

Parents can wait on the playground for children from year 4, 5 and 6 to walk around but this must be shared with the class teacher.

Dates

At the bottom of our newsletter, we will share school dates. These will be updated each week as necessary and new dates will be in red. We will try to avoid last minute changes and additions, which will hopefully enable you to organise your own diaries as school parenting admin is one in its own right!

Meet the teacher

We would like to invite you to meet the teacher this September. The session will start at 2.45pm and will take place in the classroom with the children.

22nd – year 6

23rd – year 1 and year 5

24th – year 4

25th – year 3

26th – year 2

Staff

We would like to welcome Mrs Freeman, Miss Read and Mrs Fitzgerald to Roseacres!

After school clubs

We are currently exploring our after-school club offer and hope to have these in place by October. Please be patient whilst we work with other agencies to seek a range of opportunity for the children.

Our Best bits

EYFS

EYFS have settled so well this week, it has been very calm in the classroom and the children have started to adjust to their new routines.

Year 1

The children have been exploring Hinduism in RE. This linked to them exploring their senses and the children were excited to taste test chocolate, hold ice and smell apples!

Year 2

The year 2 pupils enjoyed creating their Andy Warhol inspired portraits as their welcome back activity.

Year 3

The children were so excited to be back in PE together, they practised their balancing. Ivy-Rose created a new game with skipping and everyone took part!

Year 4



Year 4 did a science challenge together to build the biggest tower with jelly tots and spaghetti! It was a great team building activity!

Year 5

The children have started to explore Roman artefacts and understand what they've been used for.

Year 6

Year 6 enjoyed their Pop Art, a legacy activity that they do every year!

		Celebration!					
EYFS All	Year 1 Annabelle	Year 2 Theo	Year 3 Teddy	Year 4 William	Year 5 Harriet	Year 6 Charlie	

PE Days

Children should come to school wearing their Roseacres PE kit. Children are not able to wear logoed designer clothes or football kits. Earrings must be removed with long hair tied back.

Monday	Year 1 and year 4
Tuesday	Year 2 and year 3
Wednesday	EYFS, year 3 and year 5
Thursday	Year 2, year 5 and year 6 (swimming Autumn term)
Friday	Year 1 and year 4

Recent communication

02.09.25 – letter to year 5 and 6 parents.

Diary dates

Autumn	Spring	Summer
1 st September – INSET day 2 nd September – children back to school 9 th September – 2pm Friends meeting at school Week beginning 22 nd – meet the teacher from 2.45pm 22 nd – Year 6 23 rd – year 1 and year 5 24 th – year 4 25 th – year 3 26 th – year 2 23 rd September – individual school photos 24 th September – EYFS phonics meeting 25 th September – year 1 and 2 rescheduled trip 3 rd October – Harvest Festival at Church 17 th October – EYFS, year 1 and year 2 drama workshop 21 st – Parent Learning Conferences 4.30pm – 7pm. 23 rd October - Parent Learning Conferences 3.30pm – 6pm. 23 rd October – flu sprays 27 th – 31 st October – half term 3 rd November – children return to school. 10 th November – flu spray 10 th November – EYFS open evening for September 2026 at 5pm. 13 th and 14 th November – year 5 Bikeability 20 th and 21 st November – year 5 Bikeability 28 th November – INSET day 19 th December – last day of term	5 th January – children back to school 19 th January – year 6 Young Voices at o2 20 th January – INSET day 16 th – 20 th February – half term 3 rd March – year 2 Aerozone Trip 6 th March – World Book Day Celebration 27 th March – last day of term.	13 th April – children back to school 4 th May – bank holiday 25 th – 29 th May term 11 th – 14 th June Year 6 SATs 1 st June – INSET 1 st June – 12 th June – year 4 multiplication table checks 8 th June – 12 th June – KS1 Phonics Screener check 15 th June – 17 th June – Y6 Residential 17 th July – last day of term 20 th July INSET day

New dates will be added in red

SEND		
Dates	Resources	Referrals
	Essex Local Offer Supporting your Neurodivergent Child West Essex Inclusion Project Essex Family Wellbeing SEND IASS Autism Central West Essex Inclusion Project One Plan Process Essex Frontline	Community Paediatric Service West Essex Community Specialist Services

Safeguarding

Parking

When picking up or dropping off children at schools, you should do the following:

- Allow yourself plenty of time as the area is likely to be busy.
- Do not park on yellow zigzag lines and avoid parking opposite them.
- If you decide to park further away, please be considerate of local residents and avoid blocking driveways or access ways, especially for emergency vehicles.

[Parking outside schools | Police.uk \(www.police.uk\)](#)

Are you worried about a child?

As a school, we consider safeguarding to be a priority. We welcome parents and carers talking openly to us about their concerns for the safeguarding of children and families. Remember, safeguarding is everyone's responsibility. If you have any concerns about a child, you can contact one of our Designated Safeguarding Leads via the school office. Please ask to speak to Vicky Childs, Sian Watson or Kerry Renton and specify that you have a safeguarding concern.

If you are worried about a child or young person, you can call the NSPCC helpline for support and advice for free on 0800 800 5000. If a child is in immediate danger, you should call 999. Children can call Childline at any time on 0800 1111.

The designated safeguarding leads at Roseacres are Mrs Childs, Mrs Watson and Mrs Renton.

Recognising and managing stress!

Stress is something we all experience – but for children and young people, it can feel especially overwhelming. The guide below presents 10 simple, actionable strategies to help young people manage stress in a healthy and balanced manner. Whether it's noticing early signs, encouraging open conversations, or modelling calm responses, there are plenty of ideas here to support positive change.

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College