



Spring Term – Week 11

WE RETURN TO SCHOOL ON MONDAY 13TH APRIL

BRAND NEW LUNCH MENU FROM HCL

HCL will be managing our catering when we return to school, which means lots more tasty options to choose from. Please spend some time exploring the menu below so your child is ready to order on the first morning back.

MEALS WILL NOW COST **£2.85**, SO PLEASE ENSURE YOUR GATEWAY APP ACCOUNT HAS SUFFICIENT FUNDS FOR THE COST OF THE MEALS LIKE THEY WOULD LIKE ORDER.

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 Briyani (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
PASTA	Cheesy Pasta (v)	Pesto Pasta (v)	Herby Tomato Pasta with Cheese (v)	Cheesy Pasta (v)	Pesto Pasta (v)
JACKET POTATO VARIOUS	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 Chili (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
PASTA	Cheesy Pasta (v)	Pesto Pasta (v)	Herby Tomato Pasta with Cheese (v)	Cheesy Pasta (v)	Pesto Pasta (v)
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
PASTA	Cheesy Pasta (v)	Pesto Pasta (v)	Cheesy Pasta (v)	Herby Tomato Pasta with Cheese (v)	Pesto Pasta (v)
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.

[in](#) [f](#) [o](#) [X](#) @hclcatering www.hcl.co.uk

VISIT FROM CORAM LIFE

Today we were delighted to welcome visitors from Coram Life Education into school to deliver their mental wellbeing workshops. As part of their work supporting children's relationships, health and wellbeing, the sessions gave pupils the opportunity to explore important themes such as resilience, positive choices and understanding their feelings. Through engaging activities, discussions and age-appropriate resources, children were encouraged to reflect on how their actions can impact both their own wellbeing and that of others. Coram's approach focuses on helping children develop the life skills they need to thrive, and it was fantastic to see such thoughtful participation and enthusiasm from all pupils throughout the day.



CONGRATULATIONS RUME!

We are so proud of Rume who represented Roach Vale at the Essex Cross Country final yesterday. She did incredibly well and showed true sportsmanship. Well done!



UPCOMING PTA EVENT – SPORTS FESTIVAL 29 APRIL

We are planning our spring fete which is going to be a sports festival with lots of fun games to play. We would be really grateful for volunteers to run some of the games, so if you are available after school on Wednesday 29 April and would like to help out, please see Mrs Penwill in the office or email pta@roachvale.essex.sch.uk.

Attendance winners

Congratulations to Team 3 who had the highest attendance of 97% this week and also the highest attendance this term!

PUPDATE

Happy Easter friends!

I hope you all have a wonderful Easter break. I'm going to miss seeing you all, but can't wait to hear all about the things you get up to over the break. Remember to keep reading, keep playing on TTRS and keeping your brain active. I plan to keep my brain working by doing lots of exploring new places, doing my training and maybe even learning a new trick. I'll be staying clear of the chocolate because it gives me a tummy ache, but I hope the Easter bunny pays you a visit.

Flick





BEAT THE STREETS!

Keep tapping your cards on the Beat Streets markers! Let's get to the top of the schools leaderboard and see if we can get into the top 30 teams for the whole of Colchester.

1	St John's Church of England Vo...	311 players	508 pts	...
2	Roach Vale Primary School	203 players	236 pts	
3	Friars Grove Primary School	539 players	235 pts	...

42	Gosbecks Primary School	274 players	244 pts	...
43	St Teresa's Catholic Primary Sc...	187 players	240 pts	...
44	St Thomas More's Catholic Pri...	252 players	239 pts	...
45	Roach Vale Primary School	203 players	236 pts	
46	Hamilton Primary School	394 players	236 pts	...
47	Friars Grove Primary School	539 players	235 pts	...

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>

This half term's special event, The Greatest Showman, was great fun. Children practised circus skills, sang, danced and enjoyed an afternoon of circus fun!

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







THE ESSEX
TENNIS AND PADEL



PLAYTOMIC



Free Tennis Open Day!

The Essex Golf and Country Club
Saturday 28th March

Book Via Playtomic App, Download, Search The Essex, Click 'Academy'

Select the sessions that suits the age of your children:
9am - 10am - 3-8 years old
10am - 11am - 9-10 years old
11am - 12am - 11-16 years old

All Abilities Welcome
All Sessions are **Indoors**
Search on playtomic for 'Saturday Open Day' and Book Your Session for **Free**

Call Reception on 01787224466

essex.tennis@theclubcompany.com



CHANCE TO SHINE STREET



COMMUNITY FOUNDATION

SOFT BALL CRICKET

**HAVE FUN
GET ACTIVE
MAKE FRIENDS
DEVELOP SKILLS
PAY NOTHING!**



WEEKLY INDOOR SESSIONS
FUN, FAST AND FREE
NO EXPERIENCE OR EQUIPMENT NEEDED
WEAR WHAT YOU WANT
QUALIFIED COACHES

FUN INDOOR CRICKET ACTIVITIES AND GAMES
5.30-6.30PM EVERY FRIDAY DURING TERM TIME
FOR AGES 8-16
EVERYBODY IS WELCOME

COLCHESTER ACADEMY SPORTS HALL, HAWTHORN AVENUE, COLCHESTER
CO4 3JL

RUN BY ESSEX CRICKET IN THE COMMUNITY AND COLCHESTER UNITED
COMMUNITY FOUNDATION, FUNDED BY CHANCE TO SHINE

TO REGISTER YOUR CHILD SCAN THE QR CODE ABOVE OR CONTACT
CUCF@COLCHESTERUNITED.NET





Essex
ACTIVate
Half Term




Free half term clubs, fun activities and food across Essex!

WHAT IS ESSEX ACTIVATE?

Essex ActivAte is the name for the exciting activity clubs run by Active Essex! During half terms, local club providers across Essex deliver free holiday clubs and fun activities for eligible primary and secondary children to get them active, as well as support young people to make friendships and learn new skills, helping to enhance their wellbeing.

WHAT DO HALF TERM CLUBS OFFER?

Activities include sports, games, crafts, dance, baking, and more! Clubs will provide nutritious meals and snacks, along with food education, to engage young people and support parents during half term holidays.

CAN I BOOK ONTO A HALF TERM CLUB?

Children and young people eligible for pupil premium, free school meals, or income-related benefits can be booked onto our activity clubs for free, and clubs may also offer discretionary paid for and paid places, ensuring there is something for everyone!

HOW DO I BOOK ONTO A HALF TERM CLUB?

Families will not receive or book on with a HolidayActivities voucher code for half term clubs.

To book onto a local club, you will head over to the Activity Finder on the Essex ActivAte website and use the booking link, email or contact number provided by the club organisation directly to book a space.

Please note: Half term holidays are funded by Essex County Council and other supporting local councils. Funded places are limited and priority will be given to those families most in need of support.



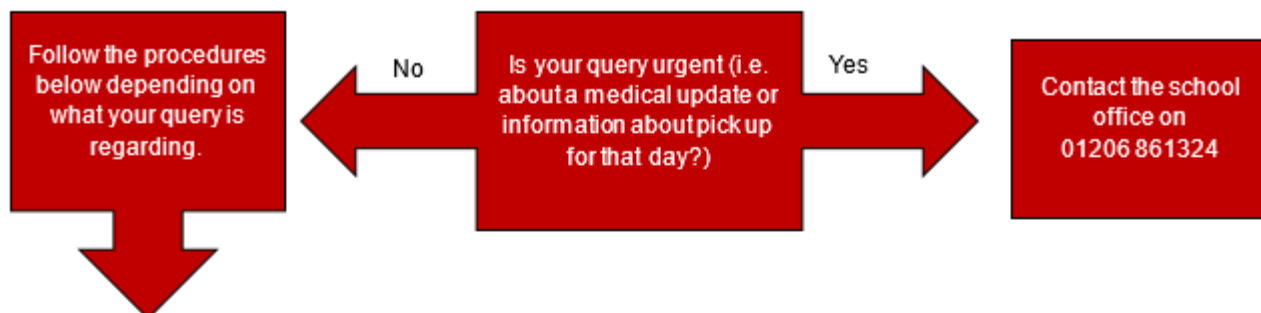
 
@EssexActivAte

www.activeessex.org

DIARY DATES

SUMMER	
13 Apr	Pupils return to school
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.