

30.1.2026 CHJS Newsletter



What a magnificent week it has been at CHJS!

This week culminated in our incredible **Times Table Rock Stars Day**, and the effort from our children—and staff—was truly exceptional. The creativity, confidence, and sheer brilliance of the rock-star costumes on show made it a day to remember.

We were also delighted to welcome our local MP, **David Burton-Sampson**, who visited to see firsthand the excellence within our school. He was thoroughly impressed by our rock-star spirit! His visit also focused on the tremendous impact of **The Hungry Cupboard**, where our collective commitment to supporting families in need continues to make a meaningful difference.

Across the school, our dedication to deep and enriching learning experiences remains as strong as ever. Topics across year groups show real depth, curiosity, and engagement, while our clubs continue to thrive.

A special congratulations must go to **Mrs Flewitt and the CHJS Sitting Volleyball Team**, who were crowned champions this week—an outstanding achievement that embodies our values of teamwork, determination, and excellence.

With just **two weeks to go until half term**, we look forward to pushing ahead, embracing every learning opportunity, and finishing this half term on a real high.

Thank you, as always, for your continued support.

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! Today the **whole of Lower School** 'cashed in' their first reward with an extra long lunch time. In **Upper School, Colchester** received their extra play this morning after breaktime!

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.

Dates for Your Diary

- **Parent SEND Forum - Friday 6th February at 1:30pm**
- **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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Tenacitas
Trust

SCHOOL NEWS

Times Table Rock Stars ROCK DAY!

🎸 What an Incredible Rock Day! 🎸

Today, CHJS was transformed into a *sea of rock stars* as we celebrated our Times Tables Rock Stars Day! Our students arrived dressed in their best rock attire, fully embracing the spirit of the day and turning themselves into true rock celebrities.

Throughout the morning, children showcased their fantastic times tables skills in a fun-filled competition. With pupils and teachers all joining in, we saw some brilliant progress, lots of determination, and plenty of smiles. The friendly rivalry between students and staff added an extra layer of excitement, making it a truly memorable event.

A huge thank you to all our amazing rock stars for their enthusiasm, creativity, and energy. Let's keep the momentum going and continue to *rock those times tables* every day!

WHY ARE TIMES TABLES USEFUL?

NUMBER AND CALCULATION <small>WRITTEN MULTIPLICATION</small> $\begin{array}{r} 758 \\ \times 8 \\ \hline 6064 \\ 46 \end{array}$	PROPERTIES OF NUMBER <small>FINDING FACTORS</small> <small>Factors of 12</small> $1 \times 12, 2 \times 6, 3 \times 4$ 	SHAPE <small>CALCULATING AREA: $6\text{cm} \times 3\text{cm} = 18\text{cm}^2$</small> 	FRACTIONS <small>SIMPLIFYING FRACTIONS</small> $\frac{2}{6} \rightarrow \frac{1}{3}$
<small>WRITTEN DIVISION</small> $\begin{array}{r} 109 \\ 6 \overline{)654} \\ \underline{6} \\ 5 \\ \underline{6} \\ 4 \\ \underline{6} \\ 0 \end{array}$	<small>FINDING MULTIPLES</small> <small>Multiples of 12</small> 12, 24, 36, 48, 60, 72	<small>FINDING THE PERIMETER OF REGULAR POLYGONS</small> 	<small>ADDING/SUBTRACTING FRACTIONS</small> $\frac{1}{3} + \frac{3}{6} = \frac{2}{6} + \frac{3}{6} = \frac{5}{6}$
<small>MENTAL MULTIPLICATION AND DIVISION</small> <small>Using the facts you know to quickly work out answers in your head.</small> <small>USING KNOWN FACTS TO FIND OTHERS WITH PLACE VALUE</small> $4 \times 6 = 24$ $40 \times 6 = 240$ $40 \times 60 = 2400$ $0.4 \times 6 = 2.4$ $0.4 \times 0.6 = 0.24$	<small>FINDING COMMON FACTORS</small> <small>Factors of 12</small> ① × 12, ② × 6, ③ × 4 <small>Factors of 18</small> ① × 18, ② × 9, ③ × 6	<small>CALCULATING VOLUME</small> 	<small>MULTIPLYING/DIVIDING FRACTIONS</small> $\frac{1}{2} \times \frac{2}{4} = \frac{1 \times 2}{2 \times 4} = \frac{2}{8} = \frac{1}{4}$
<small>WORD PROBLEMS</small> <small>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?</small> $12 \times 11 = 132$	<small>FINDING COMMON MULTIPLES</small> <small>Multiples of 3</small> 3, 6, 9, 12, 15, 18, 21, 24, 27, ... <small>Multiples of 4</small> 4, 8, 12, 16, 20, 24, ...	<small>SCALING SHAPES</small> 	<small>FINDING FRACTIONS OF WHOLE NUMBERS</small> $\frac{1}{6}$ of 24 = 4
<small>ALGEBRA</small> $4x = 24 \quad x = 6$ $7x = 42 \quad x = 6$ $9x = 81 \quad x = 9$	<small>FINDING PRIME AND COMPOSITE NUMBERS</small> <small>Prime numbers have only 2 factors</small> $① \times 7, ① \times 3, ① \times 5$ <small>Composite numbers have more than 2 factors</small> $① \times 6, ② \times 3, ① \times 8, ② \times 4$	<small>ORDERING FRACTIONS</small> <small>Put these fractions in order, largest first</small> $\frac{1}{2}, \frac{6}{8}, \frac{2}{5} \rightarrow \frac{6}{8}, \frac{1}{2}, \frac{2}{5}$	<small>CONVERTING BETWEEN MIXED NUMBERS AND IMPROPER FRACTIONS</small> $2\frac{1}{2} = \frac{5}{2}$
<small>RATIO</small> <small>In a school playground, the ratio of boys to girls is 2:3. If there are 18 girls, how many boys are there?</small>	<small>SQUARE AND CUBE NUMBERS</small> $2 \times 2 = 4$ ← Square $3 \times 3 \times 3 = 27$ ← Cube	AND MANY MORE!	

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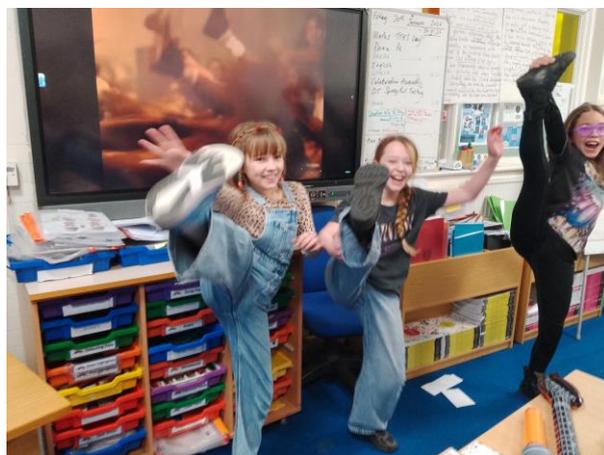
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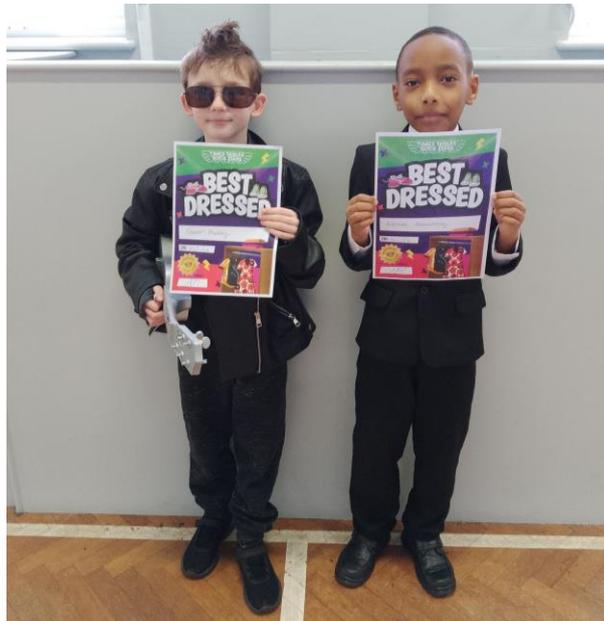
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Parent Discussion Group - Wednesday 28th January 6pm

Thank you so much to those of you that attended our discussion group on Wednesday evening. We had some really great conversations and your openness was truly appreciated.

If you were unable to attend (or want to add some more to our discussions from yesterday), you will find a QR code below, which will take you to a parent survey.

The survey will ask some questions linked to our five recommended healthy habits and the aim is to use these results to advise and support you and your children in the best way possible when it comes to healthy habits online.

Your answers will be completely anonymous and we ask that you are as honest as you can when answering the questions to give us a clear picture of what our school community needs. Please share this with as many parents in our community as you can.

If the QR code does not work for whatever reason, you can also use this link: <https://forms.gle/69PabjXu5kzkRQwt5> As always, thank you for your continued support.



Scan here!

CHJS Parent's survey

The impact of social media on children

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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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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

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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!

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

*Southend
Gang Show*

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

PALACE THEATRE
SOUTHEND

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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.

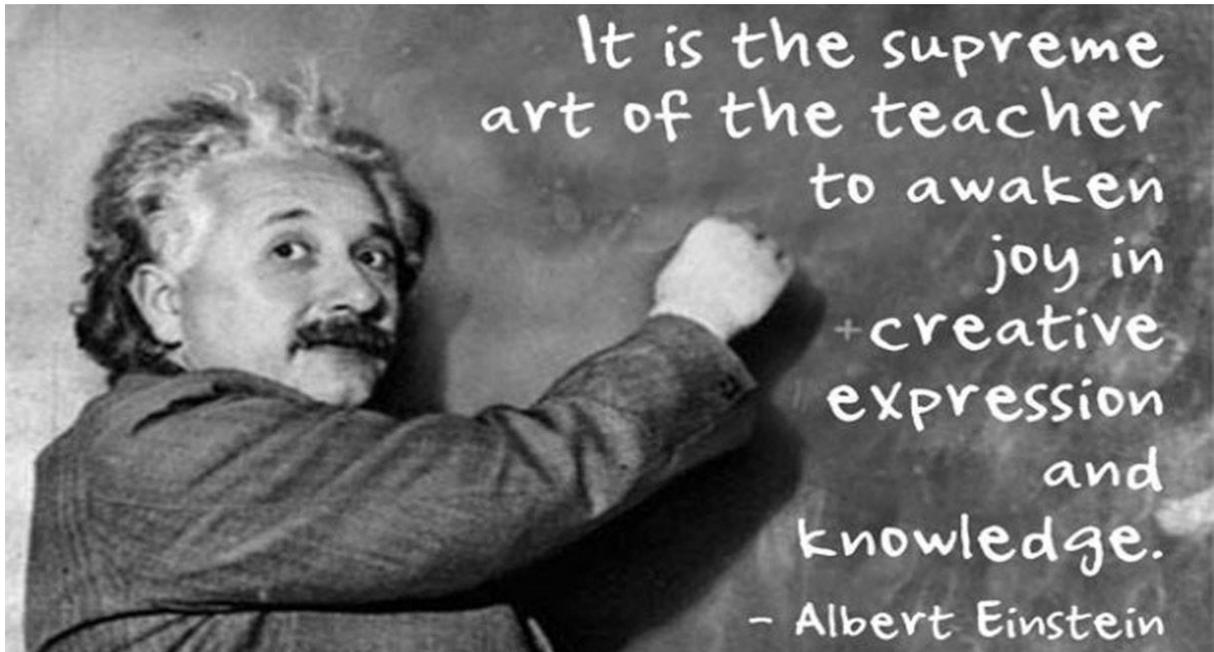
A quick and secure way to report absence due to illness and send messages to school.



Studybugs 

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Mindful Mondays, Chalkwell Character Curriculum & Core Value
Focus:



Spring 1 Week 4

Core Value: Enquiry
SMSC/FBV: Rule of Law
Learning Behaviour: Respecting Decisions



What is a **position of authority**?
Who do you know who might
be in one?



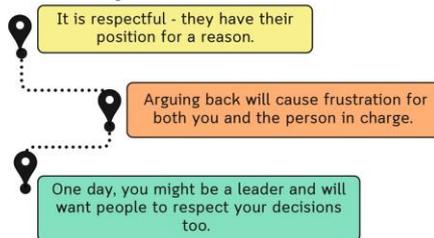
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Authority figures are important because they provide structure, help with making decisions and organise big groups of people.

This can include upholding the law or the rules we have in school.

Most of the time, they are in their position because they have the **qualifications** or **experience** to be there.

Why is accepting their decision important?



How do you do it?

It can feel frustrating or disappointing if an authority figure like a referee, teacher or adult makes a decision that you don't agree with. What can you do in this situation?



Step 1: Stop

Notice what you are feeling and think about the tools you have for this zone.

It could be deep breathing, counting to 10 or asking to move to a calm space.



Step 2: Opt

Use a calm voice and follow the instructions or say "Ok" politely.

You might not like the decision, but if it has been made, there is nothing to be gained from arguing.



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Step 3: Go

If you still feel upset by the decision later in the day, speak to somebody about it but be careful with your word choices. Try saying "When _____ happened, I felt _____." For example,

"When the referee made the decision to award a penalty, I felt really angry and disappointed. It didn't feel fair."

The authority figure **might** explain their decision to you, or they might not - this is something we have to learn to accept in most situations - it is outside your circle of control.

Sometimes it helps to think of the other point of view...



Eliza asks her teacher if she can do a piece of creative homework about a TV show she watches with her older brother. Her teacher said no. Why do you think that might be?

Your Turn

Are there ever times that you should challenge authority? When? Why?



Reflection:

Accepting the rule of law is one of the things that British citizens should all do - it's called a **fundamental British value**. This means accepting the decision of authority. Although we don't have laws, police officers or judges in our school, we do have rules, and adults that uphold them.

Sometimes this means they make decisions you might disagree with. It's important to remember that they have the qualifications and experience to make those decisions, and they are outside your circle of control. Use regulation tools to manage your emotions if you feel frustrated or disappointed.

There are a few reasons that we might need to challenge decisions, so if you are worried about something an authority figure has said or done, find an adult you trust to talk to.

Enquiry: Lunar New Year



Happy Lunar New Year!

Lunar New Year, also known as Chinese New Year, is a celebration that marks the start of a new lunar year. It usually falls in January or February each year depending on the Moon. In 2026, the Lunar New Year begins on 17th February.

CBBC

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Enquiry: National Puzzle Day



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. Formally delivered by National Online Safety, these guides now address wider topics and themes. For further guides, links and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9-16 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

WHAT ARE THE RISKS?

POPULAR ONLINE SOURCES
Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS
Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnoses can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS
Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS
Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or 'crazy hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS
Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP
Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, compromise recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT
Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mitigate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

SCHOOL-HOME COLLABORATION
Strengthen collaboration with educators to integrate digital literacy into school curricula, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

IDENTIFY RELIABLE SOURCES
Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for verification. This reduces young people's reliance on potentially harmful or misleading online sources.

ENCOURAGE OPEN DIALOGUE
Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

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

[#WakeUpWednesday](#) The National College

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

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HUNGRY CUPBOARD!

3JW Supporting Our Community - visit by David Burton-Sampson MP

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! And today

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 3JW who put in a fabulous effort; filling the cupboard to bursting! Well done! Next week, it's 3CH's in Lower School's turn!

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

🌟 **The Hungry Cupboard – Community Kindness in Action!** 🌟

We are thrilled to share some uplifting news from our school community! **The Hungry Cupboard** continues to be a brilliant initiative supporting local families in crisis—and we are incredibly proud of the generosity shown by our families.

Today, we were honoured to welcome our MP, **David Burton-Sampson**, who visited CHJS to see first-hand the fantastic support you have all given to this project. He was genuinely *blown away* by the commitment, compassion, and community spirit shown by our families.

How it works:

Each week, the Hungry Cupboard is hosted in a different classroom. Pupils gather priority items suggested by **SVP Southend**, filling the cupboard to the brim. Once full, the items are delivered directly to SVP, ensuring our collective contributions make a meaningful impact where it's needed most.

This week, the Hungry Cupboard was proudly hosted by **3JW**, who put in a *tremendous* effort—filling the cupboard to bursting! A huge well done to everyone involved. 🎉

Next week, it's **3CH's turn** in Lower School—let's keep the momentum going!

Thank you for your continued kindness and generosity. Together, we are making a real difference.



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

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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 2

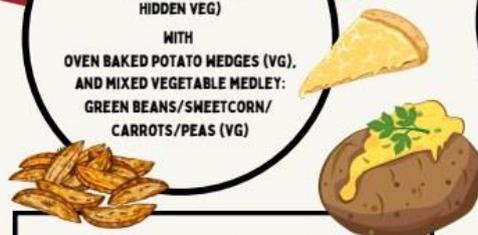
AUTUMN WEEK 2

WE WILL ALWAYS PROVIDE SUITABLE ALTERNATIVES FOR CHILDREN WITH ALLERGIES
THIS MENU IS SUBJECT TO CHANGE

WACKY WEDGE MONDAY

HOMEMADE CHEESE AND TOMATO PIZZA / VEGE PIZZA (MK) (G) 9V) (ON A WHOLEMAEL BASE AND HIDDEN VEG)

WITH OVEN BAKED POTATO WEDGES (VG), AND MIXED VEGETABLE MEDLEY: GREEN BEANS/SWEETCORN/ CARROTS/PEAS (VG)



TWIRLY PASTA TUESDAY

TRICOLOUR PASTA TWIRLS (G) (VG) WITH HOMEMADE TOMATO SAUCE (WITH HIDDEN VEG) (CY)

AND GRATED CHEESE (MK), GARLIC BREAD (G) (MAY CONTAIN MK) AND CARROTS AND GREEN BEANS (VG)



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 COLESLAW (E) (V)

A COLD SALAD BAR

SWEETCORN, TOMATO, CUCUMBER, CARROT (VG), LETTUCE, MIXED PEPPERS

WATER AND MILK / A FRUIT BOWL (ALTERNATIVE PUDDINGS ARE AVAILABLE OCCASIONALLY)

FIREY FEAST FRIDAY

HOMEMADE BEEF CHILLI (WITH HIDDEN VEG) OR VEGGIE CHILLI (SOYB) (VE)

WITH STEAMED RICE AND GRATED CHEESE (MK) (V) AND CARROTS AND BROCCOLI (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)



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

SUMMER MENU - ALLERGENS




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

N	TREE NUTS
P	PEANUT
L	LUPIN
MU	MUSTARD
SOTB	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

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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

Sitting Volleyball Champions!!

On Wednesday, a mixed team of pupils took part in the Sitting Volleyball Tournament held at Garons. 8 schools were involved. They played the best of three against each school, we only lost to Prince Avenue! The results were: Prince v Chalkwell 11-9, 11-8 Leigh N St v Chalkwell 11-6, 11-12, 4-11 West Leigh 11-9, 6-11, 9-11 Greenways 2-11, 7-11 St Mary's 12-14, 13-11, 10-12 B Park 5-11, 8-

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11Porters 10-12, 5-11The team played with a fantastic attitude and displayed excellent teamwork and sportsmanship which was reflected in the final result- they won! This means they qualify for Essex Finals which will be taking place on the 4th of March (Venue tbc).An amazing achievement. Well done Team Chalky!



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Sporting Opportunities



SPORTSTAR

WHERE EVERY CHILD SHINES!

FEBRUARY HALF TERM

AN EXCITING HOLIDAY CLUB FOR 5-12 YEAR OLDS

www.sport-star.co.uk

**LOCATED AT WESTCLIFF HIGH
SCHOOL FOR BOYS**

WELCOME WEEKEND

Saturday 31st January & Sunday 1st February 2026



Ready for an Active Weekend!

Saturday 31st January

- 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

Sunday 1st February

- 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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ment

LES MILLS



MASTER TRAINERS COMING TO SOUTHEND

SATURDAY 31ST JANUARY & SUNDAY 1ST FEBRUARY



Book via our App!



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www.sufccommunity.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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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

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

FENCING

KIDS FAVOURITE
ARCHERY & AXE THROWING

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

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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

We have had a very productive week in Year 3 this week! In English, the children have been planning and writing their own traditional stories but with an Egyptian twist. Stories such as 'The Three Little Camels', 'The Egyptian Prince', 'Three Egyptian Maus', 'The Three Alligators' etc have been flowing beautifully with fantastic sentence openers, adjective strings and similes used to enhance writing.

The children have been really enjoying Computing this half term. We have been focusing on Computer networks and have been exploring what digital devices are and how we use them (exploring inputs, processes and outputs), and then learning about how digital devices can be connected and what the physical components of a network are.

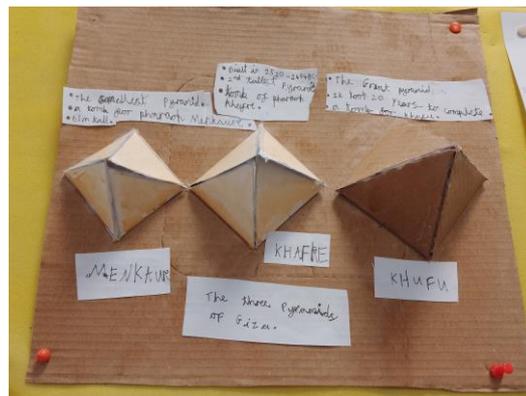
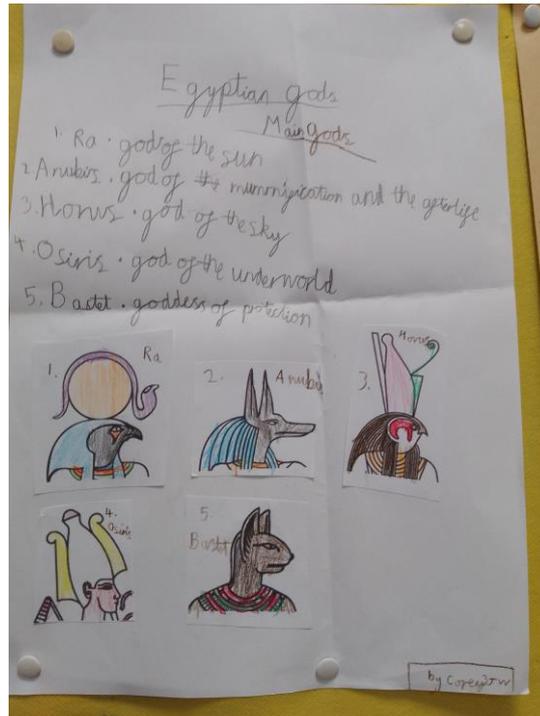
We would like to say a massive thank you for the fantastic support you give to the children and our school community - the quantity and quality of creative homework that has been shared so far this half term has been wonderful, the children's enthusiasm and commitment to working at home on EdShed and TTRockstars is something to be very proud of and the generous donations from 3JW to 'The Hungry Cupboard' has been amazing (we couldn't shut the door!). And the grand finale...the outstanding efforts put into 'Dress as Rockstar' day! THANK YOU!



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Year 4

This week in 4BR we have been performing our spy-based dances in PE. We have learnt a class routine and then added partner work focusing on the levels we make with our bodies. The children had great fun and enjoyed the slow motion action.

Later in the week we also focused on our performance skills by practicing our lines and the songs for our year 4 performance. Our performance is based on world book day and our favourite authors. We can't wait to showcase our talents for you!



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Year 5

🌟 *What a fantastic week it has been in Year 5!*

🌟 *5CF and 5SH had the wonderful opportunity to visit the synagogue in Westcliff, where they showed great respect and curiosity, impressing our hosts with their insightful questions. 🙏 In Dance PE, the children have been busy developing creative sequences using the techniques they've learned.*

✍️ *In Writing, they collaborated to craft the best similes, varied sentence openers, and fabulous vocabulary for their shared quest stories.*

🎾 *And in Tennis PE, they assessed each other's skills, encouraging one another to make great progress with their racket and ball techniques. 🗣️ What a super week of learning and creativity! Keep up the great work, Year 5! 🎯*

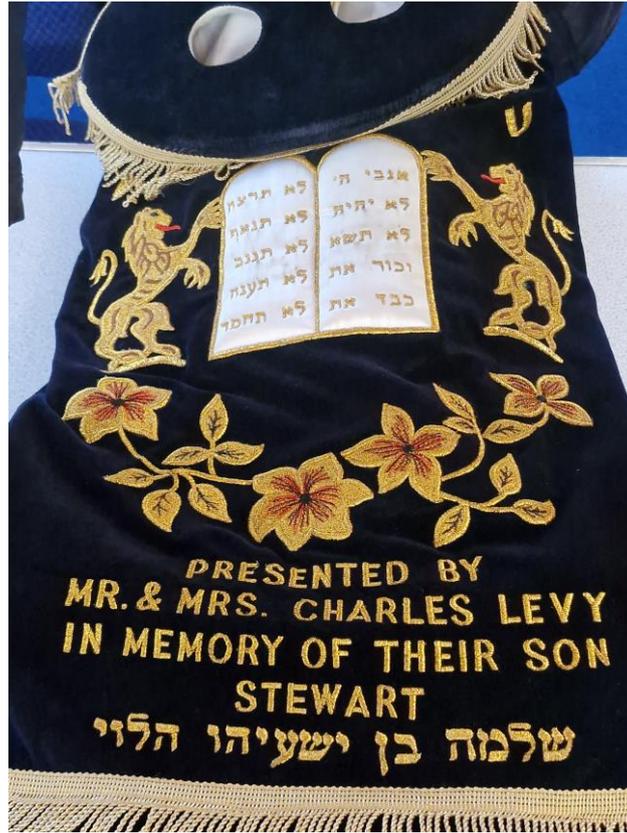
#Year5Adventures #LearningThroughFun #CreativeMinds #ProudSchool #CommunitySpirit



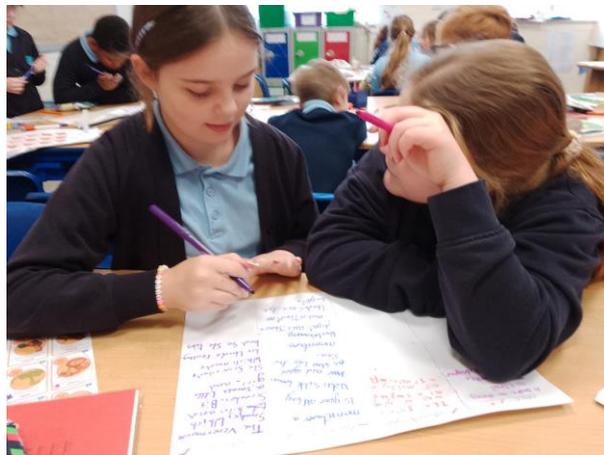
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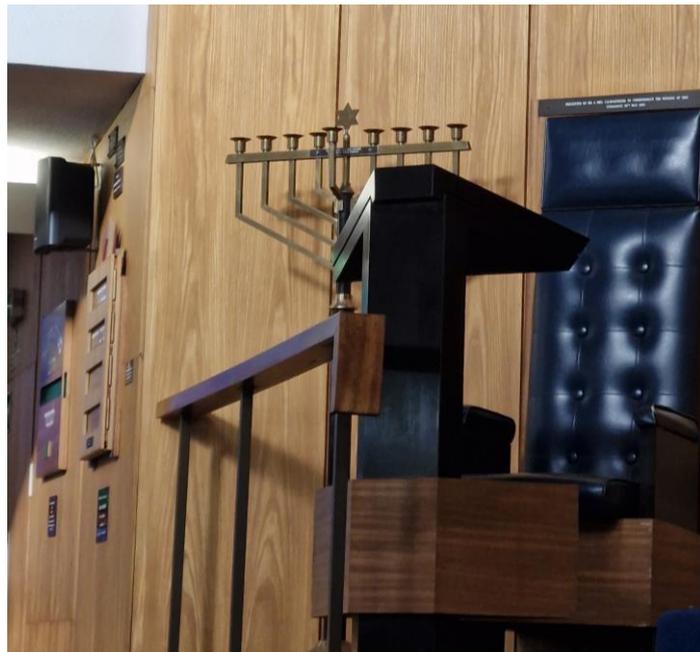
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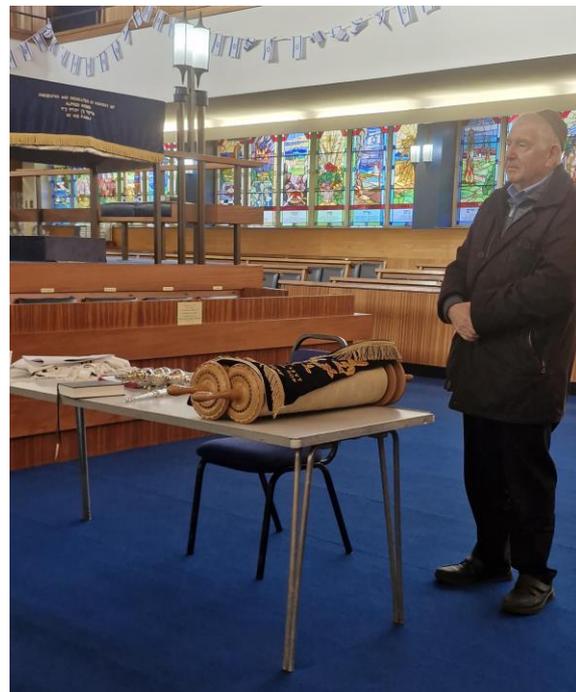
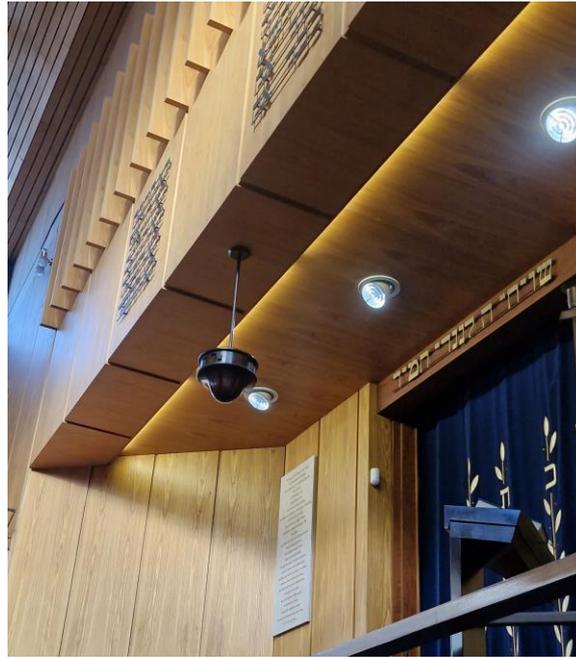
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Year 6

This week the children have shown excellent resilience and perseverance when completing their latest set of assessments. They approached them with a positive attitude and worked extremely diligently throughout. Whilst the mornings were quiet, the energy shifted to that of excitement, especially on Monday, when the children carried out the heart dissection in Science. They immersed themselves fully in the experience, exploring the chambers, valves, and vessels first-hand, allowing them to see exactly how blood pumps through the body. It was wonderful to see their curiosity ignite. Alongside this, they also took part in quizzes, consolidating their learning of the circulatory system.

During Art, the children have been experimenting with how to use scale and proportion to enlarge a drawing. It is clear to see that we have lots of budding artists within the year group! In PE, the children have thought hard about how to apply their technical skills into a game in hockey. They are working hard on spatial awareness and precision passing to navigate their opponents. Within our History lessons, the children have really enjoyed learning about the types of punishments that occurred during the different eras. This week has focused on the Tudors and whether or not their punishments were too brutal.

As always, they have also impressed us with their excellent outfits for Rockstar Day! Well done on another successful week, Year 6.

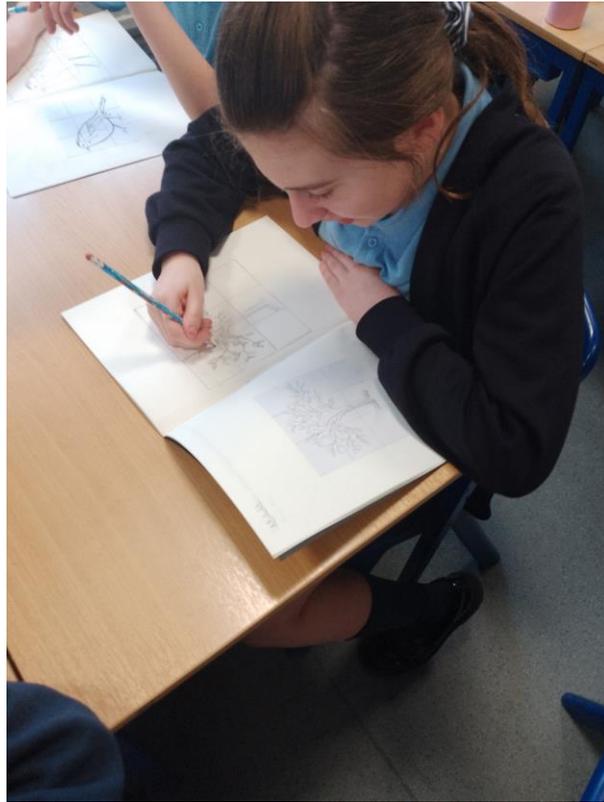
In 6AF's maths set, the children were given the opportunity to create Mr Fleming's avatar's costume, which he would wear for the day. The highest usage from the previous day got to choose something new for the avatar. Here's the final look from the top 5, but overall the class went from 2-3 average users to 20 children logging in for the chance to compete! An incredible feat that will help their times tables massively.



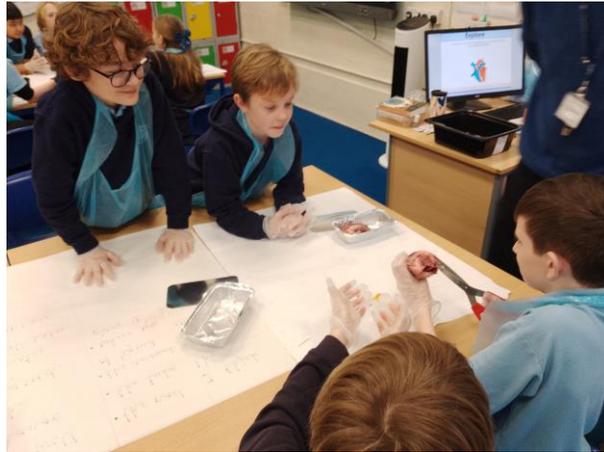
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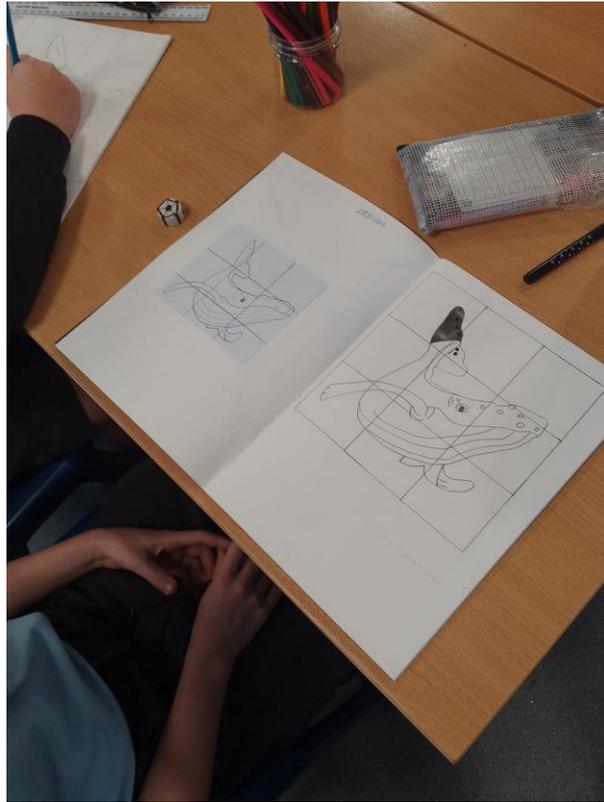
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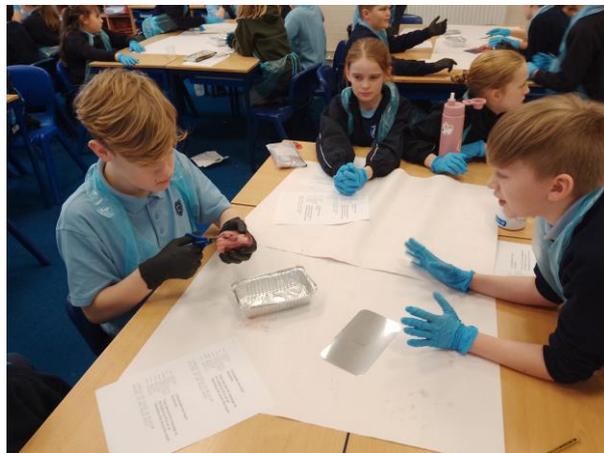
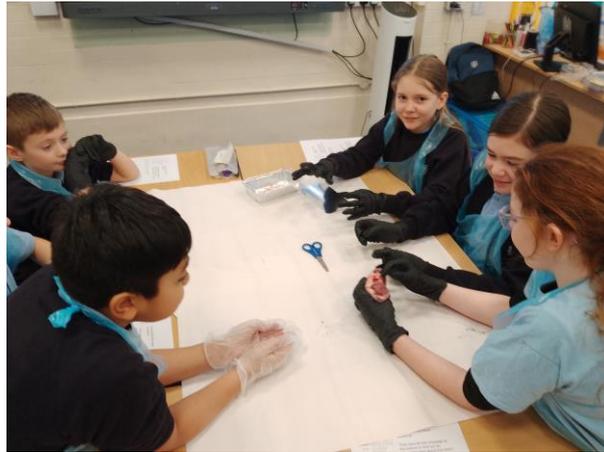
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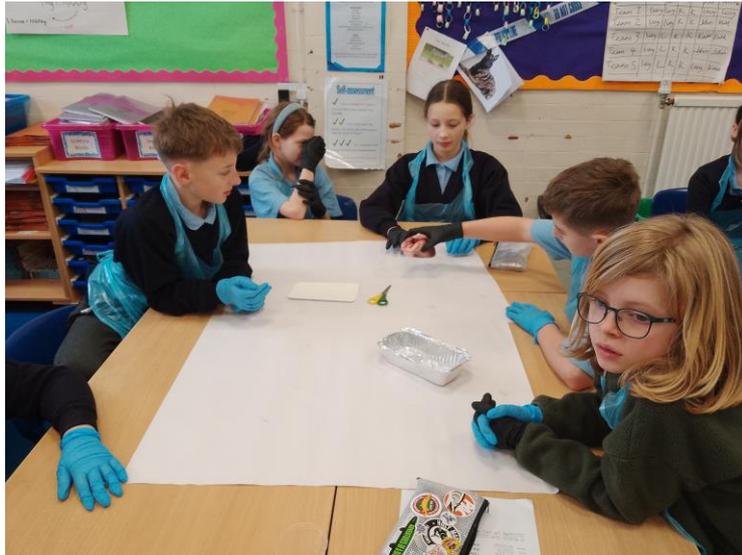
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Achievement Awards

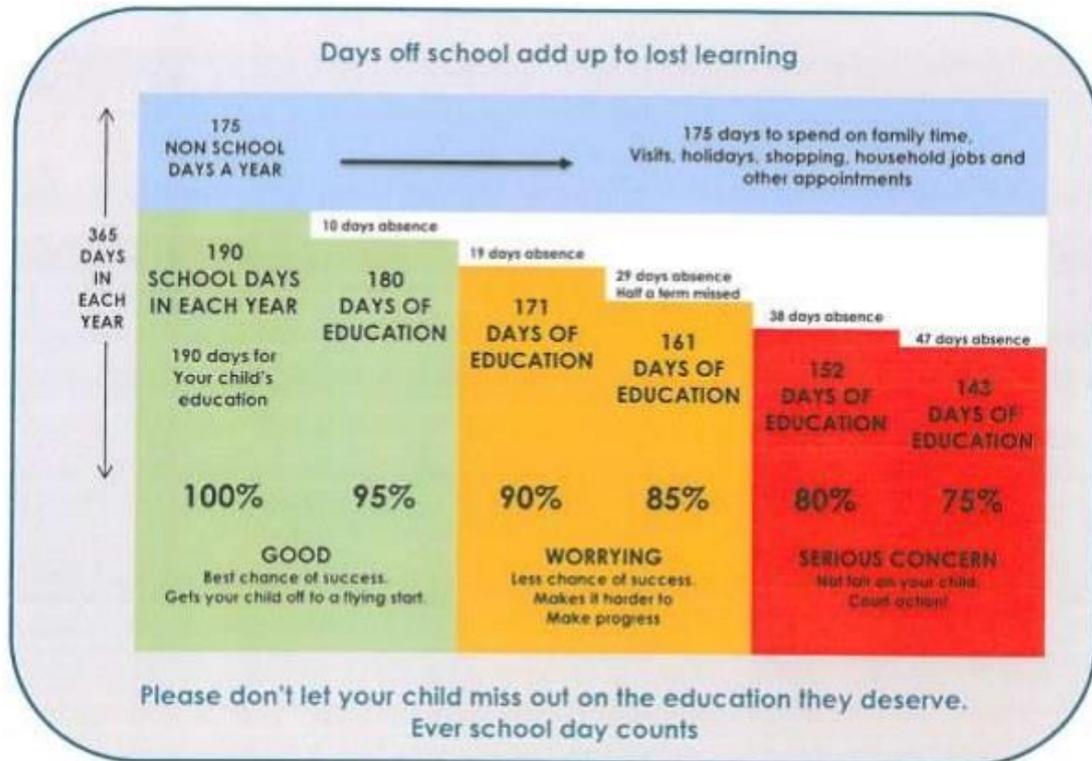


Today in Celebration Assembly it was a delight to give recognition to so many children for showing our core values of Respect, Resilience, Responsibility, Cooperation, Creativity and Enquiry. Well done everyone, so many superstars at CHJS! !



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Attendance & Punctuality



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

Important facts about school attendance:

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

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

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

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HOW MUCH SCHOOL HAVE YOU MISSED?

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

Well done!

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

70% = 1.5 days missed / week
= 12 weeks missed / year
= almost a whole term

60% = 2 days missed / week
= Almost 4 months

50% = 2.5 days missed / week
= Half a school year (19 weeks)

40% = 3 days / week
= Over half a school year

Attendance Guide for Parents/Carers

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

What YOU must do:

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

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

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

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

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

What WE will do:

Check your child's attendance every day.

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

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

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

CURRENT SCHOOL ATTENDANCE THIS WEEK - 94.9% (-1.5)

Weekly Attendance by Year Group

Year 3 = 97.4% (+1)

Year 4 = 96.8% (-0.1)

Year 5 = 97.3% (+0.4)

Year 6 = 95.3% (+0.3)

Lower School Winners = 3AB (98.1%)



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Upper School Winners = 6AF (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 *)

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*

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

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

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Contact us:

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Leigh-On-Sea

Essex

SS9 3NL

01702 478570

office@chalkwellhall-jun.southend.sch.uk

Visit us on the web at:

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