOOK ONLINE

admin@clubcomplete.co.uk www.clubcomplete.co.uk

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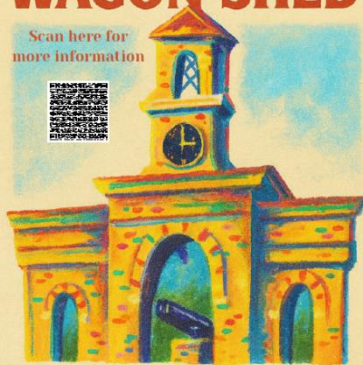
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CART AND WAGON SHED

Scan here for more information



CHILDREN'S ART COMPETITION

Celebrating Southend City Day

"Pride In Shoeburyness" Southend City Day Art Competition Rules

- Eligibility**
- Open to all children up to age 18.
 - Entries must be original, created by the submitting artist, and not previously exhibited or published.
- Theme**
- Artwork must capture the essence of Shoeburyness, focusing on one or more of the following:
- Culture: community identity, local stories, creative spirit
 - Heritage: military history, Garrison links, coastal defences, historic buildings
 - Natural life: shoreline, mudflats, wildlife, estuary light, landscapes
- Accepted Media**
- Painting, drawing, mixed media, collage, printmaking, photography, digital art, sculpture
 - No hazardous materials or works requiring electrical power
- Size & Format**
- 2D works: max size A3 (unframed)
 - 3D works: max size 40cm x 40cm x 40cm, stable for display
- Submission Requirements**
- One piece per artist
 - Label artwork with name, age, title, contact number and email and a short description (max 20 words) explaining the connection to Shoeburyness. Your data will only be used for the purposes of this competition
 - Art is stored at the owner's own risk
 - Deliver entries to the Cart & Wagon Shed by 5pm Wednesday 29 April
- Judging Criteria**
- Connection to Shoeburyness: clarity, authenticity, depth
 - Creativity: originality of concept and approach
 - Artistic quality: technique, composition and impact
 - Storytelling: effectiveness in communicating pride in Shoeburyness
- Age Categories**
- Up to 7
 - 7-11
 - 12-18
- Prizes**
- Certificates for winners in each category
 - Display of winning works during our YE Day Celebrations (Saturday 2 May)
 - Special recognition award for overall winner
- Display & Rights**
- Artwork may be displayed and used in promotional materials (credited to artist)
 - Artwork remains property of artist and must be collected after exhibition
- Conduct & Safety**
- Entries must be respectful and family-friendly
 - No offensive, discriminatory, or unsafe content
- For more information and to enter, contact dhadjicostas@cartandwagonshed.org
- We look forward to seeing your entries!

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

- 1. DESIGNATE A TRUSTED ADULT**
It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Identify consistent figures for the child to develop a relationship with. This person – usually through play and games – allowing time to spend and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.
- 2. MEET CHILDREN HALFWAY**
Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead may go on to help them. We call this "co-regulation"; rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.
- 3. FACTOR IN THEIR BASIC NEEDS**
Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – so well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.
- 4. REMAIN PATIENT**
If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with calmness and understanding to help them manage these problematic feelings.
- 5. BE A DYSREGULATION DETECTIVE**
While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit next to, an unmet sensory need or something else entirely. Once an initial cause is triggered, we can help to avoid or overcome them.
- 6. USE SUITABLE LITERATURE**
There are some wonderful books that can help you teach self-regulation to children. Reading these with your child can be especially useful. Take time to discuss the content and questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to a couple of these books at appropriate moments.
- 7. TRY SENSORY RESOURCES**
An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fidget spinners. Of course, what works for one child might not work for another – it's important to offer a whole range of resources to discover which they prefer.
- 8. NURTURE INDEPENDENCE**
If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they should listen to adults when it's appropriate. However, if they don't want to do something that soothes or distracts themselves to regulate how they feel, this may take time for the child to learn to be patient. Encourage them to share any helpful strategies with a trusted adult.
- 9. MODEL GENUINE FEELINGS**
Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.
- 10. FORMULATE A PLAN**
As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is when it's possible one; it's hugely important to know in advance what tools help and what could worsen the situation.

Meet Our Expert
Averghild Barrett is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning 100 Sensory Strategies, whose role is to educate, inform and reassure individuals, teachers and members of children with SEND.

#WakeUpWednesday **The National College**

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