

12.9.2025 CHJS Newsletter



Happy Friday, everyone!

We are excited to share that we've completed our first full week of the term, and what an eventful week it has been! All year groups have fully immersed themselves in their WOW days, and it has been a true delight to witness. The children are engaged in such exciting, enriching, and stimulating learning experiences; it's clear that their enthusiasm is absolutely palpable!

This week, we've also begun to see a wonderful surge of creative home learning being submitted. We are thrilled that the children are so absorbed in their topics that they are putting forth exceptional effort outside of school. At CHJS, we actively teach, promote, and encourage creativity and curiosity through enquiry. The talent and eagerness of our children are invaluable assets that enrich our school community.

On that note, I would like to extend our heartfelt gratitude for your ongoing support as parents and carers in your child's home learning. Your involvement makes a significant difference, and we genuinely appreciate the effort you put in. We firmly believe in investing in strong, open, and nurturing partnerships between home and school, as we know that the best possible outcomes occur when children, families, and schools are working in harmony. We are immensely grateful for your support and enjoy collaborating with you to provide the best education for our children.

Looking ahead to next week, we are thrilled to announce the return of the 2Johns! They will be joining us on Wednesday to engage with our students and shine a light on how both children and adults can ensure their safety online, while also exploring the wonders of our ever-evolving digital world. In addition, there will be an online session for parents at 8pm on Wednesday. We encourage as many of you as possible to attend; this is a fantastic opportunity for us to deepen our knowledge and support our children together. A link for this session will be sent out next week.

Thank you once again for your continued support and involvement. Together, we can create a nurturing and inspiring environment for our children to thrive in. Have a wonderful weekend, and we look forward to seeing everyone back at school next week!

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SCHOOL NEWS

CHJS joins the Tenacitas Trust - the press release!

[CHJS Essex Echo Article](#)

Healthy Snacks & Lunches

Throughout September 2025, we will be supporting Snack-tember, an initiative from the British Nutrition Foundation, which promotes healthier, more sustainable snacking for children and young people aged 5-16 years.

Snacking plays an important role in children's diets, and choosing nutritious options helps support learning, concentration, and long-term health.

During Snack-tember, we will be encouraging pupils to:

- EXPLORE better snacking
- TRY new snacks
- MAKE their own healthy snacks

We want our young people to choose and make snacks that have:

- MORE vegetables and fruit
- MORE wholegrains, beans and pulses
- LESS saturated fat, salt and sugars

We will be encouraging pupils to make healthier snack choices at breaktimes.

We hope you, our parents/carers, will get involved too! Take a look at the Parent/carers snacking guide for more information about healthier snacking for your child:

https://www.nutrition.org.uk/media/jlchdiuj/parent_carer-snacking_guide.pdf

You can find out more about Snack-tember here:

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<https://www.nutrition.org.uk/snacktember-2025/>

#Snacktember25

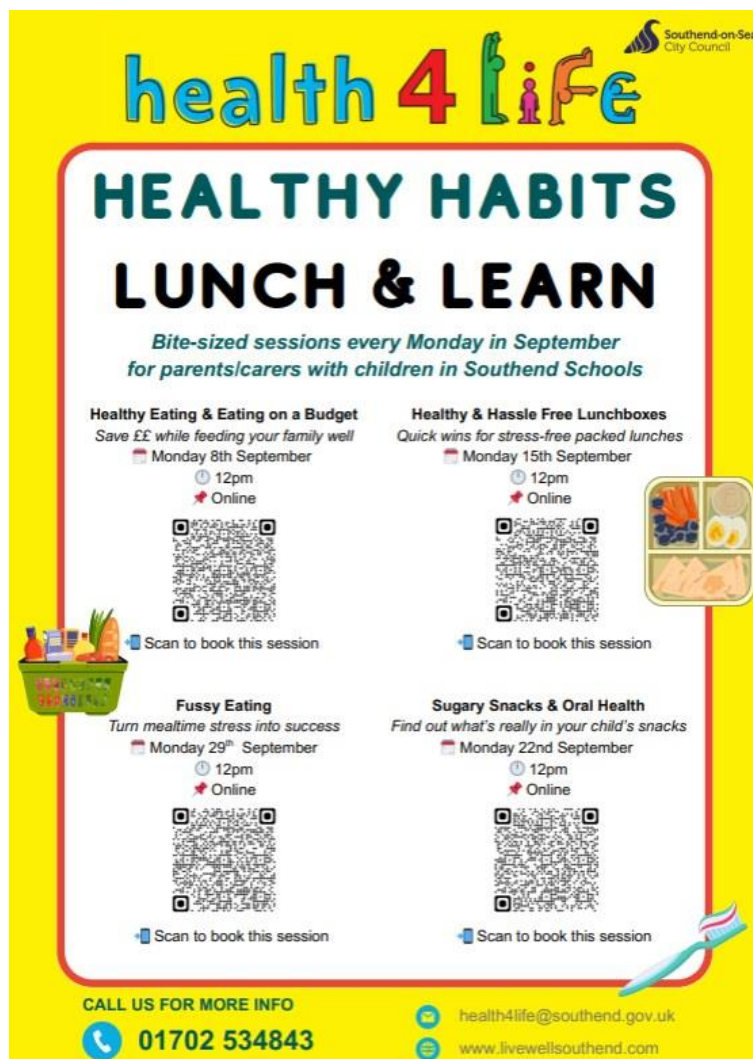
Health4Life Bite-Sized Webinars – Every Monday in September

Throughout September, parents and carers in Southend schools are invited to join our free, online bite-sized webinars, designed to support healthy eating and family wellbeing. Each Monday at 12pm, we'll cover a different topic:

- **15th Sept** – Healthy & Hassle-Free Lunchboxes
- **22nd Sept** – Sugary Snacks & Oral Health
- **29th Sept** – Fussy Eating

These sessions provide practical tips, expert advice, and simple strategies that families can put into action straight away.

Book your place by scanning the QR code on the attached flyer or contacting health4life@southend.gov.uk



The flyer is for 'health 4 life' (with 'life' in a stylized font where the 'i' is a person) and 'HEALTHY HABITS LUNCH & LEARN'. It is for 'Bite-sized sessions every Monday in September for parents/carers with children in Southend Schools'. The Southend-on-Sea City Council logo is in the top right. There are four sessions listed, each with a QR code and a 'Scan to book this session' instruction. The sessions are: 1. 'Healthy Eating & Eating on a Budget' (Save ££ while feeding your family well) on Monday 8th September at 12pm Online. 2. 'Healthy & Hassle Free Lunchboxes' (Quick wins for stress-free packed lunches) on Monday 15th September at 12pm Online. 3. 'Fussy Eating' (Turn mealtime stress into success) on Monday 29th September at 12pm Online. 4. 'Sugary Snacks & Oral Health' (Find out what's really in your child's snacks) on Monday 22nd September at 12pm Online. There are also icons for a shopping basket, a lunchbox, and a toothbrush.

health 4 life

HEALTHY HABITS LUNCH & LEARN

Bite-sized sessions every Monday in September for parents/carers with children in Southend Schools

Healthy Eating & Eating on a Budget
Save ££ while feeding your family well
Monday 8th September
12pm
Online
Scan to book this session

Healthy & Hassle Free Lunchboxes
Quick wins for stress-free packed lunches
Monday 15th September
12pm
Online
Scan to book this session

Fussy Eating
Turn mealtime stress into success
Monday 29th September
12pm
Online
Scan to book this session

Sugary Snacks & Oral Health
Find out what's really in your child's snacks
Monday 22nd September
12pm
Online
Scan to book this session

CALL US FOR MORE INFO
01702 534843

health4life@southend.gov.uk
www.livewellsouthend.com

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Breaktime snacks @ CHJS

We encourage children to bring in a healthy snack each day to have at break time.

Great choices are: fruit, vegetables, rice cakes, crackers, cereal bars, fruit winders.

Children are not permitted to bring in sweets, chocolate, crisps or fizzy drinks as their snack.

*In addition, please be aware that we are a 'nut-free' school so please do not send in any items containing nuts.

THE CHALKWELL CURRICULUM

As we kick off this new half term, we couldn't be more excited about the amazing learning experiences ahead. Our Chalkwell Curriculum is truly world class, designed to provide deep enrichment and ignite curiosity, creativity, and enquiry. With outstanding teaching and learning at the heart of what we do, we believe every child will find joy and excitement in their lessons.

We have some fantastic topics lined up for each year group, sparking interest and encouraging creativity both in school and at home. We can't wait to see how our brilliant children express themselves through their creative tasks!

For a sneak peek of what's in store this term, click on the links below.

[Year 3 - Could you have survived the Stone Age?](#)

[Year 4 - What makes a great warrior?](#)

[Year 5 - Made up myths or legendary legacy - who were the Ancient Greeks?](#)

[Year 6 - How would 'A Midsummer Night's Dream' differ in a Caribbean setting?](#)

Let's make this half term full of inspiration and fun!

Mindful Mondays, Chalkwell Character Curriculum & Core Value Focus:

This week's Chalkwell Character Curriculum has seen us focus on active listening, whether that be in the classroom for learning or outside when we are mixing socially. We talked about the best ways to listen and show you are listening - this can be done in a variety of ways. In our assembly, we focused on the fantastic Women's Rugby World Cup which is currently taking place here in Britain. We looked at the incredible values that rugby has and that these are very similar to how we operate and strive to be in school. The 'Red Roses' (England women's team) are currently on a 30 game winning streak and this is as a result of the great dedication they show and respect towards each other and their opponents - what truly great role models they are.

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Autumn 1 Week 2

Core Value: Respect
SMSC/FBV: Mutual Respect
Learning Behaviour: Active Listening



Active Listening

How are **hearing** and **listening** different?

Hearing is a passive thing. For people who are not hearing impaired, this means it is something that your body and brain just does - you don't have to think about it. You might hear the birds singing or the sound of a car engine rumbling - it doesn't take effort for you to hear these things.

How do you think listening is different?



Listening is an active thing. It requires effort through concentration because you're not just trying to hear what is being said, you're trying to understand it too.

This is such a key skill for learning, so it's important we know how to do it well.

Think of a time you felt like somebody really listened to you - what steps did they take to do this?

Step 1: Use listening body language

Body language is the way we use our bodies to communicate. To communicate that we are actively listening, we should turn our bodies to face the person talking, minimise movement and use our eyes to track them.

Some people find eye contact challenging - that's ok, you can try looking at one of the speaker's eyebrows instead to show you are tracking them.



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Step 2: Don't interrupt the person speaking.



When somebody is talking, it might prompt ideas, memories or questions in our brains. We often want to share them to show the other person we have heard what they are saying, but interrupting somebody makes them feel unheard and disrespected. What can you do instead to show you understand?

Step 3: Respond to the other person.

Responding is different to waiting to talk.

Waiting to talk is a passive thing, you are just waiting for the speaker to stop so you can start. Responding is taking what they have said and building on or challenging it respectfully.

You can do this by asking a question about what they have said or adding your own opinion about the topic.

Sometimes your response might be a simple "I understand" but you will learn to judge what is right for each conversation.



Isabella's teacher is giving the instructions for a new maths game. Izzy thinks she knows what to do after the first step and is eager to start. The teacher is still explaining how the teams will work.

What could she do?



At the library, Tyler's classmate describes a book series he loves. Tyler read a different series that he thinks is better and wants to recommend it. His classmate is in the middle of talking about his favourite part.

What could Tyler do?



Your learning partner is speaking to you about the question the teacher asked you to discuss. You disagree with their point of view.

What could you do?

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This Week:

Use active listening as much as possible - remember, it's not easy and it does take effort. A good start is to always do step 1, track the person talking with your eyes and use listening body language.

All adults around school will be rewarding great listening with house points as this goes with our core value of "Respect."



Respect: Women's Rugby World Cup

Has anyone watched any of the Women's Rugby World Cup? Where does "respect" feature in the competition?



Here are just some of the ways respect is shown in rugby...

Accepting the decisions of the referees

Following the rules of the game

Supporting your teammates

Listening quietly to the other team's national anthem



Wearing correct kit

Listening to the coach's instructions

Shaking your competitor's hand

Valuing more than just winning

How does that link to how we show respect in school?

Accepting the decisions of school staff

Following the rules of the school

Supporting your classmates

Listening actively when others are speaking



Wearing correct uniform

Listening to the teachers' instructions

Celebrating the success of others

Valuing more than just winning

The amazing thing about these rugby players is that they are able to maintain all these respectful behaviours, even in the most challenging of circumstances: when they get tackled hard, when they have their try disallowed and even when they are losing, like Samoa did, by 89 points.



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GBY WORLD C

Showing one another respect doesn't take much effort, but can have a huge positive impact...



Reflection

Take a moment to think about the ways that we can show respect in our community. Maybe it's by listening actively to your teachers and classmates, maybe it's by being kind in a competitive situation or maybe it's by celebrating somebody else's success.

Respect makes teams stronger, happier and more successful. Let's start our year strong by being the most respectful we can be.



Respect:

Think, Pair and Share your ideas to this week's big question...

True or false? The only point to sports competitions is to win.



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

- SPOT THE SUBTLE SIGNS**

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.
- KEEP CONVERSATIONS FLOWING**

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.
- MAKE MOVEMENT PART OF THE DAY**

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.
- SUPPORT HEALTHY SLEEP PATTERNS**

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.
- PRACTISE MINDFULNESS**

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.
- SET DIGITAL BOUNDARIES**

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.
- NURTURE SOCIAL CONNECTIONS**

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.
- PROGRESS OVER PERFECTION**

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.
- TEACH EVERYDAY PROBLEM-SOLVING**

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.
- BE THE MODEL THEY NEED**

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Holcayan Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

#WakeUpWednesday

The National College

X @wake_up_weds f /www.thenationalcollege @wake.up.wednesday @wake.up.weds

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ONLINE SAFETY - The 2 Johns visiting Chalkwell

An evening with the 2 Johns

Do you know how to keep your child safe and show them the wonders of our digital world?

Your child is growing up within and into this digital age.



'The 2 Johns' will open your eyes to a world we, as adults, didn't grow up in.



Details

Wednesday 17th
September 2025

8pm

Online event

Additional information

This is a parent event and the content is not suitable for children to be watching.

Online link: To be sent nearer to the date

Do you know the latest risks online?

Do you know how gang culture and radicalisation affects your child?

Do you know how your child is being influenced online and how it impacts their view on the world?

Do you know that Roblox, Minecraft and Fortnite are not as safe as you might think?

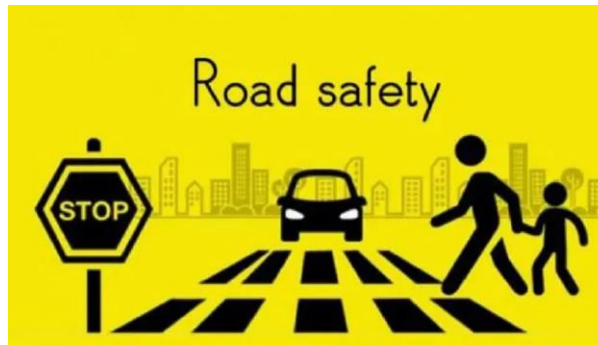
Do you know that restricting 'chat' in games does not stop your child talking to other people?

Do you know that self-generated images are now common among Year 5&6 children?

Do you know that Essex Police have worked on cases of paedophiles grooming groups of children on these games?

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SAFER SCHOOL RUN



We're sure you've noticed the new pedestrian crossing on London Road, and we are so pleased to have this new safety measure in place. This addition will make the journey to and from school much safer for everyone, but only if we all use it correctly. We've observed a small number of parents and children crossing at the busy Nelson Road junction. This area is extremely unsafe. While using the new crossing might add an extra minute to your journey, the safety of our children is worth it. Please help us keep our pupils safe by always using the new, designated crossing on London Road.

DRAMA OPPORTUNITY

A poster for Children's Drama Classes. The background shows a group of children in a room with a patterned curtain. The text on the poster is as follows:

Children's Drama Classes
Yrs 4-5
Wednesday 5:00-6:00 pm
Yrs 6-8
Wednesday 6:00-7:00 pm
Kings Road URC
Westcliff-on-Sea
SS0 8LH

WORKING WITH DOG MAN SCENES

Free trial class
bookings at
www.antoniadoggett.co.uk

I teach
LAMDA
Exams & Qualifications

A QR code in the bottom right corner of the poster.

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PTA EVENTS

CHALKWELL HALL SCHOOLS PTA SEPTEMBER NEWSLETTER 2025



WELCOME BACK

We hope you all had a lovely summer and have settled back into the school run routine. This term is always our busiest as we start to prepare for all of our wonderful Christmas events and even though it feels a long way off, it'll be here before we know it! Details of events to follow.

CAN YOU HELP?



The PTA needs a new team of helpers, so if you're keen to play your part in raising much needed funds for our schools, we'd love your help! You can give a little or a lot - all time, ideas and energy is very much welcomed and needed!

Are you passionate about pre-loved? We need a small team of volunteers to help with the uniform. Please contact your class rep or email us at ptachalkwellhall@gmail.com to find out more.

AGM

As we are a registered charity, for the PTA to continue, a new committee must be elected each year. So if you'd like to be part of something really special that makes a huge difference to our children, please come along.

Date: Friday 3rd October

Time: 10.30am

Place: Infant school staffroom



Joining the PTA does not mean endless meetings; most of our event planning takes place over a morning coffee, lunchtime glass of wine and whatsapp messages. We all work and have busy lives but if we share the load, we can achieve amazing results!

To find out more, please contact ptachalkwellhall@gmail.com



DON'T FORGET

CINDERELLA PANTO - Discounted tickets available for Saturday 13th & Sunday 14th December 2025 on our website www.pta-events.co.uk/chalkwellhallpta - order deadline Friday 19th September.

SCHOOL LOTTERY - Don't forget to sign up, tickets are just £1 a week and you can cancel at any time. Jackpot £25,000 plus guaranteed weekly winners from our school and bonus draws throughout the year! You've got to be in it, to win it! [SIGN UP HERE!](#)



INFANT/NURSERY CHRISTMAS CARD CREATIONS - All infant school children will be bringing home a design sheet to create their very own Christmas design which can then be printed as cards, gift wrap, notebooks and mugs. Year 1 & 2 will bring theirs home from today Friday 12th September and Nursery/Reception from Monday 22nd September. Please return your sheet AND place your order online before Friday 3rd October. More details will be sent via your class Whatsapp group and school Ping.

**EVERYONE
WELCOME!**

**CHALKWELL HALL
SCHOOLS PTA
AGM**

FRIDAY 3RD OCTOBER

10.30AM

INFANT SCHOOL STAFFROOM

**HEAR ABOUT PTA ACTIVITIES OVER THE PAST YEAR
SUGGEST NEW EVENTS
VOLUNTEER TO HELP WITH FUTURE FUNDRAISING EVENTS**

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JOIN THE FUN!!



You are good at taking an overview of a situation and objectively considering all options. You can balance differing views and think it's important that everyone gets heard. You know how to chair a meeting so it ends on time and are happy for the buck to stop with you.

YOU COULD BE OUR CHAIR!

Email holds no fear for you! You can run an enormous to-do list, reprioritising on the fly, and write an accurate set of minutes. You can keep an eye on what the rest of the team is doing and make sure their contributions are coming in on time.

YOU COULD BE OUR SECRETARY!

Numbers are easy for you, and you can do basic book keeping and reconciliation. You look after the pennies AND the pounds, especially around event time when money is going in and out.

Accountancy experience is helpful but not required.

YOU COULD BE OUR TREASURER!

You'd like to actively get involved and have a say.

You don't mind coming to meetings and sharing new ideas.

You're a parent (or guardian) and would like to do something positive.

YOU COULD BE A COMMITTEE MEMBER!



JOIN THE FUN!!



Meeting new people is one of your favourite things to do and a stranger is just a friend you haven't yet met.

You know the importance of looking after people who are doing you a huge favour and treat rotas like a fun puzzle.

YOU COULD BE OUR VOLUNTEER COORDINATOR!

Words fly from your fingers when you're typing and you can tell a story within a word count.

You know how to talk to people on the page and how to get a message across in print or on social media.

YOU COULD BE OUR COMMUNICATIONS OFFICER!

The environment is important to you and you think reducing landfill is important. At the same time you can be pragmatic about what is actually reusable. You'll be able to pop into school sometimes to manage donations and run pre-loved uniform sales.

YOU COULD BE PART OF OUR PRE-LOVED TEAM!

Supporting local businesses is important to you and you are happy to agree sponsorship options for our events.

Requesting raffle prizes comes naturally, both face to face and via email, as you are very friendly and well organised.

YOU COULD BE OUR DONATION COORDINATOR!

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- Tickets cost just £1 a week
- Chances to win up to £25,000
- Play weekly, or just play the Super Draw!
- The perfect way to celebrate autumn

BUY TICKETS



SCHOOL DINNER MENU - Next week: WEEK 1

AUTUMN WEEK 1
AVAILABLE DAILY WE HAVE:

WACKY WEDGE MONDAY
JACKET POTATO WITH A SELECTION OF FILINGS (INCLUDING ITEMS FROM THE DAILY MENU SUCH AS BOLOGNAISE)
TUNA (F), VEGAN CHEESE (CCN) (V) (VG), HUMMUS (SS) (VG), CHEESE (MK), BAKED BEANS (VG), HOMEMADE COLES LAW (E) (V)
A COLD SALAD BAR
SWEETCORN, TOMATO, CUCUMBER, CARROT (VG), LETTUCE, MIXED PEPPERS
MATER AND MILK / A FRUIT BOWL (ALTERNATIVE PUDDINGS ARE AVAILABLE OCCASIONALLY)

TWIRLY PASTA TUESDAY
HOMEMADE BEEF BOLOGNAISE (CT)
OR
HOMEMADE MEAT FREE BOLOGNAISE (BOTH WITH HIDDEN VEG) (G) (SOTB) (VG) (CT)
WITH
TRICOLOUR PASTA TWIRLS (G) (VG)
GARLIC BREAD (G) (V)
CARROTS (VG)
AND PEAS (VG)

FANTASTIC THURSDAY
OVEN BAKED FISH FINGERS (G) (F)
OR
OVEN BAKED VEGE FINGERS (G) (VG)
WITH CHIPS (VG), PEAS AND SWEETCORN (VG) AND KETCHUP (VG) OR TARTARE SAUCE (V) (E) (MGT)

REACH FOR A ROAST WEDNESDAY
OVEN ROAST TURKEY OR OVEN ROAST GUON (V) (MK) (E)
WITH OVEN ROASTED POTATOES (VG) (G), BROCCOLI (VG), CARROTS (VG), YORKSHIRE PUDDING (MK) (V) (G) (E) AND GRAVY (VG)

FIREY FRIDAY FEAST
OVEN BAKED BREADED CHICKEN GOUJON (G) OR BREADED MEAT FREE GOUJON (G) WITH HOMEMADE KATSU CURRY SAUCE (CCN) (SOTB) (CT) (VG) AND STEAMED RICE AND MIXED VEGETABLE MEDLEY: GREEN BEANS/SWEETCORN/CARROT/PEAS (VG)

WE WILL ALWAYS PROVIDE SUITABLE ALTERNATIVES FOR CHILDREN WITH ALLERGIES
THIS MENU IS SUBJECT TO CHANGE
FOR MORE INFORMATION ON ALLERGENS SEE THE ALLERGENS MENU

SUMMER MENU - ALLERGENS

WE ARE AN Allergy Aware School.

G	CEREALS CONTAIN GLUTEN (WHEAT, BARLEY, RYE, OATS, KAMUT, SPELT)	N	TREE NUTS
MK	MILK	P	PEANUT
E	EGG	L	LUPIN
SS	SESAME SEEDS	MU	MUSTARD
CT	CELERY	SOTB	SOYBEAN
V	VEGETARIAN	MOL	MOLLUSCS
VG	VEGAN	CR	CRUSTACEANS
F	FISH	S	SULPHITES
		CCN	COCONUT

WE WILL ALWAYS PROVIDE SUITABLE ALTERNATIVES FOR CHILDREN WITH FOOD ALLERGIES
OUR HEAD COOK JOSEPHINE, IS HAPPY TO DISCUSS YOUR CHILD'S INDIVIDUAL DIETARY REQUIREMENTS AND ALLERGIES WITH YOU
WHERE POSSIBLE, ALL OUR MEALS ARE FRESHLY PREPARED, USING QUALITY, LOCALLY SOURCED INGREDIENTS

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OPAL



OPAL lunchtimes are as exciting as ever. Rain or shine, our lunchtimes are full of activities that enrich and promote play, teamwork and friendships.

We've been truly overwhelmed by the generous donations we've received recently and we want to say a huge thank you for thinking of us! Thank you again for your continued support.

So many wonderful play opportunities this week!



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OPAL WISHLIST:

If you are able to add to our incredible offer at lunchtime by buying something off our wish list, we would be most grateful.

Have a look and see what you could buy to enrich our play offer by clicking the following link:

https://www.amazon.co.uk/hz/wishlist/ls/C4RN99TIYQDH/ref=hz_ls_biz_ex

SPORT @ CHJS

Sporting Opportunities

£4 Pay As You Go
(Card Only)



Every Thursday
During Term Time
5:45pm To 6:45pm

Athletics Club

Sibling Discounts!
Weekly Trophies Given Out!

Where?
Southend High School For Girls
Southchurch Boulevard
Southend-on-Sea
SS2 4UZ

Year Groups
Year R/1/2
Year 3/4
Year 5/6





 Southend Under 11s Athletics Club

 SouthendSSP

www.spssa.co.uk

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SOUTHEND PARKS TENNIS OPEN DAY EVENT



FAMILY TIME & COACHING TASTER SESSIONS FOR MINIS + ADULTS

CHALKWELL

SATURDAY

PARK

27th September 13.30 – 16.30

OPEN FOR ALL ABILITIES – NO EXPERIENCE REQUIRED

BOOK HERE: clubspark.lta.org.uk/southendparkstennis

Learning this week!

Year 3

What a jam-packed week in Year 3! We started off with two WOW Days where we enjoyed:

- making clay jewellery (some of the teeth looked terrifying!)*
- imagining being out on a hunt and getting lost with your sister, Etta in our Now Press Play experience*
- designing our own pre-historic outfits*
- cutting fruits to stew for a Stone Age meal*
- being a hunter-gatherer and 'collecting' foods in a scavenger hunt*

The children's enthusiasm and thirst for learning was infectious and we look forward to seeing their Creative Homework pieces on the topic!

Today the children were introduced to our fortnightly 'Number Bonds Test' and we were impressed by their effort and resilience especially when facing something new. Many of us experienced our 'stretch zone' today!

The week was rounded off with the children writing their dinosaur kennings. Can you guess which dinosaur this might be describing?

A scaly tail-swisher

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A thunderous stomper

A ferocious, fearless roarer

A vicious gnasher

A ravenous dribbler



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Year 4

Year 4 has had an amazing week, working hard and continuing the new school year with great effort and enthusiasm. The children have been enjoying our Anglo-Saxon topic, using the books of Terry Deary to engage in lively discussions and history inspired tasks.

In Maths, we've been brushing up on place value and beginning to do timed tests where the children work towards winning a star or certificate. In our PE lessons, we have been learning Dodgeball skills while also working on fitness and stamina, throwing and catching.

We've designed Christmas cards, ready to be created next week and sent off for printing. Look out for more information about this in due course.

This term, our Science lessons are about solids, liquids and gasses. We'll be doing some exciting experiments over the next few week, melting different foods and observing their change of state.

Overall, the children have started year 4 in an extremely positive way. They've remembered all the rules and routines and been excellent role-models for our new batch of year 3s!



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Year 5

What an exciting time Year 5 has had recently! We kicked off our new topic on Ancient Greece with a fantastic Wow Day, where the children immersed themselves in this captivating period of history. Each student created stunning sewn symbols representing Greek gods, goddesses, and mythical creatures, showcasing their creativity and enthusiasm.

In addition to our artistic adventures, the children have been working diligently in their new maths classes, mastering the complexities of place value in 6-digit numbers. It has been wonderful to see their confidence grow as they tackle these challenging concepts.

Our reading sessions have been equally thrilling as we delve into the enchanting world of "Percy Jackson and the Lightning Thief." The pupils have been actively making predictions about the unfolding narrative, demonstrating their engagement and critical thinking skills.

Overall, Year 5 is buzzing with energy and enthusiasm, and we look forward to continuing this inspiring journey together!



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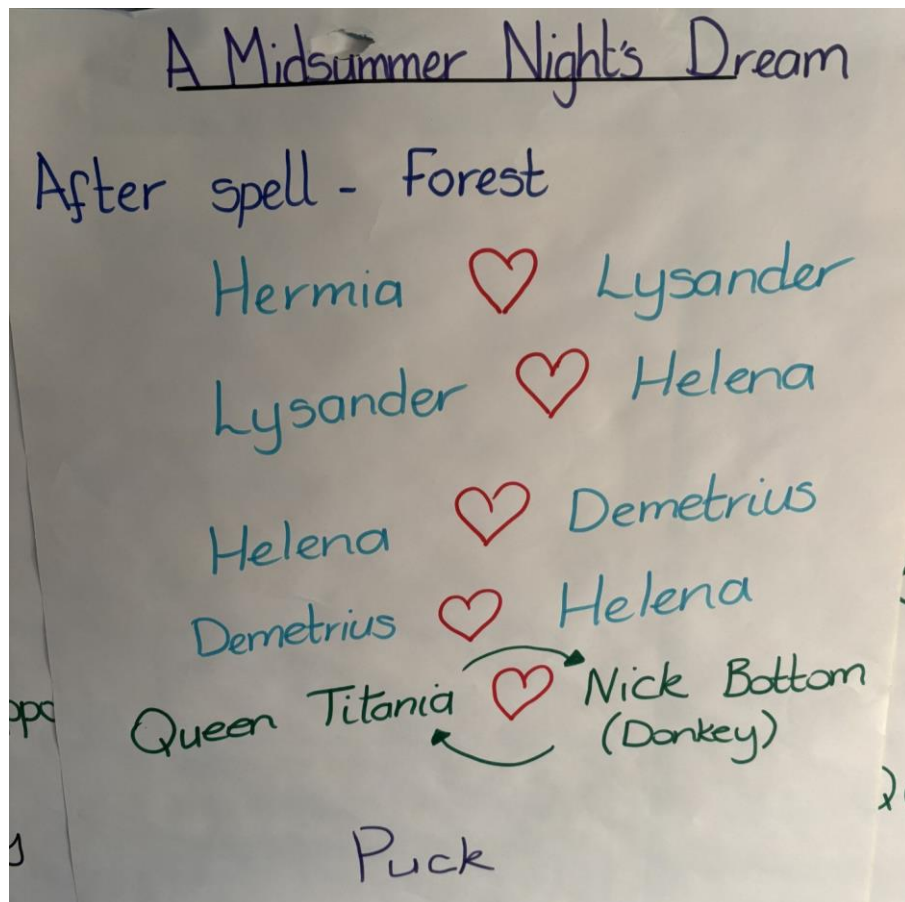
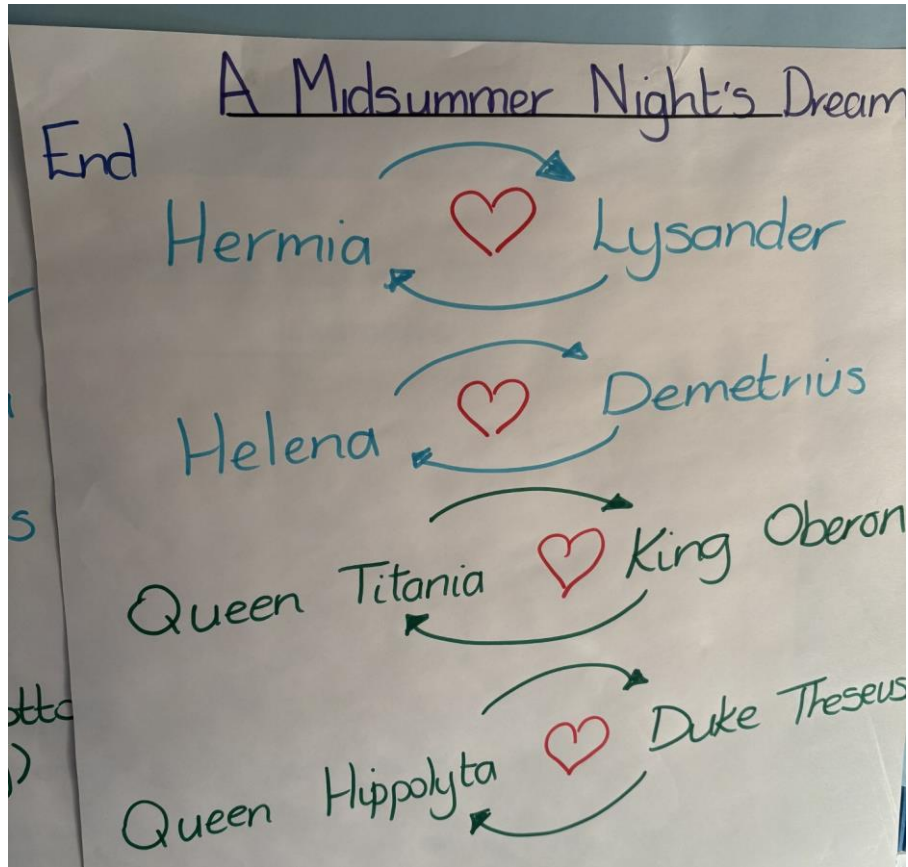


Year 6

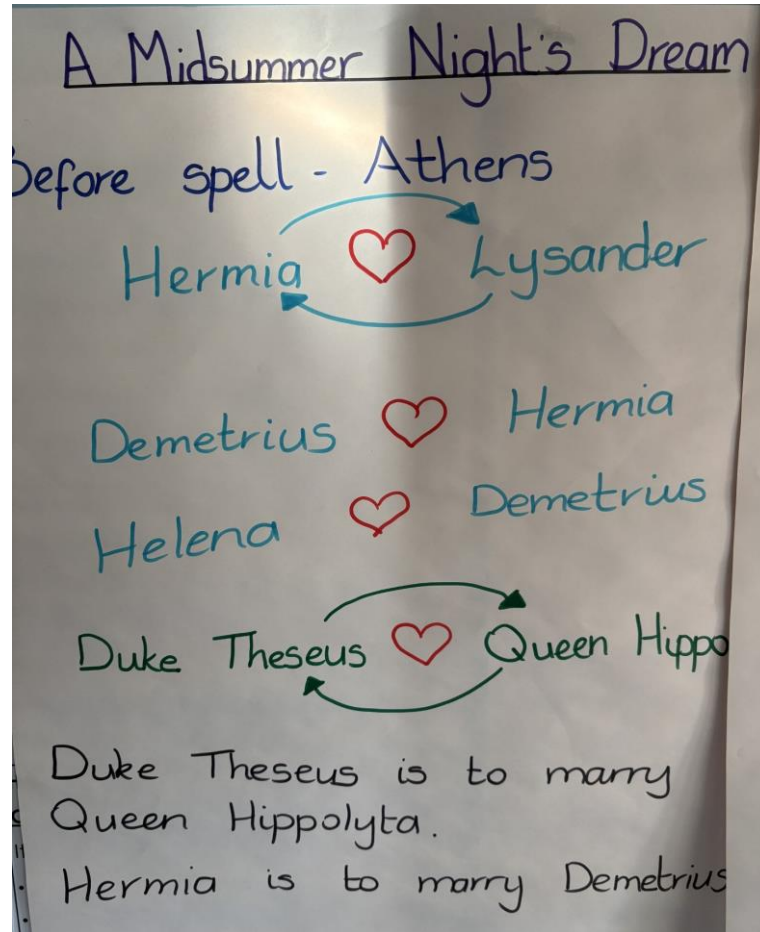
Year 6 have made such a positive start to the new school year, settling quickly into their new sets and moving confidently between different teachers. In Maths, we have been exploring place value and have been very impressed with the children's knowledge and understanding. In PE, we have begun with Tag Rugby outside and Fitness indoors, with lots of energy and enthusiasm shown.

Our Geography lessons have taken us to the Caribbean, where we located the region on a world map and learned the names of some of the countries that make it up—did you know the Caribbean is made up of around 7,000 islands, but only 2% are inhabited? In DT, we have also been putting the finishing touches to our waistcoats, which look fantastic—we can't wait for you to see them! It has been a great start for everyone, and we look forward to seeing more brilliant work next week.

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Wednesday 10th September 2025

LO: To show a secure grasp ~~at~~ of the chosen genre ✓✓

Shall I compare thee to a sunset?

Thou art more bright and alive.

Sunsets will eventually fade.

And even the reflection on the sea will only last a ~~while~~

Sometimes the sunset will be covered by the clouds,

Sometimes its beauty will be caught by camera.

A beautiful things will lose there beauty.

Either by what happens in life or in time.

But your external beauty won't disappear.

12.9.2025 CHJS Newsletter

Wednesday 10th September

L.O: To show a secure grasp of the chosen genre ✓✓✓

Should I compare you to a fluffy clouds
clouds pass quickly unlike you.

Your fluffy embrace is always quite loud,
you stand tall not needing a crew.

Not needing to fit into a stencil,
your looks will never compare to this rhyme.

Your beauty is very sentimental,

Either by what happens in life or time.

But your blazing beauty will not vanish,
your fabulous looks will never go far.

Wednesday 10th September 2025

L.O: To show a secure grasp of the chosen genre ✓✓✓

Shall I compare you to an adventurous holiday?

You're as exciting as stepping of an airplane,
and as calm as fishing at a bay.

Sometimes holidays can be plain but shall I say.

Not everything perfect stays, the butterfly's go
and the sun fades.

You're happiness relaxes everything enough for
animals to sleep and lay.

Your smile is eternal and you shall live on
with this poem

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Achievement Awards

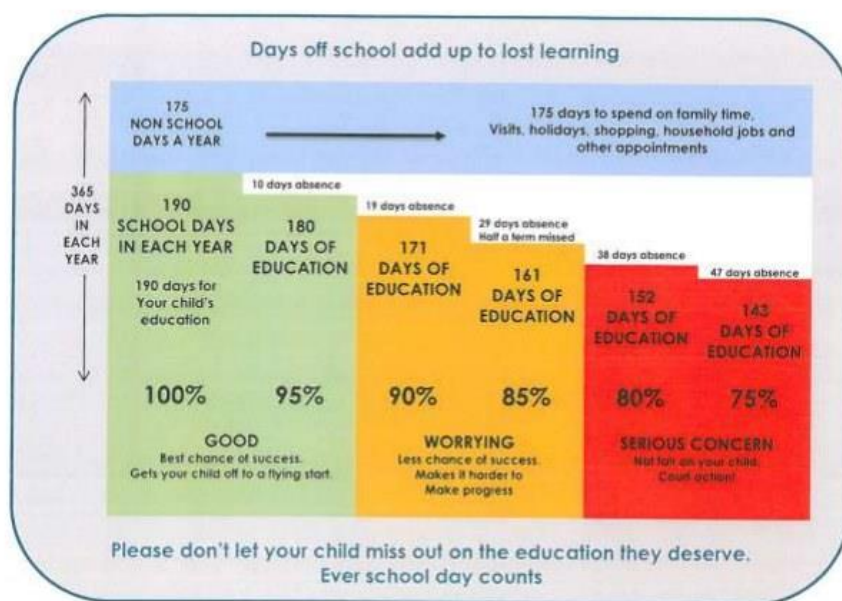


Today, we held our first Celebration Assembly of the year and it was a delight to give recognition to so many children for showing our core values of Respect, Resilience, Responsibility, Cooperation, Creativity and Enquiry. Well done everyone, a brilliant start to the year!



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Attendance & Punctuality



Please encourage good attendance and ensure your child is in every day.

Important facts about school attendance:

- There are 190 school days each academic year
- There are 175 other days for holidays and other activities
- The national average for school attendance is 95%
- 90% attendance represents 1 day non-attendance a fortnight
- 80% attendance represents 1 day non-attendance a week

At CHJS, we always strive for 100% attendance. We understand that illness occurs from time to time but ask that you support your child's learning and us as a school by ensuring your child is in school every day and on time.

Our aim is that every child is in school every session, every day so we can give them the best education we can. Attendance is a key indicator to a child's success so we will be looking to be even better every week! We will be focusing on ensuring attendance is as good as it can be next year.

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HOW MUCH SCHOOL HAVE YOU MISSED?

100% attendance means that you have been in school every day of the school year.

Well done!

99%	=	2 days missed of the school year
98%	=	4 days missed of the school year
97%	=	6 days missed of the school year (over 1 school week)
96%	=	8 days missed of the school year
95%	=	10 days missed of the school year (2 school weeks)
94%	=	12 days missed of the school year
93%	=	14 days missed of the school year
92%	=	16 days missed of the school year (over 3 school weeks)
91%	=	18 days missed of the school year
90%	=	20 days missed of the school year (4 school weeks)
89%	=	22 days missed of the school year
88%	=	24 days missed of the school year
87%	=	26 days missed of the school year (over 5 school weeks)
86%	=	28 days missed of the school year
85%	=	30 days missed of the school year (6 school weeks)
84%	=	32 days missed of the school year
83%	=	34 days missed of the school year
82%	=	36 days missed of the school year
81%	=	38 days missed of the school year
80%	=	40 days missed of the school year (8 school weeks)

70%	=	1.5 days missed / week
	=	12 weeks missed / year
	=	almost a whole term
60%	=	2 days missed / week
	=	Almost 4 months
50%	=	2.5 days missed / week
	=	Half a school year (19 weeks)
40%	=	3 days / week
	=	Over half a school year

Attendance Guide for Parents/Carers

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

What YOU must do:

Try to telephone the school before 8.30am each day of your child's absence.

Tell the school in advance, of any medical appointments and bring in appointment cards/letters.

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If you are not sure whether your child is well enough to attend school, send them in anyway as they often perk up on arrival.

Have a backup plan for if your child misses transport, call on a family member, neighbour or friend.

If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help!

What WE will do:

Check your child's attendance every day.

Phone home to discuss your child's attendance with you.

Invite you into school for attendance meetings if we are concerned.

If we cannot establish a reason for absence, then we may make a welfare home visit.

CURRENT SCHOOL ATTENDANCE THIS WEEK - 97.1%

Weekly Attendance by Year Group

Year 3 = 98.5%

Year 4 = 97.4%

Year 5 = 96.1%

Year 6 = 97%

Lower School Winners = 3CH & 4SR (100%)



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Upper School Winners = 5SH (100%)



Community News

Too Much Couch Time?

Could you benefit from a motivational challenge that starts your health and fitness journey on the right track?



Have a question?
SCAN ME



Fully Funded and Rewarding

- 9 Week health & fitness programme
- Award winning
- Safe, Supportive & Social



Get your Backside to the Trackside for our fully funded and rewarding nine week fitness programme. Build your fitness gradually in a safe, supportive and social environment and be led by our experienced, motivational fitness trainers who are there with you every step of the way.

The programme will finish with a 5km Fun Event

 Find us on Facebook at 'Backside To Trackside CIC' for more information.

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Dates for your diary: (new additions marked with *)

Tuesday 16th September - Year 5 Football match @ Chalkwell Park

Wednesday 17th September - Flu immunisations

- The 2 Johns visiting CHJS (Online Parent event 8pm)

- Table Tennis Competition (Year 6)

Monday 22nd to Friday 26th September - Year 6 Activity Week / Residential to Bawdsey

Friday 26th September - Cross Country Competition at Garons

Friday 3rd October - 10am PTA AGM

Monday 6th & Wednesday 8th October - 3:30-6:30pm Parent Consultations

Tuesday 7th October - Individual School Photos

Tuesday 14th October - Year 3 Trip to Hyde Hall

Friday 17th October - 1:30pm SEND Parent Forum

Friday 24th October - Last day of half term

Monday 3rd November - First day back after October Half Term

Friday 19th December - Last day at school - Christmas Holidays!

Monday 5th January - First day of Spring Term

Thursday 12th February - Last day of half term

Friday 13th February - Non-Pupil day (school closed to all pupils)

Monday 23rd February - Back to school after February half term

Friday 27th March - Last day of Spring Term - Easter Holidays

Monday 13th April - Back to school after Easter Holidays

Monday 4th May - Bank Holiday - School Closed

Thursday 21st May - Last day of half-term - May half term

Friday 22nd May - Non-Pupil day (school closed to all pupils)

Monday 1st June - Back to school after half term

Friday 17th July - Last day at school - Summer Holidays

Monday 20th July - Non-Pupil day (school closed to all pupils)

12.9.2025 CHJS Newsletter

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