

### Term Dates 2024 – 2025

#### **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 **at 2:30pm**  
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 **at 2:30pm**  
*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 collectively with me showing the children a variety of candles, exploring why they were important, this included birthday candles, Advent wreath candles, Christingle candles and Baptism candles. We knew the words 'Jesus is the light of the world', but could we explain what that phrase means?

We turned to scripture and the story of the presentation- when Mary and Joseph brought the baby Jesus to the temple and Simeon and Anna greeted them with wise and wonderful words about Jesus. It was Simeon who gave us the phrase 'the light of world'. We thought about our own metaphorical light being the goodness we share with others, how when we choose to act and live like Jesus taught us we are letting our light shine on others.



The children and staff have been shining their lights brilliantly this week at school. Highlights of the week have included a variety of activities and learning focusing on Children's Mental Health Week, Outdoor Learning and Number Day!

For Children's Mental Health Week, I particularly enjoyed a visit to my office from Amelia in Year 1 who brought me a decorated cup she had created in lessons, filling it with all the things she loved doing. 'Keeping your cup full' by doing things you enjoy perhaps when you are feeling down or overwhelmed was a great strategy for positive mental health. One of the things I most enjoy doing is visiting children in lessons and in the lunch hall, so I made sure to visit every class this week and sit and eat with a different class each day.

It was the teachers that got stuck into some new learning on Wednesday with training after school on developing outdoor learning. We learnt about the positive impact of working and learning outdoors and everyone was enthused and excited to plan more ways of incorporating learning outside the classroom.

Number day today has been most fun with children completing a variety of number related activities throughout the day. I was particularly impressed with our maths ambassador pupil group who organized a maths trail for all pupils to enjoy. I also enjoyed seeing Year 6 spend lots of time with their Reception buddies, joining their learning together. Mrs Lewis kept the staff engaged by organising a staff maths treasure hunt, hiding 100 numbered tiny ducks in the adult-only parts of the school- finding them all has identified the most competitive teachers! Well done to all for the creativity with dressing up as your favourite number. It was wonderful to be able to highlight the curiosity and fun of numbers with both the children and the adults!

Looking ahead to next week we have our class RE celebrations (listed overleaf) we do hope you can make it, Year 5/6 trip to see Buggy Malone at St Benedict's and a FOST organised non-uniform day to finish the half-term on Friday.

Have a lovely weekend - God Bless- Mrs Maguire

## Attendance Data

94% and below

94 - 97%

97% and above



	Last week of autumn term %	This week %
Reception	96.00	97.00
Year 1	99.33	98.33
Year 2	98.00	99.67
Year 3	96.88	97.19
Year 4	91.25	98.44
Year 5	95.63	92.19
Year 6	98.44	94.38
Whole School total:	96.47	96.70



Well done to Year 2 for highest attendance this week!

## Certificates



Congratulations to the following recipients of certificates!



### Maths Whizz of the Week

### Catholic Social Teaching

### Writer of the week

### Doing Little Things Well

REC Edward  
Y1 Keira  
Y2 Henry  
Y3 Halsten  
Y4 Adriana  
Y5 Paul  
Y6 Izzy

Brooklyn  
Amelia  
Leo  
Harry and Harper  
Tilly  
Evelyn  
Samuel

Ella  
Alicia  
Alice F  
Alice M  
Jack  
Ezra  
Mason (Golden Quill)

Florence  
Noah  
Edward  
Spark  
Alexandra

### Intellectual Curiosity

### Friendship

### Good Manners

### Resilience

REC Ruben  
Y1 Freddie  
Y2 Matthias  
Y3 Henry  
Y4 David  
Y5 Amira  
Y6 Bayonle, Codey, Tom, Alex

Benji  
Casper  
Emily  
Ellie  
Alex  
Jacob T  
Mishel

Dylan  
Eric  
Robyn  
Joshua  
Charlotte M  
Roberta  
Victoria and Micaiah

Ehioma  
Scarlett  
Felicity  
Esther  
Jacque  
Leila

### 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.*

# Catholic Social Teaching Corner

## Children's Mental Health Week



“We are beautifully made in the image and likeness of God”



Our Global Assembly focused on Children's Mental Health Week and with the help of Luc the Deer and the Inside Out characters, we focused on how we are all unique and special and how our mental health is important. The theme of Children's Mental Health's week this year is 'Know yourself, Grow yourself'. We thought about what makes us happy and what makes us sad'. We read a quote from Inside Out 2 in which 'Joy' says 'Remember Sadness, wherever I go, you go too.' We thought of some examples of this e.g. the joy of being with your mum or dad on the way to school and the sadness of having to leave them. We also explored the feeling of anxiety, when all of our emotions can get all jumbled up in our minds that sometimes we do not know what to do. We discussed how talking about our worries can help and how simply offering a smile or listening ear to our friends who might appear to be upset, but could be feeling very anxious could be very powerful. In Praise assembly this week the children learned a song 'Power in Me'. We thought about how our words can powerful and how they can be used for good, but sometimes we choose to use our words unkindly. I challenged the children to do their best today, and every day to use the power of their voice for good and to 'grow themselves' and help others with their kind words and actions.

Loving God,  
We believe that each person is special because God made us all.  
Help us try to make sure all people are treated with respect  
and have what they need because God made them too.  
Amen



## 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

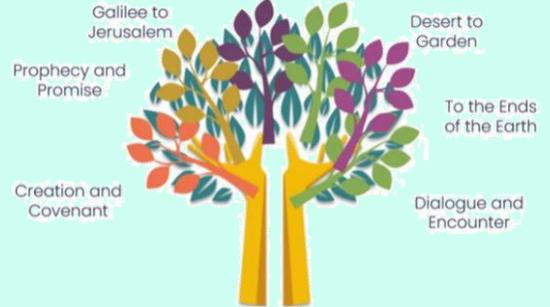
Year 3 - Wednesday 12th February - 9.00am

Year 4 - Wednesday 12th February - 9.00am

Year 5 - Thursday 13th February - 2.45pm

Year 6 - Thursday 13th February - 9.00am

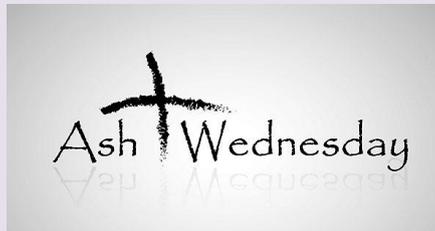
### The six-branch structure



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

## Ash Wednesday Mass

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



## 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

1/3/25 - 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>th</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



# Aspirations Week 2025

## Can you help?

During the week of 24<sup>th</sup> March, we would like to invite in as many people from our community to talk about their careers with our children, to inspire them into their future jobs and careers.

Would you be willing to come in to talk to our pupils?

We are looking for:

- ⚙ Healthcare professionals
- ⚙ People who work in science
- ⚙ People who work in the arts
- ⚙ People who work in tech
- ⚙ People who work with animals
- ⚙ People who work in Law
- ⚙ People who work with plants
- ⚙ Writers or people who work in publishing or with books
- ⚙ Police officers or firefighters



If you think we've missed your exciting career off our list, please contact us, we'd love to share your work with our pupils!



# 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 19<sup>th</sup> 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](mailto: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!*



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

# 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



# 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](http://facefamilyadvice.co.uk)

[info@facefamilyadvice.co.uk](mailto: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

St Teresa of Lisieux Church  
Latin Night Party

Saturday 15th February  
from 7.00pm to 10.00pm  
in the Church Hall

Why not join us for some Latin Dancing?  
Salsa, Merengue, Cumbia and Bachata

with Tapas, wine and good company.

The cost is £10 per person which covers food and drinks  
there is a sign-up sheet at the back of the Church.  
Please pay on the door on the night.



# Music & Tennis Workshop

WEST MERSEA TENNIS CLUB

Thurs 20th Feb, 9am-4pm



An exciting new workshop run by **Joe Morris**, professional trumpet player and music teacher and **Barry Barnett**, Accredited LTA Level 2 Coach.

Combining music and tennis, learn the basics and **enjoy making a racket!**

Age 8-13 years

Bring packed lunch, soft drinks & fruit included  
£40

*Equipment and instruments provided or children are welcome to bring their own*

Email [joemorris01@hotmail.com](mailto:joemorris01@hotmail.com) to book!



# 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](mailto: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

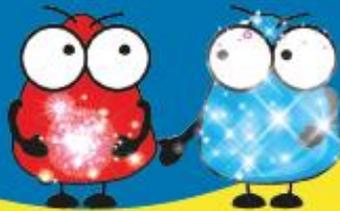
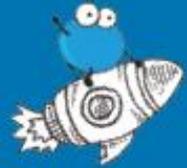
**COLCHESTER CO49SR**

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!

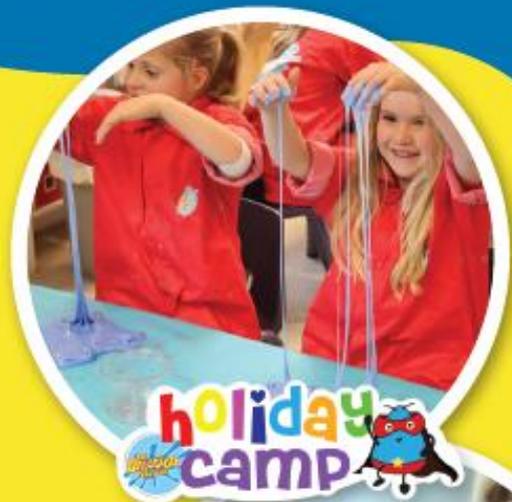
**When**  
February half term

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](http://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](mailto: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](http://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.sthelenahospice.org.uk/hero25](http://www.sthelenahospice.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](http://barracudas.co.uk)  
01480 467 567

HIGHLY RATED  
School Holiday  
Camps!!!



OFTSED REGISTERED



# 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.