



## NEWSLETTER - October 2024

### SCHOOL NOTICES—PLEASE READ

Starts: 8.35am

Ends: 3.15pm.

If you arrive after 8:50am you must register your child via the office. Children may not be in school before 8:35am unless in breakfast club.

**Report absence to [welfare@altonpark.school](mailto:welfare@altonpark.school) or call & press 1**  
**You must inform the school daily and provide evidence.**

### BREAKFAST CLUB

7.45am - 8.45am: £3 per session (siblings £2.50), breakfast included. If you require a place contact the school office.

### MEDICAL

Medication must come via the office. Antibiotics will NOT be administered if prescribed 3x a day. Children must NOT return to school within **48 hours** of the last vomiting/diarrhoea attack.

### SAFEGUARDING

Please do not, under any circumstances, enter the school building from the playground when dropping or picking up your child/ren. This includes allowing non-Alton Park siblings to use the toilets. This is a serious safeguarding breach. Please help us to keep the School community safe by following this simple rule.

**Parents are not permitted to film match events.**

## **SCHOOL NOTICES continued**

### **Parent Teachers Association/Friends of Alton Park**

We are hoping to start a Parent Teachers Association/Friends of Alton Park group to raise funds to enable us to hold more events/trips for the children and we really need your help. We will be holding a meeting on **Wednesday 2nd October at 2:30pm** in the school's dining hall and would like any interested parents/carers to come along and join us.

### **Tendring District Council Complaints**

The council have received a number of complaints about rubbish left by parents and children after the school run. Please ensure when parking in the area or in car parks that you do not litter!

### **Car Park Entrance**

Please do not use the car park or its entrance as a drop off or turning point. Please do not park on the zig zags.

### **Allergies can be life-threatening!**

Due to the number of children in school who have nut allergies, please do not send your child(ren) to school with any snacks or sandwiches that contain or may contain nuts; this includes Nutella and other chocolate spreads which may contain nuts. Thank you for your consideration.

### **School Dinners**

The menu is on our website. Meals are £2.20 payable on Arbor in advance or on the day. If your account goes into arrears you must send a packed lunch until arrears are cleared. Please contact the school office if you think you are entitled to free school meals. Please also send your child in with a water bottle daily. Breaktime snacks should be a healthy choice of fruit, yoghurt, breakfast bar or similar (no nuts). Please avoid chocolate, biscuits or crisps.

## WEEK ONE

### MONDAY

1. PORK MEATBALLS  
IN A RUSTIC SAUCE (13)
  2. JACKET POTATO - CHEESE & BEANS (7)
  3. TUNA MAYO BAGUETTE (3, 6, 7, 10)  
V. QUORN BALLS  
IN A RUSTIC SAUCE (6)
- 
- RICE  
GREEN BEANS & SWEETCORN
- 
- CHOCOLATE BROWNIE (3, 6, 7)

### TUESDAY

1. MACARONI CHEESE (6, 7)
  2. JACKET POTATO - TUNA MAYO (3, 10)
  3. HAM SANDWICH (5, 6, 7)  
V. VEGGIE NUGGETS (6)
- 
- GARLIC BREAD (4, 6, 7)  
BROCCOLI & CARROTS
- 
- COOKIE (3, 6, 7)

## WEEK TWO

### MEAT FREE MONDAY

1. MEAT FREE CHILLI (8)
  2. JACKET POTATO - BEANS
  3. CHEESE SANDWICH (5, 6, 7)
- 
- RICE, TORTILLA CHIPS  
GREEN BEANS
- 
- COOKIE (3, 6, 7)

### TUESDAY

1. STICKY SAUSAGES (5, 6, 13)
  2. JACKET POTATO - TUNA MAYO (3, 10)
  3. CHEESE BAGUETTE (6, 7)  
V. STICKY QUORN SAUSAGES (5, 6)
- 
- MASH (7, 13)  
SWEETCORN & BEANS
- 
- GINGERBREAD MAN (6, 7)

### WEDNESDAY

1. CHICKEN CURRY (7, 8, 9)
  2. JACKET POTATO - CHEESE (7)
  3. CHEESE BAGUETTE (6, 7)  
V. QUORN CURRY (3, 8, 9) -
- 
- RICE  
GREEN BEANS  
NAAN BREAD (6)
- 
- ICE CREAM ROLL (3, 5, 6, 7)

### THURSDAY

1. ALL DAY BREAKFAST -  
BACON, PORK SAUSAGES (6, 13)
  2. -
  3. CHEESE SANDWICH (5, 6, 7)  
V. ALL DAY VEGGIE BREAKFAST -  
SAUSAGES (6)
- 
- BEANS, TOMATOES, MUSHROOMS (7),  
OMELETTE (3)
- 
- GINGERBREAD MAN (6, 7)

### WEDNESDAY

1. PASTA BOLOGNESE (5, 6)
  2. JACKET POTATO - TUNA MAYO (3, 10)
  3. HAM BAGUETTE (6, 7)  
V. QUORN PASTA BOLOGNESE (3, 5, 6)
- 
- GARLIC BREAD (4, 6, 7)
- 
- ANGEL DELIGHT (7)

### THURSDAY

1. POPCORN CHICKEN (3, 6)
  2. JACKET POTATO - CHEESE (7)
  3. TUNA MAYO SANDWICH (3, 5, 6)  
V. POPCORN QUORN (3, 6)
- 
- POTATO PUFFS  
SWEETCORN & PEAS
- 
- CHOCOLATE BROWNIE (3, 6, 7)

### FRIDAY

1. FISH FINGERS (6, 10)
  2. JACKET POTATO -  
BEANS & CHEESE (7)
  3. HAM SANDWICH (5, 6, 7)  
V. QUORN DIPPERS (6)
- 
- CHIPS &  
BAKED BEANS
- 
- SMOOTHIE

**3rd - 6th September**  
**23rd - 27th September**  
**14th - 18th October**  
**11th - 15th November**  
**2nd - 6th December**

### FRIDAY

1. FISH FINGERS (6, 10)
  2. JACKET POTATO - BEANS & CHEESE (7)
  3. CHEESE ROLL (6, 7)  
V. VEGGIE FINGERS (6)
- 
- CHIPS &  
BAKED BEANS
- 
- SMOOTHIE

**9th - 13th September**  
**30th September - 4th October**  
**21st - 25th October**  
**18th - 22nd November**  
**9th - 13th December**

## WEEK THREE

### MONDAY

1. PORK SAUSAGE ROLL (5, 6, 7)
  2. JACKET POTATO - CHEESE (7)
  3. TUNA MAYO BAGUETTE (3, 6, 10)  
V. VEGGIE SAUSAGE ROLL (5, 6)
- 
- WEDGES (6)  
BAKED BEANS & SWEETCORN
- 
- FLAPJACK (6, 7)

### TUESDAY

1. HOT & KICKIN' CHICKEN
  2. JACKET POTATO - BEANS
  3. HAM SANDWICH (5, 6, 7)  
V. HOT & KICKIN' QUORN FILLET (6)
- 
- POTATO PUFFS  
GREEN BEANS
- 
- ANGEL DELIGHT (7)

### WEDNESDAY

1. LASAGNE (6, 7)
  2. JACKET POTATO - CHEESE (7)
  3. TUNA MAYO BAGUETTE (3, 6, 10)  
V. QUORN LASAGNE (6, 7)
- 
- GARLIC BREAD (4, 6, 7)  
SWEETCORN & BROCCOLI
- 
- CAKE (3, 6, 7)

### THURSDAY

1. PORK BURGER IN A ROLL (3, 5, 6, 7, 13)
  2. JACKET POTATO - TUNA MAYO (3, 10)
  3. CHEESE SANDWICH (5, 6, 7)  
V. VEGGIE BURGER IN A ROLL (3, 5, 6, 7, 9)
- 
- WEDGES  
BAKED BEANS
- 
- GINGERBREAD MAN (6, 7)

### FRIDAY

1. CHICKEN BITES (6)
  2. JACKET POTATO - BEANS & CHEESE (7)
  3. CHEESE ROLL (6, 7)  
V. VEGGIE NUGGETS (6)
- 
- CHIPS  
PEAS & SWEETCORN
- 
- SMOOTHIE

**16th - 20th September**  
**7th - 11th October**  
**4th - 8th November**  
**25th - 28th November**  
**16th - 20th December**

## ALLERGENS

THE FIGURES IN RED BRACKETS AGAINST ITEMS ON THE MENU RELATE TO THE FOLLOWING ALLERGENS:

1. PEANUTS
2. TREE NUTS
3. EGGS
4. SESAME
5. SOYA
6. GLUTEN
7. MILK
8. CELERY
9. MUSTARD
10. FISH
11. MOLLUSCS
12. CRUSTACEAN
13. SULPHITES
14. LUPIN

BREAD, MILK & WATER  
AVAILABLE DAILY.

JELLY, FRUIT & YOGHURTS  
AVAILABLE DAILY.

# CLASS NEWS

**Year 3** are working hard and settling in well. We know it is a big change for many of them and are really happy with how well they are adjusting to life at Alton park Junior School. We have been working on our sentence writing, reading and place value in maths. We have loved painting and learning about different mark making in art and exploring different types of rocks in Science. We are looking forward to our trip to the Salvation Army next week and having Intouniversity come in and talk to us about careers

**Year 4** It has been a really positive start to year 4! We have spent some time working on building resilience, teamwork skills and day to day manners, which are shining through each child. This half term we are looking forward to beginning our history topic of the Anglo-Saxons and science where we are looking at animals and their habitats. We have already begun our TTRS battles, where each child will complete work, daily, to improve their multiplication tables ahead of our assessment in June. If possible, please encourage your children to play this at home on any device they may have. Your child's teacher can give you more information on this as well as log in details.

**Year 5** It has been a really positive start to the year for year 5. They have really been focussing on their manners which has led to a really positive and polite atmosphere. We have been focusing on following the school rules and being the best we can be.

We have started our topic on Ancient Greece and can't wait to find out more. We have been enjoying our art where we have been using pastels, chalk and charcoal to create reversal pictures. We enjoyed investigating solids, liquids and gases practically. We all loved our visit to the library this week and can earn stickers every time we visit from now on. If you get time, I know they would love to visit again and join up if they haven't already. Two classes have loved swimming at the leisure centre too whilst the other two classes have been doing tag rugby!

**Year 6** have had an exciting start to the year with those who went on residential and those who went on a beach trip! Both groups of children had a wonderful time and made lots of lovely memories to look back on. We have started our history unit on the Battle of Britain and in geography we have been using maps to locate countries. We will begin our first writing unit on autobiographies and the children will write their own based on their class name. Well done for such a positive start to year 6!

## SECONDARY SCHOOL ADMISSION APPLICATIONS

The new secondary school admission round opened on 12 September 2024, for parents of current Year 6 children to apply for a secondary school (Year 7) place for September 2025.

The statutory national closing date for applications is 31 October 2024.  
Applications can be made online via [www.essex.gov.uk/admissions](http://www.essex.gov.uk/admissions).

All of the application information is available on the Essex website.



# INTRODUCING CASHPOT FOR SCHOOLS

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## HERE'S HOW

- 1** Download the Asda Rewards app & sign up today
- 2** Opt-in to Cashpot for Schools and follow the steps in your app
- 3** Shop, scan and we donate



Selected stores. Minimum spend £2+. Exclusions apply including Asda Express & George.com. Subject to availability. UK 18+. App & Opt in required. 0.5% of the value of a customer's eligible shop is donated. Publicly funded primary schools, must register with Parentkind charity 1072833. Full T&C's at [asda.com/cashpotforschools](https://asda.com/cashpotforschools). Rewards T&Cs at [asda.com/rewards/terms](https://asda.com/rewards/terms). Ends 30.11.24

## PE Days from 3 September 2024

Children must come to school in their PE kit on these days. For swimming please come in uniform with a kit in a bag.

### Year 3

Lewis: Thursday (Dance), & Friday (Fundamentals)  
Rosen: Tuesday (Football), Wednesday (Fundamentals)  
Rowling: Tuesday (Football), Thursday (Dance)

### Year 4

Hawking: Wednesday (Hockey) & Friday (Gymnastics)  
Jemison: Wednesday (Hockey) & Thursday (Gymnastics)  
Curie: Wednesday (Hockey) & Thursday (Gymnastics)

### Year 5

Rashford: Tuesday (Gymnastics) & Wednesday (TAG Rugby)  
Farah: Tuesday (Swimming £3) & Friday (Gymnastics)  
Simmonds: Monday (Gymnastics) & Wednesday (Tag Rugby)  
King: Monday (Gymnastics) & Tuesday (Swimming £3)

### Year 6

Williams: Monday (Gymnastics) & Wednesday (Football)  
Glennie: Tuesday (Gymnastics), & Thursday (Football)  
Britten: Tuesday (Gymnastics) & Wednesday (Football)  
Franklin: Monday (Gymnastics) & Thursday (Football)

**PE kit is as follows: Summer/Autumn:** Plain black trainers, maroon polo shirt with school logo and plain black shorts/jogging bottoms. Black tracksuit bottoms may be worn over shorts if needed. **Earrings must be removed.**

aclessex.com



ACL provide FREE sessions to support you and your family with tips and tricks, as well as having loads of fun.

### Family Fun Sessions

Family fun sessions could include Arts & Crafts, Lego, Cooking, Science, as well as Festive Events. These sessions are a great way for children to learn and interact



ALTON PARK  
JUNIOR SCHOOL



## Parent Coffee Mornings

Join us **every Tuesday** from **9am - 10am** for **coffee** and **biscuits** to socialise, share experiences, ask questions and hear information about the school!

**All parents/ adults at home are welcome!**

Please come to reception on the day.





Most pharmacies can help you with **seven common conditions** without needing a GP appointment

**NHS**  
Providing NHS services

Speak to your pharmacist if you suspect you have:

- **Sinusitis**  
(adults and children aged 12 years and over)
- **Sore throat**  
(adults and children aged 5 years and over)
- **Earache**  
(children aged 1 year to 17 years)
- **Infected insect bite**  
(adults and children aged 1 year and over)
- **Impetigo**  
(adults and children aged 1 year and over)
- **Shingles**  
(adults aged 18 years and over)
- **Urinary tract infection**  
(women, aged 16 to 64 years)



**Visit your  
Pharmacy First!**

## HOLIDAY COURSES

**Bikeability Level 1, Level 1 & 2 and 3  
and Learn to ride courses**

To book, please visit link  
[essex.cycleready.co.uk/publicbooking](https://essex.cycleready.co.uk/publicbooking)

There is a £15 non-refundable booking fee



**SAFER  
GREENER  
HEALTHIER**

  
Essex County Council



It is the time of year that we start to plan for our Christmas Shoebox appeal. Last year the church were delighted to send around 1000 boxes to Romania, each of which went to a child from the Roma communities that St John's supports. The project continues to thrive, with another group going out to do some building and maintenance work in the autumn and the minister from the church in Romania visiting Colchester in November. We would be delighted for children and parents to be part of the shoebox appeal again this year. As usual, we will supply all the information and the boxes. Miss Sirett will be coming to school on 7th October to lead an assembly to promote the project. As usual, we will be aiming to distribute the boxes and information in October and collect the boxes in mid November. Letters to request a box will go home after the assembly on 7th October.





# CVST

BRINGING UNITY TO OUR COMMUNITY

# WINTER COAT DRIVE

Help families in need with  
new or used coats



**Donations accepted:**  
**Weekdays**  
**between 9am - 4pm**



**Drop-off Location:**  
**Imperial House, 20-22 Rosemary**  
**Road, Clacton CO15 1NZ**

**Harwich & Dovercourt Hub**  
**276 High St, CO12 3PD**

Please ensure all donations are clean and in good condition



# What Parents & Educators Need to Know about

# INSTAGRAM

AGE RESTRICTION  
**13+**

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

follow

## WHAT ARE THE RISKS?

### ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

### UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

### GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

### INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

### PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

### EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

## Advice for Parents & Educators

### AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

### HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

### MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

### USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

### FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

### BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

### Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at @CyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



The National College



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You can be active

You can be creative!

## COME AND JOIN US

Girls aged 4-10 years

Your nearest Rainbow/Brownie unit is

1st Clacton Rainbows & 1st Clacton Brownies on Friday evenings at Pier Avenue Baptist Church, Clacton

Register your interest by visiting [www.girlguiding.org.uk/joinus](http://www.girlguiding.org.uk/joinus) or you can ring Girlguiding on 0800 169 5901

Do you want to learn new skills?

Do you want to have lots of fun?

You can make friends and have adventures

## Alton Park EYFS

### Donation Request

From September we are looking to create and EYFS set up and are looking for donations of the following:

- Dressing up cloths
- Construction
- Sand Play
- Water Play
- Cars
- Kitchen Role Play
- Toy Kitchen

CLACTON R.U.F.C. CLACTON RUGBY CLUB

ESSEX MUMS WINNER 2021

## Little Scrummers Rugby

non-contact rugby for 1½ - 7yr olds

**BUILD CONFIDENCE  
ENJOY SPORT  
HAVE FUN!**

BOOK YOUR FREE TRIAL ONLINE TODAY

Come along and have a **TRY!**

book your **FREE TRIAL** at [www.littlescrummers.com](http://www.littlescrummers.com)

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 0330 088 1172  
 FACEBOOK | INSTAGRAM | TWITTER

CLACTON RUGBY CLUB  
 VALLEY RD  
 CLACTON-ON-SEA  
 CO15 6NA

CLASS TIMES  
 SATURDAYS  
 CLACTON RUGBY CLUB  
 8:30am - 11:15am

HERTFORDSHIRE | ESSEX | CAMBRIDGESHIRE



## Essex County Council School Term and Holiday Dates for Community and Voluntary Controlled Schools - Academic Year 2024-2025

September 2024							October 2024							November 2024							December 2024						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	23	24	25	26	27	28	29	
30																					30	31					

  

January 2025							February 2025							March 2025							April 2025						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28			24	25	26	27	28	29	30	28	29	30				
														31													

  

May 2025							June 2025							July 2025							August 2025						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31
							30																				

= Schooldays

= School holidays

= Bank holidays

= Weekends

= Non-pupil days

### DATES FOR YOUR CALENDAR

- 1st October - Y6 Williams & Britten Clacton Library trip
- 2nd October - PTA interest meeting 2:30pm
- 2nd October Yr 6 Glennie & Franklin Clacton Library trip
- 7th October - Shoebox appeal assembly
- 8th October - Y3 Lewis & Rosen Clacton Library trip
- 9th October - Y3 Rowling Clacton Library trip
- 9th October - Y3 & 4 Movie Night 3:15-5pm
- 10th October - Individual School Photos
- 14th October - Immunisation Day
- 17th October - Parents Evening (details to follow)
- 21st - 25th October - Yr 6 Britten Into University week
- 24th October - Yr4 Trip to West Stow
- 28th October - 1st November - HALF TERM WEEK
- 4th - 8th Nov - Yr 6 Williams Into University week
- 29th November - Inset Day
- 18th December - Pantomime Day
- 20th December - Christmas Dinner (last day of term)