



NEWSLETTER – 7th November 2025

VALUE: Trust

‘My God is my strength in whom I trust.’ Psalm 18: 2

FROM THE HEADTEACHER

Dear Parents and Carers,

We hope you all had a wonderful half term break — it has been so lovely to welcome the children back for our full autumn term. There’s so much to look forward to over the coming weeks!

Our **value for this half term is *Trust***. We began our collective worship on this theme this week, and it has been wonderful to hear the children making connections to our value both in school, at home, and in our local community.

It has also been fantastic to hear so many polite manners being used around the school. We have had a real focus on this recently, and it’s been lovely to see how much of a difference it has made over the last month.



In **Diamond Class**, we have been learning about **concept maps**.

The photo shows how we began to understand how they work, and we even made a concept map all about *helping the environment*.

Next week in computing, the children will create their very own concept maps — we can’t wait to see their ideas!

Sapphire Class have been learning about **the importance of exercise for humans**.

Their enquiry question was: *do different exercises increase your heart rate?*

The children set up a range of exercise stations, including both high and low energy activities such as jogging on the spot and completing simple stretches.

Before we started, they made predictions about which exercises would raise their heart rate the most — and why.



After testing their pulse before and after each activity, they found that the more physical exercises made them feel tired and increased their heart rate, while balances and yoga stretches were challenging but didn’t make their hearts beat faster.

Emerald Class had an exciting and **experimental afternoon exploring states of matter** — discovering how materials can change from solids to liquids to gases.

This week, Emerald Class have been having fun making *Oobleck*! Oobleck is a **non-Newtonian fluid** — a fascinating substance that behaves like both a liquid and a solid, depending on how you handle it.

The children mixed **cornstarch and water** (about two parts cornstarch to one part water) to create this amazing mixture. When they **squeezed or hit** it, Oobleck felt **solid**, because the particles were packed tightly together.

But when they **let it rest**, it turned **liquid again**, flowing smoothly between their fingers. Everyone enjoyed exploring the science behind this strange and squishy substance — a perfect blend of **fun and learning!**



In **Ruby Class**, the children have been learning about **light and dark**. They began by discussing *what light is* and identifying **sources of light** found in our classroom.

They then went to the outdoor learning classroom, made it completely dark, and explored the difference between light and dark using different torches. With small battery-powered lights, they illuminated dark corners both indoors and out in the woodland.



Back in class, the children made dark dens to test various torches and talked about familiar light sources — such as the sun, stars, lamps, candles, fire, and fireworks.

Parent Meetings

We're really looking forward to seeing you all at our **Parents' Afternoon and Evening on Tuesday 11th November**. Thank you to those who have already attended meetings this week.

I've also attached a link to a **Parent Questionnaire** — it would be really helpful to hear your thoughts and feedback on our first half term together. <https://forms.gle/Fc38skXwXX5BoBnb7>

If you have any concerns, please don't hesitate to chat with me at the gate before or after school, or contact the office to make an appointment.

Next week **Monday 10th November**, we are wearing **odd socks** for Anti bullying week and on **Friday 14th November** is both World Diabetes Awareness Day and BBC Children in Need. Children can wear **non-uniform**, and we invite them to wear blue (either all blue or some blue) as this is the colour for Diabetes awareness. We are also asking for donations which we intend to split between Diabetes UK and BBC Children in Need.

Thank you so much for your continued support. It has been wonderful getting to know so many of you during our first half term together.

Wishing you all a lovely weekend!

Warm regards,
Carly Cousins

BIRTHDAYS THIS WEEK



Sapphire
Noah

Emerald
Niveth

Diamond
Amelie
Reggie



STARS OF THE WEEK

Ruby

- ❖ Adam for fantastic joining in with activities.
- ❖ Eliza for showing compassion to others.

Sapphire

- ❖ Riaan for trying hard in English.
- ❖ Tillie for making super effort to focus in lessons.

Emerald

- ❖ Danny for a great first week in Emerald Class.
- ❖ Jessica for being a brilliant helper in DT.

Diamond

- ❖ Henry for improved focus in every lesson and for brilliant independent writing.
- ❖ Sabiha for working well with her partner and for her increased confidence in maths.

ATTENDANCE THIS WEEK

**Whole School
Attendance – 95.36%**

Whole School Target Set – 96%

Please contact school every day of any absence. This can be done by calling **01279 723 204, Option 1** and then leaving a message on the absence line.

If you are going to be late, please also advise the school office to ensure a meal is ordered on time.



NOTICES

- ❖ **Odd Sock Day** is on **Monday 10th November** to mark the start of **Anti-Bullying Week**. Children are encouraged to come to school wearing odd socks. **No donation is required.**
- ❖ **Parents Evening Meetings** for the rest of the school will be taking place on **Tuesday 11th November** from **1.00 – 6.00 pm.**
- ❖ **Diamond Trip to the Imperial War Museum, Duxford** is on **Wednesday 19th November**. The deadline for payment is **Friday 7th November**.
- ❖ **Children in Need Day** is on **Friday 14th November**. We are kindly asking for donations of **£1** or more to support this worthy cause. Donations can be made via Arbor < **School Shop** < **Children in Need 2025** or by cash on the day.
- ❖ We will also be recognising **World Diabetes Day on Friday 14th November** and this year, the theme is **'wear blue'**. We are aiming to promote a better understanding and support for individuals living with diabetes.

MENU w/c 10th November 2025

Day	Menu
Monday	<ul style="list-style-type: none"> ❖ Quorn Hot Dog (V) (Red) ❖ Margherita Wrap (V) (Green) ❖ Jacket Potato with Baked Beans (Ve) (Yellow) ❖ Cheese Roll (V) (Blue)
Tuesday	<ul style="list-style-type: none"> ❖ Pork Sausages & Gravy (Red) ❖ Roasted Butternut Squash Curry (Ve) (Green) ❖ Jacket Potato with Grated Cheese (V) (Yellow) ❖ Salmon Mayo Roll (Blue)
Wednesday	<ul style="list-style-type: none"> ❖ Roast Beef (Red) ❖ Roast Quorn Fillet (Ve) (Green) ❖ Jacket Potato with Baked Beans (Ve) (Yellow) ❖ Cheese Roll (V) (Blue)
Thursday	<ul style="list-style-type: none"> ❖ Chicken Curry (Red) ❖ Breaded Bean & Vegetable Grill (Ve) (Green) ❖ Jacket Potato with Tuna Mayo (Yellow) ❖ Ham Roll (Blue)
Friday	<ul style="list-style-type: none"> ❖ Fish Fillet Fingers (Red) ❖ Margherita Pizza (V) (Green) ❖ Jacket Potato with Cheese & Beans (V) (Yellow) ❖ Egg Mayo Roll (V) (Blue)



**SCHOOL
DINNERS**

DATES FOR YOUR DIARY

Date	Event
10/11/25	Odd Sock Day (No Donation)
11/11/25	Parents Evening (1-6pm)
12/11/25	Diamond Tag Rugby at Leventhorpe
14/11/25	Children in Need/ World Diabetes Day
17/11/25	Diamond Residential Meeting at 3.20 pm
19/11/25	Diamond Trip to Duxford
24/11/25	Diamond – Colour a Car Event at Suzuki Garage
26/11/25	Emerald Class Last Swimming Lesson
27/11/25	Panto – collect from South Mill Arts
28/11/25	Occasional Day (School Closed)
29/11/25	Sawbridgeworth Lights Switch On Event
01/12/25	Christmas Decoration Day Emerald & Diamond – 9.00 – 10.45 Ruby & Sapphire – 1.15 – 3.10 pm
08/12/25	Nativity – Ruby & Sapphire
08/12/25	St Michael's Carol Concert - Diamond
09/12/25	Nativity – Ruby & Sapphire
10/12/25	Christmas Lunch
10/12/25	Christmas Jumper Day
18/12/25	Christmas Service at Great St Mary's
19/12/25	Last Day of Term. Finish at 1.30 pm
05/01/26	Inset 3 (School Closed)
06/01/26	Inset 4 (School Closed)
07/01/26	First Day Back
08/01/26	Emerald Trip to St Alban's Cathedral
16/02/26 – 20/02/26	Spring Half Term 2026
23/02/26	First Day Back
27/03/26	Last Day of Term
30/03/26 – 10/04/26	Easter Break
13/04/26	First Day Back
04/05/26	Early May Bank Holiday 2026
22/05/26	Inset 5 (School Closed)
25/05/26 – 29/05/26	Summer Half Term 2026
01/06/26	First Day Back
23/07/26	Last Day of Term

BREAKFAST CLUB

8am - 8.40am everyday
cooked breakfast
served at 8am



£4.50 per session payable via arbor

NB late arrivals will not be catered for cooked breakfast

Please book 24 hours ahead to ensure availability

AFTER SCHOOL Sports Clubs

Spellbrook C of E Primary School

3:20-4:20pm

Football



Tuesdays

Dodgeball



Thursdays

Let's Go!

Footballers must bring trainers/astro turf trainers, shin pads, long socks, PE kit or sports wear, and goalie gloves if playing in goal.

£ 50.40 per club for 7 weeks
Starting week commencing 3rd November

Keep fit, make friends and have fun!

Book online at:
gjwsports.co.uk

www.gjwsports.co.uk

GJW SPORTS

Little Lounger

FUNCTIONAL FITNESS

efit INITIATIVE

SAWBO DESIGN CO.



Spellbrook after school mindfulness club

Wednesdays 3.20-4.30

Mindful crafts, group games, yoga, breathwork and simple meditation- working on mindfulness, self esteem and emotional regulation.

Year 1-6

£7 per session, paid each half term

To book please email the address below!



hannah.rainbowrelaxation@gmail.com
[@rainbowrelaxation](https://www.instagram.com/rainbowrelaxation)



LEARN KARATE

WITH

SENSEI SHAUNA CARROLL 4th DAN

SPELLBROOK C OF E PRIMARY SCHOOL

MONDAY 3:20pm - 4:20pm



SELF DEFENCE

CONFIDENCE

FLEXIBILITY

DISCIPLINE

FITNESS

FIRST LESSON FREE

REGISTER NOW



07713 866964



shaunacarrolluka@hotmail.com



Well Bean Gardening

Learning through growing
Growing through learning

Join our Wednesday After-School Gardening Club in November
3.20pm-4.30pm



- Spellbrook's Gardening Club meets on Wednesdays and is open to Years 3, 4, 5 & 6. Limited spaces available
- £25.00 for four sessions Nov 5 - Nov 26
- All equipment supplied but pupils must bring appropriate clothing as we will be outside in all weathers
- This half-term we'll be:
 - Working to improve the school gardens
 - Collecting and sowing seeds
 - Continuing to develop the Sensory Garden

If you would like your child to attend, please return the slip below to the school office before Wednesday Nov 5 and make a payment of £25 in cash/a cheque made payable to: WENDY GORDON or with a BACS payment to: Wendy Gordon/27441520/07-04-36 (Use your name as reference)

I would like my child to attend Spellbrook's After-School Gardening Club on Wednesdays:

Child's name: Year group:

Your name: Phone number:

Email:

Any allergies or medical issues that we need to be aware of*:

*Your child's safety is a priority, but we can only put measures into place if you let us know.

Well Bean Gardening has a Facebook & Instagram page (please check out and like) and every week an update of what we get up to at the club will be posted.

If you DO NOT want photos of your child to be used on social media please tick the box: (Please note that children are never named)

Email: wellbeangardening@gmail.com
Mobile: 07817 528652

facebook.com/wellbeangardening
Instagram: @wellbeangardening



Spellbrook lunchtime mindful crafting club

Thursdays 12.15-12.45
in the library

Mindful crafts such
as weaving, colouring,
collages, drawing and
much more- all
working on

mindfulness, self
esteem and emotional
regulation.

Year 1-6

£3.50 per session,
paid each half term

To book please email
the address below!



hannah.rainbowrelaxation@gmail.com

[@rainbowrelaxation](https://www.instagram.com/rainbowrelaxation)

Invite and Inspire

Saturday 29 November, 9.15 - 12.00

BISHOP'S
STORTFORD
COLLEGE
ESTD 1948



Book Here:



Free workshops

<https://www.trybooking.com/uk/FNI>

[Invite and Inspire Yrs 5 and 6 at Bishop's Stortford College Tickets, Bishop's Stortford College, School House, Bishop's Stortford | TryBooking United](#)



Meet father christmas church farm Ardeley

Selected dates in December

Festive Farm Entry includes
Christmas Activity Pack * Festive Woodland
Walk the farm & see the farm animals

Meet Father Christmas

Father Christmas in his outside grotto
(includes a quality toy)
Meet the Elves

Write a letter to Father Christmas
Write a wish for the Wish Tree

Bag up reindeer food & carrot to take home to Rudolph

Additional Activities

Santa Paws – bring your beloved pooches to meet
Father Christmas include treat & toy
Harvest your Own Christmas Tree
Festive Tractor & Trailer Ride
Feed the farm animals

Book online www.churchfarmardeley.co.uk

This is an outdoor event so plenty of
fresh air. Wrap up warm & wear wellies!

CHURCH FARM, ARDELEY
A Free Range Experience