

Term Dates 2024 – 2025

February Half Term 2025:

Break up: Fri 14th February
Return on: Mon 24th February

Easter Holidays 2025:

Break up: Fri 4th April **at 2:30pm**
Return on: Tues 22nd April

*Friday 2nd May is a non-pupil day
Monday 5th May is a Bank Holiday*

May Half Term 2025:

Break up: Fri 23rd May
Return on: Mon 2nd June

Summer Holidays 2025:

Break up: Fri 18th July **at 2:30pm**
Mon 21st and Tues 22nd July are non-pupil days

Term Dates 2025 – 2026

September 2025:

Return on: Weds 3rd Sept
*Mon 1st is a non-pupil day
Tues 2nd is a non-pupil day*

October Half Term 2025:

Break up: Fri 24th October
Return on: Mon 3rd November

Christmas Holidays 2025-26

Break up: Fri 19th December
Return on: Mon 5th January

February Half Term 2026:

Break up: Fri 13th February
Return on: Mon 23rd February

Easter Holidays 2026:

Break up: Fri 27th March
Return on: Mon 13th April

*Friday 1st May is a non-pupil day
Monday 4th May is a Bank Holiday*

May Half Term 2026:

Break up: Thurs 21st May
Fri 22nd May is a non-pupil day
Return on: Mon 1st June

Summer Holidays 2026:

Break up: Fri 17th July
Mon 20th July is a non-pupil day



Dear Parents, Carers and Friends,

We began the week with collective worship thinking about Jesus reading from the scriptures in the temple at Nazareth- Jesus read, 'the Spirit of the Lord is on me, because he anointed me to preach good news to the poor'.

Jesus declared after the reading that, 'today as you listen the scripture has been fulfilled.' We thought about what it was to preach good news to the poor- we thought about how we as Christians represent Jesus now on earth and how by living our lives in His example we in turn are preaching good news to the poor.

We listened to this Scripture reading again at our start of term whole school mass on Tuesday where we began our journey as pilgrims of hope this jubilee year. We heard about the significance of the jubilee year- where every 25 years a theme is chosen by the Pope for us to focus upon. In a jubilee year we set aside time to reset our relationship with God, with each other and with the earth. We asked for God's blessing this jubilee year upon our school.

We've had a number of other assemblies this week- in addition to our usual Praise collective worship we were visited by Rory from 'i-Rock band' who brought in lots of different instruments and shared with the children what they were and how they worked. He chose some children at random and they learned in the space of 10 minutes how to play in a band! By the end of the assembly all of the children were thoroughly enjoying singing "We Will Rock You", accompanied by the drums, guitar and keyboard! We certainly have a wonderful group of musicians here at St. Teresa's! Further details can be found in the letter overleaf.

On Thursday we used our Catholic Social Teaching assembly to celebrate participation by learning about Chinese New Year. Please read the Catholic Social Teaching Corner page to find out more! There are also some lovely pictures overleaf as well - do have a look.

Today Mr Smith took a group of Year 3/4 pupils to participate in an Archery tournament. I'm told they were fantastic sports ambassadors for our school.

I wrote this week to parents that use our breakfast club and wrap-around care to share some changes to our provisions- I attach a copy of the letter overleaf to keep everyone informed. We will be beginning an earlier Breakfast Club arrival window of 7:30am after February half term. We have also reviewed our prices which again are published within the letter for your information.

It was wonderful last week to award some new certificates to pupils in our weekly celebration assembly. We have decided to take a break from our regular merit certificates and are looking at areas to celebrate such as 'writer of the week' and 'doing little things well'. I look forward to finding out who has been chosen this week.

Well done on the best attendance this week to Year 1 and our Team Point winners St Francis.

God Bless, Mrs Maguire



Attendance Data

94% and below

94 - 97%

97% and above



	Last week of autumn term %	This week %
Reception	98.67	96.00
Year 1	95.33	99.33
Year 2	96.33	98.00
Year 3	96.25	96.88
Year 4	96.88	91.25
Year 5	91.25	95.63
Year 6	95.63	98.44
Whole School total:	95.73	96.47



Well done to Year 1 for highest attendance this week!

Certificates

Congratulations to the first recipients of our new certificates!



Catholic Social Teaching

Writer of the week

Doing Little Things Well

REC Boaz
Y1 Matilda
Y2 Clementine
Y3
Y4 Kasinma
Y5 Harriet
Y6 Nahla

El-Nathan
Theo
James
Kayne
Jacquan
Josie
Mishel

Sofia
Daniel
Adrian
Trinity
Blake
Miguel
Nkenna

Intellectual Curiosity

Friendship

Good Manners

Resilience

REC Felix
Y1 Aurelijus
Y2 Irene
Y3 Elijah
Y4 Michaiah
Y5 Matilda
Y6 Lisa

Sophie
Adrian
Samantha
Halsten
Charlotte M
Millie
Lewis

Katie
Noah
Eliyanah
Darell
Nylah
Oscar C
Rowan

Finley
Jesse
Cora
Amelia
Jacque
Eva
Mason

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.

The Golden Quill

We are so excited to share that we are now in the second week of awarding the Golden Quill trophy in school. One pupil is chosen each week to receive this prestigious award because they have gone above and beyond in their writing. This might be for their hard work and determination, or their focus on handwriting or spelling, or they have simply produced a fabulous piece of writing that ticks all the boxes for that task. The lucky pupil gets to keep the trophy on their desk for a week as a reminder of their special achievement. Please do check in with your children to find out who has won this week and why!





St Teresa's Catholic Primary School

Clairmont Road, Lexden, Colchester, Essex. CO3 9BE

Tel: 01206 508445

Email: office@st-teresas.essex.sch.uk

Website: www.st-teresas.essex.sch.uk

Headteacher: Mrs B Maguire



January 2025

Dear Parents and Carers

RE: Breakfast Club and Wrap-Around Updates

Thank you to all parents who were able to complete our recent survey regarding breakfast club and afterschool wrap-around provision. It was great to receive very positive feedback about both provisions and I have been able to share this with both teams of staff and our school governors. We have taken some time to consider suggestions for improvement, discussed what is reasonably and logistically achievable, and considered both the financial implications of any changes and the current financial position of both provisions. As a result of this review, I write to share some upcoming changes.

Breakfast Club

After half-term, from 24th February, we will be opening breakfast club earlier in the mornings, from 7:30am - this was requested by nearly all parents that responded to the survey. Alongside our usual toast and cereal, and in accordance with school food standards, we will be introducing a range of bread options on different days (bagels, wholemeal muffins, crumpets and fruit toast), fruit salad, and yogurt. To provide an earlier start and a greater variety of food it will be necessary to increase the cost of breakfast club from the current £2.30 to £3.40.

Wrap-Around

For wrap-around we are now allowing parents to park in the school car park after 4:45pm to aid collection and a phone line will be installed very soon. We have considered offering different sessions and staggered pricing, but presently the administration would be challenging. We have therefore decided not to make any changes at the moment in this regard. We will, however, be implementing a quiet zone within wrap-around where children can be supported to complete homework and reading if they choose to visit the quiet zone. We will begin exploring a greater variety of food options, including some hot options, and will review these for popularity and financial viability. At the moment our wrap-around provision does not always 'break even' financially, and, as we are unable to supplement any shortfall from education funds, we have reviewed our pricing and as a result, we will be increasing our charge from £8.50 to £9.00.

Support

We do hope these changes will be received positively and that you will understand our need to increase our prices to ensure both provisions remain financially viable. To support parents in managing this change, price increases will not be implemented until after the Easter holidays (week beginning 22nd April). Finally, we will be moving to an electronic booking system after Easter, for breakfast, wrap-around and indeed all clubs via parent pay, details will be distributed to all parents later this term.

If any of our changes including financial are challenging for your family, I would encourage you to speak to us to see how we can support you.

Kind regards

Mrs B Maguire
Headteacher

St Teresa's School is part of The Rosary Trust a Catholic Multi Academy - Registered Number: 08068528



The School is a charitable company limited by guarantee registered in England and Wales.

The Governing Body is committed to safeguarding and promoting the welfare of children and young people, and expects all staff and volunteers to share this commitment



Catholic Social Teaching Corner

CHINESE NEW YEAR

恭喜发财

“May you be happy and prosperous.”

“When each separate part works as it should, the whole body grows and builds itself up through love.”
Ephesians 4:16

We followed the example of Patariki the Penguin and thought about the society we live in and that we have the right and duty to participate in it. This week we focused on Chinese New Year and learned about the customs and traditions of those who celebrate it. Avryn Keira, Spark, Ambrose and Charlotte helped me to share lots of facts about Chinese New Year, they taught us some greetings and explained some of the fantastic traditions including receiving money wallets, candy boxes and spending time with family. It was fascinating to learn about different ways of celebrating New Year and how Chinese New Year is not on a fixed date each year, but when there is a new moon usually either in January or February. We learned about the animals in the Chinese Zodiac and Reception class, who have been focusing on Chinese New Year all week, brought along their focus book – The Great Race, the story of how the animals of the Chinese Zodiac were chosen. Opening your mind to learn new things and explore other cultural traditions allows you to embrace others and have an understanding of difference, being a fully rounded member of society. The children were amazing listeners and I heard lots of discussions in and around the school after the assembly with the children sharing what traditions they enjoyed learning about.



May God guard us and keep us in safety and comfort
and in health and strength,
sending us nothing but good.
May God send down so many blessings that the day
is not long enough for them all.
Amen





CHINESE NEW YEAR



Galilee to Jerusalem Celebration

We would like to invite you in to school to share in our learning of the third branch in our 'To Know You More Clearly' RED curriculum.

The timings for the sessions are as follows:

Reception - Wednesday 12th February - 2.45pm

Year 1 - Thursday 13th February - 2.45pm

Year 2 - Thursday 13th February - 2.45pm

Year 3 - Wednesday 12th February - 9.00am

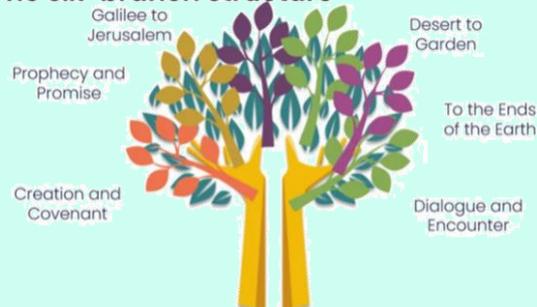
Year 4 - Wednesday 12th February - 9.00am

Year 5 - Thursday 13th February - 2.45pm

Year 6 - Thursday 13th February - 9.00am

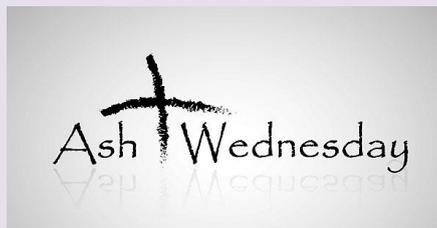
The children look forward to sharing their learning and their amazing books with you.

The six-branch structure



Ash Wednesday Mass

You are all most welcome to join us for our Ash Wednesday Mass which will take place on **Wednesday 5th March at 10.00 am** in the church.



Reconciliation

Congratulations to all of the children who made their first Reconciliation on Friday 17th January at a special service in the Church.

We will continue to keep all of the children who are preparing to make their First Holy Communion in June, in our prayers as they continue to prepare for this very special Sacrament.



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)

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 18th June 2025

6.00pm - Group 1

7.00pm - Group 2

June 21st 2025 - First Holy Communion services at 11am and 2pm

Going Forth Mass - June 29th 2025 at 9.00am



Archery Competition

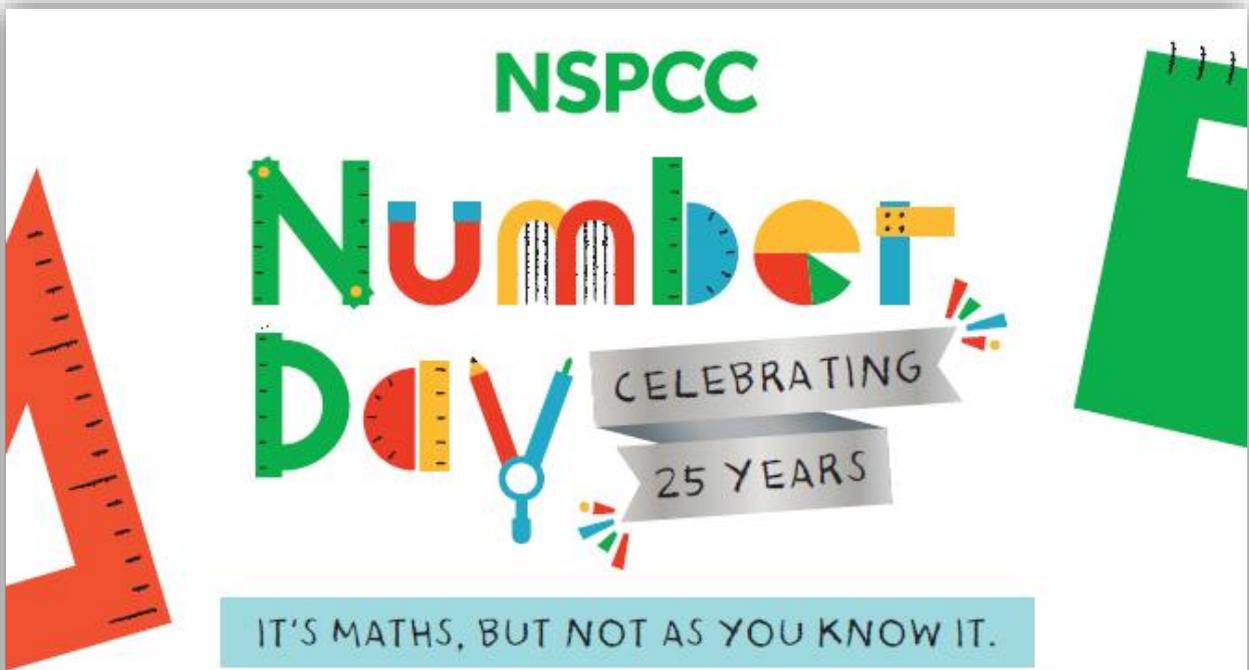
Today four of our pupils from Years 3 and 4 took part in an archery competition at Thurstable School. They had a wonderful time, learning lots of new skills and they all represented St. Teresa's admirably showing excellent sportsmanship.

Thank you to Mr Smith and Mrs Benton for accompanying the children today.



Number Day 2025

Celebrate all things number with us on Friday 7th February by dressing up as a number! Be as creative as you like, it could be a football shirt with a number on, a decorated t-shirt with your favourite numbers on or perhaps you could even dress up as a domino, numicon or number block! Your class teachers will be exploring numbers with you in class as well as a maths competition and a maths trail at school.



Friday 7 February 2025

#numberday



Charitable
Trust



MATHS CIRCLE



OXFORD
UNIVERSITY PRESS

Number Day is supported by Man Group, Maths Circle and Oxford University Press, led by NSPCC.

EVERY CHILDHOOD IS WORTH FIGHTING FOR

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Mini Vinnies

Hello everyone – this week we are writing a message in the newsletter to ask for your help again.

We have exciting news!

We are organising a toy sale to take place during the week starting Monday 3rd March (more information to follow nearer the time).

If you have any good quality toys / books / teddies / football tops / games / puzzles / Lego that you would like to donate for the sale, please bring them to the office when you can.

We are hoping to be able to use the money raised to support less fortunate children in our local community.

Thank you for your support.

Sweet regards

Mini Vinnies

Colchester United Girls Pathway Open Trial! 🌟

🌟 Due to popular demand, we're excited to host another Colchester United Girls Pathway Open Trial! 🌟

📅 **Date:** Friday 21st February 2025

🕒 **Time:** 4:30-6:00 PM (Registration from 4:15 PM)

👧 **Who:** Girls in School Years 2-11

📖 **Register here:**

U7/8 (Year 2/3) - <https://colchester-united-cf.classforkids.io/info/2030>

U9/10 (Year 4/5) - <https://colchester-united-cf.classforkids.io/info/2031>

U11/12 (Year 6/7) - <https://colchester-united-cf.classforkids.io/info/2032>

U13/14 (Year 8/9) - <https://colchester-united-cf.classforkids.io/info/2033>

U15/16 (Year 10/11) - <https://colchester-united-cf.classforkids.io/info/2034>

Goalkeepers (Year 2-11) - <https://colchester-united-cf.classforkids.io/info/2035>

Don't miss this amazing opportunity to showcase your talent and be part of something special.

Register now before spaces are gone! ❤️🌟

Spread the word to any players who might be interested—we'd love to see them there!

Please don't hesitate to contact Niamh.gamble@colchesterunited.net for more details.



Attendance / Illness

Please be aware that as part of the statutory attendance guidance that came into effect last term, Working Together to Improve School Attendance (DfE, August 2024) places a requirement on schools to submit a sickness return where pupils of compulsory school age have been recorded as code I (illness) for 15 days either consecutively or cumulatively. The purpose of the return is to help both schools and the LA to agree any provision that is required to ensure continuity of education. Please be advised if your child has recorded this number of illnesses to date then this data will be shared with the local authority.



UK Health
Security
Agency



Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (Including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

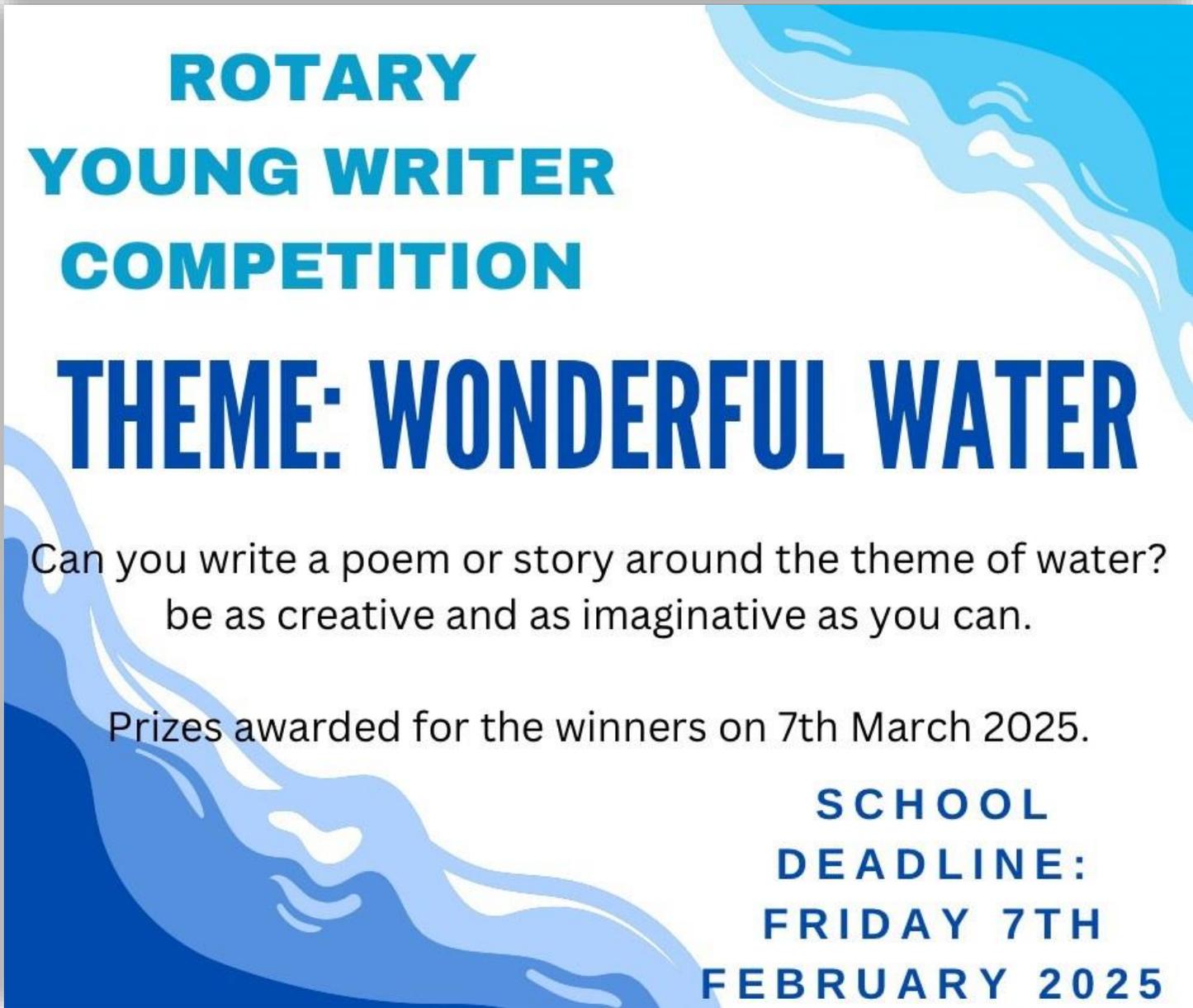
but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



ROTARY YOUNG WRITER COMPETITION

THEME: WONDERFUL WATER

Can you write a poem or story around the theme of water?
be as creative and as imaginative as you can.

Prizes awarded for the winners on 7th March 2025.

**SCHOOL
DEADLINE:
FRIDAY 7TH
FEBRUARY 2025**

Rotary Young Writer Competition

We are delighted to share the information about the Rotary Young Writer Competition with you.

An information pack with full details about the competition has been shared via Seesaw today.

All children have been given a paper entry sheet today for the Rotary Young Writer competition if they would like to enter. Spare copies are available from the school office if you need one.

Entries must be returned directly to school by Friday 7th February at the latest.

Good luck everyone!



February 2025 Newsletter

Thursday
20th Feb
19:00 - 20:00
FREE



FREE SESSION
Supporting Healthy Screen Use
A range of steps that can help minimise the harms from screens

Monday
3rd Feb
10:00 - 11:30
£24



Supporting a Child with ADHD
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
11th Feb
19:00 - 20:30
£24



Facing Defiance
Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday
18th Feb
19:00 - 20:30
£24



Cannabis & Ketamine Awareness
Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday
25th Feb
19:00 - 20:30
£24



Understanding the Teenage Brain
A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

Understanding Anger	10 FEB 7pm
Supporting Healthy Screen Use	11 FEB 10am
Facing Defiance	14 FEB 7pm
Raising Self-Esteem	27 JAN 7pm 25 FEB 10am
Supporting Healthy Sleep	28 JAN 7pm 24 FEB 10am
Supporting a Child with ADHD	3 FEB 10am 3 MAR 7pm
Improving Family Communication	3 FEB 7pm 4 MAR 10am
AUTISM: Improving Communication	4 FEB 10am 4 MAR 7pm
Understanding Addictive Behaviour	4 FEB 7pm 3 MAR 10am
Anxiety-Based School Avoidance	10 FEB 10am 10 MAR 7pm
What is ACT?	17 FEB 10am 17 MAR 7pm
Introduction to OCD	17 FEB 7pm 18 MAR 10am
Anxiety Explained	18 FEB 10am 18 MAR 7pm
Cannabis & Ketamine Awareness	18 FEB 7pm 17 MAR 10am
Decreasing Depression	24 FEB 7pm 25 MAR 10am
Understanding the Teenage Brain	25 FEB 7pm 24 MAR 10am

EPINS Project

Partnership for Inclusion of Neurodiversity in Schools

Emotional Regulation:

How to Support Neurodivergent Children with Emotional Processing and Anxiety. This will include information on how sensory differences may impact this area.

This workshop will explore why neurodiverse children may develop difficulties with their emotions, including anxiety and low mood, and how schools and parents/carers can support neurodiverse children and young people with managing their big feelings.

When & Where?

Wednesday 19th March 1:30 – 3pm at St Teresa's Catholic Primary School

How do I book my place?

There is no need to book but it would be helpful to know how many people we need to accommodate.

Please email office@st-teresas.essex.sch.uk if you plan/think you may attend.

Thank you

F O S T

Valentine's Day

NON-UNIFORM

FOST invites you to wear **pink** or **red** instead of your school uniform on

Friday 19th February

In exchange, we are asking for donations towards our **Easter Hamper Raffle**, of any items in the colour of your house team (red, blue, yellow or green)

These could be food, drink, toiletries, candles - whatever you can think of!

Alternatively, a suggested donation of £1, can be made on ParentPay or cash given into the office in an envelope clearly marked "FOST Non-Uniform".

Look out for details of our Easter Hamper Raffle after half term!



FOST 2ND HAND UNIFORM SALE

13th & 14th February

If you can't be there on the dates,
scan the QR code to request items.



FRIENDS OF ST TERESA'S, COLCHESTER Charity Number:1206040



JOIN A ROCK & POP BAND AT SCHOOL



Dear Parents/Guardians,

Exciting News! Rock band lessons may be starting at your school!

What is iRock? At iRock, children experience the thrill of being in a band! Led by our passionate and professional Band Coaches, our weekly in-school band sessions are open to all pupils from Reception to Year 6.

Music for all. iRock aims to create a welcoming and inclusive environment where every child feels they belong. Each week, children develop their musical skills, confidence, and teamwork as they work towards exam-free music qualifications —celebrating progress without the pressure of formal exams.

Feel like a rockstar! The excitement culminates every term in a live concert where children perform as a band for their families and peers. These performances are more than just a showcase—they're an opportunity for children to build self-esteem, enhance their confidence, and experience the joy of accomplishment.

iRock isn't just about music; it's about helping children thrive cognitively, socially, and academically through the power of music.

Key information:

- Hassle-free **monthly subscription** of £41.95 which can be cancelled at anytime.
- We offer a first lesson **money-back guarantee**
- **No experience needed** and all instruments are provided.
- Parents/guardians can access our **online portal** for updates, pictures and videos
- **First lesson money-back guarantee** (and we never take payment in August).

Head to <https://www.irockschool.com/enrol> to check availability and start your child's iRock journey!

Joshua Franklin
Founder
iRock School of Music

CLICK HERE

ENROL NOW

Choose from...



GUITAR



VOCALS



KEYS



DRUMS

Enrol Online

www.irockschool.com/enrol

We're here to help!

Call Us: 0330 174 2655

Email Us: info@irockschool.com



HALF TERM SATS BOOSTER SESSIONS

**17TH-21ST
FEBRUARY**

**SINGULAR 1HR BOOSTER
SESSIONS AVAILABLE TO
BOOK NOW**

IS YOUR CHILD GETTING READY FOR THEIR
SATS?
IS THERE ANYTHING SPECIFIC THEY ARE
WORRIED ABOUT?
THINKING ABOUT TUTORING BUT NOT WANTING
TO COMMIT TO WEEKLY SESSIONS?

£30

I AM OPENING UP DAYTIME SESSIONS IN THE
HALF TERM BREAK SPECIFICALLY FOR YEAR 6
CHILDREN IN PREPARATION FOR THEIR SATS IN
MAY.

THESE SESSIONS WILL LAST 1 HOUR AND WILL
FOCUS ON FAMILIARISING YOUR CHILD WITH
THE SATS PAPER LAYOUT AND OFFERING
SUPPORT WHERE THEY NEED IT MOST.

Essex Fire Museum Open Days



Tuesday 18 and
Sunday 23 February
2025

10:30AM
To
4:00PM

Fire Station, Hogg Lane, Grays
RM17 5QS

Book Now



Museum@essex-fire.gov.uk

HIGH WOODS

HOLIDAY CLUBS



01 *Spring wreaths*

02 *Cooking club*

03 *Bead workshops*

CRAFT HUB

Unlock your creative side this February half term

20TH FEB
9AM-3PM
£28

5-11YEARS
PRESCHOOL SPACES
HALF DAYS

SIGN UP NOW

INSPIRE

CREATE

PLAY

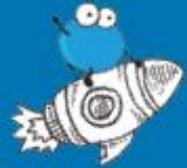
COLCHESTER CO49SR

HOSTED BY CRAFT HUB

HIGHWOODS SQUARE



school holiday camp



Schools out! Give your children somewhere fun and safe to come during the school holidays where they can be creative, make friends and learn!

When
February half term

17th - 21st February, 8am to 5pm

Where
St John's Primary School, Clay Lane Grove,
Colchester, CO4 0HH

What
A blend of fun and learning for children aged 5-11

Book now at www.sthena.org.uk/create



In support of
St Helena

SCHOOL HOLIDAY FUN!

Let The Creation Station in support of St Helena entertain your children by enrolling them in our school holiday activity days!



Activities include:

- Slime making
- Creative fun activities
- Outdoor adventures
- Creative cooking sessions
- Themes such as colours day, fiesta fun and feelings



FLEXIBLE
DROP OFF
AND
PICK UP

Full day sessions £33 | Half day sessions £23

10% discounts on full week bookings and 5% discounts for siblings. Plus discounts for NHS staff. To take advantage of these discounts please email contactus@thecreationstation.co.uk before making your booking.

Each camp day includes breakfast and snacks. For a small additional fee of £3.50, lunch can also be provided.

100% of the profits from the holiday camps go towards local charity, St Helena Hospice to support people in your community facing dying, death and bereavement.

Book now at www.sthelena.org.uk/create



In support of
St Helena



St Helena Hospice Hero Run

Hero Run returns on Sunday 23rd March. Dress up as YOUR hero and join Saunders, our mascot, for the 2km family fun run, or race 5km or 10km to support St Helena Hospice!

Adults run for free with children registering for the Family 2km. We will have stalls including fun activities such 'hulk smash' and 'wet sponge throwing', plus we will have music, food and lots to keep everyone entertained.

Your hero could be anyone, whether that's a superhero, sports icon, a family member, a doctor or nurse... after all, not all heroes wear capes! All ages are welcome and the event is open to all ages.

Your participation means more local people can access the St Helena services they need to make their own choices and live with dignity, regardless of diagnosis or personal circumstances.

The event takes place at Colchester Sports Park on Sunday 23rd March with first race commencing at 10am. Below is a link to our website for further information and registration.



St Helena Hospice
For the people you love

Hero Run

Run, walk, or fly across the finish line!

Saturday 23rd March 2025
Colchester Sports Park

Not all heroes wear capes!
Dress up as YOUR hero and join our mascot for the 2km family fun run, or race 5km or 10km to support St Helena Hospice!

Sign up now at:
www.sthelena.org.uk/hero25



Kindly sponsored by **JONES & WATSON**

BARRACUDAS

ACTIVITY DAY CAMPS

AT A SCHOOL NEAR YOU IN **2025!**
EXCLUSIVE PARENT DISCOUNT

USE CODE **SCHOOL10** FOR AN
EXTRA £10 OFF YOUR BOOKING!

SAVE UP
TO £110!

*Minimum 2 days. *Not to be used in conjunction with other offer codes

- ⦿ 4½ to 14 year olds!
- ⦿ 80+ Activities!
- ⦿ Choice each session!
- ⦿ Specialist Courses!
- ⦿ Flexible bookings!



barracudas.co.uk
01480 467 567

HIGHLY RATED
School Holiday
Camps!!!



OFTSED REGISTERED



Trustpilot
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F.T.C



FEBRUARY HALF TERM

•Boys and Girls, Ages 5-13

•4G and Grass Pitches

Venues:

•Braintree Leisure Centre

•Kelvedon Academy

BOOK NOW



As a local school of FITC Academy, we have been given a code for a 10% discount off of the camps.

To take advantage of this, simply click on the below link and type in discount code DZL772

<https://fitc-academy.classforkids.io>

This code will be active until 31st January 2025.



A DAY AT CAMP

WARM UP/BALL MASTERY

Once all the players have arrived, we will start the day with a ball mastery warm up along with some activation drills. This will get the players mentally and physically ready for the day ahead.

TECHNICAL COACHING

For this part of the day we focus on making learning and developing fun. We run lots of professionally designed practices to coach the children many of the attributes in football. This will be via drills, challenges, competitions and games.

MATCHES/TOURNAMENTS

We will then split into age and physicality relevant groups (while taking friendship groups into account) and start our tournament. We will play round robin games, keeping track of all the bonus points earned throughout the day.



A DAY AT CAMP

WHAT WE COACH

Ball manipulation, dribbling, turning, tricks and skills, running with the ball, passing, first touch, shooting, 1v1's, attacking, defending, goalkeeping and more.

FUN ACTIVITIES

Football Tennis
Kick Up Challenge
Cross Bar Challenge
Competitions
Player Relevant Challenges (Such as Saka/Salah)

PRIZES/TROPHIES

Every player who attends a FITC camp will receive a developmental certificate and a medal. There will be trophies on offer for players of the camp and we will also hand out lots of prizes.

Dear Parent/Guardian,

It brings me great joy to inform you that our highly anticipated 5-star holiday camps are returning this February half-term! Designed for children in year 1 to 6, our multi-activity camps provide a diverse range of sports, games and arts/crafts. To join the fun, please click the following link: <https://www.premier-education.com/holiday-camps/>

See what happens at on our holiday camps by watching this short video: <https://www.youtube.com/watch?v=AzvUhizaLWc>

Where are we?

King's Ford Infant School, Colchester

Lawford Primary School

*Tax-free childcare vouchers accepted here. For more information on childcare vouchers, please click the following link: <https://info.premier-education.com/en/help/childcare-funding>

A holiday club you can trust. We're rated 'Excellent' on Trustpilot with over 22,375 reviews! <https://uk.trustpilot.com/review/premier-education.com>

To join the fun, click the following link: <https://www.premier-education.com/holiday-camps/>



FEBRUARY HALF-TERM

PREMIER HOLIDAY CAMPS

Premier Education | **INSPIRING ACTIVITY**

SCAN HERE FOR MORE INFORMATION
or visit [premier-education.com/holiday-camps](https://www.premier-education.com/holiday-camps)

Trustpilot
★★★★★
Based on over 20,000 reviews

YOUR NEAREST HOLIDAY CAMPS

Colchester	Lawford	Year 1 - Year 7	Multi-activity camp, a wide range of activities, games, sports and arts/crafts
King's Ford Infant School CO2 9AZ	Lawford Primary School CO11 2FR	Childcare vouchers accepted	
21st February	19th and 20th February		

PLEASE BRING
A packed lunch
Plenty of water
Suitable clothing
Loads of energy!

Mix it up this half-term with our multi-activity holiday camps!

These camps are a perfect blend of activities for all ages, combining different sports with a variety of team games.

Every day is different, with a mix of fun activities that children may not have tried before - from roller skating to fencing, lacrosse to cheer.

Book now for a half-term full of fun!

CAMPS ARE BETTER WITH FRIENDS!

TREAT YOUR FRIENDS TO 20% OFF...AND GET 20% OFF TOO!

Trustpilot
★★★★★
Based on over 20,000 reviews

*T&Cs apply. Refer a Friend discount on new bookings only.