

# 16.1.2026 CHJS Newsletter



Can you believe two weeks have passed already? Time flies, which must mean we have all loved the start to the new topics and learning we have embarked upon this term. It has been wonderful to see so many of you at the parent meetings this week for Year 5 and Year 6; your involvement in school life is invaluable to us, and we truly appreciate the time you take to engage with our community.

As we press on into 2026, we remain focused on excellence in our teaching. We are excited to be working closely with the trust on several innovative projects aimed at making our teaching and learning even more purposeful and impactful for our wonderful Chalkwell children. This term, we are particularly concentrating on enhancing the working memory of our pupils and promoting regulation and readiness to learn in our classrooms. These strategies are designed to support our children in becoming more effective learners, and we are eager to see the positive effects they will have on their educational journeys.

We have some exciting news to share! We will be hosting a parent workshop that promotes healthy habits online. This workshop will provide valuable insights into how we can all work together to ensure our children navigate the digital world safely and responsibly. We encourage all parents to attend and participate in this important conversation. Please see details below.

Additionally, we are thrilled to announce our upcoming TT Rockstars dress-up day on Friday 30th January! This fun event will not only allow our students to express their creativity but also to celebrate their achievements in mathematics. We hope to see everyone getting involved and enjoying the day together.

As always, thank you for your continued support and commitment to our school community. Your partnership is crucial in helping us create a nurturing and inspiring environment for our children. Please read on for more details about the exciting learning experiences that have taken place this week. We look forward to sharing more updates with you in the coming weeks!



# 16.1.2026 CHJS Newsletter

## SCHOOL NEWS

### Parent Discussion Group - Wednesday 28th January 6pm



**Social Media & Healthy Habits**

**Parent Discussion Group**

Join us for an open and supportive session exploring how mobile phones and social media shape our children's lives. Together, we'll share experiences, discuss challenges, and learn from one another in a welcoming space.

**WEDNESDAY 28<sup>TH</sup> JANUARY 2026**  
6PM

**Chalkwell Hall Junior School**

**Parents only - No children please**

- ✓ Real conversations with other parents
- ✓ Practical tips for setting healthy boundaries online
- ✓ Strategies for encouraging positive online behaviour
- ✓ Guidance on talking openly about digital experiences

Your anonymous reflections will also contribute to a forward-thinking research project helping us better understand parental concerns and develop meaningful tools to support families.

Come along to gain confidence, share insights, and feel empowered as we navigate the digital world together.

[Sign up here](#)

### TT Rock Stars - ROCK DAY! Friday 30th January

Exciting news! Rock Day is coming!!! On Friday 30th January, we will be holding a Times Tables Rock Star Rock Day! We would love for your child to celebrate their love for TTRS by dressing up as a rock star. This could be a made-up rock star, their favourite rock star or maybe even dress up as their TTRS avatar. Throughout the day, we will be holding TTRS based activities to encourage the pupils to get involved in using TTRS and to support them in learning their times tables. There will even be a chance for the pupils to compete against the teachers!



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**NUMBER AND CALCULATION**

**WRITTEN MULTIPLICATION**

$$\begin{array}{r}
 758 \\
 \times 8 \\
 \hline
 6064 \\
 46
 \end{array}$$

**WRITTEN DIVISION**

$$\begin{array}{r}
 109 \\
 6 \overline{)654} \\
 \end{array}$$

**MENTAL MULTIPLICATION AND DIVISION**  
Using the facts you know to quickly work out answers in your head.

**USING KNOWN FACTS TO FIND OTHERS WITH PLACE VALUE**

$$\begin{array}{l}
 4 \times 6 = 24 \\
 40 \times 6 = 240 \\
 40 \times 60 = 2400 \\
 0.4 \times 6 = 2.4 \\
 0.4 \times 0.6 = 0.24
 \end{array}$$

**WORD PROBLEMS**  
Sam can fit 12 tins of soup in each box, he has 11 boxes. How many tins of soup will he need to fill the boxes?  
 $12 \times 11 = 132$

**ALGEBRA**

$$\begin{array}{ll}
 4x=24 & x=6 \\
 7x=42 & x=6 \\
 9x=81 & x=9
 \end{array}$$

**RATIO**  
In a school playground, the ratio of boys to girls is 2:3. If there are 18 girls, how many boys are there?

**PROPERTIES OF NUMBER**

**FINDING FACTORS**  
Factors of 12  
 $1 \times 12, 2 \times 6, 3 \times 4$

**FINDING MULTIPLES**  
Multiples of 12  
 $12, 24, 36, 48, 60, 72, \dots$

**FINDING COMMON FACTORS**  
Factors of 12  $1 \times 12, 2 \times 6, 3 \times 4$   
Factors of 18  $1 \times 18, 2 \times 9, 3 \times 6$

**FINDING COMMON MULTIPLES**  
Multiples of 3  
 $3, 6, 9, \textcircled{12} 15, 18, 21, \textcircled{24}, 27, \dots$

**FINDING PRIME AND COMPOSITE NUMBERS**  
Prime numbers have only 2 factors  
 $7 \quad 1 \times 7 \quad 3 \quad 1 \times 3 \quad 5 \quad 1 \times 5$   
Composite numbers have more than 2 factors  
 $6 \quad 1 \times 6, 2 \times 3 \quad 8 \quad 1 \times 8, 2 \times 4$

**SQUARE AND CUBE NUMBERS**  
 $2 \times 2 = 4 \quad \text{Square}$   
 $3 \times 3 \times 3 = 27 \quad \text{Cube}$

**SHAPE**

**CALCULATING AREA:**  $6\text{cm} \times 3\text{cm} = 18\text{cm}^2$

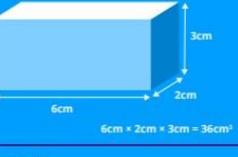


**FINDING THE PERIMETER OF REGULAR POLYGONS**



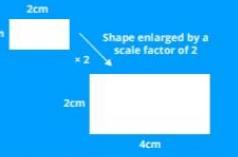
$6 \times 5\text{cm} = 30\text{cm}$

**CALCULATING VOLUME**



$6\text{cm} \times 2\text{cm} \times 3\text{cm} = 36\text{cm}^3$

**SCALING SHAPES**



**FRACTIONS**

**SIMPLIFYING FRACTIONS**

$$\frac{2}{6} \longrightarrow \frac{1}{3}$$

**ADDING/SUBTRACTING FRACTIONS**

$$\frac{1}{3} + \frac{3}{6} = \frac{2}{6} + \frac{3}{6} = \frac{5}{6}$$

**MULTIPLYING/DIVIDING FRACTIONS**

$$\frac{1}{2} \times \frac{2}{4} = \frac{1 \times 2}{2 \times 4} = \frac{2}{8} = \frac{1}{4}$$

**FINDING FRACTIONS OF WHOLE NUMBERS**

$$\frac{1}{6} \text{ of } 24 = 4$$

**ORDERING FRACTIONS**  
Put these fractions in order, largest first

$$\frac{1}{2}, \frac{6}{8}, \frac{2}{5} \longrightarrow \frac{6}{8}, \frac{1}{2}, \frac{2}{5}$$

**CONVERTING BETWEEN MIXED NUMBERS AND IMPROPER FRACTIONS**

$$2 \frac{1}{2} = \frac{5}{2}$$

**AND MANY MORE!**

## Celebrate Children's Mental Health Week at Youth Fest 2026!

We're excited to announce Youth Fest, a vibrant and inspiring event dedicated to promoting children's mental health and well-being. Taking place on **Saturday 14th February 2026, from 10am to 4pm at The Victoria Shopping Centre Southend**, this free event is the perfect way to mark Children's Mental Health Week.

### What to Expect

Youth Fest is all about creating a positive space for children, young people and families to connect, learn, and have fun. Here's what you can look forward to:

- **Child & Youth Services** – Meet local providers offering support for mental health, well-being, and family life.
- **Activities & Music** – Enjoy interactive sessions, stalls, creative workshops, and live performances that celebrate youth voices.
- **Well-being Zones and Resources** – Discover practical tools and advice to help children thrive emotionally and socially.

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## Why It Matters

Children's Mental Health Week is a vital opportunity to raise awareness about the importance of emotional well-being. Youth Fest brings together community partners, health professionals and families to share knowledge, build resilience, and celebrate the power of connection.

This promises to be a day filled with positivity, creativity and support. Whether you're a parent, carer, or young person, Youth Fest is your chance to explore resources, meet local services and enjoy a fun, uplifting atmosphere.



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## Parent WhatsApp Groups - scam warning

We hope this message finds you well! We want to bring to your attention a concerning issue regarding scammers who have been infiltrating class WhatsApp groups. These individuals may send messages offering tickets and other enticing special offers.

To ensure the safety of our community, we kindly advise all group admins to review and update their settings. Please make sure that all new members are approved before being added to the group.

Please be vigilant in your class WhatsApp groups.

## SAVE THE DATE! Southend Scout & Guide Gang Show - February Half Term!

The Southend Scout and Guide Gang Show is being held Wednesday 18th until Saturday 21st February 2026 at the Palace Theatre, Westcliff-on Sea, and pupils from our school are performing and participating in this which is so exciting!

The Southend Gang Show is a variety show put on by Scouts and Guides in the Southend area. The experience, whilst entertaining for the audience, develops confidence, talent and friendships and shows commitment to a project over an extended period. The 2026 show will include a cast of over 80, 10- to 25-year-olds and after the 6 months of rehearsal it will, for many, be their first time on stage or even at a theatre.

The Show is being held during half term week, starting at 7.30pm, with matinees at 2.00pm on Thursday and Saturday. An earlier performance on the Friday evening starts at 6.00pm.

You can book tickets using the link below:

[Book It's A Date tickets | Palace Theatre Southend](#)

Good luck to all our children who are part of this fantastic show!

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**THE SCOUT AND GUIDE VARIETY SHOW**  
**DANCING, SINGING, COMEDY, DRAMA, ALL ROUND FAMILY FUN**

**SOUTHEND GANG SHOW PRESENTS**

**It's a Date!**

**18TH-21ST FEBRUARY 2026**

**Ticket Prices:**  
Adults - £22, Child - £16  
(Ticket fees apply)

Buy tickets online at  
[www.trafalgartickets.com/palace-theatre-southend](http://www.trafalgartickets.com/palace-theatre-southend)  
or call the Palace Theatre 0343 310 0030

**PALACE THEATRE**  
**SOUTHEND**

**Southend Gang Show**

## School Attendance - Have you got Studybugs yet?

### Studybugs – report absence securely and help improve children's health

We're pleased that CHJS is using a new, more efficient and secure system for reporting your child's absence due to illness, called Studybugs.

If you haven't already, please get the free Studybugs app, or register on the Studybugs website, and use it to tell us whenever your child's ill and unable to attend school.

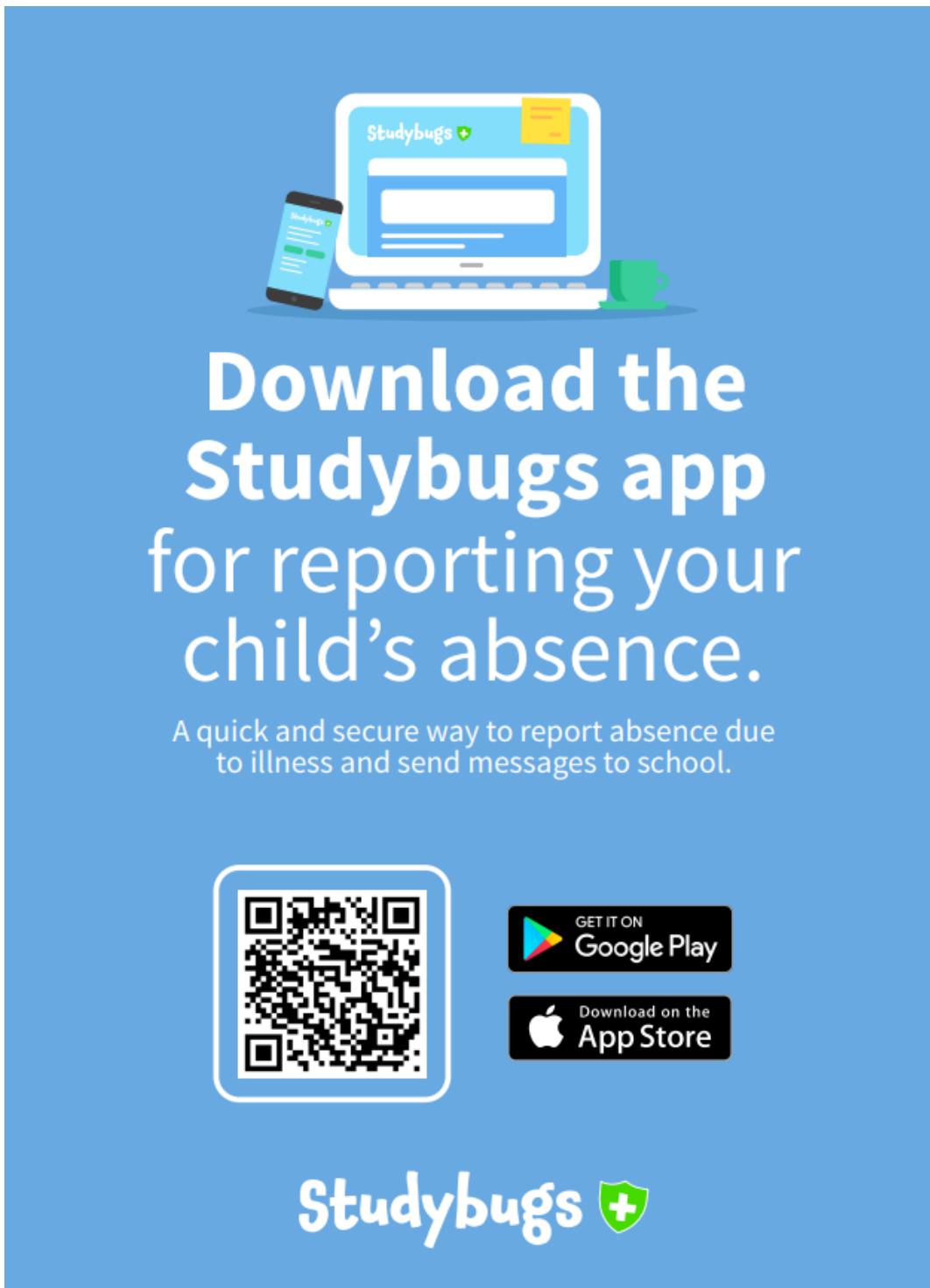
**Get the app using the QR code below or register now (<https://studybugs.com/about/parents>)**

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Top 3 reasons to use Studybugs:

1. It's integrated with our systems so we know right away if your child is unaccounted for.
2. It's quick and easy to register and use and automatically reminds you to keep us posted.
3. You'll be helping the NHS and other public health organisations improve children's health.

(<https://studybugs.com/about/schools>)



The advertisement features a blue background with a white laptop and smartphone displaying the Studybugs app interface. Below the devices, the text reads: "Download the Studybugs app for reporting your child's absence. A quick and secure way to report absence due to illness and send messages to school." At the bottom, there is a QR code, a "GET IT ON Google Play" button, a "Download on the App Store" button, and the Studybugs logo.

**Download the  
Studybugs app  
for reporting your  
child's absence.**

A quick and secure way to report absence due  
to illness and send messages to school.

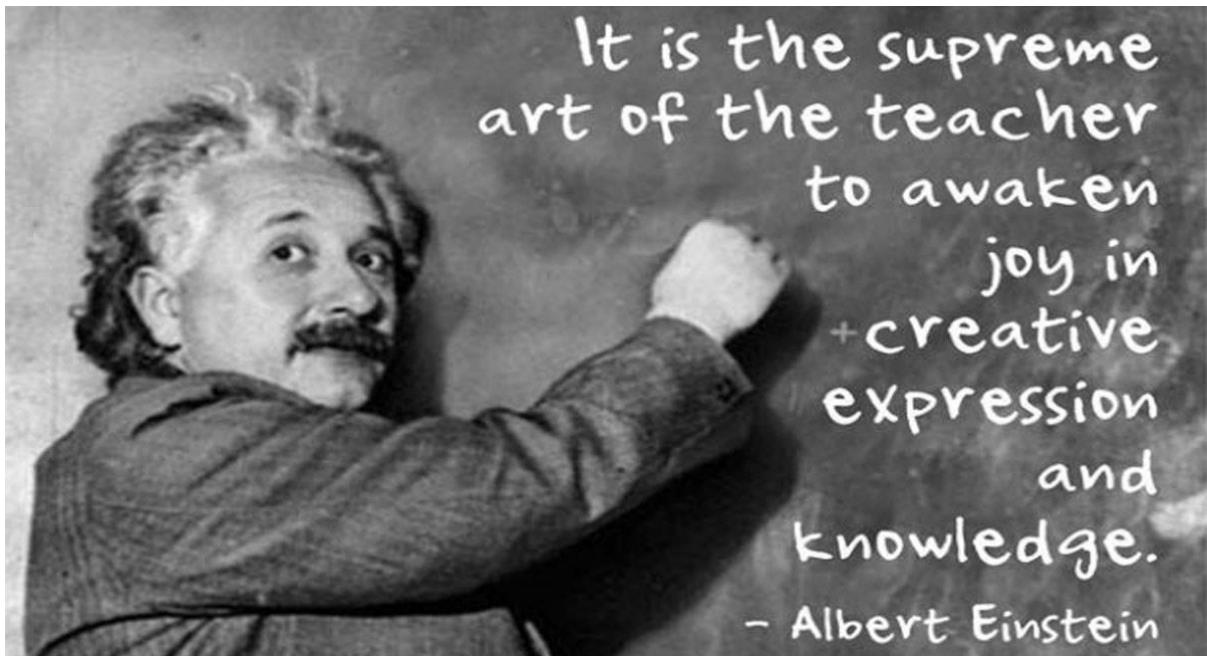


**Studybugs +**

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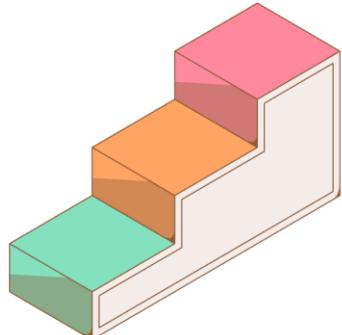
## Mindful Mondays, Chalkwell Character Curriculum & Core Value

### Focus:



### Core Value: **Responsibility**

### Learning Behaviour: **Setting Goals**



## What are my goals?

Today, we'll learn how to figure out something we want to do and take the steps to get there.

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## What are goals?

Something you want to do or achieve.



## Why is it important to set goals?



## How do you do it?

Imagine you need to tell someone else how to set a goal.

What would you tell them to do?



### Step 1: Think about something that you want to achieve

Maybe you want to be a faster runner?

Maybe you want to learn to draw in a new style?

Maybe you would like to read more often?

**What's something you want to achieve?**

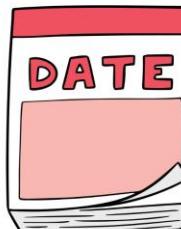


### Step 2: Think about how long it will take to achieve

Is this something that will take a few days?

Maybe a few weeks?

Is it something you want to finish before the summer holidays?



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## Step 3: Decide what steps you need to take

Do you need an adult's help or specific resources?

If you want to run faster, you may need to take certain steps:

1. Train your body: join running club to get stronger and faster.
2. Fuel your body: eat well to have enough energy.
3. Buy appropriate footwear - maybe you need to save up first.



## Step 4: Take one step at a time until you reach your goal

If it takes a long time, you might want to quit.

Sometimes it helps to make a picture or a chart to show how far you've come.

You can tick off your steps to show your progress.

This will use a lot of your resilience.



Eva wants to achieve her silver star challenge. She just got her bronze star last week.

How long do you think this will take?

What steps should she take?

What resources or help does she need?



Ben wants to move up a colour level in reading.

How long do you think this will take?

What steps should he take?

What resources or help does he need?

## Your Turn!

Write down one goal that you want to achieve.

How long do you think this will take?

What steps should he take?

What resources or help does he need?

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## This Week:

Try to take the first step towards your goal. Lots of people make resolutions to do something in the new year so you might find lots of other people have similar ideas to you!

Having a friend or family member who knows what your goal is can really cheer you on, and you can be their cheerleader too.



## New Year's Resolutions

ON AVERAGE, ONLY  
**9-12%** OF PEOPLE  
KEEP THEIR  
**NEW YEAR'S RESOLUTIONS**

Did you make a resolution in 2025 and were you successful?

Why or why not?

Have you set yourself any goals for 2026?

How are you going to be successful in reaching your goals?

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## Responsibility: What are your responsibilities?

On a whiteboard, mindmap your responsibilities.

Share your ideas with your partner and your class. What things are similar, what things are different?

Are there some responsibilities that we all have as part of CHJS? As British citizens? As humans?

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## WEEKLY WAKE UP WEDNESDAY PARENT GUIDE

**What Parents & Educators Need to Know about  
DIGITAL DEVICES & WELLBEING**

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

**WHAT ARE THE RISKS?**

- SLEEP DISRUPTION**  
Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.
- ONLINE PEER PRESSURE**  
Social media platforms expose children to unrealistic standards and peer validation. Likes, shares, and comments from peers can influence self-worth and lead to anxiety or risky behaviour to gain approval.
- CYBERBULLYING EXPOSURE**  
Children may encounter bullying through messaging platforms, games, and social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.
- REDUCED PHYSICAL ACTIVITY**  
Parents often encourage their children to exercise outdoors, play and socialise with friends. However, a sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.
- EMOTIONAL DYSREGULATION**  
Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.
- PRIVACY AND SAFETY RISKS**  
Children may unknowingly share personal information or interact with strangers online. They may not fully understand the long-term consequences of digital footprints or unsafe online behaviour.

**Advice for Parents & Educators**

- SET CLEAR BOUNDARIES**  
Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.
- ENCOURAGE OPEN DIALOGUE**  
Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.
- MODEL HEALTHY HABITS**  
Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.
- PROMOTE DIGITAL LITERACY**  
Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

**Meet Our Expert**  
Adam Dillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.

**#WakeUpWednesday** **The National College**

X @wake\_up\_weds    f /www.thenationalcollege    @wake.up.wednesday    @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.01.2026

## HUNGRY CUPBOARD!

### 6FW Supporting Our Community

We are thrilled to share some uplifting news from our school! The Hungry Cupboard is a brilliant initiative designed to collect essential items for local families in crisis, and we can't wait for everyone to get involved!

Here's how it works: Each week, the Hungry Cupboard will be hosted in a different classroom. Our pupils will gather priority items suggested by SVP and fill the cupboard to the brim. Once it's full, the contents will be delivered directly to SVP Southend, ensuring that our collective efforts make a significant impact.

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The Hungry Cupboard has spent the week in 6FW who put in a fabulous effort; filling the cupboard to bursting! Well done 6FW! Next week, it's 6AF's turn!

Let's continue to show our support and demonstrate the strength of our community spirit!



## Food Bank Items of Need

UHT Milk	Jams & Spreads
Pasta sauces	Tins of veggie food (macaroni cheese/ veggie ravioli etc)
Tins of fruit	
Tinned Meat pies	Sugar
Mayo	Tuna
Butter	Coffee
Nappies	Biscuits
Wet wipes	Cereal Bars
Crisps/ biscuits	Tinned Tomato
Tuna	Toiletries
Crackers	Cereal
Tinned meat meals	Pasta
Pot Noodles	Instant Noodles
Pasta in sauces	Sausage
Mince	Cheese
Tea	

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## PTA NEWS

### CO-OP Community Fund!

Don't forget to select us as your cause! Every time you shop at any Co-op they will donate to our schools. Please share with friends and family as anyone can support us and help raise funds for our children! Last time we were selected as a community fund, we raised over £2700! <http://membership.coop.co.uk/causes/94156>



**SUPPORT OUR LOCAL  
COMMUNITY CAUSE & HELP  
RAISE FUNDS EVERY TIME YOU  
SHOP!**

## CHALKWELL HALL INFANT & JUNIOR SCHOOLS



**WE ARE RAISING FUNDS TO  
TRANSFORM OUR DULL,  
GREY PLAYGROUND INTO A  
VIBRANT FLOWER-FILLED  
SPACE!**

GARDENING IS PROVEN TO POSITIVELY IMPROVE MENTAL WELLBEING. SO BY IMPROVING THE PLAYGROUND FOR OUR CHILDREN WE WILL BE POSITIVELY SUPPORTING THEIR MENTAL HEALTH.

OUR VISION IS TO INTRODUCE COLOURFUL FLOWER POTS, RAISED PLANTERS AND A VARIETY OF FOLIAGE & FLOWERS. WITH YOUR SUPPORT, WE HOPE TO BRING COLOUR, NATURAL LIFE AND LEARNING TO OUR PLAYGROUND - TURNING CONCRETE INTO COMMUNITY AND CARE.

BECOME A CO-OP MEMBER TODAY, SELECT OUR SCHOOL AS YOUR CHOSEN CAUSE & HELP RAISE EXTRA FUNDS FOR OUR CHILDREN EVERY TIME YOU SHOP IN ANY CO-OP!

**SIMPLY VISIT  
[HTTPS://MEMBERSHIP.COOP.CO.UK/CAUSES/94156](https://membership.coop.co.uk/causes/94156)  
TO SELECT CHALKWELL HALL INFANT & JUNIOR  
SCHOOLS AS YOUR CHOSEN CAUSE, OR SCAN HERE!**



Scan me!

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## SCHOOL DINNER MENU - Next week: WEEK 2

### AUTUMN WEEK 2

WE WILL ALWAYS PROVIDE SUITABLE ALTERNATIVES FOR CHILDREN WITH ALLERGIES

THIS MENU IS SUBJECT TO CHANGE

#### WACKY WEDGE MONDAY

HOME MADE CHEESE AND  
TOMATO PIZZA / VEGE PIZZA  
(MK) (G) 9V) (ON A  
WHOLEMAEL BASE AND  
HIDDEN VEG)  
WITH  
OVEN BAKED POTATO HEDGES (VG),  
AND MIXED VEGETABLE MEDLEY:  
GREEN BEANS/SWEETCORN/  
CARROTS/PEAS (VG)



#### TWIRLY PASTA TUESDAY

TRICOLOUR PASTA  
TWIRLS (G) (VG) WITH  
HOME MADE TOMATO SAUCE  
(WITH HIDDEN VEG) (CY)  
AND GRATED CHEESE (MK),  
GARLIC BREAD (G) (MAY CONTAIN MK)  
AND  
CARROTS AND GREEN BEANS  
(VG)



#### REACH FOR A ROAST WEDNESDAY

PORK SAUSAGE TOAD IN THE  
HOLE (G) (MK) (E) (S)  
OR  
MEAT FREE SAUSAGE TOAD IN  
THE HOLE (G) (MK) (E) (S) (V)  
WITH OVEN ROASTED POTATOES (VG) (G),  
BROCCOLI (VG),  
CARROTS (VG)  
AND GRAVY (VG)

#### FIREY FEAST FRIDAY

HOME MADE BEEF CHILLI  
(WITH HIDDEN VEG)  
OR VEGGIE CHILLI (SOYB) (VE)  
WITH  
STEAMED RICE AND GRATED  
CHEESE (MK) (V)  
AND  
CARROTS AND BROCCOLI  
(VG)



#### FINTASTIC 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) (MU)  
(E)



FOR MORE INFORMATION ON  
ALLERGENS PLEASE VISIT OUR WEBSITE

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## SUMMER MENU - ALLERGENS



G	CEREALS CONTAIN GLUTEN (WHEAT, BARLEY, RYE, OATS, KAMUT, SPELT)
MK	MILK
E	EGG
SS	SESAME SEEDS
CY	CELERY
V	VEGETARIAN
VG	VEGAN
F	FISH

N	TREE NUTS
P	PEANUT
L	LUPIN
MU	MUSTARD
SOYB	SOYBEAN
MOL	MOLLUSCS
CR	CRUSTACEANS
S	SULPHITES
CCN	COCONUT

**We Are an Allergy Aware School.**

**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**

## 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.

An out of this world new zone arrived in school this week, and the children absolutely love our new Space Zone! They've been busy blasting off in the space rocket, exploring with torches, and diving into fascinating books and magazines all about space. It's wonderful to see their imaginations take flight! A huge thank you to Natalie and the Play Team for their creativity and hard work in designing such exciting new play zones for the children to enjoy during lunchtime.

As always, we're so grateful for your kind donations, they help us keep creating new and inspiring spaces for play and learning. Please hand any donations to the school office.

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

## SPORT @ CHJS

### Sporting Opportunities



The advertisement features a background image of children in sports gear. In the top left corner is the Southend United Community Foundation logo, which includes a crest with a fish and a soccer ball, and the text 'SOUTHEND UNITED COMMUNITY FOUNDATION'. In the top right corner is the Premier League logo. In the center, the text 'www.sufccommunity.co.uk' is displayed above the large, bold text 'SUFC AFTER SCHOOL CLUBS'. At the bottom center is a QR code with the Southend United Community Foundation logo in the center. Below the QR code, the text 'Scan the QR code to book!' is written in a stylized font. At the very bottom, there are social media icons for Twitter, Facebook, and Instagram, and an email address: 'Email: m.gilbey-mills@southendunited-cet.co.uk'.

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# Free Futsal!



U9 - U11 Boys & Girls  
Thursday 17:45 - 18:45  
St. Christopher school, Leigh  
Book your free trial @ <https://futsal-on-sea.live.baluu.co.uk/>  
or email  
Futsalonsea@gmail.com

## MEGA CAMPS

### 2026 CAMP DATES

**FEBRUARY**  
16<sup>th</sup> FEB - 20<sup>th</sup> FEB

**EASTER\***  
30<sup>th</sup> MAR - 17<sup>th</sup> APR

**MAY**  
26<sup>th</sup> MAY - 29<sup>th</sup> MAY

**SUMMER**  
21<sup>st</sup> JUL - 28<sup>th</sup> AUG

OCTOBER & CHRISTMAS DATES TBC  
Visit: [www.megacamps.net](http://www.megacamps.net)  
for your locations exact dates & more details

NERF GAMES & LASER TAG  


CAMP HOURS 9am-4pm  
EXTENDED HOURS 8am-6pm

NEW EXCITING ACTIVITIES & STRUCTURE  
**TO BE ANNOUNCED IN 2026**

ARTS & CRAFTS  


INFLATABLE FUN  


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TAKE ADVANTAGE OF OUR PRICE FREEZE\*\*  
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[WWW.MEGACAMPS.NET](http://WWW.MEGACAMPS.NET)

\*DATES VARY DEPENDING ON LOCATION  
\*\* PRICE FREEZE UNTIL JAN 31<sup>st</sup> 2026

# 16.1.2026 CHJS Newsletter



## Learning this week!

### Year 3

Another great week in Year 3!

Despite a rainy week, we managed to find pockets of sunshine in which to practise and refine our hockey skills; learning to hold our sticks correctly, how to dribble and pass the ball.

In Guided Reading, we have continued reading and listening to 'There's a Pharaoh in our Bath!' by our focus author, Jeremy Strong. We have used sentence clues to help us decode and understand the meaning of unfamiliar words and practised these skills in a comprehension task.

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*Our Egyptian collars are taking shape! We have been so impressed with the resilience and determination shown by the children. Our needle-threading skills are improving and we are now using appliqué and embellishment techniques to bring our initial designs to life. Watch this space!*

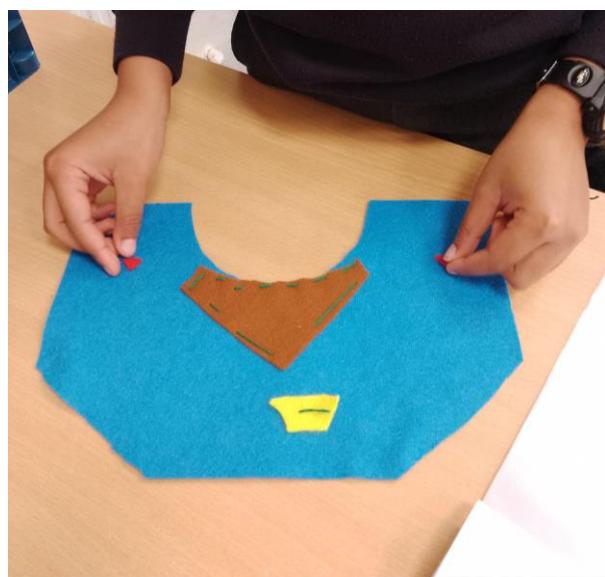
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## Year 4

*What a brilliant second week back it's been! The children have jumped straight into the term with buckets of enthusiasm, showing that all their hard work in the autumn has truly set them up for success.*

*They've thrown themselves into the wonderful world of the Maya, uncovering how this incredible civilisation grew and changed over time. A table full of pictures showcasing mysterious artefacts sparked plenty of curiosity and some very impressive detective work as the children decided whether different statements about the artefacts were true or false. Some even stretched their thinking further, wondering why archaeologists can't always figure out exactly who used certain objects found in ancient Mayan cities. With their detective hats firmly on, they pieced together key events in chronological order to map out the rise of the Maya.*

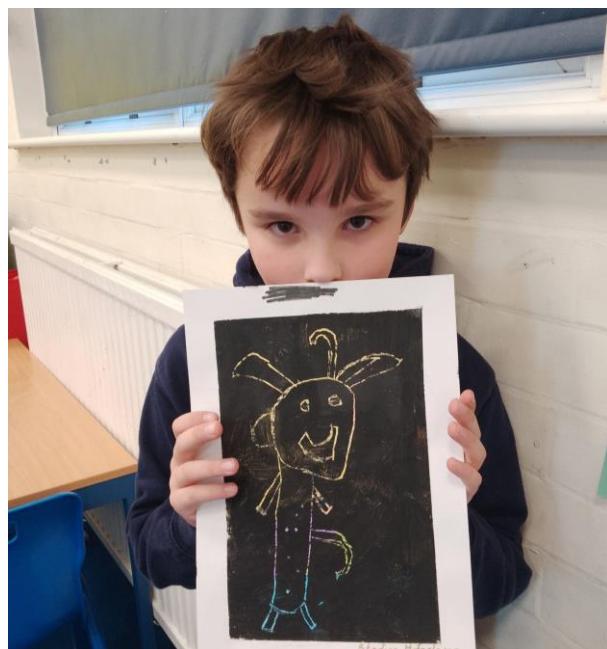
*After scratching away at their colourful Mayan masks last week, the children have now taken inspiration from South American and African patterns. Symmetry, circles, and bold colours were the stars of the show as they designed bright and vibrant patterns for their maracas. These masterpieces are now officially in the Year 4 production line! The bottles you kindly sent in are being taped, prepped, and primed for painting... and most importantly, they're nearly ready for the children to shake, rattle, and roll their way to a musical masterpiece!*

*In science, the children have been diving into the world of sound and discovering how vibrations travel. Working in small groups, they explored how a simple coat hanger can create surprising sounds. Their teamwork, communication, and willingness to experiment were fantastic — brilliant work, Year 4!*

*We have also been receiving some wonderfully creative — and very delicious — Creative Homework. Thank you for the support you are providing at home; it is greatly appreciated. With such a great second week, we're clearly in for a brilliant term ahead.*

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## Year 5

*This week, our fantastic Year 5 students have been busy showcasing their dreams and goals for the future by creating beautiful cloud art! Each cloud represents their aspirations, reminding us all of the importance of dreaming big.*

*In science, they've been hands-on, investigating what causes a nail to rust more quickly. Such practical experiments not only spark curiosity but also deepen their understanding of the world around them!*

*Additionally, in computing, they've explored the fascinating topic of image manipulation, learning why people copy, alter, and modify images. This knowledge is vital in today's digital age! We are so proud of their achievements and the enthusiasm they bring to their learning every day!*

*Keep up the great work, Year 5!*

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# 16.1.2026 CHJS Newsletter



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## Year 6

*This week in Year 6 has been full of creativity and skill-building across the curriculum. In writing, the children have been planning spooky stories and exploring a range of writing devices to build atmosphere. They have impressed us with their imaginative and eerie ideas, which we are looking forward to seeing developed further.*

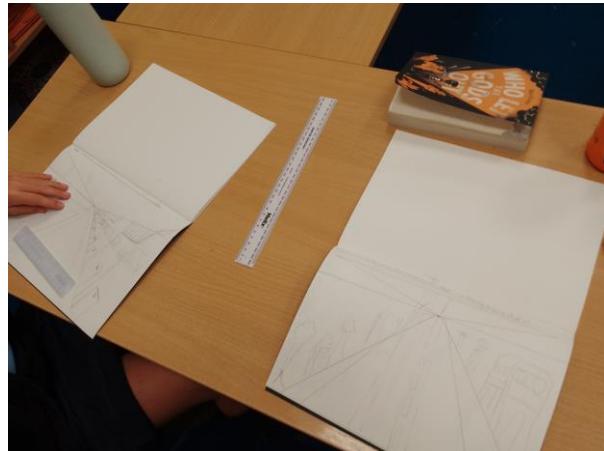
*In computing, the children have begun using a 3D modelling program to design houses. The skills they are developing over the coming weeks will support them in designing and creating their very own castle by the end of the half term.*

# 16.1.2026 CHJS Newsletter

*In PE, the children have been honing their hockey skills, with a strong focus on control and accuracy when moving and passing the ball.*

*Meanwhile, in art, the children have been learning how to create one-point perspective drawings of a road, producing some excellent and carefully detailed work.*

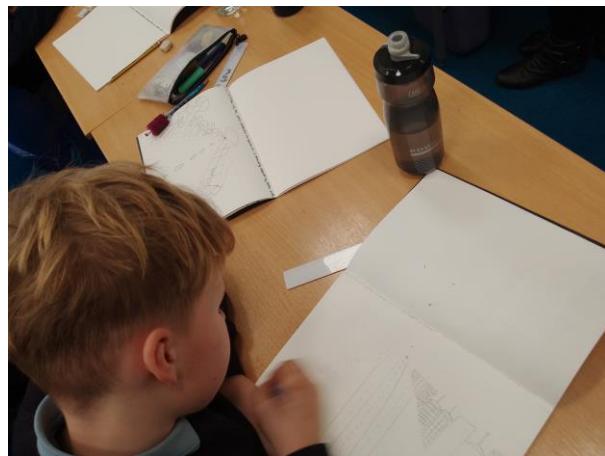
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## Achievement Awards

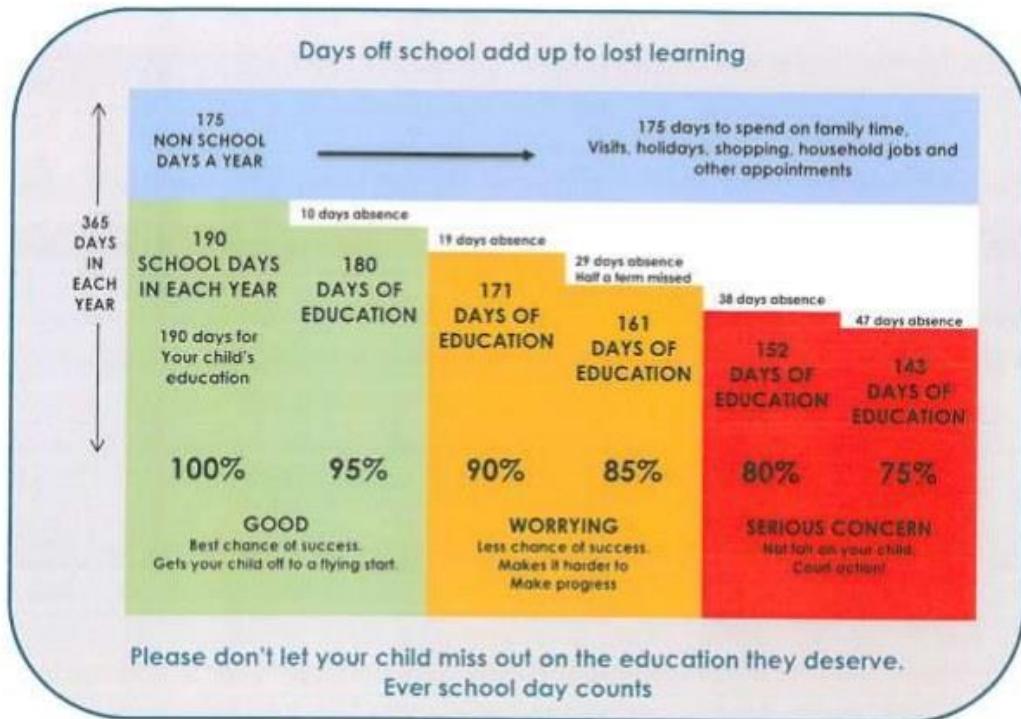


Today in Celebration Assembly it was a delight to give recognition to so many children for showing our core values of Respect, Resilience, Responsibility, Cooperation, Creativity and Enquiry. Well done everyone, so many superstars at CHJS! !



# 16.1.2026 CHJS Newsletter

## 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 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.

# 16.1.2026 CHJS Newsletter

## 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.

# 16.1.2026 CHJS Newsletter

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 - 96% (+1.4)**

### **Weekly Attendance by Year Group**

Year 3 = 96.7% (+1)

Year 4 = 97.8% (+0.3)



# 16.1.2026 CHJS Newsletter

Year 5 = 94.8% (+0.1)

Year 6 = 95% (+3.9)

**Lower School Winners = 4SR (99.3%)**



**Upper School Winners = 6AD (99%)**

**100%**



# 16.1.2026 CHJS Newsletter

## Community News

**Too Much Couch Time?**

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



**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.

**Backside to trackside**

Text a school nurse directly to talk about health or emotional wellbeing:

**IF YOU'RE 11-19 YEARS OLD TEXT  
07520 649895**

**PARENT OF 5-19 YEARS OLD TEXT  
07507 331884**

 ChatHealth   @SouthendSN

Young People scan this QR Code to find support



Parents scan this QR Code to find support



# 16.1.2026 CHJS Newsletter

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

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*Wednesday 21st January - Sitting Volleyball Competition*

*Wednesday 21st January at 6pm - Year 6 SATs Parent Information Meeting*

*Friday 23rd January - Year 4 Football Competition*

*Wednesday 28th January at 6pm - Parent Workshop - Healthy Habits Online*

*Thursday 5th February - Year 6 Football friendly match*

*w/c Monday 9th February - Online Safety Awareness Week*

*Monday 9th February 7pm @ Palace Theatre - CHJS performing at Southend Makes Music*

*Tuesday 10th February - Safer Internet Day*

*Thursday 12th February - Year 6 boys Football match vs West Leigh*

*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*

*Monday 23rd February - Young Voices @ The O2*

*Wednesday 25th February - Netball Tournament*

*Monday 2nd March - National Offer Day (Y7 Secondary School places)*

*\*Thursday 5th March - WORLD BOOK DAY*

*\*Thursday 5th March - pm Year 4 'Readers are Leaders' - Assembly to parents*

*\*Friday 6th March - pm Year 4 'Readers are Leaders' - Assembly to parents*

*Friday 13th March - Governor Day*

*Tuesday 17th March - Y6 Boys football*

*\*Thursday 26th March - 1:30pm Year 5 Spring Showcase to parents*

*\*Friday 27th March - 1:30pm Year 5 Spring Showcase to parents*

*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*

*\*Wednesday 15th July - 1:30pm Year 6 Leavers Assembly to parents*

*\*Thursday 16th July - 1:30pm Year 6 Leavers Assembly to parents*

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

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

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# **16.1.2026 CHJS Newsletter**

## **Contact us:**

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