

BURNHAM-ON-CROUCH PRIMARY

SCHOOL INFORMATION

NEWSLETTER

18th October 2024



Burnham on Crouch
Primary School
Connected to our world

Showbie

All of KS2 took part in a Showbie demonstration on the iPads where they learned how to use our new learning platform, they were very excited!



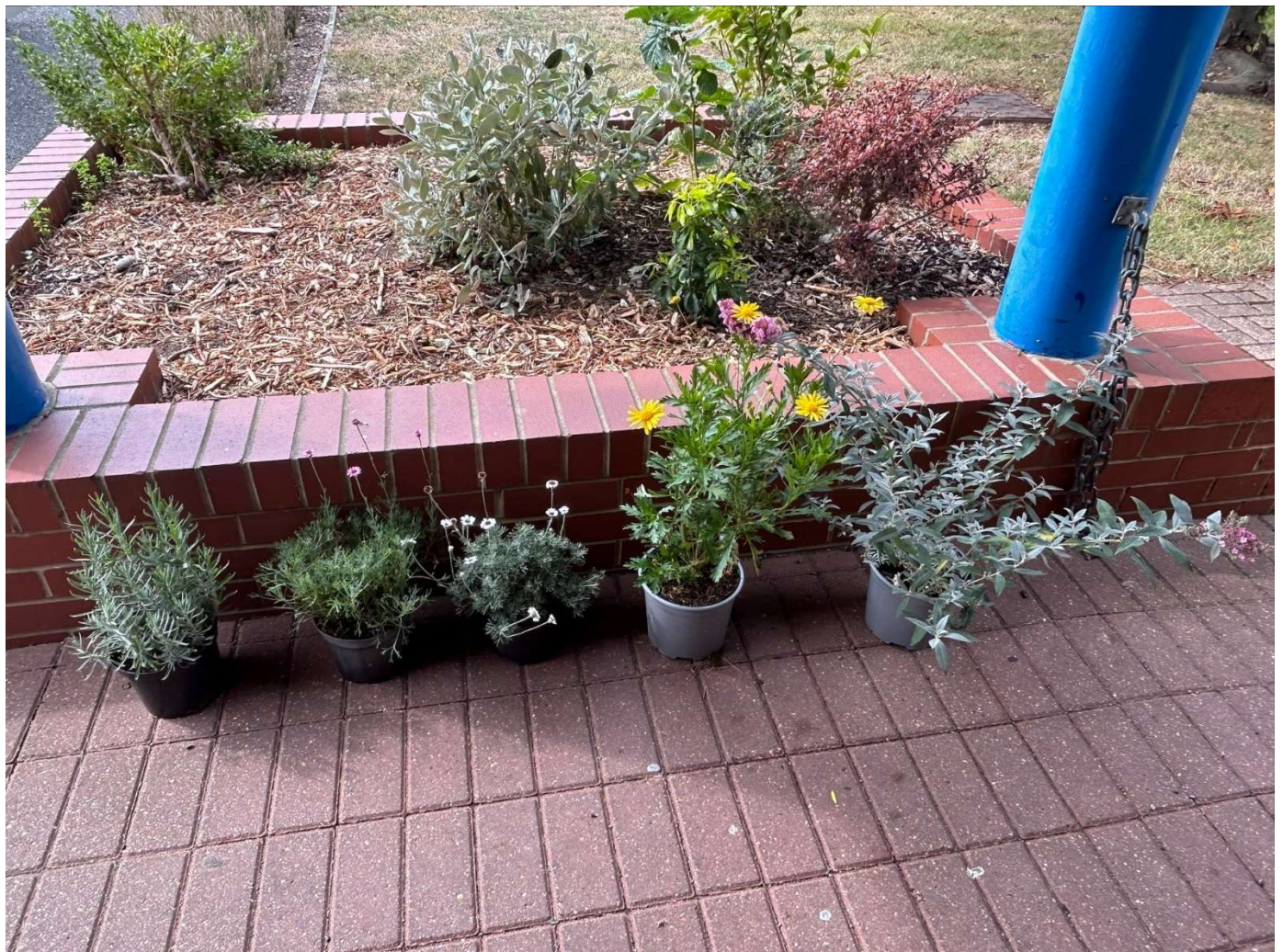
SHOWBIE!



PIC COLLAGE

Donation from the Limes

A big thank you to Nicky at The Limes donating some plants for the reception flower bed! They look lovely!



Year 3 school trip

Year 3 had a fab day out visiting Danbury Woods. As part of their Stone Age topic, they spent the day building dens, cave painting, hunting woolly mammoths and making camp fires!



Young Carers

Oliver Livingstone and Fleur Williams (year 6) were asked to speak at The Action For Family Carers (AFFC) AGM on Wednesday 9th October, 2024. They spoke of their experience of being on the Young Carers Programme.

As always, they were a credit to the school and their family.



World Mental Health Day

Year 6 PSHE 7th October 2024

Looking at World Mental Health Day which is celebrated on the 10th October every year.

This year's theme is 'supporting mental health in the workplace'.

Employed adults spend more time working than any other activity during their waking hours.

Work can provide a livelihood (money) and be a source of meaning, purpose, and joy. However, for too many people, work fails to enhance lives and can negatively affect mental health and well-being in ways that result in excessive distress and mental ill health.

Do you think any of the staff at school have any stresses?

Does everyone breeze in every day without a care in the world?

Is everyone's day perfect?

Let's think about the different group of staff at school and what could cause them stress/worry/anxiety?

What could go wrong?

What groups of staff have we got?

After thinking about what stresses members of staff may encounter in their place of work the children supported their own mental health by completing some mindfulness colourings, which will be given to members of staff to show our appreciation of them. We then did a walk and talk daily mile in the fresh air and sunshine.



World Mental Health day 2024



'It is Time to Prioritise Mental Health in the Workplace'.





Thursday 10th October World Mental Health Day

Today we thought about mental health, what it meant and what we could do to make sure everyone felt happy and good inside.

We enjoyed colouring a poster with our friends sharing a book together and a lovely walk and talk on our daily mile.



Parkrun Takeover competition

Thank you to everyone who participated in the Parkrun Takeover on 13th October!
We held a photo competition recently and we are pleased to announce the winner as
Mya Richards.

Thank you for sending your photos!



Attendance – Class of the week

Congratulations to the below classes for having the highest attendance weekly.

The table below lists the highest attending classes and their whole class attendance!

Well done!

<u>Date</u>	<u>Class</u>	<u>Percentage</u>
04.09.24 – 13.09.24	Chameleon	99.58 %
16.09.24 – 20.09.24	Dolphin	99.67 %
23.09.24 – 27.09.24	Panda	99.67 %
30.09.24 – 04.10.24	Owl & Meerkat	96.67 %
07.10.24 – 11.10.24	Dolphin	99.00 %
14.10.24 – 18.10.24	Dolphin	98.00 %

Punctuality

We would like to remind you that the children should be sat at their tables at **8.50am** prompt in order to start their learning on time.

If you have an unexpected problem, please phone the school office as soon as possible.

At the end of the day staff often have meetings and resources to prepare and this allows them to carry out their further duties.

Going forward children who are not picked up promptly (unless by prior arrangement) will be taken to the afterschool club and charged £3.50 per hour. Thank you for your cooperation.

Please note: The Local Authority can issue a penalty notice for ongoing lateness in the morning for the sum of £80 per parent per child.



Poor timekeeping means less chance of success!

Secondary School Application for September 2025

As you may be aware, the new secondary school admission round opened on Thursday, 12 September 2024, for parents of current Year 6 children to apply for a secondary school (Year 7) place for September 2025.

The statutory national closing date for applications is **31 October 2024**.

Applications can be made online via www.essex.gov.uk/admissions. 99% of parents in Essex applied online last year.

All of the application information is available on the website above.
The website also has a copy of the Secondary Education in Essex 2025-26 booklet which contains details of all secondary school admission policies.



Mental Health Support Teams work across education and healthcare to provide early intervention mental health support to whole school communities.

Workshop For Parents 'Managing behaviour that challenges'

Helping you to understand how challenging behaviour at home can be supported and add new ideas to your parenting toolkit.

This workshop will focus on:

- Understanding your child's behaviour
- Skills and strategies to support your child when they experience emotional dysregulation.



When: Friday 16th October 2024.

Virtual Microsoft Teams Workshop 9.30-11am.

Length: 1 hour 30 minutes

[Join the meeting now](#)

Meeting ID: 315 648 253 000

Passcode: XEP4ye



NELFT **NHS**
NHS Foundation Trust

Mental Health Support Teams work across education and healthcare to provide early intervention mental health support to whole school communities.

Workshop For Parents 'Understanding Your Child's Anxiety'

Helping you to understand your child's fears and worries and add new ideas to your parenting toolkit.

This workshop will focus on:

- Understanding your child's anxiety
- Skills and strategies to support your child with fears and worries.



When: Wednesday 23rd October 2024.

Virtual Microsoft Teams Workshop 9.30-11am.

Length: 1 hour 30 minutes

[Join the meeting now](#)

Meeting ID: 336 323 987 517

Passcode: fAWWvQ



NELFT **NHS**
NHS Foundation Trust

Wildcats Football Maldon

We are thrilled to share that LSC Coaching is now the official provider for the FA Wildcats Program in Maldon! Our Wildcats sessions offer a fun and friendly introduction to football for girls of all skill levels, creating a fantastic environment for learning and growth in the sport.



When: Every Wednesday evening at 5:00 PM

Where: The Plume Academy , Farnbridge Rd Campus, Maldon, CM9 6AB,
4G Playing Field



We are the Mental Health Support Team!

It's good to talk!
Talking to someone you trust can help stop things that are difficult from getting bigger so you can enjoy school, time at home and time with friends and family.

Accepting your big feelings
It's ok to have big feelings. We run groups that help you learn to make sense of your feelings. You might see us at your school in assemblies, at one-off workshops or in groups that run over a number of weeks.

Dealing with worries
How we think affects the way we feel. Sometimes we might feel worried. Taking deep breaths or even giving yourself a hug can help calm you down. Our groups teach these types of things.

You are not alone
It's ok to not be ok. We are trained to help you and your family with your big feelings. We work with parents, carers and teaching staff. Everything we do is to help you feel supported.

The Mental Health Support Team are here to provide support to children, their families and school staff. We help people to learn to understand and manage their feelings and emotions. To find out more scan the QR code to visit our website or speak to

Bethany's big cut



'Bethany's Big Cut' in aid of little princess trust, so far, she has raised £294.00 and has donated 14 inches of hair!

Well done Bethany!



Census Day

Census Day success! The Census lunch was a great success! A special thank you to our catering team who served over 300 meals! 94% of Key Stage 1 children ordered a Universal Free School Meal, which is way above the national average. Your support means more money for the school.

The Catering team would like to say a huge thank you for always supporting the school!

School Office/End of day arrangements

Just a reminder all absences must be phoned into the school office by 9.20am. Please do not hand messages to the class teacher at the beginning of the school day as this is a busy time for them and they are trying to see the children into school safely.

If you need to make an end of day arrangement for your child, please contact the school office by 2.30pm so we can ensure all messages are handed to the class teacher in time.

Thank you for your co-operation.

Entering the school site safely

We have noticed recently some parents are walking their children into school using the double gates to the staff car park. Please can we remind you to use the pedestrian gates for the safety of both you and your child. Please also supervise children and keep them away from the road into the staff car park, and off the grass near the trees at all times during school drop-off and pick up times.

Health Advice Drop In for 5-19 year olds

You can go along to drop-in sessions at your local Family Hub to get advice and support for your school aged child with a member of our school health team, where you can discuss things which may be concerning you.

Areas of support

- Managing worries, low mood, stress or anger issues
- Bullying and friendship issues
- Diet / Nutritional support
- Improving sleep
- Day and night wetting
- Behavioural concerns
- Personal hygiene
- Sexual health
- Information and signposting regarding medical conditions

1st, 3rd and 5th Tuesday of
the month 3pm-4.30pm

Location: Maldon Family Hub,
Maldon Library, CM9 5FW

Every Weds 3pm-4.30pm

Location: Dengie Family Hub,
Ormonston Rivers Academy, CM0
8QB

2nd and 4th Thursday of the
month 3pm-4.30pm

Location: Chetwood Family
Hub, South Woodham
Ferrers, CM3 5ZX

T: 0300 247 0014

www.essexfamilywellbeing.co.uk

Commissioned by



Parking

Parking outside the school is once again becoming a concern and a number of parents/carers are expressing their concerns about dangerous and illegal parking. If you are unsure where to park, if it says "No Parking" or blocks one of our neighbours' driveways, PLEASE DO NOT PARK THERE! We are working with the local authority so you can expect to see officers outside the school monitoring the situation. If a member of staff politely asks you to move, please be respectful. We are trying to keep your children safe.



the
national
sleep
helpline

Does your child suffer with sleep issues?

Do you struggle
with your child's
bedtime?

Will your child
not sleep in
their own bed?

WE CAN HELP

03303 530 541

Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

<https://thesleepcharity.org.uk/national-sleep-helpline/>

Helpful Tips for Bedtime

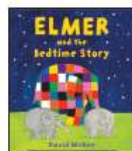
Advice for parents and carers from The Sleep Charity

A bedtime routine is important in getting a good night's sleep. A routine helps to support a child's body clock and aid relaxation.

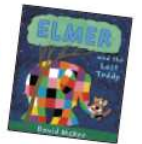
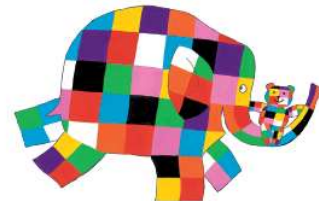
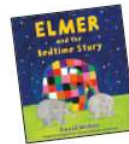
Feeling relaxed is important in the run up to bedtime for both parent and child. If your child is experiencing difficulties sleeping it can make you both feel anxious. Youngsters often pick up on stress levels around them, so it is important to create a relaxing and calm environment as bedtime approaches.

Here are some helpful tips to create a relaxing bedtime routine for your child:

- A bedtime routine is important for all ages and a regular routine will help children relax and get ready for bed. Try to start the routine at the same time every night as it helps to support your child's body clock, meaning they are likely to nod off more quickly.
- Set aside time earlier during the day to allow your child to share any worries with you. It can be helpful to share how their day has been and what is planned for the next day. Make sure to give them your full attention.
- Dim the lights in the hour before bed to encourage the production of melatonin, this will help to promote that sleepy feeling.
- Looking at screens can make it harder to fall asleep. So turn off an hour before bedtime, this includes television, laptops, tablets and mobile phones. Screen activities can be mentally stimulating and may also inhibit the production of melatonin, the sleep hormone that helps us to feel drowsy.
- Bedtime role-playing can help children mentally prepare for bedtime. Try letting your child put their Elmer or other toys to bed, tucking them in and saying 'Goodnight'.
- Younger children may enjoy a bedtime box, filled with a selection of activities to carry out during the routine. Hand eye co-ordination activities such as jigsaws, colouring and threading are great for promoting relaxation, such as an Elmer colouring sheet. Older children may prefer to read, play a board game or take part in a craft activity.
- A bath half an hour before bed can help to promote sleep, the decrease in body temperature after a bath can help your child to nod off more easily.
- Massage can help some children to unwind as can mindfulness or simple breathing exercises. Imagine breathing in a beautiful white light and blowing out any worries or troubles each time they exhale. Breathing exercises are also useful for parents to carry out and are a great exercise to enjoy together.
- There's no better way to end the day than snuggled up in bed with a bedtime story - and it's never too early to start reading to your child. Make it part of their bedtime from being very young. It helps develop listening, concentration and vocabulary skills. It's also a great way to spend time with your child before bed.
- Children love predictability so don't be afraid to have one or two books that you use frequently at bedtime - they love the repetition.
- Why not consider making up a story about one of your child's favourite book characters? You can even get your child to make up a story too - it's great for the imagination! If you've read *Elmer and the Bedtime Story* you can have a go at making up stories to go with the titles mentioned by the jungle animals (e.g. 'The Story of the Vanishing Biscuit').
- Don't forget to end the day on a positive note by sharing 5 great things that have happened during the day.



The Sleep Charity, incorporating The Sleep Council, provide advice and support to empower the nation to sleep better. Find out more: thesleepcharity.org.uk



ELMER'S Bedtime Routine Checklist

Who's getting ready for bed?

Are you ready to have a good night's sleep?

Follow the bedtime routine below and tick each one off as you go along.

- ☐ Tidy away your toys
- ☐ Dim the lights and turn off your devices ready for some quiet play
- ☐ Get your pencils ready and do some drawing or colouring, or do a jigsaw puzzle
- ☐ Time for a bedtime supper - nothing too chocolatey and not too much to drink!
- ☐ Bath-time! Make sure you clean behind your ears like Elmer!
- ☐ Get into your snuggly PJs
- ☐ Brush your teeth and go to the toilet
- ☐ Snuggle in bed to read a bedtime story. Why not get your favourite teddy and tuck them in bed for the story too?
- ☐ Sing teddy a song or lullaby
- ☐ Turn off the lights and get cosy
- ☐ Good night and sleep well








The Sleep Charity, incorporating The Sleep Council, provide advice and support to empower the nation to sleep better. Find out more: thesleepcharity.org.uk



New School Dinner Menu (starting w/c 4th November)

Dinner Menu - Week One

4th November, 18th November, 2nd December, 16th December, 6th January, 20th January, 3rd February, 24th February, 10th March, 24th March






	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
MAIN	Pepperoni Pizza (SD) Sweetcorn Salad bar	Homemade Chicken Pie (SD) Mashed Potato Vegetables Gravy	Roast gammon and gravy with Yorkshire pudding (SD) Roast potatoes Vegetables	Macaroni Cheese (SD) Homemade Focaccia Salad bar	Chicken Dippers (SD) Crispy cubes, beans or peas Salad bar
VEGETARIAN	Margherita pizza (V)	Roasted Vegetable Crumble (V)	Vegetable Parcels (V)	Cheese and Tomato Pasta Bake (V)	Crispy Veggie Dippers (V)
ALTERNATIVE	Jacket Potato with Beans	Jacket Potato with Tuna Mayonnaise Or Baguette with cheese, ham or Tuna Mayonnaise		Jacket potato with Cheese or Chilli	Jacket Potato with Cheese or beans
DESSERT	Oat Cookie	Fresh fruit or Cheese and crackers	Yoghurt pots	Iced sponge cake with custard	Fresh Fruit

Homemade bread, salad options and fruit available daily

Dinner Menu - Week Two

WEEK TWO - 11th November, 25th November, 9th December, 13th January, 27th January, 10th February, 3rd March, 17th March,

31st March

	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
MAIN	Sausage Twist (SD) Wedges and beans Salad bar	Mild Chicken Curry (SD) Rice, naan bread and Cauliflower Salad bar	Roasted chicken casserole (SD) Roast potatoes Mixed vegetables	Pasta Bolognese (SD) Garlic bread and broccoli Salad bar	Fish fingers (SD) Chips, peas and sweetcorn Salad bar
VEGETARIAN	Homemade Cheese and Onion roll (V)	Mixed Vegetable Chickpea curry (V)	Herby Quorn fillet (V)	Tomato and meat-free sausage pasta bake (V)	Frittata (V)
ALTERNATIVE	Jacket Potato with beans	Jacket potato with Tuna Mayonnaise		Jacket potato with Cheese or Chilli Or Baguette with cheese, ham or Tuna Mayonnaise	Jacket Potato with Cheese
DESSERT	Fresh fruit or Jelly	Jam Crumble slice	Ginger sponge and custard	Chocolate and cinnamon shortbread	Fresh Fruit or ice-cream

Homemade bread, salad options and fruit available daily



Bonfire Night Special

Tuesday 5th November

Bonfire burger in a bun, whizzing wedges and
crackling corn on the cob

OR

Sizzling veggie sausage in a roll, whizzing wedges and
crackling corn on the cob

OR

Jacket Potato with Cheese, Beans or Veggie Chilli

Dessert

Campfire chocolate marshmallow cake

Email: admin@burnham-on-crouch.essex.sch.uk

Website: burnhamprimary.co.uk

Contact: 01621 782070