

TERM DATES 2025 - 2026

SPRING TERM 2026

Easter Holidays 2026:

Break up: Fri 27th March at 2.30pm

No wraparound care on this day

Return on: Mon 13th April

Friday 1st May is a non-pupil day

Monday 4th May is a Bank Holiday

Year 6 SATS Week:

Mon 11th - Thurs 14th May 2026

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 at 2.30 pm

No wraparound care on this day

Mon 20th July is a non-pupil day

TERM DATES 2026 - 2027

September 2026:

Return on: Thurs 3rd Sept

Tues 1st is a non-pupil day

Weds 2nd is a non-pupil day

October Half Term 2026:

Break up: Fri 23rd October

Return on: Mon 2nd November

Christmas Holidays 2026-27

Break up: Fri 18th December at 2.30pm

Return on: Tues 5th January

Monday 4th Jan is a non-pupil day

February Half Term 2027:

Break up: Fri 12th February

Return on: Mon 22nd February

Easter Holidays 2027:

Break up: Thu 25th March at 2.30pm

Return on: Mon 12th April

Friday 30th April is a non-pupil day

Monday 3rd May is a Bank Holiday

May Half Term 2027:

Break up: Thurs 27th May

Return on: Mon 7th June

Fri 28th May is a non-pupil day

Summer Holidays 2027:

Break up: Weds 21st July at 2.30 pm

Please note that after-school wrap-around care will not be available on the following dates:

Friday 27th March 2026

(last day of term - early finish)

Friday 17th July 2026

(last day of term - early finish)

Dear Parents, Carers and Friends,

As we returned from half-term, we stepped gently and thoughtfully into the holy season of Lent. In assembly, we gathered around the purple cloth and reflected on how Lent is a time for "spring cleaning" our hearts. Just as we might tidy our homes, we are called to tidy our thoughts, words and actions.

We explored the three pillars of Lent - prayer, almsgiving and fasting - and spent time unpicking what fasting truly means. The children offered such mature reflections. Rather than simply giving up sweets or chocolate, we spoke about giving up unkindness, jealousy, hurtful comments and gossip. What a powerful way to begin our Lenten journey. Together, we asked Jesus to walk closely with us over the coming weeks.

On Wednesday, we celebrated Mass in church, marking the start of our Lenten journey together. It was a joyful and prayerful occasion, and it was wonderful to be joined by so many parents and parishioners. Thank you for your continued support in nurturing the faith life of our school community.

It has been a full and purposeful first week back. On Friday, some of our Year 6 pupils had the exciting opportunity to meet with Pam Cox to discuss climate action and supporting those living in poverty. They asked insightful, challenging questions and spoke with confidence and compassion. We were incredibly proud of how thoughtfully they represented our school. Year 6 have also been very conscientious this week arriving early for SATs booster groups - keep it up.



We also held a fire drill this week and successfully evacuated the building in under two and a half minutes. A particular well done to our Nursery children, who managed the drill quickly, calmly and sensibly - an impressive achievement for our youngest pupils.

Selected pupils from Years 5 and 6 took part in a football tournament this afternoon and demonstrated great teamwork, determination and sportsmanship. Thank you for representing the school so positively.

Congratulations to all of this week's Merit Award winners. We are always proud of the many ways our children demonstrate effort, kindness and resilience. A special mention goes to Year 3, who have shown real maturity and focus this week in Mrs Heath's absence (sadly she had an accident over half-term which has left her needing time off work). Year 3 have worked conscientiously and should feel very proud of themselves. We continue to wish Mrs Heath a smooth and speedy recovery.

Finally, thank you to families who took time over the half-term break to review school uniform. The children are looking exceptionally smart, which reflects the high standards we hold together as a community.

Wishing you all a peaceful and restful weekend as we continue our Lenten journey.

God Bless, Mrs Maguire

Attendance Data

94% and below

94 - 97%

97% and above



	Week before half term %	This week %
Reception	91.9	92.9
Year 1	80.0	98.0
Year 2	93.7	89.3
Year 3	90.3	99.4
Year 4	97.5	93.8
Year 5	93.9	96.3
Year 6	96.3	97.2
Whole School total:	92.0	95.3



Well done to Year 3 for highest attendance this week!



Menus

Lunch Menu

Next week is Week 2

Wraparound Menu

Next week is Week 2

Nursery Snack Menu

Next week is Week 2

Please visit the school website to view the menus:

<https://www.st-teresas.essex.sch.uk/page/?title=Menus&pid=72>



Breakfast Club

Early Bird Breakfast club starts at 7.30am with food served until 8.30am.

Universal Free Breakfast Club opens at 8:15am with children escorted to class up till 8.45am

Breakfast club



School Meals

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



After School Club - 3.15 - 6.00pm

Places for the after-school club must be booked via your child's ParentPay account (or by contacting the office for nursery children).

The cost is £9 per child per session
YR - Y6

£16.50 per nursery child per full session and £8.25 per nursery child per half session



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.

Chicken Pox / Shingles

We still have a number of cases of chicken pox in school. Please be mindful of the symptoms (listed below). A reminder that your child should not attend school if they have, or are suspected of having, chicken pox. Thank you

Please see the advice below which was shared with us by the East of England **Senior Health Protection Practitioner**

Please see link below re infection control/public health for schools & childcare settings.
[Health protection in children and young people settings, including education - GOV.UK](#)

The guidance advises:

Chickenpox (varicella) and shingles

Chickenpox is a mild and common childhood illness that most children catch. Chickenpox is most common in children under the age of 10. Nine out of 10 adults are immune because they had chickenpox during childhood. People usually catch chickenpox in winter and spring, particularly between March and May. **Chickenpox has a sudden onset with fever, runny nose, cough and a generalised rash. The spotty rash starts with fluid filled blisters which then scab over and eventually drop off.** Some people have only a few spots, but other people can have spots that cover their entire body. In most people, the blisters crust up and fall off naturally within one to 2 weeks.

Chickenpox in children is considered a mild illness. There is no specific treatment but there are pharmacy remedies that may alleviate symptoms. These include paracetamol to relieve fever, and calamine lotion and cooling gels to ease itching.

Chickenpox tends to be more severe in adults and they tend to have a higher risk of developing complications.

Some children and adults are at higher risk of serious problems if they catch chickenpox, including:

- pregnant women
- newborn babies
- people with a weakened immune system

These people should seek medical advice as soon as they are exposed to chickenpox or if they develop chickenpox symptoms. They may need a blood test to check if they are protected from (immune) chickenpox.

Shingles is caused by the chickenpox virus. When people get chickenpox, the virus remains in the body. It can be reactivated later and cause shingles if someone's immune system is lowered.

Shingles presents as a blistering rash in the area supplied by the affected nerve, usually only one side of the body. It can be very painful. Most people recover fully. There is often altered sensation before the rash appears, accompanied by 'flu like' symptoms.

Chickenpox is highly infectious and spreads by respiratory secretions or by direct contact with fluid from blisters.

Direct contact with fluid from the blisters of a person that has shingles can cause chickenpox in someone who has never had it before.

People with chickenpox are generally infectious from 2 days before the rash appears and until all blisters have crusted over (usually 5 to 6 days after the start of the rash).

Note that symptoms may present differently dependent on the skin tone. This guidance is not intended to act as a diagnostic tool. If concerned, refer to a clinician and follow appropriate and proportionate measures in the meantime.

Exclusion is recommended.

School actions:

Advise individuals, parents or carers to:

- seek immediate medical advice if the individual is seriously ill or if they develop any abnormal symptoms such as:
- the blisters becoming infected
- a pain in their chest or difficulty breathing
- avoid contact with other people for at least 5 days from the onset of the rash and until all blisters have crusted over (if chickenpox) or can be covered (shingles)

Do not allow the individual to return to the setting until all the blisters have dried and crusted over.

Further information about chickenpox and shingles

[Chickenpox - NHS.UK](#)

FANTASTIC FOOTBALL!

Today, a group of year 5 and 6 children attended the CPSL football tournament. Although the results were not on our side, the children displayed excellent support, sportsmanship and skill. Mr Minter who organised the tournament said, "every time I looked over at you, you had big smiles and were having fun!"

A huge thank you to everyone who helped with transport and cheered us on. I would like to also say an extra special thank you to Mr Fagg who refereed our matches and assisted me on the sidelines.



World Book Day

A reminder that we will be dressing up for World Book Day on **Friday 6th March**.
Time to get your thinking caps on and your sewing machines out ready for costume designing!



St Teresa's Church First Holy Communion programme 2025/6

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

Communion

28/2/26- We give thanks & We remember and celebrate.

21/3/26- We share the bread of life

25/4/26 - Retreat 10 -2pm (children to bring a packed lunch) -

16/5/26 - Reconciliation session - times to be advised

First Holy communion rehearsal

Wednesday 3rd June 2026

6.00pm -Group 1 7.00pm-Group 2

June 7th 2026 First Holy Communion service -9am and 11am (in normal mass)

Going Forth Mass - June 14th @ 9.00am



Future SEND tea/coffee session dates for your diary

Wednesday 11th March 9 – 10:30am

Visiting guest from Autism Anglia.

They offer free autism and ADHD support for families in the Colchester area.



Free Autism & ADHD advice at your pace.

SPACE offers free support to families of children and young people with SEND.

Delivered by peer educators – all parents and carers with lived experience.

Get support your way:

- in person – meet us at Local Offer roadshows, coffee mornings, and community events

April 22nd 1:30 – 3pm

Visiting guest from SPACE.

They will do a brief introduction about their services followed by an informal Q&A with and parents. They welcome any questions related to all aspects of SEND.

Thursday 2nd July 1:30 – 3pm

Visiting guest from Autism Anglia.



Online FREE talk by Jane Keyworth

Anxiety Based School Avoidance

March 26th 7-8pm



Book online

www.facefamilyadvice.co.uk

go to PARENTS - Live Talks page

All 16 parent talks **FREE** with our School Membership





March 2026 Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Improving Family Communication	2 Mar 10am
Autism - Improving Communication	2 Mar 7pm
Understanding Addictive Behaviour	3 Mar 10am
Supporting a Child with ADHD	3 Mar 7pm
Anxiety Based School Avoidance	9 Mar 10am
Understanding Anger	9 Mar 7pm
Supporting Healthy Screen Use	10 Mar 10am
Facing Defiance	10 Mar 7pm
Cannabis and Ketamine Awareness	16 Mar 10am
Anxiety Explained	16 Mar 7pm
Introduction to OCD	17 Mar 10am
What is ACT	17 Mar 7pm
Raising Self-Esteem	23 Mar 10am
Decreasing Depression	23 Mar 7pm
Supporting Healthy Sleep	24 Mar 10am
Understanding the Teenage Brain	24 Mar 7pm
FREE Anxiety Based School Avoidance	26 Mar 7-8pm