

23.1.2026 CHJS Newsletter



I hope you and your families are well as we settle into the spring term. It has been a busy and energising few weeks in school, and I'm delighted to share some updates and celebrations from across our community. What another great week we've had had with many highlights.

House Points

Our Junior Governors have worked very hard to redesign our house points system so the houses work towards winning rewards for their houses and this is working brilliantly! The children have shown superb teamwork, kindness, and perseverance, and it's wonderful to see this reflected in the latest house-point totals.

- **Upper School Winners: Colchester** — congratulations for reaching the 250-point milestone and earning an additional break!
- **Lower School Winners: ALL HOUSES** - congratulations. All children will be receiving an extra break next week!

Thank you for continuing to encourage our children to embody our school values each day.

It is wonderful to see classrooms alive with curiosity and determination.

Wet Weather & Playtimes

A reminder that, where possible, we aim to get children outside for fresh air — even in light rain. Please ensure your child has a suitable coat with them each day.

Thank You

Thank you for your continued support, whether through attending events, engaging with teachers, or helping your child with reading and homework. Together, we create the conditions for every child to thrive.

Dates for Your Diary

- **Wednesday 28th January at 6pm - Parent Workshop Healthy Habits Online**
- **w/c Monday 9th February - Online Safety Awareness Week**
- **INSET Day: Friday 13th February**
- **Half-term Break: Begins Monday 16th February**
- **Parents' Consultations: Monday 2nd and Wednesday 4th March**



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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 28TH 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](#)

The poster features a central illustration of a young girl with dark skin and hair, wearing an orange top and blue pants, sitting in a meditative lotus position. She is surrounded by various digital icons: a laptop, a smartphone, a game controller, a pair of headphones, and a speech bubble. The background is a dark blue gradient with a white shield-shaped logo in the top right corner containing the letters 'CHJS'.

TT Rock Stars - ROCK DAY! Friday 30th January

Exciting news! Rock Day is next week!!!

Next 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 complete against the teachers!

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ROCK DAY

COMING SOON

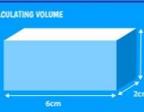
ON

Friday 30th January



DRESS UP AS A ROCK STAR AND ROCK ON!

WHY ARE TIMES TABLES USEFUL?

<p>NUMBER AND CALCULATION</p> <p>WRITTEN MULTIPLICATION</p> $\begin{array}{r} 758 \\ \times 8 \\ \hline 6064 \\ 46 \\ \hline \end{array}$ <p>WRITTEN DIVISION</p> $\begin{array}{r} 109 \\ 6 \overline{)654} \\ \underline{6} \\ 54 \\ \underline{54} \\ 0 \end{array}$ <p>MENTAL MULTIPLICATION AND DIVISION Using the facts you know to quickly work out answers in your head.</p> <p>USING KNOWN FACTS TO FIND OTHERS WITH PLACE VALUE</p> <p>$4 \times 6 = 24$ $40 \times 6 = 240$ $40 \times 60 = 2400$ $0.4 \times 6 = 2.4$ $0.4 \times 0.6 = 0.24$</p> <p>WORD PROBLEMS Sam can fill 12 tins of soup in each box, he has 11 boxes. How many tins of soup will he need to fill the boxes? $12 \times 11 = 132$</p> <p>ALGEBRA</p> <table style="width: 100%; border: none;"> <tr> <td>$4x = 24$</td> <td>$x = 6$</td> </tr> <tr> <td>$7x = 42$</td> <td>$x = 6$</td> </tr> <tr> <td>$9x = 81$</td> <td>$x = 9$</td> </tr> </table> <p>RATIO In a school playground, the ratio of boys to girls is 2:3. If there are 18 girls, how many boys are there?</p>	$4x = 24$	$x = 6$	$7x = 42$	$x = 6$	$9x = 81$	$x = 9$	<p>PROPERTIES OF NUMBER</p> <p>FINDING FACTORS Factors of 12: $1 \times 12, 2 \times 6, 3 \times 4$</p> <p style="text-align: center;">  </p> <p>FINDING MULTIPLES Multiples of 12: 12, 24, 36, 48, 60, 72, ...</p> <p>FINDING COMMON FACTORS Factors of 12: $(1) \times 12, (2) \times 6, (3) \times 4$</p> <p>Factors of 18: $(1) \times 18, (2) \times 9, (3) \times 6$</p> <p>FINDING COMMON MULTIPLES Multiples of 3: 3, 6, 9, (12), 15, 18, 21, (24), 27, ...</p> <p>Multiples of 6: 6, 12, 18, 24, ...</p> <p>FINDING PRIME AND COMPOSITE NUMBERS Prime numbers have only 2 factors</p> <table style="width: 100%; border: none;"> <tr> <td>7</td> <td>3</td> <td>5</td> </tr> <tr> <td>$(1) \times 7$</td> <td>$(1) \times 3$</td> <td>$(1) \times 5$</td> </tr> </table> <p>Composite numbers have more than 2 factors</p> <table style="width: 100%; border: none;"> <tr> <td>1×6</td> <td>2×3</td> <td>1×8</td> <td>2×4</td> </tr> </table> <p>SQUARE AND CUBE NUMBERS</p> <p>$2 \times 2 = 4$ ← Square</p> <p>$3 \times 3 \times 3 = 27$ ← Cube</p>	7	3	5	$(1) \times 7$	$(1) \times 3$	$(1) \times 5$	1×6	2×3	1×8	2×4	<p>SHAPE</p> <p>CALCULATING AREA: $6\text{cm} \times 3\text{cm} = 18\text{cm}^2$</p> <div style="text-align: center;">  </div> <p>FINDING THE PERIMETER OF REGULAR POLYGONS</p> <div style="text-align: center;">  </div> <p>$6 \times 5\text{cm} = 30\text{cm}$</p> <p>CALCULATING VOLUME</p> <div style="text-align: center;">  </div> <p>$6\text{cm} \times 2\text{cm} \times 3\text{cm} = 36\text{cm}^3$</p> <p>SCALING SHAPES</p> <div style="display: flex; align-items: center;"> <div style="text-align: center; margin-right: 10px;">  <p>1cm</p> </div> <div style="text-align: center;"> <p>→ +2</p>  <p>3cm</p> </div> <div style="margin-left: 10px;"> <p>Shape enlarged by a scale factor of 3</p> </div> </div>	<p>FRACTIONS</p> <p>SIMPLIFYING FRACTIONS</p> $\frac{2}{6} \rightarrow \frac{1}{3}$ <p>ADDING/SUBTRACTING FRACTIONS</p> $\frac{1}{3} + \frac{3}{6} = \frac{2}{6} + \frac{3}{6} = \frac{5}{6}$ <p>MULTIPLYING/DIVIDING FRACTIONS</p> $\frac{1}{2} \times \frac{2}{4} = \frac{1 \times 2}{2 \times 4} = \frac{2}{8} = \frac{1}{4}$ <p>FINDING FRACTIONS OF WHOLE NUMBERS</p> <p>$\frac{1}{6}$ of 24 = 4</p> <p>ORDERING FRACTIONS Put these fractions in order, largest first</p> <table style="width: 100%; border: none;"> <tr> <td>$\frac{1}{2}$</td> <td>$\frac{6}{8}$</td> <td>$\frac{1}{5}$</td> </tr> <tr> <td>$\frac{2}{5}$</td> <td>$\frac{6}{8}$</td> <td>$\frac{1}{2}$</td> </tr> </table> <p>CONVERTING BETWEEN MIXED NUMBERS AND IMPROPER FRACTIONS</p> $2\frac{1}{2} = \frac{5}{2}$	$\frac{1}{2}$	$\frac{6}{8}$	$\frac{1}{5}$	$\frac{2}{5}$	$\frac{6}{8}$	$\frac{1}{2}$
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AND MANY MORE!

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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.

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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Southend-on-Sea
City Council

IN CELEBRATION OF CHILDREN'S
MENTAL HEALTH WEEK

YOUTH FEST

CHILD & YOUTH
SERVICES

ACTIVITIES &
MUSIC

WELL-BEING

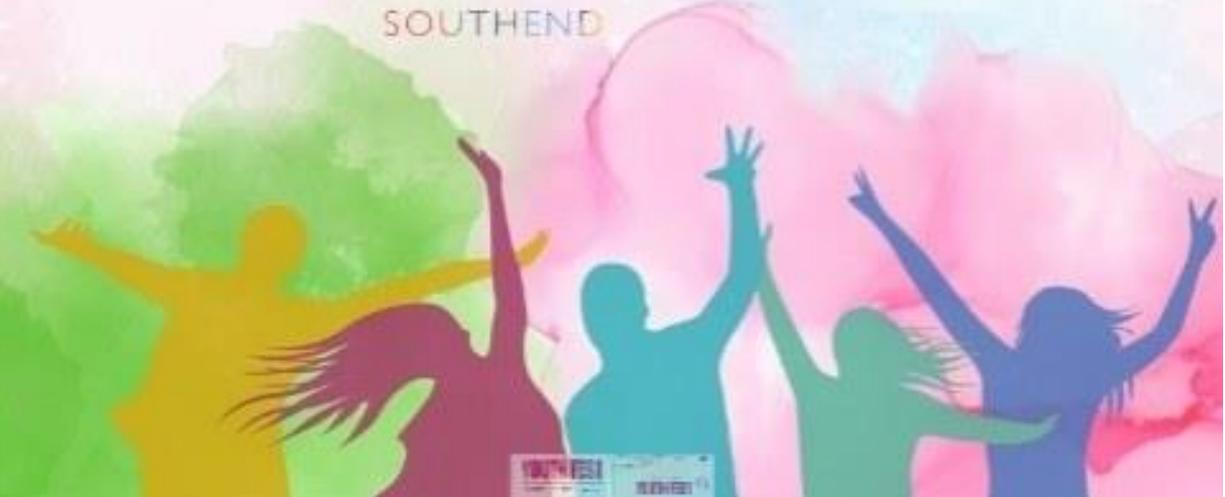
SATURDAY 14TH FEBRUARY 2026
10AM - 4PM

THE VICTORIA SHOPPING CENTRE



THE
VICTORIA
CENTRE

SOUTHEND



23.1.2026 CHJS Newsletter

School Dental Pilot Scheme - 'Lift the Lip' scheme Monday 23rd & Tuesday 24th March

On Monday 23rd and Tuesday 24th March, we will be visited by the team at Inspire Dental. This visit provides oral hygiene instruction and dietary advice to all children and 'lift the lip' service to those parents who return the consent form.

Specific details and information will be sent out on Monday via letter and email.

Lift the Lip is a new assessment and awareness method for professionals and families to identify signs of early childhood caries (cavities, or 'holes' in teeth). You should lift your little one's lip to check their teeth once a month from the point they start erupting. Plaque, an acidic substance which coats the teeth after eating and drinking, should be removed by brushing twice a day using a toothbrush and fluoride toothpaste.



Lift the Lip is a new assessment and awareness method for professionals and families to identify signs of early childhood caries (cavities, or 'holes' in teeth). You should lift your little one's lip to check their teeth once a month from the point they start erupting. Plaque, an acidic substance which coats the teeth after eating and drinking, should be removed by brushing twice a day using a toothbrush and fluoride toothpaste.

VIDEO RESOURCES FROM THE WHITTINGTON TEAM



Healthy teeth- maintain these by brushing twice a day!



Warning signs- chalky white spots near the gums, which can turn into cavities. Seek dental care and advice now.



Danger- brown spots and cavities cause pain and infection. Make an appointment now.



Emergency: broken teeth and abscesses cause pain. Treatment is required to prevent the infection spreading. Call your dentist right away.

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Want to find out more about healthy, low sugar swaps? Download the NHS Food Scanner here:



Why should I worry about decay and damage to my child's baby teeth?

- Baby teeth are key for chewing, speaking, and smiling.
- They also help guide the adult teeth into position, when they arrive.
- If baby tooth decay is left untreated, pain and infection can result.
- Extractions might need to happen under general anaesthetic, in hospital.



Whittington Health
NHS Trust

You can keep your child's teeth

healthy as soon as they arrive, by:

1. Not putting them to bed with a bottle of milk, formula or juice, which can also put them at risk of choking
2. Teaching your child to drink from an open (free-flow) cup from 6 months onwards
3. Cleaning and massaging their gums with a clean washcloth after feeding
4. Brushing their teeth as soon as their first tooth erupts with a fluoride toothpaste- try this in the bath! *Brush twice a day.*
5. Avoiding sugary foods and drinks, and not adding sugar to weaning foods
6. Taking your child to the dentist as soon as their first tooth erupts, or before their 1st birthday. NHS dental treatment is free for all children under 18 years.



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.

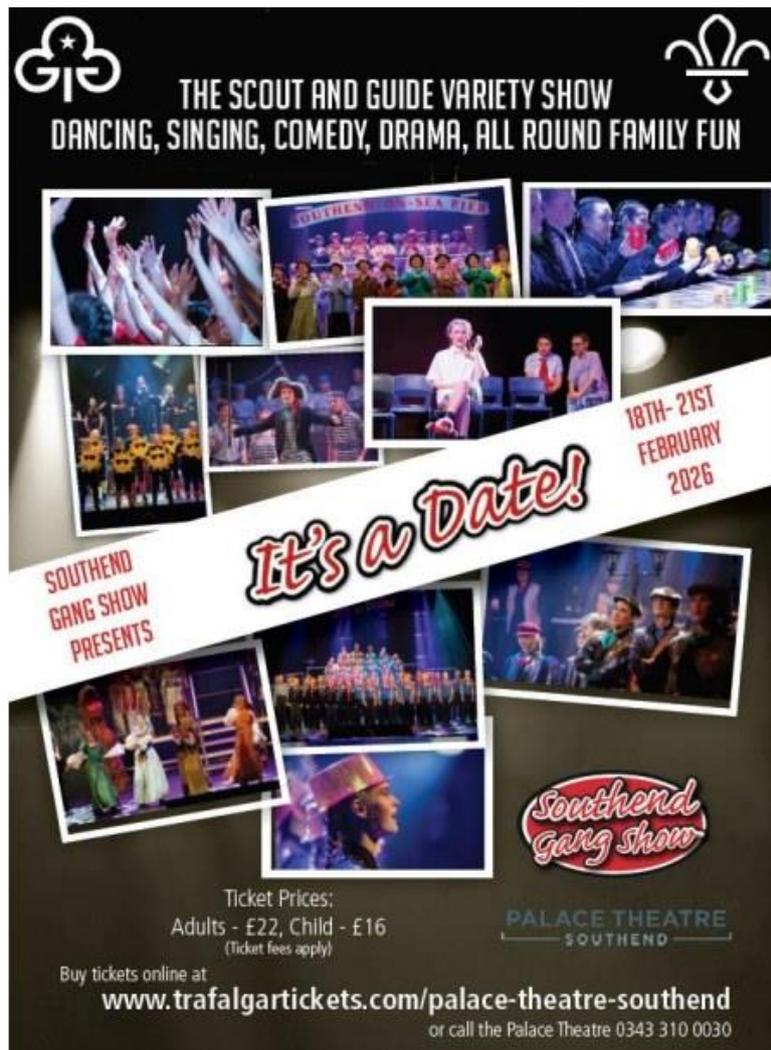
The Show is being held during half term week, starting at 7.30pm, with matinees at 2.00pm on Thursday and Saturday. An earlier performance on the Friday evening starts at 6.00pm.

You can book tickets using the link below:

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

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



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

It's a Date!

18TH- 21ST
FEBRUARY
2026

SOUTHEND
GANG SHOW
PRESENTS

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

Buy tickets online at
www.trafalgartickets.com/palace-theatre-southend
or call the Palace Theatre 0343 310 0030

**Southend
Gang Show**

PALACE THEATRE
SOUTHEND

Drama Opportunity - LAMDA course



LAMDA Acting Exam Course

For school years 4-8
Wednesdays 5:00-6:00 pm

Kings Road URC
Westcliff on Sea
SS0 8LH

bookings at
www.antoniadoggett.co.uk

I teach **LAMDA**
Exams & Qualifications



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School Attendance - Have you got Studybugs yet?

Studybugs – report absence securely and help improve children’s health



Download the Studybugs app for reporting your child’s absence.

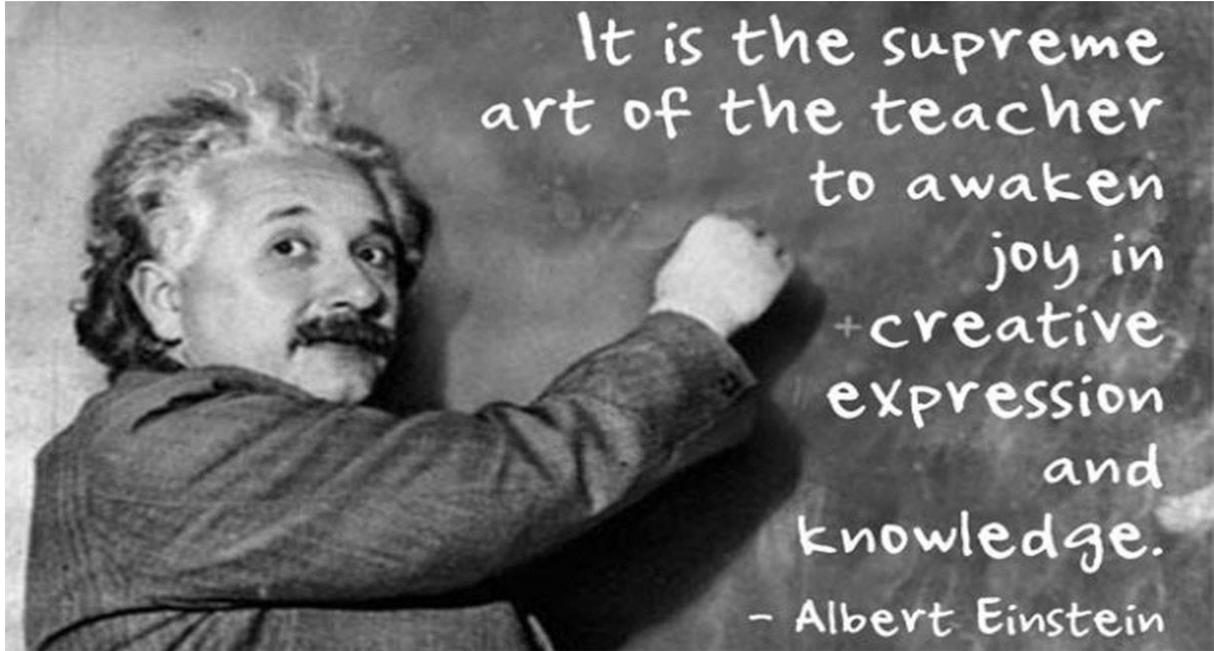
A quick and secure way to report absence due to illness and send messages to school.



Studybugs 

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Mindful Mondays, Chalkwell Character Curriculum & Core Value Focus:



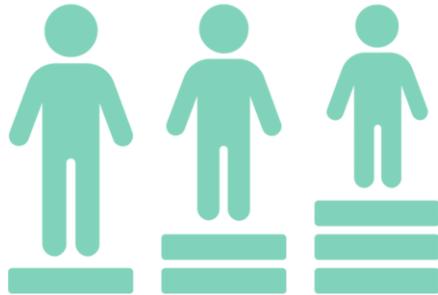
Core Value: Cooperation

Learning Behaviour: Equity and Equality



Core Value: Cooperation
SMSC/FBV: Respect and Tolerance
Learning Behaviour: Equity and Equality

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What does being fair look like?

What do equality and equity mean?

Why is it important to know the difference?

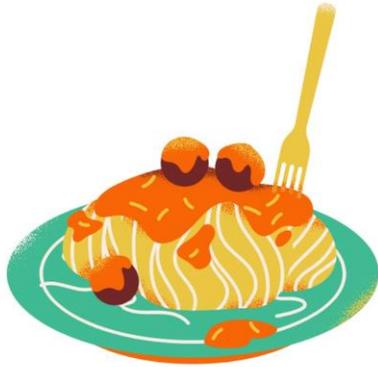


Why is equality not always enough?

Sometimes people believe that equality is the only way to be fair, but look at the situations on the next few slides. Do they seem fair to you?



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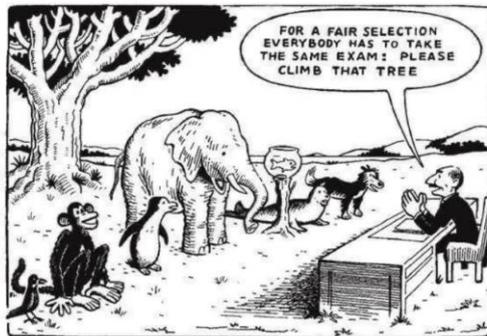
The school kitchen has decided to only do one meal option every day which will always include meat. It means everyone will get served exactly the same. This is equal, but is it fair?



You can't see the board very well so you have glasses. Not everyone in your class does. This isn't equal, but is it fair?

Your Turn

What do you think this comic is saying?



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Your Turn

Can you think of any real life situations where we use equity?



This Week:

Remember that things that look unfair at first glance might actually be equity. We might have to give somebody a boost, to give them the same opportunities as others.

There may also be times that things really *are* unfair, but think carefully about how you approach the situation and use respectful language to share your concerns. This uses our core values of cooperation, respect and resilience.

Cooperation: World Religion Day



Monday 19th January was World Religion Day.

It's aim is to promote understanding and peace between all religions and encourage people to learn about other faiths and their followers.

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It was started by followers of the Baha'i faith who believe that all religions have common features and should all be respected.



These religions have their differences, but also some key similarities. Watch the video - can you work out what theme all of the teachings follow?



The Golden Rule



Islam says: Hurt no-one, so no-one may hurt you.

Christianity says: Do to others as you would have them do to you



Judaism says: What is hateful to you, do not do to your neighbour.

Hinduism says: Your duty is to not do to others what would cause you pain if done to you.



Sikhism says: I am a stranger to no one and no one is a stranger to me. I am a friend to all.

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This is called **The Golden Rule**

It can be found in beliefs across the world and across history. How do we practise the golden rule at Chalkwell?



Reflection

All religions share the same key message - the golden rule. This means treating each other respectfully and using empathy to understand how others might feel as a result of your actions. By cooperating with others, no matter our religious beliefs, we can have better understanding, harmony and unity across the world.



Energy Saving Week!

See the Eco Warrior's Powerpoint Presentation to find out more about the poster competition!



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Cooperation:

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

What does “actions speak louder than words” mean?



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WEEKLY WAKE UP WEDNESDAY PARENT GUIDE

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.

What Parents & Educators Need to Know about

AI TOYS

This festive season, the newest toys on the shelves do not just blink or make noise; they listen. Many now come with artificial intelligence (AI), allowing them to talk, learn, and even respond to a child's emotions. These toys can be educational and engaging, but they also collect, store, and process information. This guide explains what that means for families and why it matters.

WHAT ARE THE RISKS?

TOYS THAT LISTEN AND LEARN

When a toy uses AI, it collects data such as voice recordings, interactions, and background sounds. This information is sent to remote servers, where it is analysed to improve responses. Your child's voice becomes training data, which may be stored indefinitely or shared with third parties.

WEAK SECURITY PROTECTIONS

Some AI toys have poor password protection or open network connections. Others may have microphones or cameras that stay on, even when the toy appears to be off. This can lead to recordings being made without your knowledge, including conversations unrelated to play.

ARTIFICIAL VOICES, REAL INFLUENCE

For very young children, an AI companion may become one of the first voices they interact with regularly. How that voice shows humour, empathy, or authority can shape how a child learns to communicate. If the model is artificial, then part of what is learned is artificial as well.

PRESSURE TO KEEP ENGAGING

Some toys reward repeated use or track engagement, encouraging children to interact more. When children compare how their toys perform, it creates pressure to play more often. This increases the amount of data collected and can make learning feel like competition.

MARKETING THROUGH PLAY

Toys that learn a child's preferences may feed that data into future advertising. A toy that knows a child's favourite colour or hobby could help a company design more targeted marketing to that child and their family.

PLAYTIME AS DATA TRAINING

The information collected from children helps train AI systems. Their voice, emotional responses, and behaviour shape how machines "understand" people. Play becomes part of a much larger system that influences how future technologies behave.

Advice for Parents & Educators

START WITH A CONVERSATION

Talk to young people. Explain that some toys learn from what they say and do. Help them understand that even friendly technology should have boundaries, and to ask questions about it. Curiosity is healthy, blind trust is not.

SET LIMITS ON USE

Turn off Wi-Fi or Bluetooth when the toy is not in use. Check for updates regularly, as they can change privacy or safety settings. Treat connected toys like any smart device; they should be monitored, updated, and switched off when not in use.

MODEL DIGITAL AWARENESS

Children learn from adults. If they see you checking privacy settings, reading terms, and talking openly about online safety, they are more likely to do the same. Show them how to question technology in a healthy way.

RESEARCH BEFORE YOU BUY

Look for toys that work offline or store data locally. Check for a free or demo version so you can test how it behaves. Read privacy policies to understand what data is collected, where it goes, and whether it's shared with others.

REVIEW PRIVACY SETTINGS

Find out where the data is stored and who has access to it. Some companies sell or share data with advertisers. If the toy connects through an app, check what it requests access to and limit those permissions whenever possible.

BALANCE AI WITH REAL PLAY

AI toys can be fun and creative, but they are not a replacement for real human interaction. Encourage time away from technology with activities that foster emotional and social development. Use AI toys to support learning, not define it.

Meet Our Expert

Clara Hawking is Executive Director of Kompass Education. She advises governments, school trusts, and global organisations on AI governance and safeguarding, helping schools and families understand how technology shapes learning, wellbeing, and the digital future of children.



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.12.2025

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HUNGRY CUPBOARD!

6AF 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.

The Hungry Cupboard has spent the week in 6AF who put in a fabulous effort; filling the cupboard to bursting! Well done 6AF! Next week, it's 3JW in Lower School'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
Tins of fruit	(macaroni cheese/ veggie
Tinned Meat pies	ravioli etc)
Mayo	Sugar
Butter	Tuna
Nappies	Coffee
Wet wipes	Biscuits
Crisps/ biscuits	Cereal Bars
Tuna	Tinned Tomato
Crackers	Toiletries
Tinned meat meals	Cereal
Pot Noodles	Pasta
Pasta in sauces	Instant Noodles
Mince	Sausage
Tea	Cheese

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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 1

AUTUMN WEEK 1

AVAILABLE DAILY WE HAVE:
 JACKET POTATO WITH A SELECTION OF FILLINGS (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 COLESRAW (E) (V)

A COLD SALAD BAR
 SWEETCORN, TOMATO, CUCUMBER, CARROT (VG), LETTUCE, MIXED PEPPERS
 WATER AND MILK / A FRUIT BOWL (ALTERNATIVE PUDDINGS ARE AVAILBLE OCCASSIONALLY)

WACKY WEDGE MONDAY

OVEN BAKED PORK SAUSAGE (S)
 OR OVEN BAKED MEAT FREE SAUSAGE (G) (VG)
 WITH
 OVEN BAKED POTATO WEDGES (VG),
 AND A CHOICE OF
 PEAS (VG), BROCCOLI (VG)
 OR BAKED BEANS (VG)

TWIRLY PASTA TUESDAY

HOMEMADE BEEF BOLOGNAISE (CY)
 OR
 HOMEMADE MEAT FREE BOLOGNAISE (BOTH WITH HIDDEN VEG) (G) (SOYB)(VG)(CY)
 WITH
 TRICOLOUR PASTA TWIRLS (G)(VG)
 GARLIC BREAD (G) (VG)
 CARROTS (VG)
 AND PEAS (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) (E) (MU)

REACH FOR A ROAST WEDNESDAY

OVEN ROAST TURKEY OR
 OVEN ROAST QUORN (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) (SOYB)(CY)(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 PLEASE VISIT OUR WEBSITE

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 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.

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!

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

Panathlon

On Tuesday this week, a team of year 4 pupils took part in the Panathlon Ten Pin Bowling Competition, held at the Hollywood Bowl in Basildon. 20 schools took part. Unfortunately we didn't win a trophy but they all came away with a medal, some with stickers saying 'spare' or 'strike'! For all of these pupils, it was a first to represent the school and what fantastic ambassadors they were.

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Impeccable behaviour, fantastic team spirit and big smiles all round! Well done Team Chalky!



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Sports Hall Athletics

On Wednesday, our pupils took part in the Sportshall Athletics competition, representing the school with outstanding determination, passion and teamwork throughout the event. From start to finish, the children gave their all, supporting and encouraging one another in every race, jump and throw.

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They were a real credit to the school, not only for their effort and sporting ability, but also for their impeccable behaviour. The team were polite, respectful and incredibly supportive of each other, showing true sportsmanship at all times. It was an absolute pleasure to take such a positive and committed group of pupils. With the level of talent across the Southend area now incredibly high, finishing 6th overall is a fantastic achievement and something the whole team should be extremely proud of. Well done to everyone involved — a brilliant performance and a great advert for our school



Year 4 Boys Football Competition



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Sporting Opportunities



WELCOME WEEKEND

Saturday 31st January & Sunday 1st February 2026



Ready for an Active Weekend!

Saturday 31st January	Sunday 1st February
<ul style="list-style-type: none">• 07:00 – Velocity Burn Class• 08:00 – Velocity HIIT Class• 09:00 – 13:00 – Free Gym Access• 09:00 – Les Mills Master Class• 10:00 – Les Mills Master Class• 11:00 – 13:00 – Café Power Hours• 12:00 – 13:00 – Free Family Dive• 12:30 – 16:00 – Free Soft Play• 12:45 – 13:45 – Free Lane Swim• 12:45 – 13:45 – Free Family Swim• 13:45 – 15:45 – Free Float Fiesta	<ul style="list-style-type: none">• 08:30 – Velocity Bootcamp Class• 09:00 – 12:00 – Free Soft Play• 09:00 – Les Mills Master Class• 10:00 – Les Mills Master Class• 10:30 – Velocity Burn Class• 11:00 – 12:00 – Café Power Hour• 11:00 – 13:00 – Free Family Swim• 12:00 – 15:00 – Free Gym Access• 12:00 – 13:00 – Free General Swim

Book via our App!



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LES MILLS



MASTER TRAINERS COMING TO SOUTHEND

SATURDAY 31ST JANUARY & SUNDAY 1ST FEBRUARY



Book via our App!



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www.sufecommunity.co.uk



COMMUNITY
FOUNDATION

SUFC AFTER SCHOOL CLUBS



Scan the QR code to book !



Email: m.gilbey-mills@southendunited-cet.co.uk

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MEGA CAMPS

2026 CAMP DATES

FEBRUARY
16TH FEB - 20TH FEB

EASTER*
30TH MAR - 17TH APR

MAY
26TH MAY - 29TH MAY

SUMMER
21ST JUL - 28TH AUG

OCTOBER & CHRISTMAS DATES TBC

Visit: 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

MAKING MEMORIES

TAKE ADVANTAGE OF OUR PRICE FREEZE AND EARLY BIRD OFFERS!**

WWW.MEGACAMPS.NET

*DATES VARY DEPENDING ON LOCATION
** PRICE FREEZE UNTIL JAN 31ST 2026

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WE ACCEPT CHILDCARE VOUCHERS & OFFER TAX-FREE CHILDCARE!

MEGA CAMPS
KIDS DAY ACTIVITY CAMPS

CHILDCARE FROM 8am - 6pm

AGES 4 - 14

FEBRUARY CAMP 2026

SAVE ££'s - EARLY BIRD OFFERS END 31ST JAN
MULTIPLE LOCATIONS THROUGHOUT ESSEX, SURREY & KENT

WALL CLIMBING (MEGA ACTIVITY)

ANIMAL WORKSHOP

ARCHERY & AXE THROWING (KIDS FAVOURITE)

FENCING

2026 DATES LAUNCHED

DIFFERENT MEGA ACTIVITIES, ARTS & CRAFTS AND SPORTS AVAILABLE EACH DAY

MEGA FUN AT A LOCATION NEAR YOU!
CHECK WEBSITE FOR LOCATIONS AND DATES

BOOK ONLINE NOW!
WWW.MEGACAMPS.NET
OR CALL 0333 012 4378

Ofsted Registered

ALL OUR STAFF ARE
DBS CHECKED

23.1.2026 CHJS Newsletter



Feb Half Term Tennis Camp

Tennis Camp

Wed 18th & Thurs 19th February
9.00am-1.30pm

Same price earlier start time

Price

£20 Members
£25 Non Members

10% discount for
multi day or siblings

For kids aged 3-18
(Split groups)

All equipment provided
by Thorpe Bay Lawn
Tennis Club

Payment Details:

Account name - Thorpe
Bay Lawn Tennis Club
Ltd

Sort Code - 30-92-53

Account no – 27496268

Ref – Childs name

Please bring drinks and
snacks



For more information or to book contact:
Matt Bell 07786238586 or mattwgbell@aol.com

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Learning highlights this week!

Year 3

Year 3 has had an exciting week this week! We have had the pleasure of being visited by the Rainbow Theatre Company! As part of our Ancient Egyptians topic, the Rainbow Theatre Company performed an amazing show of Moses and the Egyptians. The children absolutely loved the show, and many of them were able to perform with the cast.

As well as this, we have continued our topic of 'Measure' in maths and learnt about mass this week. We have enjoyed writing our own version of 'The Egyptian Cinderella' in our English lessons, and we are having a Science week, where we are learning about skeletons, muscles and different foods to keep us healthy.

In PE, we have been developing our jumping and landing skills in the gymnastics lessons, and dribbling and push passing in the hockey lessons.



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Year 4

Year 4 has had a terrific term so far, delving into the ancient world of The Mayans! The children have shown great effort and enthusiasm while learning about the origins of chocolate and where and when this fascinating civilisation lived.

In Maths, we've been learning to simplify fractions, find equivalent fractions and add/subtract improper fractions. Children have continued to win certificates and stars for their efforts in our weekly tests and challenge themselves daily with early morning work.

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In our PE lessons, we have been getting nice a muddy over the park, developing our rugby skills while indoors we've been using our imagination to create inspiring dances.

This term, our Science lessons have been about 'Sound' using a variety of experiments to investigate how we hear things.

In Art and Music the children have begun designing and making Mayan shakers and we've been practising some exciting songs for our year group show in March.



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Year 5

🌸 *What a busy and exciting week we have had in Year 5!* 🌸

In PE, we have been learning the vibrant Chinese lion dance, showcasing our teamwork and coordination, as well as using our skills from our workshop from the start of the term.

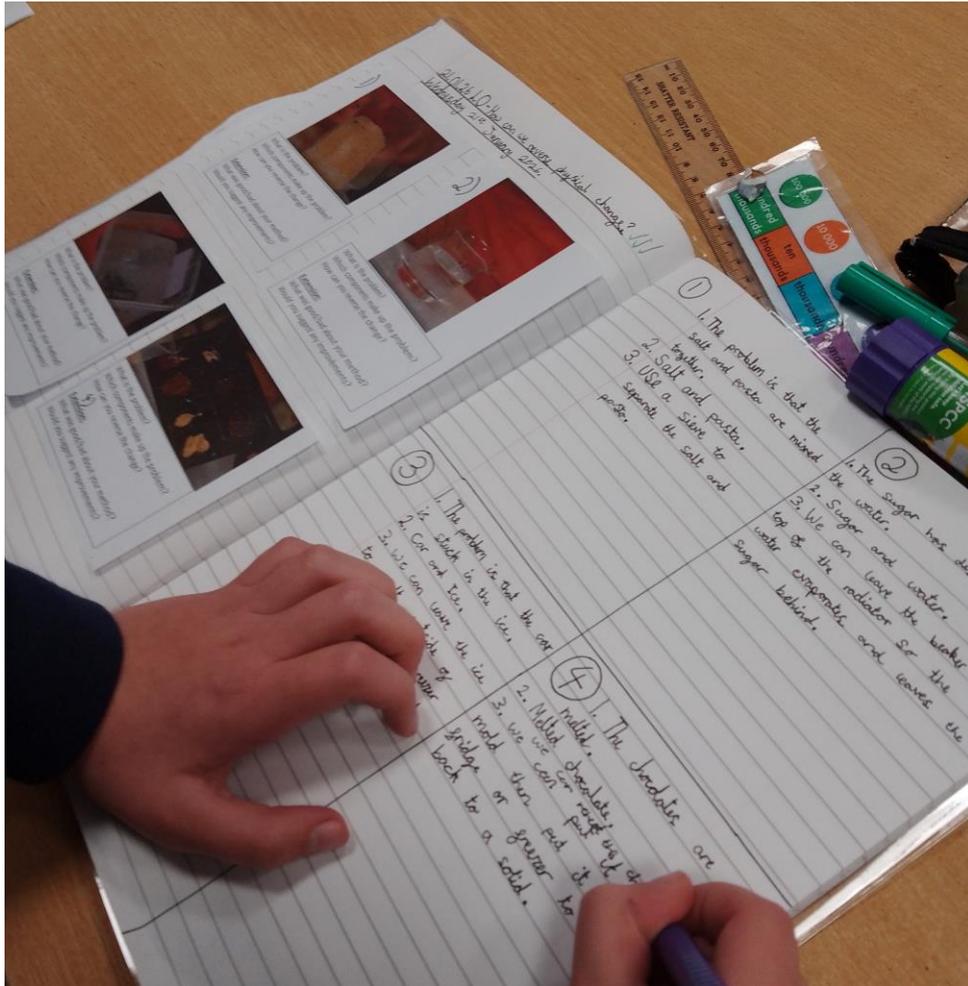
In Computing, we explored the world of avatars and how emojis can express emotions, enhancing our digital communication skills and thinking about how we communicate online.

Our RE lesson was enriched by a fascinating talk from Mrs Pradhan about Hindu home worship and the significance of temples, deepening our understanding of diverse cultures. Thank you so much to Mrs Pradhan for taking the time to share her expertise with us.

In Science, we delved into reversible and irreversible changes, sparking our curiosity and critical thinking!

We are so proud of our achievements this week!

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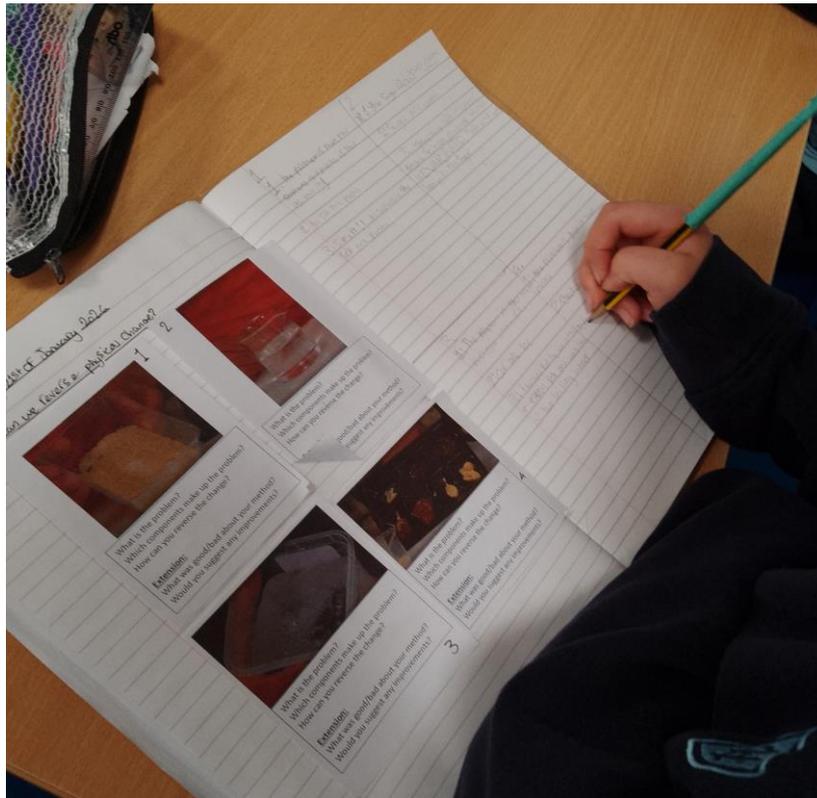
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Year 6

It has been an incredibly busy and productive week for Year 6!

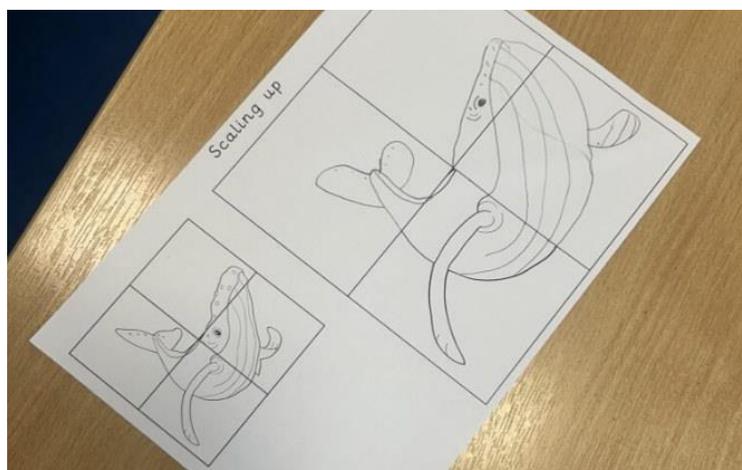
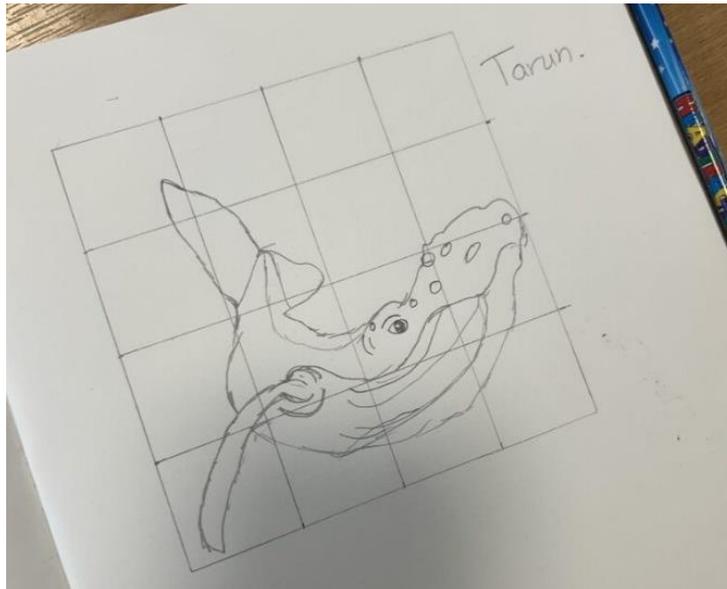
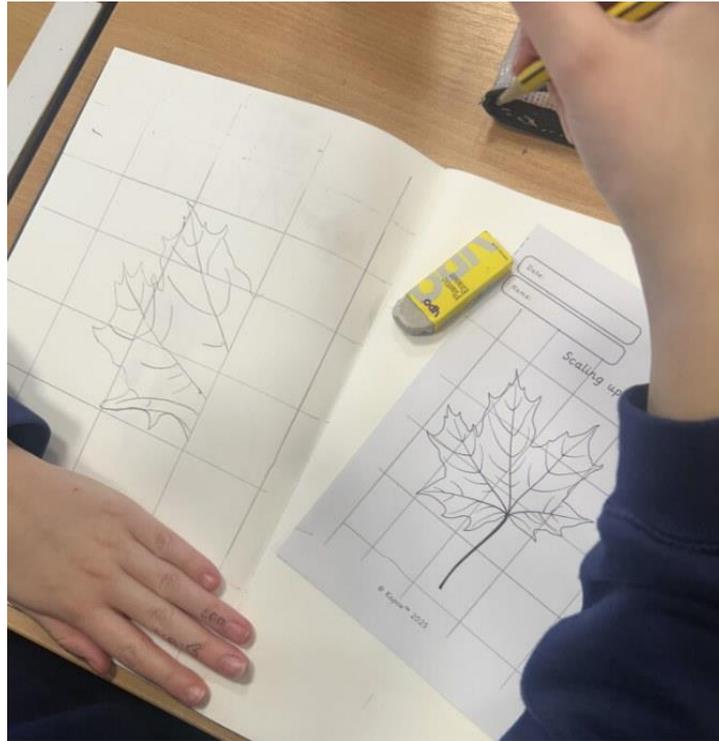
The children have been busy crafting ghost stories in English, focusing on building suspense and atmosphere to keep their readers on the edge of their seats.

In Maths, the children have tackled the complexities of ratio and algebra, showing great resilience as they master these new mathematical concepts.

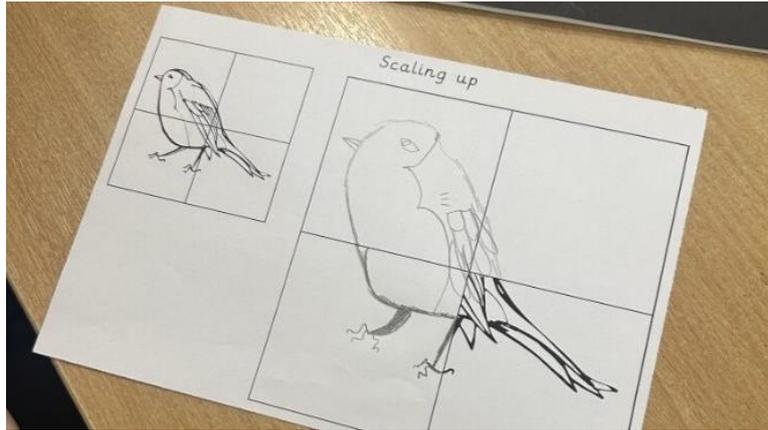
Our creative side has also been on display in Art, where we have been practicing the skill of upscaling images to create larger, detailed compositions.

Finally, we took a step back in time during our History lessons to investigate the grim and fascinating world of Saxon and Viking crime and punishment, comparing how justice was served over a thousand years ago. What a week!

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Achievement Awards



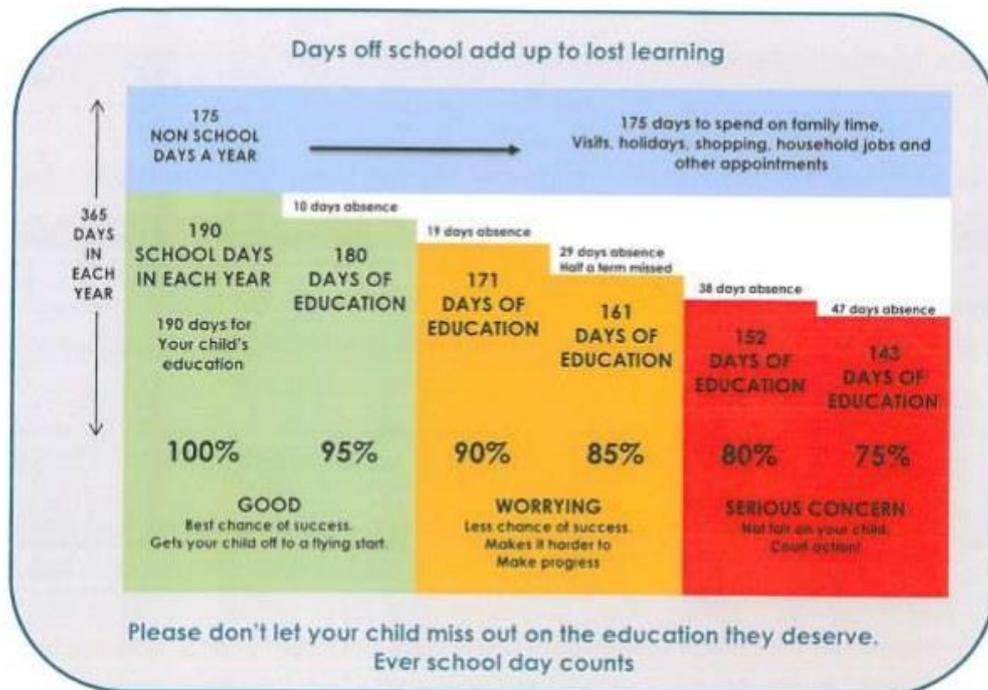
Today in Celebration Assembly it was a delight to give recognition to so many children for showing our core values of Respect, Resilience, Responsibility, Cooperation, Creativity and Enquiry. Well done everyone, so many superstars at CHJS!



23.1.2026 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

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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.

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

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Attendance Guide for Parents/Carers



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.

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 - 96.4% (+0.4)

Weekly Attendance by Year Group

Year 3 = 96.7% (=)

Year 4 = 96.9% (-0.3)

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Year 5 = 96.9% (+2.1)

Year 6 = 95% (=)

Lower School Winners = 3AB (98.1%)



Upper School Winners = 6AD (97.7%)



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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.

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 

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

Wednesday 28th January - Sitting Volleyball 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)

**Monday 2nd March - Parent Consultations*

**Wednesday 4th March - Parent Consultations*

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

**Monday 23rd March - visit by Inspire Dental - Years 3 & 4*

**Tuesday 24th March - visit by Inspire Dental - Years 5 & 6*

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*

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

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

Contact us:

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Essex

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office@chalkwellhall-jun.southend.sch.uk

Visit us on the web at:

<https://chalkwellhall.co.uk/>