

Friday 4th September 2026



www.lambourne.efspt.org

LAMBOURNE PRIMARY SCHOOL - WEEKLY NEWSLETTER - ISSUE 39 - Friday 4th September 2026



Upcoming Dates

Tuesday 8th September – Karate Club Assembly

W/C Monday 14th September – Year 5 Bikeability Commencing (Mon + Tue)

Tuesday 14th September – Owls Visit (Assembly)

Friday 18th September (15:30 – 16:30) – Hip Hop Dance Club Starts

Friday 18th September – Jeans for Genes Day (non uniform)

Notices

Smart Watches

In line with new changes in Government Policy, smart watches are not permitted to be worn in school.

Watches are a great way for children to learn to tell the time, however a watch that is able to communicate and take photographs is not necessary or safe in school.

Message from the Headteacher

Dear Families,

Welcome back to a brand new school year! I hope you all had a wonderful, relaxing summer break filled with fun and special memories.

We are very excited to open our doors again and see our school filled with noise! A warm welcome to our returning families, and a special greeting to all the new children and parents joining our school community for the first time—we are thrilled to have you with us.

Our staff have been working tirelessly over the break to prepare engaging classrooms and exciting learning opportunities. We are ready for a year filled with curiosity, growth, and achievement.

Our regular newsletter, featuring all of the fantastic activities and photographs from the school, will be commencing next week. However, in this edition we have provided a few pieces of information and dates in order to keep our families as informed as possible.

Please also note that our list of important diary dates for the autumn term, will be published and sent to families on Monday.

I wish everyone a restful weekend and look forward to seeing you all on Monday morning, for our first full week back.

Mr J Coombes

School Values: A-Aspire, B-Belong, C-Care.

'BE HAPPY AND AIM HIGH'

ONLINE SAFETY: ENGAGING WITH PARENTS

How can schools help parents?

EXPLAIN AND INFORM

MANY PARENTS RELY ON SCHOOLS TO HELP KEEP THEM UP TO SPEED AND HELP DEAL WITH ONLINE ISSUES. STAY ON TOP OF ONLINE SAFETY RELATED NEWS, INCLUDING SOCIAL MEDIA DEVELOPMENTS AND NEW APP RELEASES, AND SHARE IMPORTANT UPDATES WITH PARENTS.

COMMUNICATE CLEARLY

EFFECTIVE COMMUNICATION IS ESSENTIAL FOR BUILDING SCHOOL-FAMILY PARTNERSHIPS. MAKE IT EASY FOR PARENTS TO ACCESS ONLINE SAFETY INFORMATION. PLAN YOUR COMMUNICATIONS TO PARENTS SO THAT YOU DON'T HAVE TOO MANY THINGS GOING OUT ON THE SAME DAY AND TRY DIFFERENT WAYS TO INVOLVE THEM.

INVOLVE CHILDREN

INVITING PUPILS TO GET INVOLVED IN SHARING ONLINE SAFETY INFORMATION ENABLES PARENTS/CARERS TO HEAR FIRST-HAND HOW CHILDREN AND YOUNG PEOPLE FEEL ABOUT USING TECHNOLOGY, AND WHAT STEPS THEY TAKE TO STAY SAFE.

MAKE IT ENGAGING

IT DOESN'T MATTER HOW MUCH EFFORT YOU PUT INTO AN ASSEMBLY, PRESENTATION OR NEWSLETTER ETC. IF THE CONTENT ISN'T ENGAGING, YOU'LL QUICKLY LOSE THEIR ATTENTION.

7 fun ways to share key messages

WHILE PARENTS' EVENINGS AND MEETINGS ARE A GREAT WAY OF INFORMING PARENTS AND CARERS ABOUT ONLINE SAFETY, IT CAN BE DIFFICULT TO GET ALL PARENTS PHYSICALLY INTO THE SCHOOL AT THE SAME TIME.

85%

85% OF PARENTS SAY THEY PREFER TO LEARN ABOUT ONLINE SAFETY VIA DIGITAL RESOURCES.

1. Videos

VIDEO HAS BECOME AN ESSENTIAL PART OF THE ONLINE EXPERIENCE AND IS THE PERFECT MEDIUM FOR DELIVERING A MESSAGE QUICKLY AND EFFICIENTLY. OF 600 PARENTS ASKED, 85% TOLD US THAT THEY PREFER TO LEARN ABOUT ONLINE SAFETY VIA E-LEARNING VIDEOS THAT THEY CAN ACCESS IN THE COMFORT OF THEIR OWN HOME.

Source: National Online Safety Parent Survey - November 2018



2. Social Media

MOST PARENTS ARE ACTIVE ON SOCIAL MEDIA, EITHER DIRECTLY OR INDIRECTLY VIA FAMILY MEMBERS. USE SOCIAL MEDIA TOOLS TO ENGAGE WITH YOUR COMMUNITY ABOUT ONLINE SAFETY, WHETHER IT'S SHARING RELEVANT ARTICLES/INFORMATION, ASKING QUESTIONS OR SIMPLY SHARING BEST PRACTICE THAT YOUR SCHOOL IS UNDERTAKING - SOCIAL MEDIA IS GREAT (WHEN USED IN THE RIGHT WAY).

3. Closed groups / chat apps

CLOSED GROUPS ON PLATFORMS SUCH AS FACEBOOK AND WHATSAPP ARE IDEAL FOR SHARING MESSAGES AND UPDATES ON A REGULAR BASIS, AS WELL AS REMINDING PARENTS OF ONLINE SAFETY GUIDANCE AND ACTIVITIES. WHEN CREATING A GROUP, IT'S WORTH CONSIDERING RULES AND ETIQUETTE GUIDES ABOUT WHAT CAN BE POSTED, AND INTRODUCING PROCESSES FOR APPROVING OR RESTRICTING COMMENTS.

4. Posters and infographics

SHARING POSTERS AND INFOGRAPHICS TO PARENTS VIA YOUR WEBSITE OR SOCIAL CHANNELS CAN MAKE ESSENTIAL ONLINE SAFETY INFORMATION ENGAGING AND MEMORABLE. A WELL-DESIGNED INFOGRAPHIC CAN CATCH THE EYE, BREAK DOWN COMPLEX INFORMATION AND PRESENT IT IN A WAY THAT IS BOTH RELEVANT AND UNDERSTANDABLE TO YOUR COMMUNITY.

5. Email Newsletters

EMAIL COMMUNICATION IS GREAT FOR SHARING MORE IN-DEPTH INFORMATION FOR PARENTS TO LOOK AT IN ONE PLACE. IT'S ALSO A RELIABLE WAY OF KNOWING A MESSAGE HAS BEEN DELIVERED (AS YOU CAN TRACK IT). YOU CAN SEND MONTHLY NEWSLETTERS (OR MORE FREQUENT) UPDATES TO KEEP PARENTS CLUED UP ON THE LATEST EMERGING TRENDS AND NEWS RELATING TO THE ONLINE WORLD AND EVOLVING RISKS.

6. Blogs

A BLOG IS A GREAT WAY TO DEVELOP A WHOLE SCHOOL CULTURE OF COMMUNICATION AND ALLOWS PARENTS TO HEAR DIRECTLY FROM SCHOOL STAFF AND PUPILS ON TOPICS INCLUDING ONLINE SAFETY AND TECHNOLOGY TRENDS. WHY NOT CONSIDER HAVING A VARIETY OF AUTHORS, INCLUDING STAFF, PUPILS AND PARENTS TO FORM A BALANCED VIEW. IT MAY ALSO BE WORTH HAVING A DEDICATED AREA ON YOUR SCHOOL WEBSITE TO ONLINE SAFETY.

7. Online learning

WE TYPICALLY SEE AN ENGAGEMENT RATE OF 10% OR LESS FOR IN-PERSON ONLINE SAFETY SESSIONS BETWEEN SCHOOLS AND THEIR PARENTS. TIME IS PRECIOUS AND ACCESSIBILITY IS IMPORTANT - ONLINE TRAINING TIPS MOST BOXES WHEN IT COMES TO MAKING INFORMATION READILY AVAILABLE TO YOUR ENTIRE COMMUNITY IN A REALLY ENGAGING AND INTERACTIVE WAY.



National
Online
Safety

#WakeUpWednesday

Lunch Menu - W/C - 7th September 2026

WEEKLY MENU WEEK 1

MEAT FREE MONDAY

Margareta Pizza
Served with Potato Wedges
& Fresh Mixed Salad
(GL,Mk)

Cheese Bap
(Mk,Gl)

Sweet of the Day
PLEASE NOTE
Selection of Salads ,Fresh
Fruit and Yoghurt Daily

TUESDAY

Lambourne Fillet O Fish
Served in a Soft Bap Crispy
Cubed Potatoes & Baked Beans
(GL, F)

Lambourne Fishless
Served in a Soft Bap Crispy
Cubed Potatoes & Baked Beans
(GL, Mk,Soy)

JACKET POTATO

Plain
Cheese
(Milk)
Tuna Mayo
(Fish,Egg)
Baked Beans

Sweet of the Day

PLEASE NOTE
Selection of Salads ,Fresh
Fruit and Yoghurt Daily

WEDNESDAY

Roast Chicken
Served with Crispy Roast
Potatoes
Stuffing
Yorkshire Pudding
Seasonal vegetables and Gravy
(GL)

Roast Quorn Fillet
Served with Crispy Roast
Potatoes
Stuffing
Yorkshire Pudding
Seasonal vegetables and Gravy
(GL,Soy)

**Cheese Baguette or Ham
Baguette**
(GL, MK)

Sweet of the Day

PLEASE NOTE
Selection of Salads ,Fresh
Fruit and Yoghurt Daily

THURSDAY PICNIC DAY

Ham
(GI,Mk)

Or

Cheese
(GI,MK)

Or

Egg Mayo

(GI,MK,E)

Sandwiches

Served in a Bag with Crisps
Carton of Juice

Sweet of the Day

PLEASE NOTE
Selection of Salads ,Fresh
Fruit and Yoghurt Daily

FRIDAY

Chicken Nuggets
Served with Crispy Fries Baked
Beans
(GL)

Quorn Dippers
Served with Crispy Fries Baked
Beans
(GL)

Cheese Panini

With Nachos

(GI,Mk)

Sweet of the Day

PLEASE NOTE
Selection of Salads ,Fresh
Fruit and Yoghurt Daily

ALLERGEN INFORMATION PLEASE SEE ORDER BOOK PAGE 1

Other Notices



Sports Savvy Club Poll – Dodge Ball Club

We are pleased to say that Sports Savvy will be continuing to work with Lambourne this academic year. From Wednesday 23rd September – Wednesday 21st October they will be running a dodgeball club at Lambourne.

In order to secure your place in the club, please click on the link below and follow the instructions.

Sports Savvy – Dodgeball Club

If you have any questions regarding the club, please contact Sports Savvy directly.

Attendance

At our school, every day of learning counts, and regular attendance is vital to your child's academic progress, social development, and overall well-being. We ask for your support in ensuring your child arrives on time every day, ready to learn.

If your child is unwell or unable to attend, please notify the school office by 8:30 am on the first morning of absence. Please note that routine medical appointments should be booked outside of school hours wherever possible, and leave of absence during term time cannot be authorised except in exceptional circumstances.

Thank you for partnering with us to build strong routines that support your child's success.

Events and Opportunities

Abridge Village Hall
Fundraising Team

EVERYONE IS WELCOME

COMBINED TABLE TOP & CAR BOOT SALE

SATURDAY 5TH SEPTEMBER 2026

 **ABRIDGE VILLAGE HALL**
37 Ongar Road, Abridge, RM4 1UD

TABLE TOP SALE

 **10.00AM – 2.00PM**

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TABLES £10
SOLD OUT
Full Register
01991 523849
to book



CAR BOOT SALE

 **11.00AM – 3.00PM**

.....

PITCHES £10
Sellers arrive from
10.00AM
No need to pre-book



**CALL OR TEXT HAZEL
07525 727012
TO REGISTER YOUR
INTEREST**

 **ADMISSION
FREE**

 **REFRESHMENTS
AVAILABLE**

 **CAR PARKING
AVAILABLE**

Events and Opportunities



Essex County Council

Special Educational Needs
and Disabilities



Beyond Good Beginnings course

A course for parents and carers of autistic children, or those with social communication needs, aged 6 to 13.

Events and Opportunities

The course covers:

- Week 1 – **Understanding Autism**
- Week 2 – **Social Understanding and Communication**
- Week 3 – **Sensory Processing and Regulation**
- Week 4 – **Information Processing and Flexibility**
- Week 5 – **Supporting Regulation – the Autism Lens and Sleeping and Eating**

This course is an opportunity for parents and carers to come together to share experiences and tips in a supportive environment.



Scan the QR code to book a place

or visit: send.essex.gov.uk/search-support-groups-and-activities/beyond-good-beginnings-course



Events and Opportunities



Essex County Council
Special Educational Needs
and Disabilities



Good Beginnings Course

A course for parents and carers of autistic children, or those with social communication needs, in reception and younger.

Events and Opportunities



Essex County Council

Special Educational Needs
and Disabilities

The course covers:

- understanding autism
- communication
- play
- sensory processing
- supporting distress and emotional regulation
- eating, sleeping and toileting
- managing anxiety

This course is an opportunity for parents and carers to come together to share experiences and tips in a supportive environment.



**Scan or click the QR code
to book a place**



Events and Opportunities



Essex County Council
Special Educational Needs
and Disabilities



Good Futures course

A course for parents and carers of autistic children, or those with social communication needs, aged 14 to 19.

Events and Opportunities

The course covers:

- Week 1 – Understanding Autism
- Week 2 – Sex and Healthy Relationships
- Week 3 – Finding Employment
- Week 4 – Independence and Community Participation

This course is an opportunity for parents and carers to come together to share experiences and tips in a supportive environment.



Scan the QR code to book a place
or visit: send.essex.gov.uk/search-support-groups-and-activities/good-futures-course

