



Kents Hill Junior School

NEWSLETTER

Dear Parents/Carers,

Newsletter 25.09.26

It has been another wonderful week at KHJS, with lots of exciting learning taking place across the school.

We were very lucky to welcome the 2 Johns into school this week to talk to us all about online safety. This is of course such an important area for our children, particularly as they become increasingly independent online. The sessions gave pupils the opportunity to think about the choices they make online, how to stay safe, what to do if something doesn't feel right and, importantly, who they can talk to if they need help. The 2 Johns delivered some really important messages in a way that was engaging, age-appropriate and memorable for our children. We will be following this up next week with a letter to parents and carers, sharing more information about what was discussed and some helpful advice for continuing these conversations at home.

There have also been lots of exciting science experiments taking place across the school this week. It has been fantastic to see children making predictions, testing their ideas and thinking carefully about what their results might tell them. We love seeing that natural curiosity in action!

What better way to finish the week than with some fantastic attendance news! Year 3 have taken this week's attendance award with an amazing 99% attendance. A huge well done to all of Year 3! And a very special mention to 3LP, who have achieved 100% attendance for the second week in a row! What an achievement!

Well done everyone on another fantastic week.

Have a lovely weekend!

Mrs Parkes
Headteacher



Kents Hill Junior School

Open Morning 28th September 9:15am

Hear from our headteacher and be guided around our lovely school by our own students. Find out for yourself why busy families choose Kents Hill Juniors:

- Wraparound care 7:30am-6pm
- Daily free enrichment clubs
- Every child has their own Chromebook
- Personalised support for academic development
- Nurturing resilient, independent and responsible global citizens

Book now! <https://bit.ly/4j5XK9x>
or email admin@kentshill-jun.essex.sch.uk

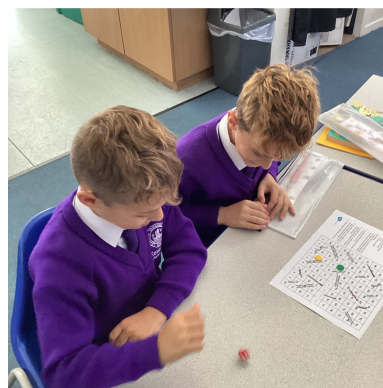


Kents Hill Highlights



Year 3

In Design Technology, we are becoming clever material engineers! We are experimenting with different substances to find out which ones can make a piece of cloth stronger and more durable. We are testing, comparing and discussing our results to discover which material works best.



Year 4

This week in PSHE, the children learnt about the British Value of the Rule of Law. They discussed why rules and laws are important and considered how they help to keep things fair and safe. The children also thought about what a game of Snakes and Ladders might be like if there were no rules to follow.



Year 5

This week Year 5 have been finalising their abstract paintings. Their focus has been on turning natural landscapes into abstract works of art. Well done Year 5!



Year 6

It has been year 6's turn to help out in our allotment area this week! Every afternoon, each class has had the opportunity to look at what we are growing. We have discussed the purpose of our allotment, what we have named it and how we will be using it going forward. Pupils helped de-weed and tidy the area too! We look forward to heading back there soon!

Be Ready

Secondary School Admissions Process

The new secondary school admission round opened on Saturday 12th September 2026. This is for parents of current Year 6 children to apply for a secondary school (Year 7) place for September 2027.

The statutory national closing date for applications is 31st October 2026. Applications can be made online via [Secondary school places | Essex County Council](#)

Lost Property & Name Labels

Please can you ensure that you mark every item of school uniform/belongings with your child's name and class - we have lots of unnamed jumpers, cardigans and PE jackets in our lost property area already this term!

The school has an ID code with [Mynametags.com](https://www.mynametags.com) - suppliers of washable, easy to use name labels which can be used on school uniform, equipment, shoes and more! For every order placed using the ID code, money is raised that will go towards the school PTA Fund. The ID is 19116 and orders can be made on <https://www.mynametags.com/affiliate?id=19116>



Parent Consultation Evening

Please be reminded that the Parents Consultation Evenings will run on the following dates:

- Tuesday 13th October - appointments: 3.45pm - 6.15pm
- Thursday 15th October - appointments - 4.30pm - 7pm

All appointments are in person in the school hall and we will also be opening up the whole school for pupils to "showcase" their fantastic work in classrooms. Letters will be sent home with your

child next week. Please contact the school office should you need help booking your appointment.

Travelling Book Fair

We are excited to have the Travelling Book Fair at school again during week commencing 5th October. The year groups have been allocated a day each to visit the fair - please refer to the letter that was sent out this week for timings. The book fair will also be open during that week straight from school Monday to Friday.



Be Safe

Change of Weather: Change of Shoes & Raincoats

As the weather is slowly changing, can we please ask that children are sent to school with raincoats and wellie boots, or a change of shoes (not football boots). Can you please ensure all items of clothing are clearly labelled with your child(rens) names.

Nut-free school

We would like to remind everyone that Kents Hill Junior School is a **nut-free school** to help keep pupils and staff with allergies safe. Some allergies can be severe and potentially life-threatening. Unfortunately, several children have brought in snacks or lunchbox items containing nuts over the past week. Thankfully, staff have been able to intervene before these items were opened or consumed. We appreciate that this may have been unintentional however we are asking for your support in ensuring that together we take this seriously to keep everyone safe.

Please **check all food packaging carefully** and ensure that no nuts or products containing nuts are brought into school. This includes items such as nut-based cereal bars and peanut butter sandwiches. Thank you for helping us keep everyone safe.

We would also like to remind families that breaktime snacks should be healthy and nut-free. A nutritious snack helps children maintain energy, concentrate and stay ready to learn throughout the morning. Alternatively the children can purchase a snack from The Snack Shed for just 50p. Thank you for your understanding and continued support in keeping KHJS a happy, healthy and safe place for everyone.

World Mental Health Day—Friday 9th October

Please be reminded that it is World Mental Health Day on Friday 9th October. For this we will be asking for pupils to come into school wearing a yellow accessory. Please note that normal school uniform for that day will need to be worn.

Be Respectful

Considerate parking

Please may we ask that all of our parents and carers park considerately around the local area. We have been contacted by some local residents who have mentioned that their driveways have been

blocked or cars have been parked in dangerous locations making it unsafe for people to cross safely. Thank you for your understanding.

Information

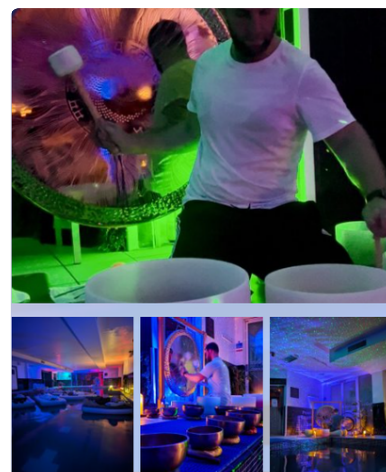
PTA Event: Zen with Ben Soundbaths

We are delighted to invite you to a special Sound Bath Evening, organised by the PTA, taking place on Thursday 1st October 2026 at 7:00pm. This adult only event will be hosted by the amazing Zen with Ben.

Come along and enjoy a relaxing evening of soothing sounds and gentle vibrations, providing an opportunity to pause, unwind and take some time for yourself. Places will be limited, so we encourage you to book early to avoid disappointment.

Tickets: £20 via School Gateway

As always, all proceeds from this event goes directly back to the school towards the PTA's next fundraiser. We hope you can join us for what promises to be a lovely evening of relaxation, community and wellbeing.



Parent/Carer 'Book Look'

Please be advised that our first parent/carers 'book look' will be taking place on Wednesday 30th September. This will be straight from school until 4pm. Entrance to the school via the main reception.

Key Dates

Class 3LP & 3LJ (group 1) - local church visit - Tuesday 29th September

Class 3MM & 3LJ (group 2) - local church visit - Wednesday 30th September

Year 5/6 Girls football tournament - Wednesday 30th September

Parent/Carer 'Book Look' - Wednesday 30th September

PTA Event: Zen with Ben Soundbaths - Thursday 1st October @ 7pm

Travelling Book Fair - W/C 5th October

Orienteering Enrichment Day - Monday 5th October

Year 5/6 boys football tournament - Wednesday 7th October

World Mental Health Day - Friday 9th October

(wear yellow accessories to be worn with school uniform)

Parents Evening - Tuesday 13th October - 3:45pm - 7pm

(Letters to follow)

Flu immunisations - Wednesday 14th October (AM)

Parents Evening - Thursday 15th October - 4:30pm - 7pm

(Letters to follow)

Attendance

Moments Matter, Attendance Counts

3LP	100%
3MM	99%
3LJ	99%
4RE	99%
5MR	99%
5ML	97%
KHJS TARGET	97%
6CA	96%
4TA	96%
6JC	96%
4AB	95%
5NA	95%
6HC	95%

Menu

The school menu for next week will be Week 2 from the Autumn/Winter 2026 menu. A copy of the menu can be found on our website: <https://www.kentshilljuniorschool.co.uk/lunch-menu/>

Change to dinner menu - Thursday 1st October

Please be advised that there will be a change to the dinner menu for Thursday 1st October, which will be as follows:

Chicken nuggets or Veggie Quorn nuggets served with chunky chips

Jacket potato with a choice of filling (Beans or cheese)

MADE FOR YOU.
GREAT STUFF.
Every day.

Week 2

07/09/26, 28/09/26,
19/10/26, 16/11/26,
07/12/26, 11/01/27, 01/02/27

Kents Hill Infant & Junior Schools
Autumn/Winter 2026/7



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	CHEESE & TOMATO PIZZA & WEDGES	BBQ CHICKEN, BEAN & RICE WRAP	ROAST CHICKEN, ROASTIES, YORKSHIRE PUD & GRAVY	SPAGHETTI MEATBALLS	FISH FINGERS & CHIPS
VEGETARIAN	TOMATO PASTA (Ve) & GARLIC BREAD	BBQ BEAN & CHEESE RICE WRAP	CHEESE & TOMATO PINWHEEL, ROASTIES, YORKSHIRE PUD & GRAVY	VEGETABLE LASAGNE	VEGAN SAUSAGE ROLL & CHIPS (Ve)
OPTION 3	JACKET POTATO WITH BAKED BEANS OR CHEESE	JACKET POTATO WITH BAKED BEANS OR CHEESE	JACKET POTATO WITH BAKED BEANS OR CHEESE	JACKET POTATO WITH BAKED BEANS OR CHEESE	JACKET POTATO WITH BAKED BEANS OR CHEESE
SIDES	BAKED BEANS BROCCOLI	CARROTS SWEETCORN	CARROTS BROCCOLI	SWEETCORN GREEN BEANS	PEAS BAKED BEANS
DESSERT	CHOCOLATE COOKIE & APPLES	CHOCOLATE BROWNIE	STRAWBERRY JELLY (Ve)	FLAPJACK (Ve)	SHORTBREAD & PEACHES

We always meet the government food-based standard for school lunches. All of our meals are freshly prepared on-site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.

AVAILABLE DAILY

FRESH BREAD & SALAD BAR
YOGHURT & FRESH FRUIT



SCAN FOR ALLERGENS



Class Dojo

The following pupils have received the most points in their class this week for being Ready, Respectful and Safe and being Successful, Creative and Kind.

- 3LJ - Jack L
- 3LP - Eva H
- 3MM - Dev M
- 4AB - Aidan S
- 4RE - Anabela H
- 4TA - Ava W
- 5ML - Hakeem M
- 5MR - Amy N
- 5NA - Scarlet D
- 6CA - Harley H
- 6HC - Teddy C
- 6JC - Elizabeth A



Asthma Newsletter Winter 2026

Mid and South Essex
Community Collaborative



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.

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