

NEWSLETTER

Friday 27th February 2026



The last Friday of half term, Year 4 enjoyed an immersive day in Tudor times. Dressed up, they drew wonderful portraits of Queen Elizabeth and created Tudor roses in clay. They tried their hand at archery and Tudor dances too. Even the Year 4 staff team dressed up and looked rather splendid. What a fabulous way to bring History to life.



KEY EVENTS next week

Literacy week!

Tues March 3rd	Willow class Assembly—doors open 2.30pm for a 2.40pm start
Thurs March 5 th	Parent workshop—Unique Learning and Thinking Styles 9am in the school studio House Poetry Competition Heats
Fri March 6 th	World Book Day dress up day for Elsenham Primary
Sun March 8 th	FOES Mothers' Day event

Celebrating success

LIVE STANDINGS

POSITION

LAP

LAP TIME

1

44

GEORGE HALFORD

8

1:08.58

George came first in a Go Karting experience at F1 Tottenham Stadium. Well done George. Looks like you had a great time!



STARS OF THE WEEK

Acorn	Finley
Cherry	Victoria
Beech	Ella-Rose
Chestnut	Lois
Silver Birch	Ava
Cedar	Rose
Sycamore	Livia
Rowan	Evan
Elm	Alisiia
Ash	Nicole
Willow	Vinny
Pine	Bobby
Maple	Bertie
Oak	Hugo

CONGRATULATIONS!

Elsenham Football Team Back in Action

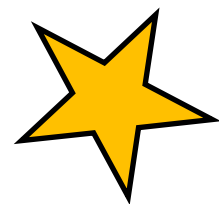
Elsenham were back in action today after the winter break and it was pleasing to see the team show great determination and spirit throughout the match.

The boys produced an excellent performance and cruised to an impressive 8-0 victory. There was some excellent passing on display, with players linking up brilliantly across the pitch. Their teamwork, communication and positive attitude were evident from start to finish.

Goals came from Connor, Mason, Bertie, Charlie and Haiden, capping off a fantastic team display.

A huge well done to all the players for representing the school so brilliantly - a superb start to the final part of the football season.

Mr Markham



Children's Wellbeing

Children's Mental Health Week

The week before half term, the Wellbeing Champions were spreading wellness amongst the staff and children. They led wellness assemblies, fostered a sense of belonging at playtimes, delivered 1-minute meditations and led their classes to create belonging trees. Why not try a short meditation at home?

1-Minute Meditation

Close your eyes and take a deep breath in through your nose, feeling your chest rise

Breathe out through your mouth and relax your eyelids, your shoulders, and your neck.

Breathe slowly in through your nose, lifting your head up and giving strength to your back.

Breathe slowly out of your nose, keeping your posture strong like a warrior!

Continue breathing in and out through your nose, paying attention to the air entering and exiting your nostrils.

Remind yourself:

I am alive!

I am happy!

I am strong!

I can do anything!

Take one more big deep breath in through your nose.

And let it all out through your mouth.

Open your eyes feeling refreshed and ready to win the day!

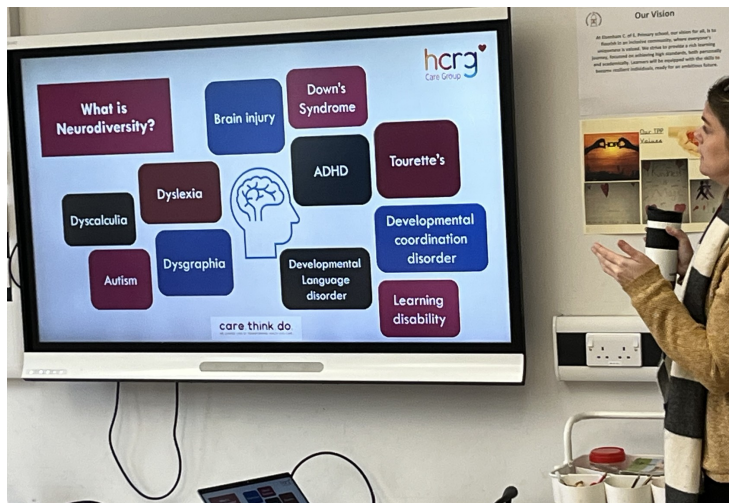


Miss Sneath, Mental Health Lead



News from the HUB

Why not come along to the next workshop?



On Thursday, Chloe from PINS (Partners in Neurodiversity for Schools), delivered the first of our four parent workshops. She explained lots of terminology around neurodiversity and parents had an opportunity to share and discuss their concerns.

After school, staff benefitted from a further session on emotional resilience for staff, which was well received and led to plenty of discussion.

Thursday 5th March 9am to 10.30am

Unique Learning and Thinking Styles

Differences in executive function
The brain house
Memory, planning and organising
Working together

Thursday 12th March 9am to 10.30am

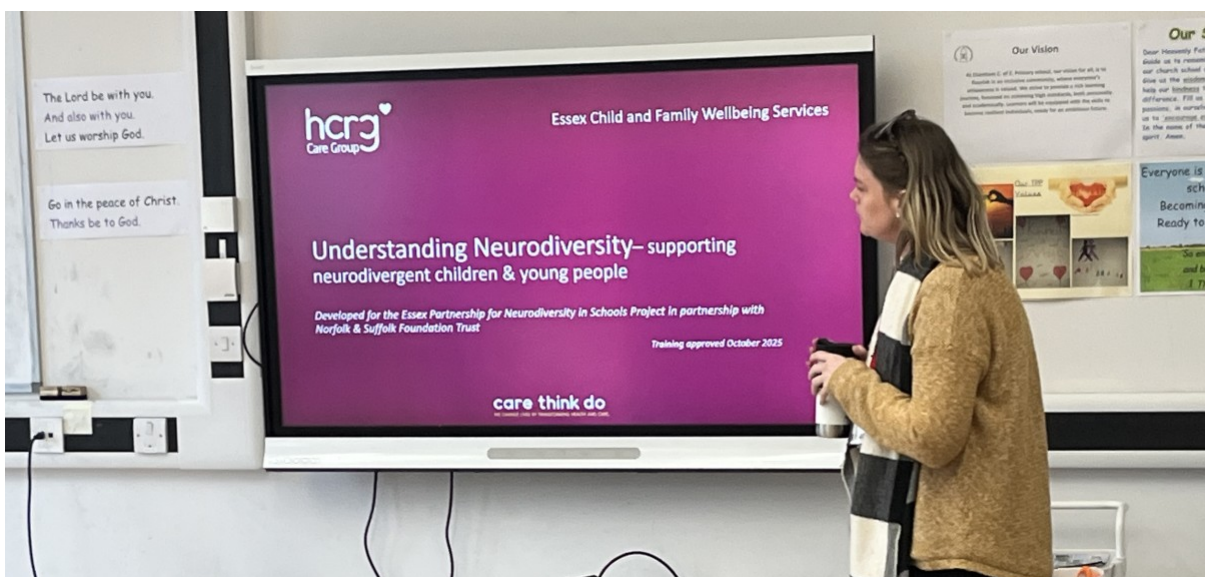
Emotional Regulation

Supporting neurodiverse children with emotional processing and anxiety
What is the prevalence of emotional problems in neurodivergent children?
Why might neurodivergent children struggle with their emotions?
Helping your children manage their big feelings

Thursday 19th March 9am to 10.30am

Neurodiversity and sleep

Understanding sleep and the difficulties that families of ND children face.
Things we can do to ensure the best sleep environment and help support children to find falling and staying asleep easier



FOES EVENTS



*Celebrate
your
Special Person*

**Sunday 8th March
1.00 - 2.30pm**

**Fun crafts filled with love
Location - School hall**

**Tea/coffee/soft drinks
Yummy treats
Served by your little person**

**£6 per adult attending
Please pay through parent pay**



SCHOOL DISCO

FRIDAY 13TH MARCH 2026
3.30 - 4.30PM = EYFS & YR 1
 PLEASE PROVIDE THE FOLLOWING:
 A SNACK FOR THE CHILDREN TO EAT IN THE CLASSROOM.
 A CHANGE OF CLOTHES - THEY WILL GET CHANGED IN THE CLASSROOM
 TEACHERS WILL TAKE THE CHILDREN TO THE MAINHALL TO MEET PARENTS & HAVE FUN

4.45 - 5.45PM = YRS 2 & 3

6 - 7PM = YRS 4 - 6

£2.50 ENTRY - PRE PAY ON PARENTMAIL
ONLY 1 ADULT PER CHILD TO ATTEND FOR EYFS, YEARS 1 & 2 *

*IF YOUR CHILD IS HAPPY/CONFIDENT ON THEIR OWN IN THE HALL, YOU CAN GO TO A DESIGNATED CLASSROOM TO GIVE THE CHILDREN MORE SPACE IN THE HALL.




POCKET MONEY NEEDED FOR:

FESTIVAL FACEDOTS - 50P

RAFFLE £1 PER TICKET

FUN MERCH - 50P - £1

CRISPS - 30P

HARIBO - 20P

SQUASH & WATER - FREE

FIZZY DRINKS* - 50P
YEARS 4-6 ONLY



Spring Term

The Essex SEND Local Offer Roadshows

Are you a parent or carer of a young person with special educational needs and disabilities (SEND) aged 0 to 25? Do you want to know what support is available in your area? Come along to one of our Essex SEND Local Offer Roadshows.

You can chat with teams from Education, Health and Social Care, as well as local support groups and activity providers.



The marketplace is free and there is no need to book. Children are welcome!



Drop in between 9:30am and 12:30pm



This term we are in Chelmsford, Harlow, Colchester and Basildon



Scan the QR Code for all the information, including dates and venues or visit the Essex Local Offer at:

<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>

In Partnership with



DIARY DATES

MARCH	
w/c Mon 2nd	Literacy Week
Tues 3rd	Willow class Assembly—doors open 2.30pm for a 2.40pm start
Thurs 5 th	Parent workshop—Unique Learning and Thinking Styles 9am at school House Poetry Competition Heats
Fri 6 th	World Book Day dress up day for Elsenham Primary
Sun 8 th	FOES Mothers' Day event
Thurs 12th	Parent workshop—emotional regulation 9am at school
W/C 9 th	Science week
Fri 13 th	Relaxed dress rehearsal by Yr 4 to EYFS and KS1 at 1.30pm House Poetry Competition Final FOES disco night
Mon 16 th	Yr 4 Dress rehearsal to KS2 at 1.45pm
Tues 17 th	Pupil summit for future leaders at the cathedral- identity and diversity—selected pupils
Wed 18 th	Yr. 4 performance 1.45pm & 6pm
Thurs 19th	Parent workshop—neurodiversity and sleep 9am at school
Wed 25 th	Parents evening – 3.30pm – 5.30pm
Thurs 26 th	Parents evening – 4.30pm – 7.30pm
Fri 27 th	End of term awards assembly / Church Easter service 9.30am Last day of term – finish at 1.30pm
Mon 30th March –Fri 11th April – EASTER HOLIDAYS	
APRIL	
Tues 21st	Chestnut class Assembly—doors open 2.30pm for a 2.40pm start
Tues 28 th	Yr4 HFL Maths challenge Beech class Assembly—doors open 2.30pm for a 2.40pm start
MAY	
Mon 4th	BANK HOLIDAY—school closed
W/B 11 th May	Yr 6 SATs week
Sat 16th May	FOES summer fayre
Mon 25th May – Fri 29th May – HALF TERM BREAK	
JUNE	
Wed 3 rd	Sports Day
W/C Mon 8 th	Phonics screening
Tues 9 th	Reserve sports day
Tues 9 th	Yr3 HFL Maths challenge 6pm Welcome talk to new Year R parents 2026/2027
Tues 16 th	Cedar class Assembly 2.30pm for 2.40pm
Weds 24th	Silver birch class Assembly 2.30pm for 2.40pm
Tues 30th	Acorn class Assembly 2.30pm for 2.40pm

JULY	
Wed 1 st	Open evening 4.30pm – 5.45pm
Fri 3 rd July	Relaxed dress rehearsal to KS1 of Yr. 6 play FOES frozen Friday
Tues 7 th	1.45pm Dress rehearsal to KS2
Wed 8 th	Yr. 6 performance 1.45pm & 6pm
Fri 10 th	FOES colour run
Tues 14th July	Cherry class Assembly 2.30pm for 2.40pm
Thurs 16 th	HT awards assembly
Fri 17 th	Yr 6 Leavers Assembly
Fri 17th	Last day of term—finish at 1.30pm

Please note that whilst we will do our best to keep to these dates, circumstances may require us to make a change

2026/2027 Term Dates	
Autumn Term:	Tuesday 1 September 2026 (NPD) – Friday 18 December 2026 <i>Half Term 26 October – 30 October</i> <i>Friday 4th December 2026 (NPD)</i>
Spring Term:	Monday 4 January 2027 (NPD) – Thursday 25 March 2027 <i>Half Term 15 February - 19 February</i>
Summer Term:	Monday 12 April 2027 – Wednesday 21 July 2027 <i>Half Term 31 May – 4 June, and May Bank Holiday - 3 May</i>



Nominate us!

If you think our school, or someone who works in our school is worth celebrating, please nominate us for the Essex Teaching Awards!



Essex Teaching Awards 2026

www.essex.gov.uk/schools-and-learning/essex-teaching-awards

From the HUB Team



Essex Child and Family
Wellbeing Service



SEND Outreach Drop in sessions

Uttlesford Healthy Family Support Team would like to invite you to an informal SEND drop in session at your school or preschool.

We will be there to listen to any concerns you have and advise you of the SEND support our team can provide for you and your child. This support includes 1:1 home support for parents coping with a child with an additional need, providing strategies to support your child with behaviour, toileting, sleep and eating. We can also attend one plan and EHCP meetings with you at your school or preschool.

Our team can advise and support with signposting to other health services such as Speech and Language Therapy, Occupational Therapy and Physiotherapy. We can provide support with referrals for Autism and ADHD.

We can also support with referrals or signposting to other support services such as Home Start and Families in Focus for an extended level of home support, should you request this.

w: essexfamilywellbeing.co.uk

Commissioned by

March 2nd 2pm—3pm

Elsenham School now has a Facebook page for updates and sign-posting for parents of children with SEND. Please follow us using the link below or by searching Elsenham School.

[https://
www.facebook.com/
profile.php/?
id=61584591046587](https://www.facebook.com/profile.php?id=61584591046587)



Upcoming Elsenham dates for your diary

Tuesday 10th March 2-3 : Uttlesford Health Family Support Team will be hosting an informal SEND drop in session at Elsenham- providing strategies for behaviour, toileting, sleep and eating.

Thursday 12th Feb- Autism Reality Experience Bus: Book a 15 minute parent slot- email/phone the office

Upcoming Parent Workshops- Everyone Welcome

Thurs 26th Feb 9:00-10:30 Understanding Neurodiversity
Thurs 5th Mar 9:00-10.30 Unique Learning and Thinking Skills
Thurs 12th Mar 9:00-10:30 Emotional Regulation
Thurs 19th March 9:00-10:30 Neurodiversity and Sleep



What's on this FEBRUARY at



All take place at Crafton Green, Chapel Hill, Stansted CM24 8AQ unless otherwise stated, and are funded by TouchPoint and are free of charge (donations welcome):

Regular TouchPoint events and activities:

MONDAYS

10am-12pm: Memory Lane Café (dementia support)
2:45-3:15pm: Community Foodshare - Wimbish Primary School, CB10 2XE
6:30-7:15pm: Women's Running & Fitness*
7:15pm-8pm: Women's Body Blitz*

TUESDAYS

9:15-10:15am: Yoga Mindfulness
12:15-1pm: Community Foodshare - Elsenham Memorial Hall, CM22 6BY
10-11am: Pilates - Pam's Place, Thaxted, CM6 2RL
11am-12pm: Chair-based Pilates - Pam's Place, Thaxted, CM6 2RL
1:40pm-2:30pm: Chair Boogie seated exercise - Wimbish Primary School, Maple Lane, Tye Green, CB10 2XE

WEDNESDAYS

12pm: Chair-based yoga (45 mins)
1pm: Chair Boogie seated exercise (40 mins)
2:30-3:15pm: Community Foodshare - Stansted Social Club, 10-12 Lower St, CM24 8LP
6:30-7:30pm: Women's 'Stronger You'* - Elsenham Village Hall, CM22 6DD
7-8pm: Yoga - Birchanger Primary School, Birchanger, CM23 5QL

THURSDAYS

9:15-10am: Chair-based exercise - Takeley Old School Community Hub, CM22 6QJ
10am-10:45am: Community Foodshare - Takeley Old School Community Hub, CM22 6QJ
10am-3:30pm: Community Café (inc. small Community Foodshare)
3-6pm: TouchPoint Teatime

FRIDAYS

8:30-10:30am: Free Breakfast Club
9:15-10am: Running Group Couch to 5K - Recreation Ground, Stansted, CM24 8BD
10-11am: Community Foodshare - Saffron Walden Baptist Church, CB11 3HD
10-11am: Friday Walking Group
10-12pm: Friday Social
1-1.45pm: Community Foodshare - Stansted

SATURDAYS

10-11am: Community Foodshare - Stansted

SUNDAYS

10:30-11:30am: Yoga Mindfulness
1pm-4pm: Sunday Afternoon at the Movies: **NOTE:** Sunday 1st and Sunday 15th February **ONLY.**

***Women Only**

For more information, visit our website, www.thetouchpoint.org:



Also this month at Crafton Green House:

Bereavement Café, with St Clare Hospice:

- 10-11:30am, Wednesday 4th February
- 10-11:30am, Wednesday 18th February
- 7-8:30pm, Wednesday 25th February

Peabody Trust drop-in housing advice session:

- 11am-3pm, Thursday 12th February

Essex Police Advice session:

- 10am-12pm, Thursday 19th February

www.thetouchpoint.org | Charity Number: 1194098

MHST Support Sessions

MHST are offering free 1:1 support sessions.

If your child is displaying either challenging behaviour or anxious symptoms mostly at home and you would like to receive support please scan the code below.

**Scan here to
complete an
enquiry form...**



Possible anxious symptoms:

- Worrying or having negative thoughts
- Experiencing lots of fears
- Tearfulness
- Difficulty concentrating
- Becoming angry or irritable
- Clingy
- Feeling unwell; constant stomach ache, feeling sick

Possible symptoms of challenging behaviour:

- Having lots of angry outbursts or 'tantrums'
- Ignoring or refusing to follow requests
- Verbal aggression e.g. shouting, swearing
- Physical aggression e.g. hitting, biting
- Damaging things
- Excessive anger when not getting their own way