



Purleigh Post

Achievement for all in a community that cares

Friday 5th September 2025

Welcome Back!

We are happy to welcome all of the pupils and families back to school for the start of the term. It has been fantastic to see so many of you and hear about the delightful summer holidays you had. The school this week has been incredibly calm and settled -the children have adjusted to their new classrooms and routines faultlessly. I would like to extend an especially warm welcome to the families who are joining us for the first time this year- we hope that your time at Purleigh is memorable, and that you swiftly feel part of our school community. We are now officially part of the Quantum Multi Academy Trust- we would like to extend the warmest welcome to our new colleagues from Great Baddow High School. We look forward to welcoming them into our school family!



Mr Stotter

School Timings

The school gates open at 8.30, and will close promptly at 8.40 every day. If you are late, please visit the office to sign pupils in- they must be accompanied by an adult. The school day ends at 3.10 for all classes, except Reception, who end at 3.05. Please arrive and leave down the slope and not through the white gate by the office. Children should not be dropped off early and left unsupervised.



Erin B

We hope you
have a fantastic
day!

Summer Reading Challenge

Congratulations to those pupils who completed the Summer Reading Challenge 2025. Remember Purleigh Stamps can still be awarded if you bring your certificate in. Reading is something we LOVE at Purleigh, and is a great life skill which promotes conversations, sharing, calmness and wellbeing. Well done everyone and let's all keep that reading going!



Jeans4Genes Cake Sale

We are looking forward to hosting a cake sale for pupils on Jeans4Genes Day- Friday 19th September. We would welcome as many families to donate some baked offerings for this wonderful cause- please can you ensure that there are no nuts included. Cakes can be bought into school from Thursday 18th September. Children will need to have a small amount of cash if they would like to buy a cake that day, along with a £2 cash donation for their non-uniform. Thank you for your support of this cause.

PE Days & Wearing Jewellery

All jewellery needs to be removed for PE. Taping is not allowed under the Essex County Council Health & Safety Policy. If children can remove their earrings, we can put them in a small envelope to take home. If pupils cannot take their earrings out, they sadly will have to sit out of PE- school staff are not allowed to do this for the children. If your child has their ears pierced during term time, they will be unable to participate in PE lessons or Sports Events until they can remove their earrings safely. The following schedule has been confirmed for each classes PE lessons:

Monday- Years 1, 2, 3, 4 & 5.

Tuesday- Years 1 & 2

Wednesday- Years R & 6

Thursday- Years 5 & 6

Friday- Years 3 & 4

Dates for the Diary

Wednesday 10 th September	Rocksteady Lessons Begin
Wednesday 10 th September	Year 5 Egyptians Day
Tuesday 16 th September	Flu Immunisations
Friday 19 th September	Jeans4Genes Day (Non-uniform) & Cake Sale
Friday 26 th September	Harvest Assemblies- KS1- 9am & KS2-10am
Tuesday 30 th September	Year 6 Cyber Safety Workshop
Wednesday 1 st October	Black History Month
Wednesday 1 st October	EYFS Coffee Morning (9.10am)
Thursday 2 nd October	Year 4 Mayan Day
Friday 3 rd October	Inset Day
Tuesday 7 th October	Year 6 Trip to Layer Marney
Tues 21 st - Thurs 23 rd October	Parents Evenings
Wednesday 22 nd October	Year 2 Great Fire of London Experience
Thursday 23 rd October	Individual Photos
Monday 3 rd November	Pupils return after half term
Wednesday 5 th November	Bonfire Lunch
Thursday 6 th November	EYFS Open Afternoon (1-2.45)
Tuesday 11 th November	Remembrance
Thursday 13 th November	EYFS Open Afternoon (1-2.45)
Friday 14 th November	Children In Need (Non-uniform)
Monday 18 th November	Enterprise Week
Thursday 20 th November	EYFS Open Afternoon (1-2.45) & Parent Drop Ins (3.15-4)
Friday 28 th November	Christmas Art Day
Wed 3 rd & Thurs 4 th December	Panto @ Civic Theatre
Monday 8 th December	Nativity Week
Wednesday 10 th December	Christmas Lunch Day
Thursday 18 th December	Class Christmas Party
Friday 19 th December	Last Day of Term- Non-uniform

2025/26 Dates

Friday 3 rd October	Inset Day
Monday 27 th October - Friday 31 st October	AUTUMN HALF TERM
Friday 19 th December	Last Day of Autumn Term 2025/26
Monday 22 nd December - Friday 2 nd January	CHRISTMAS HOLIDAY
Monday 5 th January 2026	First Day of Spring Term 2025/26
Monday 16 th February - Friday 20 th February 2026	SPRING HALF TERM
Friday 27 th March 2026	Last Day of Spring Term 2025/26
Monday 30 th March – Friday 10 th April 2026	EASTER HOLIDAY
Monday 4 th May 2026	May Bank Holiday
Friday 22 nd May 2026	Inset Day
Monday 25 th – Friday 29 th May 2026	SUMMER HALF TERM
Friday 17 th July 2026	Last Day of Summer Term 2025/26

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

1 RE-ESTABLISH ROUTINES

Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.

2 TALK ABOUT FEELINGS

Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.

3 SUPPORT WITH SLEEP

Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.

4 LOOK OUT FOR SIGNS

Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worries persist, speak with their teacher or the pastoral team early to ensure your child receives support.

5 REFRESH SOCIAL CONNECTIONS

Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on their first day back.

6 CREATE A CALM MORNING

Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and taking calmly about the day. Avoid last-minute rushing to reduce stress for everyone.

7 FOCUS ON POSITIVES

Talk about the fun and interesting parts of school - seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping "how's your day been?" for "what's been good about your day?" This invites more of a positive, open response. Focusing on positives can help shift children's anxious thoughts and reframe school as a safe and engaging place.

8 VISIT OR VISUALISE SCHOOL

If possible, encourage visits to the school grounds before the first day, especially if it's a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.

9 PLAN AHEAD TOGETHER

Involve children in preparing for school - buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.

10 STAY POSITIVE AND PRESENT

Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you'll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

Meet Our Expert

This guide was created by Jo Morton-Brown, an emotional health professional with nearly 15 years' experience supporting children and young people's mental health. She produces uplifting YouTube content for pupils and trains adults to better support young people's wellbeing, with a mission to help every child feel valued and understand their emotions.



Wake Up Wednesday

The National College

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Users of this guide do so at their own discretion. Current as of the date of release: 27.08.2025

Family Support Worker: Joelle Mortimer, Purleigh Primary School, Wednesday, 01621 828282



SCHOOL CLUBS AT PURLEIGH

DANCE - YRS 1 - 6
MONDAY BEFORE SCHOOL

MULTISKILLS - YR 1 - 3
MONDAY AFTER SCHOOL

NETBALL - KS2
TUESDAY AFTER SCHOOL

GYMNASTICS - KS2
WEDNESDAY AFTER SCHOOL

MULTISKILLS - KS2
THURSDAY BEFORE SCHOOL

FOOTBALL - KS1 & KS2
THURSDAY AFTER SCHOOL

GYMNASTICS - KS1
FRIDAY AFTER SCHOOL



For half termly costs and start/finish times, please visit our website.

Book online: www.essexkidscamp.co.uk/activities

Email: info@essexkidscamp.co.uk

