



Summer Term – Week 3

Attendance winners

Congratulations to Team 2 who had the highest attendance of 98% this week.

THANK YOU!

You helped us raise £400 at our sports fair! Thank you to everyone who played games, bought refreshments and showed up to support. We really want to make our spring fair bigger next year (with more refreshment stands to reduce queues) but we desperately need PTA volunteers to make that happen. Please email admin@roachvale.essex.sch.uk, call the office, or pop in to see Miss Denyer if you'd be willing to lend a hand at PTA events.



SPORTS DAY 2026

- 1st Place
- 2nd Place
- 3rd Place
- 4th Place

Sports Day this year was a huge success – thank you so much for coming along and showing such fantastic support for your children. The Roach Vale team all feel incredibly proud of the children who all demonstrated such high levels of sportsmanship throughout. They were fiercely resilient and joyfully enthusiastic! Our Y6 pupils deserve the highest praise for their help throughout the day.

Congratulations to the blue team for taking first place!



PUPDATE



Hi Friends!

The sun is showing its lovely warm face, the field is open for play and it is almost time to leave the jacket at home. That means it might be time to start thinking about finding your baseball caps, filling your water bottles and popping some suncream on. We have hats for sale at the school office if you need a new one.

Flick



PLAIN FABRIC NEEDED

If you have any plain bed sheets that are no longer needed, we would be grateful to have them for upcoming design and technology projects.

LUNCH MENU

HCL have removed the pasta option for the time being as so few children are choosing it. Pasta often features in the salad bar and the main meal options including pasta remain the same.



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
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 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.co.uk

WRAPAROUND 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

The poster features a red circular logo with a white smiley face. To the right, there are illustrations of a paint palette with a brush, a blue bucket, and two red buckets. The background is decorated with scattered black and red dots.

Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by *their* experiences and *their* understanding of death – and in the context of their religious or community beliefs.

3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:
116 123

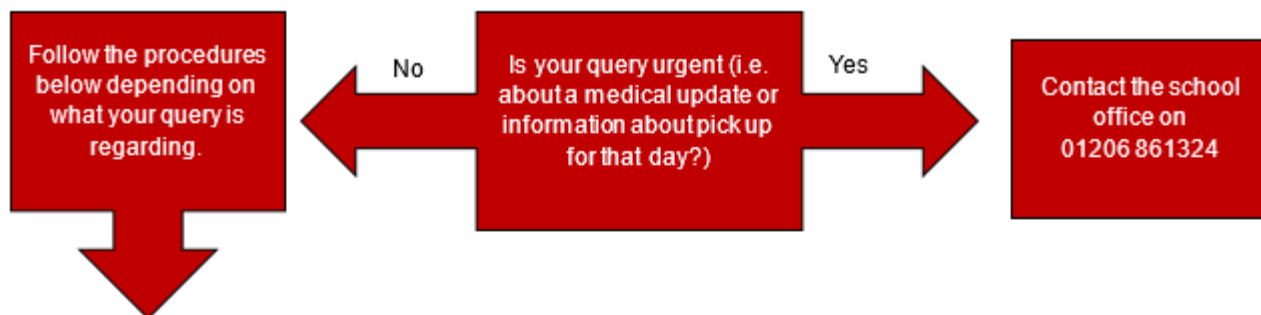
WWW.THEMIX.ORG.UK/GET-SUPPORT
0808 808 4994

WINSTON'S WISH:
08088 020 021

DIARY DATES

SUMMER	
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
20 Jun	Meet the Teacher Day / Reports go home
6-17 Jul	Y2 & Y3 Swimming every day on site – pop up pool coming!
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.