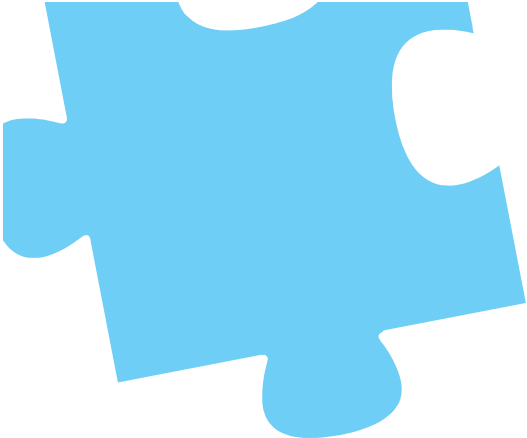




HINGUAR PRIMARY SCHOOL & NURSERY

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

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

Headteacher: Mrs Emma Goy

Friday 11th September 2026

Dear Parents and Carers,

Today we held our first celebration assembly of the year. It was a pleasure to gather together and celebrate the achievements of children from years 1 to 6.

It has been really positive to have started the term with high attendance across the school. Regular attendance and punctuality have a significant impact on children's achievement and social experience, so it is really important children are in school every day and on time. We know that at times children will be too unwell to come into school and then, of course, home is the best place. If you are having difficulty getting your child to school, please make sure you let us know so that we can help.

It has been brought to my attention that some parents believe that children must wear school PE kit for before and after school clubs. They can of course wear school kits but children may wear whatever you prefer for these clubs, as long as it is appropriate for the activity. I hope that helps with arrangements.

I hope that you have a lovely weekend - I think there may be some tired children tonight, after a first full week back!

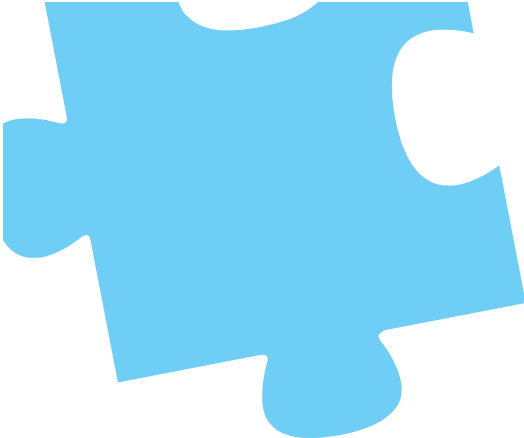
Best wishes,

Mrs Goy

Headteacher

• EMPOWERING CHILDREN AND SCHOOLS •





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SECAT

The SECAT CEO will be holding an online Trust Q and A session for parents on 30th September at 12:00. This can be accessed via the link below:

<https://teams.microsoft.com/meet/38239377673048?p=s3o5e4H43BYuk6N12>

If you have questions that you would like to share in advance, please email admin@secat.co.uk

Upcoming dates

16 th September 2026	Bikeability year 6
17 th September	Year 5 residential meeting after school
18 th September 2026	Phonics information session for Reception parents – 2.30pm
2 nd October 2026	Phonics Meeting for parents year 1 – 2.30pm
6 th & 8 th October	Parent/Teacher Consultations

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

Term Dates

Autumn Term 1st September – 18th December 2026

Half Term 19-30 October

Spring Term 4th January – 25th March 2027

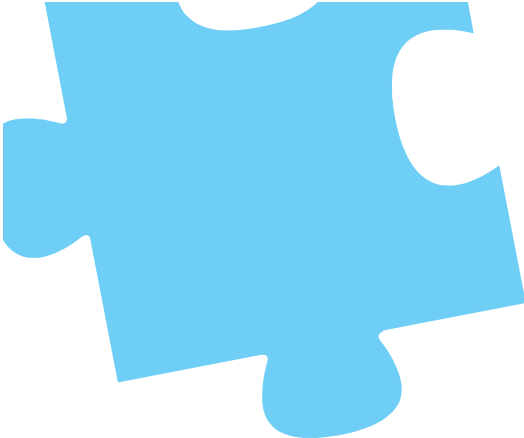
Half Term 16 – 19 February

Summer Term 12th April – 23 July 2027

Half Term 31 May – 4 June

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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.

Winners of the weekly attendance award will have an extra opportunity to use the play equipment.

Weekly Attendance Winners

Reception/KS1	Seagull	100.00%
KS2	Curlew	99.19%

The winners of the attendance award for the best attendance of the half term will have a non-uniform day at the end of term.

Half Termly Attendance

Reception/KS1	Seagull	100.00%
KS2	Curlew	99.19%

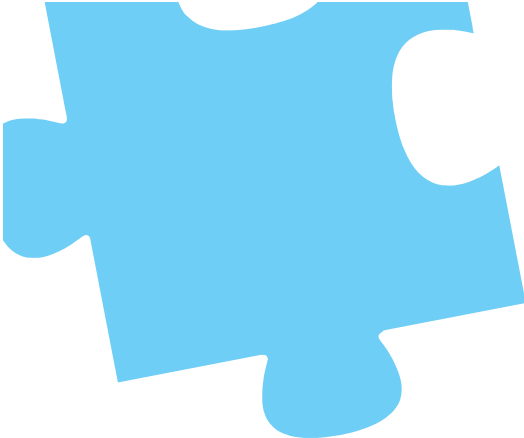
Safeguarding

I would like to start the new year introducing this section of the newsletter. Here we will share information to help keep your children safe as well as advice for when times are challenging. Every school must have a Designated Safeguarding Lead (DSL). At Hinguar, Mrs Goy takes this role with Mrs Attard and Mrs Wilson as deputies. If you have a concern, please approach us at the gate or contact us through the school office. We also have a dedicated email address:

dsl@hinguar.secat.co.uk

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Community

🌳 🌳 A brilliant afternoon for Summer, Willow and their school friends! 🌳 🌳 🌳

On Thursday, Summer, Willow, Matilda and Zara joined the Friars Park Litter Pick, in an effort to keep our local spaces clean.

The children worked together with volunteers to collect 16 full sacks of rubbish, plus some unexpected finds — a fridge, a broken bike and even a door. Everything has now been logged and reported for collection. Their teamwork, enthusiasm and determination were amazing to watch.

We were very proud to see the enthusiasm and see them step up to help their community. They're learning that caring for our environment isn't just important it's something we can all do together.

Keeping our parks litter-free helps protect wildlife, keeps spaces safe for families, prevents pollution reaching our rivers and seas, and builds pride in our community. Most of all, it sets a positive example for the next generation.

📅 Next Litter Pick

Saturday 10th October

9:00am – 10:00am

Friars Park – meet at the gate on Exeter Close

All equipment is provided, and the Pop-Up Library will be there again.



• EMPOWERING CHILDREN AND SCHOOLS •



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health4life

SNACK-TEMBER

EVERY SMALL CHANGE CAN LEAD TO GREAT RESULTS

Newsletter September 2026

WHY SNACK-TEMBER?

The aim of Snack-tember is to help children and young people (aged 5-16 years) make and choose healthier, more sustainable snacks.

During Snack-tember, we will be encouraging pupils to:

- EXPLORE better snacking
- TRY new snacks
- MAKE their own healthy snacks

A scoping review* investigating the patterns of snacking in children aged 2-12 years found that:

- Over 92% of children consumed snacks.
- On average they had 3 snacks a day.
- Snacks contributed 231-565kcal a day to the diet.
- Only 24% children regularly have veg snacks

SNACK SPOTLIGHT

Making snacks yourself means you know exactly what's in them, helping you cut down on added sugar, salt, and processed ingredients. It's often cheaper too - buying ingredients in bulk can save money in the long run, and you'll get more for your money than with individual pre-packaged snacks. Plus, homemade snacks can be fun to make with your child and help them learn healthy habits for life!

Pizza Muffins

These Pizza Muffins are an easy savoury snack that combines all your favourite pizza toppings in a handy muffin. Great for lunchboxes, parties, or a quick bite on the go!

<https://www.nutrition.org.uk/snack-tember-2026/>

GETTING DIPPY WITH IT

Making your own dips is a fun and easy way to encourage children to eat more fruit and vegetables plus, they're more likely to try new foods when they've helped make it!

Pizza in a Pot
A dollop of cream cheese or cottage cheese in a small dish, add tomato sauce or some passata, and top with grated cheese. Add a pinch of dry oregano if you like.

Pea Pesto Smash
Mash some frozen peas with cream cheese and pesto. Hand them a fork and let them squish until it looks like green slime. Bonus points if they make monster noises while doing it!

WEBINARS

Join our Lunch & Learn webinars and build your confidence around feeding your little one. Learn useful tips and tricks, share experiences, and get advice from our supportive team of experts.

Healthy Eating & Eating on a Budget
Wednesday 10th September @ 12pm

Healthy & Hassle Free Lunchboxes
Wednesday 22nd September @ 12pm

Sugary Snacks & Oral Health
Wednesday 30th September @ 12pm

Fussy Eating
Wednesday 7th October @ 12pm

TOP TIPS

After school ideas
Swap biscuits, sweets and chocolate muffins for healthier snacks like fruit and chopped veggies, plain rice cakes, toast with lower-fat spread or a fruited tescale.

Cut and colour
Offer kids a range of brightly coloured fruit and veg cut into different shapes, or draw funny faces on a banana or satsuma.

Watch the teeth
Dried fruit counts towards your 5 A Day but it can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.

Get the kids involved
Try making snack time exciting and more hands-on. Get your child involved by getting them to prep what they're going to eat. They'll love chopping it up themselves!

Liquid sugar
A drink with a snack can be a double sugar overload. A chocolate bar and juice pouch together can contain around 8 cubes of sugar - that's more than the maximum daily amount of added sugar in 1 snack session! So swap sugary and fizzy drinks for diet or no added sugar drinks, lower-fat milks or water.

Leave it on the shelf
The simplest trick in the book: if you don't have sweets in the house, you cannot eat them. You will save money, too!

SUPER SWAPS

When shopping, take a quick look at the food labels on the front of the pack. These show traffic light colours for things like sugar, salt, and fat. Try to choose more items with green, some with orange, and avoid too many with red - that means it's high in something less healthy.

Per 100g	Low	Medium	High
Sugar	0g to 5g	5g to 10g	10g or more
Salt	0g to 0.5g	0.5g to 1.5g	1.5g or more

Want to make it even easier? Download the free NHS Food Scanner app - just scan the barcode and it shows healthier swaps your family can try in real life!

Download the free NHS Food Scanner app

SWP is specially scan of your family's favourite foods, you can find healthier swaps for most items you shop.

Available on the App Store and Google Play

FOR ANY FURTHER SUPPORT PLEASE CONTACT HEALTH4LIFE

health4life@southend.gov.uk ☎ 01702 534843

Southend-on-Sea City Council

Friends of Friars Park

LITTER PICK

26 SACKS OF RUBBISH COLLECTED SINCE AUGUST 2026

OUR NEXT LITTER PICK
SATURDAY 10TH OCTOBER
9AM - 10AM

MEET AT THE ENTRANCE GATE
FRIARS PARK
SHOEBURYNESSE
EXETER CLOSE
SS3 9YY

ALL EQUIPMENT PROVIDED

POP UP LITTER PICK LIBRARY
WILL BE AVAILABLE TOO!

ALL WELCOME

A CLEANER PARK MAKES A HAPPIER COMMUNITY

• EMPOWERING CHILDREN AND SCHOOLS •

