



The Butler Buzz

R A Butler's Weekly Newsletter – 24 April 2026



Dear Parents and Carers,

20's Plenty



This morning, you may have seen Mr Belzar, Mr Knight and some members of our School Council in hi-vis vests, holding a very important sign. We are launching our '20 is Plenty' campaign to address concerns around road safety on South Road.

Our very enthusiastic children smiled and waved at passing cars, making sure our message was clearly seen. Our next steps will be to reach out to local media and policymakers to continue making meaningful change. We will also be creating further materials and launching initiatives in school to help maintain this positive impact. A big well done to all involved. Watch this space, and remember: **20 IS PLENTY on South Road.**

Healthy Packed Lunches

Unfortunately we are seeing an increase in children simply bringing in sweet treats, crisps and chocolate with no savoury or protein element to their packed lunches or any fruit/vegetables. Our Healthy Snack Policy provides the following guidance:

Parents are free to choose the contents of their child's packed lunch, excluding the following items: chocolate bars (eg, Mars bar, Crunchie etc), sweets, anything with nuts in and fizzy drinks. We encourage parents to pack a balanced lunch for their child. These guidance notes on packed lunches have been provided by the Change4Life programme:

- ~ A portion of starchy food, eg. wholegrain bap/bread, plain crackers, pasta or rice salad.
- ~ Fresh fruit & vegetables, e.g. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks, etc.
- ~ A portion of milk or dairy food, eg. cheese, plain/fruit yoghurt, etc.
- ~ Small portion of lean meat, fish or alternative, eg. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- ~ A drink – fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured).

Lunchbox swaps

- ~ Try bags of grapes, melon chunks and strawberries to provide the sweetness without the added sugar.
- ~ Choose teacakes, fruit loaf, scones or plain biscuits as an alternative to cakes and chocolate.
- ~ Carrot and celery sticks with a natural low fat yoghurt or hummus dip are tasty side orders.

We will also remind children to eat their savoury before they move onto 'dessert'.

You can find full details of the policy at [Healthy Snack Policy](#).

Year 6 Block

As you may be aware, after years of campaigning, we have finally been given the finances to replace the Year 6 block with a new building. This is very exciting and as the new building is going to be a modular build, the time on site for the builders is relatively short. Building will start in the May half term to be ready for the start of the Autumn Term and our new Year 6s.

Back to the Stone Age



On Wednesday, Y5 stepped back in time to the Stone Age during their exciting trip to Celtic Harmony. The children enjoyed a range of hands on activities, including foraging for herbs to make soup and throwing spears at a wild boar and woolly mammoth. They also built shelters, traded resources and watched a flint knapping demonstration to learn how stones were used as tools. Everyone had a fantastic time and showed excellent enthusiasm and behaviour throughout the day.



Return of Library Books

As we are having to pack up the School Library ready for the demolition of the current Y6 block, please could we ask that you have a hunt around at home for any school library books and ask for their **return by 21st May** via the class. There will be an amnesty box in the office after the 21st May for any late returns.

'What I wish my parents or carers knew...': a guide for parents and carers on children's digital lives (Children's Commissioner)

The Children's Commissioner, Dame Rachel de Souza, has published a guide to help parents and carers navigate the challenge of managing children's everyday online habits. Written with direct input from children and young people, including teenagers consulted in schools and the Commissioner's Youth Ambassadors. The guide is designed to make difficult conversations easier and more regular.

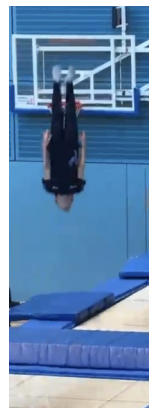
The guide covers setting boundaries around phone use, talking about harmful content, and building ongoing communication that goes beyond a one-off conversation. The voice of young people runs through it, including this from one teenager: "Don't be afraid to be firm... If you are worried your child is seeing harmful content and you don't know what they're watching and it's affecting their behaviour, just take it that you know best, they don't."

<https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives>

As a reminder for children in current Y4 and below there will be no smartphones in school.

Flying High

Congratulations to Billy O who competed in the East Regional Finals for trampolining on Sunday and absolutely smashed it! He achieved his highest-ever "time of flight" (how high he jumps) and his highest ever routine difficulty score. He is now off to his first National Finals at the Utilita Arena in Birmingham this July, where he'll be part of Team East representing the East of England. We're so proud of you Billy.



KS2 Swimming Finals

Last Friday afternoon, it was time for the KS2 swimming finals at Great Dunmow Leisure Centre. All the winning teams from the Level 1 event represented their school in a very competitive environment. Our Year 5 & 6 squad, who have been training every Friday with Mrs Wesley, all gave it their best shot in a variety of different races and strokes. After several brilliant swims and lengths, the children knew they had done a superb job. It was very close and tense as it came down to the final race. After narrowly finishing 2nd in the final race, the squad's overall outcome was 2nd place - claiming a silver medal and missing out on Gold by just one point. Everyone should be extremely proud of this achievement, and a big thank you to Mrs Wesley for the organisation of the event as well as the weekly training sessions.

Year 3 Football Festival

On Wednesday afternoon, 4 boys and 4 girls Y3 teams represented the school in a fun and competitive 5-a-side football event at SWCHS. The children showed great effort, teamwork and determination to produce some great footballing skills- winning lots of matches. The boys' Yellow and Orange teams made it to the final against each other and after extra time and still no goals, both teams were awarded joint goal, the Non-Bibs and Reds came 5th and 6th. The girls did equally as well with some wonderful performances with Yellow and Non-Bibs coming 5th and 6th, Blue claiming third place Bronze and Pink taking Gold. It was a brilliant afternoon of football with so many children attending the event, well done everybody.

Year 4 Archery Finals

Our Year 4s qualified for this event back in November, having a long wait before the finals arrived. Anya H, Lottie P, Stanley S and Raymond B, all represented the school at this event- maintaining positive school values throughout. The children did fabulously well shooting very precisely and accurately to get the best score possible. The team shot a team score of 400, which placed them 3rd overall and winning bronze- with 12 teams present. A special mention to Raymond B for earning a special gold medal during the bullseye challenge. Well done everybody, we are all very proud of your achievements.



SAVE THE DATE: RAB Summer Fayre on Saturday 16 May 11am-3pm

Join us for our annual afternoon of summer fun with lots of brilliant stalls, games and activities including bubble magic area, face painting, bouncy castles, and a performance from the RAB Country Dancing Club, plus refreshments including BBQ, candyfloss and ice cream. Parentmail to follow next week.

We are also looking for a door (or door size piece of wood) for one of our stalls - please contact us if you have one!

rabutlerpta@gmail.com

RAB Summer Fayre Donations Day Friday 8 May (non-uniform day)

The Fayre begins with Donations Day and we're grateful for all contributions offered.

Remember, you don't have to shop especially, we're happy to accept any good quality toys, unwanted gifts and unopened bottles you can find at home!

We'd love

- ~ **Jars filled with sweets**/small toys for Jarbola
- ~ Clean and washed **teddies** and soft toys
- ~ Raffle **prizes**

PLUS suggested donations by year group:

Reception, Y1 and Y2: Chocolate of any shape and size (no nuts, please).

Y3 and Y4: Children's Toys and Gifts, suitable for **ages 5-11**.

Y5 and Y6: Anything in a Bottle, from wine, beer and perfume to sauce and squash...

Grand Raffle Prizes

If you, or a business you work with, can support our raffle by donating any **vouchers, gifts** or **experiences** we'd be very grateful. Drop off at the School Office please or email rabutlerpta@gmail.com. In return, we're happy to promote all our raffle sponsors across the school community.

SAVE THE DATE: RAB Fest 2026 on Saturday 4 July (ends 10am Sunday)

We'll be sending info out shortly for this year's family overnight camp out. Watch this space...

SAVE THE DATE: KS2 Disco on Wednesday 6 May

All children in Years 3-6 are invited to our KS2 Disco on 6 May. Info to follow but please make a note of timings for each year group:

Y3 and Y4: 5pm - 6.15pm

Y5 and Y6: 6.30pm - 7.45pm

Future Diary Dates

6 May	Junior Disco
7 May	Infant Hall used as Polling Station
8 May	Donations Day (non-uniform)
11-14 May	Y6 SATs Week
13 May	Parent Coffee Afternoon 1.30-3pm
16 May	PTA Summer Fayre 11-3
18 May	RCR Gruffalo Performance 9am
18 May	Y3 Mosque Visit
19 May	RJD Gruffalo Performance 9am
19 May	Y4 Production 6pm—New Date
20 May	Y4 Production 6pm
21 May	RNB Gruffalo Performance 9am
22 -31 May	Half term (including Friday 22 May)
1 June	Inset Day (School closed to children)
11 June	Jen Shackleton Parent Workshop 5-6pm
4 July	RABFest
8 & 9 July	Y6 Production 6pm
17 July	Y6 Water Afternoon
20 July	Y6 Coffee Morning & Leavers' Disco
21 July	End of term 1.30pm

	Stars of the Week	
Reception Georgia W Tommy Y	Zac J Freddie W	Roman M Reuben T
Year 1 All of 1RB	All of 1MI	All of 1OJ
Year 2 Oscar S Eva S	Chloe S Ivy B	Thomas M Otto M
Year 3 Vinny G Adalina P	Charlotte M Bourne P	Lucas S Bobby M
Year 4 Freddie B Oliver C	Oscar A Herbie S	Kaya E Edward G
Year 5 All of 5LT	All of 5MGL	All of 5VH
Year 6 Darcey D Johnny M	Amber R Isla S	Liam Y Emily S
Infant Lunchtime Cup Junior Lunchtime Cup	2MG 3SP	

		
BRONZE	SILVER George F Esme W	GOLD
		
BRONZE	SILVER	GOLD

Please note the corrected day and date for the event with Jen Shackleton:

Join us for an evening parent session with guest speaker, Jen Shackleton.



Thursday 11th June 5pm-6pm

Following our hugely successful coffee morning, Jen will be returning to RAB to repeat her session.

Join us for an informative session with wellbeing coach Jen Shackleton who will be giving top tips and tools to support children with worries and anxieties.

Meet other parents and chat to our school Inclusion Team.

<https://jenshackleton.co.uk/>

"an informative talk to help with the minefield of parenting!" – feedback from coffee morning




Parent Coffee Afternoon
Wednesday 13th May 1.30pm – 3pm

Please note adjusted timing from previous communication

All Welcome!

Join us for a session supported by the SPACE Peer Educators – parents and carers with lived SEND experience. They understand the journey and are here to help you navigate it, wherever you are and whatever stage you're at. Hear more about what SPACE can offer, including one to one support and group sessions.

Meet other parents and chat to our school Inclusion Team. **Welcome to SPACE**
Support for Parents And Carers in Essex

Tea and biscuits provided!

<https://parent-send-support.essex.gov.uk/>