

Jakki Hammond Headteacher

W/B 25th September 2026

School Photographs

Your School Photograph is Ready!

We 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 you do not have an existing account with Vancols (the photographers) you will need to contact the school office directly for the web-site photo code.

Thank you to all the children who were amazing on Monday and the Friends of ECPS who came in to help the smooth running of the day.

Polite Request: Parking

When parking outside the school please can you be considerate of our neighbours.

Colchester Zoo – Year 4

Letters have been sent out today to Year 4 regarding their upcoming trip to Colchester Zoo on 15th October 2026. We are accepting gold cards for the trip if you have one. Please drop these into school in a named envelope. ParentPay will reflect the amount owed depending on if you have a gold card or not.

Parents Evening - October

We are excited to welcome parents to our Autumn Parents evening in October. We have a few differences this year, please be aware of when your child's teacher will be available so you're able to make prior arrangement, if necessary. The booking system will go live for on 30th September at 8pm via SchoolCloud.

Giraffes class - Tuesday 20th October and Wednesday 21st October ONLY

Reception – Thursday 15th October, Tuesday 20th October and Thursday 22nd October ONLY

Rest of the school – Tuesday 20th October and Thursday 22nd October ONLY

Key dates – 2026-27	
Sept 2026	
25 th	FRIENDS: Sweet Treats after school
30 th	Y2 Trip to Hedingham Castle
30 th	Reception Parent Lunch
30 th	Return FRIENDS Bauble form
Oct 2026	
15 th	Y4 Trip to Colchester Zoo
15 th	Reception ONLY Parents Evening (additional appointments)
20 th	Parents Evening
21 st	Y5 Trip West Stow
21 st	Giraffes ONLY Parents Evening (Tuesday and Wednesday)
22 nd	Parents Evening
23 rd	Non pupil day
26 th -30 th	Half-term
Nov 2026	
2 nd Nov	Non-pupil day
3 rd Nov	Return to School
19 th Nov	Flu Immunisations



Attendance champions

Congratulations to Monkeys class whose attendance was a fantastic 98.1% for the week beginning 21st September 2026.

Earls Colne In Pictures The Nest



This week at The Nest, we have been learning our colours. We have had a very fun and colourful week together.

EYFS, KS1 and KS2

Year 1 have been practicing on the climbing frame and our reception class have been having fun in our outdoors spaces.



Last week Year 5 had an exciting morning listening to experts, writing postcards and becoming archeologist!



Friends News

Christmas bauble Event



We are excited to announce that the Essex Pottery Studio will be coming into school in November to support FRIENDS. The children will be able to create a handprinted bauble with their name on. Order forms will come home today with the children and these must be back in by Wednesday the 30th of September. This event will take place during the school day. There will be spare order forms in the school office and we will have some available to pick up at sweet treats today in case you miss them.

Money raised from this event will help support the children of our school and nursery 💜

Know The Facts

What is it?

Scoliosis is when there is a curvature of the spine. A curve can develop at any part of the spine and can be either a single curve or multiple curves resulting in a 'C' or 'S' shape. It is **not a disease**. Nor does it develop because of anything a person did or did not do.

Signs & Symptoms

- One shoulder or hip higher than the other
- A visible curve in the spine
- A rib hump or one shoulder blade sticking out
- Leaning to one side

How to Check for Scoliosis

Try the **Adams Forward Bend Test**:

1. Bend forward with straight legs and arms.
2. Look for an uneven rib hump or curve in the spine.
3. If you notice a difference, **see a doctor**.

Who Can Be Affected?

Babies & Children: Can be present from birth or develop before puberty.

Teens (10-15 years old): Most common age for diagnosis, affecting more girls than boys.

Adults: Can be a continuation from childhood or develop later due to aging.

Treatment

- **Monitoring:** Small curves may not need treatment but should be checked regularly.
- **Bracing:** Used to prevent worsening in growing children.
- **Non-surgical:** Pain management, physiotherapy, and staying active.
- **Surgery:** Only needed for severe curves at risk of progression.

Need Support?

- **Helpline:** 020 8964 1166
- **Website:** www.ssr.org.uk
- **Socials:** @Scoliosis_SR

What is scoliosis?

Your spine is a stack of bones that helps you stand, bend and move.

Sometimes, a spine grows with a curve.

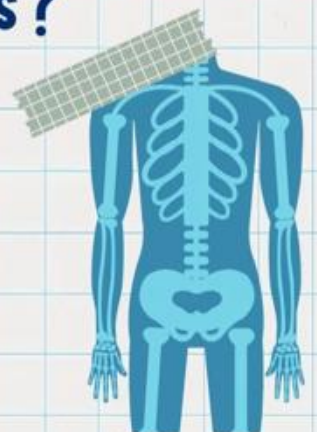
That's called scoliosis.

Everyone's curve is different.

Some curves are small.

Some are bigger.

Every person's spine is unique!



BACK TO SCHOOL

The **A B C D** Of Scoliosis

Scoliosis is the abnormal twisting and curvature of the spine and can affect people of any age, from babies to adults. Early detection is key, and that's where the ABCD of scoliosis comes in.

A Asymmetry in the Back or Waist

Check for scoliosis by spotting unevenness: Are the shoulders or waist uneven? Does one rib cage or side fold more than the other?

Asymmetry is a key sign and takes just a moment to check.



B Bend Forward



The Adam's Forward Bend Test is a quick way to check for spinal issues.

Ensure the back is uncovered. Have the person bend forward with straight legs and arms, hands between knees if possible. Check for rib bulges or unevenness in the spine or shoulders.

C Check for Curve

When scoliosis is present, the spine curves sideways or forward in some cases, creating a C or S shape in some cases.

If you spot a curve during the Bend Forward test or notice asymmetry, it's important to consult a healthcare professional.



D Diagnosis by X-ray



A formal diagnosis is made by a scoliosis specialist using an X-ray to determine the type and severity of the curve.

Early diagnosis means early intervention which can make a significant difference.