

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,

We began the week reflecting on our continuing Lenten journey. We listened to the story of the Transfiguration and thought about what an awesome sight that must have been for the disciples, James and John. It helped us to reflect on moments when we recognise the presence and glory of Jesus in our own lives.



We also marked St David's Day. Each class was given a miniature daffodil for their prayer focus to remind us of the saint's key message. We learned that St David shared the same simple but powerful advice as our own patron saint, St Teresa: "Do the little things well." Together we reflected on the small things we could do this week at school to grow closer to Jesus during Lent.

Congratulations to the team of pupils who represented our school at the Panathlon Challenge this week, where they achieved first place! It was wonderful to see their individual medals and the winners' trophy – a fantastic achievement and a moment of real pride for our school.

The big news this week has, of course, been World Book Day, so I will now hand over to Mrs Gill for all the news about books and reading!

Have a wonderful weekend, God bless, Mrs Maguire

And what a wonderful week it has been! We spent some time before this week considering the theme for this year which is to 'Go All In!' and I am so proud to say that that is a philosophy so many of our children adopt everyday - not just during Book Week.

The World Book Day charity has partnered with the National Literacy Trust this year who have set up the 2026 Year of Reading. With more and more children switching off to reading for pleasure around the country, it has been such a joy to note that there seems to be no sign of that at St Teresa's. The number of children who come to tell me about their favourite books, or what they are currently reading, or what they would like to see more of to read in school always warms my heart.

This week, highlights have included a plethora of fun reading activities happening around school. The 'Stay and Read' sessions were a huge success across the school - thank you to all those parents that were able to come and join us for some reading together in class.

Thank you to the amazing efforts that the children went to when entering the Book on a Plate competition - what a difficult decision it was choosing just a handful of winners!

As always, the highlight of my year is dress-up day! Thank you, children and parents, for your amazing efforts.

Of course, we do not limit the celebration of reading to just one week but it is wonderful to put it on a pedestal at this time to remind the children not just how important it is for life but how much fun reading can be too.

Mrs Gill

Attendance Data

94% and below

94 - 97%

97% and above



	Last week %	This week %
Reception	92.9	89.59
Year 1	98.0	95.56
Year 2	89.3	86.67
Year 3	99.4	97.54
Year 4	93.8	93.82
Year 5	96.3	96.15
Year 6	97.2	98.05
Whole School total:	95.3	93.68



Well done to Year 6 for highest attendance this week!



Menus

Lunch Menu

Next week is Week 3

Wraparound Menu

Next week is Week 3

Nursery Snack Menu

Next week is Week 3

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.

World Book Day

Well done to all of our Book on Plate competition winners - what a hard job it was choosing from all the wonderful entries!



Please do visit the class pages on Seesaw to see lots more photos from our World Book Week

PANATHLON SUCCESS

A group of children from KS2 took part in the local Panathlon this week. They had an amazing time and came first, receiving wonderful Gold Medals which they were incredibly proud of! Thank you to everyone who made this wonderful event possible.



PIC·COLLAGE

Stations of the Cross

All children from St Teresa's are invited to attend and help lead stations of the cross at church on Friday 13th March at 6pm. If you would like to be involved please use the following link to express your interest: [Stations of the Cross – Fill in form](#)



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

Saturday 6th June 2026 First Holy Communion service -11am and 2pm

Going Forth Mass - June 14th @ 9.00am



Red Nose Day

Friday 20th March 2026 is Red Nose Day
You are invited to wear something red
to school [yes, it's a non-uniform day].

Please donate £1 or more via parent
pay or bring cash to school on the day.



William, Year 4 Your Voice representative

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](#)



SPOTLIGHT ON SAFEGUARDING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE



Primary | March 2026. In this issue: YouTube safety | The law on AI images

Helping your child use YouTube and YouTube Kids safely

YouTube is hugely popular with children. It can be fun, creative and educational, but like any online space, it isn't risk free. Even apps designed for children, such as YouTube Kids, can sometimes show content that isn't right for younger viewers.

⚠️ What parents and carers should know about the risks

Most children start by watching something completely harmless. The risk usually comes from how the platform works, not from what they set out to watch.

Some common ways children can come across unsuitable content include:

- **Autoplay:** one video can quickly lead to another without your child choosing it.

How parents/carers can reduce this risk:

- Turn Autoplay off in settings
- Encourage children to choose videos rather than letting videos be chosen for them
- Check what the next suggested video is if Autoplay is left on
- Use YouTube Kids 'Approved Content Only' mode where possible
- **Search:** children might search for something innocent but get unexpected results

How parents/carers can reduce this risk:

- Turn off search in YouTube Kids
- Sit with children when they are searching, especially younger primary-aged children
- Talk about what to do if they see something confusing or upsetting
- Save or subscribe to trusted channels so children can go straight to safe content
- **Adverts:** young children can struggle to tell the difference between adverts and videos

How parents/carers can reduce this risk:

- Explain simply what an advert is (for example: "This is trying to sell you something")
- Watch together sometimes so you can talk about adverts when they appear
- Consider using YouTube Kids, which usually has fewer and more age-appropriate adverts
- Teach children not to click on adverts or pop-ups without checking with you first

Even YouTube Kids, while safer, is not perfect because content is filtered by systems rather than checked by a person first.

Practical ways

TO MAKE YOUTUBE SAFER



Use YouTube Kids where possible



- Set up separate profiles for each child
- Choose an age level
- Turn on 'Approved Content Only'
- Set screen time limits
- Block videos or channels you don't want your child to see

When using normal YouTube, switch on safety settings



- Turn on Restricted Mode
- Use Supervised Accounts to manage what they can access
- Turn Autoplay off
- Check their watch history regularly

Watch together when you can



- Ask what they like watching
- Occasionally watch a video with them
- Keep devices in shared family spaces

Talk about what to do if something feels wrong



- It's never their fault if they see something upsetting
- They can tell you and won't be in trouble
- They can close the video and come and get you

A helpful mindset for parents and carers

It can help to think of YouTube like a busy public place. There are lots of great things there, but children still need guidance, boundaries and support while they learn how to navigate it safely.

You don't have to know everything about technology. Staying curious, setting simple rules, and keeping conversations open are some of the most powerful safety tools you have.

SPOTLIGHT ON SAFEGUARDING

Important update for parents and carers: Understanding AI and the new UK law

Artificial Intelligence (AI) has rapidly become a part of our children's digital playground. From creating imaginative stories to generating funny images, AI tools offer endless possibilities. However, it's crucial to be aware of how innocent fun can sometimes cross into harmful territory.

The appeal of AI for children

Children are naturally curious and love to experiment. AI tools that can transform photos or generate images can be fascinating. They might use these tools to create humorous pictures of themselves or friends, thinking it's all in good fun.

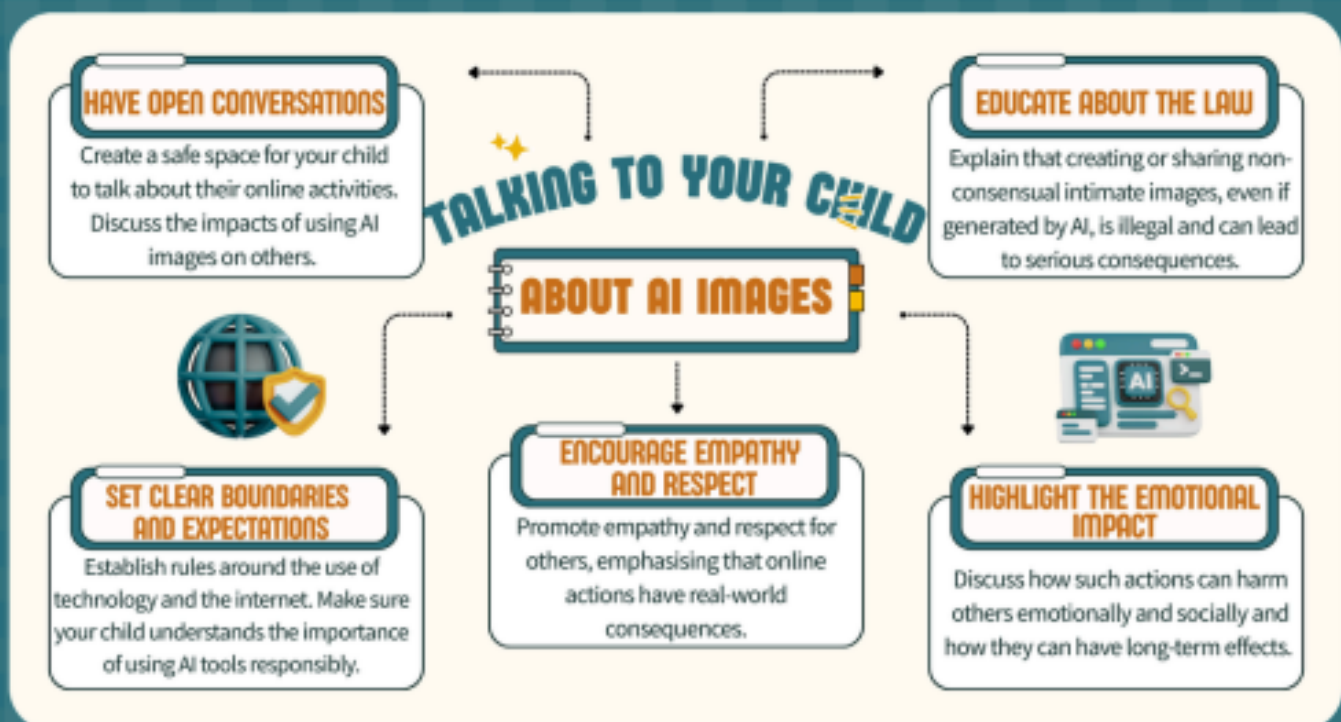
When fun turns harmful

What starts as a joke can quickly escalate. Altering images to make someone look silly can lead to embarrassment or bullying. More concerning is the potential to create or share images that are inappropriate or indecent, even if unintentionally. Such actions can have serious emotional impacts on all involved.

The legal perspective

The UK has stringent laws to protect individuals from the creation and distribution of indecent images, especially involving minors. Even digitally altered images fall under these laws. It's essential to understand that:

- Creating or sharing indecent images of anyone under 18 is illegal, regardless of intent.
- Possessing such images, even if created as a joke, is a criminal offence.
- Encouraging others to create or share these images is also against the law.



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

CSSE

The Consortium of Selective Schools in Essex

11+

Selective Test

Examination Date

Saturday 19th
September 2026

Registration open from 9am Tuesday 12th May 2026
until 5pm Friday 19th June 2026.

Further information can be
found on the CSSE website
www.csse.org.uk

Please scan the following
QR Code:



To gain entry to the following
selective schools **ONLY**:

- Colchester County High School for Girls
- Colchester Royal Grammar School
- King Edward VI Grammar School
- Shoeburyness High School
- Southend High School for Boys
- Southend High School for Girls
- St. Bernard's High School
- St. Thomas More High School for Boys
- Westcliff High School for Boys
- Westcliff High School for Girls



IPSWICH SCHOOL

We are delighted to invite you to our...

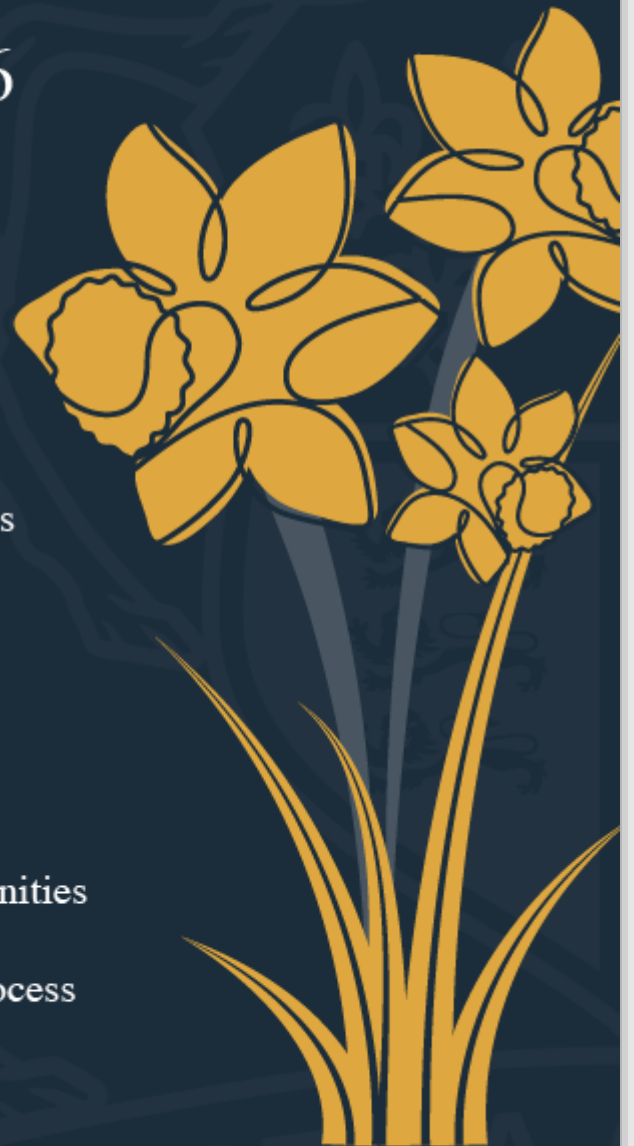
Spring Open Morning

Friday 24th April 2026

| 9:30am - 11:30am

What to expect?

-  Tour our historic campus and facilities
-  Meet our dedicated teachers
-  Hear from pupils about life at Ipswich School
-  Explore our academic, pastoral, co-curricular and enrichment opportunities
-  Learn more about our Admissions process



Book your place @ [ipswich.school](https://www.ipswich.school)