



# Blenheim Weekly

This week has been another great week at Blenheim Primary School and we loved welcoming our new Reception children for their first full day today - they are doing so well settling in to school life!

As we have so many new families in our school community, it is a great time to remind everyone about the **vision and values** that underpin everything that we do at Blenheim (opposite) and on page 2 this week, you can also find out why **every day in school matters**.

## Blenheim's ASPIRE Values

To encourage positive behaviour and responsible actions at Blenheim, we have agreed six values with pupils, parents, staff and governors, which are linked to the acronym, 'ASPIRE' (Achievement; Support; Perseverance; Independence; Respect; and Enthusiasm).

Our ASPIRE Values are discussed with pupils every week during assembly and are a central part of day to day life around our school. All members of the school community refer to them regularly with children. It is important that pupils have a clear idea of what each value means and the responsibility they have as individuals to abide by them. The values are displayed in each classroom and around our learning community so pupils can be reminded of their responsibilities.

We also regularly refer and remind *everyone* in our community of our school's vision:

***We want everyone to be inspired; to develop the confidence to face new challenges; and to ASPIRE to be the best they can be.***

## ASPIRE

*We want everyone to be inspired; to develop the confidence to face new challenges; and to ASPIRE to be the best they can be.*

**ACHIEVEMENT** aim high, work hard and be the best you can be

**SUPPORT** help others, collaborate and learn together

**PERSEVERANCE** be resilient, especially when things get tough

**INDEPENDENCE** be responsible for yourself and your actions

**RESPECT** be kind, honest and be a good citizen

**ENTHUSIASM** embrace new challenges with positivity



## Why Every School Day Matters

We know that families want the very best for their children and regular school attendance is an important part of this.

**Every school day matters.** Being in school gives children daily opportunities to learn, build friendships, develop confidence and feel part of our school community. In primary school, learning builds progressively, so even a small amount of missed time can make a difference.

There is clear evidence that regular attendance is linked to better educational outcomes. The Department for Education also highlights the wider benefits of attendance, including children's wellbeing, relationships and sense of belonging.

We understand that absence is sometimes necessary. Children should stay at home when they are genuinely too unwell to attend and there may be other appropriate reasons for absence. However, we encourage families to consider carefully whether absence is necessary, particularly for minor illnesses.

If your child is experiencing anxiety, friendship difficulties, SEND-related needs or another barrier to attending, **please talk to us.** We are here to listen and work with you to provide support.

Our message is simple: **every day in school counts.** By working together, we can give every child the best opportunity to learn, belong and thrive.

Thank you for your continued support.



## Parent/carer information:

This week's theme is ***My child doesn't want to go to school.*** Now that the children are settled back into the routine of attending school every day, there might be times when they comment or become upset that they don't want to attend. It is perfectly natural for children to not want to go to school from time to time. Even the teachers feel like this on some days! It is on days like these that daily routines can be really comforting and supportive. Simply following the usual routine into school with lots of supportive talk can provide reassurance that all will be OK.

On some days you may also pause this usual routine and take time to accept that today is a tough day for your child. Taking these extra few minutes can make a big difference as our children feel understood and heard by important people in their lives.



Some things that your child may be concerned about include worrying about a test or about a problem with a friend, changes to routines as well as many other perceived problems. Often when we talk to children about what is troubling them, it becomes apparent that they are troubled about something that is easily resolved or they can be reassured quickly. To the child at the time, it feels like a big problem that becomes consuming. With a bit of support, most children will be able to be soothed, so that they can continue to come into school and face their challenges.

Follow the [link here](#) to read about how to acknowledge your child's distress, notice signs of anxiety and support them to face their fears so that they can continue to attend school as well as acknowledging your own feelings about this.

We have quiet spaces in our playgrounds where you can sit and take a few minutes to help your child in the morning. The Friendship areas are open with benches to sit on daily.



## Breakfast & After School Club

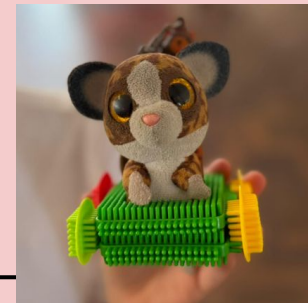
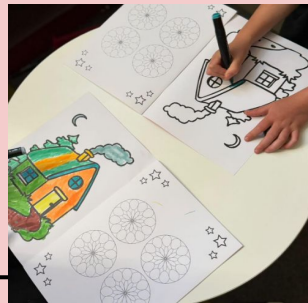
Throughout the whole week, we have been settling back into our Breakfast & After School Club routines, reconnecting with friends and enjoying lots of opportunities to play, create, explore and simply have fun together.

Our creative days this week have been all about creating something thoughtful for someone special. The children were given a selection of colourful card and encouraged to design and make a special card for a loved one. They had lots of fun choosing their colours, cutting out different shapes using scissors, sticking their creations down with glue. This activity was a wonderful opportunity for the children.

We have also introduced some exciting new activities for the children to enjoy, including our colourful dominoes, which have already been a big hit! The children have enjoyed setting them up, creating different patterns and seeing how many they can get to fall. Our indoor basketball has been keeping everyone moving, while the ball dart board has brought plenty of friendly competition and encouraged the children to practise their aiming, concentration and hand-eye coordination. We have also had lots of fun with kinetic sand and our Party Pop It game, giving the children a mixture of sensory, creative and interactive play throughout the week.

It has been such a positive week, filled with smiles, laughter, creativity, new experiences and lots of catching up with friends. We are so excited to see what the rest of the school year brings and to continue creating a club environment where the children feel happy, confident, supported and excited to come through our doors each day.

Here's to another amazing week at Breakfast & After School Club!





## Reception 2027 Admissions Information

Are you looking for a Reception place for your child in September 2027?

Come and join us at Blenheim Primary School at our prospective parent tours to find out what makes our school such a wonderful place to learn!

- Wednesday 14th October - 4:45pm
- Thursday 15th October - 9:30am
- Tuesday 10th November - 1:45pm
- Wednesday 18th November - 9:30am

**Call us to book your slot today. 01702 474684**



### Our Motto: Be The Best You Can Be

*Pupils really enjoy school. The staff are incredibly caring and are always there to help pupils if needed. The wide range of clubs pupils attend helps them to develop their talents and interests...Pupils enjoy lessons that challenge them to think deeply and achieve highly...*

*The programme to support pupils' personal development is exceptional.*

Ofsted Report - April 2025 - Blenheim Primary School maintained the standards identified at the previous inspection, graded Outstanding.



**Ofsted**  
Outstanding  
Provider



[www.blenheimprimary.co.uk/](http://www.blenheimprimary.co.uk/)



01702 474684



[info@blenheim.lihtrust.uk](mailto:info@blenheim.lihtrust.uk)

# 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.lintrust.uk](mailto:info@blenheim.lintrust.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



# 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/>

## 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 16<sup>th</sup> September @ 12pm



Healthy & Hassle Free  
Lunchboxes  
Wednesday 23<sup>rd</sup> September @ 12pm



Sugary Snacks & Oral  
Health  
Wednesday 30<sup>th</sup> September @ 12pm



Fussy Eating  
Wednesday 7<sup>th</sup> October @ 12pm



## 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!

## 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<br>Healthier Choice | Medium<br>OK most of the time | High<br>Just Occasionally |
|----------|-------------------------|-------------------------------|---------------------------|
| Sugars   | 5g or less              | 5g - 10g                      | More than 10g             |
| Fat      | 2g or less              | 2g - 5g                       | More than 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 brands and food manufacturers.

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](https://clubspark.lta.org.uk/ChalkwellPark)

[hello@nationaltennis.org.uk](mailto:hello@nationaltennis.org.uk)

## 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](mailto:rev.carolyn.madanat@gmail.com)**





# 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](https://bit.ly/3MaR1wj)



## Helping Your Child with Fears and Worries

8<sup>th</sup> September 09:30 am

## Practical Tools to Help Your Child's Sleep

10<sup>th</sup> September 7 pm

## Understanding Autism

14<sup>th</sup> September 09:30 am

## Understanding Anxiety & Emotionally Based School Avoidance

22<sup>nd</sup> September 09:30 am

# 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/4jtb46c](https://bit.ly/4jtb46c)



## Burnout and Masking

21<sup>st</sup> September 7 pm

## Sensory Differences

29<sup>th</sup> September 7 pm

