

Cann Hall Primary School

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Sarah Crookes

Deputy Head Teacher:

Wendy Byrne



Friday 9th February 2024

Dear Parents and Carers,

Mental Health Week Update



It was Children's Mental Health Week, this week and so every year group has been taking part in lots of different activities across the week, including mindfulness sessions, which have focused on learning how to destress and relax through breathing exercises. The children have paired up with other year groups for walk and talk sessions and they have written letters of gratitude.



6S and RSM even joined up yesterday to spend some time talking and building relationships. 6S were really good at asking RSM questions to promote discussions around their likes and dislikes.



Here's a helpful link to an NHS website [Coping with Anxieties and Worries | NELFT NHS Foundation Trust](https://www.nhs.uk/health-wellbeing/childrens-mental-health/) where you can find helpful information with how to cope with anxieties and worries, kids health and teen health and much more.

NSPCC Number Day



Thank you so much for your kind donations for this important charity. Together we managed to raise a total of £273.09.

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

Safer Internet Day

Next week the children will be focusing on how to keep safe online for **Safer Internet Day** so we thought this would be an ideal opportunity to direct you to the online safety page of our school website [Cann Hall Primary School - Online Safety at home \(compassps.uk\)](http://Cann Hall Primary School - Online Safety at home (compassps.uk)), where you will find lots of information and helpful links for how to make sure you are keeping your children safe, whilst online.

Save Money - Free School Meals for every EYFS and KS1 Child



Don't forget that if your child is in **EYFS, Year 1 or Year 2** they are entitled to a free school meal every day. We have some lovely food options, on the menu each day, both hot and cold [Cann Hall Primary School - School Meals \(compassps.uk\)](http://Cann Hall Primary School - School Meals (compassps.uk)) so why not try to encourage your child to try them out. Think of all the money that you could save each day!

PTA Discos

Don't forget it's the PTA discos on **Monday 12th February**. If you haven't booked tickets, unfortunately the booking form is now closed.

Three discos have been organised again, as follows:

EYFS, Y1 and Y2 at 3.10 - 4.10pm

Y3 and Y4 at 4.20 - 5.20pm

Y5 & Y6 at 5.30 - 6.30pm

Drop off and Collection Arrangements will be as follows:

EYFS, Y1 and Y2 (3.10-4.10pm):

Please send your child into school with their disco clothes. The class teachers have kindly agreed to help them get ready, in class at the end of the day. At 4.10pm, the double gates, at the front of the school, will be opened so you can collect your child from their classroom door.

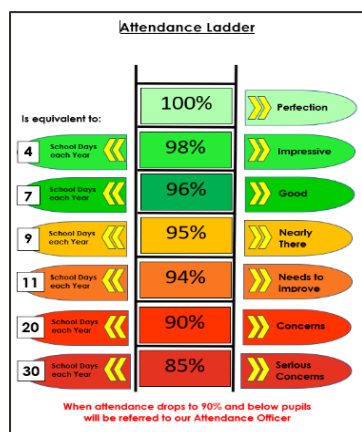
To try and avoid any 'traffic jam's at drop off and pick up times, we have organised a one-way system for the Y3/4 and Y5/6 discos. Please see below:

Y3 & Y4 (4.20-5.20pm) and Y5 & Y6 (5.30-6.30pm):

Please drop your child back to school, for their disco, at the main office doors. After their disco finishes, please also collect them from the main office doors but this time you will be asked to come in to the hall to collect your child and then asked to exit via the EYFS area and out through the double gates, at the front of the school (as mentioned above).



Attendance Update



Our overall attendance this week was **93.9%**.

[NHS 'Is my child too ill for school?' guidance](#) has further information, if you are not sure whether your child is too ill to be in school.

You'll see some of the wonderful learning opportunities the children have experienced this week, in this newsletter. Make sure your child is in school every day, if they are well enough to do so, so they don't miss out!

Year One Life Savers

The children in Year One have been learning all about the history of the RNLI, this half term, and in Design and Technology they have been designing and testing their own rescue boots.



Year 2 Bakers



This week Year 2 made a healthy bread as part of their Design and Technology project. They also then tasted and evaluated their product. I'm sure you will agree they look absolutely delicious!

Karate Superstar



The chief Instructor of Links Karate contacted us this week to tell us about the amazing success of one of our pupils.

On Sunday 4th March Links Karate competed in the English Kyu Grade National Championship in Sheffield, which is one of the most prestigious events held in England for Karate and Harper returned with not one but two bronze medals – one in fighting and the other in Kata.

This is another amazing achievement Harper – we are all extremely proud of you.

Essex Activate



More about this programme, what the clubs offer and how you can book your child onto one of their half term holiday clubs, can be found in the three posters at the bottom of this letter.

Half Term Football Camps



Colchester United are collaborating with Active Essex, throughout the February Half Term, to offer their ActiVate Camps for children in Colchester.

To participate, kindly register based on your child's status (either for Free School Meals or as part of a Low-Income Family). It's important to note that there won't be a complimentary hot meal provided for Low Income families; the funding will exclusively cover the food expenses for children on free school meals. However, there is an option to purchase a meal at £3.50 per day for those in Low Income families.

Shrub End Community & Sports Centre, CO2 9BG – PRIMARY

Dates: Tuesday 20th February, Wednesday 21st February & Friday 23rd February 2024.

Time: 10am-2pm

Age Range: 5-11 years old

Free School Meals Link To Register: <https://colchester-united-cf.classforkids.io/camp/436>

Low Income Link To Register: <https://colchester-united-cf.classforkids.io/camp/438>

Colchester Academy School, CO4 3JL – PRIMARY

Dates: Monday 19th February, Wednesday 21st February & Thursday 22nd February 2024.

Time: 9.30am-1.30pm

Age Range: 5-11 years old

Free School Meals Link To Register: <https://colchester-united-cf.classforkids.io/camp/434>

Low Income Link To Register: <https://colchester-united-cf.classforkids.io/camp/437>

Competition Reminder



All the information for this competition and the design template can still be found at the end of this letter. If you have any problems printing, just pop into the office, as we have some printed copies.

Don't forget if your child does want to enter, please make sure to hand their entry into the school office no later than **Friday 19th April** to ensure that we can send them all off in good time before the closing date.

Upcoming dates for your diary

12.2.2024: PTA Discos (EYFS, Y1 & 2 - 3.10-4.10pm; Y3 & 4 - 4.20-5.20pm; Y5 & 6 - 5.30-6.30pm)

17.2.2024-25.2.2024: Half Term

26.2.2024: Children Return to School

1.3.2024: Secondary School Offer Day

4.3.2024: PTA Mother's Day Pop-Up Shop

7.3.2024: World Book Day

13.3.2024: Learning Conferences 4.00-7.00pm

14.3.2024: Learning Conferences 3.40-6.00pm

15.3.2024: Comic Relief

27.3.2024: Easter Service Assembly at School

29.3.2024-14.4.2024: Easter Holidays

15.4.2024: Children Return to School

Wishing you all a lovely weekend.

Kindest regards

Sarah Crookes & Wendy Byrne

ActiveEssex Department for Education **Essex ACTIVate** Thurrock.gov.uk Essex County Council

WHAT IS ESSEX ACTIVATE?

Essex ActivAte is the name for the Holiday Activity and Food programme across Essex, run by Active Essex, Essex County Council and Thurrock Council, on behalf of the Department for Education.

Who is the programme for?

Clubs are suitable for children aged 4-16 years old who are eligible for benefits based free school meals or from 'low income' working families who benefit from this extra support. Some clubs may offer paid spaces that run alongside Essex ActivAte, however these can be limited.

What do the clubs offer?

Essex ActivAte clubs offer mainstream primary and secondary provision across the county, also dedicated mental wellbeing and SEND clubs. Each club delivers a variety of physical and enrichment activities, fun food education and a nutritious meal. Family support is also available alongside the programme.


How can I book my child onto a club?

To book onto a club during February, May/June or October half term, head over to the Essex ActivAte booking page on our website, then select the area you live in or the category you require and follow the steps.

To book onto a club during the easter, summer or winter holidays, use the link on your WONDE e-Voucher to find a club and book on, or contact a club directly.

What is considered 'low income'?

We understand that all families circumstances are different, therefore if you are in employment or on an income which means you are unable to attend a holiday club without our support - you can book on.



ActiveEssex Department for Education **Essex ACTIVate** BasildonCouncil Essex County Council

HALF-TERM & HOLIDAYS EXPLAINED...

EASTER, SUMMER & WINTER SCHOOL HOLIDAYS

- The HAF programme runs in the easter, summer and winter holidays and is funded by the Department for Education. This is aimed solely at school children who receive benefits based free school meals during term time.
- Limited spaces are available for low income working families and other vulnerable groups who would otherwise not be able to afford holiday clubs. You can book onto our programme self-certifying.
- WONDE e-Voucher codes are sent by schools to all families eligible for benefits based free school meals. This code allows you to book onto local clubs and verify you are eligible for our programme.

SPRING & AUTUMN HALF TERMS

- Funded by Essex County Council, Essex ActivAte run clubs during February, May/June and October half term for children on benefit based free school meals or from 'low income' working families.
- The half term programme is funded to provide spaces to those areas most in need across Essex.



SCAN THE QR CODE TO FIND OUT MORE!

You will not receive a WONDE e-Voucher code to book onto our clubs during half term.

You will need to book your child/ren onto a club through the Essex ActivAte website - simply find what clubs are available in your area then book onto a club using the link provided or by contacting the club directly.



Essex County Council BasildonCouncil **Essex ACTIVate Half Term** ActiveEssex

BOOK ONTO A HALF TERM ACTIVITY CLUB WITH ESSEX ACTIVATE!

Eligible children and young people are invited to book onto FREE, fun-filled activity clubs who are run by a network of locally, trusted organisations across Essex, brought to you by Active Essex on behalf of Essex County Council!

IS MY CHILD ELIGIBLE?

Essex ActivAte offer free, club spaces to primary and secondary school aged children (4-16 years), who are eligible for benefit based free school meals, or from 'low-income' working families, as well as children who may be vulnerable to inactivity or social isolation.

WHERE WILL THE CLUBS BE RUN?

Clubs will run in Braintree, Basildon, Brentwood, Castle Point, Chelmsford, Colchester, Epping, Harlow, Maldon, Rochford, Tendring and Uttlesford! Due to half term programmes being solely funded by Essex County Council, unfortunately there will not be any clubs running in Thurrock.

WHAT DO THE CLUBS PROVIDE?

Clubs provide a range of different physical, enrichment and food activities to support children's physical and mental wellbeing, as well as a delicious, nutritious meal!

HOW DO I BOOK ONTO A CLUB?

As half term programme are smaller and offer less activity days, you will not book on with your HolidayActivities voucher, but book on through the Essex ActivAte website instead. Simply find your local area and book on with the link provided or contact the club directly.

[Find out more about February half term clubs and book on here.](#)




TENDRINGSHOW



Brought to you by Tendring Hundred Farmers' Club

SCHOOLS COMPETITION

Design a front cover for the show programme
2024 cover design title:

Grow it - Cook it - Eat it

"Grow it - Cook it - Eat it" is our theme for the 2024 Show and we would like your pupils to design a front cover showing where our food comes from ie how fruit and vegetables are grown, how milk and bread is processed, how animals and poultry are reared and how fish come from the sea to our plates.

Make it bold and bright using as many colours as they like!

The winning design will be used as the front cover of our 2024 Show Programme.

- The Programme Cover Competition is open to Primary and Secondary School Students.
- The winning programme cover, to be printed, will be chosen from the two First Prize Winners—each of whom will win Book Tokens and additional show passes for their families.
- Runners-up prizes will also be awarded (see entry form for full details).
- We will also award **£150** to each of the winning Primary **and** Secondary Schools.
- **FREE** entry to the show for **every** child who enters.
- Please ensure the name, age and school are clearly marked on each entry form.
- The top 30 entries will be displayed in the Education Tent at the Tendring Show on **Saturday 13th July 2024**, to be viewed by over 20,000 visitors!
- Please photocopy the PROGRAMME COVER ENTRY FORM attached, as required.

ENTRIES CLOSE ON FRIDAY 26th APRIL 2024

If you have any further queries, please contact us on the details below



Tendring Hundred Farmers' Club
Admirals Farm, Heckfords Road, Great Bentley, Colchester CO7 8RS
Tel: 01206 231821 E-mail: info@tendringshow.co.uk



ENTRY FORM

Schools Competition

Design a cover for the 2024 Tendring Show Programme

"Grow it - Cook it - Eat it" is our theme for the 2024 Show and we would like your pupils to design a front cover showing where our food comes from ie how fruit and vegetables are grown, how milk and bread is processed, how animals and poultry are reared and how fish come from the sea to our plates.

Make it bold and bright - use as many colours as you like!

Use the whole of the area for your design.

- **PRIZES:** Book tokens for Primary & Secondary School Winners
- 1st £25.00 plus two free adult and two child passes
- 2nd £15.00 plus two free adult passes
- 3rd £10.00 plus one free adult pass
- 2 x £5.00 runners up
- 10 x Highly Commended Certificates
- **FREE ENTRY TO SHOW FOR EVERY CHILD WHO ENTERS**
- Closing date Friday 26th April 2024

Name of your School _____

Your Name _____

Your Age _____

YOUR DESIGN SHOULD FILL THIS A5 AREA
(PORTRAIT)



