



Kendall Church of England

Primary School

'We Strive for a Bright and Wonderful Future!'

3rd October 2025

Newsletter 5 Autumn Term 2025

Dear Parents and Carers,

Twelve Ways to Help Your Child Make Friends

One of the concerns parents most often share with teachers is anxiety about their child's ability to navigate friendships. It can be unsettling when a child insists they *hate* a classmate one day, only for them to be inseparable the next! These shifts are a normal part of childhood, but they can feel like an emotional rollercoaster for everyone involved. So how can we support our children through these ups and downs—without becoming overwhelmed ourselves? This week, I came across an excellent short [video](#) created especially for parents, presented by a child psychologist. It offers clear, practical advice on how to help children build and manage their friendships in healthy ways. Even if your child isn't experiencing friendship difficulties right now, the strategies shared are worth keeping in mind for the future. Alongside the video, you'll also find a helpful transcript to make it easier to revisit the key points. I'd highly recommend setting aside a few minutes to watch—it may provide just the reassurance and guidance you've been looking for. The link to the video can be found [here](#).

Year 4 Visit to West Stow

On Tuesday, Year 4 went on their Q1 school trip to West Stow Anglo-Saxon Village. They had a fantastic time learning more about the Anglo-Saxon way of life through visiting the museum and the replica houses too.



Year 1 Drumming Workshop

Year 1 had a fantastic time last week at their drumming workshop as part of our topic on The Body and exploring our senses. The children played listening games, learnt rhythms and performed together. It was great to see their concentration and enthusiasm. We certainly tested our sense of hearing!



Easy Fundraising

The school has now signed up with [Easy Fundraising](#) a simple way to raise FREE money for our school every time you shop online! **Kendall will even get a bonus £2 for every person who installs our app and signs up to support you throughout October!** If you shop online, please consider downloading the app or visiting the Easy Fundraising website to register. Simply search for [KENDALL PRIMARY SCHOOL COLCHESTER](#) to select our school as the recipient of your retailers' donations. Then, use the search bar in the app or on the website to access your usual retailers – it's that simple. I've already signed up myself* and am looking forward to my weekly grocery shop generating some much-needed extra revenue for our school budget! (I have raised £1.28 so far, just by doing my normal online shopping!) Read on to find out how this works:



- 1 Open your phone's camera
- 2 Scan the QR Code
- 3 Get the app

It's super easy:

3. **Register:** for free at through <https://www.easyfundraising.org.uk/causes/kendall-primary-school/> or download the app above. Remember to enable the donations reminder.
4. **This month only**, with their Free £2 App-eal, if you register to support us **via their app**, we'll get £2 for every person who installs the app and signs up to support us. **Get the app now and choose to support Kendall Primary School Colchester once installed:**
<https://www.easyfundraising.org.uk/causes/kendall-primary-school/?searchSessionId=2b7b71eb-9d06-430b-a1fb-c67e102c4eb9>
5. Shop: at thousands of your favourite retailers, like [Tesco](#), [eBay](#), and [Currys](#), by starting your shop on their site, on the app or using the shopping reminder.
6. **Receive donations!** Retailers will make a small donation to the school at no extra cost to you.

So far we have 10 supporters! We are so excited! Together we have raised £14.55!
Imagine what we could raise if our whole school community signed up...

* Although I am sharing this because I would love us to raise as much money for our school as possible, please note that this does not constitute financial advice, nor is it my intention to make anyone feel obliged to sign up. Please only do so if you wish to support the school in this way – it comes at no additional cost to you. Other than being Headteacher of the school that I am proud to serve, I have no financial interest in this initiative and will make no personal financial gain from it.

Earn cashback for Kendall Primary School Colchester

£14.55 raised

10 supporters

Start raising free donations today

Join thousands of others raising for good causes

Clearly the more people who sign up, the more money we can raise for the school. Don't forget to register and ask your friends and family to join in too. Let's try to make it 20 supporters...

PRIVACY- Don't worry – no one see where or what you have been shopping for – we only see the money that has been donated.

If you download the Easyfundraising APP, you can give permission to show you a pop-up reminder every time you visit a participating retailer, then you just click the 'Make a Donation' box and it send you back to the website. It doesn't matter at this point if you make a purchase or you are

just window shopping, if you do decide to make a purchase that business will put their donation directly into our school fund AT NOT EXTRA COST TO YOU. With over 8000 businesses participating, the likelihood is, if you shop there online, they are likely to be registered and will make a donation!

For further information, please see below:-



1 How does easyfundraising work?

easyfundraising turns your everyday online shopping into money for our organisation. When you use the easyfundraising website or app to shop with leading retailers, the retailer sends our organisation a free donation at no additional cost.



2 Which retailers will donate when I shop?

There are over 8,000 retailers available to shop with, including Amazon, eBay, Argos, John Lewis, Trainline, Sainsbury's, Boots, Booking.com, Currys, Aviva, M&S, Debenhams, Waitrose, and Holland & Barrett. It means that no matter what you buy online, from travel and holidays to fashion, homewares, insurance, and groceries – you can raise free donations at no extra cost.



3 Will it cost me anything?

No! easyfundraising is completely free to use.



4 Will my shopping cost more?

Absolutely not! It's the retailer who makes the donation, not you. Your shopping experience is exactly as normal.



5 Who can see where I've shopped?

We can only see how much our supporters have raised – we can't see who you've shopped with, what was purchased or how much you spent.



6 What does easyfundraising know about my shopping?

So that the easyfundraising team can track the donations you've raised, easyfundraising know where you've shopped and how much you spent but what you've bought is your business!



2025

A year of raising

This is what one supporter could raise for your group in a year by shopping through easyfundraising.



April

Buy home insurance
Up to a £17.50* donation

GO.COMPARE



June

Buy pet insurance
Up to a £40* donation

Petplan



August

Trade in an old car
Up to a £40* donation

webuyanycar



October

Get a new fridge freezer
£22.50* donation



December

A year of weekly food shops
£57* donation

TESCO



easyfundraising

January

Book a holiday
£70* donation



March

Upgrade TV
& broadband package
Up to a £40.25* donation



May

Upgrade a mobile phone
Up to a £47.50* donation



July

Get school uniform & shoes
£4.50 donation

M&S



September

Buy car insurance
Up to a £15* donation

MONEYSUPERMARKET



November

Buy a Christmas tree
£4.50* donation



*Donation rates change from time to time.
The amounts above were correct as of 2/12/2024.

Total £358.75

Sunflowers and Pumpkins

Here are our great greenfingered gardeners alongside their sunflowers and pumpkins...



The measurements are in and the certificates will be presented in next week's assembly!

Reminder! Harvest Celebration/Food Bank

The school is holding its Harvest celebrations at the C3 Church (Ypres Road) on **Friday 17th October** at **10am**. Parents/carers are very welcome to attend. We are again supporting the Foodbank this year and below you will find their shopping list. If you feel able to donate an item or two, we would be very grateful. The supplies can be brought to school from Wednesday 1st October and will be displayed in the hall by our worship table. Over 90% of the food distributed by foodbanks in The Trussell Trust network is donated by the public – that's why your food donations are absolutely vital to their ability to give everyone referred to them a balanced and nutritious supply of food.

Their shopping list includes:

Small bags of rice, long-life milk, long-life juice, shampoo, carrier bags or reusable bags, squash, tinned fruit, deodorant, tinned potatoes, tinned puddings, tins or packet custard, jam, toothbrush and tooth paste, shower gel, small jars of coffee, small washing powder or liquid, small multipacks of snacks (Penguin/Club/Twix) and tinned tomatoes.

Many thanks for your continued support.

Supporting Local Events



25th Oct-1st Nov

Half Term Pumpkin Trail

Join us for half term fun this October.
Explore the garden to find the hidden pumpkins.
Kids go free!



Book admission online
www.bethchatto.co.uk/entrance

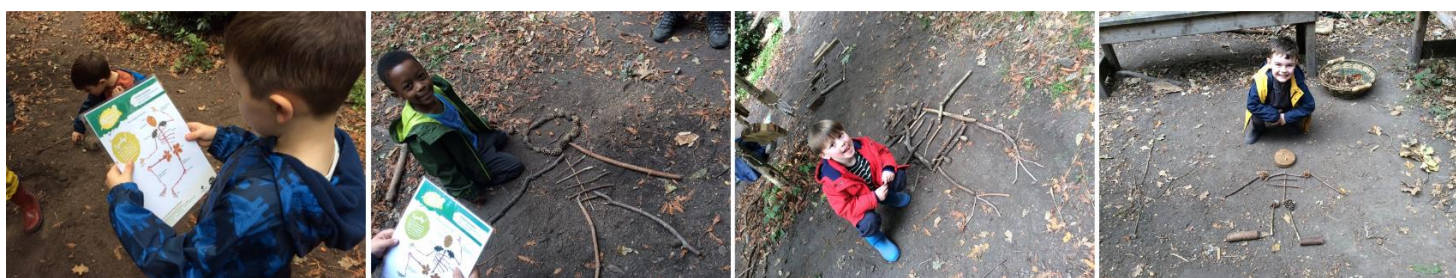


Forest School Diary 3rd October 2025

EYFS made feeling sticks during their Forest School session. These were done by decorating a stick with a particular colour that represented a feeling or emotion. The children also tested out their balancing skills by navigating their way across the wooden planks without falling off.



This week in the forest Year 1 made their own skeletons on the woodland floor. These were constructed of natural resources such as sticks, pine cones, acorns and leaves. We had some lovely creations by the end of the session.



Year 2 had a lovely session in the woodland enjoying a spot of tree climbing and autumnal craft, as well as taking a few moments to sit in the sunshine and appreciate the natural surroundings.



Today Year 3 practised a spot of soap knapping. First of all, the children designed the shape of a spear head onto paper before using a peeler to carve into the soap, some of the children found it more effective to carve using a sharp piece of flint to achieve the desired shape.



Year 4 took to the high ropes this week, and the challenge was to climb the cargo-net. Everyone did exceptionally well and tried their very best!



Year 5 all worked together to complete our amazing woodland skeletons. Next week we will tinker with them to make sure they are perfect before they will be ready to be hoisted into the trees so that everyone can admire our own versions of 'funny bones'!



This week, Year 6 built and lit small fires in gabion pots. Kindling was gathered from the woodland floor; using flint and steel the children were able to light the fires, the tricky part was keeping the fire burning! The group also helped out by giving our hedgehog patch a much needed tidy up.



Online E-Safety Magazine for parents

Alan Mackenzie produces a free online safety newsletter via email to keep parents up to date with online safety risks, issues, advice and guidance related to keeping children safe online, enjoying and learning about technology. You can sign up for this newsletter at <https://www.esafety-adviser.com/latest-newsletter/>

Key Policies for Parents

We thought it would be useful to provide parents with quick links to some of our key policies in our weekly newsletter. Therefore, please find our **Attendance Policy** [HERE](#). Please find our **Homework Policy** [HERE](#). Please find our **Administering Medicines Policy** [HERE](#). Please find our **Mobile Phone Policy** [HERE](#). Please find our **Uniform Policy** [HERE](#). Please find our **Food Policy** [HERE](#). Please find our **Behaviour Policy** [HERE](#) and finally our **Parent Helper – School Trip Policy** [HERE](#). A link to our school webpage that has all of our statutory policies uploaded can be found [HERE](#). **Dressing for Forest School** [HERE](#).

Safety on the School Road

Please note that, as indicated by road signs, parents must not drive on the road accessing Kendall, Scarlett's, and ECL at any time. The landowner, local businesses, and the school have worked together to reduce congestion and improve safety for children. Stopping on the private road may result in a penalty notice. To request a free parking pass for the Port Lane Recreation Ground car park (usable at drop-off and pick-up times), please contact the school office.

Food Bank Vouchers

Please don't forget that the school is an agent for food bank vouchers. Please speak in confidence to a member of the school office or Mrs French if you need to use this service.

Reminder! No Chocolate Spread in Home Packed Lunches

Please remember that chocolate spread is not allowed in packed lunches due to the risk it poses to children with nut allergies. Details are in our prospectus and the [School Dinner page of our website](#).

Happy Birthday!

Please join us in saying happy birthday to: Liam G



Headteacher Cups

Congratulations to the following who were awarded a Headteacher Cup in assembly this week:
Cole K, Milana G and Florence R

Golden Awards

Congratulations to the following who were awarded a Gold Award in assembly this week:
Nylah D, Enys RR, Mason F, Polly O, Penelope E, Elliott H, Zara EE, Rosie EB, Ella LH, Tristan T, Daniel K, Elowyn RR, James C and Mostafa S

Writer of the Week

Congratulations to **Morgan** in **Year 2** who received our Writer of the Week award and took home a new stationery set and journal – keep up that good writing!

Vision Value Leaves

Congratulations to the following who were awarded a leaf for our 'Vision Values' Tree:
Migah S, Jaiden B and Matthew L

Kendall Team Points

Congratulations to the joint Weekly Team Winners: **Yew!**

Elm	Ash	Birch	Yew
2 nd	4 th	3 rd	1 st

Amazing Attendance? Free Tuck Friday!

Free Tuck Friday – All classes who have achieved the required attendance of at least 96% are highlighted in green. Well done, **Year 1** for having the best attendance this week!

EYFS	93.3%	
Year 1	99%	★
Year 2	98.65%	
Year 3	96.6%	
Year 4	94%	
Year 5	95.3%	
Year 6	98.35%	
Overall Attendance		96.45%

(Week ending 26/09/2025)



Clare French
Headteacher

Allergen Check List Last Updated October 2025

Allergen	Currently allowed in school
Nuts	No ✗
Peanuts	No ✗
Sesame seeds	Yes ✓
Celery	Yes ✓
Cereals Containing Gluten	Yes ✓
Crustaceans	Yes ✓
Eggs	Yes ✓
Fish	Yes ✓
Lupin	Yes ✓
Milk	Yes ✓
Molluscs	Yes ✓
Mustard	Yes ✓
Soya	Yes ✓
Sulphur dioxide (sometimes known as sulphites)	Yes ✓

Week Three					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Creamy Mac and cheese (v)	All day brunch	Roast Chicken	Packed lunch Ham roll	Birds Eye Omega 3 Fish Fingers
Vegetarian (v) Or Vegan (ve)	Vegetarian pasta carbonara with mushrooms and garlic	Vegetarian Brunch Quorn sausage	Cheese puff (v)	Cheddar Cheese baguette (v) Vegan cheese baguette (ve)	Crispy Quorn dippers (v) Vegetable fingers (Ve)
Sides	Garlic bread Sweetcorn Freshly prepared salad lettuce, cucumber, tomatoes	Hash brown Tomato Mushrooms Scrambled egg Baked beans	Roast potatoes Stuffing Yorkshire pudding Carrots, sweetcorn, peas Gravy (ve) (gf)	Vegetable sticks Tortilla chips Freshly prepared salad bar – lettuce, cucumber, tomatoes	Chips Baked beans Peas Tomato sauce
Dessert	Fruit cocktail and cream or Fresh fruit	Jelly and ice cream or Yoghurt	Fresh fruit – honeydew melon, pineapple, grapes or yoghurt	Chocolate cake or Fresh fruit	Fruit lolly (ve) or Fresh fruit

Please let us know what you would like to see on our school dinner menu.

We would love to hear your ideas! Email us: admin@kendall.essex.sch.uk

Schedule of Trips and Visits 2025/2026

Budgeting £20 a quarter (£80 a year – or approximately £2 a term-time week) should cover the cost of trips. Where a trip is more expensive, for example £40, we will always try to make sure that over the academic year, the cost for all 4 Quarters comes to no more than £80 for the trips and visits we organise. Sadly, with school funding being at an all-time low in real terms, the school is financially unable to subsidise trips and visits to the extent it has done in the past. If we do not receive enough contributions to cover the cost, we will reluctantly have to cancel trips or visitors to the school. We are hoping to run the following trips next year, but these are subject to provider availability:

Year Group	Quarter 1 Sept–Nov	Quarter 2 Nov–Feb	Quarter 3 Feb–May	Quarter 4 May–July
EYFS	NA	NA	Farm Visit	Seaside Visit
Year 1	Musical Workshop	Arctic Explorer	Hyde Hall – all about plants!	Colne Valley Railway
Year 2	Local Geography Walk	Colchester Cemetery – Colchester as an Army Town	Library Visit and Synagogue Visit	St Stephen's Church
Year 3	Stone Age to Iron Age History Day	Colchester Castle – Roman History	Colchester Zoo – Rainforest	Harwich and Felixstowe Docks – Geography Field Trip
Year 4	West Stow – Anglo-Saxons	Swimming & French Feast Day	Siege of Colchester – Historic Walk	River Colne – Geography Field Trip
Year 5	Henry Moore Foundation Art Trip	Life in Ancient Greece Day – History Experience	Life in Ancient Egypt Day – History Experience	Explore Nature Day (Beth Chatto depending on availability)
Year 6	PGL Bawdsey Manor (residential) London Aquarium/Houses of Parliament	Mayan History Day	Local Geographical Field Trip – OS mapping	Crucial Crew and Treat Trip

Quarter 1 Trips and Visits and Associated Costs

Year Group	Trip/Visit	Cost per child
EYFS	NA	N/A
Year 1	Musical Workshop	£9 approx
Year 2	Local Geography Walk	N/A
Year 3	Stone Age Visit with Mema	£18
Year 4	West Stow Anglo-Saxon Village	£25.50
Year 5	Henry Moore Foundation	£19 approx
Year 6	London Aquarium/Houses of Parliament	£40 approx

Dates for your Diary

	Autumn Term 2025
Monday 6 th	Year 6 Bikeability
Tuesday 7 th	Year 6 Bikeability
Thursday 9 th	Parent/Carer SCARF Online 2:45pm-3:15pm
Monday 13 th	Individual School Photos
Friday 17 th	Harvest Festival at C3 Church
Friday 17 th	Conker Competition
Monday 20 th	Year 6 Bikeability
Tuesday 21 st	Year 6 Bikeability
Monday 27 th –Friday 31 st	Half Term Break
November	
Monday 1 st	Non-Pupil Day
Wednesday 5 th	Year 1 Phonics & Reading Parent Information Event 9am-10am
Wednesday 12 th	Year 6 Visit to SEALIFE Aquarium & Houses of Parliament
Friday 14 th	Non-Pupil Day
Monday 17 th	Non-Pupil Day
Tuesday 18 th	Flu Vaccinations
Tuesday 25 th	Dress as a TTRS
December	
Tuesday 2 nd	Year 5 Ancient Greek Day
Tuesday 9 th	EYFS & KS1 Nativity 9:30am & 2:30pm
Friday 12 th	PTA Discos EYFS & KS1: 5pm-6:15pm KS2: 6:30pm-8pm
Friday 19 th	PTA Christmas Jumper Day
Friday 19 th	Christmas service
Friday 19 th	Children's Christmas Dinner
Friday 19 th	Last Day of Term

Kendall KS1 Fortnightly Maths Challenge

Here are some wellies.



I start at the blue wellies.

I move:

2 spaces to the left

2 spaces down

1 space right

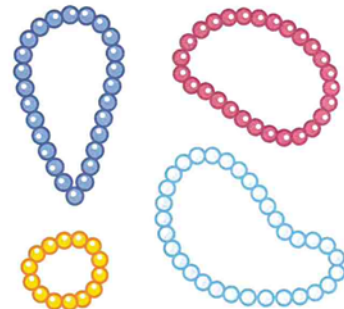
and 3 spaces up.

Which colour wellies do I end up choosing?

If you think you know, write your name and answer on a slip of paper and post it into the correct box on the table. The winner will be announced in two weeks. Good luck!

Kendall KS2 Fortnightly Maths Challenge

Abbie had between 30 and 50 beads.
She counted the beads in fours and had
2 left over. She counted them in fives
and had 1 left over.



How many beads did Abbie have?

If you think you know, write your name and answer on a slip of paper and post it into the correct box on the table. The winner will be announced in two weeks. Good luck!

Academic Year 2025-2026

September 2025							October 2025							November 2025							December 2025						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
									1	2	3	4	5						1	2	1	2	3	4	5	6	7
X	2	3	4	5	6	7	6	7	8	9	10	11	12	X	4	5	6	7	8	9	8	9	10	11	12	13	14
8	9	10	11	12	13	14	13	14	15	16	17	18	19	10	11	12	13	X	15	16	15	16	17	18	19	20	21
15	16	17	18	19	20	21	20	21	22	23	24	25	26	X	18	19	20	21	22	23	22	23	24	25	26	27	28
22	23	24	25	26	27	28	27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				
29	30																										
January 2026							February 2026							March 2026							April 2026						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
			1	2	3	4							1							1			1	2	3	4	5
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8	6	7	8	9	10	11	12
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22	20	21	22	23	24	25	26
26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29	27	28	29	30			
														30	31												
May 2026							June 2026							July 2026							August 2026						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5						1	2
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
18	19	20	21	22	23	24	22	23	24	25	26	27	28	X	21	22	23	24	25	26	17	18	19	20	21	22	23
25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30
																					31						

☐ = Schooldays

☐ = School holidays

■ = Bank holidays

☐ = Weekends

☒ = Non-Pupil Days