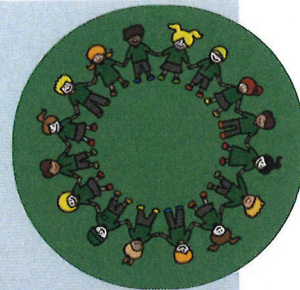


Richmond Avenue Primary & Nursery School

Be Kind, Be Safe, Be Responsible,
Enjoy Learning



NEWSLETTER

Autumn Term
2026 - Vol 2
WE: 25th September

Sustainability

Our recent Challenge Day brought together fitness, sports and sustainability, with fun activities designed to get everyone active while exploring how we can look after our planet. From team sports and fitness challenges to eco-themed games and creative challenges, pupils will work together, test their skills and discover how small actions can make a big difference.



SECAT CEO Q&A Session

SECAT CEO Q&A session on Wednesday 30th September at 12:00 - please email questions in advance to admin@secat.co.uk

<https://teams.microsoft.com/meet/38239377673048?p=s3o5e4H43BYZuk6N12>

or use the QR code below:



In this weeks newsletter;

Sustainability Matters

Latest News

Upcoming Events

Dates for the Diary

Other News

Free School Meals

Clubs Complete



office@richmond.secat.co.uk

Empowered by SECAT





LATEST NEWS...

PTA - Volunteer Drop in Session

Thank you to all those Parents / Carers / Family members that attended the volunteer drop in session last Friday. If you were unable to attend but would still like to support the school, either with PTA events or volunteering in school, please just pop to the office and get a volunteer application form to complete and we will pass details on to the PTA leads as appropriate.

Macmillan Coffee Afternoon ☕🍰

To everyone who supported our Macmillan Coffee Afternoon we would like to thank you. We were delighted by the generosity of our school community, with lots of delicious homemade cakes donated and enjoyed by pupils, staff and families.

Thanks to everyone who baked, donated, helped out and came along to support this wonderful cause. Your kindness and generosity will help Macmillan continue to support people living with cancer and their families.

Upcoming Events...

Maths Rockstar Day

We're excited to announce our upcoming Maths Rockstars Day on Tuesday 6th October. We're inviting all pupils to come dressed as their favourite pop star or rockstar to celebrate their amazing maths skills. To keep costs low for families, children can simply wear a t-shirt or shirt featuring their favourite band or artist (like a concert shirt). Or get creative with accessories like sunglasses, bandanas, or homemade props to create their rockstar look!

Census Day

A reminder that School Census Day is Thursday 1st October. We encourage as many children as possible to enjoy a school meal on the day. The more children who take a school meal, the greater the positive impact for our school, helping to support future funding and school meal provision. This can be booked on the MCAS app.

Individual school photos

The photographers will be back on Wednesday 30th September to take individual school photos. Please ensure your child has the correct uniform, as usual, including their school jumper.

KEY NEWS:

WINNERS

Well done to EB3 & AP2 for having the highest class attendance this week!

Clubs Complete

Please ensure you book via the QR code on following pages or call 01530 412750 at least 24 hours in advance. Remember this is now an external club.

ATTENDANCE

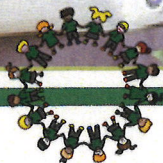
Being in school, on time, every day matters.

For children to learn and thrive to reach their potential, they need to be in school. Our gates are open **daily from 8.35am - 8.45am**, please ensure your child enters the school between these times so that they can get to class on time and engage in the important start of day activities and learning. Thank you.



Dates for the diary...

Reading
gives
your
Imagination
wings



September

- Wed 30th - Individual school photos

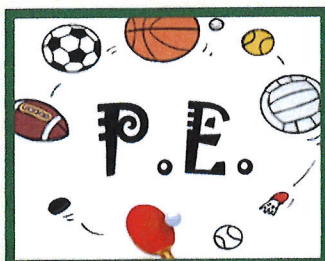
October

- Thurs 1st - Census Day (alternative lunch menu- See MCAS)
- WB 5th - Food donations welcome from today for Harvest Festival (Food Bank)
- Tues 6th - Maths Rockstar Day (dress up as a Rockstar)
- Fri 9th - Parent Challenge Morning 9.30am–11.00am
- Fri 9th - World Mental Health Day (All pupils to wear yellow)
- WB 12th - Parent Consultation Meetings all week (during school hours)
- Wed 16th - Afterschool Parent Consultation Meetings (bookings via MCAS nearer the time)
- Fri 16th - Harvest Festival
- Fri 16th - PTA Spooky Spoons Competition

*** Half Term 19th–30th October ***

Children return to school Monday 2nd November

Other News:



PE Days

- Reception: Monday
- Year 1: Tuesday & Wednesday
- Year 2: Tuesday & Wednesday
- Year 3: Monday & Thursday
- Year 4: Monday & Thursday
- Year 5: Tuesday & Wednesday
- Year 6: Monday & Thursday (DH6 swimming) & Friday(OC6)



Food donations

We welcome food donations from week beginning 5th October for the Harvest Festival to give to Shoeburyness & Thorpebay Baptist Church foodbank.



World Mental Health Day

On Friday 9th October we're supporting World Mental Health Day by wearing yellow! We encourage all pupils and staff to brighten up the day by wearing something yellow to show our commitment to positive mental health and wellbeing.



Thursday 1st October

Census Day Menu



SECAT Burger BAR

Halal battered chicken burger / beef /
breaded vegetable burger
➤ with potatoes wedges ➤



Sweetcorn or baked beans



Salad and coleslaw



Selection of toppings and sauces
➤ available to choose from ➤



Fruity ice lolly dessert



➤ Order via **MCAS** ➤

Asthma Newsletter

Winter 2026

Did you know flu is a major trigger for asthma attacks?

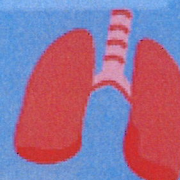
Want to know how to protect your child this winter?

Follow the Community Children's Asthma Nurses top tips:

- Take your **preventer** inhaler everyday.
- Always use a **spacer** unless you have a dry powder inhaler.
- Make sure you get your **flu vaccine**.



We need a spacer to ensure the medicine gets to our lungs.



What does a "preventer" inhaler do?

1. It reduces the swelling and inflammation within the airway in the lungs.
2. This makes the airways less sensitive to asthma triggers.
3. Using it every day as prescribed, will mean you need to take your rescue (blue) inhaler less.

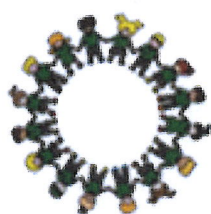
According to UKHSA data the flu vaccine is up to 75% effective at preventing hospital attendances due to flu.

What is good asthma control?

1. **No symptoms during the day.**
2. **No symptoms waking them at night.**
3. **Able to complete all normal activities including PE.**
4. **Little/ no need for the rescue (blue) inhaler.**



If you are worried that your child's asthma is not controlled despite preventer treatment, please visit your GP for an asthma review and why not discuss referral to the Children's Community Asthma Service.



Important changes to Free School Meals from September 2026



Good News for Families!

From September 2026, all households receiving Universal Credit will be eligible for free school meals in England, removing the current £7,400 income cap. Over 500,000 More Pupils Eligible and can save families up to £495 per child per year on school lunches

What's Changing?

New Eligibility Rules

Any household receiving Universal Credit will qualify for free school meals, regardless of income level. All reception, year 1 and year 2 pupils are eligible for free meals regardless of household income. No application is required for these year groups.

Do You Need to Apply?

YES! Although you're ultimately responsible for checking eligibility, your LA can carry out checks via the DfE's eligibility checking system. Even if you receive Universal Credit, you must still submit an application through Southend-on-Sea Council to receive free school meals for your child.

YOU CAN APPLY NOW

How to Apply

Parents or guardians should apply through their local council or visit <https://www.gov.uk/apply-free-school-meals> to start your application.

- You will typically need your National Insurance Number and details of any qualifying benefits.
- Even if eligibility is automatic (e.g., Universal Credit recipients from September 2026), families must still submit an application to receive the benefit.

If circumstances change, such as a change in income or benefits, parents should update the school or council to ensure continued eligibility.

Transitional Protection Ending

The protections will remain in place until the end of the 2025/26 school year. From September 2026, only Universal Credit recipients will qualify.

Need Help?

Please contact the school office at office@richmond.secat.co.uk if you have any questions.

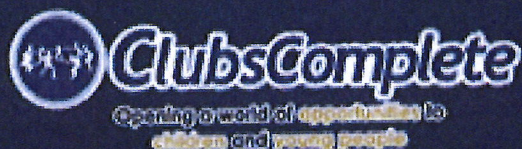




**JOIN US FOR BEFORE SCHOOL CLUB
HERE AT RICHMOND**

To book for breakfast
club scan here:

**Breakfast Club 7:30-8:30am
£6.99 per morning
Held on site at Richmond Primary School**



For after school, the children
are collected and walked to the
club held at Thorpedene.

To book for
after school
scan here:



**£6.95 per Activity Club 3-4:30pm
£14.50 per Discount care
package including food 3-6:00pm**

**Monday
Arts & Crafts**



**Tuesday
Fun & Games**

**Wednesday
Lego**



**Thursday
Multi
Sports**

**Friday
Mad
Labs**



Book now at www.clubscomplete.co.uk 01530 412750



FREE ONLINE WORKSHOPS

FOR PARENTS AND CARERS

OF PRIMARY-AGED CHILDREN

Delivered by the Mental Health Support Team

@EssexMHST_and_SETcamhs

SCAN TO REGISTER



bit.ly/3MaR1wJ



Understanding and Supporting with Challenging Behaviour

1st October 9:30 am

Introduction to Understanding Autism

8th October 6:30 pm

Introduction to Understanding ADHD

12th October 9:30 am

Emotional Regulation

5th October 7:00 pm

Striving to provide the best care by the best people



NHS
North East London
NHS Foundation Trust