

Emscote Express

Issue 5- January 2026



Dear Emscote Infant School Community,

Welcome back to a new year 2026! We are delighted to see our children settling well back into their routines, and we hope you had a restful break.

I am excited to share several updates that showcase the vibrant learning happening at our school. First, we have a new website about to launch! You will soon be able to check out our new Federation website to learn more about Emscote Infant School. On the Year Group pages, you will also find the live PADLETs for your child's class. We will let you know when this is live!

We have an incredible development to celebrate: our new library! Over the autumn term, we have been working hard to obtain funding for new books and have carefully reorganised our collection to make it as appealing as possible for all children. In line with the National Year of Reading, we will be having a real focus on reading across this year, in all sorts of ways, to ensure all of our pupils learn to love reading. An enormous thank you to Miss Rushall for all of her hard work on this project.

Our Library Launch Day is coming this Monday, and we cannot wait! The children will be meeting author Sam Usher. All classes will engage in a workshop with him, exploring the books he writes and discovering some of his illustration tips. The children will visit our new library during the day and will have their first opportunity to bring home a new library book across the course of next week. You can purchase a signed copy of one of Sam Usher's books for your child from the office next Monday.

To help sustain our new library, we will be introducing a charge for lost books and for books that are not returned over a long period of time. This will allow us to replace missing items and ensure the library remains well stocked for all pupils. In these instances, a separate letter will be sent home by teachers. We appreciate your understanding and support as we work to maintain this valuable resource for our school community.



During this half term, we will be engaging all of the children in helping to create an art mural in the library. We hope this will help them feel a part of this new space in school. We are really excited about this project and about each child

During this half term, we will be engaging all of the children in helping to create an art mural in the library. We hope this will help them feel a part of this new space in school. We are really excited about this project and about each child having the opportunity to find their art displayed in the library. However, we need some help! Are you, or do you know a qualified electrician who can help us efficiently remove the wiring/covering on this wall to create a flat surface to work with? Please contact the school office or Miss Rushall if you can assist with this task.

We look forward to sharing more moments from our year of reading with you over the next few months!

Remember to check the dates page and keep checking your year group PADLET for up-to-date class information.

Laura Nicol
Head of School



Important Dates

9th January – Fire Safety Talk Visit (Year 1)

12th January – Library Day

13th January – Height and Weight Check Visit (Reception)

23rd January – Trip to Compton Verney (Year2)

30th January – Chestnut Class Assembly (Parents Welcome 9am)

5th February – Oak Class Assembly (Parents Welcome 9am)

16th - 20th February – **Half Term**

26th February – Cherry Class Assembly (Parents Welcome 9am)

4th March – Trip to St Johns (Reception)

5th March – World Book Day

6th March – Willow Class Assembly (Parents Welcome 9am)

12th March – Maple Class Assembly (Parents Welcome 9am)

12th March – Mothers Day Tea – 13.00-15.00 (Event 1)

13th March – Mothers Day Tea-13.00-15.00 (Event 2)

17th March – Non Uniform Day (Easter Tombola prize Donation)

20th March – Sycamore Class Assembly (Parents Welcome 9am)

20th March – Red Nose Day (Non Uniform-£1 Donation)

24th March – Parents Evening (16.00-18.00)

26th March – Parents Evening (16.00-18.00)

30th March -10th April– **Half Term**

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

Warwickshire, Coventry, Oxfordshire		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	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)
	10/11/2025	(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)
	01/12/2025	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
	05/01/2026					
	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	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)
	17/11/2025	(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)
	08/12/2025	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
	12/01/2026					
	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	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)
	03/11/2025	(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)
	24/11/2025	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
	15/12/2025					
	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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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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Mental Health in Schools Team Tips For Wellness

Emotion Regulation

Emotional regulation means helping children understand, express, and manage their feelings in healthy ways. When children can manage strong emotions, they're better able to learn, build relationships, and feel safe.

Our tips to support emotion regulation at home

1. Stay calm first – children co-regulate through your tone and body language.
2. Name the feeling – “I can see you're feeling angry” helps children feel understood. You could try using an emotions wheel as a whole family to keep the conversation familiar.
3. Pause before reacting – give space for emotions to settle.
4. Reflect later – when calm, talk about what happened and what could help next time.
5. Celebrate progress – small steps make a big difference!
6. Calming activities – Simple strategies like deep breathing, counting to 10 or squeezing a stress ball give young people ways to calm themselves. Practice these when they are feeling calm, so they are easier to use during big emotions. Ensure you are also modelling these strategies!
7. Keep a 'calm corner' - Create a cozy space with pillows, books, or fidget toys where children can self-regulate safely.

Use this QR code to watch a video explaining why we lose control of our emotions!



The Incredible Years Parenting Programme

A supportive, evidence-based programme for parents and carers focusing on:

- Strengthening positive relationships
- Promoting social and emotional skills
- Managing challenging behaviour with confidence

Available with MHST— ask your school for more information!

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



Setting Future Goals

Setting goals helps you stay focused, motivated, and positive. They give you something to look forward to and remind you that *you're in charge* of your own journey. It's normal to feel a bit nervous when you think about the future, but looking forward can actually *help* your mental health. Looking to the future helps to build confidence, can give you direction and encourages optimism. Thinking about what's ahead reminds you that good things can still happen — even when times feel tough.

Our Top Tips For Setting Goals:

1. Start Small

Big dreams start with small steps. Pick one thing you'd like to improve—like sleeping better or spending more time outdoors.

2. Make It Realistic

Choose goals that feel *possible*, not perfect. For example, "I'll talk to a friend once a week" is easier than "I'll never feel lonely again."

3. Be Kind to Yourself

Progress takes time! Celebrate small wins and don't be hard on yourself if things don't go perfectly.

4. Write It Down

Keep a journal or use your phone to track how you're doing. Seeing your progress boosts confidence!

5. Ask for Support

You don't have to do it alone. Talk to someone you trust — a friend, teacher or family member— about your goals.

6. Balance Is Key

Make time for fun, rest, and creativity. Mental health goals should make life *feel better*, not busier.



*More information
about goal-setting!*

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Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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Mental Health in Schools Team Tips For Wellness



Happy New Year

As we welcome the New Year, many of us will focus on resolutions, which may include to become healthier, more active, or learn a new skill. New Year's resolutions are generally seen as promises we make to ourselves to achieve or improve an aspect of our life. Some people can stick to their goals easily, while others may find it more of a challenge. Setting goals can make us feel motivated and inspired, but if everything does not go to plan, it can leave us feeling disheartened. This can happen if we are unsure how to get started on our goals, or if they feel too big to achieve.

For that reason, this year, take a moment to create **SMART** goals that focus on small steps. SMART goals are specific, measurable, achievable, realistic and time based.

Our top tips:

1. Focus on your strengths and interests, perhaps there is something you are already doing that you want to do more of. Setting small, strengths-based goals will create hope and build your self-confidence, empowering you to accomplish new things that make you feel happy and healthy.
2. Think about setting a mentally healthy goal this year:
 - Find new ways to get active. Maybe you could join a new club or after-school activity.
 - Make time for self-care and relaxation, such as participating in some mindfulness activities.
 - Learn more about something you are interested in. Perhaps you could put more time into a particular skill or hobby you are already doing.
 - Practice being kind to yourself. Positive self-talk is a simple way to achieve this – try saying positive statements such as "I am kind" or "I am on the right track".
 - Establish a good sleep routine. Try going to bed and waking up at the same time every day, even at the weekend!
 - Limit your screen time. By setting boundaries for your usage, you may have more time for other activities.
3. Remember, goals can change! Especially if they are not giving us or teaching us what we need, so be kind to yourself.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline 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.



SPRING TERM WORKSHOPS & PROGRAMMES 2025 - 2026

Workshop/ Programme	Date and Time	Venue
Working it Out 4 week programme	12th January 9:30 - 11:30	Virtual
Solihull Approach 10 week programme	13th January 9:00 - 11:00	Whitnash Primary School
Understanding Your Teenager	13th January 13:00 - 15:00	North Leamington Secondary School
Sleep	14th January 9:30 - 11:30	Virtual
Solihull Approach 10 week programme	16th January 09:30 - 11:30	Virtual
Parenting Together	19th January 17:30 - 19:30	Virtual
Understanding Children's Behaviour	21st January 9:30 - 11:30	St Paul's C of E Primary School
Understanding Children's Behaviour	26th January 13:15 - 15:00	Barford St Peter's C of E Primary School
Boundaries and Rules	27th January 13:00 - 15:00	North Leamington Secondary School
Sleep and Routines	4th February 09:30 - 11:30	St Paul's C of E Primary School
Parenting Together	6th February 12:30 - 14:30	Virtual



SPRING TERM VIRTUAL WORKSHOPS & PROGRAMMES

Workshop/ Programme	Date and Time	Venue
Working It Out 4 week programme	12th January 9:30 - 11:00	virtual
Sleep	14th January 9:30 - 11:30	virtual
Solihull Approach 10 week programme	16th January 09:30 - 11:30	virtual
Parenting Together	19th January 17:30 - 19:30	virtual
Parenting Together	6th February 12:30 - 14:30	virtual
Sleep and Routines	17th February 10:00 - 12:00	Virtual
Understanding Children's Behaviour	18th February 09:30 - 11:30	Virtual
Understanding Your Teenager	19th February 13:30 - 15:30	Virtual



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free place**

For Warwickshire
parents only.

For further information about this programme please email ehparenttrainers@warwickshire.gov.uk



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.



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