

St. Michael's C of E (VA) Junior School

By God's love, we all flourish together

Friday 2nd October 2026



Dinner Menu w/c 5th October: Autumn Term Week 2



With the sun still shining, the children have been able to continue to eat outside at lunchtime which has been lovely to see.

It has been an exciting two weeks in school, with the year 6 residential week last week (which was enjoyed by all!) and the year 4 children enjoying Colchester Zoo this week. Visits to Manor Lodge have resumed for 5O and clubs are well underway and being well attended.

Enjoy the weekend!

Mrs Prigg

We currently have a Midday Assistant Vacancy, Please follow the link below if you're interested.

<https://www.essexschoolsjobs.co.uk/Vacancies/Details.aspx?VacancyId=121423>

PPA DAYS

Year 3 & 4 = 6th Oct 2026
Year 5 & 6 = 13th Oct 2026

- 5th Oct – Individual Photos (Yr 3 & 4) + Siblings
- 6th Oct – Individual Photos (YR 5 & 6)
- 14th Oct – Harvest Festival 10am
- 16th Oct – Prospective parent open morning
- 21st Oct – Parents Evening
- 23 Oct - Last day of term
- 31st Oct – YR 6 Secondary School applications deadline!!
- 2nd Nov – INSET DAY
- 3rd Nov – Children return to school



Love Award – Faaizah (3T) Mehmet (3T) Rhys (3M) Joshua A (3M)

Respect Award – Seth (3M) Alfie S (3M) Shahmeer (3M) Isabel (3M) Joshua (3M)

Courage Award – Freddie V (3M) Charlie G (3T) Kosara (6A) Maya N (4J) Charlie G (3T)

31st October - Year 6 Secondary School application deadline!

The Memory Walk 2026

Thank you to all of you who joined us for the Memory Walk around Hylands Park last Sunday.

The grand total for our Memory Walk Team St Michael's sponsorship this year was **£1511!**

This means that in the four years that we have taken part in the walk, we have managed to raise a whopping **£8800** in sponsorship for The Alzheimer's Society. This money is vital for the charity to provide support services for people living with dementia and their families, to carry out clinical trials, to invest in future cures, to raise awareness and campaign to make dementia care a political focus.

What a brilliant school community achievement to have contributed so hugely.

A great time was had by all!

Mrs O



500 Words

The UK's biggest children's story-writing competition for 5 to 11-year-olds opens for entries from Tuesday 29 September and closes 9pm, Friday 6 November 2026.

[500 Words](#)

Times Tables Rockstar Leader board – Week ending 2.10.26

	First	Second	Third
Year 3 most improved	Kitti D	Karolina Y	Isaac A
Year 3 most correct answers	Seth G	Alfred C	Oliver B-G
Year 4 most improved	Emily R	Joshua C	Reuben D-D
Year 4 most correct answers	Emmanuel K-D	Edith W	Sienna T
Year 5 most improved	Beau G	Paige M	Darcey Q
Year 5 most correct answers	Teddy H	Oliver P	Naomi I
Year 6 most improved	Chloe K	Rivie S	Millie L
Year 6 most correct answers	Alex F	Abigail A	Sam W

Year 3	144
Year 4	136
Year 6	118
Year 5	56

St. Michael's CE (VA) Junior School
LOVE • FAITH • RESPECT • COURAGE

OPEN MORNING

DISCOVER OUR SCHOOL

Our Junior school provides a nurturing environment where children flourish academically, socially and emotionally. Catering for pupils in Years 3 - 6.

DATE: Friday 2nd October 2026
Friday 16th October 2026

TIME: 9.30 - 11.30

WHAT TO EXPECT

- Meet the Headteacher and staff
- Tour the school with current pupils
- Visit classrooms and facilities
- Learn about our curriculum and enrichment programme
- Ask questions about admissions and school life

WHY FAMILIES CHOOSE US

- Good Learning Outcomes
- Community School including an Inclusive Dementia Community
- Pastoral care
- New Initiative: OPAL Opportunities in school coming this year
- Extensive extra-curricular opportunities
- Links with St Michael & All Angels' Church, Galleyswood

“Pupils are proud to attend St Michael's and enjoy coming to school.”
OFSTED 2022

“St Michael's celebrates every pupils' uniqueness.”
SIAHMS 2023

We look forward to welcoming you to St Michael's Junior School

VISIT OUR WEBSITE
www.st-michaels-jun.essex.sch.uk

EMAIL US
admission@st-michaels-jun.essex.sch.uk

CALL US
01245 472682

FIND US
St Michael's CofE (VA) Junior School
Barnard Road, Chelmsford CH2 8BN



Dear Parents/carers



We are sad to say that our school minibus is looking a little worse for wear!

Over the years we have spent time to understand how this can be rectified and have been reliably informed that unfortunately years ago when the minibus was bought, the process didn't ensure longevity and therefore the advice is to buy another minibus. Unfortunately, the school isn't able to afford this and, owing to the poor process initially, we don't think that it is the case to just having it resprayed.

At the same time, we really value the minibus as a resource to get us to the church, Manor Lodge and Sports events so, if any parents have any experience in how we could improve the appearance of the minibus, I would really value support with this. I would hope that with sufficient guidance and support, the school can improve its appearance and continue to utilise it. If parents are experienced in this field or know anybody that is, please can you contact Mrs Prigg.

Asthma Newsletter Winter 2026

Mid and South Essex
Community Collaborative

Did you know flu is a major trigger for asthma attacks?

**Want to know how to protect your child this winter?
Follow the Community Children's Asthma Nurses top tips:**

- Take your **preventer** inhaler everyday.
- Always use a **spacer** unless you have a dry powder inhaler.
- Make sure you get your **flu vaccine**.



We need a spacer to ensure the medicine gets to our lungs.



What does a "preventer" inhaler do?

1. It reduces the swelling and inflammation within the airway in the lungs.
2. This makes the airways less sensitive to asthma triggers.
3. Using it every day as prescribed, will mean you need to take your rescue (blue) inhaler less.

According to UKHSA data the flu vaccine is up to 75% effective at preventing hospital attendances due to flu.



What is good asthma control?

1. **No symptoms during the day.**
2. **No symptoms waking them at night.**
3. **Able to complete all normal activities including PE.**
4. **Little/ no need for the rescue (blue) inhaler.**

If you are worried that your child's asthma is not controlled despite preventer treatment, please visit your GP for an asthma review and why not discuss referral to the Children's Community Asthma Service.

TOP 5 ITEMS NEEDED THIS WEEK:

1. Tinned soup
2. Fruit juice cartons
3. Squash—orange/blackcurrant
4. Tinned vegetables
5. Jam

Date 26/9/25

Chelmsford
Foodbank
Together with Trussell

Chelmsford Food Bank

We will be supporting the Food Bank with our Harvest donations in October – there has been a separate letter about this. Thank you for your support in advance.

Please ensure that all donations are within their 'Best Before' date. Thank you for your support in advance.

Chelmsford
Foodbank
Together with Trussell

Shopping List Harvest 2026



Thank you for continuing to support us
These items are most needed at present:

Long-life fruit juice
UHT milk
Hot chocolate
Tinned meat meals
Instant mashed potato sachets
Tinned potatoes/vegetables
Tinned pulses
Cup soups and tinned soup
Ketchup and mayo
Pot noodles, mug shots and instant noodles
Tinned rice puddings
Sponge puddings
Jelly and packet desserts
Instant custard sachets and tinned custard
Jam and spreads
Savoury crackers
Cereal bars and chocolate biscuit bars
Packets of sweets

All toiletries inc: washing up liquid, toilet rolls, deodorant, shampoo, conditioner, toothpaste, shaving foam, laundry tabs/pods, anti-bac and surface cleaners

Items can be delivered to our warehouse at
450A Beehive Lane CM2 8RN

www.chelmsford.foodbank.org.uk

See also weekly Top 5 most needed items updates on Facebook

Trussell
Ending hunger together

info@chelmsford.foodbank.org.uk 07512 574 542

Chelmsford Foodbank is overseen by The River Church Chelmsford Ltd, a Charitable Incorporated Organisation.
Registered in England number: 7685257. Registered charity number: 1144804.

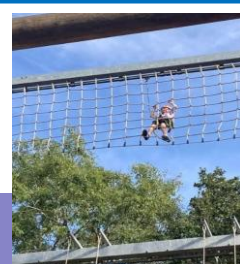
5O to Manor Lodge

Class 5O visited Manor Lodge for the first time this academic year on Thursday. Taking place in a seated yoga class with the residents, it was a great chance to get to know each other and have fun together. The children were given their Archie Project activity books too – Manor Lodge kindly secured funding for these as they have done for many years now. The visit was a great way to kick-start another year long collaboration with the home.



Danbury – Year 6 Residential

Last week, Year 6 packed up their troubles in rather sizeable suitcases and trekked off (via an extremely comfortable coach) to the annual Year 6 residential trip. 54 children braved the wilds of Danbury and impressed their teachers by climbing, clambering, canoeing and crawling their way through various activities. Every child showed great perseverance in tackling the challenges placed before them and utilised team work, communication and grit to flourish in these unusual arenas. Evening entertainment in the form of a challenging quiz (25/40 – better luck next year teachers!) and bombastic bingo kept the campers happy overnight; Year 6 have returned to school ready to take on the rest of the year.





Mid Autumn Term

The Essex SEND Local Offer Roadshow

Are you a parent or carer of a young person with special educational needs and disabilities (SEND) aged 0 to 25? Do you want to know what support is available in your area? Come along to one of our Essex SEND Local Offer Roadshows.

You can chat with teams from Education, Health and Social Care, as well as local support groups and activity providers.

The marketplace is free and there is no need to book. Children are welcome!

Drop in between 9:30am and 12:30pm

Monday 12 October 2026

Wickham Bishops Village Hall, Church Road, Wickham Bishops, CM8 3JZ

Scan the QR Code for all the information, including dates and venues or visit the Essex Local Offer at:

<https://send.essex.gov.uk/i:think-my-child-needs-help/essex-local-offer-roadshows>



In Partnership with



NeuroEmpower

Dyslexia Awareness Week

FREE LIVE WEBINAR

Supporting your dyslexic child at home

Practical ideas for parents and carers



Thursday 8 October 2026

6 pm (UK time) • Online • Free to attend

Together, we'll explore:

- Understanding dyslexia
- Practical strategies for learning at home
- Building confidence and emotional wellbeing

Presented by Toni Horn

Neurodiversity consultant and founder of NeuroEmpower CIC

Based on our CPD-certified parent training



BOOK YOUR FREE PLACE

Scan to register

neuroempower.org



As a school, we are not endorsing any programmes or companies, we are merely passing on the details in case you find them useful. We ask you to do your own research when deciding whether you want your children to participate in activities.

NSPCC

Creating a supportive approach to online safety at home

Every family is different, but a balanced approach often includes:

Clear and consistent boundaries

- o Agree expectations around apps, screen time and night-time use.
- o Explain the reasons behind your decisions.

Shared responsibility

- o Involve your child in discussions and decisions.
- o Recognise their growing independence, especially as they get older.

Using tools as support, not replacements

- o Parental controls and device settings can help reinforce boundaries.
- o But they work best alongside open communication.

Modelling healthy habits

- o Children often learn from what they see.
- o Consider how and when you use your own devices.
- o Show that offline time and sleep matter too.

You do not need to be a technical expert!

What matters most is being present, curious and approachable.

For more information on events happening in our community please visit our website:

<https://st-michaels-jun.essex.sch.uk/community/community-events/>

