



**KINSALE
JUNIOR
SCHOOL**

Weekly Parent Bulletin

WB 14.09.26

*Ready
Respectful
Safe*

WENSUM TRUST

Diary dates:

AUTUMN TERM 2026

After school activities begin
KJS 75th birthday celebration day
75th birthday fete
Year 2 Open Evening
Harvest Festival
Last day of Autumn 1
First day Autumn 2
Remembrance Day
FKJS Disco
Children in Need Day
Flu Vaccinations
Dental screening
Year 6 Crucial Crew
Last day of Autumn Term

Monday 14 September
Thursday 17 September
Friday 18 September
Monday 28 September
Wednesday 14 October
Thursday 22 October
Monday 2 November
Wednesday 11 November
Thursday 12 November
Friday 13 November
Monday 23 November
Friday 27 November
Wednesday 9 December
Friday 18 December

MONDAY

Year 6 PE

TUESDAY

Year 4 PE

WEDNESDAY

**Year 5 PE
6H Swimming**

THURSDAY

Year 3 PE

FRIDAY

6O Swimming

Other news ... Important information - please read

Reminder - 75th Birthday Fete

We will be holding our 75th Birthday Fete on Friday 18 September. The fete will open at 2:00pm and the children will be organising and running stalls and games throughout the afternoon, until 4:00pm. Details of the arrangements for the fete will be sent out separately. We do hope that you will be able to join us for this special day.

Illness/Reporting Absence

Please see the NHS guidance [here](#) regarding keeping children off school if they are ill. Please report absence via the school office either leave a message on the absence line or email to the school office. You can also report absence via ParentMail.

Parking & Driving on site

Please do not drive onto or park on the school grounds when dropping off for breakfast club in the mornings. This is the time staff are arriving for work and need access to parking spaces. Please also be mindful when parking on Kinsale Avenue and Middletons Lane in the morning and after school. These are residential areas and driveways and footpaths need to be kept clear. This applies to everyone unless you have been issued with a parking permit by the school. Staff will be checking parking passes at the bottom of the drive over the coming weeks.

Mental Health Support Team (MHST) – Supporting Children and Young People

The Mental Health Support Team (MHST) works with schools, children, young people, and families to promote positive mental health and emotional wellbeing. Our team provides evidence-based early intervention support for mild to moderate mental health difficulties, helping young people develop coping strategies and build resilience.

We work closely with school staff to deliver workshops, consultations, assemblies, and targeted interventions, ensuring that mental health support is accessible within the school environment. Our aim is to empower children and young people to thrive both emotionally and academically while supporting schools to develop a whole-school approach to wellbeing.

If you would like to learn more about the support available through MHST, please speak to your school's MHST link practitioner.

Upcoming Webinar Dates and Times

Friday 18th September 10:00am-11:00am- Managing Anxiety

Wednesday 23rd September 6:30pm-7:30pm- Better Sleep

Friday 2nd October 10:00am-11:00am- Managing Behaviour

Wednesday 7th October 6:30pm-7:30pm- Managing Anxiety

Friday 16th October 10:00am-11:00am- Better Sleep

Wednesday 21st October 6:30pm-7:30pm- Better Sleep

Webinar link: <https://nhs.vc/norfolk-waveney-mhst-webinars>

Uniform

Please could we remind you all that our uniform is **black school shoes or trainer, black skirts, shorts or trousers** (no leggings), a **white shirt (no t-shirts or polo shirts)** and **royal blue** cardigan or jumper and a **tie**. Girls skirts must be of a modest length please. This also applies to the girls PE shorts, which must not be too short. They will be asked to wear an alternative if they deemed an inappropriate length. If you are having any difficulty in purchasing a uniform please come and speak to Miss Wright or Miss Atton in the office, in the strictest confidence. Children should come to school wearing their PE kit on their PE day and swimming day. Long hair must be tied back for health and safety reasons. Please, **name all items of school uniform** if you would like it returned to your child. The lost property box will be emptied every half term and put in the clothes collection charity box in the school foyer.

Healthy Lunches/snacks

We have noticed that some children do not have what is considered to be a balanced healthy lunch in their packed lunch box. In order for the children to feel 'full' and have the energy for learning throughout the afternoon they need to have a balanced lunch. Below is a link to the NHS Healthier Lunchboxes webpage. This includes recipes and tips on what should be included for a healthy and filling packed lunch.

[Lunchbox ideas and recipes – Healthier Families - NHS](#)

Road Safety

If your child cycles or scooters to school please can you discuss road safety with them. We would like to see children wearing safety helmets too please. We regularly receive reports from our community of children not crossing roads safely.

Allergy Awareness



As has been the case for a number of years, we aim to be a nut free school. This is due to severe allergies of some children in our school. Please help us to keep them safe by refraining from including nut products in your child's lunchbox. This includes whole nuts, nuts in cereal bars, peanut butter and Nutella.



We are now also asking for **no egg** in packed lunches, this is due to severe allergies, including airborne allergies, of children in our school. Please help us to keep them safe by refraining from including boiled eggs and egg mayonnaise in your child's snack and lunchbox.