

Edwards Hall Primary School

Newsletter week ending 11.9.26



Well done to Lacey S in Mandela class who received this week's Headteacher's award

The following children were awarded Star of the Week:

1E Attenborough	- Hope B and Annabelle M
1T Potter	- Lily H and Albert B
2B Queen Victoria	- Bradley F and Rosie R
2F Bridges	- Elsie T and Evie M
3G Boudicca	- Penelope S and Ralph S
3K Zephaniah	- Rory B and Cooper B
4J Carter	- Belle O and Tommy J
4J Rashford	- Jack B and Evie P
5R Darwin	- Georgie H and Isla D
5D Mandela	- Finley S and Mabel M
6B Obama	- Aliyah H and Brandon T
6R Shakespeare	- Bella S and George S



Thank you to everyone who attended the year 1, 2 and 3 Curriculum Meetings this week.

We will be sending a copy of the slides out via email for anyone who was unable to attend and for those who would like a refresher.

We look forward to welcoming you to further events throughout the year.

Curriculum Update Parent Sessions



We will be holding further curriculum update meetings for years 4 to 6 next week.

Meetings start at 3.20pm and should last no longer than 20-25 minutes. Please collect your child(ren) from class as normal and then head to the KS2 Hall.

Year 4 Tuesday 15th September

Year 5 Wednesday 16th September

Year 6 Thursday 17th September



STARTING SCHOOL IN SEPTEMBER 2027?



Come and find out why
Edwards Hall is such a great
choice for your child's
education

- Meet the teachers and leaders
- See our beautiful grounds and spacious, well-equipped classrooms
- Find out more about our ambitious curriculum
- Learn about how we ensure children make excellent progress
- Experience the warm welcome that all children receive at Edwards Hall

'Pupils love being part of Edwards Hall Primary School.'

'Teachers have considerable subject expertise. They bring the curriculum alive for pupils, who relish every learning opportunity.' - Ofsted 2025

Mon 5th October
9.15am

Weds 7th October
1.45pm
5.30pm

Weds 4th November
9.15am
1.45pm

Scan the QR code to
book your place or call
01702 524470



www.edwardshallprimary.co.uk

If you or someone
you know, has a
child who will start
school in
September 2027,
you will be pleased
to know we have
announced the
dates/times of our
Open Days.

Please use the QR
code or click [here](#)
to book your place
on a tour.



EDWARDS HALL PRIMARY SCHOOL

FIREWORKS

Gates open at 5.30PM - Display starts at 7PM

THURSDAY 5TH NOVEMBER

TICKETS PRE BOOKED ON DOOR

ADULT	£7	£10
CHILD	£5	£8
UNDER 4'S	FREE	FREE

FAMILY TICKET - £25 PRE ORDER ONLY!!!!
(2 Adults & up to 3 children)

ALSO AVAILABLE ON THE NIGHT...
HOT FOOD, ICE CREAM, HOT DESSERTS & MORE!

ENTER VIA MACMURDO ROAD ONLY.

NO PARKING IN SCHOOL

MACMURDO ROAD, EASTWOOD, LEIGH-ON-SEA, ESSEX, SS9 5AQ



Can you help to make our first ever firework event a huge success?

Marshalls are needed to keep attendees safe, direct them to the field and scan tickets if required. We will need helpers from 5pm to 8pm and entrance is free for every adult helper.

Please complete the Google form [HERE](#) to register your interest in helping.

Finally, pre-order tickets are available [HERE](#) or by scanning the QR code on posters around the school gates/building.

Any questions, please email
ehsa.chair@outlook.com.

Clubs

It is wonderful to see so many children signing up to the array of clubs offered before and after school here at Edwards Hall. Please use the links below to sign your child up to their chosen activity. A start date can be found on the relevant sign up platform, please check this as they do vary.



Monday Multisports Girls Football	Years 1 & 2 Years 1 - 6	8.00-8.40am 3.15-4.15pm	SPSSA Southend Utd	Payable on Arbor SUFC Bookings
Tuesday Boys Football Cross Country	Years 5 & 6 Years 3 - 6	3.15-4.15pm 3.15-4.00pm	Mr Jellett Mr Rowley	Sign up on Arbor Sign up on Arbor
Wednesday Tennis Dodgeball Choir	Years 2 - 6 Years 1 - 6 Years 3 - 6	8.00-8.40am 3.15-4.15pm 3.15-4.15pm	JW Tennis Southend Utd Mrs Eve	info@jwtennis.co.uk SUFC Bookings Sign up on Arbor
Thursday Bollywood Dancing Art Club Times Table Club	Years 2 - 4 Years 5 & 6 Year 4	8.00-8.40am 3.15-4.00pm 3.15-4.00pm	Mrs Baloch Miss Rogers Miss Helleur	Sign up on Arbor Sign up on Arbor Sign up on Arbor
Friday Gymnastics Football	Years 1 & 2 All Years	8.00-8.40am 3.15-4.20pm	SPSSA Southend Utd	Payable on Arbor SUFC Bookings

School Nursing Service 2026-27

Parent/carer drop in clinics for children aged
5-11 years

Venue	Time
Edwards Hall Primary School	
Thursday 24 th September	
2.30pm-3.15pm	
Emotional health and wellbeing advice ● Growth and development ● Healthy lifestyles ● Bedwetting support ● Hearing ● Sleep support ● Puberty	

No appointment needed.
Call or text us for further information.



01702 534843



ChatHealth Parentline: 07507 331884

Young People
scan this QR
Code to find
support



Parents scan
this QR Code
to find
support



www.southend.gov.uk/schoolnurses



schoolnursing@southend.gov.uk



Southend-on-Sea
City Council

Dates From the Diary

The full school calendar can be found on our [website](#) for your reference.



Tue 15th September	Year 4 Swimming Lessons at Runnymede (pm)
Tue 15th September	Year 5 Walk-it Training with Southend Council Road Safety Officers (am)
Tue 15th September	Year 4 Curriculum Update - KS2 Hall 3.20pm
Wed 16th September	Year 5 Curriculum Update - KS2 Hall 3.20pm
Thu 17th September	Year 6 Curriculum Update - KS2 Hall 3.20pm

Lunch Menu



We will be on week **THREE** of our lunch menu next week.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK THREE	Sausage Chorizo and Tomato Pasta Vegetarian Pasta in Tomato Sauce Peas/Sweetcorn, Garlic Bread <u>Or</u> Jacket Potato topped with either: Tuna Cheese Baked Beans <u>Or</u> Cheese Half Baguette Ice lolly or Fresh Fruit	Chicken Korma Curry/Vegetable Curry Rice, Sweetcorn/Peas <u>Or</u> Jacket Potato topped with either: Tuna Cheese Baked Beans <u>Or</u> Ham Half Baguette Pineapple Upside Down Cake or Fresh Fruit	Traditional Beef/Vegetarian Lasagne Garlic Bread, Sweetcorn or Baked Beans <u>Or</u> Jacket Potato topped with either: Tuna Cheese Baked Beans <u>Or</u> Cheese Half Baguette Jelly & Ice Cream or Fresh Fruit	Roast Gammon/Quorn & Gravy Roast Potatoes, Stuffing, Carrots and Green Beans <u>Or</u> Jacket Potato topped with either: Tuna Cheese Baked Beans <u>Or</u> Cheese Half Baguette Sprinkle Sponge or Fresh Fruit	Fish Fingers/Quorn Fish Fingers Chips Peas <u>Or</u> Jacket Potato topped with either: Tuna Cheese Baked Beans <u>Or</u> Ham Half Baguette Syrup Cookie or Fresh Fruit
	AVAILABLE DAILY: Salad Bar and Fresh Bread				

Please remember, payment for school meals (where applicable) should be made in advance via **Arbor**.

The three week menu can be viewed on the [school website](#).

SNACK-TEMBER

“
EVERY SMALL
CHANGE CAN LEAD
TO GREAT RESULTS
”

Newsletter September 2026

WHY SNACK-TEMBER?

The aim of Snack-tember is to help children and young people (aged 5-16 years) make and choose healthier, more sustainable snacks.

During Snack-tember, we will be encouraging pupils to:

- **EXPLORE** better snacking
- **TRY** new snacks
- **MAKE** their own healthy snacks

A scoping review* investigating the patterns of snacking in children aged 2–12 years found that:

- Over 92% of children consumed snacks.
- On average they had 3 snacks a day.
- Snacks contributed 231-565kcal a day to the diet.
- Only 24% children regularly have veg snacks



SNACK SPOTLIGHT

Making snacks yourself means you know exactly what's in them, helping you cut down on added sugar, salt, and processed ingredients. It's often cheaper too - buying ingredients in bulk can save money in the long run, and you'll get more for your money than with individual pre-packaged snacks. Plus, homemade snacks can be fun to make with your child and help them learn healthy habits for life!



Pizza Muffins

These Pizza Muffins are an easy savoury snack that combines all your favourite pizza toppings in a handy muffin. Great for lunchboxes, picnics, or a quick bite on the go!

<https://www.nutrition.org.uk/snack-tember-2026/>

GETTING DIPPY WITH IT

Making your own dips is a fun and easy way to encourage children to eat more fruit and vegetables plus, they're more likely to try new foods when they've helped make it!

Pizza in a Pot

A dollop of cream cheese or cottage cheese in a small dish, add tomato sauce or some passata, and top with grated cheese. Add a pinch of dry oregano if you like.

Pea Pesto Smash

Mash some frozen peas with cream cheese and pesto. Hand them a fork and let them squish until it looks like green slime. Bonus points if they make monster noises while doing it!

WEBINARS

Join our Lunch & Learn webinars and build your confidence around feeding your little one. Learn useful tips and tricks, share experiences, and get advice from our supportive team of experts.



Healthy Eating & Eating
on a Budget
Wednesday 16th September @ 12pm

Healthy & Hassle Free Lunchboxes

Wednesday 23rd September @ 12pm



Sugary Snacks & Oral
Health

Wednesday 30th September @ 12pm

Fussy Eating

Wednesday 7th October @ 12pm



TOP TIPS

After school ideas

Swap biscuits, sweets and chocolate muffins for healthier snacks like fruit and chopped veggies, plain rice cakes, toast with lower-fat spread or a fruited teacake

Cut and colour

Offer kids a range of brightly coloured fruit and veg cut into different shapes, or draw funny faces on a banana or satsuma.

Watch the teeth

Dried fruit counts towards your 5 A Day but it can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.

Get the kids involved

Try making snack time exciting and more hands-on. Get your child involved by getting them to prep what they're going to eat. They'll love chopping it up themselves!

Liquid sugar

A drink with a snack can be a double sugar overload. A chocolate bar and juice pouch together can contain around 8 cubes of sugar - that's more than the maximum daily amount of added sugar in 1 snack session! So swap sugary and fizzy drinks for diet or no added sugar drinks, lower-fat milks or water.

Leave it on the shelf

The simplest trick in the book: if you don't have sweets in the house, you cannot eat them. You will save money, too!



SUPER SWAPS

When shopping, take a quick look at the food labels on the front of the pack. These show traffic light colours for things like sugar, salt, and fat. Try to choose more items with green, some with orange, and avoid too many with red - that means it's high in something less healthy.

Per 100g	Low Healthier Choice	Medium OK most of the time	High Just Occasionally
Sugars	5g or less	>5g - 22.5g	More than 22.5g
Fat	3g or less	>3g - 17.5g	More than 17.5g

Want to make it even easier? Download the free NHS Food Scanner app - just scan the barcode and it shows healthier swaps your family can try in real life!



Download the free
NHS Food Scanner
app

With a speedy scan of your family's favourite foods, you can find healthier swaps for next time you shop.



The nutrient data provided in the app is supplied by Brandbank and FoodSwitch

**FOR ANY FURTHER SUPPORT PLEASE
CONTACT HEALTH4LIFE**



health4life@southend.gov.uk



01702 534843



Southend-on-Sea
City Council

SOUTHEND PARKS TENNIS

CHALKWELL PARK LAUNCH EVENT

Come and celebrate the opening of the brand new tennis courts at Chalkwell Park with free tennis for all the family!

SATURDAY 26th SEPTEMBER
1.45PM - 4.45PM

Chalkwell park, Chalkwell Avenue,
Westcliff-on-Sea, Essex SS0 8NB

**FREE TASTER SESSIONS FOR ALL AGES &
ABILITIES - NO EXPERIENCE REQUIRED**



**FIND OUT MORE
PLAY TENNIS TODAY**

 clubspark.lta.org.uk/ChalkwellPark

 hello@nationaltennis.org.uk



SOUTHEND
RUGBY FOOTBALL CLUB
EST. 1870

Made with AI

MINI'S AND MIDI'S RUGBY

FROM RECEPTION TO YEAR 6

PLAY RUGBY. **GROW FOR LIFE.**



MAKE NEW FRIENDS



LEARN NEW SKILLS



BUILD CONFIDENCE



GIRLS & BOYS WELCOME



FIND US ON INSTAGRAM
[@srfc_youth_and_minis](#)



VISIT OUR WEBSITE
[southendrugby.co.uk](#)



EMAIL US
laneynoo@hotmail.co.uk

ONE CLUB. ONE COMMUNITY. ONE **SOUTHEND.**