



Edwinstree Middle School
A Voluntary Controlled Church of England School

NEWSLETTER for PARENTS & CARERS
Week Ending: 13/02/2026.

Edwinstree Term dates:

[Term Dates 2025-26 & 2026-27.pdf](#)

Homework week: B

Diary Dates:

16-20/02/26	Half Term
24/02/26	Academic Consultation 4-7pm 6A Maths and English 6D Maths and English
25/02/26	Author Imran Ahmad visit to Year 8
03/03/26	Academic Consultation 4-7pm 6B Maths and English 6C Maths and English
04/03/26	Y7 Foundation Evening 5-7pm
27/03/26	End of Term 1:20pm.
13/04/26	Start of Summer Term
21/04/26	Y6 Foundation Evening 5-7pm
04/05/26	Bank Holiday
11-14/05/26	Year 6 SATs
12/05/26	Y5 Foundation Evening 5-7pm
19/05/26	Human Papillomavirus (HPV) immunisation for Year 8.
25-29/05/26	Half Term
26/06/26	INSET Day
09/07/26	County Transition Day
17/07/26	End of Term 1:20pm.

Table of Contents

What happened in COWO this week?.....	1
Diversity Fullness Day.....	2
Britain's Got Talent 2025 - Electric Umbrella.....	2
World Book Day - Thursday 5th March.....	2
PE Timetable – All Years.....	2
Sports Hall Athletics Club.....	2
Food and Nutrition – All Years.....	2
Year 8:	2
Year 6 News:	2
What is coming up for year 6?	2
Year 7 News:	3
Essex Outdoors Bradwell – Educational Visit September 2026	3
Science:	3
Lieutenancy Visit.....	3
Year 8 News:	3
External Visitor for Year 8 - Wednesday 25th February	3
The Sleep Charity.....	3
Ward Freman Community Pool Group	3
Supporting Mental Health and Wellbeing in Hertfordshire	4
Local Resources and Services.....	4
Hertfordshire Directory.....	4
Breeze Families – Heart Health Month	4

What happened in COWO this week?

Students have been carrying out service projects over the last two weeks and we have as school discovered the following:

- Jesus made himself nothing. He put everyone else before him. As humans this is not easy to do.
- It can make us and those around us grumpy at first
- We are not Jesus we are human, but we can have a deliberate go at trying to serve!
- Don't serve money! Don't ever make money your master it won't make you truly free.
- To serve is to be truly free.
- To serve God is to serve others.
- It can be fun, and it can feel good to serve. It doesn't have to be a big thing; it can be to make a family member smile each day.
- To serve is to find your true calling in life and to live it well – Find your unique and wonderful and own them.

Students were also introduced and/or reminded of the true meaning of Shrove Tuesday and Lent. After half term we will begin our build up to Easter with a series of Church Collective worships on the theme of Lent.

*As a Christian school we recognise the unique and wonderful in everyone.
As a community we support one another to flourish and live life in all its fullness.*

Diversity Fullness Day

The Electric Umbrella band came to school yesterday and we raised an amazing £608.00 to support our Dynamic Diversity Group in their work in respecting difference in our community.

Your children were delightful when interacting and watching the band, which was made up of a number of neurodiverse and Learning disability



adults. They showed grace and compassion, laughed in all the right places and participated full in all the activities.

[Britain's Got Talent 2025 - Electric Umbrella](#)



World Book Day - Thursday 5th March

We are looking forward to celebrating World Book Day with pupils on Thursday 5th March. Below is an outline of the activities planned for the day and how families can support at home.

Dress-Up or Character Object

To help pupils take part in a fun and inclusive way, they are invited to choose one of the following:

- **Dress up** as their favourite book character or
- **Bring in one small object** linked to a book character (for example, a golden ticket for Charlie and the Chocolate Factory).

During form time, pupils will have the chance to share their character or object, and classmates can try to guess who it represents.

This option is designed to reduce pressure on families; no full costume is required, and creativity is encouraged.

If they just wish to attend in non school uniform this is fine.

We are asking for a £1 donation to support our drama team and the school production with new costumes and tech. Thank you for any help you can give.

Reading Streak Challenge (26th February – 26th March)

As part of our Year of Reading, we are launching a Reading Streak Challenge, running from Thursday 26th February to Thursday 26th March.

- Pupils are encouraged to read for 10–15 minutes every day
- Each day read can be ticked off on a reading-streak bookmark
- Parents/carers are asked to sign the bookmark to confirm reading has taken place
- Pupils will receive small rewards or certificates for reading streak milestones (e.g. 7, 14 and 21 days)
- Pupils who read every day for the full month will receive a small prize

The challenge will be introduced to pupils in school, and we would really appreciate your support in encouraging regular reading at home.

Thank you for supporting World Book Day and helping us to promote a love of reading. We are looking forward to a fantastic celebration of books and stories!

PE Timetable – All Years

Please find attached the next half term's PE timetable detailing what sports your child will be covering.

Pupils will only need their base PE kit (Hoody, red polo, black shorts/leggings and trainers).

For gymnastics students will not require footwear (bare feet only)

Sports Hall Athletics Club

Due to two sports fixtures the first Thursday after half term, there will be no Sports Hall Athletics Club.

Food and Nutrition – All Years

Wow! What a fantastic half year it has been in Food.

I hope all the pupils in **Year 5, 6 and 7** moving on to D&T have an equally fabulous time in the workshop, being creative in different ways and with different equipment and materials. I look forward to having you back in Food when the next rotation occurs.

A wonderful week of pancakes for a number of classes this week in the lead up to Shrove Tuesday – remember the 1, 2, 3 method for ingredients to make about 10-12 pancakes.

This is a great recipe for both savoury and sweet pancakes: 100g flour, 2 eggs and 300ml milk. Mix thoroughly and it's ready to be used – if you can leave it for a while for the flour to absorb the milk, even better!

Year 8: we have 2 weeks left together and we will be looking at eggs. Lesson one will be all about what little 'powerhouses' eggs are. Full of nutrition and very simple to cook – so many variations with few ingredients. The last lesson in Food will be an interclass competition. Get your thinking caps on over half term. You need to create a dish, but it has to have an egg and a piece of bread in it – the other ingredients are up to you. You will be marked on presentation and choice of dish.

Mrs Theroulde and I have been incredibly impressed with the pancakes that have been submitted for the Chandeaur Pancake Competition. We look forward to handing out the prizes first lesson back after half term.

Mrs van Wyk

Year 6 News:

What is coming up for year 6?

Mocks are marked and academic reviews take place post half term, to support parents to understand what students need to do next to support their learning towards the SAT's. We look forward to sharing their successes and next steps.

*As a Christian school we recognise the unique and wonderful in everyone.
As a community we support one another to flourish and live life in all its fullness.*

Year 7 News:

Essex Outdoors Bradwell – Educational Visit September 2026

Edwinstree would like to organise an educational residential visit to Essex Outdoors Centre in Bradwell for the current Year 6, at the start of the academic year 2026-2027. I have contacted the centre and made a provisional booking for Wednesday 9th September – Friday 11th September 2026. This visit will provide an opportunity for the children to experience new, exciting activities, and develop their own personal and social skills as a whole year group with their team of teachers. No experience is required.

The cost of the visit will be £309.16 per student, which includes all meals, accommodation, activity tuition, insurance and coach travel. Students will be required to bring a sleeping bag and waterproof clothing.

A non-refundable deposit of £70.00 will be payable via School Gateway by 27th March 2026. If the visit has sufficient support to go ahead, the attached payment plan should be adhered to, and the final balance will be due on 31st July 2026. Places will not be confirmed until your deposit payment has been received.

We will be holding a Parent meeting on Wednesday 25th February at 3.30pm in school for you to address any questions prior to booking your child's place. Please find letter attached

Science:

After half term we are approaching the end of our current Chemistry unit, which will end in a test. At the academic reviews, we discussed test technique and revision with many families.

This week we have set a flexible task on Satchel to support students with this. It includes information about the content included in the test, so that pupils can target their revision on the aspects that they are less confident with. It also includes links to the appropriate part of the BBC Bitesize website and Oak Academy. We hope this helps both student and families.

Lieutenancy Visit

We had our annual visiting magistrates come and talk to our students in year 7 about their royal role as representatives of the crown. One young man was so inspired he wrote to the King, and they will deliver his message next week! Students were respectful and fascinated by the traditions such as the trooping of the colour.



Year 8 News:

External Visitor for Year 8 - Wednesday 25th February

A gentle reminder that author Imran Ahmad will be visiting the school to give a very lively, passionate interactive workshop for Year 8 about his book *The Perfect Gentleman*— a Muslim boy meets the West; which shares insights into the extraordinary social evolution of the United Kingdom in the late 20th Century, as well as anecdotes and life lessons he has learnt along the way. His book encourages us to strive for social justice, equality of rights and opportunities for all, unity, humanity, compassion, respect and to do everything we humanly can to help our planet heal from environmental destruction.

Imran has advised that he is happy to inscribe and sign books after each event, but he does not carry any copies for sale – therefore, if pupils would like a copy of the book, it can be ordered from www.unimagined.org prior to his visit. The book is also orderable from all local independent bookshops (as well as the usual corporates), and independent bookshops are being given a discount which allows them to be competitive with Amazon.

I hope this will be a truly enriching day for Year 8 students and a great opportunity for cross-curricular learning.
Miss H Jackson

The Sleep Charity

National Sleep Helpline

Run a confidential helpline that is available for parents, carers, teens and professionals.

Open 9-11am Monday to Thursday and 7-9pm Monday, Tuesday and Thursday, it is run by trained specialist sleep advisors. We have a free helpline resource pack [here](#) or call **03303 530 541**



Ward Freman Community Pool Group

The Ward Freman Community Pool Group is working hard to get the swimming pool open in the Autumn. Meanwhile Learn2Swim Ltd have offered us some of their pool time at Goffs Churchgate Academy in Cheshunt to hold a half term pool party. We think this is a great way for families to spend some time together enjoying an activity that is fun and healthy.



Tuesday 17th February 2.30-3.30pm aimed at families with under 11's or 3.30-4.30pm aimed at the big kids aged 11-101!
Goffs Churchgate Academy in Cheshunt
Tickets from Ticket tailor just search Ward Freman Community Pool Group

[Buy tickets – Ward Freman Community Pool Group CIO](#)

Supporting Mental Health and Wellbeing in Hertfordshire

If you have any concerns about your child's mental health, we encourage you to reach out to us or explore these local resources. You can find more information on the **Hertfordshire County Council website** or by speaking with our mental health support team. Mental health support for children in Hertfordshire is available through various free, local services including NHS specialized teams, school-based support, and helplines. Immediate crisis help is available by calling the [HPFT freephone number 0800 6444 101](tel:08006444101) (24/7) or 111, while online support platforms like Kooth offer confidential advice for ages 11-24. In Hertfordshire, there are a range of services available to support children, young people, and families with mental health and emotional wellbeing. These include:

- **Hertfordshire's Children and Young People's Mental Health Services (CAMHS):** Providing specialist support for young people experiencing significant mental health difficulties.
- **Your GP Practice:** Your GP can also refer you to a psychological therapy service or a specialist mental health service for further advice or treatment. The treatment may be provided on a one-to-one basis or in a group with others with similar problems. Therapy can also sometimes involve partners and families.
- Sandbox is an innovative **digital mental healthcare** service for **Children and Young People**. Mental health struggle is something most of us will experience at some point in our lives – it's simply part of being human. We're here for you when that happens. We work together with the **NHS, local government, and other organisations** to help Children and Young People with their mental health.
<https://www.hertshub.co.uk/>

In Hertfordshire, we recognise that helping children and young people to overcome worries and problems can be difficult for parents and carers to manage at times. It can often be helpful to talk these issues through with someone who understands and knows what help might be useful for you. The aim is to help parents/carers in developing a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support, useful strategies and practical tools. We have a number of different providers who offer support for parents and carers, including [Carers in Hertfordshire - Making carers count.](#)

Local Resources and Services

Children's Wellbeing Practitioner Workshops - Teenagers and parents and carers of children aged 5 to 19 can book on to the free online workshops supporting adolescents' and children's emotional wellbeing and mental health. Topics include managing anxiety, improving sleep, supporting self-esteem, and building emotional resilience. The workshops are delivered by Children's Wellbeing Practitioners. Find out more and book at:

[Service details | Hertfordshire Community NHS Trust](#)

Hertfordshire Directory

- Parenting Courses Details of free courses available for Hertfordshire parents/carers to help them support their children with a number of issues, including anger, sleep, anxiety, transitions and more
[Parenting courses | Hertfordshire Directory](#)
- Just Talk Herts - Advice for Parents and Carers Online emotional wellbeing resources for parents and carers and signposting
[Advice for parents and carers](#)
- Neurodiversity Support - Signposting to Support Learn more about available support in Hertfordshire.
[Herts hub](#)
- Sandbox Podcast - The Talkbox - Podcasts for parents, carers, and professionals about young people's mental health
[The Talkbox - YouTube](#)
- WithYouth Digital Wellbeing Service - Support for Parents
[Support for parents - WithYouth](#)

Breeze Families – Heart Health Month

The poster is titled 'Breeze Families' and 'Show your heart some love this February'. It features a large red heart character. The text says: 'It's National Heart Health Month and we're here to help you and your family take gentle, everyday steps to look after your hearts together. Little changes to what you eat and how you move as a family can make a big difference. Here's some simple, fun tips to help everyone get involved.'

Activity 1: Move a little together, every day. Whether it's a mini dance off in the kitchen or a short family walk, small bursts of movement will keep everyone's hearts happy.

Activity 2: Fill your plates with colourful foods. Boost meals with colourful fruit, veggies and wholegrains to grab kids attention.

Activity 3: Get kids involved in the kitchen. Let them wash veggies, pick toppings or help stir. It makes healthy eating fun and helps them learn habits that stick.

Our free Breeze Families programme is here to help you feel healthier and happier as a family. Your heart works hard for you, so let's show it some love as a team!

Want more healthy lifestyle support? Check out our website to find out how we can help your family.*

Scan here or Click the link bit.ly/maximusuk.co.uk

*Our courses are designed for families with children aged 5 and up.

The poster is titled 'Breeze Families' and 'Ready to start making healthy habits as a family?'. It features a woman and a child cooking together. The text says: 'Sign up for Breeze Families today and find FREE healthy lifestyle support that's right for your family. We can help you with healthy eating, getting more active, and having fun while doing so! You can:'

Join up for 12 weeks of in-person group sessions

Log in for 10 weeks of online group sessions, plus 2 check-in calls

Get two appointments and an action plan with a dedicated Wellbeing Co-ordinator

Learn at your own pace by enrolling onto the Academy

Sign up for your FREE PLACE today

BZinfo@maximusuk.co.uk

01707 248648

Our 12-week and online group programmes are for children above that listed weight, due to safety for more information.

Mrs J Gant - Headteacher
admin@edwinstree.herts.sch.uk

*As a Christian school we recognise the unique and wonderful in everyone.
As a community we support one another to flourish and live life in all its fullness.*