KINSALE JUNIOR SCHOOL

Weekly Parent Bulletin
WB 23.11.26

Ready Respectful Safe

WENSUM TRUST

Diary dates:

AUTUMN TERM 2026

Flu Vaccinations	Monday 23 November
Dental screening	Friday 27 November
Flu Vaccination catch-up	Thursday 3 December
Year 6 Crucial Crew	Wednesday 9 December
Christmas Dinner & Christmas Jumper Day	Wednesday 16 December
Last day of Autumn Term & non-uniform day	Friday 18 December

SPRING TERM 2027

Spring Term begins	Tuesday 5 January 2027

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

Other news ... Important information - please read

Poppy Appeal Update

Please see the information below that was sent to us by the organisers of the Poppy Appeal, the Royal British Legion.



*Thank you for your kindness and support during the **2026 Poppy Appeal**. Your generosity and enthusiasm helped raise an incredible **£226.40**, and every donation will make a meaningful difference to the Armed Forces community. Thanks to the support of individuals, businesses, and schools such as yourselves, we raised an amazing **£3,466.16** overall for this year's appeal. Thank you to everyone who contributed and supported this important cause. Your efforts are greatly appreciated.*

Flu Vaccinations
A reminder that Monday is our annual flu vaccination programme.
If you wish for your child to have the vaccine, and have not completed the online form already, please follow this link to do so: https://www.manage-vaccinations-in-schools.nhs.uk/consents/8z6Txn3xdm/flu/start

Traffic Measures on Kinsale Avenue/Middleton's Lane
Please be aware that the traffic lights on Kinsale Avenue/Middleton's Lane are expected to remain in place for the next 7 days. We would strongly advise everyone to park in the surrounding area and walk to Kinsale Avenue to avoid traffic congestion.

Christmas Craft Mornings - Dates
3 Giraffes - Tuesday 15 December
3 Red Pandas - Tuesday 8 December
4 Chameleons - Wednesday 9 December
4 Zebras - Wednesday 16 December
5 Flamingoes - Monday 7 December
5 Meerkats - Monday 14 December
6 Hedgehogs - Friday 11 December
6 Orangutans - Thursday 17 December
Each event will begin at **9:00am** and will finish by **10:30am**.

Roots to Rise - Wednesday 9 December in the afternoon. Please refer to the poster on the main door for timings.

Polite Reminder
We have had a lot of emails from parents to staff recently at anti-social times. Please be aware that staff are not expected to respond to emails outside of their working day. Thank you for your cooperation with this.

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. More information can be found here.

Illness/Reporting Absence
Please report absence via the school office either leave a message on the absence line or email to the school office: office@kinsalejunior.norfolk.sch.uk . 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.

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.