



## Autumn Term – Week 6

### Attendance winners

Congratulations to Team 4 who had the highest attendance of 98% this week.

### RAISING ASPIRATIONS



We'd love to give our pupils the chance to hear from people in our school community about the different jobs you do. If you, or someone you know, would be happy to come in and chat with the children about your work and how you got into it, we would be delighted to hear from you.

It doesn't need to be formal – just a short, friendly talk about what you do, what you enjoy and the journey that got you got there. The children love hearing real stories, and it is a wonderful way to inspire them to dream about their own futures.

If you are interested, please get in touch with Mrs. Churchman by emailing [admin@roachvale.essex.sch.uk](mailto:admin@roachvale.essex.sch.uk)

### HAPPINESS HEROES

We are inviting pupils to apply to be Happiness Heroes! If your child would like to become a Happiness Hero, we would love them to do one of the following write a letter or create a poem about myHappymind.



#### PURPOSE AND OBJECTIVES OF THE JOB

- To represent your class during myHappymind meetings.
- To work with your class and across the school in ensuring children are happy and listened to.
- To make sure myHappymind is alive across the school.
- To lead the way in helping your fellow pupils look after their mental health and fly the flag for myHappymind in school.

Entries should be given to Mrs Ambrose by the end of the day on Monday.



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## IMPORTANT SAFEGUARDING NOTICE: CHILDREN'S "SPY" BOOKS

We want to make you aware of a recent issue affecting some popular children's books by Andrew Cope, including the *Spy Dogs*, *Spy Cats*, and *Spy Pups* series.

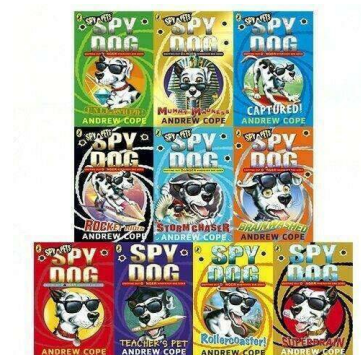
Some editions of these books include a printed web address at the back. This link used to go to the author's website, but the domain is no longer under his control. It has since been taken over by another party and now leads to inappropriate adult content.

The publisher, Puffin, has paused sales and distribution of the books and is working with schools, libraries, and retailers to remove copies from circulation. They have stressed that the website has no connection to the author or publisher.

### What this means for you:

- If your child has any *Spy Dog*, *Spy Cat* or *Spy Pups* books at home, please check the back for website links and make sure they do not try to visit the site.
- It is safe for children to continue reading the stories themselves — the concern is only with the outdated link.
- We recommend talking with your child about the importance of not following web addresses in books without checking with an adult first.

We are currently doing an inventory of our books and we will continue to share updates from the publisher if more information becomes available.



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## PARENTS' EVENING 21 & 23 OCTOBER



Parents' evenings will take place on 21 and 23 October 2024. You can book your appointment now on the Gateway App. If you have a One Plan meeting booked, you do not need to book a separate appointment.

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## OCTOBER HALF TERM CLUBS WITH ESSEX ACTIVATE

October half term clubs with Essex ActivAte are live for bookings! These free activity clubs are available to eligible young people aged 4-16yrs across Essex, who are in receipt of income related free school meals, by offering a wide range of enriching experiences during the school break. From sports and creative arts to outdoor adventures and wellbeing sessions, each club provides a safe, supportive environment where participants can stay active, make new friends, and enjoy a nutritious meal each day.

Families can use the Find Your Active, Activity Finder and filter to Essex ActivAte October half term programme, to see what's on and get in contact with clubs to book free spaces, when clubs are live. Learn more here: <https://www.activeessex.org/children-young-people/essex-activate/about-essex-activate/>

## PUPDATE

Hello friends,

I am super excited about the running team training sessions. Did you know that dachshunds are great at long distance running? We were bred to hunt badgers which involved long days out looking for them in their holes. So I'll be out there keeping up with the squad too!

Flick



## NEW LUNCH MENU



### School Lunch Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option One	Margherita Pizza (v)	Homemade Crispy Chicken Kiev	Bacon and Egg Breakfast	Chicken Korma and Rice (v)	Fish Fillet
Option Two		Homemade Quiche (v)	Vegetarian Sausage and Egg Breakfast	Creamy Macaroni Cheese (v)	Fishless Finger (v)
On the Side	Jeweled Couscous (ve) Tomato and Cucumber Salad (ve)	New Potatoes (ve) Green Beans (ve) Salad (ve)	Hash Browns (ve) Baked Beans (ve) Mushrooms (ve) Tomato (ve)	Homemade Bread (v) Broccoli (ve) Salad (ve)	Crispy Chips (ve) Peas (ve) Sweetcorn (ve)
For Dessert	Jelly (v)	Chocolate Sprinkle Cake	Fruit (ve)	Flapjack (v)	Fruit (ve)
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option One	Pizza Whirl (v)	Lasagne	Roast Chicken	Sausage Roll	Omega 3 fish fingers
Option Two	Jacket Potato with Beans	Vegetable Pasta (v)	Herby Roast Fillet (v)	Cheese and Potato Slice (v)	Vegetable Fingers (v)
On the Side	Carrot and Sultana Salad (ve) New Potato Salad (v) Sweetcorn (ve)	Homemade Crusty Bread (v) Mixed Salad (ve)	Roast Potatoes (ve) Yorkshire Pudding Seasonal Vegetables (ve) Gravy (Optional)	Mashed Potato (v) Steamed Mixed Veg (ve)	Crispy Chips (ve) Peas (ve) Baked Beans (ve)
For Dessert	Homemade Cookie (v)	Chocolate Oatcake (v)	Fruit Salad (ve)	Angel Delight (v)	Fruit (ve)
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option One	Creamy Tomato Pasta (v)	Baked Sausages	Pulled Pork in a Yorkshire Pudding	Chicken Bites	Bubble Fish
Option Two	Cheese and Leek Pasta (v)	Southern Fried Burger (v)	Cheesy Beano Yorkshire (v)	Crispy Vegetable Dippers	Vegetable Parcel
On the Side	Home Made Crusty Bread (v) Mixed Bean Salad (ve)	Wedges Baked Beans (ve) Sweetcorn (ve)	Roast Potatoes (ve) Peas (ve) Carrots (ve) Gravy (Optional)	Sunshine Rice (ve) Mixed Salad (ve) Broccoli (ve)	Diced Potatoes (ve) Peas (ve)
For Dessert	Peaches and Cream	School Sprinkle Cake	Shortbread (v)	Iced Fruit Lolly	Fruit (ve)

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

## HARVEST COLLECTIONS

Reverend Sue visited us on Thursday to talk all about Harvest. We will be doing our annual collection of canned and cupboard goods to donated to the local foodbank. Please give all donations to the class teacher or to the school office. Thank you.





We have created a bank of these parent guides on our Wellbeing and Safeguarding pages on our website.

## 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.

### Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.







## WRAPAROUND CARE

CMXSC continue to provide fantastic wraparound care this year and we hope to see many of you there. Amelia and Bayley look forward to welcoming our pupils to club where they get up to lots of activities from cooking and science to arts, crafts and even Nerf wars.

Visit <https://www.cmxsc.co.uk/wraparoundcare/roachvale> to book your place. Please note, CMXCS accept childcare vouchers.

	Time	Food included?	Cost
<b>Breakfast club</b>	7.30-8.45am	Yes	£7.50
	8.00-8.45am	No	£5
<b>Afterschool club</b>	3.15 – 4.15pm	No	£6.25
	3.15-5.00pm	No	£9
	3.15-6.00pm	Yes	£13.50



## DIARY DATES

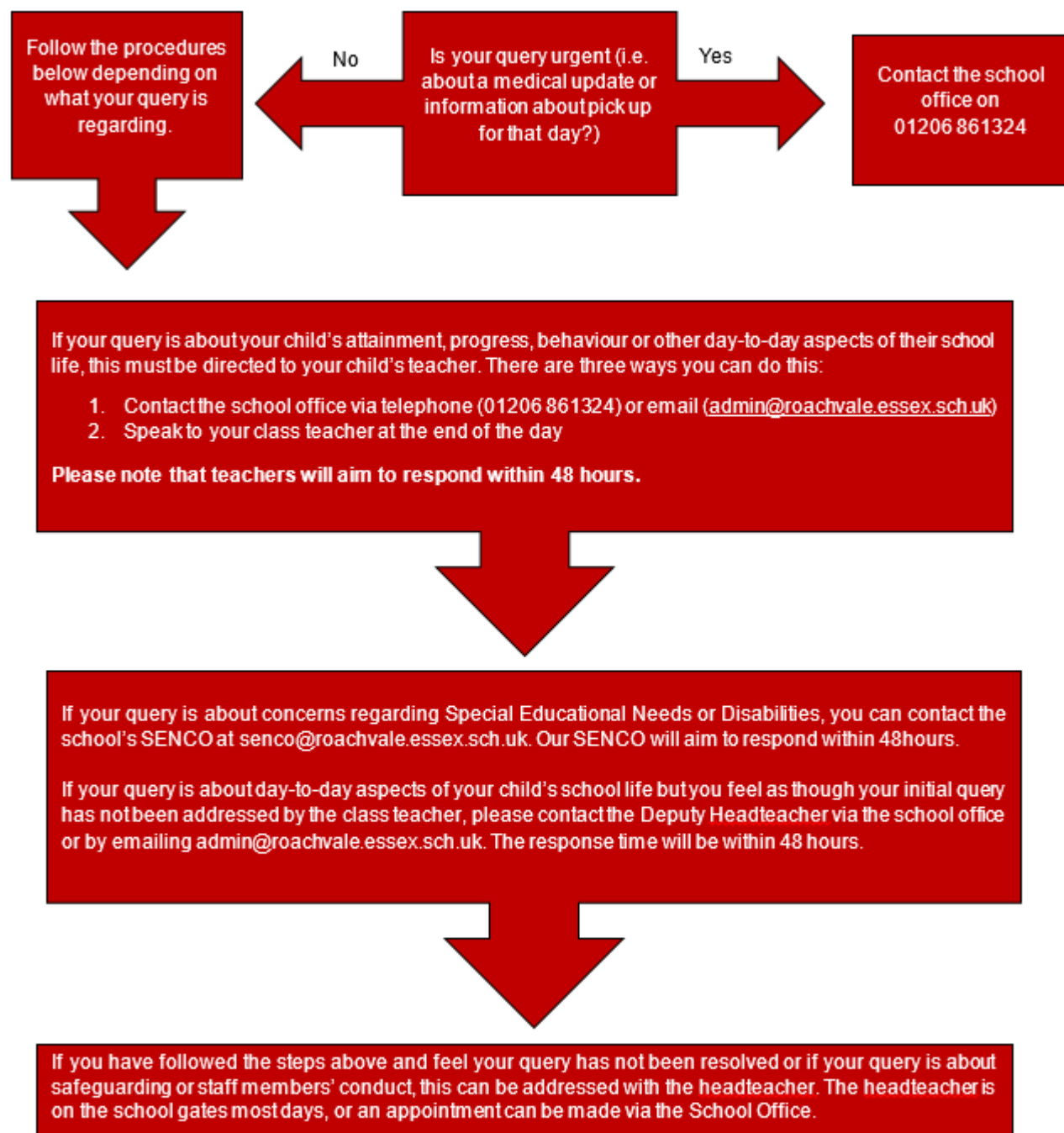
AUTUMN	
15 Oct	Flu vaccinations
20 Oct	Open classrooms after school for looking at pupil books
21 and 23 Oct	Parents' evenings
24 Oct	Music day
27 OCT – 2 NOV HALF TERM	
3 & 4 Nov	Y5 bikeability (10 pupils)
5 Nov	Bonfire Night Themed Lunch
10-14 Nov	Antibullying week
24 Nov	Non-pupil day
25 Nov	EYFS open day for prospective parents 1.30pm & 5pm
3 Dec	EYFS and KS1 Christmas Performance 10am
4 Dec	EYFS and KS1 Christmas Performance 2pm
w/c 8 Dec	KS2 Christmas event to be confirmed
17 Dec	Christmas Jumper Day Christmas Lunch
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.