



NEWSLETTER - 23rd January 2026

**VALUE: Perseverance
Doing the Right Thing**

'I can do all things through him who strengthens me' Philippians 4:13

FROM THE HEADTEACHER

Rainy Days, Bright Spirits - Weekly Newsletter

This week, the weather may have been rainy, but it certainly didn't dampen our spirits! Our school has been buzzing with curiosity, excitement, and, as always, a wonderful sense of community. Another week of learning and achievement has passed, and the children have made us very proud.



Monday was an extra special day as we celebrated our **Religious Education (RE) Day**. The day began with a whole-school assembly, bringing everyone together to reflect on a very big question: *"What is God like? How do you know?"*

After the assembly, the children split into mixed-year groups and explored this question in depth, discovering fascinating ideas from different faiths around the world.



In **Hinduism**, the children learned about the Trimurti - three major gods representing different aspects of the divine. Brahma is the creator of the world, often depicted with four heads. Vishnu is the preserver, who restores balance in times of trouble, and Shiva is the destroyer, clearing the way for new creation.

The children also explored the concept of Brahman; the supreme God present everywhere and in everyone and discussed the many ways people see and celebrate God.

Moving on to **Judaism**, the children discovered that God has many qualities: God is one, all-powerful, all-loving, all-knowing, present everywhere, eternal, and the creator of everything. They learned that God gave humans guidance through the Torah's 613 laws, and they had fun creating their own Torah scrolls to take home.

For **Buddhism**, the focus was on stories and teachings rather than a god. The children listened to tales such as *The Buddhist Story of Siddhartha and the Swan* and *The Monkey King*, and acted them out, exploring ideas about compassion, mindfulness, and seeking enlightenment through the Four Noble Truths.

In **Sikhism**, the children learned that Sikhs believe in one true God, like Christians, Muslims, and people that celebrate the Jewish religion, and that God is never depicted visually. They explored the life of Guru Nanak, including the story of him entering and leaving the river, and celebrated his teachings by making colourful flags featuring the Khanda symbol.

Our exploration of **Islam** helped the children understand that Muslims believe in Allah, the one true God, who is the creator and sustainer of the world and should always be treated with respect.

Finally, we connected all of this learning to **Christianity**, discussing how Christians believe in one God who is revealed in three forms: God the Father, God the Son, and the Holy Spirit. The children showed amazing understanding, explaining what they had learned throughout the day with confidence and care.

It was a truly special day filled with curiosity, discussion, and reflection.

The children worked incredibly hard and left the day with a deeper understanding of faiths around the world and the importance of respect and empathy.

Next week promises more learning, challenges, and exciting experiences.

We hope all our families had a **wonderful and restful weekend!**

Carly Cousins

BIRTHDAYS THIS WEEK



Sapphire
Elle
Devon

Diamond
Lilly



STARS OF THE WEEK

Ruby

- ❖ Louie for fantastic work in phonics.

Sapphire

- ❖ Joshua for super effort in writing.
- ❖ Elle for amazing listening and hard work.

Emerald

- ❖ Samuel for amazing History knowledge.
- ❖ Arlo for improved confidence in maths.

Diamond

- ❖ Charlie for improved focus in the afternoons.
- ❖ Sergiusz for super work in Maths.

ATTENDANCE THIS WEEK

**Whole School
Attendance – 91.29%**

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

- ❖ **Sapphire Trip to the Polar Museum & Botanical Gardens** is on **Monday 23rd February**.
- ❖ **Gardening Club resumes on Wednesday 25th February** for children in **Years 3 to 6**.

MENU w/c 26th January 2026

Day	Menu – Week 1
Monday	<ul style="list-style-type: none"> ❖ Beef Burger (Red) ❖ Potato Frittata (V) (Green) ❖ Jacket Potato with Cheese& Beans (V) (Yellow) ❖ Tuna Mayo Roll (Blue)
Tuesday	<ul style="list-style-type: none"> ❖ Chicken Pie & Gravy (Red) ❖ Swedish Style Plant-Based Meatballs (V) (Green) ❖ Jacket Potato with Tuna Mayo (Yellow) ❖ Cheese Roll (V) (Blue)
Wednesday	<ul style="list-style-type: none"> ❖ Roast Chicken (Red) ❖ Plant-Based Shepherd's Pie (Ve) (Green) ❖ Jacket Potato with Grated Cheese (V) (Yellow) ❖ Ham Roll (Blue)
Thursday	<ul style="list-style-type: none"> ❖ Quorn Dipper Taco with Sweet Chilli Sauce (Ve) (Red) ❖ Mac 'n' Cheese (V) (Green) ❖ Jacket Potato with Baked Beans (Ve) (Yellow) ❖ Cheese Roll (V) (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)

DATES FOR YOUR DIARY

Date	Event
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
25/02/26	Gardening Club resumes (Y3-6)
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

www.gjwsports.co.uk

GJW SPORTS

Little Lounger™

FUNCTIONAL FITNESS

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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



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



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)



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 16th
January 2026, 3.20 - 4.30 pm

TO BOOK

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



Well Bean Gardening

Learning through growing
Growing through learning

Start Growing with
our After-School
Gardening Club in February



- Spellbrook's Gardening Club meets on Wednesdays and is open to Years 3, 4, 5 & 6. Limited spaces available
- £31.50 for five sessions Feb 25 - March 25
- 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
 - 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 Feb 25 and make a payment of £31.50 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 PTA

tuck shop Fridays after school

CONGRATULATIONS

Spellbrook Primary School
raised £77.25
for Diabetes UK
making and selling badges

- 2025 -

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

10205EINT

Children's woodland wellness holiday clubs

Yoga, crafts, meditation and sensory play, held in a beautiful National Trust site.

Age 4-12
February 18th 2026
10-2
Hatfield Forest,
Takeley, CM22 6NE

Scan to book!

www.rainbowrelaxation.uk

★★ GJW SPORTS ★★

HALF-TERM CAMPS 2026

16TH - 20TH 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

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

GJW SPORTS

EXTREMISM THRIVES ON MISUNDERSTANDING

A BRIEFING ABOUT THE 'DARK SIDE OF THE INTERNET'
Virtual Sessions

FOR PARENTS, CARERS AND PRACTITIONERS IN HERTFORDSHIRE

VIRTUAL SESSIONS

TUESDAY	WEDNESDAY	THURSDAY
24 FEBRUARY	25 FEBRUARY	26 FEBRUARY
4pm to 5.30pm	7pm to 8pm	10am to 11.30am

Choose only one date to attend

[Extremism thrives on misunderstanding: Let's get informed! Virtual Sessions Tickets, Multiple Dates | Eventbrite](#)

IF YOU ARE WORRIED ABOUT...

- What is your child watching online?
- What are the dangers and warning signs?
- Who are they interacting with?
- Are they spending too much time online?

Join our session for parents, carers and practitioners to learn how can we support our young people to stay safe online.

Small Steps is a specialist company aimed at raising awareness of the dangers of Extreme Right-Wing (ERW) extremism via quality training delivered by people with lived experience of radicalisation. For more information visit: smallstepshub.com



MAD SCIENCE

FEBRUARY HALF TERM CAMP

16TH FEBRUARY - 20TH FEBRUARY

TOPICS

LIGHT & LASERS
TERRIFIC TECH (AR/VR)
MIGHTY MICROSCOPES
HARNESSING HEAT
SLIME FRIDAY

LOCATION

BISHOP'S
STORTFORD
COLLEGE

FOR FURTHER INFORMATION AND TO BOOK YOUR PLACE,
PLEASE VISIT BISHOPSTORTFORDCOLLEGE.ORG

BISHOP'S
STORTFORD
COLLEGE

SCAN HERE FOR
MORE INFORMATION



JOIN US AT



ParkPlay

Make friends, have fun, play more!



Bishop's Stortford - Castle Park

Come and play for free every Saturday
from 10am. Find out more and register
at park-play.com/register

In partnership with:



#MeetMovePlay

Beezee FAMILIES

Changing habits keep you healthy...all year long!

Our free Beezee Families programme is here to help you feel healthier and happier as a family.

Top Tips to brave those winter mornings

Keep hydrated: This is a sure-fire way to get our bodies fired up in the mornings. A fresh glass of water will give your body the boost it needs to start the day.

Breakfast: There is a reason it holds the title as the most important meal of the day! Make sure little (and grown up) tums don't leave the house empty, it's important to have a good healthy breakfast to give our bodies the energy they need.

Sleep: Its important no matter your age to get enough sleep and sticking to regular sleep patterns can help support this.

Healthy lunch boxes

Keeping school lunch boxes interesting can be a challenge at the best of times so we appreciate how hard it is to make sure they are kept healthy too.

But healthy doesn't have to be a chore, it can actually make life much easier!

Fruit is a great way to give little ones a boost of energy and if bought in packs will generally last the whole week and keep costs down too. A satsuma, banana or small handful of grapes will add a tasty (and vibrant) addition to their lunch boxes.

Fresh air fix

It's tough during the colder months to find ways to get our much-needed Vitamin D.

Fresh air is a great way to improve both our physical and mental well-being and even short bursts of outdoor time can make a big difference.

Try swapping the car or bus for a short walk from time to time or get the little ones wrapped up and outside for a quick play in the park.

Want more healthy lifestyle support?

Check out our website to find out how we can help your family.*

*Our courses are designed for families with children aged 5 and up

Scan here
or
Click the link



hrt.maximusuk.co.uk

