

### Term Dates 2024 – 2025

#### **Christmas Holidays 2024-25**

Break up: Thurs 19<sup>th</sup> Dec at 2.30pm

Return on: Mon 6<sup>th</sup> January

*Fri 20<sup>th</sup> December is a non-pupil day*

#### **February Half Term 2025:**

Break up: Fri 14<sup>th</sup> February

Return on: Mon 24<sup>th</sup> February

#### **Easter Holidays 2025:**

Break up: Fri 4<sup>th</sup> April

Return on: Tues 22<sup>nd</sup> April

*Friday 2<sup>nd</sup> May is a non-pupil day*

*Monday 5<sup>th</sup> May is a Bank Holiday*

#### **May Half Term 2025:**

Break up: Fri 23<sup>rd</sup> May

Return on: Mon 2<sup>nd</sup> June

#### **Summer Holidays 2025:**

Break up: Fri 18<sup>th</sup> July

*Mon 21<sup>st</sup> and Tues 22<sup>nd</sup> July are non-pupil days*

### Term Dates 2025 – 2026

#### **September 2025:**

Return on: Weds 3<sup>rd</sup> Sept

*Mon 1<sup>st</sup> is a non-pupil day*

*Tues 2<sup>nd</sup> is a non-pupil day*

#### **October Half Term 2025:**

Break up: Fri 24<sup>th</sup> October

Return on: Mon 3<sup>rd</sup> November

#### **Christmas Holidays 2025-26**

Break up: Fri 19<sup>th</sup> December

Return on: Mon 5<sup>th</sup> January

#### **February Half Term 2026:**

Break up: Fri 13<sup>th</sup> February

Return on: Mon 23<sup>rd</sup> February

#### **Easter Holidays 2026:**

Break up: Fri 27<sup>th</sup> March

Return on: Mon 13<sup>th</sup> April

*Friday 1<sup>st</sup> May is a non-pupil day*

*Monday 4<sup>th</sup> May is a Bank Holiday*

#### **May Half Term 2026:**

Break up: Thurs 21<sup>st</sup> May

*Fri 22<sup>nd</sup> May is a non-pupil day*

Return on: Mon 1<sup>st</sup> June

#### **Summer Holidays 2026:**

Break up: Fri 17<sup>th</sup> July

*Mon 20<sup>th</sup> July is a non-pupil day*



Dear Parents, Carers and Friends,

We began the week, following the half-term break, with collective worship where we thought about the importance of remembering. We played a memory game together where we had to remember all twenty objects showed to us. The children at St Teresa's have some fantastic memories!

I asked the children why it is important to remember and we spoke about having moved into a special month for remembering; in November we remember our loved ones who have died and we remember people that have died in conflicts. We decided to keep a remembrance book which has been making its way around the classes this week so that everyone can add their loved ones for us to remember this November. We prayed together as a school family for all our loved ones in heaven.



We return to school after this weekend on Remembrance Day- 11<sup>th</sup> November- and as is traditional, if your child attends a uniformed group outside of school (Beavers, Cubs, Brownies, Sea cadets etc.) they are welcome to attend school in this alternative uniform for the day. Well done to our prefects who have been outside school selling poppies this week (and will be again on Monday) in support of the Royal British Legion. It is also pleasing to share that over half-term I received a thank you certificate for the school sending 89kg of food to Colchester Food Bank following our Harvest appeal. Thank you and well done St Teresa's.

Charity days and awareness days are always on the school calendar- do keep reading for further details of upcoming days: Odd Sock Day, Children in Need and the BCCS Christmas Concert.

Year 5 led KS2 in a quite beautiful remembrance themed mass on Tuesday. The readings, readers, symbols, singing and poignant question answering by pupils during Father Riq's homily all culminated in a wonderful and poignant celebration. Year 4 also invited parents to attend their RE celebration this week- Mrs Herron and Year 4 were delighted to see so many parents.

Everyone will have received an attendance letter this week- we write to all parents half termly to ensure we are keeping you well informed about attendance and to enable us to offer support if needed. If you have been invited to contact school regarding your child's attendance please call the Office to make your appointment. Our whole school attendance to half term was 96%- I'm very pleased to see this above local and national averages. As always, thank you for your support.

Parents' Survey- keep scrolling down and you will find a link to a parents' survey- we would love to hear from all families. It's very important for us to know the things that we do that you like and that work and any things that we could do better. By asking everyone to share the good and the 'even better if' we gain a wide understanding of the areas we can celebrate and continue with and the areas we can evolve. If you can find two minutes- please complete the survey.

Mrs Wilson, Miss Congdon and Mrs Herron have got rehearsals in full swing for the BCCS - Brentwood Catholic Children's Society- Joint School's Christmas concert- it is a truly magical way to begin Advent and I would encourage you to buy a ticket, support BCCS and our wonderful pupils, and come along if you can. The concert takes place at St Benedict's Catholic College on Friday 29<sup>th</sup> November at 6pm, details of how to purchase tickets are below.

Finally, I was delighted to receive a first edition copy of 'Teresa Talk'- St Teresa's first school newspaper today- the pupils who belong to Mrs Gill's club have done a fantastic job- do look it up on Seesaw if you can.

God Bless- Mrs Maguire

## **FLU VACCINATIONS – 13 11 2024**

### **IMPORTANT INFORMATION**

If you did **not** receive an **email confirmation** for your completed consent form/s, please complete and resubmit your consent form to ensure this has been received by the team.

<https://forms.office.com/e/RF2F0gnPNG>

If you require support to complete, please contact the team on 0300 790 0597 option 1.

Please be aware that flu vaccinations will be taking place in school on Wednesday 13<sup>th</sup> November 2024. Please read the information below that we have received from the immunisation team.

**If you would like your child to receive the vaccination you MUST complete the online consent form via the link in the letter.**

**As you will read below there is no guarantee that forms submitted after this date will be accepted.**

**The deadline for parents to complete is 11/11/2024.** We cannot guarantee any forms submitted after this date and time will be accepted at the school session.

Parents can contact the team on 0300 790 0597 if they would like any help completing the form or have any queries.

Dear Parent/ Guardian,

**Your child's Annual Flu Vaccination Is Now Due, please click the below link to complete a consent form.**

[LINK HERE](#)

This vaccination is recommended to help protect your child against flu. Flu can be an unpleasant illness and can cause serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of flu.

Most children are offered a nasal spray vaccine which is a quick, simple and painless spray up the nose.

The nasal spray vaccine is the most effective vaccine. The nasal spray vaccine contains a very small amount of porcine gelatine as an essential ingredient to keep it stable and able to work. For those who may not accept medicines or vaccines that contain porcine gelatine, a flu vaccine injection is available. Even if your child had the vaccine last year, the type of flu can vary each winter, so it is recommended to have it again this year or they won't be protected.

Since the programme was introduced, most children offered the vaccine in schools have had the immunisation.

For further information, please refer to the following leaflets:

Primary – [Flu vaccination primary school - for parents - Health Publications](#)

Secondary - [Protect yourself from flu-secondary school - English - Health Publications](#)

If you have any queries, or need to discuss the alternative flu vaccine injection please Contact the immunisation team on 0300 790 0597 or at [epunft.NE-Immunisations@nhs.net](mailto:epunft.NE-Immunisations@nhs.net)

Yours sincerely  
Essex Partnership University Trust Immunisation Team

## Attendance Data

As a whole school we are doing well against local and national averages with whole school attendance for the half term at **96%**. However, in previous years we see a decline in attendance from the half-term break in the lead-up to Christmas. Often this is due to illness- to support parents with our expectations regarding illness and attendance at school please do see further along in the newsletter for advice from the NHS to support maximising school attendance. Please remember that every session counts, with each school day accounting for two sessions, it would always be better to attend for half a day than no days. The link between attendance and attainment is clear; in addition, regular attendance is important for positive peer relationships which is a protective factor for mental health and wellbeing.

**94% and below**

**94 - 97%**

**97% and above**

	Week before half term %	This week %
Reception	99.33	95.33
Year 1	98.33	93.79
Year 2	98.39	98.00
Year 3	95.81	96.45
Year 4	97.42	94.69
Year 5	95.63	94.06
Year 6	96.25	93.75
Whole School total:	96.61	95.14



Well done for Year 2 for highest attendance this week!

## Merit Certificates

Congratulations to the following children who received a merit certificate in our assembly this afternoon:

- Rec: Brooklyn, Katie, Isaac, Luca
- Y1: Casper, Emily, Charlotte, Theo
- Y2: Eliyanah, Matthias, James, Henry, Cora
- Y3: Toby, Kayne, Maddie, Lydia
- Y4: Alice, Charlotte M, Henry, Sophie
- Y5: Roberta, Harriet, Millie, Emmi
- Y6: Marcus, Thomas, Archie, Caitlin, Amber, Izzy



### Breakfast Club

Breakfast club starts at 8.00am.  
Food will be served until 8.20am only.  
Children will be escorted to class at 8.40am

*Breakfast club*



### School Meals

The dinner menus are available on the school website and via Seesaw



### After School Club - 3.15 - 6pm

Places for the after school club must be booked via the school office.



Remember to check Seesaw and the website for useful information, letters and dates!

*We are occasionally asked to promote activities/clubs etc. from local groups. Such activities are not quality assured by the school and parents should be aware of the need to reassure themselves of the quality and safety of the services on offer, for example by visiting, looking at inspection reports etc.*

### Open days / tours of the school

Our final open day for prospective families to come and view our school will be held on

Tuesday 19th November at 6.00pm

To book a place please use this link:  
<https://forms.office.com/e/Gr2mKPL4Zn>

We look forward to welcoming you.



### IMPORTANT INFORMATION ADMISSIONS FOR RECEPTION - SEPTEMBER 2024

As you may be aware, the primary school (Reception) admission round opened on **Monday 4<sup>th</sup> November 2024**, for parents of children to apply for a Reception school place for the academic year that starts in September 2025.

**THE STATUTORY NATIONAL CLOSING DATE FOR APPLICATIONS IS 15 JANUARY 2025.**

**From 4<sup>th</sup> November 2024**, applications can be made online via [www.essex.gov.uk/admissions](http://www.essex.gov.uk/admissions).

Please be aware that Essex County Council are not sending letters to parents about making an application. All of the application information is available on the website above.

The website [www.essex.gov.uk/admissions](http://www.essex.gov.uk/admissions) also has a copy of the Primary Education in Essex booklet and the Schools Admissions Policies Directories contain details of all admission policies.

Information regarding admissions can also be found by visiting our school website [www.st-teresas.essex.sch.uk](http://www.st-teresas.essex.sch.uk) and following the links to 'Key Information' - 'Admissions'.

#### Certificate of Catholic Practise

Please be aware that Father Riq will be available at the school on the following days to sign Certificates of Catholic Practise:

Wednesday 4<sup>th</sup> December 2024 from 2.00 - 3.00pm

Wednesday 8<sup>th</sup> January 2024 from 2.00 - 3.00pm





### Royal British Legion - Poppy Appeal

As you are aware our prefects have been selling poppies and various other items in support of the Royal British Legion's Annual Poppy Appeal. These will be available again on Monday, so if you would like your child to purchase a poppy please can you ensure that they have the amount that you would like them to donate in a clearly marked envelope (particularly for the younger children), or that they are aware what the money you are giving them is for! Thank you in advance for your support of this worthwhile cause.

As has been our usual custom, we will, like the rest of the nation, be remembering those who have died as a result of war. During our assembly on Monday morning the whole school will observe a two minute silence. To help mark the occasion we are also inviting all pupils who belong to uniformed organisations, such as Rainbows, Beavers, Brownies, Cubs, Scouts, Guides, etc. to wear their uniform to school that day. In addition to displaying respect for the fallen in war, it will also highlight the contribution that young people in uniformed organisations make with regards to the annual Royal British Legion Poppy Appeal. Wearing their uniform is also a way of highlighting the existence of such organisations. All other pupils will be required to wear their normal school uniform / PE kit that day.



### Odd Socks Day as part of Anti-Bullying Week 11<sup>th</sup> - 15<sup>th</sup> November

During anti-bullying week the children will be taking part in various activities. On Tuesday 12<sup>th</sup> November we are delighted to be welcoming Blu from Andy and the Odd Socks into school to lead an assembly. **We would like to invite all of the children to wear Odd Socks on that day** as it is a great way celebrate what makes us all unique in Anti-Bullying Week! (No monetary donations required).



Thank you for your support of this very worthwhile initiative.

### BBC Children in Need



As in previous years we will be supporting Children in Need by inviting all children to come to school on Friday 15<sup>th</sup> November wearing their pyjamas in return for a minimum donation of £1. (No slippers please!).

Donations can be made online to a special Children in Need ParentPay page (linked to our school) by following this link:

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=15472>

You are also most welcome to send in a cash donation on the day. Thank you for your continued support.

### School Photographs

A reminder that the deadline date to order photos online, with the free delivery option back to the school, is Tuesday 19th November.

If you are in a particular hurry to get your photos extra quick, as Christmas draws ever nearer, the photographers do have an instant digital download option, plus a home delivery service that they guarantee to dispatch within 5 days of receiving the order. If you need any help with your order online, please contact the photographers directly on 01394 383944.



Please do note the information below that the photographers have shared with us:

#### **VERY IMPORTANT INFORMATION, PLEASE READ!**

*You will notice there is just the one image displayed on the individual/sibling photo proofs. But when the parents go online, in the majority of cases, there will be a further individual photo for them to view and purchase.*

*And finally as a thank you for all schools using our services this year we are highlighting the special offer £21.99 all image digital download option. This applies to any individual/sibling photos taken. This allows families to download all their individual/sibling images for just £21.99.*



### Joint Schools Concert

As in previous years, our school will be helping to raise funds for Brentwood Catholic Children's Society by taking part in a Joint Schools Choir event.

The concert will take place at St. Benedict's College on Friday 29<sup>th</sup> November at 6.00pm. Our children have been practising very hard learning the songs and dances that they will perform during the concert.

Tickets for the concert are available to purchase from the school office and are priced at £10 per adult and £5 per child. If you would like to buy some tickets and support this wonderful charity event, please send the correct cash amount in an envelope clearly marked with your child's name and the number of adult / child tickets required.

Thank you in advance for your support.



### Parent / Carer Survey

Thank you to everyone who has already completed the parent / carer survey following the letter that was sent out on Seesaw on Tuesday.

A reminder that the survey can be accessed via this link:

<https://forms.office.com/pages/responsepage.aspx?id=-HyphrKNc0u5lV43OvP-KSsQkirzuMNOmmaSGYiMPTpUOEYwSkpVUzQ5QVlRWjlRQVpYRTJSNFNKMS4u&route=shorturl>

or by scanning the QR code ⇨

Thank you for your continued support.



# CHILDREN IN NEED

PYJAMA DAY 2024

Come to school in your  
comfy pyjamas and  
bring your teddy!!!

FRIDAY 15TH NOVEMBER

£1



# FORTHCOMING ADVENT / CHRISTMAS EVENTS

Please note, at this stage all dates are provisional - we hope to be able to stick to these published dates but they may be subject to change if necessary



Friday 29<sup>th</sup> November  
Joint Schools Concert at St. Benedict's



Saturday 30<sup>th</sup> November 11.00am - 2.00pm  
Parish Christmas Bazaar



Monday 2<sup>nd</sup> December at 9.00am  
Advent Service in the School - Parents invited

Friday 6<sup>th</sup> December  
FOST Advent Fayre (further details to follow)



Monday 9<sup>th</sup> December  
**Mince Pie Monday!!! (further details to follow but do save the date!)**



Thursday 12<sup>th</sup> December  
FOST Christmas Discos (times TBC)



Friday 13<sup>th</sup> December  
Whole School to the pantomime at the Mercury Theatre



Saturday 14<sup>th</sup> December  
School choir performing with the Choral Society in Church

Sunday 15<sup>th</sup> December at 3.00pm  
Parish Carol Service in Church (school will be participating)  
Further details to follow nearer the time

Monday 16<sup>th</sup> December at 6.00pm  
Rec, Y1 and Y2 Christmas Nativity



Tuesday 17<sup>th</sup> December at 2.00pm and 6.00pm  
Rec, Y1 and Y2 Christmas Nativity

Wednesday 18<sup>th</sup> December  
Christmas Dinner Day - menus to follow in due course  
This will also be Christmas Jumper Day  
(children are invited to wear something Christmassy instead of their uniform if they would like to)



Thursday 19<sup>th</sup> December  
School Carol Service at 1.30pm in Church  
Last Day of Autumn Term **2.30pm finish**



## First Holy Communion

Please see below for the First Holy Communion programme 2024/5

Sessions - 9.15am - 10.45 am St. Teresa's school (pick up from the church)

NB The first session will only take place in the church.

### Reconciliation

16/11/24 - God gives you joy and peace

7/12/24 - God gives you forgiveness

11/1/25 - Reconciliation preparation

17/1/2024 - Reconciliation preparation and sacrament (children to arrive at 6pm in the church hall, service to start in the church at 7pm).

### Communion

1/2/25 - We walk with Jesus

1/3/25 - We learn about the mass & we share God's word.

22/3/25 - We give thanks & we remember and celebrate.

26/4/25 - We share the bread of life.

17/5/25 - Retreat 10 -2pm (children to bring a packed lunch)

### First Holy communion rehearsal

Wednesday 18<sup>h</sup> June 2025

6.00pm - Group 1

7.00pm - Group 2

June 21<sup>st</sup> 2025 - First Holy Communion services at 11am and 2pm

Going Forth Mass - June 29<sup>th</sup> 2025 at 9.00am



## Parish Christmas Bazaar - Saturday 30<sup>th</sup> November from 11am - 2pm

The Parish bazaar is fast approaching. As in previous years we will be running a Toiletries/Stationery Tombola. Can we please ask you for donations for this stall? We usually ask KS1 parents for Toiletries and KS2 for Stationery items. These can be for children or for adults and can be large or small items. There will be a box in the entrance area of the school for your donations.

Please help us to support our Parish in this way - thank you.

PLEASE JOIN US FOR OUR  
**CHRISTMAS  
BAZAAR**  
SATURDAY 30TH  
NOVEMBER  
11AM - 2PM

St Teresa's Church Hall and School Hall  
16 Clairmont Road, Colchester, CO3 9BE

# What to do

## Advice on childhood illnesses



Go to school; if needed, get treatment as required



Some restrictions for school attendance



Don't go to school and see the GP

What it's called?	What it's like	Going to school	Getting treatment	More advice
<b>Asthma flare up</b>	Worsening of usual symptoms		Follow your care plan	Stay off school if feeling too unwell
<b>Chicken pox</b>	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters		Pharmacy	Back to school five days after on-set of the rash, or when all lesions are crusted over
<b>Common cold</b>	Runny nose, sneezing, sore throat		Pharmacy	Ensure good hand hygiene
<b>Conjunctivitis</b>	Teary, red, itchy, painful eye(s)		Pharmacy	Try not to touch eye to avoid spreading*
<b>Flu</b>	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat		Pharmacy	Ensure good hand hygiene*
<b>German measles/ Rubella</b>	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards		GP	Back to school four days after the rash has started, if feeling well enough. Please let the school know, as pregnant members of staff may be affected.
<b>Glandular fever</b>	High temperature, swollen glands, sore throat; usually more painful than any before		GP	*
<b>Hand, foot &amp; mouth disease</b>	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)		GP	Attend school while monitoring symptoms
<b>Head lice</b>	Itchy scalp (may be worse at night)		Pharmacy	
<b>Impetigo</b>	Clusters of red bumps or blisters surrounded by area of redness		GP	Back to school when lesions crust or 48 hours after start of antibiotics
<b>Measles</b>	Fever, cough, runny nose, watery inflamed eyes, rash		GP	Back to school four days from on-set of rash, and if feeling well enough
<b>Ringworm</b>	Red ring shaped rash, may be itchy, rash may be dry and scaly or wet and crusty		Pharmacy	
<b>Scabies</b>	Itching rash, commonly between fingers, wrists, elbows, arm		GP	Back to school after first treatment
<b>Scarlet fever</b>	Fever, unwell, red tongue, sandpaper rash		GP	Exclusion period during first 24 hours of antibiotics*
<b>Shingles</b>	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash		GP	Only stay off school if rash is weeping and cannot be covered
<b>Sickness bug/ diarrhoea</b>	Stomach cramps, nausea, vomiting and diarrhoea		Pharmacy	Contact GP if symptoms persist after 48 hours
<b>Threadworms</b>	Intense itchiness around anus		Pharmacy	Ensure good hand hygiene
<b>Tonsillitis/ Strep throat</b>	Intense sore throat for more than 1 day		Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow. Only need to stay off school if feeling too unwell
<b>Whooping cough</b>	Violent coughing, with a 'whoop'		GP	Exclusion period during first five days of antibiotics
<b>Covid</b>				Visit <a href="https://www.nhs.uk">www.nhs.uk</a> for latest guidance

\*Attend school while monitoring symptoms.

This information is a guide and has been checked by health professionals. If you are unsure about your child's wellbeing, we recommend you contact your pharmacy or GP to check.

Working in partnership with

Should my child go to school/nursery today?  
Hertfordshire and West Essex Healthier Together for further information  
<https://www.hwehealthiertogether.nhs.uk/parentscarers>



Thank you to the parents who attended the first meeting.

The second parents meeting has been arranged for

**Friday 15<sup>th</sup> November 2:15 – 3:15pm**

If you were unable to attend the first meeting you very welcome to come along to the next meeting.

The group is open to all parents/carers of children at the school who have EHCP's are supported by One Planning, or who have children that may have currently unrecognised/undiagnosed SEND. Come along for a chat, to support one another and an opportunity to work with your school and to improve the outcomes for your child.



## **Calling all SEND parents and carers - Your school needs your voice!**

Help make your school more inclusive for *all* children

Your school has signed up to a pilot project aimed at increasing inclusivity in school and building relationships and communication with parents/carers. The name of this project is Partnership for Inclusion of Neurodiversity in Schools (PINS).

## Pastoral Focus: Young Carers

*And so, encourage one another and help one another, just as you are doing now. Thessalonians 5:11*

Did you know that there are more than 800,000 Young Carers in the UK? It is estimated that in Essex alone there are more than 10,000. \*

**Being a Young Carer can impact a young person's life in many ways. At St Teresa's we understand that they may need a little extra support. That is why we are committed to identifying and supporting all Young Carers; enabling them to enjoy and do well at school and to have the opportunities that others have.**

**If you think that you or your child may be a Young Carer please let us know by completing the form below or by calling the school on 01206 508445. Copies of the form can be provided.**

### Who is a young carer?

Young carers are children and young people under 18 years old who provide regular and on-going care to another person who is physically or mentally ill, disabled or misuses substances.

Young adult carers are aged between 16 and 24, and can also access support.

Many young people don't see themselves as carers and may not realise there is practical and emotional support available in Essex.

A child may be a young carer if they:

- care for a family member, because of illness, disability or old age
- help someone with their personal care
- need to cook for their family
- look after money or organise the family budget
- help anyone to take medication regularly
- collect prescriptions or benefits on behalf of someone else or go shopping for the family
- look after brothers or sisters, by taking them to school, doing their laundry, or cooking their meals
- take care of housework
- speak on behalf of someone who has difficulty communicating for themselves
- translate or interpret for someone at home
- worry about the person they care for when they are at school or away from them

For more information go to:

<https://youth.essex.gov.uk/schools/young-carers-services/young-carers-service/>



Essex Youth Service – Essex county Council

\*source: Action [For](http://www.affc.org.uk) Family Carers (www.affc.org.uk)

## Young Carers

FAO Mrs Dyball, Pastoral Lead

Pupil's Name \_\_\_\_\_

Year Group \_\_\_\_\_

Does the pupil have parents or other family members who:

- have a long-term illness or disability
- are affected by mental ill-health
- are affected by substance misuse

YES / NO

If you wish you can give further details here: (not required)

No information will be shared without your prior knowledge.

Would you like more information about the types of support the school provides to Young Carers?

YES / NO

If YES, please provide a name and contact details:

Name \_\_\_\_\_

Telephone / email address \_\_\_\_\_

Signed \_\_\_\_\_

# Winter Gift from FACE

join via [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)



## Understanding the Teenage Brain

Watch the recording of Jane Keyworth delivering this online session (one hour 45 minutes) to parents in the UK

"We need every parent and teacher to attend this outstanding presentation. It provides a brilliant exposé of the challenges young people face as they develop from child to young adult. The presentation is very informative but also very accessible and entertaining. I cannot recommend this talk highly enough"

**Mr Andrew Mead, Headteacher at Lytchett Minster, UK High school**

ACL

COMMUNITY & FAMILY LEARNING

FREE

ONLINE WORKSHOPS  
FOR  
PARENTS & CARERS

NEW session  
subjects added  
regularly!

SETTING BOUNDARIES  
MANAGING BIG EMOTIONS  
UNDERSTANDING CHILDREN'S ANXIETY  
SAVE ENERGY, SAVE MONEY  
WINTER BUDGETING



SCAN ME

FOR MORE INFORMATION, OR TO ENROL ...[SCAN QR CODE](#), [CLICK HERE](#), OR [VIEW WEBSITE](#).  
NEED HELP? EMAIL [ACLFAMILYLEARNING@ESSEX.GOV.UK](mailto:ACLFAMILYLEARNING@ESSEX.GOV.UK)



'FAMILY LEARNING'  
[ACLESSEX.COM](http://ACLESSEX.COM)



Essex County Council



# CHRISTMAS BAZAAR 2024

30TH NOVEMBER

11AM - 2PM

Preparations are underway but we need  
donations of :  
chocolate for the tombola  
bottles for the tombola  
nearly new items  
books  
Good quality clean childrens toys

Please leave donations in the box in the  
church foyer - thank you for your  
generosity



## ST TERESA'S BAKE OFF AT THE PARISH CHRISTMAS BAZAAR

NOVEMBER 30TH  
11-2PM

COME AND ENTER  
OUR CAKE  
COMPETITION !  
PRIZES TO BE WON !

Let's eat  
**CAKE!**

CAKES TO BE DELIVERED TO  
THE SCHOOL HALL BETWEEN  
4 AND 6PM ON FRIDAY 29TH  
NOVEMBER OR 8 AND 10AM  
ON SATURDAY 30TH  
NOVEMBER CLEARLY MARKED  
'CAKE COMPETITION'

\*Please label all entries with name  
and contact number / age for child  
entry and a ingredient list for all items  
entered

CATEGORIES ARE

- ADULT - CAKE
- ADULT- CUPCAKES
- CHILD -CAKE
- CHILD -CUPCAKES

FREE ENTRY (BUT WE KEEP  
YOUR CREATIONS TO SELL  
ON THE DAY)

Delivered by

# InterAct

Funded places by



## DEVELOPING SELF-CARE, RESILIENCE & WELLBEING FOR PARENTS & CARERS RAISING CHILDREN WITH SEND & CHALLENGING BEHAVIOUR

Every Thursday from 10:00 to 14:00  
From 7th November for 4 weeks

EMBRAVE.  
EMBRACE.  
EMPOWER.

Learn How to:

- ✓ Develop a positive and empowering relationship with yourself & others
- ✓ Discover the power of self-care and self-acceptance
- ✓ Find new ways to prioritise your mental health and well-being
- ✓ Practice and rehearse strategies for building your skills and strengthening your resolve to journey on
- ✓ Share and explore your travels so far
- ✓ Take note of and celebrate the skills you have acquired along the way
- ✓ Build parents'/carers' resilience, so they are well placed to enjoy their journey bringing up their children

Only Limited Spaces Available!

**Book Now!**

**Location:**

Kingsland Church  
86 London Road, Colchester CO3 9DW  
FREE PARKING & REFRESHMENTS  
On the local bus route

**For More Info:**

info@lesleybaileytraining.co.uk  
07908616149

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## DEVELOPING SELF-CARE, RESILIENCE & WELLBEING FOR PARENTS & CARERS RAISING CHILDREN WITH SEND & CHALLENGING BEHAVIOUR

Every Wednesday from 10:00 to 14:00  
From 20th November for 4 weeks

EMBRAVE.  
EMBRACE.  
EMPOWER.

Learn How to:

- ✓ Develop a positive and empowering relationship with yourself & others
- ✓ Discover the power of self-care and self-acceptance
- ✓ Find new ways to prioritise your mental health and well-being
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- ✓ Share and explore your travels so far
- ✓ Take note of and celebrate the skills you have acquired along the way
- ✓ Build parents'/carers' resilience, so they are well placed to enjoy their journey bringing up their children

Only Limited Spaces Available!

**Book Now!**

**Location:**

Greenstead Community Centre  
Hawthorn Avenue, Greenstead Estate CO4 3QE  
FREE PARKING & REFRESHMENTS  
On the local bus route

**For More Info:**

info@lesleybaileytraining.co.uk  
07908616149

Please see the flyers below giving details of FREE workshops n offer for patients within the North Colchester Primary Network surgeries, which includes Bluebell Surgery, Highwoods Surgery, Lawford Surgery, Mill Road Surgery and Winstree Medical Practice. You are able to book onto the workshop using this link <https://uk.surveymonkey.com/r/referralSelf>

**extra**  
Coping With Challenging Behaviour Online Workshop

This workshop will help parents/carers to understand and navigate their child's defiant behaviour. We will explore triggers for behaviour and learn strategies to improve relationships within the home.

**Monday 18th November  
11am - 1.30pm  
Online**

Karen - Senior Programme Design & Facilitator.

Sam - Associate Facilitator.

admin@extrasupportforfamilies.co.uk  
01255475001  
www.extrasupportforfamilies.co.uk/  
Registered in England No: 1158891

Funded by... NHS, CVST, COMMUNITY FUND

**extra**  
ADHD Online Workshop

This workshop will help parents/carers to understand Attention Deficit Hyperactivity Disorder (ADHD) and give tips on how to positively manage their children's behaviour

**Monday 2nd December  
11am - 1.30pm  
Online**

Karen - Senior Programme Design & Facilitator.

Lauren, MBACP  
Integrative Counsellor and Associate Facilitator

admin@extrasupportforfamilies.co.uk  
01255475001  
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Funded by... NHS, CVST, COMMUNITY FUND

**extra**  
Emotional Regulation

This workshop will help parents/carers to support their children through those BIG emotions. We will explore core emotions, what triggers them and learn strategies to help our children on the journey towards self regulation.

**Monday 16th December  
11am - 1.30pm  
Online**

Karen - Senior Programme Design & Facilitator.

Lauren, MBACP  
Integrative Counsellor and Associate Facilitator

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Funded by... NHS, COMMUNITY FUND, CVST

# ESSEX REBELS VOLLEYBALL



## COACHING CLINIC

**SUN 10 | NOVEMBER**

**AGES 7-11:  
10-11am**

**AGES 11-14:  
11-12pm**

**LOCATION: ESSEX SPORT ARENA  
COST: FREE (+ FREE TICKET TO  
DOUBLE HEADER ON NOV 10TH)  
OPEN TO ALL ABILITIES  
COACHED BY OUR VERY OWN  
ESSEX REBELS PLAYERS**



**SCAN THE QR CODE  
TO BOOK YOUR  
FREE SPACE**



 **[o.partridge@essex.ac.uk](mailto:o.partridge@essex.ac.uk)**