

Emscote Express

Issue 4- December 2025



Dear Emscote families,

We are now fully in the festive swing, and what a wonderful week it has been! Our Christmas Fayre was a tremendous success, with many Emscote families joining us for a magical afternoon. Lots of children enjoyed visiting Father Christmas in our Grotto and exploring the various stalls and refreshments.

A huge thank you to our incredible PTA and teachers who worked tirelessly to make this event happen. A special thank you goes to Mrs Vallins, our school's PTA link teacher, who works hard to support the PTA on behalf of the school staff and created a fabulous hamper prize with generous donations from our staff.

This coming Monday, the whole school will be attending a performance of *The Tiger Who Came to Tea* at Warwick Arts Centre. Please remember to send a packed lunch if you haven't already ordered one from school. **On this day, children should wear full uniform, not PE kit, even if it would typically be their PE day.**

Our EYFS Christmas show has been performed to both school and families this week. Heartfelt thanks to parents for the wonderful costumes and to our staff for their hard work. The children were absolutely brilliant, remembering their lines, songs, and actions perfectly.

Looking ahead, Year 1 performances are next Wednesday at 10am and 2pm - please ensure you have applied for tickets. Our Year 2 carol service will be at 4pm on Tuesday 16th at the Church, and all Year 2 families are warmly invited



A few important notices: Please bring some change to our performances, as we'll be collecting charity donations for Myton Hospice.

We hope to see you at our Christmas service on Tuesday 9th at the Church around 9am.

We also have a bittersweet announcement. Mrs Thomas will be leaving us on 10th December. She has been an incredible Teaching Assistant at Emscote for several years, and her dedication has been amazing. We will miss her tremendously but wish her well in her new role.

If you are not already following the school Facebook page, please have a look! You will see daily updates about the adventures of Frosty McJingles our elf around school.

At the start of term in January we are due to have works commencing on a new fence along the canal side of the school perimeter. This is much needed work that we are delighted will be starting. The works are led by Warwickshire County Council and their contractors. This will all be made safe for children with fencing to separate the playground. We think the children will enjoy watching the developments!

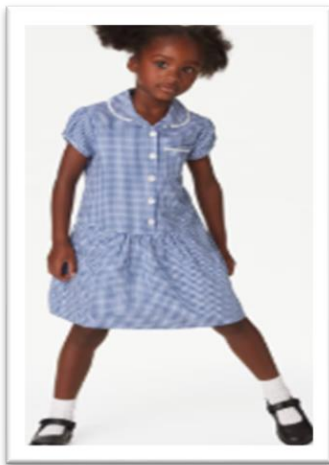
Finally, a reminder about our EYFS Christmas Craft Day on Thursday 11th December. Please ensure you have booked your session - unfortunately, we cannot accommodate younger siblings.

Wishing you all a magical festive season!

Laura Nicol
Head of School

Uniform change

Girls. The winter uniform will remain the same, grey skirt, pinafore or trousers and blue or white polo t-shirt with school branded cardigan or sweatshirt. The summer uniform is changing for 2026. This will now be a blue and white checked/gingham dress, see image. Children may wear this from after the Easter holidays and until October half term if they wish. We are aware that some parents may have existing uniform that they wish to use, so to support this for summer 2026 we will permit both the new blue and white checked dress and the older red and white style. Hair accessories should be burgundy in keeping with school colours.



EYFS-Nativity





Ideas for the break.

Get involved in the Winter Reading Challenge online here from the Reading Agency.

https://summerreadingchallenge.org.uk/news/general/winter-mini-challenge-2024?gad_source=1&gad_campaignid=22551112462&gbraid=0AAAAACuCUlrfcjinfrsr7auVT5BsPK0PXX&gclid=EAIaIQobChMIpde5x7mYkQMVJY9QBh3hfRZ8EAAAYASAAEgJYuvD_BwE

Free Swimming Lessons

Families across Warwickshire can enjoy a boost to their health, wellbeing, and access to local amenities thanks to an exciting collaboration in the new year. Warwickshire's Family Information Service (FIS) has linked up with local leisure provider, and Child Friendly Warwickshire supporter, Everyone Active, to offer exclusive free swim sessions to subscribers to the service's newsletter. Over 9,000 people already receive the free weekly newsletter to stay up to date with information and events for families and others encouraged to signup at <https://mailchi.mp/warwickshire/familyinfoservice>.

Subscribers who sign up to the newsletter before 5 January will receive details of the free sessions, which will take at participating Everyone Active facilities throughout the county until 31st January.



Important Dates

Monday 8th December - Trip to Warwick Art Centre (Whole school)

Tuesday 9th December - Christmas assembly at Church (parents welcome 9.10)

Wednesday 10th December - Nativity 10am and 2pm (Year One)

Thursday 11th December - EYFS Craft day (9.30am and 1.30pm)

Monday 15th December - BOOK LOOK 2.45pm

Tuesday 16th December - Carol Service at Church 4pm (Year 2)

Wednesday 17th December - Christmas Jumper Day

Friday 19th December - Last day of term

Tuesday 6th January – Back to School

ALLERGIES
Please contact your school cook for information regarding the content of dishes and products on our menu.

WINTER Weekly Menu

All our fish is natural whole fillet and although great care has been taken to remove all bones, some may remain

CHOICE/JKT
OCTOBER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Warwickshire, Coventry, Oxfordshire					
WEEK ONE					
10/11/2025	MAIN (v)(h) Tomato Pasta Bake with Malted Wheat Baguette (G.D)	Chicken Fajita Wrap with Cous Cous (G)	British Roast Chicken Fillet, Yorkshire Pudding, Gravy with Roast Potatoes (D.E.G)	British Pork Sausages & Gravy with Mashed Potato (G.SB.SU)	(msc) Salmon Fishcake with Chipped Potatoes (F.G)
01/12/2025	(vg) Plant Power Burger in a Bun with Diced Potatoes (G)	(v)(h) Hearty Roots Chilli with Rice	(v)(h) Plant Power Toad in the Hole with Roast Potatoes (G.E.D)	(v)(h) Cheese & Potato Pie served with Vegetables (D.E)	(v) Cheese and Tomato Pizza Wedge with Chipped Potatoes (G.D)
05/01/2026	Jacket Potato - (v) Cheese (D), or (vg) Baked Beans	Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans	Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans	Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans	Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans
26/01/2026					
23/02/2026	DESSERT (v)(h) Chocolate Cracknell (G)	(vg) Jelly with Fruit	(v)(h) Caramel Apple Crumble with Custard (G.D)	(v) Strawberry Whip with Fruit (D)	(v)(h) Frosted Carrot Cake (G.E)
16/03/2026		(v)(h) Banana & Raisin Cookie (G)	(v) Ice Cream (D)	(vg)(h) Flapjack (G)	
WEEK TWO					
17/11/2025	MAIN Chicken Burger in a Bun with Crispy Diced Potatoes (G)	(v) Cheese and Tomato Pizza Wedge with Spicy Wedges(G.D)	British Roast Pork Slice, Apple Sauce & Gravy with Roast Potatoes	(h) Chicken & Country Vegetable Pie with Herby Diced Potatoes (G)	(msc) Battered Fish Fillet with Chipped Potatoes (F.G)
08/12/2025	(v)(h) Cheese & Onion Flan with Garlic New Potatoes (D.E.G)	(vg)(h) Garden Vegetable & Baked Bean Stack with Spicy Wedges (G.D)	(vg) Classic Quorn Roast with Gravy and Roast Potatoes (G)	(v) Crispy Quorn Dippers in a Wrap and Tomato Salsa with Herby Diced Potatoes (G)	(v)(h) Rainbow Risotto with Crusty Bread (D.G)
12/01/2026	Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans	Jacket Potato - (v) Cheese (D), or (vg) Baked Beans	Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans	Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans	Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans
02/02/2026					
02/03/2026	DESSERT (v) Strawberry Whip with Fruit (D)	(v)(h) Ginger Cookie (G)	(v)(h) Jam Sponge with Custard (G.D.E)	(v)(h) Chocolate Flapjack with Orange Wedge (G)	(v) Waffle with Fruit (G.E.SB)
23/03/2026	(vg)(h) Shortbread (G)				
WEEK THREE					
03/11/2025	MAIN (h) British Beef Bolognaise with Garlic Bread (G) Cheese (D)	(v)(h) Rustic Pizza Wedge with Herby Diced Potatoes (G.D.SB)	British Roast Chicken fillet, Sage & Onion Stuffing & Gravy with Roast Potatoes (G)	Pork Meatballs in a Rich Tomato Sauce with Pasta (G)	(msc) Fish Fillet Fingers with Chipped Potatoes (F.G)
24/11/2025	(vg) Country Garden Vegetable Fingers with Seasoned Wedges (G)	(v)(h) Sweet Potato & Lentil Curry with Rice (D)	(vg)(h) "Meat" Loaf with Gravy & Roast Potatoes	(v)(h) Filled Pastry Crown with Potato Wedges (G.E.D)	(v)(h) Golden Macaroni Cheese with Malted Wheat Baguette (D.G)
15/12/2025	Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans	Jacket Potato - (v) Cheese (D), or (vg) Baked Beans	Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans	Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans	Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans
10/01/2026					
09/02/2026	DESSERT (v)(h) Zesty Orange Cookie (G)	(v)(h) Vanilla Cookie with Fruit Slice (G)	(v)(h) Syrup Sponge with Custard (G.D.E)	(v)(h) Winter Berry Muffin (G.E.D)	(v)(h) 'School Favourite' Sprinkles Sponge Cake (G.E)
09/03/2026			(v) Frozen Swirl Mousse (D)	(vg) Jelly with Fruit	

Available Daily:
Fruit Cordial or Fruit Water from the Hydration Station
(v) Semi Skimmed Milk, & (vg) Homemade Fresh Bread Basket,
Daily Salad Selection, Vegetables of the Day, (v)Yoghurt (D.SB) and Fresh Fruit

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Email: contactus@educaterers.co.uk

caring is our secret ingredient

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Hidden Vegetables

ALLERGEN KEY

VG-Vegan, V-Vegetarian, H-Homemade,
G-Gluten/Wheat, C-Celery, S-Sesame,
F-Fish, M-Mustard, SU-Sulphites, D-Dairy,
E-Eggs, SB-Soyabean.





Pupil Premium Funding

What is Pupil Premium funding?

Pupil Premium funding is additional financial support that is provided by the government and which is allocated to schools to meet the needs of certain pupils. For each pupil that qualifies the school receives a significant sum of money that is used to raise standards in the pupils who are eligible.

Does my child qualify for this additional support?

You may be eligible to apply for Pupil Premium funding if you receive any of the following...

- Income Support
- Income-Based Job Seeker's Allowance (JSA)
- Income-Related Employment and Support Allowance (ESA)
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Or if your child...

- has been looked after (their care is managed by the local authority) for 1 day or more
- was adopted from care on or after 30 December 2005, or left care under a special guardianship order a residence order

Or

- if either parent is in the Armed Forces

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HAVE YOUR SAY!

Home to School Transport in Warwickshire

Help shape the future of school transport

We'd love to hear from families, carers, and young people about how we can make home-to-school transport better for those that need it.

How to get involved:

- Attend one of our drop-in or online events
- Respond online at ask.warwickshire.gov.uk
- Call us on 01926 410410
- Email: hometoschooltransport@warwickshire.gov.uk
- Post your response to: Transport Delivery (consultation)
Shire Hall, Warwick, CV34 4SP.

**Consultation closes
4 January 2026.**



Scan for more information
including online survey,
consultation events and
Easy Read versions

 /WarksLocalOffer





Mental Health in Schools Team Tips For Wellness



Inclusion and Belonging

Inclusion means making sure everyone feels welcome, accepted, and valued, no matter their differences. It's about creating a space where everyone feels like they belong—whether it's at school, at home, or with friends. Belonging means feeling like you are part of something and that you matter.

How to make others feel included:

- 1. Be Friendly and Approachable**
Smile and say hello to people to make them feel welcome.
- 2. Invite Others to Join In**
When you're playing a game or starting a conversation, invite others to join in. This could stop them from feeling left out.
- 3. Listen to Everyone**
Take the time to listen to others, showing them that you care about what they say, even if their opinions are different from yours.
- 4. Celebrate Differences**
Embrace everyone's differences and learn from them. It's what makes us all unique!
- 5. Use Positive Words**
Use words that make others feel good, rather than teasing or making fun of them.
- 6. Be Open-Minded**
Try to see things from someone else's point of view, to help build respect and connection.

Tips for feeling like you belong:

- **Be Yourself** – Don't try to change who you are to fit in. You belong just as you are!
- **Find Your Tribe** – Surround yourself with people who support and accept you. Finding people with similar interests to you can be a great place to start.
- **Take Care of Others** – When you make others feel like they belong, you help create a sense of belonging for yourself too.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the Children and Young People's Mental Health Crisis support available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



Mental Health in Schools Team Tips For Wellness



Motivation

Motivation is what helps you start and keep going with your goals, this may be linked to school, hobbies or life stuff. It is the 'why' behind what you are doing. Motivation can help you to finish a task or practise a new skill, it can make learning and playing more fun and help you to feel proud when you have done something great.

Sometimes it can be difficult to find motivation to begin an activity. To help with this, think about what is your 'why'. Ask yourself what goal matters to you and connect with what excites or inspires you.

Our Top Tips For Motivation:

1. **Set small and clear goals:** Break big tasks into bite-sized steps. Ensure you celebrate each smaller win along the way.
2. **Create a routine that works for you:** Having a plan for your day can help to keep you on track and reduce potential stress.
3. **Remain positive:** If you are finding an activity difficult, remember to be kind to yourself. If something is hard, say, 'I am learning' instead of 'I can't do it'.
4. **Ask for help:** It is ok to ask family, friends or teachers for some help when you get stuck.
5. **Motivational matching activity:** Write some goals down on individual pieces of paper e.g., 'to finish my homework' and some motivational reasons down on another piece of paper e.g., 'to help me learn new things'. Spread the paper around upside down. Take turns flipping them over to match a goal with a motivational reason. When a pair is found, have a conversation about why that motivation may help to achieve the goal. Consider any barriers to achieving the goal and plan how you could overcome them.

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Mental Health in Schools Team Tips For Wellness



Winter Wellness

It is important to focus on our wellness during the colder months. Winter is a time where our bodies may start to crave the same warmth and comfort we had during the summer months. We might associate winter with the winter blues, but we need to try and create some space for self-care and slow down to nourish our physical and mental health! Sometimes we might feel the winter blues because of the lack of sun and vitamin D we are getting. This is why our mental wellbeing should be a big focus during these months, and we should find creative ways to stay on track, keep up motivation, and look after ourselves.

Our Top Tips For Winter Wellness:

1. Wrap up warm and lay down with a blanket and a hot drink.
2. Do some fun activities outside in the natural sunlight such as going for walks or seeing friends (you might need to wrap up warm for this!) Even on cold days, fresh air and natural light boosts our mood.
3. Stay active – try indoor exercises to help get your body moving during the colder months. You could keep your energy up by dancing, swimming, or practising yoga. You could also find an exercise video online for you to do at home!
4. You might even want to go to your local café and read a book in the daytime or have a warm relaxing bath when you're home after a cold day.
5. Keep up your routines- getting up in the morning is harder in winter when it's cold and dark. Shorter days also make it tempting to sleep more, but consistent sleep helps your mind feel balanced.
6. Eat well and stay hydrated — good nutrition fuels your brain and body.
7. Talk about how you're feeling — sharing your thoughts can help if you're feeling low or stressed.

Remember to always make time for yourself at the end of a long day!

Scan the QR code for more ideas about how to keep well in Winter:



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Mental Health in Schools Team Tips For Wellness



Connect

Children thrive when they feel connected to family, friends, and their community. As a parent or carer, you play a key role in helping them build strong relationships and emotional resilience. Connection is essential for emotional wellbeing – small, consistent action such as listening, playing and supporting friendships can have a lasting impact.

Our tips for connecting at home:

1. Encourage Everyday Conversations

- Ask about your child's day and really listen.
- Share your own stories to show openness and trust.
- Try "highs and lows" of the day at mealtimes—what was the best and hardest part?

2. Support Play and Shared Activities

- Play games, do crafts, or cook together—these build bonds and social skills.
- Encourage your child to join clubs, sports, or hobbies with peers.
- Tip: Even short periods of shared fun strengthen relationships.

3. Model Positive Friendships

- Show healthy ways to make and maintain friendships.
- Talk about how you handle conflicts or disagreements respectfully.
- Tip: Children learn connection by watching how you treat others.

4. Encourage Empathy and Kindness

- Praise acts of kindness and encourage helping others.
- Discuss feelings and perspectives to build emotional awareness.
- Tip: Use stories or role-play to practice empathy in everyday situations.

5. Quality Family Time

- Share meals, read together, or have family game nights.
- Even 10–15 minutes of focused attention helps children feel valued.
- Tip: Make time a priority, not just a free moment.

Remember:

- Connection is a skill children can develop—your support makes a difference.
- Small, consistent efforts to nurture relationships build lifelong wellbeing.

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Reverse Advent Calendar



To distribute before Christmas, we need donations to be delivered to us by Friday 12th Dec. Please call to arrange a time to deliver to Unit 8 Trident Park, CV34 6SW

1 Squash	2 Shampoo/ conditioner	3 Tinned vegetarian meals	4 Tinned tomatoes	5 Laundry tablets	6 Deodorant
7 Box of chocolates	8 Savoury crackers	9 Tinned fish	10 Coffee/tea	11 Jam/choc spread	12 Tinned ham/corned beef
13 Crisps	14 Chocolate bars	15 Long-life fruit juice	16 Instant mash potatoes	17 Tinned vegetables	18 Pasta sauces
19 Ketchup/mayo/ brown sauce	20 Tinned meat meals	21 Toilet rolls	22 Rice pudding/ custard	23 Long-life milk	24 Tinned fruit



Merry Christmas!



December Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Decreasing Depression	1 DEC 10am
Raising Self Esteem	1 DEC 7pm
Understanding the Teenage Brain	2 DEC 10am
Supporting Healthy Sleep	2 DEC 7pm
Autism - Improving Communication	8 DEC 10am
Improving Family Communication	8 DEC 7pm
Supporting A Child with ADHD	9 DEC 10am
Understanding Addictive Behaviour	9 DEC 7pm
Anxiety Based School Avoidance	15 DEC 10am
Understanding Anger	15 DEC 7pm
Supporting Healthy Screen Use	16 DEC 10am
Facing Defiance	16 DEC 7pm



A FOCUS ON SUPPORTING PARENTS TO WORK TOGETHER

Parenting Together

Virtual Sessions

Monday 19th January

17:30 - 19:30

Friday 6th February

12:30 - 14:30

Working it Out

4 Week Virtual Programme

Monday January 12th -

February 2nd

9:30 - 11:30

Tuesday February 24th -

March 17th

13:15 - 15:15

Parenting can be tough—especially when there's tension between co-parents.

Parenting Together

Our 2 hour Parenting Together workshop is an ideal starting point for navigating conflict and co-parenting.

Working it Out - Co-parenting in a Positive Way

Our newly revised 4 week programme helps parents and carers build more positive ways of communicating and reducing conflict that put children first.

Book your FREE
place



For further information, or if a workshop is full, please email:

ehparenttrainers@warwickshire.gov.uk

Please note that it is essential to have a working camera during all virtual sessions.



**Warwickshire Family
and Relationship
Support**

SEND Help!

@ The Gap Community Centre, 10:00-12:00

Once a month on the following dates in 2025:

8th January, 12th February, 12th March, 9th April,
14th May, 11th June, 9th July, 13th Aug, 10th September,
8th October, 12th November and 10th December.

An adult led SEND support group for parent's/carers, whose child(ren) may or may not have a diagnosis.

Facilitated by Family Support Workers.

A chance to meet people who may be going through the same things as you.

Have open and honest conversations, in a safe space.

Signposting to helpful services & professionals.

Telephone the Family Support Duty Line on 01926 412412 to book



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