ROACH VALE PRIMARY SCHOOL NEWSLETTER

FRIDAY 4 SEPTEMBER 2026

WHERE GREAT LEARNING CHANGES LIVES.

Autumn Term – Week 1

WELCOME BACK!

A huge warm welcome back to our pupils and a big hello to all our new starters. We hope you had an adventure-filled, fun summer. As always, our children have come back ready and raring to go! I've been so impressed by their readiness to learn and the fantastic behaviour I've seen across the school.

I'm looking forward to another great year at Roach Vale!

Miss Denyer

VISION AND VALUES

At Roach Vale, we nurture ambition, celebrate curiosity and pursue academic excellence; empowering every child to thrive and grow into proud, conscientious citizens who make a positive difference.

Aspire

We aim high and believe in what we can become.

Inquire

We ask questions, explore ideas and love to learn.

Make A Difference

We act with kindness, respect and responsibility as part of a global community.

Attendance winners

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

PE AND OUTDOOR LEARNING

	First Half Term	Second Half Term
EYFS	PE – Thursday Outdoor Learning - Wednesday	PE - Thursday
Y1	PE – Monday Outdoor Learning - Thursday	PE – Monday and Thursday
Y2	PE – Tuesday and Thursday	PE – Tuesday Outdoor Learning - Thursday
Y3	PE – Friday Outdoor Learning - Tuesday	PE – Tuesday and Friday
Y4	PE – Tuesday and Thursday	PE – Thursday Outdoor Learning - Tuesday
Y5	PE – Wednesday Outdoor Learning - Friday	PE – Wednesday and Friday
Y6	PE – Monday and Wednesday	PE – Monday Outdoor Learning - Wednesday

PE Days
Children may wear their PE uniform to school on the days they are being taught PE. It is the policy of Essex County Council that jewellery must always be removed for PE, including all forms of earrings, unless it is worn for religious/cultural reasons. Staff cannot remove or replace earrings for children, so please remove your child's earrings on PE days.

Shorts	Black, no cycle shorts
T Shirt	Plain white
Sweatshirt	Black, no logos, no hood
Jog bottoms	Black, no logos
Trainers	Black or white, no logos

Trousers	Black jogging bottoms (PE kit), no leggings
T shirt	Long sleeves, plain white or plain black
Sweatshirt	Black PE sweatshirt
Footwear	Trainers or wellies May want to bring a separate pair on muddy, wet days
Waterproofs	Jacket and trousers (optional)
In cold/ wet weather	Waterproofs, warm coat, gloves, hat
We go out in all weathers!	

Outdoor Learning
Children may come to school wearing their normal PE clothes and a black or white long sleeved top. On warmer days, we suggest their wear their short sleeved PE top and shorts. They can put their trousers and long sleeved tops in their bag to change into to take part in the session.

The learning environment includes plants like brambles and nettles that can cause scratches and stings; and we use ropes throughout the sessions that can cause friction on the skin, which is why we have asked children to wear long sleeves and trousers. Layers are best for outdoor learning sessions so we encourage children to bring in an extra bag on these days with any extra layers they might need.

Please wait behind the pedestrian gate until 8.40am each morning.

We have had lots of children running around the carpark before school and we want to keep them safe.

CLUBS

Bookings for clubs will open next week on a first come, first served basis, on the Gateway App.

Session cost: £1.50 Collection time: 4pm from the school office

Club	Day	Year Groups Invited	Run by	Number of spaces available
Choir *Join voices to sing and perform together*	Monday	All year groups	Miss Denyer	20
Playdough Creators *Make and create with playdough*	Monday	EYFS, 1 & 2	Mrs Churchman	10
Football *Practise and play together*	Tuesday	1, 2, 3	Mr Bignell	15
Gardening *Grow flowers, fruits and veggies around school*	Wednesday	3, 4, 5 & 6	Mrs Dutton	12
Football *Practise and play together*	Wednesday	4 ,5, 6	Mr Bignell	15
Board Game Club *Roll the dice and flip the cards to see who wins!*	Thursday	All year groups	Mrs Harvey	20
Nature Detectives *Explore the outdoors, spot wildlife, and solve nature mysteries.*	Friday	All year groups	Mrs Dowman and Mrs Bird	12

SCHOOL BAGS

A little plea from our EYFS and Key Stage 1 teachers to choose book bags over rucksacks. Rucksacks take up lots of space in the classroom whilst book bags can slot nicely into the children's drawers. Lunch boxes are stored on our lunch trolleys ready for lunch and water bottles have a home too. We have Roach Vale book bags available to buy from the school office or you can order them from our uniform suppliers:

https://www.schooltrends.co.uk/uniform/RoachValePrimarySchoolCO43YN/essential-despatch-bag.
https://myclothing.com/collections/roach-vale-primary-school-5619/products/book-bag-red?variant=42368465666261

Plain red book bags are also available in most supermarkets or anywhere that sells school uniform. There may even be some on our pre-loved uniform rail, so do take a look. Thank you.

PUPDATE

Welcome back! My goodness I have missed everyone over the summer, especially all the tummy tickles. I know a new school year means lots of change and that can be tricky, so remember that I am always here if you need some comfort or someone to play with.

Flick

SNACKS AND LUNCH

We provide a healthy snack of fruit of vegetables for our KS1 children to enjoy at breaktime. Older children are welcome to bring in their own snack but this must be a healthy choice and should ideally not be in a packet. Biscuits, cakes or chocolate bars are not allowed at snack time. We recommend fruit and vegetables as an appropriate snack.

Packed lunches should contain healthy lunch options such as sandwiches, fruits, vegetables, pasta etc.

Please do not send your child to school with any of the following:

- Products containing nuts including chocolate spreads
- Fizzy drinks
- Chocolate or sweets
- No crisps, biscuits or cakes at breaktime

LUNCH MENU

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)

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

@hclcatering www.hcl.

£2.95 per meal

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

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 to ensures 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 National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

SPOT THE ONLINE SAFETY TIPS FOR GOING BACK TO SCHOOL

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.08.2022

🎓 **Final places available!** Join our Autumn Term MAZE Parenting Programme – **FREE for eligible families in North-East Essex and Suffolk**

☕ **Connect with us this September** at our welcoming Coffee Mornings and Parent Hubs across Essex and Suffolk – no diagnosis or booking needed

🧠 **FREE Sensory Processing Awareness Workshop** – join us in October for practical strategies to better understand and support sensory differences

💜 **Calling unpaid carers in Suffolk** – have your say and help shape the next Suffolk All Age Carers Strategy for 2027–2030

https://www.themazegroup.co.uk/

DIARY DATES

Autumn Term	
Date	**Event**
1 Sep	Non-pupil Day
2 Sep	First day back at school
6-9 Sep	Y6 Residential
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
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.