

School News

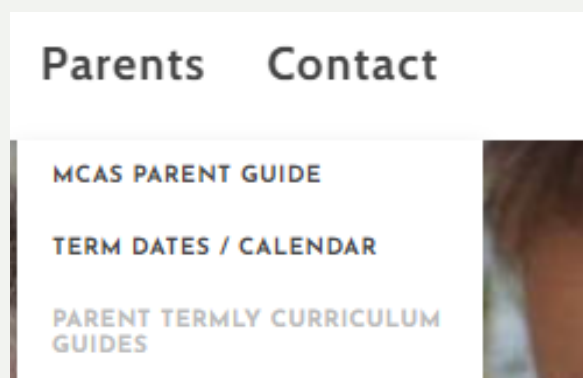
A MESSAGE FROM THE SENIOR LEADERSHIP TEAM

Dear Parents/Carers,

May we start by taking this opportunity to welcome you back from the Easter break. Classes have settled back well to the normal routines of learning and the children are enjoying their lessons.

Parent/Carer curriculum guides for the summer term

Earlier this week, you should have received an email containing information about your child's learning for this summer term. This document outlines the exciting areas of learning to be studied and useful resources to support your child's learning at home. The information can also be found on our school website <https://east-tilbury.osborne.coop/> under the Parent tab at the top of the web page:



Parent and teacher consultations

We look forward to hosting our second parent/carer and teacher consultations of the academic year. Please arrive a few minutes prior to your scheduled time, entering through the main reception where you will be signposted to the dance studio hall. We will also have a book sale during the week – details for this will be further along in the newsletter and on our Facebook page. During the evening there will also be an opportunity to complete a parent survey.

We wish you and your family a relaxing weekend ahead.

The Leadership Team

Upcoming Events



To support our daily biscuit time, we will be holding a non-uniform day on the last day of each half term.

For this day we are asking for a small voluntary donation or a packet of plain digestive biscuits.

Dates for these events each half term can be found on the weekly newsletter.



Non-Uniform Day

Our next Non-Uniform Day will be on Friday 24th of May.

Parent Consultations will be on Monday 22nd & Tuesday 23rd April 2024 for YR, Y1 & Y2 and on Wednesday 24th & Thursday 25th April 2024 for Y3, Y4, Y5 & Y6.



Important Information



FREE School Uniform
free for everyone,
no referral needed!

Events

Fridays
3 - 4.30pm

19th January
16th February
15th March
19th April
17th May
21st June

Saturdays
10 - 11.30am

20th January
17th February
16th March
20th April
18th May
22nd June

Community Church Chadwell St Mary
Defoe Parade (enter from Brentwood Road)
RM16 4QR

Save the planet 🌍, and your pennies 💰!
Hundreds of items in stock:

- Polo shirts
- Shirts & blouses
- Skirts
- Trousers
- Socks
- Pinafore dresses
- Jumpers & cardigans
- Blazers & ties
- PE kit incl football socks
- Plimsolls
- Black shoes
- Coats

Clean, good condition school uniform donations accepted when space allows. Please check our facebook page to see if we are currently collecting. Search facebook for "The 180 Project"

An event run by The 180 Project, part of Community Church
Registered charity no. 1062301. Tel: 01375 484 101

We have a very limited stock of uniform due to our uniform store being in the RAAC area of the school. If you are in need of uniform please visit the 180 project at the Community Church in Chadwell St Mary.

If your child has an injury and has been given medical advice that we need to follow as a school, please bring them to the school office for 8.15am on their first day back at school following the injury so that we can complete a risk assessment. Thank you for your cooperation.

Absence

If your child is too ill to attend school, this must be reported to us by no later than **9.00am**. Please telephone the school, press one and leave a message on the voicemail box stating your child's full name, class, the reason for absence and when we can expect them to return to school (if known).

Home Visits will be carried out for any child that is absent for 3 or more school days without reason.

We need you



Help Us Enhance our EYFS Outdoor Area! 🌳

Calling all kind-hearted donors! 🙌 We are thrilled to announce that we are working on transforming our Early Years Foundation Stage (EYFS) outdoor area into a vibrant, interactive space for our little learners. 🌈

Do you happen to have any of the following items that are yearning for a new purpose? If so, we would be incredibly grateful for your generous donations to our school. 📺❤️

Let's create an unforgettable outdoor haven where our little ones can explore, learn, and grow! 🌈🌱

Can You Help Us?

We are looking for extra outdoor resources to help us support your child's learning and development. Any help, big or small, makes a big difference and you may be surprised by what we are looking for! Thank you for your support.

We Are Looking For:

- | | |
|---|--|
| <ul style="list-style-type: none">• Guttering and tubes• Funnels• Cable drums and reels• Pallets• Tyres• Steering wheels• Crates• Buckets and/or containers• Gardening tools for children – trowels, watering cans, spade, brush• Large, old furniture such as cupboards, chairs, tables (to create a mud kitchen)• Utensils – spoons, tongs, scoops, ladles, rolling pins, potato mashers• Cutlery, bowls and plates• Pots, pans and muffin trays• Jugs and funnels | <ul style="list-style-type: none">• Soil and/or compost• Bark chippings• Seeds, bulbs and/or plants• (Pine)cones, acorns, conkers• Shells• Sticks• Leaves• Bark• Stones and pebbles• Moss• Flowers/petals• Feathers• Tree stumps and/or log slices of different size, heights and widths |
|---|--|





SEND in Focus

PATT ADHD Support Group

For families with children and young people with
ADHD and neurodiversity

Booking essential

If we need to cancel a session you will get notification via email

To book: www.patt.org.uk/adhdsupport or scan the QR Code below.

Facebook: PATT ADHD Support

First Wednesday of each month 6.30pm to 8.30pm

7th February 2024	Stanford Le-Hope Family Hub
6th March	PATT Office
1st May	Stanford Le-Hope Family Hub
5th June	PATT Office
3rd July	Stanford Le-Hope Family Hub
4th September	PATT Office
2nd October	Stanford Le-Hope Family Hub
6th November	PATT Office
4th December	PATT Office

3rd Friday of each month 9.30am—11.30am

PATT Office, 51 Lodge Lane, Grays, RM17 5RZ

19th January 2024	16th February
15th March	19th April
17th May	21st June
19th July	27th September
25th October	29th November



PATT ADHD support





SEND in Focus



Have you received an ASD diagnosis for your child?

Do you have questions or concerns?
Do you need someone to talk to?

The Specialist Health Visiting Team Nursery Nurse's will be available for you on the third Monday of every month with a friendly face and a cup of tea at the Child Development Centre, Gifford House, Thurrock Community Hospital, Long Lane, Grays, RM16 2PX

09:30-10:30am



Diary Dates

Monday 22 nd & Tuesday 23 rd April 2024	Parents/Teacher Consultations, YR, Y1 & Y2
Wednesday 24 th & Thursday 25 th April 2024	Parents/Teacher Consultations Y3, Y4, Y5 & Y6
Friday 26 th April 2024	Reception Parent Workshop and stay and play
Monday 29 th April 2024	Clubs start back
Monday 6 th May 2024	Bank Holiday Monday – No school
Monday 13 th May – Thursday 16 th May 2024	SATS week
Friday 17 th May 2024	Curriculum Enrichment Day
Friday 25 th May 2024	Non-Uniform Day
Monday 27 th May – Friday 31 st May 2024	Half Term
Thursday 6 th June 2024	Class photos
Monday 1 st July 2024	Thurrock Infant Music Festival
Friday 19 th July 2024	Last day of term for pupils
Monday 22 nd and Tuesday 23 rd July 2024	INSET day – no school for pupils.



Do you need support?



East Tilbury Primary Schools Online Pastoral Support.

We are very excited to launch our new Pastoral service to our school community. From today you can access support by completing a simple and quick online form.

We have been working hard over the last few months to set up extra support for our families which is very much needed at this challenging time. If you require support, then please do not hesitate to reach out. We are hoping this service will be a fantastic addition to the support we can provide for our school community. Please reach out if you need anything, we are always here to offer you support.

To make the process simple we have created a QR Code (at the top of the poster) which you can just scan, and this will take you directly to the form.

WE CAN HELP WITH

- Food
- Wellbeing
- Trip Payments

FOR MORE INFORMATION VISIT:

www.easttilburyprimary.thurrock.sch.uk

Our school uniform shop is currently closed due to our stock room being affected by RAAC. If you need support with school uniform please visit the 180 project in Chadwell St Mary.

mycommunitychurch.org.uk/community/projects

Class News

Reception

This week in Reception we have been basing all our learning around The Gingerbread Man traditional tale. In Literacy we have been writing instructions on how to make our own Gingerbread Men, thinking carefully about what we wanted to write to make sure people know what they must do. We investigated each of the ingredients and even had a go at decorating our own gingerbread men.

In Maths this week we have been looking at numbers to 20, looking for patterns within the numbers and seeing what we notice. We have practiced counting aloud as well as recognising numbers from 11 to 20.

For our understanding of the World focus we have been looking at what life is like where we live compared to other countries in the world. We have enjoyed looking at a map and seeing where other countries are and learning all about their culture as well as what sort of food they enjoy eating!

All of our activities as part of our continuous provision this week have been linked to the Gingerbread Man. Here is some of what we have been up to this week:



Year One

In year one, we have been working hard in preparation for our Phonics Screening. We have been concentrating on decoding real and nonsense words. In our Maths lessons, we have been counting in 2s, 5s and 10s. By using ten frames, Base 10, and bead strings we have explored the different number patterns in the number sequence. During our Computing lesson, we explored the use of a keyboard. We practised typing our name and using the space bar. This was lots of fun.

Class News

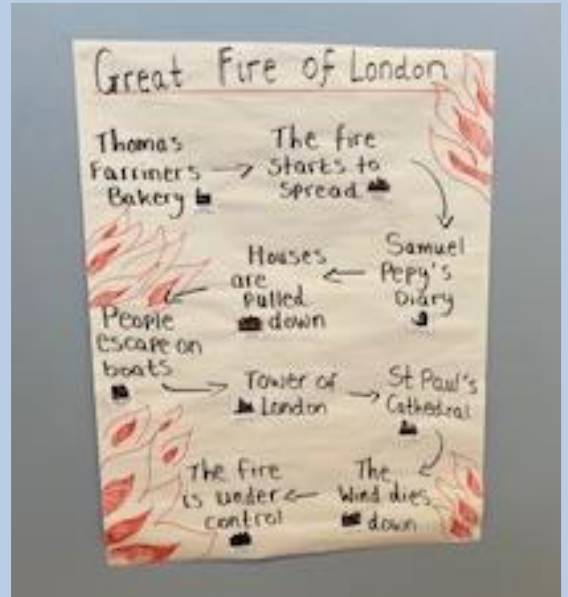
Year Two

This week in year 2, in English, we have started a new topic on poetry, where we were looking at what we would do if we could change the world.

In Maths, the children were looking at weight (kg and g).

In Art, the children were using clay to create a range of shapes.

In History, the children have started to learn about the Great fire of London.



Year Three

This week in Year 3 has been absolutely blooming with excitement and progress!

In science, we've been getting our green thumbs on by studying plants! Our young botanists have planted sunflowers and are eagerly watching them grow and flourish. Let's see how tall they can reach!

The Year 3 children have been hard at work completing this term's reading assessments and checking their progress against their coloured book bands. The progress they've shown this year so far has truly amazed and delighted our staff.

In English this term, we will be delving deep into mastering the art of creating captivating non-chronological reports. We will be studying the awe-inspiring world of natural disasters, with a particular focus on earthquakes.

We've been immersing ourselves in lots of information – from reading fascinating texts, watching enlightening videos and researching to unearth facts that will truly bring our reports to life. Keep up the fantastic effort, Year 3 superstars!

Class News

Year Four

This week, Year 4 has embarked on an enchanting journey delving into the world of storytelling through the captivating tale of Aladdin and the Enchanted Lamp. With pens poised and imaginations ignited, students have begun crafting their own narratives, inspired by this timeless classic.



As we dive into the story, it's essential to ponder the essence of a narrative like Aladdin. Is it a tale of adventure, courage, or perhaps the allure of magic? Students have been encouraged to explore these questions, igniting discussions that spark creativity and critical thinking. Pupils have enjoyed planning their own setting and characters and look forward to continuing their learning next week.

Thousands	Hundreds	Tens	Ones	Tenths	Hundredths	Thousandths
				.		

In our Maths learning, pupils have begun advancing their understanding of numbers through learning about decimals, tenths and hundredths. It has been great to see pupils make practical links with this topic already, such as discussing prices in shops.

In Year 4's captivating journey through Ancient Egypt, students have delved into the fascinating process of mummification, unlocking the secrets of preserving bodies for the afterlife. From the belief in the soul's journey beyond death to the meticulous rituals surrounding mummification, every step unveils layers of ancient customs and tradition.



Year Five

Year 5 are using a short animation called 'The Gift' as the stimulus for our writing this half term. It is about a boy who is obsessed with playing video games and rarely goes outside. However, one gift changes his entire mindset.

We are going to use this story to structure an independent write and include writing devices such as metaphors, superlatives and subordinate clauses. However, our first lesson was to compare video games and outside activities which meant spending 20 minutes doing both. What a lovely start to the unit!



Class News

Year Six

After two weeks off, it's been lovely to return to school with our amazing pupils. We are officially on the countdown to our SATs (please see timetable below for times and dates).

In English, we have been starting to write a newspaper report about the crime committed by Goldilocks to the Three Bears. So far the children have enjoyed using their imagination to create a realistic yet comical interpretation of this fairytale.

Angles not angels—In maths, we have started exploring angles in preparation for our SATs. Pupils have been considering names of different types of angles as well as identifying them within shapes, we have worked on various strategies to identify missing angles in shapes. Also, we have been exploring 2-D and 3-D shapes and their properties; again, these skills will help with their SATs. Some of the shapes we have looked have been regular ones; others have been irregular polygons and pupils have been able to successfully identify various irregular shapes.

Our new PE topic is Cricket (PE days have not changed – LC/JM Monday, NB Wednesday) and pupils have enjoyed beginning to practice fielding skills and applying these to game situations. In History, we are studying Bata this half term. Children will get to know the history of the local area and the beginnings of East Tilbury. In Science we will be learning about evolution and inheritance. This week pupils enjoyed using Mr Men and Little Miss to explore inherited characteristics; using characteristics of each to draw what their offspring might look like.

Date	Activity
Monday 13 May 2024	English grammar, punctuation and spelling papers 1 and 2
Tuesday 14 May 2024	English reading
Wednesday 15 May 2024	Mathematics papers 1 and 2
Thursday 16 May 2024	Mathematics paper 3



Reach for the Stars



Our 'Stars of the Week' are the children that have gone over and above in their efforts. We are very proud of them for their achievements and thought they deserved an extra-special mention!

RJG	Isabella	For using adjectives to describe the ingredients for making the Gingerbread Man.
REC	Evie	For always being ready to learn.
RES	George C	For having a positive attitude to his learning.
1GC	Miley	For her amazing effort in lessons this week.
1FK	Eva V	For her excellent effort in In English this week.
1BA	Clara	For having a great attitude towards her learning.
2BG	Esme B	For her excellent effort in Maths this week.
2RS	Oyindola	For excellent effort in reading this week.
2CH	Shahaan	For settling well into his new class.
2RM	Nathan A	For his amazing effort in English.
3VP	Isabelle B	For being kind and considerate to our new starters this week.
3ML	Alexander	For his focus, effort and contribution in all lessons this week.
3SG	Imran L	For having an amazing first full week and settling well into 3SG.
3SA	Nikola B	For consolidating her knowledge effectively in English.
4CP	Emily D	For amazing presentation in her books.
4NM	Sarina	For improved presentation and her determination and resilience to do well in times table tests.
4JP	Lucas T	For developing self confidence in order to meet a personal learning goal.
5AB	Joshua A	For his improved attitude to reading.
5TH	Mila	For showing increased confidence in maths this week.
5MR	Amelia H-C	For uplevelling her writing and deepening the moment in her sentences.
6LC	Ruth A	For her outstanding ideas shared within her newspaper report.
6NB	Charlie J-W	For her enthusiasm and excellent answers within mathematics.
6JM	Lexi P	For demonstrating excellent effort and enthusiasm when writing her newspaper report.

Keep in Touch



Our school office is open to receive calls between 8:30am and 3pm.

Tel: 01375 846181
Email: office.etp@osborn
e.coop

East Tilbury Primary
School
Princess Margaret Road
East Tilbury, Essex, RM18
8SB



We are also regularly updating our Facebook page and Twitter feed. Log on and have a look!



Twitter:
@EastTPrimary



At East Tilbury Primary School our Designated Safeguarding Leads (DSL) are:

- Mrs Bates
- Mrs Dawson

Due to the size of the school, we have the following designated staff who can deputise in the Headteacher's absence:

- Mr Gowland
- Mrs Jarvis
- Mrs Mylam
- Mrs Allen
- Mrs Sheridan

Pupils can contact any of our Safeguarding Team during the school day.

Worried about a child? You can phone or write to MASH about your concerns. Phone immediately if you believe it is urgent.

Thurrock MASH (Multi Agency Safeguarding hub), Civic Offices, New Road, Grays, Essex, RM17 6SL, Tel: 01375 652802.

Emergency Duty Team (for out of hours) 01375 372468. · Police Child Abuse Investigation Team 01277 266822 or call 999 if you are concerned a child needs immediate protection. · Childline 0800 11 11 www.childline.org.uk · NSPCC 0808 800 5000 www.nspcc.org.uk; www.facebook.com/nspcc



Tues 14:00-16:00: St. Mary's Church hall, St. Mary's Church, Dock Rd, Grays, RM17 6EX.

Tues 11:00-13:00: St. John the Baptist Church, Tilbury, Dock Road, Tilbury, RM18 7PP

Weds 11:00-13:00: Gateway People's Centre, High Street, Stanford Le Hope, Essex, SS17 0EY

Weds 13:00 -14:30: Sockets Heath Baptist Church, Premier Avenue, Grays, RM16 2SB

Thurs 11:00-13:00: St. Francis Centre, Somerset Rd, Linford, SS17 0QA

Thurs 11:00-13:00: All Saints Church of England, Foyle Drive, Sth Ockendon, RM15 5HF

Fri 10:12:00: St. Stephen's Church of England, London Rd, Purfleet, RM19 1QD

Sat 09:30-11:30: Emmanuel Church of England, Sleepers Farm Rd, Chadwell St. Mary, RM16 4TP

Sat 10:00-12:00: All Saints Church of England, Foyle Drive, Sth Ockendon, RM15 5HF

Sat 10:00-12:00: Christian Gates of Praise International Christian Centre, 79-83 London Rd, RM175YF

What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly - whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content - but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location - potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need - and then turn it off.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy - and all too common - for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY
OS #WakeUp
Wednesday®

The National College®

Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/1077018839582332> | https://faq.whatsapp.com/361005896189245/?helpref=hc_fnav | <https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private> | <https://www.aura.com/learn/whatsapp-scams>

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.







#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

September 2023							October 2023							November 2023							December 2023						
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
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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				1	2	3	4
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

Autumn Term:	Monday 4 September 2023 – Wednesday 20 December 2023 <i>Half Term 23 October – 3 November</i>	73 days
Spring Term:	Thursday 4 January 2024 – Thursday 28 March 2024 <i>Half Term 19 February - 23 February</i>	56 days
Summer Term:	Monday 15 April 2024 – Tuesday 23 July 2024 (22-23 July twilight inset payback) <i>Half Term 27 May – 31 May, and May Bank Holiday - 6 May</i>	66 days
		195 days

	School Holiday
	Additional autumn half term
	Inset days, schools closed to students
	Trust conference, schools closed to students