



## NEWSLETTER • SPRING TERM ISSUE 27 • 19<sup>TH</sup> MARCH 2021

### Dates For Your Diary

Monday 29 <sup>th</sup> March – Friday 9 <sup>th</sup> April	Easter Holiday
Monday 12 <sup>th</sup> April	Summer Term Commences

### Message from the Headteacher

Dear Parents and Carers

Firstly I would like to thank you for the way in which you supported remote learning throughout the course of the pandemic. These have been challenging and difficult times, but such times can bring out the best in people and communities. We feel incredibly proud of our students, our parents and our staff.

We were delighted to welcome our students back to school last week. We have really missed them all and there is a real sense of togetherness and an appreciation for the chance to return to some form of normality in our school community. Students have conducted themselves impeccably on their return and are displaying our ASPIRE values in all areas of the school. They have demonstrated the utmost respect for each other and complied with all of the safety measures that we have implemented to keep our school community safe.

On-site testing has taken place with great efficiency and consideration to meet the needs of our students, and the testing team must be commended on their efforts to make this challenging and unprecedented process happen.

Our emphasis on return to learning has been placed on students' well-being as they return to the social interaction they have so sorely missed. Teachers will continue to build upon remote learning experiences and work with students to ensure that progress is secured during the weeks ahead and that they are engaged fully in their learning. We look forward to offering a range of extra-curricular activities in the near future as restrictions are further eased.

We are hopeful that lockdown is now in the past and if we continue to demonstrate vigilance over the next few weeks then we can look forward to a summer that presents fewer restrictions and greater opportunities for our students.

Thank you for all your support and messages of thanks. They really are greatly appreciated.

Take care and stay safe.

Mrs CA Moffat  
Headteacher

### Charity Fundraiser

Year 7 student Neave is completing a fundraiser to take 10,000 steps every day during March, to raise money for Cancer Research. We wish her well in achieving her goal and raising money for such a worthy cause. We will keep you updated with Neave's progress.



Miss Smith

## School Success



As we prepare to welcome our third cohort of students to Paxman Academy in September, we are immensely proud to have been named as the third most popular non-selective secondary school in Colchester.

Many thanks to the Daily Gazette for highlighting our success – a copy of their article, published last week, is available to [read here](#).

## Student Absence

Please remember to notify the school office via our absence line by 8.20am if your child is unable to attend school due to illness or other unexpected absence.

Medical appointments should be made outside of school hours where possible. If your child must attend an appointment during school hours, you are required to notify the school office in advance of the appointment date.

For further information, please refer to the Absence Procedures area of our website – [click here](#).

## New Library Furniture

This week we have taken delivery of a number of smart new student workstations and chairs, which were kindly donated by legal services firm Herbert Smith Freehills, through local company Innoven. We are extremely grateful for



this generous donation and look forward to seeing them put to good use in our library.

## Lost Property

It is very difficult to reunite lost property items with students if they are not named. Please can you therefore check that all your child's belongings are clearly labelled, particularly ties, blazers and items of PE kit. Thank you for your support with this request.

## Water in School

We would kindly request that you ensure your child brings in enough water to school each day, as our facilities are limited due to Covid restrictions. This is particularly important on days when children have PE and, of course, as the weather becomes warmer. Thank you.

Miss Smith

## Uniform Loans / Donations

Please may we ask that you check through uniform items with your child. If they were loaned any item of uniform last term, whether it be a school tie, shirt, pair of trousers or item of PE clothing, please could these now be returned by your child to the relevant Pastoral Office. This will ensure that we are able to maintain a good supply of spare uniform to support students when needed.

We would be very appreciative of any donations of uniform items that your child may have outgrown, to bolster our stock. Again, these should be delivered to the relevant Pastoral Office where we can quarantine and wash them before they go into circulation.

Mrs Rayner and Miss Smith

## Free Easter Holiday Lunches

Kingsland Church have advised us that they will be offering free packed lunches for children and young people over the Easter holiday period, no questions asked. They acknowledge that this has been a difficult time for many, and want to support families in need, in whatever way they are able.

**Dates:** Monday 29th March - Friday 2nd April and Monday 5th April - Friday 9th April

**Time:** 12.00pm – 4.00pm

**Place:** Kingsland Church Colchester, 86 London Road, Lexden, Colchester CO3 9DW

Enter through the first doors in the foyer (this will be unmanned, so families may come and help themselves).

Mrs Rayner

## Colchester Foodbank



**We are here to help... you are not  
alone. If you, or someone you know is  
struggling, we can support with an  
emergency food parcels  
at**

**Shrub End Foodbank**

**OPEN**

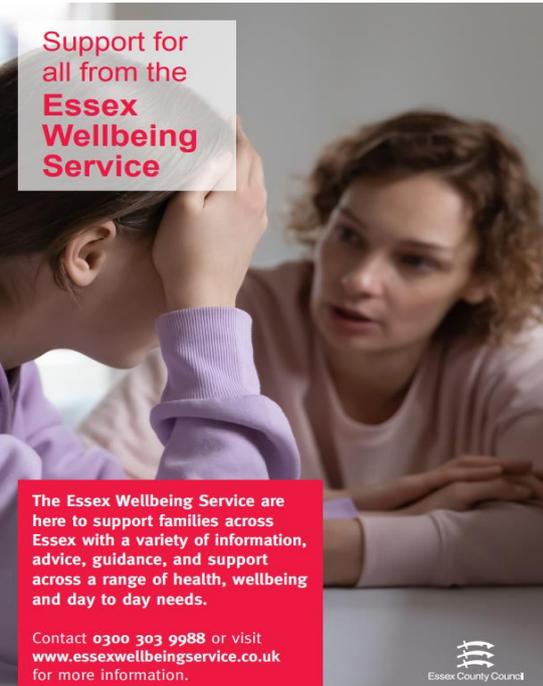
**St Cedd's Church  
Iceni Way**

**10am to 12 noon  
Every Thursday**

**or phone 07757429117**

Charity No: 1152387 Registered in England & Wales /Scotland

Support for all from the **Essex Wellbeing Service**



The Essex Wellbeing Service are here to support families across Essex with a variety of information, advice, guidance, and support across a range of health, wellbeing and day to day needs.

Contact 0300 303 9988 or visit [www.essexwellbeingsservice.co.uk](http://www.essexwellbeingsservice.co.uk) for more information.



## Emergency help with bills, food and other items



If you find yourself in need of some help this winter, the Essential Living Fund can help pay for heating, electricity, water and food. We can also help you get essential household items like a fridge, cooker or table.

- To get a grant you must**
- Live in Essex, Southend or Thurrock
  - Be aged over 16

**How to apply**  
 Check if this applies to you.  
 Visit [www.southend.gov.uk/elffressex](http://www.southend.gov.uk/elffressex)  
 Or if you are vulnerable or have no access to the internet you can call 0300 7900124 (between 8:45am - 5:00pm).



# We all have arguments

We are all living in very difficult and uncertain times and as further restrictions are being made to how we live our lives, this can impact on our emotional wellbeing and cause tension and arguments to occur, particularly among people living together.

This may be a very normal way of responding to a very unusual situation, however there may be ways in which you can stop this from increasing stress and anxiety within your home.

Here are a few tips you may find helpful:

Pause.

- Is the disagreement escalating to a point you are no longer in control of the things you are saying or the way you behave, are you just reacting?
- Take a breath, take time and assess the situation.



Think.

- Try to reflect on why the argument started, is it something you argue about often or is it your frustration about something else.
- How were you feeling before the conversation started?
- Were you feeling anxious or tense already?



Resolve it.

- Step back- Is this argument about something important?
- Can you come back to it when you are both calmer, talk things through and compromise?
- Are you both just feeling frustrated with the current situation and venting on one another?



There are things you can try to help you feel calmer

Taking some time out, this could involve going to an area of the house where you are left alone to take a breather, be clear that you are taking that time for yourself and let those around you know what you are doing.

Are there objects or personal items that bring you back to the present or are associated with happy memories, for example a keepsake or souvenir.

Activities which help you to stay in the present can be helpful such as colouring or breathing exercises for example breathe in through your nose for 7 seconds, out through your mouth for 7.

At times you might need a little bit of help or support as a family. You can find more information by scanning the QR code below or visiting the Livewell website or if you want to talk to someone about your relationship or parenting call Family Lives on 0808 800 2222.



[www.livewellcampaign.co.uk](http://www.livewellcampaign.co.uk)

Co-produced by parents and practitioners in Essex





Fun, safe,  
exciting!



# EASTER CAMPS 2021



## COLCHESTER & CAPEL

MONDAY 29<sup>TH</sup> & TUESDAY 30<sup>TH</sup> MARCH

## HALSTEAD

WED 31<sup>ST</sup> MARCH  
THURS 1<sup>ST</sup> APRIL

## CLACTON

THURS 8<sup>TH</sup> APRIL  
FRI 9<sup>TH</sup> APRIL



- ✓ Football camps in a **safe and positive learning environment**
- ✓ Fun games and challenges with **medals and trophies** to be won
- ✓ All participants receive an **'Activity Challenge'** booklet to be completed for prizes
- ✓ Suitable for **boys and girls** of all abilities aged **4 - 12yrs**

f EssexProCoaching

t @epc\_coaching

i epc\_coaching

Essex Professional Coaching

For further information & to book:  
[epcoaching.co.uk/school-holiday](http://epcoaching.co.uk/school-holiday)



*\*Please check the venue via the website when booking as some may have changed from previous camps.*

# Essex ACTIVate

Active Essex is offering a range of ActivAte clubs over the Easter holidays!

These clubs are completely **free** for **young people** who are **eligible for benefits based free schools meals** or **working families** who need **additional support**. Clubs will include **fun activities**, including **sports and arts & crafts**, for **4 hours a day over 8 days** of the holidays. Plus every child will get a **healthy, tasty lunch!**

## Mental Wellbeing Hub

Delivering **supported activities** over **shorter sessions**, in **smaller groups**. Activities will be **sensitive** to the children's needs, focusing on **gentle social transition** and **copng exercises** to help with the move back to community engagement.



## SEND Activity Hub

There will be **SEND Hubs** across Essex, delivering **specialist workshops**. These will provide **coaching** and **inclusive physical and enrichment activities** for SEND pupils, to ensure they get the **best** out of their Easter Holidays. Use the link below to book a place.

## Local Activity Clubs

Our holiday clubs, run by **locally trusted organisations**, offer a range of **physical and enrichment activities** for children across Essex. Ensuring they have a **fun, memorable and healthy** Easter break.



All activities will be delivered within government guidelines, and children will be placed in a 'bubble' for the

If your child is eligible but does not require this additional face to face support, then we are pleased to also be offering **fun virtual activities, activity packs and food support**.

For more information please head to [www.activeessex.org/activateeasterbooking](http://www.activeessex.org/activateeasterbooking)

