ROACH VALE PRIMARY SCHOOL NEWSLETTER

FRIDAY 18 SEPTEMBER 2026

WHERE GREAT LEARNING CHANGES LIVES.

Autumn Term – Week 3

Attendance winners

Congratulations to Team 6 who had the highest attendance of 99% this week.

WE ARE EXCITED TO ANNOUNCE THE NEW PARENTS AND FRIENDS ASSOCIATION AND WE HOPE YOU'LL JOIN US.

The all-new Parents and Friends Association will have its first meeting on **Wednesday 30th September at 3.30pm** in the school library. Come along to find out what is planned for the year, how you can help and suggest ideas for events and fundraising. Whether you want to become an integral member or someone who offers support when they can, we'd love to see you.

Despite a very small membership, we have worked hard over the last couple of years to build a program of community events and fundraising through our PTA. The money raised by the group funds things like the gazebo, our new outdoor library, play equipment, outdoor learning resources and more. There are so many things we want to be able to do for our children that are not possible without the support of our community, so we are relaunching our association to make it even bigger and better. Schools' budgets are smaller than ever and we've never needed our community more, so please consider coming along to find out about our PFA.

Y6 RESIDENTIAL 2027

We know it feels very early to be talking about Y6, but we'd like to invite Y5 parents to a brief meeting on **Thursday 24th September at 9am** in the hall to discuss the residential taking place in September 2027. We like to do this early so you have as much time as possible to pay in instalments across the year. Miss Denyer will share details of the residential and answer any questions you have. It really is a fantastic experience for the children and we'd love for everyone to join us.

THE GOVERNING BOARD NEEDS YOU!

We are actively recruiting for parent governors to join our Governing Board. Parent governors bring a valuable family perspective and help shape the strategic direction of the school. The role involves attending meetings, visiting the school and helping to ensure that all pupils receive the best possible education. You do not need any previous experience—just an interest in our school and a willingness to contribute. To find out more please speak to the school office or email admin@roachvale.essex.sch.uk

PUPDATE

I went to visit EYFS this week to say hello. They had so many questions for me about what I eat, my favourite toy and where I sleep. They loved it when I showed them my tricks! I told them I'd love to see their pets, so I've told them to go home and ask their parents and carers to pop some pictures and videos on their Tapestry accounts. I can't wait to see their pets!

Flick

LUNCH MENUS

EYFS, Year 1 and Year 2 can all receive free hot lunches.
Year 3, 4, 5 and 6 can order a hot lunch for £2.95.

HCL

Hero **Summer Menu 26**

• WEEK 1: 13 Apr, 5 May, 1 Jun, 22 Jun, 13 Jul, 1 Sep, 21 Sep, 12 Oct • WEEK 2: 20 Apr, 11 May, 8 Jun, 29 Jun, 20 Jul, 7 Sep, 28 Sep, 19 Oct • WEEK 3: 27 Apr, 18 May, 15 Jun, 6 Jul, 14 Sep, 5 Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Pork Sausages & Gravy	Beef Lasagne	Roast Chicken with Stuffing & Gravy	Quorn Burger (v)	Fish Fillet Fingers
MAIN MEAL 2	Lentil Bolognese Pasta Shells (Ve)	Plant-Based Grill (Ve)	Cheese & Tomato Puff Pastry Tart (v)	Butternut & Chickpea Biryani (Ve) (New)	Margherita Pizza (v)
SIDE DISH	Mashed Potatoes	Herby Garlic Bread or Potato Wedges	Roast Potatoes or Wholemeal Pasta	Potato Wedges or Herby Garlic Bread	Chips or Tricolour Pasta
JACKET POTATOVARIOUS	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v)	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo
COLD OPTION FIXED	Tuna Mayo Baguette	Chicken Mayo Baguette	Ham Baguette	Egg Mayo Baguette (v)	Cheese Baguette (v)
DESSERT	Peach & Apple Crumble & Ice Cream (v)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve)	Raspberry & Lemon Square (v) (New)	Marble Cookie (v)

MAIN MEAL 1	Chicken Curry	Plant-Based Meatballs with Tomato Sauce (Ve)	Roast Beef with Yorkshire Pudding & Gravy	Chicken Pie & Gravy	Battered Fish
MAIN MEAL 2	Plant-Based Sausages & Gravy (Ve)	Mac 'n' Cheese (v)	Quorn Fillet with Stuffing & Gravy (Ve)	Mild Bean Chilli (Ve)	Margherita Pizza (v)
SIDE DISH	Brown & White Rice or Potato Wedges	Pasta or Herby Garlic Bread	Roast Potatoes or Wholemeal Pasta	New Potatoes or Brown & White Rice	Chips or Tricolour Pasta
JACKET POTATO VARIOUS	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v)	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo
COLD OPTION FIXED	Cheese Baguette (v)	Egg Mayo Baguette (v)	Chicken Mayo Baguette	Ham Baguette	Salmon Mayo Baguette
DESSERT	Apple Tart & Ice Cream (v)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve)	Strawberry Mousse (v)	Chocolate Muffin (v)

MAIN MEAL 1	Pulled Paprika Chicken Flatbread (New)	Beef Burger	Roast Chicken with Stuffing & Gravy	Quorn Hotdog (v)	Fish Fillet Fingers
MAIN MEAL 2	Breaded Bean & Vegetable Grill (Ve)	BBQ Bean Loaded Hash Browns (Ve)	Roasted Summer Veg Quiche (v)	Cauliflower Cheese Pasta Bake (v) (New)	Margherita Pizza (v)
SIDE DISH	Brown & White Rice or Pasta	Potato Wedges	Roast Potatoes or Wholemeal Pasta	New Potatoes	Potato Wedges or Tricolour Pasta
JACKET POTATO VARIOUS	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo, Salmon Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v)	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo
COLD OPTION FIXED	Tuna Mayo Baguette	Chicken Mayo Baguette	Ham Baguette	Egg Mayo Baguette (v)	Cheese Baguette (v)
DESSERT	Pancake with Blueberries (v)	Ice Cream with Chocolate Cookie Crumb (v)	Fresh Fruit Jelly (Ve)	Fresh Fruit Wedges (Ve)	Orange Shortbread (Ve)

HCL_Summer26_Hero_Pasta_JacketVarious_ColdFixed

Vegetables and a variety of salads are served daily. V = Vegetarian Ve = Vegan.

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Please note that we are unable to offer a lunch to pupils who have not ordered on the app. Cheese baguettes are offered only in emergencies.

ARE YOU ELIGIBLE FOR FREE SCHOOL MEALS?

The criteria has changed and you may now be eligible. Check our website for more information or speak to the school office.

https://www.roachvaleprimary.co.uk/information-for-parents/school-meals

FOP FRIDAYS ARE BACK!

We'll have a selection of snacks and drinks available after school underneath the sail shade on the main playground.

WRAPAROUND PROVISION INCLUDING FREE BREAKFAST CLUB FROM 8.30AM

Booking for morning and afternoon wraparound provision, including the free breakfast club period, is crucial. This allows us to ensure we are fully staffed and have plenty of food for everyone.

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

8 – 8.30am	£5	Book on the Gateway app (this booking includes the free breakfast club from 8.30am)	Arriving before 8.40am? Ring the doorbell and the team will greet you at the office. If you arrive when the gates are open, head straight to class for your breakfast.
8.30am onwards	Free	Book on the Gateway App (not required if you have a paid booking from 8am)	

All children will continue to have access to bagels throughout the day in their classroom as part of our commitment to ensuring children are ready for learning.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

TOXIC GAMING

Gaming should be a way for children to have safe fun with their friends. But anonymity and a lack of consequences can mean that corners of online multiplayer gaming are riddled with toxicity that makes them unpleasant at best, and damaging to children at worst.

A 2019 study found 74% of players had experienced harassment in online games, and such behaviour has become increasingly normalised.

WHAT ARE THE RISKS?

GAMING WITHOUT THE FUN

Toxic gaming takes many forms. In live, multiplayer games, players can be targeted by strangers bullying them over voice and text, or deliberately sabotaging their game. It can also be present in spaces outside of the game such as Discord and Reddit, with players gatekeeping their community and making it deliberately unwelcoming to newcomers. In extreme circumstances, it can lead to physical threats, stalking and doxing.

WIDESPREAD TOXICITY

The Anti-Defamation League's 2019 study numbers are stark. At that point, 74% of players had experienced some form of abuse, with 65% receiving physical threats, stalking or sustained harassment. Nearly a third of players surveyed found themselves doxed while playing online, which means private or personal information was shared against their will in an attempt to intimidate or silence.

BIGOTED TRASH TALK

Such toxic tactics are especially prevalent against girls, LGBTQ+ players and players from minority ethnic backgrounds. In all, 53% of respondents reported being targeted based on their race, religion, gender, sexual orientation or disability. Another survey revealed that 88% of openly LGBTQ+ players have been harassed by their communities, while over half of women report using a non-gendered or male username while playing to avoid harassment.

EXTREMIST IDEOLOGIES

Extremist groups have been known to target gaming communities and streaming platforms as a way of spreading propaganda and recruiting young players to their cause. Even in 2019, the ADL's research found that 23% of players had been exposed to white supremacist ideology, with a further 8% exposed to positive views about Islamic State. Disinformation is also a problem, with 13% hearing conspiracy theories about 9/11 and 9% exposed to Holocaust denial.

A SAFE SPACE MADE UNSAFE

This toxic environment can lead to the same feelings of fear, isolation and depression that offline bullying can. Children exposed to toxic gaming can become withdrawn, anxious or irritable. They can struggle with sleep and find it difficult to focus on schoolwork and other pursuits, even after the game has been switched off and they're no longer playing.

COPYING HARMFUL BEHAVIOUR

At the other end of the spectrum, children can mimic the toxic behaviour and language they've seen online in offline settings. If bullying or bigoted chat is normalised as a legitimate part of online gaming, children may end up emulating it offline with classmates, seeing it as harmless banter. This could make other children's lives miserable or leave them feeling isolated at school.

Advice for Parents & Educators

PLAY WITH FRIENDS

While some games rely on playing with strangers to make up the numbers, there are plenty of titles that can be played on a private server with vetted, trusted friends, sidestepping the toxic elements of the wider gaming community. If a child encounters toxic behaviour in others while playing larger games, encourage them to block and report the players responsible.

TALK TO CHILDREN

Most importantly, if children are gaming online or want to start, talk to them about the risks and how to deal with toxic behaviour. Explain the kinds of behaviour they may encounter, encourage them to report and block, and let them know they can talk to you about any concerns. Where appropriate, you may even want to play alongside them to get a feel for the community yourself.

USE THE GAME'S TOOLS

Many online games provide ways to limit interaction with strangers, either through the global settings on PlayStation or Xbox, or within the game itself. Look at the options, and make it so children can only communicate with their friends. If you can't see this level of control, you can consider disabling chat completely and, where age-appropriate, using a suitable separate service for communication with friends.

FIND THE RIGHT COMMUNITY

If your child is at an age where social media is permitted, friendly communities exist. There are online groups for LGBTQ+ players, players from minority backgrounds and girls, where they can chat and find people to play with in more welcoming environments. Not everyone is who they claim to be online, so be sure to discuss the risks of online friendships, and maintain an open dialogue with children to ensure their ongoing safety.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.

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See full reference list on our website

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DIARY DATES

Autumn Term	
Date	**Event**
23 Sep	Oracy Workshops
25 Sep	School council elections
29 Sep	Flu Immunisations
5-16 Oct	One Plan Meetings
8 Oct	EYFS Open Events for prospective parents 2pm & 5pm
14 Oct	Individual photos
15 Oct	Tennis lessons in Y4, Y5 and Y6 – please wear PE kit
16 Oct	Y5 Bikeability sessions for some pupils
22-23 Oct	Y5 Bikeability sessions for some pupils
23 Oct	Design and Technology theme day
Half term: 26 – 30 October	
2 Nov	Children back to school Parents invited to look at books after school
4 Nov	Non-pupil Day Parent Consultations 12-6pm
16-20 Nov	Antibullying week
20 Nov	PSHE House Day
24 Nov	EYFS Open Events for prospective parents 2pm & 5pm
2 Dec	EYFS and KS1 Christmas performances 10am & 2pm
9 Dec	KS2 Christmas performances 10am and 2pm
11 Dec	Christmas jumper day Christmas dinner
18 Dec	Non-Pupil Day
Christmas Break: 21 December – 1 January	

Spring Term	
Date	**Event**
4 Jan	Children back to school
25 Jan – 5 Feb	One Plan meetings
11 Feb	Internet safety theme day
12 Feb	Non-Pupil Day
Half term: 15 – 19 February	
22 Feb	Children back to school
4 Mar	World Book Day – Poetry workshops
8-12 Mar	Science week
22 Mar	Parents invited in to look at books
23 Mar	Parents' consultations 3.30-5pm
25 Mar	Parents' consultations 3.30-6pm
26 Mar	Bank Holiday
Easter Break: 29 March – 9 April	

Summer Term	
Date	**Event**
12 Apr	Children back to school
26 Apr – 7 May	One Plan Meetings
30 Apr	Outdoor learning theme day including parents!
3 May	Bank Holiday
10 – 13 May	Y6 SATs week
14 May	Sports day from 1pm Spring fair
21 May	Back up sports day
Half term: 31 May- 4 June	
7 Jun	Children back to school
7-11 Jun	Y4 Multiplication Times Table Check
14 – 18 Jun	Y1 Phonics Screening Check
16 Jun	Class photos
25 Jun	International theme day
8 July	Y6 Oscars Awards 5 – 6pm
14 Jul	Y6 Leavers' performance
20 Jul	Last day of term for children
21 Jul	Non-Pupil Day
Summer Break: 22 July – 1 September	

COMMUNICATION

The class teacher or school office are generally the best places to direct your questions if you can't find the answer on our newsletter or website.

Communication Tree

Is your query urgent (i.e. about a medical update or information about pick up for that day?)

Yes → Contact the school office on 01206 861324

No → Follow the procedures below depending on what your query is regarding.

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 48hours.

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.