Newsletter 7 – 23rd October 2026

Headteacher: Mrs Tina Bourne Deputy Headteacher: Mrs Helen Ford

HALF TERM 24 October – 2 November. School is open again on TUESDAY 3 November

Dear Parents and Carers

Another busy week in school, your children have settled into their new year groups and are being challenged by their teachers to achieve their best. Next half term we will be focussing on supporting children with self-regulation strategies, improving our teacher knowledge on subject leadership and developing our Inclusion Strategy. All this while we work on our Nativity production and KS2 Carol Concert towards Christmas.

I hope you all have a relaxing half term, remember there are many free events in and around Colchester for families (see last week's newsletter for links).

Wishing you and your family a happy and positive half term.

Tina Bourne

DIARY DATES

Autumn Term 2
03/11/26 – 18/12/26
Non-Pupil Days for the year:
2nd Nov, 4th Jan, 21st July

- Fri 13 Nov, Children in Need (wear something yellow) £1 donation
- Fri 13 Nov, Parents' Coffee Morning 8.50-9.50am
- 4 Dec Xmas Jumper Day bring gift for Xmas Hamper raffle
- 8 & 9 Dec, EY/KS1 Nativity 2pm
- 11 Dec, OHSA Elfridges in school
- Sun 13 Dec, Christingle Service
- 15 Dec, KS2 Carol Concert, 5pm in St Barnabas Church
- Fri 18 Dec – Last Day of Term



Old Heath School Association (OHSA) Events

We are very fortunate to have a vibrant Parent Teacher Association planning a programme of activities for your children to enjoy, while raising essential funds for the school. This week Kerri Fitzgibbon and Nicola Nethersole were re-elected as Co-Chairs and together with a volunteer parent team they organised the magnificent pumpkin decorating competition and Halloween Disco. Much fun, dancing and pizza was had by all! Thank you to our staff who stayed behind after school to help with the disco and ensure children did not become too overwhelmed by the excitement.





Sugar Awareness Week, 2-6 November

*Did you know that that **tooth decay is the number one reason** young children are formally admitted to hospital?*

NHS England data shows that over 21,000 children aged between 5-9 years are admitted annually for tooth decay.



Essex Healthy Schools Team have sent us some great resources on Keeping Hydrated for Sugar Awareness Week. It is the theme for the week when we return on 3rd November. Please do watch this video clip with your children over the holiday Why is water so important? - BBC Bitesize

News In Brief

- BBC Children in Need day is Friday 13 November. We are asking for a minimum £1 donation to this charity – in return children may wear an item of YELLOW clothing (Pudsey Bear headgear optional). Please no football tops. *This year's Appeal is all about making sure every child has someone by their side when they need it most.*

Previous funding has enabled the development of Pudsey's Pause a routine for adults to help children boost their mental healthiness. Try it out here Pudsey's Pause

- REMINDER – now the weather is increasingly autumnal many parents are dropping off and collecting by car. Please be considerate when parking and check that parents with buggies can get past your car and you are not blocking a dropped kerb.



Lunch Time @ Old Heath

As well as launching a new menu after half term, we are changing our lunch times to include more staff in the dinner hall and on the playground. All staff will start training on how to help children identify feelings of sadness, distress, frustration, excitement, anger and strategies in self-regulation.

With the help of our School Council we will gather ideas about lunchtime quiet spaces as well as zoning the playground to make physical games safer.

Our Lunchtime Motto is …

EAT WELL, PLAY WELL, LEARN WELL

TELL THE TRUTH & SHOW RESPECT
THINK OF OTHERS AND TRY OUR BEST

BEST ATTENDANCE
Week ending 16 Oct
EARLY YEARS
99%

BEST ATTENDANCE
Week ending 23 Oct
YEAR 6
99.3%

WEEKLY AWARDS
Week ending 16 October

GOLDEN AWARDS

EY – Zain
Year 1 – Piper
Year 2 – Josiah
Year 3 – Mikail
Year 4 – Evie L
Year 5 – Noah
Year 6 – Hartley

OLD HEATH HEART AWARD

EY & KS1 – Violet – Y1
KS2 – Joshua – Y6

WEEKLY AWARDS
Week ending 23 October

GOLDEN AWARDS

EY – Essa
Year 1 – Patrick
Year 2 – Dexter
Year 3 – Bella
Year 4 – Evie R
Year 5 – Benediction
Year 6 – Sophia

OLD HEATH HEART AWARD

EY & KS1 – Ignacy – Y1
KS2 – Mirha – Y4