KINSALE JUNIOR SCHOOL

Weekly Parent Bulletin
WB 12.10.26



Diary dates:

AUTUMN TERM 2026

Harvest Festival - pupils only	Wednesday 14 October
Last day of Autumn 1	Thursday 22 October
Open Classrooms at 2pm	Thursday 22 October
First day Autumn 2	Monday 2 November
Remembrance Day	Wednesday 11 November
FKJS Disco	Thursday 12 November
Children in Need Day	Friday 13 November
Flu Vaccinations	Monday 23 November
Dental screening	Friday 27 November
Year 6 Crucial Crew	Wednesday 9 December
Last day of Autumn Term	Friday 18 December

MONDAY	**Year 6 PE**
TUESDAY	**Year 4 PE**
WEDNESDAY	**Year 5 PE and 6H Swimming** **Rocksteady - PM**
THURSDAY	**Year 3 PE**
FRIDAY	**6O Swimming**

Other news ... Important information - please read

Harvest Festival

A polite reminder that our Harvest Festival is this week. Any contributions of canned or dried food should be brought into school by Wednesday. Many thanks in advance for your support.

Important letter from the Wensum Trust

Please make sure that you have read an important letter that was sent out earlier today regarding access to the school site during drop-off and pick-up times. If anyone is concerned about how this may impact them please contact the school as soon as possible.

HHS Open Evening

Mrs Philpott and Mrs Robinson had the pleasure of attending the HHS Open Evening on Thursday 8th October. It was lovely to see so many of our Year 6 pupils having a look around the school and learning about all the wonderful opportunities and learning that HHS can offer. Mrs Watts (Executive Principal at HHS) is keen for us to organise more transition visits and events throughout the year. As soon as we have more information we will let you know.

IMPORTANT - please read carefully and action

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

This also applies to their snacks provided for mid morning break. Please provide fruit or vegetables or a cereal bar. No whole grapes due to choking risk. Grapes should be cut in half lengthways to avoid this risk.

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 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

Crossing patrol

Please note that we have been informed that there will be **no** crossing patrol on the following dates:
2nd November 2026 and 20th November 2026

Illness/Reporting Absence

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. Please see the NHS guidance here regarding keeping children off school if they are ill.

Uniform

Please could we remind you all that our uniform is **black school shoes or trainers, 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.

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 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.