



Blenheim Weekly



KS1 and KS2 Cross-Country

A huge well done to all of the children who took part in the cross-country competitions today. All of the children demonstrated our ASPIRE values brilliantly and many children came away with medals - well done!

Harvest Appeal 2026

This year, we will be collecting donations of food for both HARP (a local homeless charity) and Southend Foodbank. As part of this, children in KS1 and KS2 will have an assembly from a HARP volunteer on Wednesday 7th October to hear about their work.

Last year, we were able to donate a significant collection from our school community that made a real difference and we hope to do the same again this year. Please see the poster on Page 3 of this newsletter to see the most urgently needed items. Donations can be dropped to the school office.

Thank you for your kind support.

Allergy Awareness

An allergy is a medical condition in which the body's immune system has an abnormal reaction to normally harmless substances such as food, insect stings, contact allergens and airborne allergens. At Blenheim Primary School, we take allergies seriously, so it is important that we communicate with you our clear approach to food brought into our school. Please note that we have changed our approach to sweets for special occasions this year due to the introduction of new requirements following Benedict's Law. You can find the updated approach below.

We request that parents and carers:

- do not send their children to school with **peanut and nut** based products, including in snacks and packed lunches;
- encourage their children **not to share** packed lunch food with other children; and
- do not send their children with cakes and sweets for birthdays or special occasions (either homemade or shop bought).

These requests reduce avoidable risk but do not make a school "nut free" or "allergen free". We cannot guarantee that allergens will never be present. Pupils with allergies must therefore continue to follow their Individual Healthcare Plan/Action Plan and have rapid access to prescribed medication. You can find our Allergy Policy on the school website.

visit our
website!





Census Day lunch

Special Lunch: Thursday 1st October

The special lunch shown on the poster opposite takes place on school Census Day, which plays an important role in determining school funding.

Each child who has a school meal on this day helps the school receive nearly £480 in funding for the year, supporting our catering services.

Our special lunch is for all years but we kindly ask that all EYFS and KS1 children take advantage of a free school meal on Thursday. If your child is unsure, you are welcome to send a packed lunch as a backup.

Thank you for your continued support.

HARP Harvest Appeal 2026

URGENTLY NEEDED:

Coffee
Sugar
Pot Noodles/Super Noodles
Tinned Meals: Curry, Chili
Breakfast cereal
Squash
Cooking Sauces
Fray Bentos Meat Pies and Puddings
Cooking Oil
Tinned Pasta: Ravioli, Macaroni
Tinned New Potatoes
Tinned Soup

NEEDED:

Biscuits
Rice
Packet Pasta Sachets
Jam
Peanut Butter
Chocolate Spread
Cup a Soup
Tinned Veg
UHT Milk
Tinned Fruit
Tinned Veg
Rice Pudding
Custard
Microwave Rice
Condiments: Mayo, BBQ etc
Crisps
Pasta

Remember to check the dates!

All our Harvest donations are going straight to support people experiencing homelessness locally, helping provide food, essentials, and care through HARP's services.

www.harphomeless.org

HARP



Harvest appeal



Shopping List

Tinned Chilli or Curry

Rice Pudding

UHT Milk

Instant Mash

Breakfast Cereal

Tea Bags

Tinned Fruit

Microwave Rice

Jam

Donate Food

Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

Donate Money

Help to cover the costs of storing and distributing food, as well as developing sustainable projects.



Southend
Foodbank

Together with Trussell

southend.foodbank.org.uk
Registered Charity in England & Wales 1163160



Scan the QR for
our Seasonal
Collection pages



Blenheim Achievements

Oliver played a match in the **South East Essex Primary Mini Soccer League**. He was representing his team, in a brilliant, hard-fought match against Rayleigh Boys Y U9 White that ended in a **3-3 draw**.

Oliver had a fantastic game, **scoring 1 goal** and being awarded the **Player of the Match Trophy** for his performance and effort on the pitch.



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.



www.blenheimprimary.co.uk/



01702 474684



info@blenheim.lihtrust.uk

Breakfast and After School Club

What a wonderful week we have had at Breakfast & After School Club! This week has been all about friendship, kindness, creativity and welcoming new faces as we have continued to settle into the new school year.

It has been lovely seeing the children supporting one another, using their imaginations and getting involved in all the different activities on offer. Our creative days have continued with our theme of spreading love and positivity. Last week, the children created special cards for someone they love, and this week we have taken our card-making to the next level by introducing stencils!

The children absolutely loved choosing different stencils and using them to create a variety of shapes and patterns on their cards. They enjoyed experimenting with different designs and adding their own personal touches to make each card unique. Using the stencils also gave the children another opportunity to practise their fine motor skills, concentration, hand-eye coordination and creativity, while creating something thoughtful for someone special.

Our sensory story this week focused on a very important theme: kindness. As we welcomed our new Reception children into Breakfast & After School Club, the children enjoyed watching a story about spreading kindness, supporting one another and being a good friend. It has been particularly lovely to see this message being put into practice throughout the week. Our older children have really stepped up to support our Reception children, helping them find their way around the club, join in with activities and feel comfortable in their new surroundings. We have seen lots of little moments of kindness, encouragement and children looking out for one another — exactly what we want our club to be about.

Our Creation Week has continued through our everyday activities and toys, with the children coming up with some fantastic ideas!

Two children worked together to create an amazing LEGO helicopter, plane and runway. They used their imagination to think about how everything would work together and created their own little world for their LEGO creations to take off from! Another child also impressed us with an amazing structure made from our Big Jenga blocks. It was fantastic to see how carefully he balanced and positioned each piece to create his structure. Our marble run has also been a huge favourite this week! The children have loved building their runs, making them twisty, smooth and exciting, then watching the marbles travel through the different sections.

Breakfast and After School Club

A huge WELCOME to all of our new Reception children who have joined us for Breakfast & After School Club! We are so proud of how well the children who have attended this week have done during their first full week with us. Starting a new school is a big step, and getting used to a new club environment can be another new experience. We have loved watching the children become more comfortable, make new friends, explore the different activities and begin to find their feet within the club.

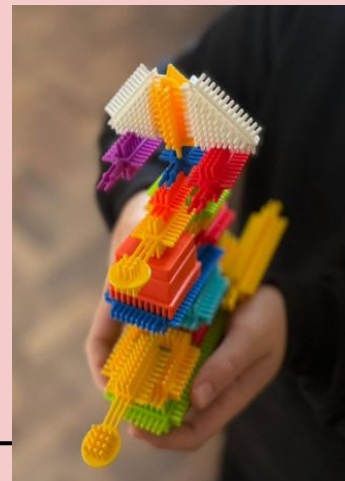
A special well done to all of our older children too for the way they have welcomed, encouraged and supported our new Reception children. We hope everyone has had a lovely first full week and we look forward to continuing to see everyone grow in confidence and enjoy their time with us!

A Gentle Reminder for Breakfast & After School Club

If you would like to book your child into Breakfast & After School Club, please make sure a **Registration Form is completed before your child starts attending**. Forms can be completed **online or printed**, whichever is easiest for you.

For our Reception parents/carers, please remember that you will need to **speak with your child's class teacher before your child starts attending Breakfast & After School Club**.

Thank you for your continued support!





🌟 Your PTA Needs You! 🌟

Help Us Keep the Momentum Going

Last year the majority of the PTA committee stepped down as their children moved on to new adventures. Our PTA has been operating on a limited team since then and as a result we've had to scale back on our events due to not having the volunteers. We'd love to bring lots of new events back this year and have lots of fun ideas but would love your help to be able to make it happen.

Over the last few years we have raised over £35,000 to support our school community

Thanks to your help and support, we've been able to:

- 🌿 Restore the school pond into a beautiful outdoor learning space
- 🏃 Build a new PE shed to support sports and physical activity
- 📖 Fund OPAL training & playtime improvements, transforming how children enjoy their breaktimes ... and so much more

Now we need your help to continue our vital fundraising to benefit the children



Why Join the PTA?

- 💛 Make new friends
- 📍 Organise fun school events
- 🏠 Raise vital funds for our children's education
- 🌟 Be part of something truly rewarding

Let's Keep the Spirit Alive

We're looking for fresh faces and new ideas – parents, carers, grandparents – all are welcome, including children! You don't need to take on a big role (unless you want to!), just being part of the team makes a real difference.



Our children benefit when we all pitch in. Let's keep building something special – together.
Please contact friendsofblenheim@gmail.com if you are interested in joining us.



- 📧 Get in touch: friendsofblenheim@gmail.com
- 📺 Follow us: Facebook - Friends of Blenheim Primary school PTA
Instagram - [friendsofblenheimschool_pta](https://www.instagram.com/friendsofblenheimschool_pta)
- 📅 Join us at our next PTA meeting – come see what it's all about

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 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



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 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

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 Healthier Choice	Medium OK most of the time	High 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



SOL SPORTS COACHING

£25 Per Day
£115 Per Week

OCTOBER MULTI-SPORT CAMP

FUN, GAMES & SPORT
Get Active & Have Fun

AGES 5-11

Southend Rugby Club
Warners Bridge Park, Sumpters Way
Southend-on-Sea, Essex SS2 5RE
★★★★★

9:00AM - 4:00PM
(DROP-OFF FROM 8:45AM)

ONLY 1 WEEK!

WEEK 1
Monday 26th October - Friday 30th October

BOOK NOW!

Bring: Water bottle ✓ Packed lunch ✓
Football boots & trainers ✓

Activities: FOOTBALL, RUGBY, BASKETBALL, TENNIS, DODGEBALL, ATHLETICS, TEAM GAMES & MORE!

Icons: Soccer ball, Rugby ball, Basketball, Tennis ball, Dodgeball, Football boots, Pumpkin, Ghost, Witch hat, Sunglasses, Pumpkin, Skull, Leaves.

WE ACCEPT CHILDCARE VOUCHERS & OFFER TAX-FREE CHILDCARE!

MEGA CAMPS

KIDS DAY ACTIVITY CAMPS

CHILD CARE FROM 8am - 6pm

AGES 4-14

OCTOBER CAMP 2026
CHECK WEBSITE FOR OCTOBER LOCATIONS & DATES

WALL CLIMBING
KIDS FAVOURITE

FANCY DRESS

GO KARTING IS BACK

ANIMAL WORKSHOP

DIFFERENT MEGA ACTIVITIES, ARTS & CRAFTS AND SPORTS AVAILABLE EACH DAY

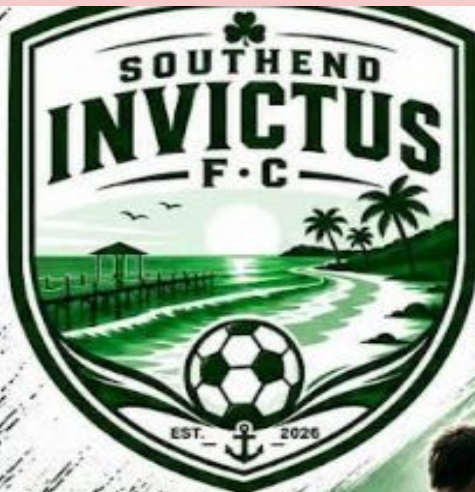
MULTIPLE LOCATIONS THROUGHOUT ESSEX & KENT THIS OCTOBER
CHECK WEBSITE FOR LOCATIONS & DATES

BOOK ONLINE NOW!
WWW.MEGACAMPS.NET
OR CALL 0333 012 4378

Ofsted Registered

ALL OUR STAFF ARE DBS CHECKED





SOUTHEND INVICTUS F.C

ARE YOU READY TO
KICK START
YOUR INCREDIBLE
FOOTBALL JOURNEY
WITH US?



COME JOIN OUR PAN DISABILITY FOOTBALL CLUB



WE WELCOME PLAYERS OF ALL ABILITIES TO JOIN OUR INCLUSIVE
FOOTBALL COMMUNITY



OUR TEAMS

U12's – Ages 7-12 (Year 2 - 7)
U16's – Ages 12-16 (Year 8 - 11)
Adults – 16+ (Year 12 & above)

FROM 7 YEARS



SATURDAY

9am - 10am U12s and U16s
10am - 11am Adults



Garon Park 3G Pitches
Eastern Avenue,
Southend on Sea,
Essex SS2 4FA



THE
REVEL PUCK CIRCUS
PRESENTS:

THE
WING SCUFFLE
SPECTACULAR

23 OCT – 1 NOV



CHALKWELL PARK

Link to book is here: <https://www.tixr.com/groups/revelpuckcircus>

For community tickets (low income families), use this link: <https://www.revelpuckcircus.com/community-tickets.html>

