



Spring Term – Week 7



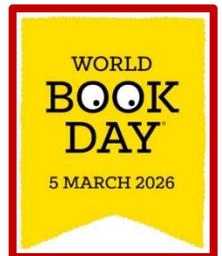
If your child is fasting to observe Ramadan please let us know so we can support them.

Attendance winners

Congratulations to Team 4 who had the highest attendance of 99% this week.

WORLD BOOK DAY – THURSDAY 5TH MARCH

This year's theme is all about getting cosy and reading for pleasure. We've suggested pyjamas but if you have a costume you'd like to wear then go ahead. Just remember to bring your favourite book in.



CLUBS IN THE COMMUNITY

Last half term Mrs Wright and Mrs Chalmers took the older members of art club to Welshwood Manor care home for an arts and crafts session. They made and decorated cubes, sharing their skills and chatting with the residents.



Chess club will be taking their boards and pieces over this half term to teach and challenge the residents.

CHESS CLUB CHAMPS

The chess club are on a roll having competed in The Mayor of Colchester's Chess Tournament at Moot Hall in Colchester Town Hall on Saturday 21st February 2026. They came 3rd against some tough opponents, and we are super proud of them! A big thank you to Mrs Barrett who trained them up and was there on the day to cheer them on.



PUPDATE

Well, I certainly needed my week off after all the excitement of passing my therapy dog assessment before half term...I was exhausted from showing off my skills. Don't forget, I'm here for everyone, so come and see me to brighten your day. I'm learning how to weave between people's legs at the moment, and it is tricky, so you can help me practice.

Flick



MOTHERS' DAY GIFT SALES



Thank you to everyone who supported our gift sales this week. We have a few gifts left for sale so please come to the office if you'd like to purchase any.

CLUBS – HOW TO BOOK

Clubs will appear on the School Gateway App under 'CLUBS' (do not pay club fees via the payments tab)

- Select the club you wish to book.
- Click on 'Make a booking'
- Leave all dates ticked
- Then click 'book'
- You will then be asked to 'Pay now'. Please make your payment.

Only once all the above steps have been completed will your place be secured.

A GUIDE ON HOW NOT TO BE A SCREEN ZOMBIE

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie'.

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible - there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



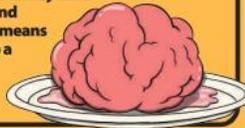
DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Pete Badh is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



National Online Safety®

#WakeUpWednesday

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 Whip (V)	Jam Crumble Slice (V)	Viennese 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 Bolognaise (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 (VE) or Yogurt	Chocolate Cake (VE)	Chocolate Cake (VE)	Chocolate Cake (VE)	Chocolate Cake (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

WRAPROUND PROVISION

You can book your child a space by going to the Gateway App.

<https://www.roachvaleprimary.co.uk/information-for-parents/wraparound-care>

Roach Vale

Wraparound Care



Breakfast Club
8:00–8:40am – £5
Toasted bagels (various spreads) or cereal



After School Club
3:15–4:30pm – £5
3:15–5:30pm – £8
Warm snack: crumpets or toast with spreads, homework support, reading with an adult, crafts, toys, games and more!



COLCHESTER UNITE AGAINST RACISM

GREENSTEAD COMMUNITY CENTRE

FREE!

Bring Your Own Booze!

Saturday 21st March 2026

Doors Open 6.45 pm

ALL WELCOME

Supper

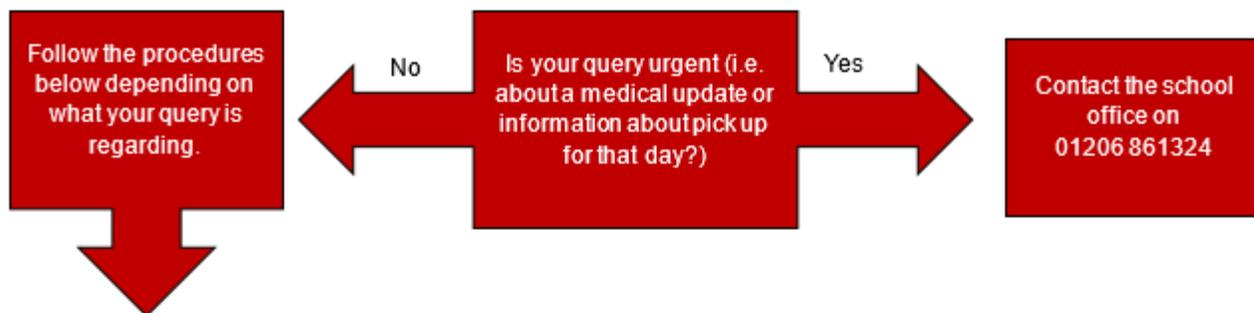
Come and join your Greenstead neighbours for a FREE delicious supper and live music at the Greenstead Community Centre.

Book your FREE ticket by dropping into the Community Centre and leaving your name and phone number, or scanning the QR code above!

DIARY DATES

SPRING	
16-22 FEB HALF TERM	
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



If your query is about your child's attainment, progress, behaviour or other day-to-day aspects of their school life, this must be directed to your child's teacher. There are three ways you can do this:

1. Contact the school office via telephone (01206 861324) or email (admin@roachvale.essex.sch.uk)
2. Speak to your class teacher at the end of the day

Please note that teachers will aim to respond within 48 hours.

If your query is about concerns regarding Special Educational Needs or Disabilities, you can contact the school's SENCO at senco@roachvale.essex.sch.uk. Our SENCO will aim to respond within 48 hours.

If your query is about day-to-day aspects of your child's school life but you feel as though your initial query has not been addressed by the class teacher, please contact the Deputy Headteacher via the school office or by emailing admin@roachvale.essex.sch.uk. The response time will be within 48 hours.

If you have followed the steps above and feel your query has not been resolved or if your query is about safeguarding or staff members' conduct, this can be addressed with the headteacher. The headteacher is on the school gates most days, or an appointment can be made via the School Office.

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