

# *Emscote Express*

*Issue 6- February 2026*



Dear Emscote Infant School Families,

What an exciting few weeks we have had at school!

Our youngest pupils in Early Years Foundation Stage (EYFS) were thrilled with a special visit from the local police. The children were particularly excited to see the police car and hear the sirens - a memorable learning experience for them.

Year 1 have been showcasing their learning through sharing assemblies for parents, providing a wonderful opportunity for families to see their children's progress. Year 2 pupils recently enjoyed an inspiring art trip to Compton Verney, expanding their cultural and artistic horizons and the display of work in the hall from Mrs Old showcases this visit.

We are incredibly proud of our pupils' community spirit. The recent Myton Hospice 'sponsor a nurse' initiative was a tremendous success. A special congratulations to Delilah, who was chosen (via lucky dip) to keep Monty the Myton bear in recognition of our collective support.

I would like to draw your attention to our newly updated website. Please do explore the year group pages and curriculum sections, where you'll find Padlet resources and curriculum knowledge organisers. These will help you understand the units your child is learning and provide ways to support their learning at home, including the vocabulary they should be acquiring for each unit.

<https://www.allsaintsemscotefederation.co.uk/>

<https://www.allsaintsemscotefederation.co.uk/page/?title=Curriculum+Knowledge+Organisers&pid=155>

[https://www.allsaintsemscotefederation.co.uk/page/?title=Year+Group+pages+%26%238203%3B%26%238203%3B%26%238203%3B%26%238203%3B%26%238203%3B%26%238203%3B%26%238203%3B%26%238203%3B%26%238203%3B&pid=56](https://www.allsaintsemscotefederation.co.uk/page/?title=Year+Group+pages+%26%238203%3B%26%238203%3B%26%238203%3B%26%238203%3B%26%238203%3B%26%238203%3B%26%238203%3B%26%238203%3B&pid=56)

Mrs Nicol  
Head of School



## Important Dates

**5<sup>th</sup> February** – Oak Class Assembly (Parents Welcome 9am)

**16<sup>th</sup> - 20<sup>th</sup> February** – Half Term

**26<sup>th</sup> February** – Cherry Class Assembly (Parents Welcome 9am)

**4<sup>th</sup> March** – Trip to St Johns (Reception)

**5<sup>th</sup> March** – World Book Day

**6<sup>th</sup> March** – Willow Class Assembly (Parents Welcome 9am)

**10<sup>th</sup> March** – Easter Craft Day (Reception Only 9.30-10.30 or 13.30-14.30)

**12<sup>th</sup> March** – Maple Class Assembly (Parents Welcome 9am)

**12<sup>th</sup> March** – Mothers Day Tea – 13.00-15.00 (Event 1)

**13<sup>th</sup> March** – Mothers Day Tea-13.00-15.00 (Event 2)

**17<sup>th</sup> March** – Non Uniform Day (Easter Tombola prize Donation)

**20<sup>th</sup> March** – Sycamore Class Assembly (Parents Welcome 9am)

**20<sup>th</sup> March** – Red Nose Day (Wear Something Red -£1 Donation)

**23<sup>rd</sup> March** – Vision Screening Visit (Reception)

**24<sup>th</sup> March** – Parents Evening (16.00-18.00)

**25<sup>th</sup> March** – Easter Service In Church (Parents Welcome 9-10am)

**26<sup>th</sup> March** – Parents Evening (16.00-18.00)

**30<sup>th</sup> March -10<sup>th</sup> April**– Half Term



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an exciting new initiative  
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school budgets.**

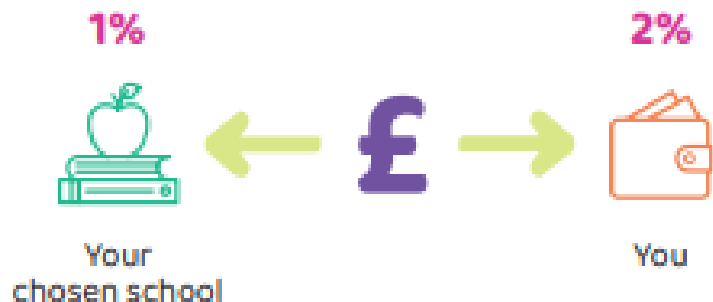
[myschoolfund.org](http://myschoolfund.org)

## How does it work?

My School Fund links your spend to your chosen school, meaning every time you make a purchase at participating retailers you both benefit through an innovative cashback scheme.

## What's in it for me and my child's school?

Both you and your child's school will receive eGift Cards to spend in participating retailers based on a percentage of your overall spend.



Add that all up across the school's network of families and together we can all make a big difference!

Visit [myschoolfund.org](https://myschoolfund.org) and register for free today!

## Getting started



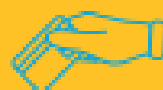
### Step 1

Visit [myschoolfund.org](https://myschoolfund.org) to sign up for free and link to your child's school



### Step 2

Register your credit/debit card to your account



### Step 3

Spend at participating retailers



### Step 4

Start receiving your eGift Cards!

**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

**WEEK ONE**

10/11/2025

01/12/2025

05/01/2026

26/01/2026

23/02/2026

16/03/2026

|                | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|----------------|---|--|--|--|--|
| <b>MAIN</b>    | (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)              |
|                | (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)  |
|                | 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 |
| <b>DESSERT</b> | (v)(h) Chocolate Cracknell (G)                            | (vg) Jelly with Fruit<br><br>(v)(h) Banana & Raisin Cookie (G) | (v)(h) Caramel Apple Crumble with Custard (G.D)<br><br>(v) Ice Cream (D)           | (v) Strawberry Whip with Fruit (D)<br><br>(vg)(h) Flapjack (G) | (v)(h) Frosted Carrot Cake (G.E)                               |

**WEEK TWO**

17/11/2025

08/12/2025

12/01/2026

02/02/2026

02/03/2026

23/03/2026

|                |  |   |   |   |  |
|----------------|--|---|---|---|--|
| <b>MAIN</b>    | 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)         |
|                | (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)                 |
|                | 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 |
| <b>DESSERT</b> | (v) Strawberry Whip with Fruit (D)<br><br>(vg)(h) Shortbread (G) | (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)                                 |

**WEEK THREE**

03/11/2025

24/11/2025

15/12/2025

10/01/2026

09/02/2026

09/03/2026

|                |  |  |   |   |  |
|----------------|--|--|---|---|--|
| <b>MAIN</b>    | (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)          |
|                | (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) |
|                | 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 |
| <b>DESSERT</b> | (v)(h) Zesty Orange Cookie (G)                                 | (v)(h) Vanilla Cookie with Fruit Slice (G)                   | (v)(h) Syrup Sponge with Custard (G.D.E)<br><br>(v) Frozen Swirl Mousse (D)         | (v)(h) Winter Berry Muffin (G.E.D)<br><br>(vg) Jelly with Fruit | (v)(h) 'School Favourite' Sprinkles Sponge Cake (G.E)          |

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





### Learning

We are always learning new things – often without realising it! Learning can include developing skills as well as developing knowledge. Learning something new can help to improve our mental wellbeing, as it gives us a sense of achievement and purpose. We can challenge ourselves to build new skills or develop skills that we already have. It can help to build motivation, confidence, and self-esteem too.

To help us to learn something new, we can set ourselves a challenge or a goal to work towards. Can you think of a new challenge or goal to try?

Learning can be fun! Studies show that learning can help us to enjoy life more! Can you find a new activity that you enjoy and make it part of your life?

#### Our tips for learning:

1. **Learn a new word each day!** Can you use the new word in your schoolwork? Can you teach this new word to a friend?
2. **Get creative!** Try a new craft activity or write a story or song. Have a look at some ideas for craft activities here: 
3. **Try a new hobby,** such as a new sport, learning to paint or join a new after-school club.
4. **Try a new food or learn to cook a new recipe.** Could you share this experience with someone? For example, could you bake a cake with a friend, or cook a meal for your family?
5. **Learn a new language.** Try and learn simple words and phrases, such as "hello", "how are you?" and "my name is...". You could use online resources or apps, such as Duolingo, to help you.
6. **Try a new sport or class.** Could you help others to learn by becoming a coach for a junior team?
7. **Start a craft project!** You could do this independently, or together with a friend. Remember to ask an adult for help if you need to! Follow the QR code for some project ideas: 

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.**



Mental Health in Schools Team

## Tips For Wellness



# Bouncing Back

Bouncing back is all about 'having another go' after we are faced with challenges, this is also called **resilience!** There are times when things will not go how we planned, so being resilient will help us keep going and try again. We can all develop our ability to bounce back, so it is important to maintain a growth mindset and practise this skill by trying the following tips:

### Our tips for bouncing back:

1. Watch this short video introducing resilience and 'bouncebackability'. Scan the QR code to load the video and other lesson resources:



*Young Minds resources*

2. Practise **problem solving** as a strategy to overcome practical difficulties and help you bounce back! Follow the steps below, you may want to write the answers down to help you:

1. What is the problem?
2. How does it make you feel?
3. What are the possible solutions?
4. What are the positives and negatives of each solution?
5. Select the best solution and make a plan to try out!

3. Think about a time when you have faced a challenge in the past...how did you overcome it? Would you do anything differently if you came across the same challenge again? You could discuss this with a friend to share ideas.
4. Build your **support network**. Having people that you trust around you through difficult times can help you to bounce back! Try to share how you are feeling with friends, family, teachers and other trusted adults in your life. You can also contact the services below if you struggle talking to people you know:



*Young Minds*



*Samaritans*

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.



## Mental Health in Schools Team Tips For Wellness



Children's Mental  
Health Week:  
9<sup>th</sup>-15<sup>th</sup> Feb

Dimensions tool



Free online personalised self-care information & support for adults and children in Coventry & Warwickshire

## Kindness

Kindness means being friendly, generous, and considerate to others. It's all about showing care and respect through our actions and our words.

Random Acts of Kindness Day is celebrated each year on February 17<sup>th</sup>, however you can practice random acts of kindness all year round!

### Ideas for random acts of kindness

Here are some easy ideas to spread kindness:

- Give compliments – A genuine compliment can make someone's day brighter.
- Hold the door open for someone.
- Share a smile – Smiling at people can help to boost their mood.
- Send a thank you note – Write a note of appreciation to someone who has helped you.
- Be a good listener – Sometimes, all someone needs is someone to talk to.
- Help your teacher – Offer to hand out something to the class or do something to help them.
- Ask someone how their day is going – Asking someone about their day can make them feel cared for and happier.
- Pick up a piece of litter.
- Offer to help someone at home.

### Why is being kind important?

Kindness is contagious! When you show kindness, it inspires others to do the same.

When you are kind to someone, it can help them to feel happy, it can brighten their day and boost their mood.

Kindness can help to make schools, homes and communities more welcoming and friendly. When people are kind, everyone feels more comfortable which can lead to better relationships and friendships.

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.



## Mental Health in Schools Team Tips For Wellness



# Mood Boosters

Our mood can change, and this is completely normal. You may notice that sometimes you are feeling more tired than usual, maybe stressed or experiencing difficulties with schoolwork or friendships. Situations like these may cause you to feel a bit low, it can be really helpful to talk about these things with an adult, or someone you trust.

Whilst it is normal to feel this way at times, there are things we can do to **boost** our mood and help us to feel happier. By doing more of the things we love and value, or 'doing more of what matters', we can boost our mood. This helps us to feel less tired, have an increased sense of achievement, feel better about ourselves and have some fun!

### Our tips for boosting your mood:

1. Have a look at the **BBC Moodboosters** video resources by scanning the QR code. There are a selection of videos to try, you could do these with a friend/ family member, with your class, or by yourself. But most importantly, have fun!



BBC  
Moodboosters!

2. The **five ways to wellbeing** - can you challenge yourself to try one of these for each day over the next week! Watch the video on the QR code for more information.

- o **Connect** - Reach out to a friend/family member, listen to music that reminds you of happy memories, look at old photographs, or arrange activities with friends.
- o **Be Active** – Try different ways to get your body moving. You could dance, walk, skip, or hula hoop!
- o **Take Notice** - Spend time outside appreciating nature, maybe on your way to school or practise mindfulness
- o **Keep Learning** - Read a new book, watch a documentary, follow a new recipe, or learn a new language.
- o **Give** - Give someone you love a hug, hold the door open for the person behind you, or give your time to help others.



Five ways  
to  
wellbeing!

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.



## WARWICK/ LEAMINGTON WORKSHOPS & PROGRAMMES - SPRING TERM 2 2026

| Workshop/ Programme                       | Date and Time                    | Venue   |
|---|----------------------------------|---------|
| Sleep                                     | 17th February<br>10:00am - 12:00 | Virtual |
| Boundaries & Rules                        | 17th February<br>6:00-7.30pm     | virtual |
| Understanding Children's Behaviour        | 18th February<br>9:30-11:30am    | virtual |
| Understanding your teenager               | 19th February<br>1:30 - 3:30pm   | Virtual |
| Understanding your teenager               | 21st February<br>9:30-11.30am    | virtual |
| Working it out together- 4 week programme | 24th February<br>1:15pm - 2.45pm | virtual |

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## BIRTHDAY PARTIES FOR AGES 2 YEARS - 7 YEARS

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