



## NEWSLETTER – 16<sup>th</sup> January 2026

**VALUE: Perseverance  
Doing the Right Thing**

**‘I can do all things through him who strengthens me’ Philippians 4:13**

### FROM THE HEADTEACHER

Dear Parents and Carers,

It has been a thoroughly enjoyable and productive week at school as we continue our Spring term. Across all classes, the children have shown enthusiasm, curiosity, and a real commitment to their learning. We are pleased to share some of the highlights from this week.



#### Ruby and Sapphire Class – An Inspiring Visitor

Ruby and Sapphire Class were thrilled to welcome a local explorer, **Pete Beatty**, who came to share his incredible adventures. Pete is a dad, husband, and roofer from Bishop’s Stortford, Hertfordshire, who has a real passion for adventure.

Pete’s love for exploration began with a goal to swim the English Channel, which he successfully completed twice – once as a solo swimmer in 2007 and again as part of a relay team in 2009. Still seeking new challenges, he went on to walk an astonishing 1,700 miles from Cap Gris-Nez in France to Gibraltar in 2011. This incredible journey took 65 days, with Pete walking an average of 30 miles each day using a specially modified buggy.



Inspired by adventurers John Ridgway and Chay Blyth, Pete has also dreamed of rowing the Atlantic Ocean – a challenge he is now preparing to undertake.

The children listened with great excitement, asked thoughtful questions, and enjoyed seeing some of the equipment and materials Pete has used on his adventures. It was a truly inspiring visit that sparked curiosity and awe.

#### Diamond Class – Science and Swimming

In Diamond Class, the children have begun their new Science topic on **Light**. This week focused on identifying prior knowledge and exploring areas they would like to learn more about.

The class has started investigating how we see, including learning about the different parts of the eye and their functions.

Additionally, Diamond Class took part in their first **swimming lesson** this week.

The children approached this new experience with enthusiasm and confidence, demonstrating excellent participation and behaviour. We look forward to continuing swimming lessons next Wednesday.

## **Emerald Class – Visit to St Albans Cathedral**

Emerald Class have been reflecting on their wonderful visit to **St Albans Cathedral**. The children wrote thoughtfully about their experiences and the workshops they participated in during the day.

St Albans Cathedral is one of the oldest and longest cathedrals in England. It is named after **St Alban**, Britain's first Christian martyr, and has been a place of worship for over 1,700 years. The cathedral is famous for its stunning architecture, beautiful stained-glass windows, and rich history.

The behaviour of Emerald Class throughout the visit was exemplary. The children conducted themselves with maturity and respect, and they were a true credit to the school. **Very well done, Emerald Class.**



## **Looking Ahead – RE Day**

Next week, we will be holding our **RE Day on Monday**, where the children will be learning about the different religions of the world.

We are very excited about this enriching and important learning opportunity. Thank you, as always, for your continued support.

We hope you all have a lovely weekend and look forward to seeing everyone back at school on Monday.

Warm regards,

**Carly Cousins**

## BIRTHDAYS THIS WEEK



Ruby  
Sandasi

Sapphire  
Evie



## STARS OF THE WEEK

### Ruby

- ❖ Sandasi for great use of language.
- ❖ Jesse for brilliant contributions and sharing.

### Sapphire

- ❖ Noah for focused listening on the carpet.
- ❖ Cara for contributing to lessons and a great attitude to learning.

### Emerald

- ❖ Milana for a fantastic Roman shield design.
- ❖ Scarlett for always giving her best no matter what.
- ❖ Issy for excellent independent work with her times tables.

### Diamond

- ❖ Martha for increasing her writing stamina.
- ❖ Tristan for fabulous focus in every lesson and for sharing more in class.

## ATTENDANCE THIS WEEK

**Whole School  
Attendance – 92.48%**

**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

- ❖ **Reception Screening (vision, hearing, heights & weights)** – the school nurse will be in on **Wednesday 21<sup>st</sup> January**. If you do not want your child to be screened, please contact the school nursing team on **0300 123 7572** or email: [HCT.SHWBSWH@nhs.net](mailto:HCT.SHWBSWH@nhs.net)

## MENU w/c 19<sup>th</sup> January 2026

Day	Menu – Week 3
Monday	<ul style="list-style-type: none"> <li>❖ Beef Bolognese (Red)</li> <li>❖ Plant-Based Grill (Ve) (Green)</li> <li>❖ Jacket Potato with Grated Cheese (V) (Yellow)</li> <li>❖ Tuna Mayo Roll (Blue)</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>❖ Breaded Chicken Katsu Curry (Red)</li> <li>❖ Cheese Pinwheel (V) (Green)</li> <li>❖ Jacket Potato with Tuna Mayo (Yellow)</li> <li>❖ Cheese Roll (V) (Blue)</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>❖ Roast Chicken (Red)</li> <li>❖ Plant-Based Sausages &amp; Gravy (Ve) (Green)</li> <li>❖ Jacket Potato with Baked Beans (Ve) (Yellow)</li> <li>❖ Cheese Roll (Blue)</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>❖ Quorn Burger (V) (Red)</li> <li>❖ Vegetarian Lasagne (V) (Green)</li> <li>❖ Jacket Potato with Cheese &amp; Beans (V) (Yellow)</li> <li>❖ Cheese Roll (V) (Blue)</li> </ul>
Friday	<ul style="list-style-type: none"> <li>❖ Battered Fish Fillet (Red)</li> <li>❖ Margherita Pizza (V) Green</li> <li>❖ Jacket Potato with Grated Cheese (V) (Yellow)</li> <li>❖ Egg Mayo Roll (V) (Blue)</li> </ul>



**SCHOOL  
DINNERS**

## DATES FOR YOUR DIARY

Date	Event
19/01/26	World Religion Day
21/01/26	Reception Screening (vision, hearing, heights & weights)
13/02/26	PTA Break the Rules Day
16/02/26 – 20/02/26	Spring Half Term 2026
23/02/26	First Day Back
23/02/26	Sapphire Trip to the Polar Museum
05/03/26	World Book Day
25/03/26	Diamond Class - Last Swimming Lesson
26/03/26	Easter Service
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

Promoting a healthy and active lifestyle

# 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.

£43.20 per club for 6 weeks

Starting 8th Jan

(Tuesday Football 5 weeks £36)

Keep fit, make friends and have fun!

Book online at:  
[gjwsports.co.uk](http://gjwsports.co.uk)

[www.gjwsports.co.uk](http://www.gjwsports.co.uk)

GJW SPORTS

Little Lounger™

FUNCTIONAL FITNESS

fit 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](mailto: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

RESGISTER NOW



07713 866964



[shaunacarrolyka@hotmail.com](mailto:shaunacarrolyka@hotmail.com)



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



Club Fee £8  
a week

# THE SECRET ART CLUB

With Artist Caroline Clark

### Activities:

- Painting
- Printing
- Drawing
- 3D
- Collage
- And more!

### Date:

Weekly, starting on Friday 16<sup>th</sup>  
January 2026, 3.20 - 4.30 pm

### TO BOOK

[www.carolineclarkartist.com](http://www.carolineclarkartist.com) or  
via the QR code. Any queries,  
contact Caroline Clark (Caz)  
07847269734

### Address

Spellbrook C of E  
Primary School,  
Spellbrook

[carolineclarkartist](https://www.instagram.com/carolineclarkartist) or  
[theseclarkhouse](https://www.instagram.com/theseclarkhouse)

Caroline Clark Artist



For school  
years 2-6

## Parent & Carer Support Spring Term 2026



Promoting Strong Family Relationships

FREE to parents and carers in Hertfordshire

### TALKING TEENS

6, weekly sessions for parents and carers of children aged 12-19, covering:

- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



**Mondays 7.45 - 9.15pm**  
5<sup>th</sup> Feb to 19<sup>th</sup> Mar Not half term  
Online Course: ID 804

**Thursdays 7.45 - 9.15pm**  
5<sup>th</sup> Feb to 19<sup>th</sup> Mar Not half term  
Online Course: ID 803

**Wednesdays 7.45 - 9.15pm**  
11<sup>th</sup> Mar to 29<sup>th</sup> Apr Not Easter  
Online Course: ID 802

### TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged 11-19, supporting you to:

- Understand why children & adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



**Tuesdays 7.45 - 9.15pm**  
6<sup>th</sup> Feb to 20<sup>th</sup> Feb Not half term  
Online Course: ID 805

### TALKING FAMILIES

6, weekly sessions for parents and carers of children aged 0-12 sharing tips on:

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self-esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



**Thursdays 8.45 - 10.15pm**  
8<sup>th</sup> Jan to 22<sup>nd</sup> Jan Not half term  
Online Course ID 799

**Thursdays 9.45 - 11.15am**  
5<sup>th</sup> Feb to 19<sup>th</sup> Mar Not half term  
Online Course ID 798

# Spellbrook PTA tuck shop Fridays after school

★ ★ GJW SPORTS ★ ★

# HALF-TERM CAMPS 2026

16<sup>TH</sup> - 20<sup>TH</sup> FEBRUARY

Get ready for action-packed days filled with fun, laughter, new skills, and confidence-building — all in a safe and supportive environment where every child can thrive.



## SPORTS & ACTIVITY CAMP

- 6-8 different games & activities every day
- Monday-Friday

OPEN TO  
**7-12**  
YEARS OF AGE

## FOOTBALL CAMP

- Skills & Drills
- Game play & mini tournaments
- Tuesday-Thursday

OPEN TO  
**5-12**  
YEARS OF AGE

## MINI CAMP

- Fun games & activities tailored for the little ones to enjoy!
- Tuesday-Thursday

OPEN TO  
**5-7**  
YEARS OF AGE

9AM-3PM

**£25**  
PER DAY

BOOK ONLINE

[www.gjwsports.co.uk](http://www.gjwsports.co.uk)

Reedings Junior School,  
Bullfields, Sawbridgeworth,  
HERTS, CM21 9DD



# SPECIAL EVENTS

**ARTS & CRAFTS CAMP**  
TUESDAY 17<sup>TH</sup> FEBRUARY

**INFLATABLES (INDOOR)**  
WEDNESDAY 18<sup>TH</sup> FEBRUARY

**BAKING CAMP**  
THURSDAY 19<sup>TH</sup> FEBRUARY

GJW SPORTS Little Lounger FUNCTIONAL FITNESS Orsted Registered SAWBO DESIGN CO.

Join us for activities and crafts inspired by your favourite books and authors.



21<sup>st</sup> January  
**Tom Gates**

28<sup>th</sup> January  
**Warrior Cats**

4<sup>th</sup> February  
**Wimpy Kid**

11<sup>th</sup> February  
**How to Train your Dragon**

**Wednesdays 4:15pm – 5:15pm**  
For children aged 7-11 years.  
(Children under 8 must be accompanied by an adult)

**Bishop's Stortford Library**  
£2.75 per session – please book in the library



## TALKING DADS

6, weekly sessions for dads & male carers of children 0-19, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



**Wednesdays 7.45 - 9.15pm**  
7<sup>th</sup> Jan to 19<sup>th</sup> Feb  
**Online Course: ID 806** **FULLY BOOKED**

**Mondays 7.45 - 9.15pm**  
2<sup>nd</sup> Feb to 16<sup>th</sup> Mar Not half term  
**Online Course: ID 807**

## TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of children 3-12, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



**Wednesdays 9.45 - 11.30am**  
4<sup>th</sup> Feb to 18<sup>th</sup> Mar Not half term  
**Online Course ID 801**

## TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children 2-19, with any additional need. Your child does not need a diagnosis.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



**Tuesdays 8.00 - 9.30pm**  
6<sup>th</sup> Jan to 20<sup>th</sup> Feb  
**Online Course ID 797** **FULLY BOOKED**

**Tuesdays 9.45 - 11.30am**  
3<sup>rd</sup> Feb to 17<sup>th</sup> Mar  
**Online Course ID 796** **FULLY BOOKED**

**Thursdays 8.00 - 9.30pm**  
5<sup>th</sup> Feb to 19<sup>th</sup> Mar Not half term  
**Online Course ID 800**

**Booking essential. Please Quote the Course ID**

To check eligibility and book a place, please contact Supporting Links on:  
**07512 709556** or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)

These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund. Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



Beane Valley SG14 3QA, 10am - 11.30am

You are invited to a relaxed and supportive coffee morning designed to offer valuable information and networking opportunities.

Connect with other parents and carers

Share experiences and gain insights into various topics that matter to you

Practical advice & emotional support

Meet and chat with others in a similar situation

Bring any questions or topics you'd like to discuss

Professionals in attendance including Early Years, Outreach, Family Support, Behaviour Support, DSPL, SPACE and ADD Vance

We look forward to seeing you there and fostering a strong, supportive community together!

DSP<sup>L3</sup> Parent Coffee  
Morning 21<sup>st</sup> January



Sunday 25th January 3pm

Thomas Bowes  
(Violin)

Patricia Cope  
(Narrator)

Paganini:  
Mystery, Myth & Magic



St Michael's Church, Bishop's Stortford

FREE admission with retiring collection

Tea and cake served afterwards

[www.saintmichaelweb.org.uk](http://www.saintmichaelweb.org.uk)



Next Thing Education Presents

LIMITED SPACES  
BOOK BY  
6TH FEB

# TECH CAMP

**FEBRUARY CAMPS 2026**

Northgate Primary School, CM23 2RL

£39.99 PER DAY OR £175 FOR 5 DAYS  
9 AM - 4PM, AGES 5-11

FIND YOUR NEAREST CAMP ON OUR WEBSITE  
[www.nextthing.education](http://www.nextthing.education)

Childcare Vouchers  
WE ALSO ACCEPT TAX-FREE CHILD CARE

SCAN ME

## FEB HALF TERM 2026

Coding & Robots

Circuitry & Inventions

LEGO Engineering

Minecraft Madness

Tech Fun

Movie Making | Video Game Design | Robot Coding | STEM Experiments | Engineering

Different activity theme each day, please check our website for your camp activities.

**16TH - 20TH FEBRUARY - LIMITED SPACES**

**What Parents Say**

"Absolutely Fantastic!  
First time attending &  
my son loved it!"

★★★★★

### HOW TO BOOK

**STEP 1**

SCAN THE QR CODE

**STEP 2**

FIND YOUR NEAREST CAMP

**STEP 3**

BOOK ONLINE SPACES LIMITED

BOOK

CHILD CARE VOUCHERS AND TAX FREE CHILD CARE ACCEPTED

**W: WWW.NEXTTHING.EDUCATION**  
**E: INFO@NEXTTHING.EDUCATION T: 01442 873150**