



Week 5
5 Feb 2026

Attendance News

The highest attendance for the week beginning 26 January was Y2 Badgers with 97.7%.



Y1 Computers

In computing this week, Year 1 learned how to give direction commands to programme a Beebot. We tested, debugged, and improved our instructions to help the Beebot reach its destination.

Mrs Fisk



Football Match

Springfield Girls played their first league game against a very strong Bishop's team. They competed really well but conceded to a 6-1 loss. Our goal was scored by our skipper Taylor. Player of the match was Amy.

Mr Lamb



Parent Workshops - next Tuesday

On Tuesday 10 February at 2pm, parents are invited to join their child/ren in class to take part in an oracy and problem solving event. Come and join us and see how your children use oracy talk tactics in their lessons giving reasons to justify, clarify, reason, collaborate etc.

If you have more than one child, you are welcome to take them to one of their classrooms for the activities.

Parents' Meetings

Our next parent teacher meetings will be held on Monday 2 March.

Face to face and remote meetings can be booked on a first come first served basis. Appointments can be booked at <https://springfieldpri.schoolcloud.co.uk> from this evening, Thursday 5 February, opening at 5pm. The office staff are unable to book appointments for you but they may be able to help if you have problems logging in.

Y5 Science

Year 5 have been learning about space this half term. As part of this, they created a giant representation of the Solar System on the playground. Several children were planets, with moons orbiting them, and then a child stood in the centre of it all as the sun. It was a fun, practical way of learning about the order of the planets and the size of the Solar System itself.

Mr Corder



Y4 Superstar Sports

It was Chelmsford's annual Y4 Superstars event on Wednesday afternoon at the Sports & Athletics Centre. The children took part in seven events including cup stacking and basketball dribbling. They were competing to gain points for Springfield and placed third out of seven schools. Individual high scores were also recognised for girls and boys from the 250 participants: Serah was the highest scoring girl and Isabelle came 3rd. It was an energetic, enjoyable afternoon.

Mr Coates



PTA New

Y3-5 Disco

This will take place on Thursday 14 May and we'll be celebrating our wonderful Year 6s at their Leavers' Disco on Saturday 4 July.

Tuck Shop - New date: Friday 13 February

Due to the bad weather forecast, this Friday's tuck shop has been postponed. It will now take place on Friday 13th February, the last day of half term - a perfect chance for the children to pick up a treat before they enjoy the week off. Thank you for your understanding and support.

School Lottery - Support Springfield Primary School & Win Every Week

For just £1 a week, you can join the Springfield Primary School Lottery and help raise vital funds for our children. Every ticket directly supports school projects, from new equipment to enrichment activities, while giving you the chance to win great prizes.

Every week you get -

- Entry into the £25,000 national jackpot
- A guaranteed weekly prize for one of our Springfield supporters
- Automatic entry into special Super Draws throughout the years

Join in today:

<https://www.yourschoollottery.co.uk/lottery/school/springfield-primary-school-chelmsford>

Dinner Menu w/b Monday 9 February

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potato ~~~WITH~~~ Cheese Dairy beans or tuna mayonnaise Egg & fish	Tomato pizza wheel Gluten & dairy & may contain soya, lupin & mustard ~~~WITH~~~ Potato wedge Mixed veg	Roast chicken & Yorkshire pudding Dairy, gluten & egg ~~~OR~~~ Quorn Toad- in-the- Hole Gluten, egg & may contain soya ~~~WITH~~~ Roast potatoes Seasonal veg	Fruity chicken curry ~~~OR~~~ Roasted vegetable Enchilada Gluten & dairy ~~~WITH~~~ Rice Sweetcorn	Fish cake Fish & gluten ~~~OR~~~ Vegetable burger Gluten ~~~WITH~~~ Chips Peas Chocolate krispie cake Gluten
Winter salad				
Yoghurt pots Dairy	Fresh fruit platter	Lemon drizzle cake Gluten, egg & may contain soya	Jelly & cream Dairy	

Diary Dates Dates changed or added this week in red

Spring 2026		
Tues 10 Feb	Parents invited to join their child/ren in class for activities	2pm
Fri 13 Feb	PTA Tuck shop	3.10
16-20 Feb	Half term holiday	
Mon 2 Mar	INSET - school closed to children Parents' evening meetings in person and on video call	
Tues 3 Mar	EYFS & Y6 height & weight check	
Thurs 5 Mar	World Book Day - non uniform or dress as a book character Road safety presentation EYFS children and parents Road safety for Y5 children only	9-9.45am
Tues 10 Mar	KS1 Cross Country KS2 Cross Country	
Thurs 12 Mar	PTA Mothers' Day sales	
Fri 13 Mar	PTA Mothers' Day sales	
Wed 18 Mar	Y6 Quick sticks hockey	
Thur 19 – 26 Mar	Scholastic Book Fayre (World Book Day tokens can be spent here)	3.10
Fri 20 Mar	Red Nose day - non uniform and donate £1	
Mon 23 Mar	KS1 Tag-rugby	
Wed 25 Mar	Dental presentation EYFS & Y3 PTA smarties challenge to complete over the holidays	
Fri 27 Mar	Break up	3.10
Summer 2026		
Mon 13 Apr	School starts	8.40
Mon 4 May	Bank Holiday	
Thurs 7 May	INSET Day - school closed to children for voting	
Fri 8 May	Wear house colours to raise money for CLAPA - details nearer the time	
Mon 11 May	Y6 SATs Week	
Thurs 14 May	Y3-5 Disco	tbc
Thurs 21 May	Sports day	9.30 KS2 1.30 KS1
Mon 25 May	Half term holiday	
3 - 6 June	Y6 Residential visit	
Thurs 18 June	Class photos and Y6 Leavers' Photos	
Tues 30 June	Y4 school trip - details nearer the time	
Wed 1 July	Y2 Mini Games EYFS & Y5 school trip - details nearer the time	
Thurs 2 July	Y2 & Y3 school trip - details nearer the time	
Fri 3 July	Y1 & Y6 school trip - details nearer the time	
Sat 4 July	Y6 Leavers' Disco	tbc
Thurs 9 July	Showcase / open afternoon for parents	1.30
Fri 17 July	Break up	1.30
Autumn 2026		
Thurs 11 Nov	Individual Photos	

All dates subject to change

A copy of the 2025/6 holidays calendar can be found on the school website.

PE Days

The PE days in January are:

EYFS	Friday	Y1	Weds & Fri
Y2	Mon & Thurs	Y3	Mon & Tue
Y4	Mon & Weds	Y5	Weds & Thurs
Y6	Tues & Fri		



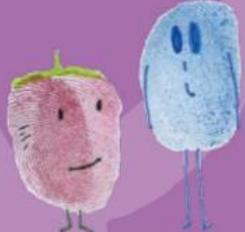
Spotlight on

SEND



Anna Freud
National Centre for
Children and Families

You're never too young to talk mental health



Tips for talking for parents and carers

Talking Mental Health Animation



The animation and resources are freely downloadable from www.annafreud.org

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond.

The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.

Finding support

ChildLine: For 18s and under
0800 1111

YoungMinds Parent Helpline:
0808 802 5544

NSPCC:
0808 800 5000

Youth Wellbeing Directory:
youthwellbeing.org

About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.



Our Patron: Her Royal Highness
The Duchess of Cambridge
Anna Freud National Centre for Children and Families
is a company limited by guarantee, company number
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An introduction from our Patron, HRH The Duchess of Cambridge

As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the You're never too young to talk mental health campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones.

What is mental health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.

We all have small feelings every day: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

Sometimes we experience big feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



1 **Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.



2 **Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.

3 **Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.

4 **Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.

5 **Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.



6 **Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.

7 **Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.

8 **Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.

9 **Look for clues about feelings:** Listen to the child's words, tone of voice and body language.

10 **Some ways to start a conversation about feelings might be:**

"How are you feeling at the moment?"
"You don't seem your usual self. Do you want to talk about it?"
"Do you fancy a chat?"
"I'm happy to listen if you need a chat."

