Emscote Express

November 2026

It has been wonderful to see our school community come together in so many ways this week

Federation Firework Night

On Tuesday evening, families, pupils and staff from across the federation gathered at All Saints' for our annual Firework Night. It was a fantastic event and lovely to see so many families enjoying time together. The spectacular fireworks display was enjoyed by children and adults alike and created a real sense of community as we celebrated together.

A huge thank you must go to our PTA volunteers, who dedicated many hours to planning and organising the event. Their hard work ensured the evening ran smoothly and provided a memorable experience for everyone who attended. We are also incredibly grateful to families and staff and everyone who supported the event. Funds raised will help the PTA continue to provide additional opportunities and resources that benefit children across both schools.

Rights Respecting Artwork Celebration

Today, we were delighted to officially unveil our Rights Respecting School artwork at both schools.

This special event marked a significant milestone in our Rights Respecting journey and celebrated the achievement of our UNICEF Silver Rights Respecting School Award. The artwork, commissioned by the PTA and created by artist Andy Brettell, reflects the voices, ideas and aspirations of our children and highlights the importance of children's rights within our school community.

The celebration brought together pupils, staff, governors and invited guests, including representatives from UNICEF, the United Nations Association, Warwick Town Council and the Diocese. We enjoyed hearing about the impact of our Rights Respecting work, listening to the children perform songs linked to our themes of global citizenship and sustainability, and officially unveiling the artwork.

Thank you to everyone who helped make the event such a success, particularly our PTA for funding the project and all of the children who contributed their ideas and creativity. We are incredibly proud of what has been achieved and look forward to the artwork inspiring future generations of pupils.

Uniform

A reminder about uniform expectations please, particularly around hair accessories. These should be in school colours and not distracting. Hairbands with ears for example, are not permitted, apart from on special days.

Looking Ahead

We have a very busy half term ahead, jam packed with learning and of course we begin our preparations for Christmas. Each year group will be working towards festive performances and celebrations, and we look forward to sharing these special moments with families over the coming weeks.

Please keep an eye on the dates section of the newsletter and remember to check your year group's Padlet regularly for class-specific information and updates.

PTA Disco - Monday 9 November

Tickets are available from the PTA. We are looking forward to another fun event for the children. https://pta.events/eis-autumn-disco-26

Important Dates

9th November –PTA Disco (4pm Emscote YR1 & YR2)

13th November – Children in Need (Where something spotty for £)

19th November –Grandparents Tea and Cake (2.15pm)-Sold Out

20th November – Inset Day (School Closed)

24th November – None Uniform Day – Donation for Tombola)

27th November– PTA Christmas Fayre (Emscote 3.45-5.30pm)

1st December– Nativity (Reception))

8th December – Nativity (Year 1)

10th December – Craft Day (Reception 10am and 1.30pm

11th December - Church Service (9am)

14th December – Book Look In Class (3pm via the playground)

15th December –Christmas Theatre Trip (Whole School)

15th December – Nativity Carol Service 4pm (Year 2 parents welcome)

16th December – Christmas Jumper Day

Warwickshire School Term and Holiday Dates - 2026/27

M	T	W	T	F	S	S
Aug-26						
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3	4	5	6	7	8	9
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31						

M	T	W	T	F	S	S
Sep-26						
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Jan-27						
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Feb-27						
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Jun-27						
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Jul-27						
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Aug-27						
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Sep-27						
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Half Term	Days
1	39
2	35
3	30
4	24
5	34
6	33
Total	195

	Total days
Autumn Term	74
Spring Term	54
Summer Term	67

School Holiday

Public Holiday

Teacher Training Day (+3 to be set by school)

Secondary School Induction Day

Warwickshire County Council

AUTUMN / WINTER MENU 2026/27

Planet Friendly

Hidden Vegetables

Choice/Jkt (water only)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 09/11/26 30/11/26 04/01/27 25/01/27 22/02/27 15/03/27	**MAIN** Pork Sausages in Gravy with Diced Potato (G.SB.SU) (v) Vegetarian Hotdog with Diced Potatoes (G.SB)	Chicken Pie with New Potatoes (G) (v) Vegetable Lasagne with Garlic Bread (G.D)	Yorkshire Pudding filled with Diced Chicken & Gravy with Roast Potatoes (D.E.G) (v) Classic Quorn Fillet in Gravy with a Yorkshire Pudding Roast Potatoes (D.E.G)	(v) Mac 'n' Cheese with Malted Wheat Baguette (G.D) (v) Country Garden Vegetable Fingers with Potato Wedges (G)	Salmon Fishcake with Chips (F.G) (v) Cheese and Tomato Pizza Slice with Chips (D.G)
	DESSERT (vg) Flapjack (G)	(v) Peach Cobbler & Custard (G.D.E)	(v) Cornflake & Apple Flan with Custard (G.D.SU)	(v) Lemon Drizzle Cake (G.E)	(v) Chocolate Orange Sponge (G.D.E)
WEEK TWO 16/11/26 07/12/26 11/01/27 01/02/27 01/03/27 22/03/27	**MAIN** Italian Pork Meatball Sub with Diced Potatoes (G.D) (v) Tomato Pasta Bake with Malted Wheat Baguette (G.D)	(v) BBQ Quorn Fillet in a Wrap with Rainbow Rice (G) (v) Vegetarian Chilli Taco with Noodles (D.SB.G.E)	British Roast Chicken fillet, Sage & Onion Stuffing & Gravy with Roast Potatoes (G) (v) Plant Power Toad in the Holewith Roast Potatoes (G.E.D)	Beef Lasagne with Crusty Bread (G.D) (v) Plant Burger in a Bun with Diced Potatoes (G)	(msc) Battered Fish Fillet with Chips (F.G) (v) Cheese & Baked Bean Pasty with Chips (G.D)
	DESSERT (vg) Lemon Shortbread (G)	(vg) Ginger Cookie (G)	(v) 'School Favourite' Sprinkles Sponge Cake (G.E)	(vg) Apple Enchilada (G)	(v) Ice Cream (D)
WEEK THREE 02/11/26 23/11/26 14/12/26 18/01/27 08/02/27 08/03/27	**MAIN** (v) Cheese and Tomato Pizza Slice with Potato Wedges (D.G) (vg) Saag Aloo Curry with Rice	Chicken Fillet Wrap with Herby Diced Potatoes (G) (v) Pasta Peas & Sweetcorn with Malted Wheat Baguette (D.G)	Pork Toad in the Hole & Gravy with Roast Potatoes (G.SB.SU.E.D) (v) Quorn Fillet in Gravy, Yorkshire Pudding with Roast Potatoes (D.E.G)	Beef Bolognaise with Garlic Bread (G) Cheese (D) (V) Vegetable Burrito with Rice (G.D)	(msc) Fish Fillet Finger with Chips (F.G) (v) Crispy Quorn Dippers with Chips (G)
	DESSERT (vg) Carrot & Orange Cookie (G)	(v) Caramelised Banana Waffle (G.E.SB)	(vg) Chocolate Cracknell (G)	(v) Apple Crumble & Custard (G.D)	(v) Spiced Pear Muffin (G.E.D)

Available Daily:

Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

(vg) Fresh Bread Basket.

Daily Salad Selection.

Vegetables of the Day.

Fresh Chilled Water

(v) Yoghurt (D.SB) or (vg) Jelly or Fresh Fruit.

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caring is our secret ingredient

ALLERGIES

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

ALLERGEN KEY

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

Mental Health Support Team in Schools

Dimensions tool

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

Tips For Wellness

Mind and Body

Just as we look after our physical health, it's important to look after our mental health. In fact, the two are closely connected!

Most of us will know what it's like to feel worried, stressed or low from time to time. We might be affected by our relationships with friends and classmates or things we see on the news, and we might feel worried about school or our home lives (this is understandable!) Recognising how our mind health and physical health work together can keep us mentally healthy.

Our Tips for looking after your Mind and Body:

To ensure a healthy mind and body, why not try some of the activities below? Can you choose one from each category?

1. **Physical**- healthy eating with plenty of water, time away from technology and get fresh air where you can, regular exercise every day (e.g., walk to school or get off the bus a stop earlier, dance, or stretch), a consistent sleep schedule (children aged 6-12 years should aim for 9-12 hours sleep per night, adolescents should aim for 8-10 hours).
2. **Social**- spend quality time with friends and family, connect with others in person (as well as online), join a club or community group, reach out to others and don't be afraid to ask for help or offer support.
3. **Practical**- keep a daily routine to create structure and stability, use checklists to act as reminders and to hold yourself accountable, get ready for the day each morning, set yourself small and achievable goals to stay motivated.
4. **Emotional**- develop supportive friendships, write down three good things from your day, take time to do something relaxing every day, practise self-kindness (e.g., treat yourself how you would treat a friend!)

Scan the QR code for more ideas around keeping a healthy mind and body.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

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 Support Team in Schools

Tips For Wellness

Being Brave

Dimensions tool

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We can show bravery in lots of different ways, such as recognising that we feel a certain way (e.g., sad, anxious), asking someone for help when we need it and trying new things, even if we feel scared!

Feeling scared is often a sign that we are doing something challenging and it is completely normal to feel this way. Even though it can feel uncomfortable, being brave and facing these difficulties can also help us to learn and grow (both physically and emotionally). This can mean we need to step outside our comfort zone at times to be able to overcome challenges, but it is important to remember that being brave does not mean we have to cope alone.

Our Tips for Being Brave:

1. **Set yourself a goal to try something new.** Create a plan to break your goal down into smaller, more achievable steps! This can help your goal to feel less overwhelming.
2. **Take chances and make mistakes!** Sometimes it is helpful to fail, so you can practise being brave. Try something you have been wanting to try and take that chance to move out of your comfort zone. You might even find that it wasn't as bad as you thought it would be.
3. Practise **positive self-talk** to help develop your bravery. Repeat these sentences to yourself or out loud - 'I can do hard things'; ' I try my best'; 'I can enjoy challenge'. You might want to write positive statements on post-it notes and stick them around your mirror so you can remind yourself of them every day!
4. **Ask for help** when you need it from someone you trust. Taking the step to talk to someone is one of the bravest things you can do!
5. **Strike a power pose!** Standing up tall with your feet apart, your head held high and with your hands on your hips can help make you feel more confident and ready to take on a challenge. What pose makes you feel more confident?

Follow the QR code for activities to support the theme 'being brave'!

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.

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Tips For Wellness

Appreciation

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Appreciation is a feeling of **thankfulness** or an act of recognising something that is important or meaningful to you.

We can appreciate or recognise another person through complementing them and sharing what you like about them. We can say 'thank you' to others when someone is helpful or supportive. This has benefits for both our mental health and for the people around us. We can also appreciate ourselves – you are important and unique! Remember to celebrate when you achieve big and small things and stop to appreciate what you have done.

Learning to appreciate others and ourselves can improve our self-esteem, improve our mood and improve our relationships with others.

Our tips for appreciation:

1. Create a **"be proud"** board at home or at school where you post your drawings or good deeds.
2. Start a **gratitude journal** – write or draw things that make you feel proud or happy every day.
3. **Give a compliment** - think about a person who is important to you and tell them 3 things that you like about them. You could write a letter or a small note to let them know how much you appreciate them. Use these sentence starters to help you:

- I like how you…
- You are…
- Thank you for…
- You make me happy when you…

Makaton video

4. **Say 'thank you'** – remember to thank other people throughout the day, to show them you appreciate what they do for you. If you have a friend who speaks another language, you could learn to say 'thank you' in the language that they speak. You could also learn to say 'thank you' in Makaton (sign language) too! Have a look at the video above to help you!
5. **Self-appreciation** - think of something small that you have achieved this week. Pause and take a minute to appreciate what you have done. Which of your positive qualities did you use? Kindness, thoughtfulness, curiosity, creativity?

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Tips For Wellness

Strength

Each of us has a unique set of strengths and abilities that help us face life's challenges. Focusing on your strengths doesn't mean ignoring your weaknesses — it means using what you're naturally good at to help you grow, build confidence, and work through tough times. In doing so, you move closer to living a more fulfilling and resilient life.

Our Tips for strength:

1. **Appreciate your strength** – when you experience a difficult time, it's easy to forget how strong you are! Try and remember other times in your life when you've got through something challenging. Remember how strong you were to get through those circumstances and know you have the strength to get through other difficulties too.
2. Remind yourself **"all we can do is try our best"** and **"you are good enough".**
3. Being kind to others can help build our own strength as well as others! As a class, have a go at playing **'kindness bingo'** by following the QR code:
4. **Take Time to Rest and Recharge** - your mind needs breaks just like your body. Take a few quiet minutes to breathe, read, draw, or go outside. That helps your brain feel strong and calm.
5. **Ask for Help When You Need It** - being strong doesn't mean doing everything alone. It's *smart and brave* to ask for help — that's how we grow and learn!

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