



Autumn Term – Week 12

Attendance winners

Congratulations to Team 3 and Team EYFS who had the highest attendance of **100%** this week.

WELL DONE TO OUR Y5&6 CROSS COUNTRY TEAM

Our cross country team did us proud on Wednesday! They have all spent their Friday lunchtimes training for their 1500m cross country race and every one of them ran their socks off. It was a super competitive event with around 130-150 runners in each race and Roach Vale really held their own. A huge congratulations to Rume who took 2nd place in the year 5 girls race and has been invited to the finals!



PTA GIFT SALES

Following the popularity of our Mothers' and Fathers' day gift sales we will be selling Christmas gifts on the 8th and 9th of December. Gifts are priced at £2.50 and there are 3 to choose from. As always, we'll let the children know what the gifts are so they can surprise you with something special. You can pre-pay for a maximum of 2 gifts on the School Gateway app (Sales close on Friday 5 December at midday). Pre-paid sales will be given priority on Monday 8 December and cash sales will take place on a first come, first served basis on Tuesday 9 December.



WRAPROUND CARE UPDATE

As you know, from January CMXSC will no longer be providing our wraparound care provision, but we are excited to announce that we will be launching our very own Roach Vale Wraparound Clubs. Breakfast and afterschool club will be run by our very own staff and we will be focussing on making it as affordable as possible. We are currently finalising the finer details of our booking systems, so stay tuned for more information coming soon.

**Warm snack only available when staying for the later session.*

Introducing Roach Vale Wraparound Care!

Starting 6th January 🎉



Breakfast Club

8:00–8:40pm – £5
Toasted bagels (various spreads)
or cereal

After School Club

3:30–4:30pm – £5
3:30–5:30pm – £8

Warm snack: crumpets or toast with spreads
Activities include: homework support,
reading with an adult, crafts, toys, games
and more!

**Our aim is simple: affordable, high-quality
childcare that supports our families and
keeps children happy, safe and engaged.**

- Booking opens in the last week of term
- Easily book through our existing online system
- Discounts available for full-week bookings!

CHRISTMAS DATES FOR DIARY



3 rd December 10am	EYFS and KS1 Nativity
4 th December 2pm	Please book tickets on the Gateway App
8 th and 9 th December	PTA Christmas gift sale
10 th December from 2pm	KS2 Christmas Exhibition event Carols on the playground at 2.30pm
17 th December	Christmas jumper day Christmas Dinner
19 th December	Last day of term

PAPER CHAIN RAFFLE

We have some amazing prizes on offer for our Paper Chain raffle!



**CHRISTMAS
PAPER CHAINS**

As from Monday 1 December children will be able to buy paper chains to be in with a chance of winning amazing prizes.

Each paper chain is 50p

Lucky winners will be announced on

Friday 19 December
during assembly

The poster features a cartoon Santa Claus on the left, the title in large green letters, and several examples of colorful paper chains on the right. The chains are made of small circular links with various patterns and colors like red, green, and white.

PTA NOW ACCEPTING CARD PAYMENTS!

We now have card machine for PTA events including 50p Friday. The minimum spend for cards is £1.

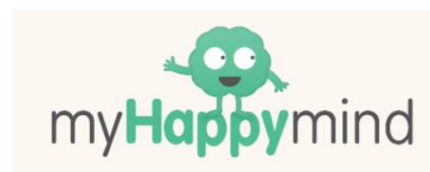


KS2 CHRISTMAS EXHIBITION EVENT - UPDATE

The exhibition will open at 2pm where you'll be able to look at the pupil's Christmas displays. You'll be able to purchase a warm drink and mince pie to take out onto the playground at 2.30pm where you'll enjoy a short traditional carol service led by our Key Stage Two classes. The choir will perform in the hall at 3pm to close the event. We look forward to seeing you there!

MANAGING THE CHRISTMAS STRESS

We know this time of year is hectic and there are lots of things to juggle. Don't forget the myHappyMind app has lots of resources for you and your child to support your wellbeing.



Parents and carers can access a wealth of myHappyMind resources to use at home by downloading the myHappyMind parent app. Simply scan the QR code below and enter the authentication number 114823.

AMAZING READING!

Well done to everyone who read at home 5 more times a week last half term. Reading regularly at home has a monumental impact on learning, so please keep it up. Congratulations to our reading raffle winners who all took home a brand new book to enjoy.

Year 1: Miran

Year 2: Elijah

Year 3: Lulu

Year 4: Chase

Year 5: Jakub

Year 6: Nolan

CAREERS VISITS – THE TEAM FROM FIRST SITE



This week we were visited by the team from First Site Colchester who spoke to us about the many different jobs and roles they carry out. From managing the cinema to curating art galleries, our children learnt about the type of careers they could enjoy in the local art scene.

If you would like to come in and talk about your career to inspire our pupils, please get in contact!

LUNCH MENU

School Lunch Menu—Autumn/Spring

Served week commencing: 3 November, 24 November, 15 December, 19 January, 9 February, 9 March					
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option One	Cheesy Bean Pasta Bake (V)	Sticky Chicken	Baked sausage toad-in-the-hole	Mighty Mince with a puff pastry top	Baked Fishcake
Option Two	Tomato Pasta Bake (VE)	Cheese and Vegetable Quesadilla (V)	Cowboy Casserole (VE)	Cheese and Onion Quiche (V)	Omelette (V)
On the Side	Salad (VE) Sweetcorn (VE) Homemade Bread	Wholegrain and White Rice (VE) Green Beans (VE)	Roast Potatoes Seasonal Vegetables (VE) Gravy (optional) (VE)	Mashed Potato (V) Broccoli (VE) Gravy (optional) (VE)	Chips (VE) Peas (VE)
For Dessert	Fruit (VE) or Yogurt	Pear and Chocolate Sponge with Chocolate Custard	Fruit (VE) or Yogurt	Jam Crumble Slice (V)	Vanilla Biscuit (V)
Served week commencing: 10 November, 1 December, 5 January, 26 January, 23 February, 16 March					
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option One	Magherita Pizza (V)	Chicken Korma	Roast Gammon	Pork and spinach Pasta	Fish Finger
Option Two	Rainbow Pizza (V)	Meat-Free Fajita Tacos (VE)	Roasted Herby Fillet (VE)	Plant Power Bolognese (VE)	Vegan Veggie Finger (VE)
On the Side	Pasta Salad (V) Sweetcorn (VE)	Wholegrain and White Rice (VE) Broccoli (VE)	Hasselback Potatoes Seasonal Vegetables (VE) Gravy (optional) (VE)	Homemade Focaccia Bread (V) Sweetcorn and Pepper Salad (V)	Chips (VE) Peas (VE) Baked Beans (VE)
For Dessert	Fruit Salad (VE)	Shortbread (VE)	Ice Cream Pots	Chocolate Fudge Cake (V)	Oat Cookie (VE)
Served week commencing: 17 November, 8 December, 12 January, 2 February, 2 March, 23 March					
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option One	Crispy Pizza Whirl (V)	Sweetcorn Mac 'N' Cheese (V)	Roast Chicken	Tortilla Chip Pie	Bubble Fish
Option Two	Cheesy Swirl (V)	Roasted Vegetable Pasta (VE)	Vegetable Parcel (V)	Quorn Tortilla Chip Pie (VE)	Spicy Bean Burger (VE)
On the Side	Half a Jacket Potato (VE) Baked Beans (VE) Salad (VE)	Fresh Bread (V) Broccoli (VE)	Roast Potatoes Seasonal Vegetables (VE) Gravy (optional) (VE)	Wholegrain and White Rice (VE) Green Beans (VE)	Sweet Potato Fries (VE) Sweetcorn (VE) Peas (VE)
For Dessert	Fruit (VE) or Yogurt	Toffee Apple Crumble (VE) Custard (optional) (V)	Chocolate Crispy Cake (V)	Flapjack (VE)	Jelly (VE) or Fruit (VE)

Also available daily - fresh bread, salad bar, fresh fruit, yoghurt, fresh milk and water

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.



WINTER HOLIDAY CLUB

DELIVERED BY ESSEX BOYS
AND GIRLS CLUBS



ActiveEssex
COMMUNITIES



Essex County Council

ESSEX

FREE HOLIDAY SESSIONS

COLCHESTER

St. Anne's Community Centre, Colchester, CO4 3DH

22nd December 10 am - 2 pm

23rd December 10 am - 2 pm

24th December 9 am - 1 pm Christmas Extravaganza with a Christmas Guest

24th December 9 am - 1:30 pm Collect a Christmas Activity & Food Hamper

For young
people
aged 5-13

Lunch &
Snack
included

All sessions include Games, Sports, Arts & Crafts, Winter fun & more!



If your child/children receive benefit-based free school meals, you can book by clicking the link on your HOLIDAY ACTIVITIES VOUCHER CODE e-voucher (this will come through your school). Follow the link and search for our EBGC Clubs. If you don't receive a WONDE code from your school, please call us at **01245 264783** to help you book on.

Bookings open on the 10th November at 12pm

If you need help with booking or have any questions, please contact Rebecca at rebeccas@essexboysandgirlsclubs.org
Limited places available! Book now to avoid missing out!



Essex Boys and Girls Clubs Harway House, Chelmsford, CM1 1RQ

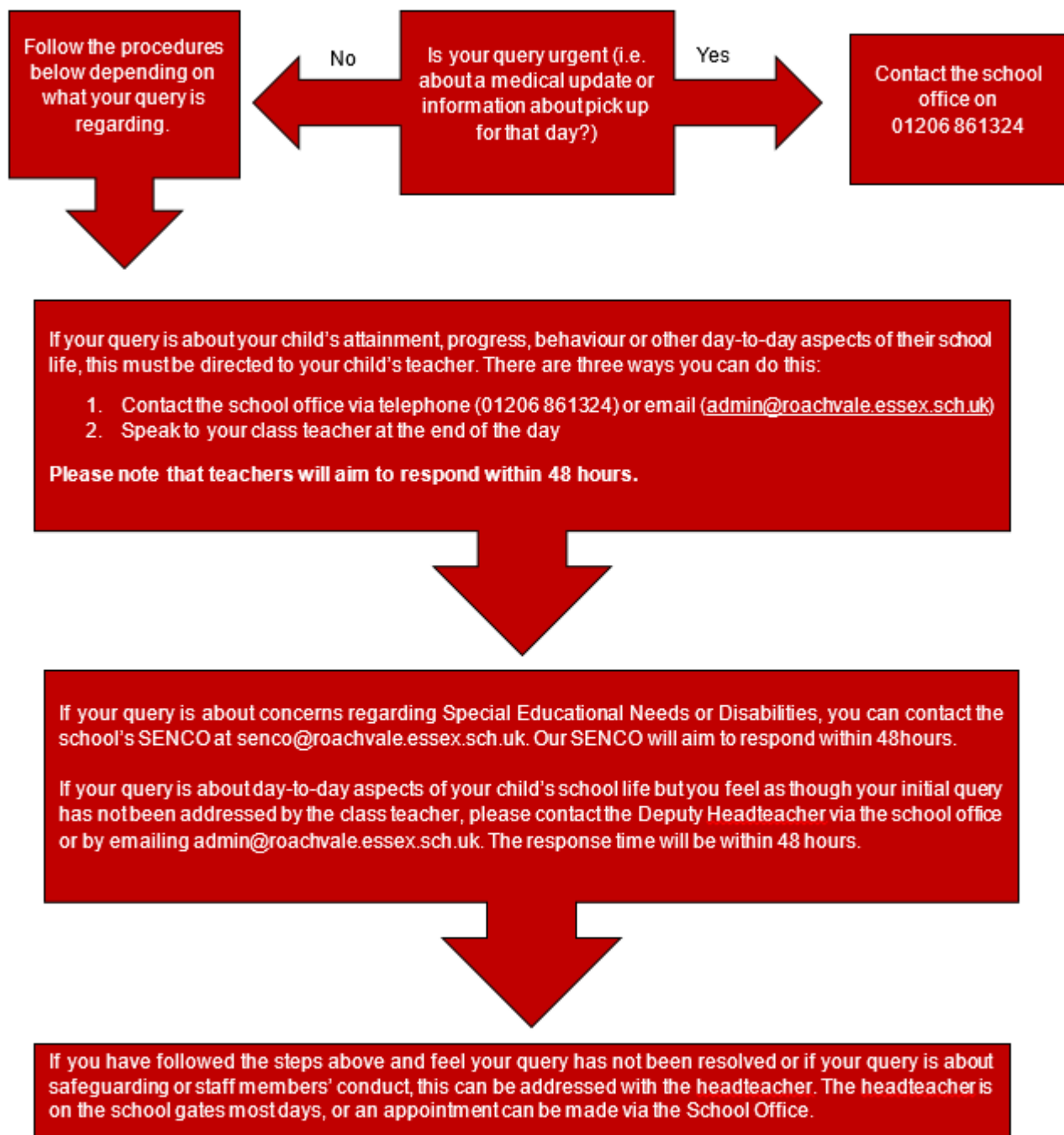
DIARY DATES

AUTUMN	
27 OCT – 2 NOV HALF TERM	
1 Dec	Paper Chain Raffle on sale – 50p a link
3 Dec	EYFS and KS1 Christmas Performance 10am
4 Dec	EYFS and KS1 Christmas Performance 2pm
8 & 9 Dec	Christmas Gift sales
10 Dec	KS2 Christmas event from 2pm Carols on the playground at 2.30pm
17 Dec	Christmas Jumper Day Christmas Lunch
19 Dec	Winners of Paper Chain Raffle announced
22 DEC – 4 JAN CHRISTMAS BREAK	

SPRING	
5 Jan	Non pupil day
2-13 Feb	One plan meetings
13 Feb	Internet safety day
16-22 FEB HALF TERM	
24 & 25 Feb	Mothers' Day Sales
5 Mar	World Book day
9-13 Mar	Science week
23-26 Mar	Scholastic Book Fair
23 Mar	Open classrooms after school for looking at pupil books
24 & 26 Mar	Parents' evenings
27 Mar	Non pupil day
30 MAR – 12 APR EASTER BREAK	

SUMMER	
23 & 24 Apr	Tennis workshops
29 Apr	Sports day 1-3pm Sports festival after school
4 May	Bank holiday
5-15 May	One plan meetings
6 May	Back up sports day 1-3pm (in the event of bad weather)
11 -14 May	Y6 SATs
22 May	International Day
25-31 MAY HALF TERM	
1-12 Jun	Y4 Multiplication Times Table Check
5 Jun	Maths Madness Day
8-12 Jun	Y1 Phonics Screening Check
8 & 9 Jun	Fathers' Day Gift Sales
15-19 Jun	Careers and Aspirations week
17 Jun	Class Photos
22 -26 Jun	Y6 Transition Week
6-17 Jul	Y2 & Y3 Swimming every day on site – pop up pool coming!
7 Jul	Meet the Teacher Day Reports go home
9 Jul	Y6 Oscars Night 5-6pm
15 Jul	Y6 Leaver's Production
17 Jul	Last day of term for pupils
20 Jul	Non-pupil Day

Communication Tree



The Complaints Procedure can be found on the Roach Vale Primary School website.