

Emscote Express

Issue 9, April 2025



As we reflect on the lead-up to the Easter holidays, I'm delighted to share some of the wonderful events that took place at Emscote Infant School. Our EYFS families enjoyed a delightful Easter Craft day, basking in the glorious sunshine as parents and carers joined their little ones for creative activities. The Easter Egg trail in the woods was a particular highlight, with children eagerly searching for hidden eggs among the trees. Our Federation Easter Church service was a beautiful celebration of the season, bringing our school community together in reflection and joy. On Tuesday this week, we had an enlightening Eid Assembly, where Zahid, one of our Year 2 pupils, did an outstanding job explaining to his peers how he celebrated this important festival. Thank you Zahid!

Earlier in March, Erin in Oak class decided that she wanted to hold a cake sale to raise money for Comic Relief. Erin worked so hard baking and decorating the cakes herself with just a little bit of help from mum (such as using the oven!!) Erin set up a cake shop outside her house and invited friends and family to come along. By doing this Erin managed to raise an incredible £56 for comic relief. Erin we are very proud of you, showing your community spirit and thinking of ways to help others, well done! The School Council team embarked on an exciting adventure to the Houses of Parliament, providing them with a unique insight into the workings of our democracy. This experience will undoubtedly inspire their future contributions to our school community.

Congratulations to Adhav in Year Two, the School Council met and looked at all the entries and selected his design as the one they wanted to represent Emscote. Adhav's flag will be flying in Warwick town centre during the summer as part of the VE day 80th anniversary celebrations.

We also participated in the Sustrans Big Walk and Wheel initiative, promoting active and sustainable travel to school. Based on our daily average score we ranked 368 / 1194 in the small primary schools category. Thank you to everyone for taking part.

As I write this, excitement is building for tonight's Easter Bingo event, organised by our fantastic PTA. These events are not only great fun but also play a crucial role in strengthening our school community and raising much needed funds. On that note we would like to say an enormous **THANK YOU** to our PTA for a very generous donation that has enabled us to greatly improve the collection of books that we use for guided reading sessions in school. Without the support of the community and fund raising events that take place, we simply would not be able to afford to make improvements such as these.

Looking ahead, please note that the Easter holiday begins next Friday at 3:10 pm, with pupils returning to school on 28th April. As the weather improves, I'd like to remind everyone about our summer uniform options. Children may now wear red gingham or striped summer dresses or grey shorts. However, please remember that shoes must remain close-toed, with no sandals permitted. School shoes are required except on PE days when trainers are allowed.

We would like to inform parents that we've recently updated several school policies (including Data Protection, Privacy Notices, Charging and Remissions) and they are now available for review on the school website at:

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

Lastly, I must address the ongoing issue of parking during drop-off and pick-up times. We've received further concerns from local residents, particularly regarding the top of Austin Edwards Drive. While we're working with the Highways Agency to address this, I kindly ask all parents and carers to park considerately and safely.

Thank you for your continued support and cooperation. Here's to a fantastic summer term filled with learning, growth, and memorable experiences for all our pupils.

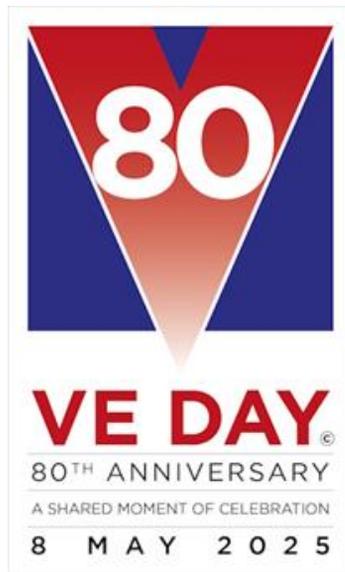
Mrs Nicol

Head of School



Dates for the Diary 2025

Fri 4th April	PTA Easter Bingo	4-6pm, Emscote school hall
Mon 14th - Fri 25th April	Easter Holidays	
Mon 28th April	Children return to school	
Mon 5th May	Bank Holiday	
Tues 6th May	Year 1 Impact Workshop 9am and 1.45pm	More information to follow
Wed 7th May	Year 2 Impact Workshop 9am and 1.45pm	More information to follow
Wed 7th May	Year 2 Impact Workshop 9am and 1.45pm	More information to follow
Thurs 8th May	VE Day Celebrations	Parents and carers welcome to join us at All Saints Junior School for a Federation Picnic Lunch. Children to dress in red, white and blue for the day.
Wed 21st May	Reception Year Trip to Ryton Pools	Payment details to follow. Any parent helpers will require an Enhanced DBS check, please contact the school office if you would like to arrange this.
Monday 26th - 30th May	Half Term	
Mon 2nd June	Inset Day	Children not in school
Tues 3rd June	Children return to school	



3rd April 2025

Dear Parents and Carers,

You might be aware that there is to be a national celebration for the 80th anniversary of VE Day on 8th May this year. Follow this link for more information about the wider celebrations. <https://ve80.com/>

We would like to invite you to take part in a special whole school picnic on our field on that day, Thursday 8th May. We look forward to welcoming children from both schools and their parents from 12 – 1pm – please bring your picnic foods, blankets etc and come prepared to face the British weather, whatever it is that day!

We would like children (and parents too if you'd like to join in!) to dress in red, white and blue that day.

We'll keep our fingers crossed for the weather and look forward to celebrating the occasion together as a whole federation.

Kind regards,

Mrs Nicol



Tips for helping your child with sleep

Quality sleep is essential for children's growth, development, concentration, memory and problem-solving abilities, immune system, emotion regulation, behaviour and mood! Poor sleep habits at a young age can lead to longer term sleep problems. The recommended hours of sleep for children and young people are:

Primary age
children
9-11 hours

Adolescents
8-10 hours

Our top tips:

1. Keep a **sleep diary** – you may be able to identify patterns of poor sleep and factors that may be having an impact on your child's sleep quality. Do you notice they find it harder to get to sleep after doing an activity in the evening? Or do you notice their sleep is affected by what they have eaten that day? Try making changes to your child's normal routine and record any changes in the sleep diary.
2. Explore **environmental reasons** for sleep difficulties – is your child being over-stimulated at night? Are there any noises keeping them awake? Is their bedroom dark enough? Is their mattress comfy? Is the temperature of their bedroom cool?
3. Use **visual cues** – visual timetables or picture cards explaining your child's bedtime routine can help reduce anxiety, so children feel calmer and the evening is more relaxed for both you and your child.
4. Maintain a **regular routine** – keeping your child's bedtime the same, as well as the time they wake up in the morning, is important when improving your child's sleep quality.

Sleep guide for parents

(includes sleep diary template)



Top tips for improving your child's sleep:



Sleep guide for parents:



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



Stress Awareness

Stress is what you feel when you're **worried, nervous, or under pressure**. It's your body's way of reacting to things that feel difficult, scary, or too much to handle. Everyone feels stressed sometimes!

Stress can come from lots of things, such as:

- **School** – too much homework, exams, or feeling like you have to do really well.
- **Friends** – disagreements/ arguments, bullying, or feeling left out.
- **Family** – disagreements/ arguments, moving house, or changes like a new baby in the family.
- **Big Changes** – starting a new school, growing up, or losing someone you care about.

Some stress can be good, but too much can cause us to feel anxious or depressed, which might affect our sleeping, eating habits and general wellbeing. If stress is going on for a long time, we may also experience 'burnout', which is when our body is exhausted and has not had a chance to rest. There are things we can do to help our body recharge and reduce stress:

Our tips for managing stress:

1. **Talk to someone you trust.** This helps you not to feel alone, because someone is there to listen to you and to care. Remember – it's okay to ask for help!
2. **Stress bucket activity** – follow the QR codes to complete your own stress bucket. This may help you to see what is contributing to your stress, as well as what helps you to feel calmer.
3. **Moving your body** can help to release stress and make you feel good. Why not try dancing to your favourite song or going for a walk with friends or family?
4. **Get creative** – Art has been found to help people feel present in the moment and reduce the feeling of stress and worry. Follow the QR code for more information!
5. **Create a calm corner!** It is important to have somewhere that you feel safe, and you could go there when you feel like you need a break. You could fill the corner with soft things like pillows and blankets, and is the perfect place to read, draw, or even listen to calming music!

Stress bucket
activity



Ideas to get
creative

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Mental Health in Schools Team Tips For Wellness



Nutrition

Nutrition refers to the nutrients in food and how our body uses them to stay strong and healthy. There are lots of positive benefits for our **physical health**, nutrition is also really important for our **mental health!**

Our brain works hard taking care of our thoughts, movements, breathing, heartbeat and senses (even when we are sleeping!), so we must fuel our brain with nutritious foods to help us function. This can help us to think clearly, increase our energy levels and support concentration. What we eat also affects our mood too!

Our tips:

- 1. Get involved in the cooking**– Can you help your parent/carer to prepare dinner? This can be a fun way to spend time with others and learn a new skill.
- 2. Make it fun**- There are lots of different ways different foods can be prepared. You could try experimenting putting different food together to see what you like and don't like.
- 3. Try something new**- When was the last time you tried a new food? It can be exciting to find out what food we like and don't like. Also, our tastes can change as we grow and develop. See if you can set yourself a challenge to try a new food this week.
- 4. Keep Hydrated**- Dehydration could lead to headaches, difficulty focusing and may impact sleep. Try to ensure you are regularly drinking water, it can be useful to bring a bottle of water to school every day to remind you to stay hydrated!

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Mental Health in Schools Team Tips For Wellness



Self-Care

Self-care is all about the little things we do to help ourselves feel better or to keep ourselves feeling good. This is a great way to look after our mental health and wellbeing. Self-care involves 'checking in' with yourself and thinking "how do I feel today?" and understanding "what do I need today?" Self-care looks different for everybody. What works for one person may not work for someone else!

Our tips for self-care:

- **Taking** time-out when we are feeling overwhelmed.
- **Making** time for an activity which makes us feel good e.g., taking a bath, listening to music, going for a walk, or playing a game you enjoy.
- **Doing** the basic things to look after ourselves e.g., eating and sleeping well.
- Practise self-care by asking yourself the questions in the box below:

How do I feel today? What do I need today? Do I need physical or mental self-care? When can I add self-care into my day? Make time to do it! Repeating these Self-Care check-ins at least once each day can help improve our mental health.

Make time for a relaxation activity. Scan the QR codes below for more information around self-care. Why not try the mindfulness activities in the QR codes below too!

Primary resources:

Secondary resources:



Self-Care



Mindfulness



Self-Care



Mindfulness

Watch the 'Mindfulness animation'! The Mindfulness in Schools Project has lots of other great resources too.

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Mental Health in Schools Team Tips For Wellness



Positivity

“Every day may not be good, but there is something good in every day.” - Alice Morse Earle.

Positivity means focusing on the good things in life, even when things get tough. It's about thinking and acting in a way that makes you feel happy and hopeful. Being positive can help you feel better, solve problems, and have a more joyful life.

Our tips for practising positivity:

- **Focus on the good** – Look for the positive in every situation. Every day, there is always something positive.
- **Use positive words** – Try saying things like “I can do this” or “I’ll keep trying and I will get there”.
- **Be kind to yourself** – Don’t be too hard on yourself. Try to remind yourself that you are trying your best. Celebrate any small successes!
- **Practise gratitude** – Think about three things that you are thankful for each day. It could be something as simple as a sunny day or a friend saying something nice to you.
- **Spend time with positive people.**
- **Find something you enjoy** – Whether it is a hobby, sport, quality time with friends and family, or watching your favourite TV programme, doing something you love can bring you joy.
- **Try using positive affirmations** – Tell yourself one positive thing every day, like “I am enough” or “I am trying my best”.
- **Help others** – Helping someone else, even in a small way, can make you feel good about yourself too.
- **Keep a positive journal** – Write down things that you are proud of or moments that made you smile.

Positivity makes a big difference!

When you practise positivity, you start seeing the world in a brighter way. You can face challenges with confidence and believe in yourself.

Positivity is also contagious — when you’re positive, you inspire others to be positive too!

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Mental Health in Schools Team Tips For Wellness



Be active

Moving our body every day can boost self-esteem, improve quality of sleep, contribute to better social skills and reduce feelings of anxiety. When we feel anxious, our bodies can experience the 'fight, flight, freeze' response. Our hearts beat faster, we sweat more, and our muscles tense; physical activity can help release these feelings!

Our brain also releases chemicals when we exercise, called endorphins, that make us feel good. Even just 10 minutes of fast walking can contribute to mental alertness, increased energy and positive mood.

Being active may be new to you, or you may already exercise regularly. Try to find an activity that you want to do, and you find enjoyable. It's okay if you aren't sure what this is yet, have a go at experimenting and why not start by checking out our ideas for being active below?

Our tips for being active:

1. **Add extra movement to your regular routine** – Can you change the way you travel to school? Could you walk or cycle to your friend's house, instead of travelling by car? If you need to use the car, think about parking further away to get some extra steps in!
2. You could engage in the **'Daily Mile'** as a class or whole school! This involves heading outside to run, wheel or walk around the school grounds for 15-minutes every day, at whatever pace suits you.
3. **Try a new sport or activity** – This is a great way to improve your sporting ability, but also an opportunity to make new friends and feel part of a team.
4. **Dance to music** - Whilst it can be a good idea to join a sports club if you enjoy this type of activity, we can still be active whilst listening to music and having fun! You could dance to your favourite playlist whilst you are tidying your bedroom or helping your parents/carers around the house...you might even forget you are doing chores too!
5. **Get outdoors** and move your body in the fresh air. If the weather is cold or rainy, why not try Zumba, hula hooping, skipping, or yoga.

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The 10-week Nurturing Programme

Kingsway Children and Families Centre.

12.45pm-2.45pm

Tuesday 6th May to Tuesday 15th July.

**A FREE programme for parents and carers in
Warwickshire**

How to get the best out of family life.

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

To book use the QR code or go to

<https://www.eventbrite.co.uk/e/10-week-nurture-programme-for-parents-and-carers-learnington-spa-tickets-1269071650469?aff=oddtcreator>



If you have any queries, please contact:

ehparenttrainers@warwickshire.gov.uk





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**WARWICK
CASTLE**

EASTER

5TH - 27TH APRIL

STEP OUT - SPEAK UP - HAVE HOPE



FREE Chat, Craft & Companionship for Women 18+

All Saints Church, All Saints Rd,
Warwick, CV34 5NL

Tuesdays,
9.15 - 11am

February 4th & 18th
March 4th & 18th
April 1st & 15th
May 6th & 20th
June 3rd & 17th
July 1st & 8th

Join us in the Coffee Room

Complimentary Light
Refreshments & Activity
E.g. Mindfulness Colouring,
Communal Activities etc

Pre-school children welcome
*(Please bring something to keep little ones
occupied so you can enjoy the session)*

Feel free to pop by

✉ info@womensteppingout.co.uk

www.womensteppingout.co.uk

Registered Charity No 1205138



OFSTED
APPROVED!

SCALLYWAGS OPEN DAY!! 3rd March

Come and see our
Varied, planned activities
to suit all ages and needs.
Large outside area and
use of Green.
Range Of play equipment

Clubs this term
Colouring in club
Play dough club
Pool club
Connect club
Air grab club
(Clubs do change termly)
Also in with your price!



scan our QR code for our
website and also to register

Address

The Contact Centre
(Behind All Saints Church)
All Saints Road Warwick
CV34 5NJ

Contact us

scallywagsKids.co.uk
info@scallywagsKids.co.uk
07834241414



We've worked
alongside
Emscote and
All Saints for
20+ years

ALL SAINTS EMSCOTE

Little Saints



Praise and play,
with stories, singing,
simple crafts, toys & refreshments.
For babies, toddlers & their
parents / carers.

Come and join us!
Mondays 9.00am – 11.00am
(Term time only)

Messy MASS

Family-friendly worship with
the children taking part

Includes special set-aside activities for the children
led by our Family Link Worker, Ania, and volunteers

Story, songs, crafts
prayer & refreshments

The Next Messy Mass Dates are:

19 January, 16 February, 16 March,

4th May, 15 June,

NO MESSY MASS during April or July

COME AND SEE!
3rd Sunday of the month

10.30am - 11.30am.

Contact Ania for more details:

07546390555





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 or a residence order

Or

- if either parent is in the Armed Forces

Are you an exhausted, **SEN** and/or **EBSA parent carer**?
Running on empty with no time to shout "HELP!" let alone **step off the hamster wheel to rest, relax or recharge?**



I GET IT!

We face a **unique set of challenges** that not everyone understands.

After being on the **brink of burnout** myself I learned **quick, simple and impactful** ways to strengthen my coping skills, **feel more calm, resilient, hopeful and happy** and I'm **on a mission to help YOU** do the same!

The SHARE Project Zoom workshops have been created to give you sustainable **strategies** to help **strengthen your coping skills, rebuild your resilience, boost your wellbeing and feel like YOU again!**



PARTICIPANT FEEDBACK:

"The SHARE project helped me have a more positive outlook day-to-day and relaxation has helped with my sleep."

"I looked forward to the sessions each week, it gave me time to focus on myself for a change."

"The SHARE Project was a gentle, kind experience. The refocusing was extremely powerful and I felt nurtured by the sessions."



[CLICK HERE](#) for more info and to book your place
or email: hello@ausomemums.com
Evening and daytime sessions available

the mini movers

sporty fun for little ones



**BIRTHDAY PARTIES FOR AGES
2 YEARS - 7 YEARS**

**PARTY
TIME!!**



Themes include:
Superheroes
Princesses
Space
On the farm
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Balloons

Obstacle Course

Themed Activities

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Email: jo@theminimovers.co.uk



Events for Families

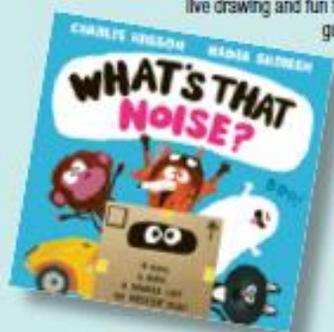
Saturday 10th May

Nadia Shireen
and Charlie Higson
What's That Noise?

£8 | 10-11am | Age 4+



Join author, actor and comedian Charlie Higson and award-winning illustrator Nadia Shireen for this fast and funny event based on their brand-new picture book, *What's That Noise?* Laughs, noisy games, live drawing and fun for all the family guaranteed!



Saturday 10th May

Dame Jacqueline Wilson
The Seaside Sleepover

£8 | 10-11am | Age 6+



One of the UK's bestselling children's authors (and a Festival Ambassador) brings you the latest in her hugely popular *Sleepovers* series featuring Daisy and her friends - and Daisy's sister Lily. The summer holidays have finally arrived, and Daisy longs for a proper holiday at the seaside, building sandcastles, eating lots of ice cream and maybe even spotting a mermaid in the sea. Daisy's sister, Lily, wants to come too, but she uses a wheelchair which can make trips to the seaside tricky. Especially with all that sand! Then Scruff arrives in their life...



Box Office: 0333 666 3366 or online at stratfest.co.uk

Saturday 10th May

Bunny vs Monkey Trail
FREE | All day

Can you find mischievous Bunny, Monkey and their friends around the Festival site? Go on a hunt for these beloved characters in this family-friendly trail created especially for us by *Bunny vs Monkey* author and illustrator Jamie Smart.



Saturday 10th May

Superhero Drop-In and Do
Drawing, craft and games!

FREE | 11am-1pm | Age 5+

Pop along and get creative with superhero craft and games, plus create your own character with *The Phoenix* comic artist Abby Bulmer.



In partnership with The Phoenix Comic

Saturday 10th May

Maz Evans
Oh What a Knight!

£8 | 11.30am-12.30pm | Age 7+



Embark on a madcap journey with superstar author Maz Evans - from the Maya Underworld, through Ancient Egypt and all the way to Camelot to find Excalibur and save the world. Join in the fun and games and discover ancient myths and Arthurian legend in this hilarious, energetic event.



Box Office: 0333 666 3366 or online at stratfest.co.uk



**OUR FOOD PANTRY:
FROM 12 TO 2PM**

EVERY WEDNESDAY

FREE, CONFIDENTIAL AND IMPARTIAL ADVICE AND INFORMATION ON A WIDE RANGE OF SUBJECTS SUCH AS HOUSING, BENEFITS, DEBT, EMPLOYMENT, FAMILY AND FUEL POVERTY AMONGST MANY OTHER ISSUES

**APPOINTMENTS:
10 AM AND 11 AM**

**DROP-IN SERVICE:
12 PM - 1 PM**

**citizens
advice**

To book your appointment, contact us or send us an email (packmores@thegapwarwick.org)

**AT THE GAP COMMUNITY CENTRE
39 OAKWOOD GROVE
WARWICK, CV34 5TD**

EMMANUEL CHURCH

MON 14TH - THURS 17TH APRIL 2025

10 TIL 12:15PM

LIFT OFF!
Holiday BIBLE CLUB

EMMANUEL CHURCH, HEATH TERRACE, CV32 5LY
BOOK YOUR SPOT ONLINE AT EMMANUEL-CHURCH.ORG.UK/LIFTOFF

BOOK NOW! Kids EASTER Camp

AGES 7 - 11

£30 per day
Lunch Included!

9am - 3pm
Early Drop Off & Late Collection Available

Scan the QR codes below to BOOK NOW!

KMAT Leisure Easter Camp
Monday 14th April 2025

KMAT Leisure Easter Camp
Tuesday 15th April 2025

KMAT Leisure Easter Camp
Wednesday 16th April 2025



In association with

Sainsbury's

Argos

ESPO



Step 1

Visit 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!



We're part of the My School Fund initiative.

Together we can boost our school's budget, plus your own!

It's completely free to sign up and both you and your child's school will receive eGift Cards to be used at participating retailers based on a percentage of your spend.

Visit myschoolfund.org today!

SCAN FOR INFO



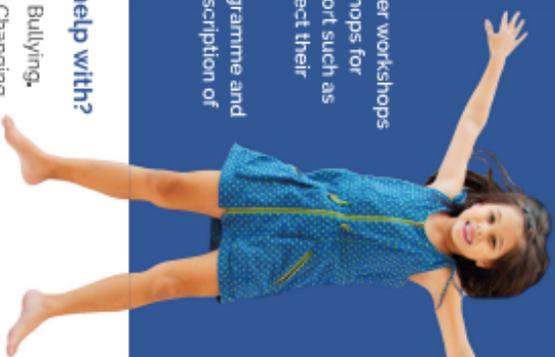
Our service explained

For parents/carers

Connect for Health is a school nurse-led service that supports children, young people and parents/carers. Warwickshire families with a school age child (aged 5-19, or up to 25 for people with SEND) can get in touch with any concerns related to health and wellbeing.

The support we offer includes one-to-one advice, parent/carer workshops on key topics such as sleep and continence, resilience workshops for children, a healthy lifestyles programme, and specialist support such as healthcare plans for children with medical conditions that affect their school day.

Our team also carry out the National Child Measurement Programme and Health Needs Assessments in schools; you'll receive a full description of these initiatives if your child is invited to take part.



What can Connect for Health help with?

- Continence.
- Sleep.
- Behaviour.
- Healthy eating & physical activity.
- Oral health.
- Friendships and relationships.
- Bullying.
- Changing school.
- Parenting.
- Mental health & emotional wellbeing.
- Many other health & wellbeing topics.

If you would like help with any of these topics, please don't hesitate to get in touch using the details below. Our office hours are Monday - Thursday 9 am - 5 pm and 9 - 4.30 on a Friday. If your child is age 11-19, please pass on the details of our ChatHealth text messaging service which they can access for friendly advice from a nurse.

Learn more on our website & download our referral form - scan here or visit compass-uk.org/c4h



C4H

Text Parentline (parents/carers): **07520 619 376**

Text ChatHealth (young people 11-19): **07507 331 525**

Call us: **03300 245 204**

Email us: connectforhealth@compass-uk.org



@schoolhealthC4H

@compassc4h



@c4hwarwickshire



Information Sessions for Warwickshire Parents and Carers



Courses available online – via Zoom

<p>Understanding and Supporting Children and Young People with Emotionally Based School Avoidance Thursday 26th September 2024, 9:30 am to 11:30 am</p>
<p>Understanding Emotion Regulation in School Aged Children Thursday 10th October 2024, 9:30 am to 11:30 am</p>
<p>Understanding and Supporting Children aged 3-11 Years with Anxiety Thursday 24th October 2024, 9:30 am to 11:30 am</p>
<p>Understanding and Supporting Children Aged 12+ Years Anxiety Thursday 7th November 2024, 9:30 am to 11:30 am</p>
<p>Understanding and Supporting School Aged Children Who Self-harm Thursday 21st November 2024, 9:30 am to 11:30 am</p>
<p>Understanding Sensory Needs in School Aged Children Thursday 5th December 2024, 9:30 am to 11:30 am</p>
<p>Understanding Low Mood in Children and Young People Thursday 9th January 2025, 9:30 am to 11:30 am</p>
<p>Understanding Self-esteem in Children and Young People Thursday 10th April 2025, 9:30 am to 11:30 am</p>

Places on our sessions are subject to availability. To book your place please email risecommunityoffer@covwarfpt.nhs.uk

Please note: the sessions are available for Warwickshire residents only.

This Joyful Eastertide!

Services at All Saints'

Palm Sunday

Sunday 13 April - 10.30am

Stations of the Cross

Wednesday 16 April - 7.00pm

Maundy Thursday

Thursday 17 April - 8.00pm

Followed by a short 'Watch' in the Lady Chapel

Good Friday

Friday 18 April - 2.00pm

Easter Day

Sunday 20 April - 10.30am



WHAT'S ON? P4	CLUBS & CLASSES P14	COMPETITIONS P30



SOUTH WARWICKSHIRE



EASTER Eggstravaganza

12th- 21th APRIL

- FREE CRAFT CLUB
- MEET GIRPY CHICK

BOOK NOW
WMSP.CO.UK



MAGAZINE & WEBSITE THE GO-TO GUIDE FOR YOU AND YOUR CHILD

raring2go.co.uk

SPRING 2025

GOGO MAKERS

INSPIRING YOUNG MINDS TO THINK BIG!

EASTER HOLIDAY CAMP

HIPPITY HOP

14TH-25TH APRIL*
(EXCLUDING WEEKENDS & BANK HOLIDAYS)

AWARD-WINNING OFSTED APPROVED HOLIDAY CAMPS

<p>MINI's RECEPTION</p> <p>GO GO CREATORS GO GO GROOVERS GO GO ACTIVE GO GO EINSTEIN'S</p> <p>PLUS FREE PLAY SMALLER GROUPS (RATIO 1:8)</p>	<p>JNR's 5-7 YEARS</p> <p>ART DANCE STEM SPORT ARCHERY</p>	<p>SNR's 8-12 YEARS</p> <p>CRBTIVES BATTLE SESSIONS SPORTS SKILLS SCIENCE LAB FUTURE STARS (DANCE)</p> <p>+ MORE!</p>
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ACTIVITIES CAN VARY AT VENUES & ON DAYS

NEW IMPROVED PROGRAM FOR RECEPTION YEARS!!!

WE ARE BACK!

EMSCOTE INFANT SCHOOL WARWICK	FINHAM PARK SECONDARY SCHOOL COVENTRY	PRIORS FIELD PRIMARY SCHOOL KENILWORTH	BRIAR HILL INFANT SCHOOL WHITNASH	HEATHCOTE PRIMARY SCHOOL WARWICK GATES
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10% EARLY BIRD DISCOUNT AVAILABLE PLUS 10% SIBLINGS DISCOUNT & PAYMENT INSTALMENTS

See website for details. Offers can not be used in conjunction

£34.50 FOR A STANDARD DAYS CARE FROM 9AM - 3.30PM
MINIMUM 5 WEEKS NOTICE AND MUST BE PAID FOR IN FULL WITH A SURPLUS FEE

W: www.gogomakers.co.uk | E: hello@gogomakers.co.uk | T: 01926 935377

WE ACCEPT CHILD CARE VOUCHERS & TAX FREE CHILD CARE

OFSTED REGISTERED

HAF

RATED 5 STARS ON GOOGLE

The Gap YOUTH

HOLIDAY CLUB!

for ages 7 - 11

Tues 15, Weds 16, Thurs 17 April

11 am - 3 pm

GapACTIVE! - Sports & team games

GapCREATIVE! - Arts & Crafts

GapGO! - Outdoor Skills

GapCOOK! - Cooking workshops

Lunch, snacks & fruit included!
Just bring a water bottle.

Free with a HAF code

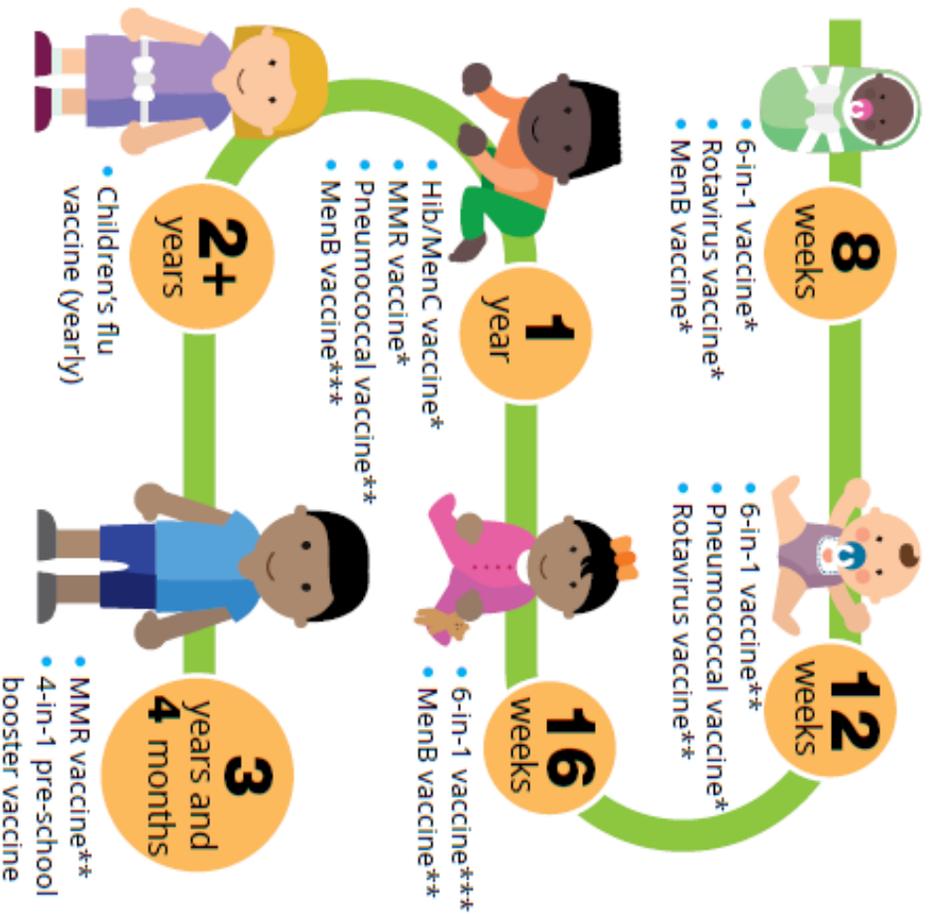
log in to: <https://searchout.warwickshire.gov.uk/holidays-activities-food-haf>

Not eligible for a HAF code?
Email Jane for prices and to book your place
jane.lisle-holmes@thegapwarwick.org

The Gap Community Centre
Oakwood Grove, Warwick CV34 5TD



Your child's vaccine schedule



* first dose, **second dose, *** third dose
 6-in-1 protects against diphtheria, tetanus, whooping cough, polio, Hib and hepatitis B
 4-in-1 protects against diphtheria, tetanus, whooping cough and polio

Follow your child's vaccine schedule to protect them against illnesses

Stick this timeline up as a useful reminder



- Childhood illnesses like measles and whooping cough are rising
- These illnesses can make children very sick, leading to hospital stays or lifelong problems
- If your child is not vaccinated, they are not protected
- It's important that vaccines are given on time for the best protection. Some need booster doses later too
- Check your child's red book or speak to your GP practice to see if they have missed any
- You can still catch up on most missed vaccines
- All the childhood vaccinations are free. As children grow up, they will be offered more vaccine appointments, right up until they are teenagers. Some vaccines are offered at school
- Vaccinations offered by the NHS are thoroughly tested to assess how safe and effective they are. All medicines can cause side effects, but vaccines are among the very safest.
- Research from around the world shows that immunisation is the safest way to protect our children's health

Are your child's vaccines up to date?
 Book now at their GP practice

A vegan meal is available on request on days when (vg) is not shown as a choice on the menu.
All our fish is natural whole fillet and although great care has been taken to remove all bones, some may remain.

educateres™



Weekly Menu

CHOICE / JKT water only
September 2024

Week one

Warwickshire, Coventry: 16/9, 7/10, 18/11, 9/12, 13/1/25, 3/2, 3/3, 24/3
Oxfordshire: 16/9, 7/10, 18/11, 9/12, 13/1/25, 3/2, 3/3, 24/3

MONDAY

Choose a main meal...
Pork Meatballs in Tomato Sauce with Noodles (G.E)
(vg) Breaded Vegetable Fingers with Herby Diced Potatoes (G)

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(vg) (h) Lemon Shortbread (G)
(v) Cheese Crackers and Apple Wedge (G.D)
Fresh Fruit

Choose a main meal...
(h) Chicken and Country Vegetable Pie with Potato Wedges (G)

(v) Cheese and Tomato Pizza Wedge with Potato Wedges (G.D)

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

TUESDAY

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v) (h) Chocolate Cracknel (G)
(v) Yoghurt (D) or Fresh Fruit

Choose a main meal... **WEDNESDAY ROAST**
British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)

(vg) Quorn Roast in Gravy with (v) Yorkshire Pudding (D.E.G)
Crispy Roast Potatoes

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

WEDNESDAY

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Syrup Sponge with Custard (D.G.E)
(v) Ice Cream (D)
Fresh Fruit

Choose a main meal...
Chicken Fillet Wrap and Sweetcorn Salsa Dip with Diced Potatoes (G)

(v)(h) Mac 'n' cheese with Freshly Baked Crusty Bread (D.G)

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

THURSDAY

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v) Toffee Apple Donut (G.D.E.SB)
(v) Yoghurt (D) or Fresh Fruit

Choose a main meal... **FISHY FRIDAY**
(msc) Battered Fish Fillet (G.F) with Chipped Potatoes

(vg) Vegetarian Holdog with Chipped Potatoes (G)

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

FRIDAY

On the side...
Fresh Salad Bar
Peas or Baked Beans

For dessert...
(vg) Jelly with Fruit
(v) (h) Crunch Cookie (G)
(v) Yoghurt (D) or Fresh Fruit

Week two

Warwickshire, Coventry: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 20/1/25, 10/2, 10/3, 31/3
Oxfordshire: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 20/1/25, 10/2, 10/3, 31/3

MONDAY

Choose a main meal...
British Pork Sausages with Gravy & Mashed Potatoes (G.SU.SB)

(v)(h) Cheese and Potato Pie served with Vegetables of the day (D.E)

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

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(vg) (h) Flapjack (G)
(v) Yoghurt (D) or Fresh Fruit

Choose a main meal...
(h) British Beef Bolognese with Garlic Bread (G/cheese D)

(vg) Veggie Plant burger in a High Fibre Bun with Crispy Diced Potatoes (G)

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

TUESDAY

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v) Strawberry Whip with Fruit (D)
(v) Cheese Crackers and Apple Wedge (G.D)
Fresh Fruit

Choose a main meal... **WEDNESDAY ROAST**
British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)

(vg) Quorn Roast in Gravy with Sage and Onion Stuffing (G)
Crispy Roast Potatoes

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

WEDNESDAY

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Apple and Pear Crumble with Custard (G.D)
(v) Ice Cream (D)
Fresh Fruit

Choose a main meal...
(h) Italian Chicken Pasta (chicken and pasta in a tomato sauce) with Freshly Baked Wholegrain Baguette (G)

(vg) Veggie Sausage with Herby Diced Potatoes

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

THURSDAY

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Up Beet Chocolate Cake (G.E.)
(v) Yoghurt (D) or Fresh Fruit

Choose a main meal... **FISHY FRIDAY**
(msc) Salmon Fish Cake with Chipped Potatoes (G.F)

(v)(h) Rustic Pizza Wedge with Chipped Potatoes (G.D.SB)

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

FRIDAY

On the side...
Fresh Salad Bar
Peas or Baked Beans

For dessert...
(v)(h) Ginger Cookie (G)
(vg) Jelly with Fruit
(v) Yoghurt (D) or Fresh Fruit

Week three

Warwickshire, Coventry: 9/9, 30/9, 21/10, 11/11, 2/12, 6/1/25, 27/1, 24/2, 17/3, 7/4
Oxfordshire: 9/9, 30/9, 21/10, 11/11, 2/12, 6/1/25, 27/1, 24/2, 17/3, 7/4

MONDAY

Choose a main meal...
Southern Style Chicken Strips in a Wrap with Potato Wedges (G)

(v)(h) Cheese and Baked Bean Pasty with Potato Wedges (G.D)

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

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Chocolate Orange Cookie with Orange Wedges (G)
(v) Yoghurt (D) or Fresh Fruit

Choose a main meal...
Beef Burger in a High Fibre Bun with Crispy Diced Potatoes (G.SB.SU)

(h)(v) Cheesy Tomato Pasta Bake with Freshly Baked Wholegrain Baguette (D.G)

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

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(vg) (h) Shortbread (G)
(v) Cheese Crackers and Apple Wedge (G.D)
Fresh Fruit

TUESDAY

Choose a main meal... **WEDNESDAY ROAST**
British Roast Pork Loin, Apple Sauce and Gravy

(vg) Quorn Roast with Gravy (G)
Crispy Roast Potatoes

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

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Apple and Cinnamon Charlotte with Custard (G.SU.D)
(v) Strawberry Swirl Mousse (D)
Fresh Fruit

WEDNESDAY

Choose a main meal...
(h) Mild and Creamy Chicken Korma with Wholegrain rice (D)

(vg) Quorn Dippers with Seasoned Wedges (G)

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

THURSDAY

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v) Pancakes with Fruit (G D E)
(v) Yoghurt (D) or Fresh Fruit

Choose a main meal... **FISHY FRIDAY**
(msc) Fish Fillet Fingers (G.F) with Chipped Potatoes

(v) Plantball Melt with Chipped Potatoes plus balls in a finger roll topped with rustic tomato sauce and grated cheese (G.D)

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

FRIDAY

On the side...
Fresh Salad Bar
Peas or Baked Beans

For dessert...
(v)(h) School Favourite Sprinkles Sponge Cake (G.E)
(v) Yoghurt (D) or Fresh Fruit

WCC School Term and Holiday Dates - 2024/25

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

M	T	W	T	F	S	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Dec-24						
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Jan-25						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Feb-25						
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

Mar-25						
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Apr-25						
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May-25						
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Jun-25						
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Jul-25						
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Aug-25						
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sep-25						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Half Term	Days
1	40
2	35
3	30
4	35
5	19
6	36
Total	195

	Total days
Autumn Term	75
Spring Term	65
Summer Term	55

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

Secondary School Induction Day

