

3.10.2025 CHJS Newsletter



Another exciting week completed at CHJS!

As we progress nicely through this half term, I wanted to take a moment to express how much we are looking forward to meeting you all for the upcoming parents' consultations next week, on Monday and Wednesday. Our aim is to foster and build strong and successful partnerships between home and school, and these consultations are a crucial part of establishing this connection at the start of another exciting academic year. Your children's well-being and education are our top priorities, and we wish to utilise next week to enhance this special partnership. It's important for us to work together, ensuring that we understand your child's needs and how we can best support them on their educational journey. If you have any particular topics or concerns you'd like to discuss during our meetings, please do feel free to let us know!

It has been absolutely lovely to see the whole school so engaged in their learning this week. I have particularly noticed how responsive and enthusiastic the children have been during a wide variety of lessons. Watching them ask brilliant questions, collaborate effectively with their learning partners, and engage with their teaching teams has truly been a joy to behold. Their willingness to participate and their curiosity to explore new concepts is a testament to the vibrant learning community we are cultivating here. Long may this continue!

As we move forward, we are committed to maintaining this positive energy and enthusiasm in the classroom. We believe that every child should feel inspired and excited about their learning, and your support at home plays a vital role in this process.

Wishing you all a wonderful weekend! We can't wait to see you next week for the consultations.

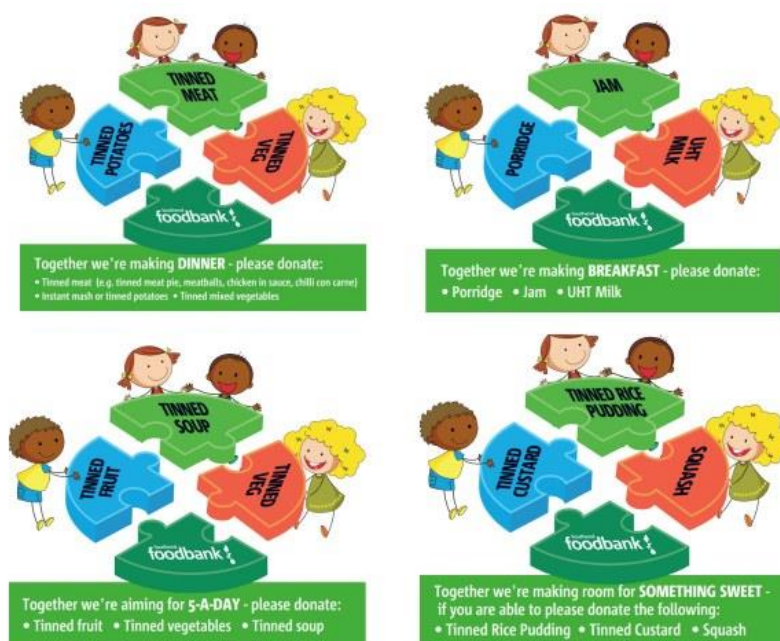


Tenacitas
Trust

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SCHOOL NEWS

HARVEST COLLECTION FOR SOUTHEND FOODBANK



Soon we will be celebrating 'Harvest' and taking part in our annual food donation event. We will again be supporting the charity 'Southend Foodbank'. This service has become even more vital in recent times.

The harvest theme is: Making it Together with the hashtag of #LETSMAKEAMEAL We are asking children to bring their donations to school and give to their class teacher **by next Friday 10th October**.

Whilst any donations are gratefully received, Southend Foodbank have made some special requests so please take a look at the posters below to find out more. Can you buddy up with a friend or two to help make a meal?

We thank you in advance for your support.

Mr Halsall & The Junior Governors

Mindful Mondays, Chalkwell Character Curriculum & Core Value Focus:

This week we focused on asking for help and ways we can do this even though we can find this hard. Asking for help is actually a positive, healthy and brilliant thing to do. Keeping problems and things that bother us to ourselves doesn't help us to move forward so we should use the people around us and be grateful for this!

We also talked about Black History Month which takes place throughout October and we discussed the importance of equality and difference and the wonder of diversity and difference. We will be

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learning about famous figures who have achieved amazing things and inspired change in the face of adversity.



Asking for Help

“Refusing to ask for help when you need it is someone the chance to be helpful.”

What do you think this means?
How do you think it links to your life?

We often talk about resilience in our school and sometimes we begin to believe that resilience and independence are the same thing.



Although there are times when independence is really important, other times, you just need a little bit of help to get you started. Help isn't the same as giving you answers or doing something for you - it's about getting tips on how to approach something. How should you ask for help?

Step 1: Ask yourself who can help

You might be able to help yourself if you regulate and think carefully about what you are doing, but also the problem you're trying to solve might be too big for you alone. Think about the problem, how big it is and then who is the best person to ask in this situation.

Remember - brain, board, buddy, boss.



Step 2: Ask the person politely to help you



In school, we show respect by raising our hands - you probably wouldn't do this with a family member, friend or member of the public, but there are some other things that would stay the same...

What else do we have to do to ask for help politely?

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Step 3: Be patient and grateful.

You might not be the first person who has asked for help, or your problem might be a lot smaller than somebody else's. Be patient - this is part of resilience.

When the helper does come to help you, make sure you show your appreciation for them and say thank you.

You can also spread the good vibes by helping others when you can.



Your Turn:

These children need help - discuss with your partner thinking about brain, board, buddy, boss and how to ask for help politely. What should each child do?

I'm not sure what to do on this task.



I don't know where my jumper is.



I feel like I might be sick.



This Week:

When you feel that you need help, think carefully about who can help you - your brain, your book or the board, a buddy or the boss? If you need to ask a classmate or adult, remember to do so respectfully.

House points will be awarded this week for children who are showing that they can have a go at helping themselves but who also seek help when they need it and offer it to others who are stuck.

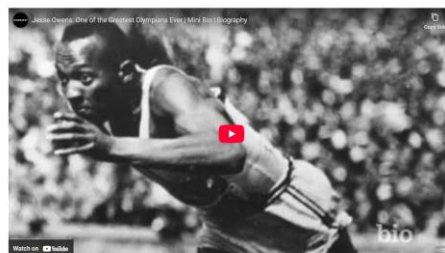


Resilience: Black History Month

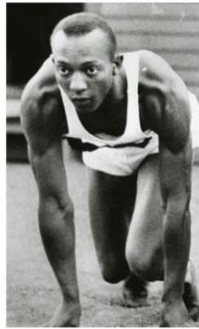


October is Black History Month. It highlights the achievements of black people throughout history as, sadly, this has often been overlooked or ignored.

Black people have had to show great resilience and determination to keep going in the face of racism. One story just like this is that of Jesse Owens.



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"The battles that count aren't the ones for gold medals. The struggles within yourself - the invisible, inevitable battles inside all of us - that's where it's at."

Jesse Owens

There are many stories of black people throughout history who have made an impact around the world. This week, you'll create a display recognising the success of some of those incredible people.



Reflection

This October, let us remember the incredible resilience showcased throughout history by black people. This month has reminded us of the strength and determination of those who have faced adversity yet continued to rise, inspiring generations to come. From civil rights activists to everyday heroes, their journeys teach us that resilience isn't just about enduring challenges but also about thriving in the face of them.

Let's carry this spirit of resilience with us this month, recognising that we can overcome obstacles together.



Black History Month

Work as a team to complete a display for your classroom. Why not listen to a [playlist](#) that celebrates black artists why you complete your display?



National Poetry Day

Take this time to enjoy a poem or two. You could listen to the work of some iconic black poets like...

Benjamin Zephaniah

Vanessa Kisuule

Linton Kwesi Johnson



Malika Booker

Grace Nichols

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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, news and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 50% 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.

- 1 SPOT THE SUBTLE SIGNS**
Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, cynicism, 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.
- 2 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.
- 3 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.
- 4 SUPPORT HEALTHY SLEEP PATTERNS**
Poor sleep makes stress harder to manage. Establish a calming evening routine that includes 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.
- 5 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.
- 6 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.
- 7 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 these bonds through shared activities and meaningful interaction.
- 8 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.
- 9 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.
- 10 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 Butlerman is Director of Holcyn Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in emerging 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](https://www.wake_up_weds.com) [f /www.thenationalcollege](https://www.thenationalcollege.com) [@wakeup.wednesday](https://www.instagram.com/wakeup.wednesday) [@wakeup.weds](https://www.tiktok.com/@wakeup.weds)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.06.2025

BE AWARE, GET ADVICE & BE UP TO DATE ON ALL THINGS ONLINE

We all know how quickly the online world is changing and how important it is to keep our children safe as they navigate it. To support you with this, we are delighted to share a **free resource available through National College**.

The National College provides a wealth of knowledge on online safety, offering:

- **Free, easy to follow courses** designed to give you practical guidance
- **Short, expert webinars** on current online trends and issues
- **Helpful guides** covering apps, games, and digital platforms children may be using

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By signing up, you will gain access to a wide range of trusted resources that can help you feel more confident in supporting your child's online safety.

👉 You can register for free today by visiting <https://nationalcollege.com/enrol/chalkwell-hall-junior-school> and selecting 'parent' when signing up.

👉 Here are a few free courses to help get you started:

<https://nationalcollege.com/courses/os-for-parents-carers-of-children-aged-3-7>

<https://nationalcollege.com/courses/os-for-parents-carers-of-children-aged-7-11>

<https://nationalcollege.com/courses/certificate-in-understanding-mental-health-for-parents-and-carers>

We strongly encourage all parents and carers to make use of this valuable opportunity. Together, we can help ensure our children stay safe, happy, and confident online.

Thank you for your continued support.

Mrs Hume

School Nursing - Community Parent Drop-in Clinics

Venue	Date	Time
Civic Centre	Mon 6 th Oct	09.30-11.30
Blenheim Family Centre	Thurs 9 th Oct	09.00-11.00
Hamstel Family Centre	Weds 22 nd Oct	13.00-15.00

Emotional health and wellbeing advice • Growth and development •
Healthy lifestyles • Bedwetting support • Hearing and vision •
Sleep support • Puberty

No appointment needed.
Call or text us for further information.
📞 01702 534843
💬 ChatHealth Parentline: 07507 331884

Young People scan this QR Code to find support

Parents scan this QR Code to find support

www.southend.gov.uk/schoolnurses
schoolnursing@southend.gov.uk

Southend-on-Sea City Council

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School Nursing Service

Community health clinics for children aged 5–11 who are being educated in Southend

Venue	Date	Time
Civic Centre	Thurs 6 th Nov	14.00-16.00
Blenheim Family Centre	Thurs 20 th Nov	14.00-16.00
Hamstel Family Centre	Mon 24 th Nov	09.30-11.30

Emotional health and wellbeing advice • Growth and development •
Healthy lifestyles • Bedwetting support • Hearing and vision •
Sleep support • Puberty

No appointment needed.
Call or text us for further information.
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schoolnursing@southend.gov.uk

 Southend-on-Sea City Council

School Nursing Service

Community health clinics for children aged 5–11 who are being educated in Southend.

Venue	Date	Time
Civic Centre	Tues 2nd Dec	14.00-16.00
Hamstel Family Centre	Tues 16th Dec	13.00-15.00
Blenheim Family Centre	Thurs 18th Dec	09.00-11.00

Emotional health and wellbeing advice • Growth and development •
Healthy lifestyles • Bedwetting support • Hearing and vision •
Sleep support • Puberty

No appointment needed.
Call or text us for further information.
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POPPIES ON THE PIER!

As a poignant tribute for Remembrance Day, from 5 - 16 November 2025, Southend Pier will be transformed into the UK's largest Remembrance art installation.

From the shore to the pier head, the railings will be lined with over 60,000 hand-crafted knitted and crocheted poppies, donated by people from across the UK and around the world. What began as a small community appeal has grown into a powerful international tribute to remembrance, community spirit, and creativity.

If you want to get involved in this fantastic tribute, please click the link:

[Poppies on the Pier](#)



DRAMA OPPORTUNITY

LAMDA Acting Exam Course
For school years 4-5
Wednesdays 5:00-6:00 pm

For school years 6-8
Wednesdays 7:00-8:00 pm

Kings Road URC,
Westcliff-on-Sea, SS0 8LH

bookings at
www.antoniadoggett.co.uk

I teach **LAMDA**
— Exams & Qualifications



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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.

DATES FOR YOUR DIARIES

AUTUMN TERM 2025



SEPT 26	CHRISTMAS WREATH KITS COLLECTION FROM 28 TH NOVEMBER AT SCHOOL	
OCT 3	AGM 10.30-11AM, JUNIOR SCHOOL	
OCT 3	LUNCHTIME GET TOGETHER 12.30-2.30PM / THAMESBREEZE, LEIGH ROAD	
OCT 17	QUIZ NIGHT 7.30PM, SCHOOL DINING HALL	
OCT 20	FUND-RAISIN RETURN BY FRIDAY 7 TH NOVEMBER	
NOV 28	NON-UNIFORM DONATION DAY DONATE WINE & CHOCOLATE FOR OUR TOMBOLAS	
NOV 29	CHRISTMAS WINTER WONDERLAND FAYRE OPEN FROM 12PM (11.30AM FOR OUR SEN FAMILIES)	
DEC 3RD	JUNIOR CHRISTMAS BAZAAR / INFANT SANTA'S GROTTO DURING THE SCHOOL DAY	
DEC 4	INFANT CHRISTMAS BAZAAR / JUNIOR SANTA'S GROTTO DURING THE SCHOOL DAY	



DATES/TIMES CORRECT AT THE TIME OF PRINTING

www.pta-events.co.uk/chalkwellhallpta



*Create your own
Christmas Wreath*

£35

includes 12" pine wreath,
rosemary, eucalyptus, bay
leaf, berries, pine cones, dried
fruit, cinnamon sticks & ribbon

Put the Christmas tunes on, pour
yourself a glass of bubbles and create
your own beautiful wreath in the
comfort of your own home!

Order online at
[www.pta-
events.co.uk/chalkwel
lhallpta](http://www.pta-events.co.uk/chalkwellhallpta)



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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



YOUR
SCHOOL
LOTTERY



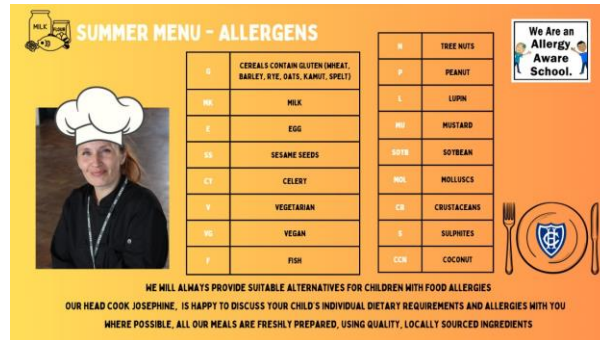
GambleAware

See website for Terms & conditions. Enter by 27/09/25.

SCHOOL DINNER MENU - Next week: WEEK 2



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SUMMER MENU - ALLERGENS

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

CEREALS CONTAIN GLUTEN (WHEAT, BARLEY, RYE, OATS, KAMUT, SPELT)	
G	MILK
E	EGG
SS	SESAME SEEDS
CE	CELERY
V	VEGETARIAN
NO	VEGAN
F	FISH

TREE NUTS	
P	PEANUT
L	LUPIN
MU	MUSTARD
SO	SOTREAN
MO	MOLLUSCS
CR	CRUSTACEANS
S	SULPHITES
CO	COCONUT

We Are an Allergy Aware School.

OPAL



Platinum Award

WISH LIST

- ball pit balls
- pop up tents
- tarpaulin
- sand pit toys

A Huge Thank You for Your Generous Donations!
We are absolutely delighted with the wonderful donations we've received, including dolls, coloring pens, art and craft materials, puzzles, magazines, soft toys, and fidget toys. Your generosity means so much, and the children are loving every moment of play during their lunchtimes! Thank you for your kindness and support—it truly makes a difference!

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!

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

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SPORT @ CHJS

No sports fixtures took place this week. We are looking forward to the Year 5/6 Tag Rugby Tournament next Wednesday.

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



Dedicated Coaches
That Will Always Put Your Children First!



 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

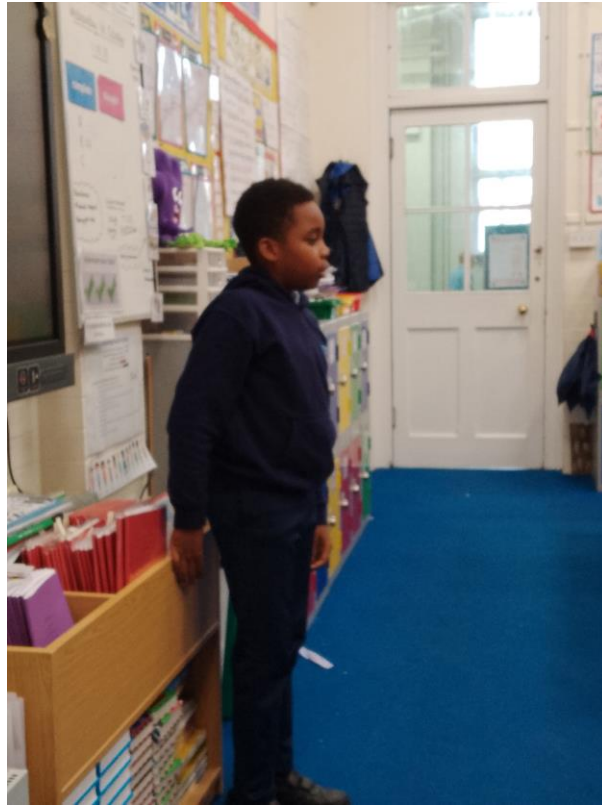
Another busy, busy week in Year 3!

We have been honing our addition skills in Maths using both mental strategies and written methods and working hard to showcase our comprehension skills in a Reading Assessment. We have also have enjoyed writing a Shared Write, working collaboratively to produce our own class story, using Paul Geraghty's book 'Rotten and Rascal' as our starting point.

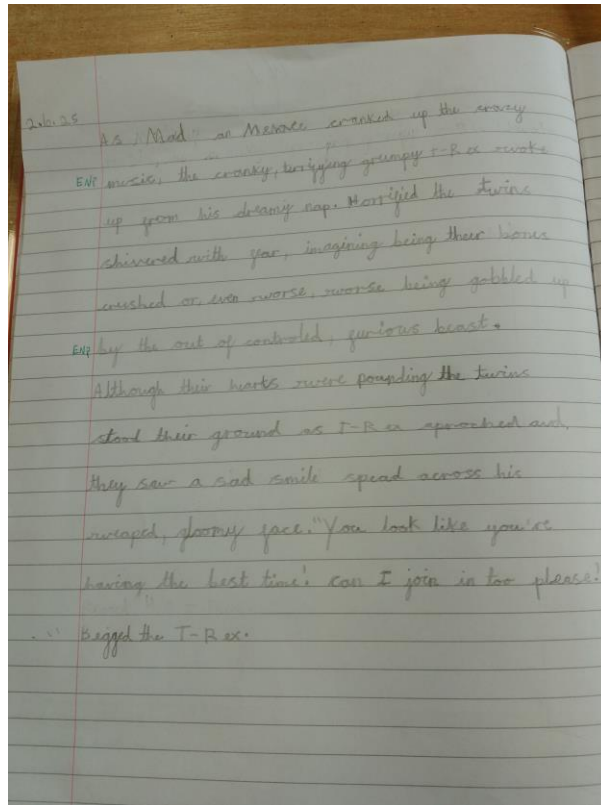
In PSHE this term, Jino, the Year 3 jigsaw piece, has been helping us to answer the question: 'What do we need to do to make everyone feel safe so we can all learn well?' We have been thinking about our own worth, achievements, the importance of valuing others, recognising feelings and making positive and responsible choices. We hope that with Jino's help, we can understand what we need to do in lessons, so we can all learn to the best of our ability!

This week, our votes for our Reading Ambassadors took place and we have appointed our representatives. We look forward to hearing all about their ideas for promoting a love of reading throughout the school. Next week, it is the turn of aspiring Eco-Warriors!

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Year 4

Year 4 have enjoyed another action-packed week! Their excitement began on Monday with a fascinating melting investigation led by Mrs. Ballard, sparking lots of scientific curiosity. As creative writers, the children used their fantastic story maps from last week to begin writing their own versions of Beowulf's Great Battle.

Their creativity is truly shining through, and we couldn't be prouder of both their effort and imagination. We're looking forward to reading their completed stories next week!

Both 4NM and 4SR had a wonderful time visiting Southend Museum and returned full of excitement and amazement.

We are incredibly proud of all the children in Year 4 for their resilience, determination, and commitment. Keep up the fantastic work!

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Year 5

🦋 *Year 5 Weekly Highlights!* 🌟 *What an incredible week it has been in Year 5! From creative storytelling to impressive athletic feats, our students have truly shone. Here's a glimpse of the wonderful work, effort, and creativity displayed this week:*

📖 **English:** *The children have been crafting their own thrilling versions of **Theseus and the Minotaur**. We are astounded by their imaginative flair and storytelling skills!*

🤸🏻‍♀️ **Gymnastics:** *Students have been perfecting their partner balancing sequences, showcasing determination and teamwork as they tackle these challenging routines!* 🏐 **Netball:** *Our young athletes have been honing their shooting skills, with several students impressively scoring goals during practice. Keep up the fantastic work!*

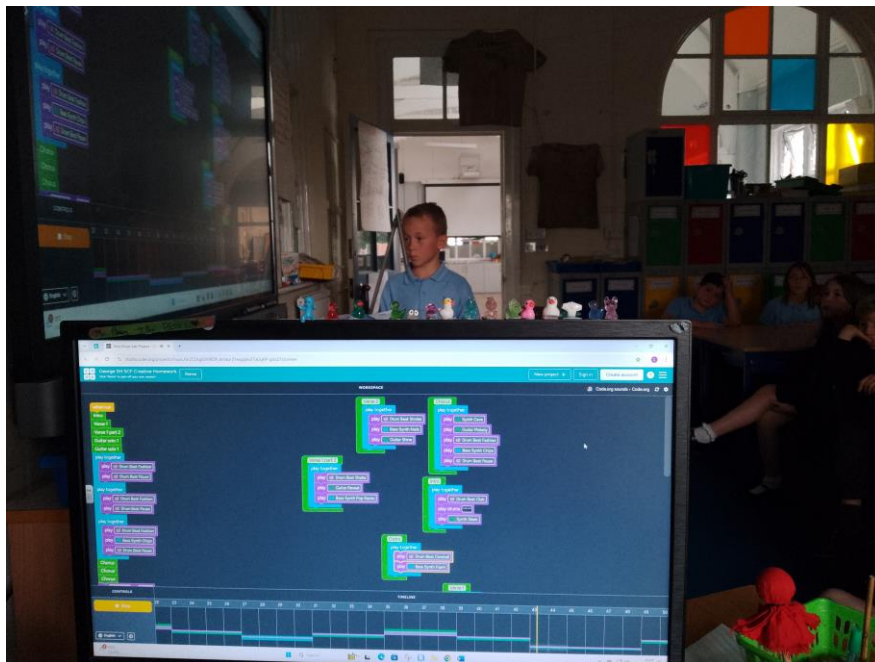
🔭 **Science:** *The excitement continues as Year 5 adds the final touches to their stunning planet models! We can't wait to see these displayed in all their glory.*

💻 **Computing:** *Inspired by our lessons, students have taken their coding skills home and produced some fantastic original music!*

🎵 *A huge thank you to everyone who shared their creations with us.*

It's been another action-packed week filled with collaboration and creativity! Well done, Year 5!

👏 *#TeamworkMakesTheDreamWork #Year5 #CreativityInAction #SchoolProud #FutureLeaders*



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Year 6

Year 6 have had a busy week with their first round of assessments, and every teacher has been so proud of the hard work and effort that has been showcased. Outside of this, the children have enjoyed developing their ideas about energy efficiency in Science to support a given village's electric supply, playing harmonies in Music on the glockenspiels to a track, and learning how to transfer and present data onto an excel spreadsheet in Computing.

A great week overall that has demonstrated the resilience and creativity we love to see in Year 6 - well done everyone!



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MOJA Island
 You are a group of students who have been asked to identify the most appropriate renewable energy options for a community on Moja Island. Firstly, look at the map of the island and find where your community lives. Then, read the information card about your community group. Next, read the Renewable Energy fact card to help you make the best choice for each of the five villages in your community. You will be asked to report back to class.

Name: _____ Class: _____

Community name	Renewable energy choice	Number of energy installations needed per village	Reasons for choice
Village 1	Tidal waves	21	Quicker to set up than solar panels. Less likely to be damaged by storms.
Village 2	Wind turbines	1	Wind turbines are easy to set up and maintain. They are also quiet.
Village 3	Solar panels	4	Solar panels are easy to set up and maintain. They are also quiet.
Village 4	Solar panels	4	Solar panels are easy to set up and maintain. They are also quiet.
Village 5	Solar panels	4	Solar panels are easy to set up and maintain. They are also quiet.

practicalaction.org/schools/moja-island

Practical ACTION

MOJA Island
 You are a group of students who have been asked to identify the most appropriate renewable energy options for a community on Moja Island. Firstly, look at the map of the island and find where your community lives. Then, read the information card about your community group. Next, read the Renewable Energy fact card to help you make the best choice for each of the five villages in your community. You will be asked to report back to class.

Name: _____ Class: _____

Community name	Renewable energy choice	Number of energy installations needed per village	Reasons for choice
Village 1	Solar panels	4	Solar panels are easy to set up and maintain. They are also quiet.
Village 2	Wind turbines	2	Wind turbines are easy to set up and maintain. They are also quiet.
Village 3	Solar panels	2	Solar panels are easy to set up and maintain. They are also quiet.
Village 4	Solar panels	2	Solar panels are easy to set up and maintain. They are also quiet.
Village 5	Solar panels	3	Solar panels are easy to set up and maintain. They are also quiet.

practicalaction.org/schools/moja-island

Practical ACTION

Achievement Awards

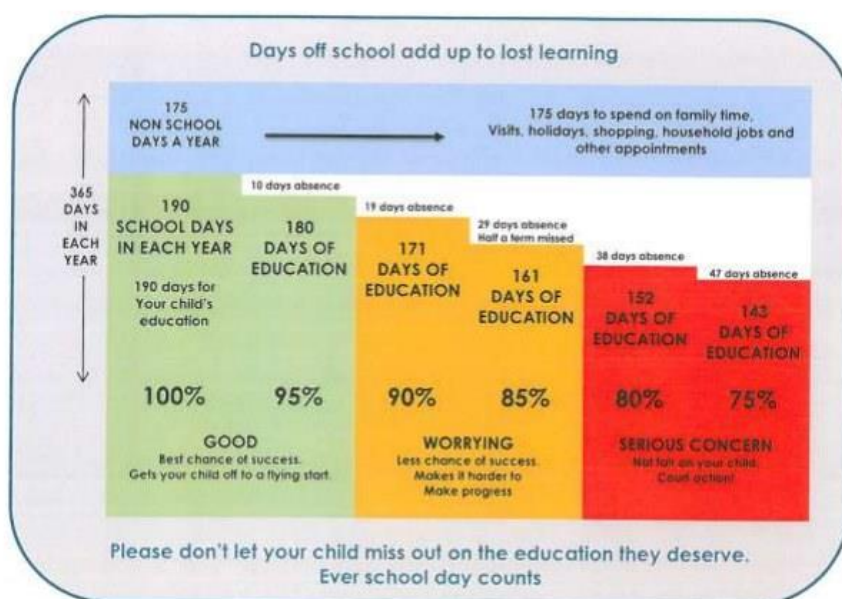


Today in Celebration Assembly it was a delight to give recognition to so many children for showing our core values of Respect, Resilience, Responsibility, Cooperation, Creativity and Enquiry. Well done everyone, a brilliant start to the year!

3.10.2025 CHJS Newsletter



Attendance & Punctuality



3.10.2025 CHJS Newsletter

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.

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.

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CURRENT SCHOOL ATTENDANCE THIS WEEK - 95.8%

Weekly Attendance by Year Group

Year 3 = 97.9%



Year 4 = 97.3%

Year 5 = 94.3%

Year 6 = 94.6%

Lower School Winners = 3JW (98.6%)



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Upper School Winners = 5SH (98%)



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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  

Young People scan this QR Code to find support



Parents scan this QR Code to find support



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

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

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Tuesday 7th October - Individual School Photos

Wednesday 8th October - Year 5/6 Tag Rugby Tournament

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 14th November- Children in Need - non-uniform day!*

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)

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