



ST. HELEN'S CATHOLIC PRIMARY SCHOOL BULLETIN

24th October 2025



DATES FOR YOUR DIARY

24th October-Last day of school

27th—31st October-Half Term-NO SCHOOL

Return to school -Monday 3rd November

St. Andrew 3211

St. Patrick 2430

St. David 2332

St. George 3232

Our Mission Statement

Respect yourself

Respect everyone in our school community

Respect everyone in our local community

Respect everyone in our global community

But most of all,

Respect God our Father in Heaven



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www.st-helens.southend.sch.uk
www.schoolgateway.com
www.facebook.com/sthelenswestcliff/
office@st-helens.southend.sch.uk



Your School Photograph is Ready!

Vancols Photographers are pleased to confirm that the School Photographs are ready to view using the QR code on your proof card.

If you have already scanned the QR code on the Proof and registered you will receive an auto email notification.

If you have not done it yet, don't panic, you can still view by scanning the QR code on your Proof and following the instructions.

If by chance you have not received your Proof or it has been lost you can call Vancols Parent Line on 01206 273711. If you haven't purchased photographs from us previously you will need to contact the school directly for the website photo code.

Regards Vancols Photographers

Cut off date for free delivery to the school is 5th November

NOVEMBER TO MARCH 2026 NOURISH					
WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 Nov 24 Nov 15 Dec 19 Jan 9 Feb 9 March 30 March		Chicken Pie 1 Pesto & Pea Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9 Crushed Potato Cauliflower, Carrots Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Margherita Pizza 1,3,7 V Bean Biryani VG Jackets with a Choice of Toppings 7,8,9 Rainbow Pasta 1 Seasonal Vegetables Toffee Apple Pudding 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Gammon & Gravy Broccoli Tot 1,7 V Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Cabbage, Peas Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Beef Bolognese Pasta Bake 1,7 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 7,8,9 Green Beans Grated Carrots Parsnip Brownie 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG
WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10 Nov 1 Dec 5 Jan 26 Jan 23 Feb 16 March		Caribbean Brown Chicken Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9 Rice, Carrots, Peas Chocolate Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Cheese & Broccoli Pasta Bake 1,7 V Buffalo Cauliflower Wings & Wedges VG Jackets with a Choice of Toppings 7,8,9 Seasonal Vegetables Plum Pudding 1VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Chicken & Gravy Ratatouille Puff 1,3 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Broccoli, Carrots Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Beef Stew & Dumpling 1 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9 Cauliflower, Green Beans Apple & Cinnamon Pinwheel 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG
WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY
17 Nov 8 Dec 12 Jan 2 Feb 2 March 23 March		Macaroni Cheese 1,7 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9 Rice, Green Beans, Mixed Salad Peach Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Jackets with a Choice of Toppings 7,8,9 Sweetcorn, Peppers Chocolate Rice Pudding 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Pork & Gravy Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Green Beans, Carrots Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Beef Cottage Pie Herby Tomato Pasta 1 VG Jackets with a Choice of Toppings 7,8,9 Seasonal Vegetables Beetroot Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG
Primary 3 Cath		1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian AVAILABLE DAILY			
Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.		WE ♥ VEGGIES			

Values Children

RESILIENCE

EMPATHY

SERVICE

PATIENCE

ENJOYMENT

COURAGE

TRUSTWORTHINESS

R St John Fisher	Zoey Madhaka-Patience -she is such a kind and gentle girl, always willing to help others and wait her turn nicely without getting angry or upset.
R St Margaret Clitherow	Michael Irvibogbe – Enjoyment – for always making the most of learning opportunities and enjoying participating in a wide range of activities.
1 St Augustine	Anokhi Robin – Trustworthiness – Anokhi can be trusted to be very helpful in the classroom, especially when she is asked to tidy up or to help another child. She can be trusted to make the right choice – well done!
1 St Ursula	Louis Bolukbasi-Enjoyment -for showing enthusiasm and pure enjoyment at school this week. He has shared his science knowledge and taught Mrs Clarke and Mrs Conyard how to draw the solar system.
2 St Thomas Becket	Ayla Pintos Caetano-Resilience -year 2 have been writing instructions on how to look after made-up animals. Ayla has persevered with her writing, asked for help when she needed to and has tried her best. As a result, she has produced a wonderful piece of writing.
2 St Cedd	Sofia Parthiepan-Resilience – she has worked really hard on a piece of writing this week even though she can find this tricky. She didn't give up and really impressed us with her determination. Well done Sofia!
3 St Bede	Ilinca Dinculescu-Service -for consistently offering to go and hold the door open for students in the morning after breakfast club, and at home time.
3 St Swithun	Anastasia Ivan-Enjoyment -for working hard at everything, presents everything beautifully and shows enjoyment in everything we do.
4 St Columba	Cooper Anderson-Trustworthiness -for always staying focused and ignoring distractions, and for always making the right choices and trying his best. Well done!
4 St Alban	Willow Pinnock– Trustworthiness –for always doing the right thing at the right time and encouraging others in a quiet, sensible manner.
5 St Anne Line	Eli Paterson-Trustworthiness – for always doing the right thing, quietly and while nobody is watching.
5 St Osyth	Cynthia Slotwinska – Trustworthiness – Cynthia has shown, in class and around the school, that she is a child who shows us all the meaning of trustworthy. She is keen to help out, enjoys carrying out tasks, which she does diligently and this week her teacher had absolute trust in her as she toured several classes to deliver her presentation on the life of her chickens 'Pumpkin and her chicks' Well done Cynthia.
6 St Sebbi	Ilze Beniusis-Patience -for patience with herself and her work. Working hard and producing excellent outcomes.
6 St Boniface	Amelia Bahannack-Trustworthiness -Amelia can always be trusted to do the right thing and make the correct choices. She has worked hard, completes extra homework and always has her hand up. She can be trusted with any errand and is always so dignified and polite. Keep it up Amelia!
MDA award	Aamari Manyere-1 St Ursula-Patience -for listening and knowing to do the right thing.
MDA award	Deanne Blahakova-6 St Boniface-Trustworthiness -for being honest and truthful.
SLT award	David Bunica-3 St Bede-Courage -for speaking up to the Teachers and office staff.