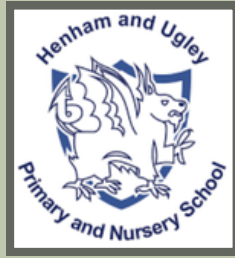


# Henham & Ugley Nursery and Primary School

Newsletter: Friday 26<sup>th</sup> September 2025



## Message from Mrs Brogan

This week, year 5 & 6 enjoyed their trip to Harry Potter World, immersing themselves in the delights of Hogwarts, fire breathing dragons and riding broomsticks. I'm not sure who enjoyed the adventure more, the children or the teachers!

Year 4 also left school to enjoy their trip to Stansted airport and the aerozone workshop. The children and teachers learnt so much about aviation and the operations of an airport.

Our nursery children have been foraging, collecting sticks and leaves to make fairy wands. They were all so proud of their creations, sharing their work with Mrs Fleming our Art Lead. All in all, a lovely week in school. As the children have now really settled into their classes and school routines, the hum of learning has been wonderful.



Have a super weekend.



# *Diary Dates* Autumn Term



**Thursday 2<sup>nd</sup> October** - CENSUS day - we love all children to have a hot lunch today!

**Friday 10<sup>th</sup> October** - CAKE SALE after school, please support our children who are organising this all by themselves!

**Thursday 16<sup>th</sup> October 8.50-10am** - wellbeing drop in session for parents with Mrs Aves and Emma Codd (MIND). More information to follow.

**Friday 17<sup>th</sup> October 8.45am** HARVEST FESTIVAL CELEBRATION

This is held in St Mary's Church, Henham.

Parents to drop off at the church and are welcome to stay and enjoy the service.  
**Full details to follow next week in an email with all instructions and plans for the morning.**

**HALF TERM - Monday 27<sup>th</sup> - Friday 31<sup>st</sup> October.**

**Friday 14<sup>th</sup> November** - Children in need day - wear something colourful & enjoy our special 'children in need' lunch.



See below for Christmas production dates! This is applicable to nursery/reception - Year 1 & 2

*PLEASE NOTE: Dates can be added/changed. Could you please check this list regularly.*





# Christmas production dates

## Reception & Nursery Tuesday 9<sup>th</sup> December

8:45am The school hall will be open for tea/coffee whilst you wait for the production to start at 9.30am. The production should be finished by approximately 10:15 am



## Year 1 & 2 Monday 15<sup>th</sup> December

8:45am The school hall will be open for tea/coffee whilst you wait for the production to start at 9.30am.

1.45pm The school hall will open ready for a 2pm production.



We do not operate a ticket system, all are welcome but please be mindful, we only have so many chairs so standing maybe a possibility!



Our GOLDS LAST WEEK are...

**Nursery** William & Otilie.  
**Reception** Roman & Aspen  
**Year 1** Seth  
**Year 2** Arthur, Ellis & Zoe.  
**Year 3** Ruby & Grayson.  
**Year 4** Natalie & Ethan M  
**Year 5** Patrick, Eban & Reggie.  
**Year 6** Thomas & James.

## Team Points

**WINNER**

**Purple House: 1002**

**Green House: 864**

**Red House: 672**

**Blue House: 649**

*Mrs B's kindness award*

Mrs B and all the team are looking out for acts of kindness around the school, from helping friends in need to voluntarily litter picking...we love to catch those moments of kindness!

### Otilie & Clover - Nursery.

For showing such kindness to your friend Ivy when she had a nose bleed and was really sad.

You scooted off today before I could take your photo - this will follow next week!



**Clara - Yr 4**  
You are always so sweet, giving compliments to friends and teachers.



### Hayden - Yr 3

You were so kind, asking a friend who was sitting on their own if they would like to join you for lunch -what a beautiful friend.

**WINNER**



Henham 6 - 0 Manuden

They've done it again!!! A superb win for Henham, two in a row, well done Team. With 2 goals from Leon, 1 for Tommy, 2 for Carter and 1 for Oliver. What a fantastic win.



**Congratulations  
Bluebell!**



Bluebell won the 'name the sloth' competition run by the PSA with the name 'syllables the sloth'. Enjoy your cuddles.



Please could you ensure grapes, cherry tomatoes and olives are cut up - they can pose a choking hazard.  
Thank you.



Lovely Sophia found this - please claim from Mrs B if it's yours.



Just a gentle reminder - we try to be a healthy eating school. Therefore, could you please refrain from sending your child into school with crisps, highly sugary snacks or chocolate bars.

Fruit, Veg, cereal bars are great!

Remember - we are a nut/seed free school.

Thank you.



Dear Parents and Carers,


We know that WhatsApp groups are a popular and practical way for parents to stay connected, share reminders, and support one another throughout the school year. As a teaching team, we truly value the way these groups help to circulate key dates and messages about upcoming events – they're a wonderful reflection of the collaborative spirit that makes our school so special.

We warmly encourage the use of class WhatsApp groups as a way to build a kind, thoughtful, and inclusive community. When used positively, they can be a powerful tool for strengthening the bonds between families and helping everyone feel informed and involved.

If you're new to our school, please don't hesitate to reach out to fellow parents in your child's class and ask to be added to the group. It's a lovely way to settle in and feel part of the wider school family.

With thanks for all the ways you support and uplift one another.





**Henham and Ugley  
Primary & Nursery School**

# **Cake Sale**

Our School Council and  
Eco Council children  
are organising an after  
school cake sale on

**Friday 10<sup>th</sup>**

**October**

**3.15 - 3.30pm on  
the playground.**

**All proceeds to go towards an Eco  
project in the school - we want to buy  
plants, bird feeders, bird boxes, wild  
flower seeds, pond plants, a bird bath  
and plant containers.**

**Please bring your cash and enjoy a Friday treat!**



**We need your help!**

**Time to get all  
'British Bake Off'**

**Could your child bring in  
homemade cakes/biscuits or tarts  
to sell on the day. Shop bought  
also very welcome.**

**Thank you for supporting our  
school & Eco council children.**

**Please bring in your offerings on Thursday 9<sup>th</sup>  
October or the morning of 10<sup>th</sup>.**

**We are very grateful.**



Our cake sale proceeds will  
go towards:



**Plant pots**

**bird feeders**

**wildflower seeds**

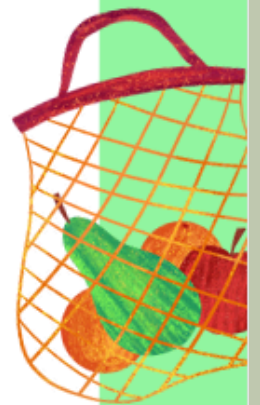
**watering cans**



**pond plants**

**a bird bath**

**pond plants**

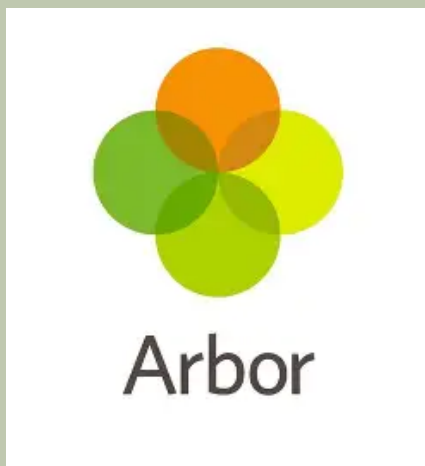


## Walking home independently - year 5 & 6

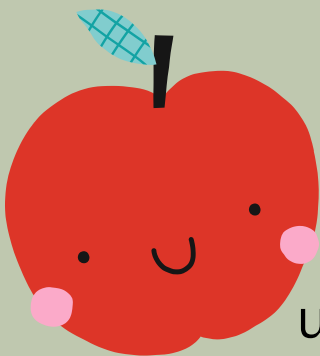
When children get to year 5 and 6, they are often allowed to walk home independently.

Could we ask that you email in with your permission. We then keep a log of who is/is not permitted to leave the school on their own. If we do not receive this we will not be allowing children to leave.

Thank you.



Please check your ARBOR account. Are all your details up to date and correct? This is something you can adjust and amend. We would be grateful if you could do this at your earliest convenience.



### Wrap around Care.

We are so lucky to have our wrap around - breakfast and after school club. If you are using these, please be advised that you need to book your place 1 month in advance and pay for these sessions via ScoPay. Any queries, please contact the school office.

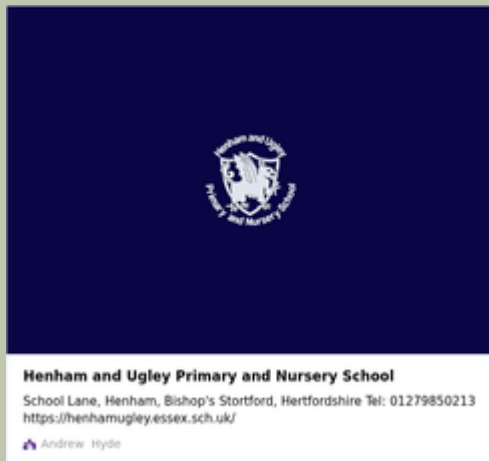
Thank you

**Wrap around drop  
off/pick up**

Please ensure you take your child to the door and collect in person. We often have messages and news to share with you.

# UNIFORM ORDERING

PE kits can be purchased following this link



Logo uniform can be purchased following this link

[Henham and Ugley Primary and Nursery School – My Clothing](#)

## TouchPoint – Stansted



TouchPoint Teatime on Thursdays is a free hot meal for children of school age and younger, and their parent/carer, plus some fun activities.

This week we are making dragonflies and will be tucking in to roasted vegetable lasagne; chicken and ham pasta bake; with salad, coleslaw & garlic bread on the side; plus fresh fruit, cakes and ice creams for dessert.

Why not join us this? We're open from 3pm to 5.30pm.



Parents and carers, pop in for a tea or coffee, a toastie or pastry, and a chat. Kids welcome too! This session is free, although donations are welcomed via our 'Give what you can' initiative.

Everyone welcome.

**NEW!**

## Breakfast Social

The first Monday of every month, 9am to 11am, at TouchPoint, Crafton Green House, 72 Chapel Hill, Stansted, CM24 8AQ

Pop in for a tea or coffee, a toastie or pastry, and a chat.





Census Day Lunch

Thursday 2<sup>nd</sup> October

Help our school and please book a school lunch -  
baguettes, Priors Hall sausages, Vegan buttermilk  
burgers, smiley faces and beans.

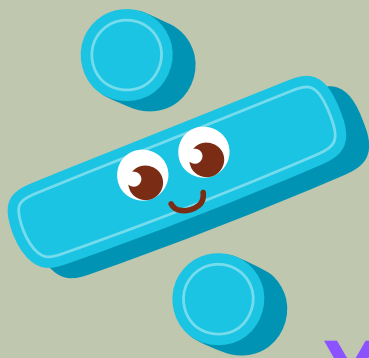
followed by Mrs B's ice cream parlour  
dessert!



Having lunch at school on census day  
is particularly important for children  
in Reception, Year 1, and Year 2  
because it directly affects the  
school's funding - having a lunch  
supports our school budget!



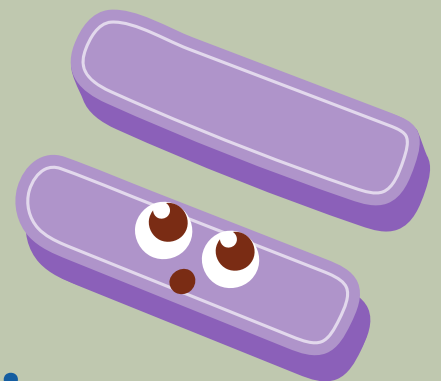
**Each week Miss Gilbert organises a TT Rockstar challenge.**



**This weeks:**



**Year 5 V Year 6  
Year 3 V Year 4**



**Get practising those times tables!**

# Mental Health Support Teams in Schools



Are you looking for effective ways to help you,  
help your young person, navigate anxiety  
and help them manage their worries?

The Mental Health Support Team is  
running 2 online parent groups in NOVEMBER

## When?

**Tuesday**  
4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup>  
**November**  
1-2pm

## When?

**Thursday**  
6<sup>th</sup> 13<sup>th</sup> 20<sup>th</sup> 27<sup>th</sup>  
**November**  
9.30-10.30am

## Where?

zoom link will  
be sent to  
you via email  
for each  
session

Choose sessions  
on Tuesday OR  
Thursday

Attendance at  
all four sessions  
is expected

Notes for each  
session are  
emailed for you to  
try out the ideas  
each week

## Next steps:

- scan QR code
- complete form
- practitioner  
will telephone  
to confirm  
details



**For any questions email: [mhstadmin@mindinwestessex.org.uk](mailto:mhstadmin@mindinwestessex.org.uk)**

Information for parent/carers





Join BBC sitcom writer James Cary for a  
laugh-out-loud romp through the entire Bible  
against the clock!

Fast, funny, and full of surprises.

**Henham Church,  
Thursday 30<sup>th</sup> October  
7pm for 7:30pm start.  
Refreshments**

**Tickets available from  
[office@heuchurch.co.uk](mailto:office@heuchurch.co.uk)  
£8 early bird price; £10 on the door.  
Under 18s are free.**



Reading with your child not only strengthens the parent-child bond but also helps children to develop empathy and emotional awareness, teaching children that it is okay to feel emotions and how to cope with their feelings in healthy ways.

Each term receive our MHST bookclub newsletter with 4 wellbeing book recommendations, as well as, prompts and questions to think through and/or discuss with your child. Book recommendations will be made for these age groups:

- 5-8 years old
- 9-12 years old
- 12-14 years old
- 15-19 years old



To sign up to the newsletter scan this QR code or email your area's administrator

## Therapeutic Play

Jules Cowell

### Contact details:

If you would like to contact me regarding therapeutic play, please email me on: [jcowellplay@outlook.com](mailto:jcowellplay@outlook.com)



Children don't say "I had a hard day can we talk?" they say, "Will you play with me."

Lawrence Cohen

'Play is often talked about as if it were a relief from serious learning.

Play is really the work of childhood.'

Fred Rogers

'You can discover more about a person in an hour of play than in a year of conversation.'

Plato

### What is Therapeutic Play?

Therapeutic play provides a 1 to 1 safe space for children to process their feelings and emotions creatively, without the need for words. Children will have access to paint, art materials, games, clay, stories, puppets, sand, small world figures and buildings, musical instruments, drama and role play.

Therapeutic play is non-directive, and it is up to the child to decide what to use and how to play.

Therapeutic play can help many children with a wide variety of needs and issues such as, low self-esteem, friendship issues, anger issues, trauma, anxiety, parental separation or bereavement.

### About me

I am a fully qualified practitioner in therapeutic play, and I trained with Play Therapy UK.



I have also worked as a teacher for 28 years, most of this time I worked with pupils with special educational needs (autism and speech and language difficulties), I have also worked as a special needs coordinator for six years and as an advisory teacher for Essex County Council for more than ten years.

### What to expect

As a therapeutic play practitioner I can work with children that score between 12 and 21 using the Goodman's Strengths and Difficulties Questionnaire (SDQ).

I would have an initial meeting with both school and parents to discuss the process and complete the assessment forms.

If we feel your child could benefit from therapeutic play, I can start seeing them once a week in school. After 8 sessions, you will be asked to attend a review meeting, where we will discuss how the sessions are going and whether to end the sessions at 12 weeks, or continue further. Some children will need more than 12 weeks.

My fee is £40 per session. Sessions are 40 minutes. I do not charge for initial meetings with the school and parents, review meetings or charge for writing end reports.

### Supervision

As a practitioner on the Register of Play and Creative Arts Therapists, I am required to attend regular clinical supervision. I will discuss your child anonymously with my experienced supervisor. They will assess and review my practice, provide support and advice, identify any problems and suggest actions.

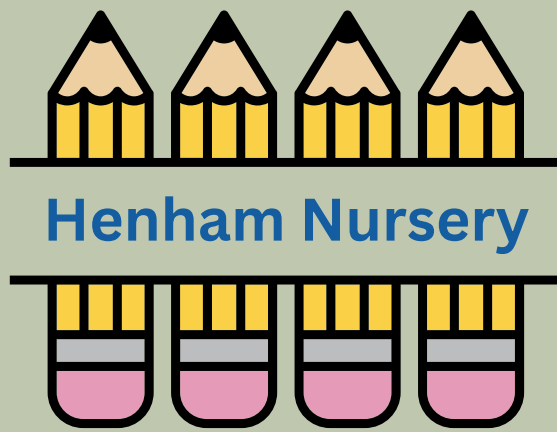
### Results

Therapeutic play does not give 'answers' or specific strategies. Instead, it is an approach which gives a child time and space to process their own emotions and needs.

### Confidentiality and safeguarding

I can give you general feedback as to whether I feel the sessions are going well, but I am bound by confidentiality to your child, so I will not be able to tell you or the school what your child talks about.

The exception to this is if I have a safeguarding concern. If this were the case, I would follow the school's child protection procedure and report my concerns to the school's Designated Safeguarding Lead and notify parents.



**We are FULL TIME from September!**

**Monday - Friday 8:45 to 3.15**

**term times only.**

**Please book your place to avoid  
disappointment.**

**Please contact the office for further  
information.**

**★ PRET A MANGER ★**

We continue to have our 'pret a manger' delivery every Monday at 5.30pm. They deliver to the carport at the front of the school - all are welcome!

# Essex Fire Museum Open Days

2025



28th Of September

10:30AM To 4:00PM

Fire Station, Hogg Lane, Grays  
RM17 5QS



**Book Now** ➔



Museum@essex-fire.gov.uk