

# Newsletter

Dear Parents/Carers

**This Week**

This week the children attended an assembly focusing on Multi Cultural Role Models. The children learnt about prominent figures such as Martin Luther King and Rosa Parks.

On Wednesday we ran a trial fire drill. The exercise was the first of the year and was a success. The children followed instructions to leave the building promptly and listened to their teachers. Well done to all the children for such good behaviour and listening.

**Next Week**

Next week is Presentation Week. All children will attend an assembly where they will be encouraged to improve their presentation skills. Awards will be given to the children who have the most improved and outstanding presentation.

**School Photographs**

A reminder that individual school photographs will be taken on Wednesday 7th October. Please ensure your child is dressed smartly, in full uniform on this day.

**Year 1 only**—as this is PE day, on this occasion, please make sure your child comes to school in their full uniform with their PE kit in a bag to change into.

**Coats**

The weather is extremely changeable at the moment and I saw lots of children this week without coats when it was raining. In view of the frequent changes in weather, please make sure you send your child to school with a coat every day. Thank you for your support.

**Approaching Parents**

A reminder that the school policy asks parents not to approach other parents directly, regarding any school related issues. If you do have an issue, please contact the school office and book an appointment to see me.

I hope you have a lovely weekend.

Kind regards

**Mrs K Maguire-Egan: Head Teacher**



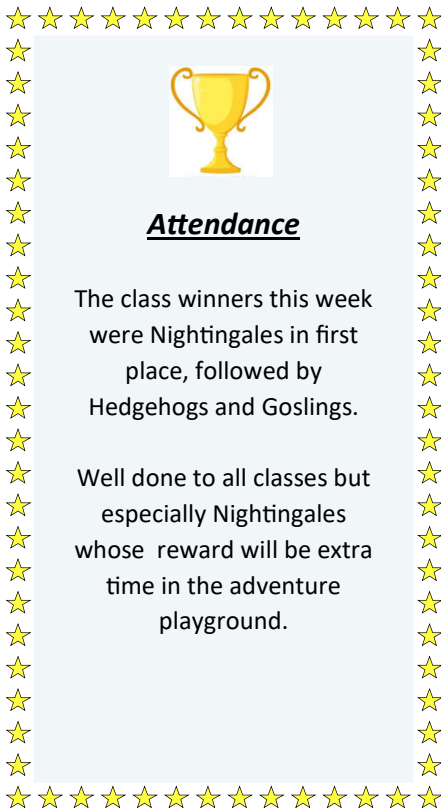
| Key Dates |                                              |
|-----------|----------------------------------------------|
|           | <b>October</b>                               |
| 5th-9th   | Presentation Week                            |
| 7th       | Individual Photos                            |
| 12th-16th | Black History Week                           |
| 19th-23rd | Harvest Week                                 |
| 23rd      | Halloween Dress Up Day<br>Last Day of School |
| 26th-30th | Half Term                                    |
|           | <b>November</b>                              |
| 2nd       | Back to School                               |
| Menu      | WC 5th October<br>Week 1                     |



**Attendance**

The class winners this week were Nightingales in first place, followed by Hedgehogs and Goslings.

Well done to all classes but especially Nightingales whose reward will be extra time in the adventure playground.





We currently have spaces in our Breakfast Club.

Breakfast Club opens at 7.45am and children need to arrive by 8.10am to be able to have breakfast. They are taken to their class when Breakfast Club finishes.



We currently have spaces in some after school clubs, including Cookery.

Please scan the QR code on your child's classroom door to book your space.

## Thank you

I would like to thank the Friends of Oakwood for organising a theatre production of Pinocchio for all the children (Reception-Year 2) on 16th October and James the Magician for the Nursery children (date to be confirmed).

## Halloween Dress Up Day—Friday

The last day of term will be a dress up day. There will also be a special Halloween menu and a Halloween Raffle. More details will be shared shortly.



## Parents' Evenings

Parents' Evenings will be taking place on Tuesday 20th and Thursday 22nd October. More details will be sent out shortly, giving you information on how to book your time slot. Refreshments will be on sale in the hall throughout.

## School Ambassadors

School Ambassadors have now been chosen by other students for Year 1 and Year 2 Classes.

The Ambassadors have a very important role to carry out within the school and attend regular meetings with myself to speak on behalf of all the students. Congratulations to all that were nominated and chosen. The new Ambassadors are:

| Year 1       |                       |
|--------------|-----------------------|
| Hedgehogs    | Stevie-Lou and Louie  |
| Squirrels    | Daisy-Leigh and Ethan |
|              |                       |
| Year 2       |                       |
| Robins       | Ava and Kyrie         |
| Nightingales | Rosie and Danny       |
| Kingfishers  | Jake and Beau-Ivy     |

## Reducing Our Carbon Footprint



Below are this week's tips on how to save money and reduce our carbon footprint.

### THIS WEEK'S ENERGY SAVING TIPS



- If you have a regular boiler, turn down the thermostat on the hot water tank. This will mean the water in the tank never gets too hot. There is little point producing scalding hot water if you then add cold water in your mixer shower or bath to get it to a comfortable temperature.
- Put on an extra jumper if you are chilly.

## FREE COURSES FOR PARENTS/CARERS

ACL are offering free courses for Parents and Carers during October. Please find




# Free courses for parents & carers

5th - 16th October 2026

Gain practical **tips and techniques** you can use straight away.

Be around others that 'get it' in our **supportive and friendly** sessions.

| Monday       | Tuesday                                                     | Wednesday                                                                                                                                | Thursday                                                                | Friday                                                              |
|--------------|-------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------|
| 5th October  | 6th October                                                 | 7th October                                                                                                                              | 8th October                                                             | 9th October                                                         |
|              | <b>Zones of Regulation</b><br>Online Live<br>12:30 - 2:30pm | <b>Understanding ASC in Children</b><br>Online Live<br>8:30 - 9:30pm<br><br><b>Managing Big Emotions</b><br>Online Live<br>1:00 - 2:00pm | <b>Understanding Children's Anxiety</b><br>Online Live<br>1:00 - 2:00pm | <b>Understanding Teens Anxiety</b><br>Online Live<br>9:30 - 11:30am |
| 12th October | 13th October                                                | 14th October                                                                                                                             | 15th October                                                            | 16th October                                                        |
|              | <b>Family First Aid</b><br>Online Live<br>7:00 - 9:00pm     |                                                                                                                                          | <b>Family First Aid</b><br>Online Live<br>9:30 - 11:30am                |                                                                     |



To book, please visit [aclsexsex.com](https://aclsexsex.com) and search the course name or give us a call on **0345 603 7635**.




**ACL**

# Free courses for parents & carers

19th - 30th October 2026

Gain practical **tips and techniques** you can use straight away.

Be around others that 'get it' in our **supportive and friendly** sessions.

| Monday                                                                                             | Tuesday                                                             | Wednesday                                                               | Thursday                                                         | Friday                                                           |
|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|
| 19th October                                                                                       | 20th October                                                        | 21st October                                                            | 22nd October                                                     | 23rd October                                                     |
| <b>Managing Anger in Young People</b><br>Online Live<br>7:00 - 9:00pm                              | <b>Separation Anxiety (Primary)</b><br>Online Live<br>7:00 - 9:00pm | <b>Separation Anxiety (Early Years)</b><br>Online Live<br>7:00 - 9:00pm | <b>Managing Conflict at Home</b><br>Online Live<br>7:00 - 9:00pm | <b>Building Better Routines</b><br>Online Live<br>9:30 - 11:30am |
| 26th October                                                                                       | 27th October                                                        | 28th October                                                            | 29th October                                                     | 30th October                                                     |
|                                                                                                    |                                                                     |                                                                         |                                                                  |                                                                  |
| Half Term Week! Visit <a href="https://aclessex.com">aclessex.com</a> to see what's starting soon. |                                                                     |                                                                         |                                                                  |                                                                  |
|                                                                                                    |                                                                     |                                                                         |                                                                  |                                                                  |



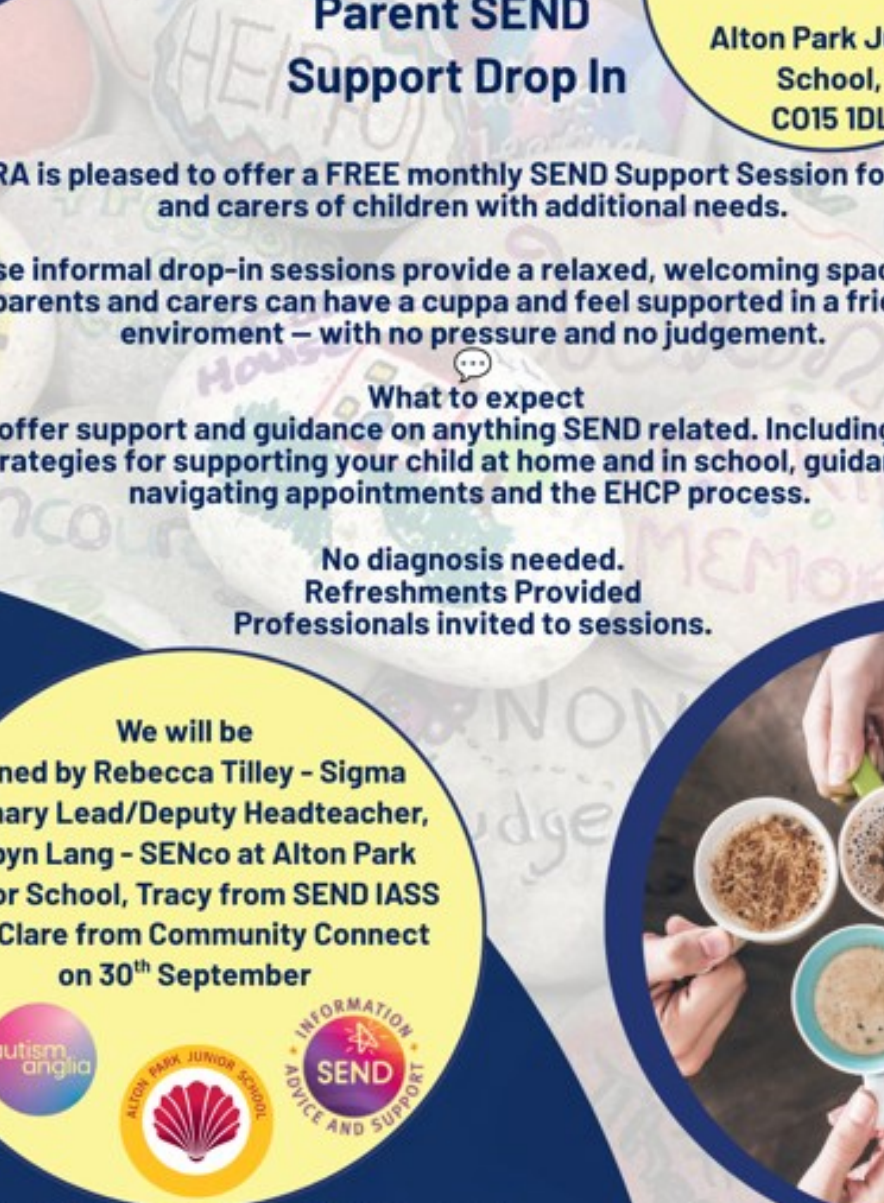
To book, please visit **aclessex.com** and search the course name or give us a call on **0345 603 7635**.



Essex County Council

## Families at Jaywick Community Resource Centre

□ 01255 475001








*extra*

**Parent SEND  
Support Drop In**

**Autumn Term Dates**  
30/09, 21/10, 25/11  
9:30 - 11:30am

**Alton Park Junior  
School,  
CO15 1DL**

**EXTRA is pleased to offer a FREE monthly SEND Support Session for parents and carers of children with additional needs.**

**These informal drop-in sessions provide a relaxed, welcoming space where parents and carers can have a cuppa and feel supported in a friendly environment – with no pressure and no judgement.**

**What to expect**

**We offer support and guidance on anything SEND related. Including helpful strategies for supporting your child at home and in school, guidance on navigating appointments and the EHCP process.**

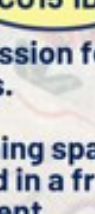
**No diagnosis needed.**

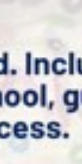
**Refreshments Provided**

**Professionals invited to sessions.**

**We will be  
joined by Rebecca Tilley - Sigma  
Primary Lead/Deputy Headteacher,  
Robyn Lang - SENco at Alton Park  
Junior School, Tracy from SEND IASS  
and Clare from Community Connect  
on 30<sup>th</sup> September**









admin@extrasupportforfamilies.co.uk  
01255475001  
www.extrasupportforfamilies.co.uk/  
Registered in England No: 1158891









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## Managing Anxiety



**This free 9 week programme aims to help parents/carers manage their own and/or their child's anxiety.**

**Within the course we examine what anxiety is and how it effects our thoughts, feelings, body and behaviour. It explores how to interrupt the anxiety cycle by challenging negative thoughts and ways of managing the physical effects of anxiety.**



Angela - Associate Facilitator

**STARTS  
2<sup>ND</sup> OCTOBER  
2026  
FOR 9 WEEKS  
9.30AM - 11.30AM  
COPPINS HALL  
COMMUNITY CENTRE  
CO16 7PA**



Vania - Associate Facilitator



[admin@extrasupportforfamilies.co.uk](mailto:admin@extrasupportforfamilies.co.uk)



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[www.extrasupportforfamilies.co.uk/](http://www.extrasupportforfamilies.co.uk/)

Registered in England No: 1158891

Funded by...





*extra*



Scan to register

## **Connective Family (Non Violent Response Training)**

**Non Violent response (NVR) is an evidenced based 9 week therapeutic programme for parents whose children/young people are exhibiting some challenging behaviours.**

**Several recent outcome studies have shown that NVR is effective in improving the behaviour of a significant percentage of young people, reducing parents' feelings of helplessness, and raising their confidence, as well as bringing about a more peaceful atmosphere within the family.**

**TO BE NOTIFIED  
OF START DATE  
AND BOOK YOUR  
FREE PLACE  
PLEASE  
CONTACT  
EXTRA**



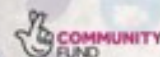
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