

Cann Hall Primary School

Constable Avenue, Clacton, Essex CO16 8DA

Tel: 01255 420603

Email: chcontact@compassps.uk

Website: www.cannhall.compassps.uk

Head Teacher:

Sarah Crookes

Deputy Head Teacher:

Wendy Byrne



Friday 20th October 2023

Dear Parents and Carers,



Thank you so much to everyone who donated to our Harvest collection this year. All these items have now been packed up and delivered the food bank at St John's Church and will be distributed to help families in our local community.



What a Start to the Season!

Our netball team played their first match on Thursday against Holland Park. They impressed us all with their outstanding performance. The final score was 20 - 0 to Cann Hall. A big thank you to all the parents and children, who came to support and also to Mrs Spall, Miss Manning and Miss Byrne for giving up their own time to run this club, after school each week. What a match!

THE
COMPASS
PARTNERSHIP OF SCHOOLS

A charitable trust
company number: 10360957

Chief Executive Officer: John Camp OBE
Registered address: C/o Alderwood Primary School, Rainham Close, Eltham, London SE9 2JB

Sharing Wonderful Outcomes



The Year One children have been working hard on their writing and today they swapped classes to read their final pieces to each other. Their writing outcome was a setting description based on their class text 'Lost in the Toy Museum'.

Disco Update



The children looked like they had a wonderful time at the discos on Monday evening. There was dancing, singing, glow sticks and tattoos galore!

Thank you to our wonderful PTA for organising these events for our children and to all the additional volunteers, who gave up their own time to support, on the night.

An exciting spot

Miss Ross and her class were very excited on Monday, when they spotted this 'upside down rainbow', in the sky above our playground. The children have since found out that the correct term for this phenomenon is a circumzenithal or Bravais Arc. Unlike rainbows, where sunlight is broken up into all the colours of the rainbow, as it passes through raindrops, these arcs occur when sunlight refracts through ice crystals.



Exciting Opportunity to Support the School

YOU can make a difference

Could you be our new parent governor?

APPLY NOW

Cann Hall is looking to appoint a new parent governor. You don't need any prior or specific experience, however a knowledge of Finance, Education or HR would be helpful, but not essential.

Being a governor is a great opportunity to support our school and make a positive contribution to the community.

To request an information pack or to arrange an informal chat, please email your contact details to: chcontact@compassps.uk and quote 'Parent Governor vacancy'



Aiming High, Changing Lives

New Dinner Menus

W/C 6/11/23, 27/11/23, 18/12/23, 8/1/24, 29/1/24, 26/2/24, 18/3/24, 8/4/24

Our Tasty Menu 2

Code		Monday	Tuesday	Wednesday	Thursday	Friday
H	Hot Option 1	Macaroni cheese V, VE, GF, MF, EF, SF options	Chicken and sweetcorn pie served with new potatoes SF, EF options	Roast Beef GF MF, EF, SF options	Sausage or bacon bap GF, MF, EF, SF options	Fish finger and chips V, VE, GF, MF, EF, SF options
V	Hot Option 2	Tomato pasta bake V, VE, GF, MF, EF, SF options	Jacket potato with various toppings V, VE, GF, MF, EF, SF options	Vegan sausage roll V, VE, MF, EF options	Vegan sausage bap V, VE, GF, MF, EF options	Quorn dippers and chips V, VE, MF, EF options
	Side Dishes	Salad bar	Diced carrots, peas and salad Bar	Roast potatoes, Yorkshire pudding, seasonal vegetables and gravy	Hash brown, baked beans and Salad bar	Sweetcorn and salad bar
P	Cold Option 1	Cheese and tomato wrap V, VE, GF, MF, EF, SF options	Ham and cucumber sandwich GF, MF, EF, SF options	Cheese baguette V, VE, GF, MF, EF, SF options	Ham pasta GF, MF, EF, SF options	Chicken and mint yoghurt wrap V, VE, GF, MF, EF, SF options
F	Cold Option 2	Tuna and sweetcorn wrap GF, MF, SF options	Egg mayo and cress sandwich V, GF, MF, SF options	Tuna baguette GF, MF, SF options	Cheese pasta V, VE, GF, MF, EF, SF options	Tuna mayo wrap GF, MF, SF options
	Dessert	Fruit Platter	Fruity flapjacks	Chocolate beetroot cake	Yoghurts	Jelly pots

V=VEGETARIAN
 VE=VEGAN
 GF= GLUTEN FREE

Our salad bars contain various items such as cucumber slices, carrot sticks, tomatoes, orange slices, melon, olives, pickles, bread, pasta shapes and potatoes. We vary the salad bars every day to include as many options as possible. All children having school lunches have access to the salad bar.

Here are our new 'Tasty' menus, which will start after half term. These can also be found on our website [Cann Hall Primary School - Home \(compassps.uk\)](http://Cann Hall Primary School - Home (compassps.uk))



W/C 30/10/23, 20/11/23, 11/12/23, 1/1/24, 22/1/24, 12/2/24, 11/3/24, 1/4/24

Our Tasty Menu 1



Code		Monday	Tuesday	Wednesday	Thursday	Friday
H	Hot Option 1	Pasta bar with various sauces, pesto, ragu, cheese, 5 bean chilli etc V, VE, GF, MF, EF, SF options	Minced beef hotpot MF, EF, GF options available	Roasted Chicken fillet GF, MF, EF, SF options	Pepperoni pizza EF options	Fish flipper dippers and chips GF, MF, EF, SF options
V	Hot Option 2	Rice bar with various sauces, pesto, ragu, cheese, 5 bean chilli etc V, VE, GF, MF, EF, SF options	Jacket potato with various toppings V, VE, GF, MF, EF, SF options	Vegan sausage casserole V, VE, GF, MF, EF options	Cheese and tomato pizza V, VE, GF, MF, EF, SF options	Quorn dippers and chips V, VE, MF, EF options
	Side Dishes	Salad bar	Peas and Salad bar	Roast potatoes, Yorkshire pudding, seasonal vegetables and gravy	Salad bar	Baked beans
P	Cold Option 1	Cheese and tomato wrap V, VE, GF, MF, EF, SF options	Ham and cucumber sandwich GF, MF, EF, SF options	Cheese baguette V, VE, GF, MF, EF, SF options	Ham pasta GF, MF, EF, SF options	Cream cheese and cucumber wrap GF, MF, SF options
F	Cold Option 2	Tuna and sweetcorn wrap GF, MF, EF, SF options	Egg mayo and cress sandwich V, GF, MF, SF options	Tuna baguette GF, MF, SF options	Cheese pasta V, VE, GF, MF, EF, SF options	Tuna mayo wrap GF, MF, SF options
	Dessert	Peach cobbler and cream	Fruit platter	Angel delight	Yoghurts	Coconut jam sponge

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W/C 13/11/23, 4/12/23, 15/1/24, 5/2/24, 4/3/24, 25/3/24

Our Tasty Menu 3



Code		Monday	Tuesday	Wednesday	Thursday	Friday
H	Hot Option 1	Fully loaded jackets – toppings include, bacon, coleslaw, 5 bean chilli V, VE, GF, MF, EF, SF options	Butcher sausage, mash and gravy MF, EF options	Roast Gammon GF, MF, EF, SF options	Meat balls in a rich tomato sauce served with penne pasta EF, GF, MF options	Fish fillet and chips GF, MF, EF, SF options
V	Hot Option 2		Jacket potatoes with various toppings V, VE, GF, MF, EF, SF options	Roasted Quorn fillet V, VE, MF, EF, SF options	Cheese and tomato puff pastry pizza tart V, VE, MF, EF, SF options	Vegetable burger and chips V, VE, MF, EF, SF options
	Side Dishes	Salad Bar	Salad Bar	Roast potatoes, Yorkshire pudding, seasonal vegetables and gravy	Garlic bread and salad bar	Peas
P	Cold Option 1	Cheese and tomato wrap V, VE, GF, MF, EF, SF options	Ham and cucumber sandwich GF, MF, EF, SF options	Cheese baguette V, VE, GF, MF, EF, SF options	Ham pasta GF, MF, EF, SF options	Cheese wrap V, VE, GF, MF, EF, SF options
F	Cold Option 2	Tuna and sweetcorn wrap GF, MF, SF options	Egg mayo and cress sandwich V, GF, MF, SF options	Tuna baguette GF, MF, SF options	Cheese pasta V, VE, GF, MF, EF, SF options	Tuna mayo wrap GF, MF, SF options
	Dessert	Oat and raisin cookie	Yoghurts	Fruit crumble and custard	Fruit platters	Fruit smoothies

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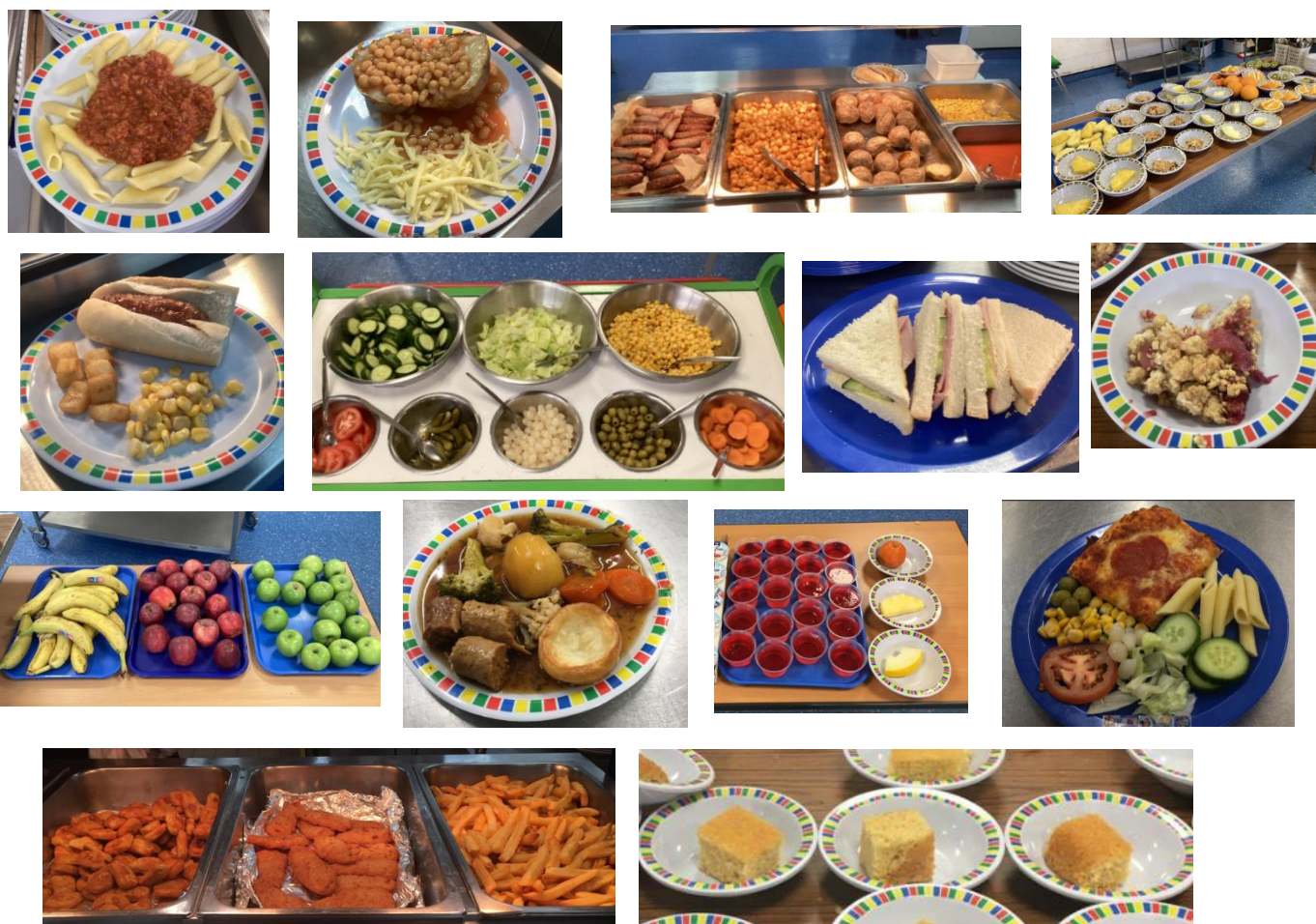
School Dinners – a snippet of the choices we've had this half term



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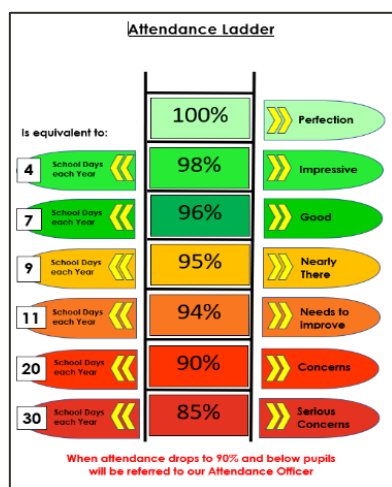


Don't forget that if your child is in EYFS, Year One or Year Two, they are entitled to a free school meal every day. If you wish your child to have a school meal and they are in Years 3 to 6, the price of a meal is £2.30 and should be paid in advance via the My Child at School App.

Essex County Council Food Voucher

We have been advised that Essex County Council will not be funding any food vouchers, next week. Instead, they will be incorporating them into the Christmas half term instead.

Attendance



Our overall attendance for this week is 94.6%, which is another small improvement on last week again, so even though we still definitely need to improve, we are going in the right direction so thank you!

Please be aware that If your child's attendance falls below 90%, you will receive a letter to alert you of this and when we feel it is necessary, home visits will also be arranged. If your child's attendance falls below 96%, we will require evidence to authorise any further absence. Holidays will not be authorised. You can find a copy of our policy on the [website](#).

Lateness also affects your child's attendance so please try to ensure that your child arrives at school before the

gates close, each morning at 8.40am. You can check your child's current attendance using the 'My Child at School App'.

For further advice about when your child should and shouldn't come to school can be found in this full-sized poster at the end of this letter.



Secondary School Applications (Y6 Pupils)

The statutory national closing date for applications for parents and carers of current Year 6 children to apply for a secondary school (Year 7) place for September 2023, is **31st October 2023**. Applications can be made online via www.essex.gov.uk/admissions Mrs Spall and Mrs Levy will be happy to answer any questions you may have.

PTA Christmas Market

If you are interested in running a stall at our first ever Christmas Market, on **Friday 15th December, from 2pm until 5pm**, please use the links below to contact the PTA. They are hoping to attract lots of different stall holders, in order to make the event a success. The cost of a pitch will be £15.

www.pta-events.co.uk/foch

info@friendsofcannhall.co.uk



Tending Police
Community Giving Christmas Tree Project

Make someone's Christmas special and buy a gift to brighten up their Christmas day!

The Tending Police Community Giving Christmas Tree Project is an opportunity for members of the

public to buy Christmas gifts for children and young people that might otherwise not receive anything at all.

The Community Giving Christmas Tree will be in place outside Clacton Police Station where you can help make Christmas special for less fortunate young people in Tendring.

While you're picking up pressies for your family and friends, why not pick up a gift for a child who might not get the family Christmas you enjoy?

So, how does it work? There are just 3 easy steps!!

1. Have fun selecting an appropriate gift from a retailer of your choice or our Amazon Wish List (details for this can be found on their Facebook page).
2. Drop the gift down to Clacton Police Station by Friday 15th December
3. Enjoy the warm feeling from making someone's Christmas more special!

What Happens Next?

The Police Elf volunteers will then be wrapping and delivering all the lovely gifts donated in time to make a child's Christmas.

For further information please contact Jamie Skipper at jamie.skipper@essex.police.uk or phone 101.



Little Scrummers Rugby

Little Scrummers Rugby Club offer non-contact rugby sessions, at Clacton Rugby Club (opposite The Range) on Sunday mornings:

3-4 year olds start at 9.20am

5+ year olds start at 10.10am.

If you are interested and want to book a free trial, please contact them on mail@littlescrummers.com

The Walton Swifts



Well done to our very own Mr Swain, who featured in the local paper this week, with his walking football teammates, **The Walton Swifts.**

Free McDonald's Fun Football Sessions



Don't forget our school is close to a Fun Football Centre (Clacton Leisure Centre) and they are offering completely **free, one hour fun football sessions for children aged 5-11.**

For more details simply search 'McDonald's Fun Football' or drop them an email at info@fdeonline.co.uk

WARMS Surveys

WARMS are the **Wellbeing and Resilience Mental Health Service**, run by Mid and North East Essex Mind. They work closely with schools to support school staff and parents.

WARMS are very interested in understanding what parents and carers feel they want more support and understanding around, as they plan for the upcoming year. They have asked us to share this link <https://forms.gle/jMpoAi45F9Qt2gdt6> to a survey so they can use your responses to shape your child/ young person's school/college's approach to mental health. The closing date for completion of this survey is **17.11.2023**

For more information and tips follow this link [World Mental Health Day 2023 | Mental Health Foundation](#)

Tours of the School – September 2024 EYFS Intake

Remember Mrs Smith has started her tours of the school, to those parents and carers who are interested in applying for a space for their child to start here at Cann Hall with us, next September.

The follow tour dates are still available:

Tuesday 7th November – 3.30-4.00pm

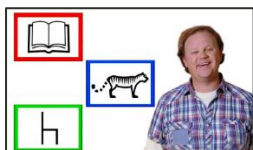
Tuesday 5th December – 4.00-4.30pm



If you are interested, please contact the school office on either 01255 420603 or chcontact@compassps.uk to book a place. School Applications need to be made to **Essex Admissions between 6th November 2023 and 15th January 2024.**

Makaton – Sign of the Week

Click here to learn the 'Sign of the Week' [Children \(makaton.org\)](https://www.makaton.org/children)



If you want to find out more about Makaton, please click on these links [What is Makaton? - About Makaton](#) and [What is Makaton? - CBeebies - BBC](#)

Winter Coat Rail and Family Warm Hub



Community Voluntary Services Tending (CVST) are offering a selection of pre-loved Coats & Jackets for anyone that needs one.

Collection Points are:

Imperial House, 20-22 Rosemary Road, Clacton CO15 1NZ or Harwich & Dovercourt Hub, 276 High St, CO12 3PD.

They are open every weekday between 9am - 4pm

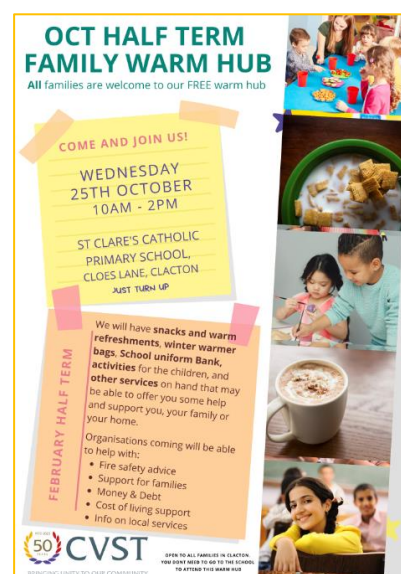
No Forms, No Questions, No Charge.

CVST are also holding a **Free Family Warm Hub** next week at St Claires

school in Cloes Lane between 10am-2pm on Wednesday 25th October.

This free event will include activities as well as warm food, including breakfast and lunch. This event may support families with holiday hunger and offers free activities to occupy the children.

This is a chance for families to receive a winter warmer pack and they will also be offering free haircuts too. Families can also find out about other support services and activities that are available to them. The first 40 families to arrive will receive a free 'Meal in a Bag' food parcel to take home too. This event is open to all families living in Tending and there's no need to book - Just turn up!



Family Breakfast Drop-In and School Uniform Bank

Finally, CVST are also offering a **family breakfast drop-in and school uniform bank** on Monday 23rd October from 10am-11am. This is a great opportunity to find out what help and support there is out there for you, whilst taking advantage of a free breakfast!

Active Essex – Free Half Term Holiday Clubs



You can still find the full version of this poster at the end of this letter, with more information about free half term clubs, being run across Essex, and how to book a place, if your child is illegible.

Flu Vaccinations



If your child has missed their school flu vaccination, please see the poster at the bottom of this letter, that has information about 'catch up' clinics, in this area.

Upcoming dates for your diary

21.10.2023 to 29.10.2023: Half Term

30.10.2023: Non-Pupil Day

31.10.2023: Children Return to School

31.10.2023: Secondary School Application Deadline

3.11.2023: Individual School Photos

11.11.2023: Remembrance Day

13.11.2023- 17.11.2023: Anti-Bullying Week

15.11.2023: Learning Conferences 3.30-6.00pm

16.11.2023: Learning Conferences 4.00-7.00pm

17.11.2023: Children in Need- children wear something spotty (funds raised split with the PTA)

13.12.2023: EYFS & KS1 Christmas Lunches

14.12.2023: KS2 Christmas Lunches

15.12.2023: KS2 Christmas Service at St. John's Church leaving school @ 9.15am- spaces for up to 100 parents

15.12.2023: PTA Christmas Market from 2pm

18.12.2023: EYFS Christmas Songs and Hot Chocolate afternoon. Arrival from 2.20pm to start at 2.30pm.

19.12.2023: KS1 Christmas Nativity Concert- Y1 parents @9.30am and Y2 parents @11.00am

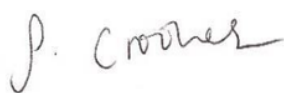
20.12.2023: Christmas Jumper Day and Christmas parties- raising money for Save the Children and the PTA

20.12.2023: Whole School Christmas Songs to the Parents on the Playground @2pm (then early finish)

21.12.2023 to 3.1.2024: Christmas Holidays

Wishing you all a lovely half term. See you all on Tuesday 31st October.

Kindest regards



NHS
Essex Partnership University
NHS Foundation Trust

FLU VACCINE CATCH UP CLINICS

Has your child missed their school vaccinations?

We are running catch up clinics in north east Essex for flu.

Your nearest catch up clinics this winter:

- **Clacton**
14 & 23 October & 18 November
- **Colchester:**
24 October, 4 November & 16 December
- **Harwich:**
25 October & 2 January

**It's easy to catch up.
Book your nearest clinic NOW
on 0300 790 0597 or for
more information on
missed vaccinations.**

#DOYOURBITESSEX





What to do:
advice in
childhood

Go to school, if
needed get
treatments as shown

Can be spread to
other children. Some
restrictions for school
attendance

Don't go to school
and see the GP

What it's called	What it's like	Going to school	More advice
Chicken Pox	Rash begins as small, red flat spots that develop into itchy <u>fluid-filled blisters</u>		Back to school 5 days after the onset of the rash
Common cold	Runny nose, sneezing, sore throat		Children should be given paracetamol, plenty of fluids to drink and can be sent to school. Ensure good hand hygiene – dispose of tissues and regularly wash hand with soap and water*
Conjunctivitis	Teary, red, itchy, painful eyes		Treatment is not usually required. Try not to touch eye to avoid spreading
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat		Children should go back to school when recovered – this is usually about five days. Ensure good hand hygiene*
Glandular Fever	High temperature, sore throat (usually more painful than any before) and swollen glands		Child needs to be well enough to concentrate at school
Hand, Foot and Mouth disease	Fever, sore throat, headache, <u>small painful blisters inside the mouth and on tongue and gums (may also appear on hands and feet)</u>		Children can go to school with hand, foot and mouth disease
Head Lice	Itchy scalp (may be worse at night)		Treat child and all other family members by wet combing with a nit comb and conditioner
Impetigo	Clusters of <u>red bumps or blisters surrounded by area of redness</u>		See GP. Back to school when the lesions crust over or 48 hours after the start of antibiotics
Measles	Fever, cough, runny nose, and watery inflamed eyes. Small red spots with white or bluish white centres in the mouth, <u>red blotchy rash</u>		Contact your GP (by phone initially) if you think that your child might have measles. Back to school 4 days from on-set of rash
Ringworm	<u>Red ring shaped rash</u> , may be itchy rash, may be dry and scaly or wet and crusty		See pharmacist for advice about treatment.
Scabies	<u>Intense itching, pimple-like rash</u> , itching and rash may be all over the body but is commonly between the fingers, wrists, elbows and arms		See pharmacist for advice about treatment. Back to school after first treatment
Scarlet fever / strep throat	Severe sore throat and painful glands in neck. No runny nose or cough. <u>Associated with sandpaper-like pink/red rash</u> in scarlet fever.		See G.P. Return to school 24 hours after starting antibiotics
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister type rash.		Only stay off school if rash is weeping and not covered Return to school 48 hours after the last episode of diarrhoea or vomiting. See G.P if they appear to be getting dehydrated (passing little urine or becoming lethargic)
Sickness bug/diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea		Get treatment from local pharmacy or GP. Everyone at home should be treated
Threadworms	Intense itchiness around the anus		See G.P if they are not starting to improve or fever persists for more than 5 days
Mild tonsillitis	Sore throat associated with runny nose or cough		

Please visit the following websites for more information:
[Should your child go to school?](#)
[Worried your child is unwell](#)

This information is a guide and has been checked by health professionals, however if you are unsure about your child's wellbeing we recommend you contact your pharmacy or GP to check

CATCH IT
Germ spread easily. Always carry tissues and use them to catch your cough or sneeze.

BIN IT
Germ can live for several hours on tissues. Dispose of your tissues as soon as possible.

KILL IT
Germs can transfer germs to water. Surface you touch. Clean your hands as soon as you can.




November 2017 – produced for Healthier Together

