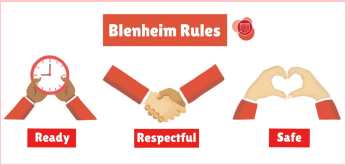
Issue 2 11th September Autumn Term 2026

Blenheim Weekly

A strong start to 2026-27

It was lovely to welcome the children back to school last week, but there is something very special about the first full week of a new school year, seeing the children settling into their new classes and routines. We have also welcomed our Reception children into school for the first time this week - albeit on a very rainy day - and it has been lovely to see how well they are settling in too.

The start of a new school year is a time when we focus on **building relationships** across our school community. Teachers have been getting to know your children, helping them to prepare for the year ahead and reminding them what it looks like to follow our school rules, **ready**, **respectful** and **safe**. Your children have also been re-establishing old friendships and building new ones, developing the **sense of belonging** they need to have a great year as part of our school community.



Learning in Harmony Trust

visit our website!

Building great routines at home

Now that you have had a full school week at home too, it is a good time to reflect on how well your children have responded to the changes in routine that you have established. Setting routines for the evenings and mornings on school days really helps to develop good habits that help your children to feel **ready** to come into school each day. You can find out more about the power of routines on page 2 this week.

We know it can be hard to adjust to the change in routine that comes with returning to school, so if you or your child are finding mornings tricky, please contact our Learning Mentor, Miss Overaa. She will aim to suggest small changes that might help.

We also know that every child's route to belonging is different. If your child needs adjustments to help them feel **safe** and **ready** to learn, please contact your class teacher and the SENCo, Miss Johnston, to make a plan together.

Starting well makes a real difference to children and we are here to help. Please get in touch with Miss Overaa or Miss Johnston via *sendenquiries@blenheim.lihtrust.uk* .

Parent/carer information:

Welcome back to a new school year. I hope the summer allowed you to rest and recharge ahead of the new term.

Our theme this week is: ***The power of routines.*** At the beginning of this new academic year, the children and teachers have been working hard on establishing clear routines to ensure the day runs smoothly. Routines provide children with consistency, trust and stability. There's also scientific evidence showing that routines contribute to physical and mental health by helping to establish healthy habits and reducing stress levels. Follow the ***link here*** to find some tips on how to create routines and rituals with your child/ren. The video and reading focus on the bedtime routine, but these ideas can easily be adapted to a getting ready for school routine.

A new term provides a perfect opportunity to establish new routines around coming to school, so that the children are ready for the day. This is not always easy! Some children delay the start of the day without understanding why, through their behaviour, eg not putting their clothes on or eating breakfast slowly or by talking to us. You can find top tips to support this in the opposite image.

Breakfast & After School Club

Welcome back! We are so excited to see all of the children again and welcome everyone into another wonderful school year.

It has been so lovely seeing how much the children have grown and changed over the summer, and we have absolutely loved hearing all about their adventures, holidays and special moments. There have been lots of exciting stories to share, and it has been wonderful catching up with everyone!

Over the last couple of days, we have been gently settling the children back into their Breakfast and After School Club routines, and we couldn't be prouder of how fantastic they have been.

The children have remembered our expectations brilliantly, settled into the different areas and have shown such enthusiasm for being back with their friends. We have already heard some very exciting news and stories from their summer adventures!

The children have been very excited to discover some new toys and activities around the club. Our indoor basketball has already been a huge hit, with the children challenging themselves to shoot hoops and improve their accuracy. The ball dart board has also been keeping everyone entertained, testing their aim, concentration and competitive spirit!

Our new kinetic sand has been another favourite, giving the children a wonderful sensory experience where they can mould, shape and create. Then there is our Party Pop It game - the children have loved testing their reactions and challenging their friends. We can already tell this one is going to be a very popular choice!

Introducing Our Wellness Room

We are especially excited about our new Breakfast and After School Club space – The Wellness Room! The Wellness Room has been created as a dedicated space where children can regulate, relax, reset and take some time for themselves when they need it.

The room includes different calming and engaging zones, including our Zones of Regulation, a cosy colouring corner, a tent and comfortable cushions, as well as LEGO and a selection of games. We also have a fantastic range of movement breaks for the children to choose from, giving them opportunities to get active, release some energy and then return feeling refreshed and ready to engage. We are so pleased to have this additional space available for the children and look forward to developing it further throughout the year.

It has been such a lovely start back, and we couldn't be happier with how wonderfully the children have settled.

Here's to another fantastic year filled with friendship, creativity, imagination, confidence, independence and lots of fun!

Blenheim Achievements

Congratulations to Isabelle, who proudly represented Unique Gymnastics at the Essex Gymnastics competition this weekend. A special thank you to Mr Mansell whose support, encouragement and expert coaching continue to help young gymnasts achieve their goals. Well done, Isabelle.

SCHOOL DINNER MENU

Summer Term 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Tomato & Pepperoni pasta Tomato pasta Garlic bread Sweetcorn Peas Ice cream roll	Beef taco Veggie taco Savoury rice Cucumber Coleslaw Carrot cake	Roast chicken Quorn roast Yorkshire pudding Roast potatoes Cauliflower Carrots Fruit jelly	Cheese & tomato pizza wrap Baby new potatoes Mixed vegetables Salad Fresh fruit	Sausage roll Vegan roll Chips Baked beans Peas Banana oat cookie
WEEK 2	Sausages Veggie sausages Mashed potato Onion gravy Peas Carrots Fruit smoothie	Chicken & veg curry Vegetable curry Rice Mixed vegetables Chocolate brownie	Grab a picnic bag: Cheese/tuna/ham roll Crisps Biscuit/cake Fruit	Tuna, mackerel & sweetcorn pasta bake Quorn & sweetcorn pasta bake Garlic bread Vegetable sticks Fresh fruit	Beef burger Veggie burger Chips Beans Salad Cherry & apple flapjack
WEEK 3	Chicken nuggets Veggie nuggets Baby new potatoes Sweetcorn Baked beans Ice cream & fruit	Beef & mixed bean chilli Veggie chilli Rice Vegetable medley Banana loaf cake	Roast gammon Roast Quorn Yorkshire pudding Roast potatoes Carrots Peas Fruit jelly	Butternut squash macaroni cheese Garlic bread Mixed salad Fresh fruit	Fish fingers Veggie fingers Chips Baked beans Mushy peas Lemon muffins

Jacket potatoes are available daily, along with selection of fresh fruit and salad

For allergy/dietary queries, please email info@blenheim.lihtrust.uk or scan the QR code

Menu subject to change based upon product availability

Week 1: 31/08, 21/09, 12/10 Week 2: 07/09, 28/09 Week 3: 14/09, 05/10

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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.

App Store | Google Play

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

St Aidan's Youth Choir

Love to sing?

School years 5-8: you're invited!

Starting this Autumn

Sing, belong and have fun in our weekly choir and youth group

Fridays after school

Email for more details

rev.carolyn.madanat@gmail.com

Southend's Parent Voice

We are looking for parents from across Southend with children aged 0-11 years who can bring their knowledge and lived experience, to be part of conversations that will shape decisions for their community

Parent Voice Ambassadors

(PVA: The glue that's needed for all great conversations)

Housing
Cost of Living
Transport & Parking

SEND
Disability
Community Networks
Community Spaces

Crime & Safety
Discrimination
Schools & Education
Health & Wellbeing
Mental Health

City Planning
Leisure & Recreation
Environment & Green Spaces
Mental Health

Heritage & Seafront
Early Years & Youth
Support Services
Safeguarding

Scan to WhatsApp Michelle

If you would like to find out more about this opportunity and how to get involved, please contact Michelle Gray

email: mgray@savs-southend.co.uk

WhatsApp/Mobile: 07985 239 376

Southend-on-Sea City Council

SAVS

FREE ONLINE WORKSHOPS THIS SEPTEMBER

FOR PARENTS AND CARERS

OF PRIMARY-AGED CHILDREN

Delivered by the Mental Health Support Team
@EssexMHST_and_SETcamhs

SCAN TO REGISTER

bit.ly/3MaR1wJ

Helping Your Child with Fears and Worries
8th September 09:30 am

Practical Tools to Help Your Child's Sleep
10th September 7 pm

Understanding Autism
14th September 09:30 am

Understanding Anxiety & Emotionally Based School Avoidance
22nd September 09:30 am

Striving to provide the best care by the best people

NHS North East London NHS Foundation Trust

FREE ONLINE WORKSHOPS THIS SEPTEMBER

FOR PARENTS AND CARERS

OF NEURODIVERGENT CHILDREN AND YOUNG PEOPLE

Delivered by the Mental Health Support Team
@EssexMHST_and_SETcamhs

SCAN TO REGISTER

bit.ly/4jfb46c

Burnout and Masking
21st September 7 pm

Sensory Differences
29th September 7 pm

Striving to provide the best care by the best people

NHS North East London NHS Foundation Trust