



Good afternoon,

Thank you to everyone who joined us at church this week for start of year mass. The children sang beautifully and really made all of the staff proud. It has been another busy week in school and I have had the pleasure of seeing some lovely work from children who wanted to share their creations- keep up the work I'd love to see more!

Next week is looking fairly quiet with regards to events but we would love to see as many of you supporting the Macmillan cake sale as possible on Friday. There will be lots of delicious treats available and it is for a great cause. There is also an open evening for St Benedict's on Thursday evening which many of you may wish to attend.

Wishing you a wonderful weekend and looking forward to seeing everyone on Monday,

Mr Bevan

Resilience was the value of the week, and I have seen some outstanding examples of resilience across the school. Resilience comes in many forms, and a bit like bravery, it is not a matter of charging in without a worry in the world, it is pushing yourself to keep going when you feel like you can't. To our children who participated in mass on Thursday, to our youngest who wake up and have to do a full day in a brand-new environment, to those who are unsure about swimming, but get in and give it a go, to those who find coming into school tricky – we are very proud of you!

Attendance is looking strong this week, and I would like to remind parents that every day really does count. 1 day of absence every month for a child's entire education is equivalent to an entire half a year missed. We aspire for all children's attendance to be over 95%. Please speak to the school if you think your child's attendance may be lower than this, and we will support you.

We need your photos! Please send in any photos of your child doing an act of service or stewardship. This could be litter picking, caring for a relative, gardening or feeding their pets. Stewardship is caring for our shared Earth and we would love to celebrate anyone who does this outside of school. I am looking forward to see what exciting events will be happening next week at St Joseph's.

Take care and God bless.
Mrs Leigh

Class	Attendance	
	Last Week	This Week
1	98.18%	97.27%
2	98.28%	98.62%
3	97.19%	99.38%
4	97.58%	93.64%

Certificate Winners

Class 1: All of our Reception Children

Class 2: Maksymilian and Nora

Class 3: Violet and Emily

Class 4: Albie and Isaac

Whole School Attendance this Week: 97.16%

Winning Class this Week: Class 3 - 99.38%



Winning House Team This Week:

ST PATRICK

DATES FOR YOUR CALENDAR

Thurs 24 th September	St Benedict's Open Evening 5pm – Please see their website
Fri 25 th September	MacMillan Cake Sale – see below
Thurs 1 st October	HDHS Open Evening 5.30pm – Please see their website Manningtree Open Evening 5.30pm – Please see their website
Mon 5 th October	Flu Vaccine Session – Details to follow
Fri 9 th October	2.30pm Harvest Assembly
Weds 14 th October	Parent/Teacher Meetings – Details to follow
Fri 16 th October	10am Class 4 Mass in school
Tues	Parent/Teacher Meetings – Details to follow
Fri 23 rd October	Non Pupil Day
Mon 26 th October	Half Term – 1 Week
Mon 2 nd November	Back to School
Weds 4 th November	Spooky Disco – details to follow
Thurs 5 th November	Class 4 Electric Palace – Crucial Crew
Mon 23 rd November	Class 4 Residential
Fri 11 th December	Christmas Bazaar – details to follow
Fri 18 th December	Last day of term

**Term Dates for 2026/2027
are on our School Website**

Week Beginning Monday 21st September

Week 2 of the Menu

SUMMER – WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Burger Or Sandwich	Pizza Or Sandwich	Roast Chicken Or Sandwich	Brunch Lunch Or Sandwich	Fish Fingers and Chips Or Sandwich
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Fruit and Yoghurt	Fruit and Yoghurt	Fruit and Yoghurt	Fruit and Yoghurt	Fruit and Yoghurt or Treat Friday

**Cool water, fresh fruit and yoghurt available daily*



St Joseph's Catholic Primary School

St Joseph's are occasionally asked to promote activities from local groups, such as the Swimming Pool, the Sports Hall, Church Groups etc....

Such activities are not quality assured by the school and parents should be aware of the need to reassure themselves at inspection reports etc.

Our school website can be found at:

<https://www.st-josephs-dovercourt.essex.sch.uk/>



St Joseph's Catholic Primary School

FAITH • LEARN • GROW • TOGETHER

'Kind words, kind hands'

Together
we can make
a difference



Cake & Coffee Afternoon



Friday
25th September



School Hall
from 2.30pm



Homemade Cakes and
Cake Donations would be
hugely grateful.



Good
Cake
Brighter
Days



**WE ARE
MACMILLAN.
CANCER SUPPORT**

Cakes, coffee and a brighter
tomorrow for people living
with cancer.





Essex County Council
Special Educational Needs
and Disabilities



SPACE

SPACE offers free support to families of children and young people with SEND.

Delivered by peer educators – all parents and carers with lived experience.

Get support your way:

-  **in person** – meet us at Local Offer roadshows, coffee mornings, and community events
-  **by phone** – talk one-to-one with a peer educator
-  **online** – join webinars on key topics, led by peer educators
-  **on the SPACE website** – find helpful info and guidance anytime



Book your place for an online session, or a phone call today!

parent-send-support.essex.gov.uk



FREE ONLINE WORKSHOPS

FOR PARENTS AND CARERS

OF NEURODIVERGENT CHILDREN AND YOUNG PEOPLE

Delivered by the Mental Health Support Team

@EssexMHST_and_SETeamhs

SCAN TO
REGISTER



bit.ly/4jtb46c



Meltdowns and Shutdowns

14th October 9:30 am

Communication Differences

19th October 7:00 pm

Striving to provide the best care by the best people



NHS
North East London
NHS Foundation Trust

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

Harwich & Parkeston WILDCATS

Girls' football for ages 5-11

ALL
ABILITIES
WELCOME!



Every Saturday
10am – 11am



Harwich and
Dovercourt High School



£2 per player
per session

COME ALONG
AND HAVE A GO! ♥



FOR MORE INFORMATION CONTACT:

✉ hpyouthfc53@gmail.com



PLAY ✦ MAKE FRIENDS ✦ BE PART OF SOMETHING SPECIAL ♥





extra

Information and
advice session
at
Harwich and
Dovercourt High
School

Parent SEND Support Coffee Morning

A chance to meet EXTRA and the school pastoral team to find out what support is available for you and your child.

Come along to meet our team and hear about what we offer.
We will also be joined by Community Connect at Autism Anglia and Kids Inspire, who will introduce their services and share how they can support you and your family.

What to expect:

- EXTRA – support for parents, including practical advice, understanding behaviour and finding approaches that work for your family.
- Community Connect at Autism Anglia– help with forms, offers support and guidance and help you navigate the next steps.
- Kids Inspire – Find out about their therapy services and how they can support children and young people.

After a small presentation, there will be time to ask questions and find out what support is available – including what your school can offer.

**22nd September 2026
9.30am -11-.30am**

**Please book your place
by Friday 18th September
by contacting Extra or
Harwich and Dovercourt
High school**

✉ admin@extrasupportforfamilies.co.uk

☎ 01255475001

🌐 www.extrasupportforfamilies.co.uk/

Registered in England No: 1158891



funded by





extra



Scan to register

Connective Family (Non Violent Response Training)

Non Violent response (NVR) is an evidenced based 9 week therapeutic programme for parents whose children/young people are exhibiting some challenging behaviours.

Several recent outcome studies have shown that NVR is effective in improving the behaviour of a significant percentage of young people, reducing parents' feelings of helplessness, and raising their confidence, as well as bringing about a more peaceful atmosphere within the family.

**TO BE NOTIFIED
OF START DATE
AND BOOK YOUR
FREE PLACE
PLEASE
CONTACT
EXTRA**



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☎ 01255475001

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Registered in England No: 1158891



extra



Managing Anxiety

This free 9 week programme aims to help parents/carers manage their own and/or their child's anxiety.

Within the course we examine what anxiety is and how it effects our thoughts, feelings, body and behaviour. It explores how to interrupt the anxiety cycle by challenging negative thoughts and ways of managing the physical effects of anxiety.



Angela - Associate Facilitator

**STARTS
2ND OCTOBER
2026
FOR 9 WEEKS
9.30AM - 11.30AM
COPPINS HALL
COMMUNITY CENTRE
C016 7PA**



Vania - Associate Facilitator



✉ admin@extrasupportforfamilies.co.uk

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The Tudwick Foundation



extra Mindfulness



Scan to register

This free 6-week course is designed for parents and carers of young children and teenagers. It explores how mindfulness can support you in your parenting role, helping to reduce stress, build confidence, and bring more calm, kindness, and enjoyment into everyday family life. Each week you will learn simple mindfulness practices for yourself, along with fun activities you can share with your child at home.

The course includes:

- Parent Journal
- A booklet of mindfulness practices for children
- 6 guided mindfulness recordings

These practices are designed to support your wellbeing while creating meaningful and enjoyable moments with your child.

**STARTS
WEDNESDAY 4TH
NOVEMBER 2026
FOR 6 WEEKS
9.30AM - 11.30AM
EMMANUEL WALTON
CHURCH
WALTON ON THE NAZE
C014 8EB**



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extra

Parent SEND Support Drop In

Autumn Term Dates
30/09, 21/10, 25/11
9:30 -11:30am

**Alton Park Junior
School,
CO15 1DL**

EXTRA is pleased to offer a FREE monthly SEND Support Session for parents and carers of children with additional needs.

These informal drop-in sessions provide a relaxed, welcoming space where parents and carers can have a cuppa and feel supported in a friendly environment – with no pressure and no judgement.



What to expect

We offer support and guidance on anything SEND related. Including helpful strategies for supporting your child at home and in school, guidance on navigating appointments and the EHCP process.

**No diagnosis needed.
Refreshments Provided
Professionals invited to sessions.**

**We will be
joined by Rebecca Tilley - Sigma
Primary Lead/Deputy Headteacher,
Robyn Lang - SENco at Alton Park
Junior School, Tracy from SEND IASS
and Clare from Community Connect
on 30th September**



✉ admin@extrasupportforfamilies.co.uk

☎ 01255475001

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Scan to register

SWAN

(Support With Additional Needs)

This free 11 week course is for parents of children who have additional needs.

Within the course parent's individual challenges will be recognised and worked with to introduce positive parenting skills. The sessions will cover special time, developing social and emotional skills, effective praise, practical routines, coping with change, boundaries, natural and logical consequences and looking after yourself as a parent. There will also be sessions on keeping your child safe, avoiding peer pressure, building resilience and talking to your child about stranger danger.



Karen - Parent Service Manager



Hayley - Associate Facilitator

**STARTS
24TH SEPTEMBER
2026
FOR 11 WEEKS
9.30-11.30AM
WALTON ON THE
NAZE PRIMARY
SCHOOL.
CO14 8PT**

✉ admin@extrasupportforfamilies.co.uk

☎ 01255475001

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