

Matching Green News



'Life in all its fullness' (John 10:10)

10th January 2025

[Matching Green C of E VC Primary School \(matchinggreenprimarieschool.com\)](http://matchinggreenprimarieschool.com)



matchinggreenceprimary



[Week 1 menu](#)

[Week 2 menu](#)

Next week, we are Week 1

School dinner can be ordered on the day and children in Key Stage 1 receive free school meals.

Next Thursday, we will be serving chicken nuggets and chips and on Friday will be the bolognise bake as we have our census day.

Chinese New Year menu

Next week, a booking letter will come out for children to prebook our Chinese New Year celebration meal for 29th January 2025. Parents of Nightingale class are invited to join us, and this place will also need to be booked, a letter will come home next week.



Menu

Sweet and sour chicken

Or

Sweet and sour Quorn

Or

Jacket potato

Rice

Spring rolls

Prawn crackers

Year of the Snake biscuit

Collective Worship

Our focus for this week has been on endurance and how when the Magi's reached Jesus on 6th January, Epiphany, it must have taken endurance and commitment to complete the journey. We explored how Christians from around the world celebrate Epiphany.



Celebration



Potters
Maliya

Nightingale
Reggie
Zachary

Darwin
Archie
Alice

Shakespeare
Sophia
Blake

Weekly update

Happy New Year!

It has been lovely to welcome you all back to school this week and see them come running through the school gate each day with a smile on their face.

A huge thank you to Image Worx ([Imageworx | Signage, Branding, vehicle graphics](#)) who have kindly donated a printed sign for our new prayer area. We are so grateful for Mr Coulter's time and generosity; I have added a picture to our Instagram.

Class updates

Potters – please follow us on Instagram: Potter.Class

The children have transition back to school really well. This term they are learning about traditional tales and this week they've been reading Goldilocks and the three bears. They've also been measuring and comparing things that are heavy and light.

Nightingale - please follow us on Instagram: nightingale.class

The topic for Nightingale is animals and their habitats, the children have started to ask questions about their topic. They have also been learning about shape and space in maths.

Next Wednesday, Nightingale will be walking to the village green as part of their geography learning so will need to bring wellies and a waterproof coat with them.

Darwin - please follow us on Instagram: charlesdarwin.class

Darwin's topic is the Mayan civilization and links to chocolate this term. The class have started to read Charlie and the Chocolate Factory.

Shakespeare - please follow us on Instagram: Shakespeare.class

In Shakespeare, the children are learning about Earth and space this term. This week, they have started their creative writing.

Water Bottles

We have had lots of leaks and spillages this week where children are bringing cups with straws to school. Please keep these for home and send children with a water bottle with a secure lid for drinks at school.

School Council

The School Council and Mrs Chilvers will be raising money to purchase some new bins for the school field. The school council have arranged a 'PJ day' for 14th January 2025.

Children will be asked to contribute £1 and wear their PJs so we can start to build our fund for the new bins.

Website

We will be transferring to a new website, whilst we are moving over, we are not able to amend or edit any of the content so some things might be out of date or difficult to find, please ring the office if you need anything. The photos and organisation of it looks lovely, so watch this space!

PE Days

Monday	Potters and Shakespeare
Tuesday	Nightingale
Wednesday	Potters and Shakespeare
Thursday	Nightingale and Darwin
Friday	Darwin

SCS After School Club

SCS New Year clubs are due to start w/c 13th January. Please click on the links below to book your place.

- Monday – football <https://sportscoachingspecialists.classforkids.io/info/254>
- Thursday – gymnastics <https://sportscoachingspecialists.classforkids.io/info/258>

PTA – The Friends Matching Green School

Please make sure you follow the PTA on Instagram: [matchinggreenschoolpta](#)

Second hand uniform

Please leave any donations of uniform you no longer need with the school office, second hand uniform is so valuable to many of us.

If you need any uniform, please contact the PTA or the School Office and we will source some out for you.

75 Club

Are you feeling lucky? The 75 Club raises much needed funds to help support our pupils with extra-curricular trips, visiting theatre productions, as well as helping to fund other resources for the school.

To join the club we are asking for £2.50 per calendar month per number. The numbers range from 1-75. The draw will take place on the last Thursday of the month and the lucky 3 numbers pulled out will win cash prizes (1st - £30, 2nd - £15 and 3rd - £10) but, the more members of the club, the larger the prize fund will be! During the summer holidays, the prize fund will roll over to create a BIG Rollover to be drawn in September! More Information can be found [here](#).

Easyfundraising

Matching Green C of E Primary School - Harlow are registered with easyfundraising, which means you can raise FREE donations for us every time you shop online. It's completely FREE and only takes a moment. You can find our easyfundraising page at: [Easyfundraising - Matching Green C of E Primary School](#)

Film night

The PTA are hosting a film night for children on the 14th January 2025. Children will go straight to the hall at 3.15pm for the film and will be collected at 5.15pm. The tickets are £5 each any payments will need to be made to The Friends of Matching Green with the reference:

FILMSURNAME



SEND resources

Beacon House resources

<https://beaconhouse.org.uk/winter-resources/>

Resources specially designed by our therapists to support regulation, connection and rest during December.

Good Beginnings

Good Beginnings will be running in Dunmow and Chelmsford in the Spring Term. This eight-week course is for parents of children in Reception and younger, to learn about autism.

It is supported by Speech Therapists and Occupational Therapists.

To find out more and apply to attend the Good Beginnings course, visit the [Good Beginnings page on The Essex Local Offer](#).

SEND Operations Team

From 11th December 2024, there will be a new phone number to contact the quadrant SEND Operations teams.

The new phone number to use is 0345 603 7638.

If you call the old numbers, they'll be redirected to the new one for a while to make sure no calls are missed.

Zones of Regulation

We are talking to the children more and more about their own regulation and emotions. We have started the Zones of Regulation intervention for some children in school. Here is a [Zones of Regulation pack](#) to help families support children with their emotional regulation and to further understand the approach for consistency.

Emotional Regulation Parent Workshop

A workshop for parents will be held in the hall on emotional regulation on 29th January at 2pm.

Dates	Resources	Referrals
<p>Wednesday 29th January 2pm Parent workshop on emotional regulation at Matching Green School.</p> <p>The Essex Local Offer Roadshow Thursday 13th March 2025 at The Harlow Hotel, CM187BA.</p>	<p>Essex Local Offer Supporting your Neurodivergent Child West Essex Inclusion Project Essex Family Wellbeing SEND IASS Autism Central West Essex Inclusion Project</p>	<p>Community Paediatric Service West Essex Community Specialist Services</p>

Recent Letters

03.09.24 – Welcome Back
14.11.24 – Adverse weather procedures
18.12.24 - Darwin swimming. This has information on how children have been grouped for swimming this term, please check to see when your child is going.

Spring	Summer
<p>14.01.25 – PJ day to raise money for bins on the field 14.01.25 – PTA film night 15.01.24 – Darwin swimming group 1 start. 29.01.25 – Emotional Regulation workshop for parents from 2pm. 29.01.25 – Chinese New Year lunch with Nightingale parents 12.02.25 – Learning Celebration Afternoon from 2.45pm. 12.02.25 – PTA Valentines disco 12.02.25 - last swimming lesson for Darwin group 1. 14.02.25 – Valentines lunch with Potter parents. 17.02.25 – 21.02.25 – Half term 28.02.25 – PTA Non-Uniform Day 26.02.25 - Group 2 Darwin swimming starts 28.02.25 – PTA Quiz Night 04.03.25 – West End in School 05.03.25 – Potter Educational Visit to Aerozone, Stansted. 06.03.25 – World Book Day 06.03.25 – PTA - Bake and book sale for World Book Day 18.03.25 - Learning Conferences 19.03.25 - Learning Conferences</p>	<p>22.04.25 – Children back to school 29.04.25 – Class photos 05.05.25 – May Day 12.05.25 – 16.05.25 – SATS week 16.05.25 – PTA Year 6 celebration 21.05.25 – Learning Celebration Afternoon 23.05.25 – End of term 26.05.25 – 30.05.24 – Half term 02.06.25 – Non-pupil day 09.06.25 – PTA Father's Day gift room 09.06.25 – 13.06.25 – Father's Day lunches this week 17.06.25 – Sports Day 23.06.25 – 9am Trinity Service at Matching Church, CM17 0QZ. Parents will need to take and return to school. 24.06.25 – Reserve Sports Day 16.07.25 – Learning Celebration Afternoon</p>

21.03.25 Red Nose Day 24.03.25 – Mothering Sunday gift room 24.03.25 – 28.03.25 – Mothering Sunday lunches this week 26.03.25 - last swimming lesson for Darwin group 2. 31.03.25 – PTA Easter Enrichment and Easter Egg Hunt. 01.04.25 – 9am - Easter Celebration Service at Matching Church, CM17 0QZ. Parents will need to take and return to school. 02.04.25 – Learning Celebration Afternoon 03.03.25 – Nightingale trip to Thorndon Country Park 04.04.25 – End of term. Children finish at 1.15pm.	
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Safeguarding

Parking

When picking up or dropping off children at schools, you should do the following:

- Allow yourself plenty of time as the area is likely to be busy.
- Do not park on yellow zigzag lines and avoid parking opposite them.
- If you decide to park further away, please be considerate of local residents and avoid blocking driveways or access ways.

[Parking outside schools | Police.uk \(www.police.uk\)](#)

Are you worried about a child?

As a school, we consider safeguarding to be a priority. We welcome parents and carers talking openly to us about their concerns for the safeguarding of children and families. Remember, safeguarding is everyone's responsibility.

If you have any concerns about a child, you can contact one of our Designated Safeguarding Leads via the school office. Please ask to speak to Vicky Childs, Matthew Ball or Jacquie Toon and specify that you have a safeguarding concern.

If you are worried about a child or young person, you can call the NSPCC helpline for support and advice for free on 0808 800 5000. If a child is in immediate danger, you should call 999.

Children can call Childline at any time on 0800 1111

Top Tips for supporting children to return to routine

For some children, the return to education at the end of the school holidays can be a difficult time for a variety of reasons. The start of the new term comes with plenty of challenges, from social worries to the stress of ensuring they're entirely ready for upcoming lessons and learning. Of course, these youngsters don't have to weather these burdens alone, and as parents and educators, we should do all we can to support the children in our care as they head back to school. This free guide offers you expert advice on how you can be there for children and young people as they transition back into their school's routine.

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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