



Weekly Newsletter

St. Teresa's Catholic Primary School



The School is a charitable company limited by guarantee registered in England and Wales. Registered number 8111345.

1st Half Autumn Term 2026 – Friday 4th September 2026



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**

WRAP-AROUND

Please note that after-school wrap-around care will **not** be available on the last day of term: 18th December, 25th March or 21st July. In addition, wrap-around is not available after the Panto trip 4th Dec.

Forthcoming Events:

16th September Meet the Teacher
Y1-6

18th September 10:45 - Start of
Term Mass- all families welcome

20th and 22nd October- Parents'
Evenings

4th December Whole school trip to
the Panto

Dear Parents, Carers and Friends,

Welcome back! It has been lovely to see everyone again as we began the academic year together. The children have returned looking incredibly smart, healthy and refreshed—and so many of them seem to have grown several inches over the summer! I hope that you all enjoyed the glorious weather and had a wonderful summer together.

We began our new school year, as always, by gathering together for worship. We reminded ourselves of St Teresa and her “Little Way”—doing small things with great love. I set the children a secret mission: to choose one small thing that they could go out of their way to do for somebody else in school. The important part was that it had to remain secret. They were not doing it to earn a team point, receive a reward or have somebody notice them; they were simply doing it because it was the right thing to do. I hope that some of these secret acts of love and kindness might find their way home too!

As we begin a new year, our thoughts have been with last year's, Year 6 children as they start at their new secondary schools. We are incredibly proud of them and continue to keep them in our thoughts and prayers as they take this exciting next step.

A warm welcome: We are delighted to welcome all our new children and families, as well as a number of new members of staff to the St Teresa's community, our Reception and Nursery children and families have enjoyed a mixture of Stay and Play sessions this week, before the children begin more fully next week. We look forward to sharing much more about their first days in next week's newsletter.

A particularly warm welcome must go to our new staff but in particular our new school office team Miss Massey, our Senior Administrator, and Mrs Power, our Front of House Administrator. Of all the roles in school, joining the office team at the very beginning of September must be one of the most challenging - there is an enormous amount to learn while school life begins at full speed around you! They have made a wonderful start, so please do say hello when you see them.

Exciting developments in OPAL Play: A great deal of work has taken place over the summer to develop our OPAL Play provision, including the addition of our wonderful new sandpit and water wall. The first two classes have already had an opportunity to explore the sandpit and it has been fantastic to see the children have fun. More classes will be introduced to the new resources as we move through the coming weeks. Many hands helped the sandpit come into fruition but a special thank you must go to a local building firm, Vaughn and Blythe construction who dug the pit with no costs- their generosity of expertise, labour and time was **AMAZING!**

Allergy awareness: You may have heard about the introduction of new national allergy-safety guidance for schools. In response, we have reviewed and strengthened our procedures. St Teresa's is now described as an **allergy-aware—and therefore nut-aware—school**, rather than a “nut-free” school. This does not mean that we are relaxing our approach to nuts. Instead, it recognises that nuts are only one of many allergens that can cause a serious reaction and that no school can guarantee a completely allergen-free environment. All members of staff have completed allergy-awareness and emergency-response training. We also now hold spare adrenaline auto-injectors on site for emergency use and will undertake termly anaphylaxis drills as part of our safeguarding procedures.

You can support us by: not including nuts or products containing nuts in packed lunches/snacks; reminding children that food must never be shared or swapped; and making sure that school has up-to-date information about any diagnosed or suspected allergy.

Meet the Teacher - Wednesday 16 September: Our Meet the Teacher sessions will take place after school on Wednesday 16th September. The individual times are still being finalised and will be shared shortly, but please add the date to your diary now. These sessions are a valuable opportunity to meet your child's teacher in their new classroom and hear about routines, expectations, learning and any changes for the year ahead. We strongly encourage every family to attend if possible.

It really is wonderful to be back- have a great weekend, God Bless, Mrs Maguire!

Reminders

Thank you for helping us make a happy, safe and organised start to the new school year. Please take a moment to check these important reminders:

Arrival and Registers

Our school gates open from 8:35am and registers are taken promptly at 8:45am. Arrival after 8:45am is considered 'late' and pupils must be brought to the school office to sign in. Our collection time is 3:15pm. If a child is not collected on time, they will be taken to wrap-around which may be charged.

Please be reminded Y3- 6 pupils walk around to their classrooms in the mornings independently. Please say your good-byes on the front playground. Equally at the end of the day Y3 – 6 are brought by their teacher onto the front playground. Please don't take your child without acknowledgement from the Class Teacher.

Attendance

Regular attendance makes a difference, not only to a child's learning, but also to their friendships, confidence and sense of belonging.

Absence Line

If your child is absent from school due to illness please remember to let us know by leaving a message on the absence line 01206 508445. Please state your child's name, class and what the problem is. We require this information to categorise the absence accurately. If a child has experienced diarrhoea or vomiting, then they should not return to school until 48 hours after the last episode.

Uniform reminders

The children have returned looking wonderfully smart in their school uniforms. To help us maintain these high standards, please remember:

- PE kit is not general sportswear- a plain coloured team t-shirt, plain navy tracksuit top/bottoms/shorts and sport trainers (not fashion/wedged heel/converse)
- nail varnish should not be worn;
- the only permitted jewellery is one pair of plain stud earrings;
- long hair should be tied back; and
- every item of uniform should be clearly named.

Bikes, scooters and our front playground

Please remind children that they must dismount from bikes and scooters before entering the front playground and walk them through the school grounds. At the end of the day, bikes and scooters should again be walked until children have passed through the school gate. Our entrance pathway is narrow and extremely busy at the beginning and end of the day. There are also staff vehicles parked in the front car park, so please ensure that children do not play or run around the parked cars whilst waiting before or after school.

Universal Free Breakfast Club

Our Universal Free Breakfast Club is open to all children from Reception upwards. It takes place in the church hall from 8.15am every morning and is completely free to attend. Children must be registered before they can use the club, so please contact the school office if you would like your child to attend.

Seesaw

Your child should have received their Seesaw code- if you have any issues with Seesaw please come and see Miss Hilton or Mrs Herron.

Attendance Data

94% and below

94 - 97%

97% and above



	Last academic year %	This week %
Reception	97.5	n/a
Year 1	98.7	98.3
Year 2	95.9	96.5
Year 3	96.6	96.7
Year 4	96.9	95.4
Year 5	94.4	98.8
Year 6	97.5	97.6
Whole School total:	96.7	97.2



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



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 £10 per child per session YR - Y6

£18.00 per nursery child per full session and £9.00 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.

Free School Meal Entitlement

If you have received a letter from us about Free School Meals, please don't be alarmed!

We are proactively contacting families who may benefit following the recent changes to eligibility. The letter is entirely confidential and is simply intended to ensure that no family misses out on support to which they may be entitled.

If you think you may be eligible for free school meals, you can apply via this link:

<https://www.gov.uk/apply-free-school-meals>



SPOTLIGHT ON SAFEGUARDING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE

September 2026 | Primary | What parents and carers need to know about: Back to school | Device boundaries

Settling back into school: Supporting your child through the new term

The start of a new school year can be an exciting time, but it can also bring a mix of emotions for children. While some settle quickly, others may need a little longer to adjust to early mornings, busy classrooms, new routines and being away from home again. Even children who usually enjoy school can feel unsettled during the first few weeks. With patience, consistency and reassurance, parents can play an important role in helping their child feel safe, confident and ready to learn.

Supporting emotional wellbeing

It's common for children to be more tired, emotional or clingy during the first few weeks of term as they adjust to being back at school. They may need extra reassurance while they settle into new routines and friendships.

Try to:

- acknowledge their feelings without rushing to fix them
- let them know it's okay to have good days and difficult days
- keep home as a calm, predictable place where they feel listened to.

Feeling understood helps children build confidence and resilience over time.

The importance of sleep

After the summer holidays, many children have become used to later bedtimes and lie-ins. As the school term gets underway, it can take time for their bodies to adjust back to earlier mornings. A lack of sleep doesn't just leave children feeling tired; it can also affect their concentration, learning, emotional regulation and behaviour at school.

To help your child get enough rest:

- keep bedtimes and wake-up times as consistent as possible, even at weekends
- create a calming bedtime routine, such as reading together or listening to quiet music
- avoid screens for at least an hour before bed, as the light from devices can make it harder to fall asleep
- make sure bedrooms are calm, dark and comfortable to support a good night's sleep.

A well-rested child is often better able to manage the challenges of the school day, from learning in the classroom to navigating friendships and coping with big emotions.

Helping your child settle back into school!



1 Re-establish routines

Consistent bedtimes, morning routines and mealtimes help children feel secure and ready for the school day.

Talk about 2 their day

Instead of asking, "What did you do today?", try questions such as:

- Who made you smile today?
- What made you feel proud?
- Did anything feel tricky today?



3 Keep goodbyes calm and positive

A confident, consistent goodbye helps children feel safe, even if they are a little upset at the school gate.

Praise effort 4

Celebrate resilience, kindness and trying their best rather than focusing only on achievement.



When might your child need extra support?

It's normal for children to take time to settle back into school. However, if they remain very anxious, distressed about attending school, unusually withdrawn or emotional or frequently complain of headaches or tummy aches, speak to your child's class teacher. Early support can make a big difference.

SPOTLIGHT ON SAFEGUARDING

Resetting device boundaries after the summer holidays

For many families, the summer holidays bring a more relaxed approach to technology. Children may spend longer watching videos, playing games or using tablets and routines around screen time, bedtimes and family time often become more flexible. This is completely understandable, but once school returns, those holiday habits can make it harder for children to concentrate, get enough sleep and settle back into their school routine. The start of a new term provides the perfect opportunity to reset expectations around technology. Rather than introducing lots of new rules, think of it as returning to the routines that help your child learn, play, sleep and thrive.

Why children may find it difficult

If your child complains that the new boundaries are "unfair" or says, "But I could do it in the holidays," they're not being difficult, they're adjusting to a change in routine. Remember that:

- holiday routines are often very different from school routines
- devices have become part of their daily habit over the summer
- children thrive when expectations are clear, predictable and consistent.

Creating family expectations

Children respond best when they know what is expected of them. Try agreeing a few simple family rules that everyone understands.

For example:

- devices are put away during meals
- homework is completed before recreational screen time
- screens are switched off at least an hour before bed
- parents know which games and apps their child is using
- children ask before downloading new apps or games.

What if they push back?

It's completely normal for children to be disappointed when holiday screen time comes to an end. Stay calm, acknowledge how they feel and remind them why the routines are changing.

You might say:

"I know you've enjoyed having more time on your tablet over the holidays. Now that school has started again, we need routines that help you get enough sleep so you can concentrate in class better."

Five ways to reset

healthy digital habits

Be clear about expectations

Explain that school-time routines are different from holiday routines and why those changes are important.

Focus on consistency

Children adapt more quickly when boundaries stay the same each day, rather than changing depending on mood or circumstance.

Protect sleep

Keep devices out of bedrooms where possible and avoid screens during the hour before bedtime to help children settle.

Create screen-free moments

Protect family meals, homework time and opportunities to play, read or simply chat together.

Show an interest in their online world

Ask about the games they enjoy, the videos they watch and what they've discovered online. This builds trust.

Model healthy habits

Children learn by watching us. By putting your own phone away during family time and avoiding screens before bed, you show that healthy digital habits are important for everyone.

