Hello High Ongar!

No.21 – 17th July 2026

I can't quite believe I am writing this on my last day as Headteacher of High Ongar Primary School. It has been the most truly rewarding eight years in the role and I genuinely wouldn't have chosen anywhere else to start my career in headship. It has been a privilege to lead the school and to work alongside such committed staff, wonderful children, and supportive parent community.

I am deeply grateful for the trust you have placed in me in supporting your child's education. Over the years, I have seen so many children grow in confidence, develop new skills, achieve success in their learning and wider school life. None of this would have been possible without the dedication of our staff and the encouragement of families.

High Ongar Primary School will always have a special place in my heart, and I will look back with fondness on all that we have shared together. Although I will miss everyone enormously, I leave with great pride in all that we, as a school, have achieved together and have every confidence in its continued success. I take with me many treasured memories.

Thank you once again for your kindness, support, and partnership over the years. I wish you and your children every happiness and success for the future.

Mrs Evans

Class	Attendance Summer Term
ASH	93.8%
BEECH	96.7%
ELM	95.3%
MAPLE	95.6%
WILLOW	94.7%

Dates for your diary

1st Sept – INSET day
2nd Sept – School reopens to children (except EYFS)
4th Sept – EYFS start 9.00-1.15

My Headteacher's Awards have been given to:

Ash: Freddie and Sophia
Beech: Antony and Tommy
Elm: Wyatt and Holly
Maple: Reggie and Jack
Willow: Nia and Olivia

My Star of the Term Awards have been given to:

Ash: Sophia
Beech: Leo
Elm: William
Maple: Lucas
Willow: Darcy

Information and Reminders

Clubs for Autumn Term

A full list of the clubs for Autumn Term and when to book them will be sent out at the very beginning of the Autumn Term ready to start the week beginning 7th September. They will include, Sports multi-skills, Art, Drama, Music, Harmony and Netball.

PE Days for Autumn Term

PE Days in September will be:

Ash – Monday and Wednesday

Beech – Thursday and Friday

Elm – Tuesday and Friday

Maple – Tuesday and Thursday

Willow – Monday and Wednesday

New school lunch menu

We have an exciting new school lunch menu for September. This is now a two-week menu; the cost remains the same at £2.40 and can be re-ordered as before on your Arbor account. Your child's meal account must be in credit before ordering a school dinner (excluding infants and those eligible for free school meals).

Please do remember that we order the dinners from Chipping Ongar school at 9.30 each day, so if your child will be in school after this time you will need to pre-order or bring in a packed lunch.

Photo Gallery

Colour Run

Year 6 water fight

Willow production of Robin and the Sherwood Hoodies

High Ongar Primary School's Week One Menu

Our Daily salad bar offers a wide selection of cucumber, tomatoes, carrots, olives, breadsticks, plain pasta, sweetcorn and more!

Fresh Fruit Available Every Day.

	Main Meal (Red)	Vegetarian Choice (Green)	Also available (Blue)	Dessert
Monday	**Chef's Pasta Bolognese** with warm garlic bread	**Creamy Macaroni Cheese** with garlic bread	**Jacket Potato** with Cheese, Tuna Mayo or Baked Beans	Fresh Fruit Organic Fruit Yoghurt Fruit Smoothie
Tuesday	**Mild Chicken Korma** with fragrant basmati rice and green beans	**Sweet Potato & Chickpea Curry** with basmati rice and green beans	Toasted **Cheese Panini** with side salad	Fresh Fruit Organic Fruit Yoghurt
Wednesday	**Traditional Pork Sausages** with creamy mash, carrots, peas and gravy	**Quorn Sausages with mash,** sweetcorn, peas and gravy	**Jacket Potato** with Cheese, Tuna Mayo or Baked Beans	Reduced Sugar Chocolate Brownie
Thursday	**Cheese & Ham Pizza** with seasoned potatoes and sweetcorn	**Cheese Pizza** with seasoned potatoes and sweetcorn	Toasted **Cheese Panini** with side salad	Fresh Fruit Organic Fruit Yoghurt
Friday	**MSC Fish Fingers** with skin-on fries and peas	**Vegetable Fish Fingers** with skin-on fries and peas	**Jacket Potato** with Cheese, Tuna Mayo or Baked Beans	Homemade Lemon Drizzle Cake with vanilla custard

Healthy lunches to help our children learn, grow and thrive.

Please speak to the school office regarding allergies or special dietary requirements.

Week 1
Sept: 1st, 14th,28th
Oct: 12th
Nov: 2nd, 16th, 30th
Dec: 14th
Jan: 11th, 25th,
Feb: 8th
Mar: 1st, 15th,

Checked: Reputable suppliers and locally sourced where possible.

Healthy: Meeting school meal nutrition standards

We can cater for most medical dietary needs by prior arrangement.

High Ongar Primary School's Week Two Menu

Our Daily salad bar offers a wide selection of cucumber, tomatoes, carrots, olives, breadsticks, plain pasta, sweetcorn and more!

Fresh Fruit Available Every Day.

	Main Meal (Red)	Vegetarian Choice (Green)	Also available (Blue)	Dessert
Monday	**Chicken Nuggets** with seasoned wedges and spaghetti hoops	**Plant-Based Nuggets** with seasoned wedges and spaghetti hoops	**Jacket Potato** with Cheese, Tuna Mayo or Baked Beans	Fresh Fruit Organic Fruit Yoghurt Chocolate or Vanilla Ice Cream
Tuesday	Pork **Meatballs in tomato sauce** with pasta	**Three Cheese Pasta** with baby corn	Toasted **Cheese Panini** with side salad	Fresh Fruit Organic Fruit Yoghurt
Wednesday	**Traditional Roast Chicken** with roast potatoes, vegetables, Yorkshire pudding and gravy	**Roast** Quorn **Fillet** with roast potatoes, vegetables, Yorkshire pudding and gravy	**Jacket Potato** with Cheese, Tuna Mayo or Baked Beans	Fresh Fruit Organic Fruit Yoghurt Fruit Jelly
Thursday	**All-Day Breakfast** sausage, hash brown, egg muffin, beans and bread	**Vegetarian All-Day Breakfast** Quorn sausage, hash brown, egg muffin, beans and bread	Toasted **Cheese Panini** with side salad	Fresh Fruit Organic Fruit Yoghurt
Friday	**Beef Burger** in a bun with **skin-on fries** and corn on the cob	**Cheese Swirl with** skin-on fries and corn on the cob	**Jacket Potato** with Cheese, Tuna Mayo or Baked Beans	Homemade School Tray Bake

Healthy lunches to help our children learn, grow and thrive.

Please speak to the school office regarding allergies or special dietary requirements.

Week 2

Sept: 7th, 21st
Oct: 5th, 19th
Nov: 9th, 23rd
Dec: 7th
Jan: 4th, 18th
Feb: 1st, 22nd
Mar: 8th, 22nd

Checked: Reputable suppliers and locally sourced where possible.

Healthy: Meeting school meal nutrition standards

We can cater for most medical dietary needs by prior arrangement.

FamilySave UK

THE UK'S #1 FAMILY DEAL FEED

SUMMER HOLIDAYS ON A BUDGET

YOUR FREE GUIDE FOR FAMILIES ACROSS THE UK

Packed with the best **free** and **low-cost** days out, kids eat free offers and money-saving ideas to help your family have an **amazing summer** without the big price tag.

KIDS EAT FREE (OR FOR £1)

Dozens of restaurant chains run kids eat free deals all summer long – with many requiring just one paying adult. See the full, updated list.

familysaveuk.co.uk/kids-eat-free

FREE MUSEUMS ACROSS THE UK

Explore amazing museums and galleries for free! Perfect for a fun, educational day out that won't cost a penny.

familysaveuk.co.uk/free-museums-uk

SUMMER SAVERS

Find the best summer deals and savings on days out, attractions, travel, food and more across the UK, – all in one place.

familysaveuk.co.uk/summer-savers

ADVENTURE ISLAND DISCOUNTS

Find discounted tickets and offers for Adventure Island so your family can enjoy big thrills for less.

familysaveuk.co.uk/adventure-island-discount-tickets

CHEAP DAYS OUT

Find low-cost days out to farms, zoos, theme parks and attractions across the UK. Great value ideas for fun family days out.

familysaveuk.co.uk/deals

SAVE MORE EVERY DAY

Cashback, supermarket deals, discount codes and family savings – all in one place.

familysaveuk.co.uk/cashback

THREE QUICK WAYS TO CUT SUMMER COSTS

1 PLAN MEALS AROUND KIDS EAT FREE DAYS

Many offers only run on certain weekdays. A little planning can halve the cost of eating out.

2 CHECK FOR LOCAL PASSES BEFORE YOU GO

Attractions often have summer passes or online-only prices that are much cheaper than paying on the gate.

3 MIX ONE PAID DAY OUT WITH FREE ONES

The UK is full of fantastic free parks, beaches and trails to balance the bigger days out.

ALL OFFERS, UPDATED THROUGHOUT THE HOLIDAYS

FAMILYSAVEUK.CO.UK

FamilySave UK is a free deals and savings site for families across the UK.
Offers change often and terms apply, so always check the latest details on the site before you travel.
We're not paid to share this with your family – just honest, parent WhatsApp group tips.

Saturday 18 July to Saturday 5 September

At your local Essex library or mobile library - see libraries.essex.gov.uk for library opening times

GO ALL IN. National Year of Reading 2026

Supported using public funding by ARTS COUNCIL ENGLAND

Delivered in partnership with libraries

summerreadingchallenge.org.uk

Illustrations © Harry Woodgate 2026. Read to the Beat © The Reading Agency 2026, registered charity number 1085443 England and Wales.

ActiveEssex

Making It Mindful

SPORT ENGLAND

SUMMER WORKSHOPS

FOR CHILDREN WITH ADDITIONAL NEEDS

North Weald Village Hall CM16 6BU

• COOKING • CRAFTS
• MINDFULNESS • MOVEMENT

Making It Mindful CIC are delighted to be able to offer SEND workshops this summer holiday. Our SEN Holiday Club is designed specifically for children with Special Educational Needs, providing a nurturing environment where every child can thrive. Each child will be supported by their own learning assistant throughout the club, ensuring personalised care, encouragement, and support.

SCAN HERE

www.makingitmindful.co.uk teri@makingitmindful.co.uk

West Essex SEN Fun Day Picnic

Epping Forest District Council

29th July 11-3pm

Bring a Picnic. Fruit Bags and Water available

Yoga session

Special Guests 'SPACE'

SB Short Breaks for Children and Young People with Special Education Needs and/or Disabilities

11-3pm

Activities for 0-25 yr olds

Arts & Crafts, Hook the Duck, Sensory tents, 0-5 year Ball pond, Techno room, and much much more.

11-3pm

Sport Activities for 0-25 yr olds

Out door Table Tennis, Field Tennis, Gentle Cone work, Space hoppers, 0-5 physical area and more.

11pm-3pm

Sing & Sign with Jessie Cat

Singing and sign fun with Rebecca and Jess the Cat.

11-3pm

Lets talk Rubbish info board

Board showing the effects of litter on our environment. Can you guess how long something breaks down in the environment.

1pm-3pm

Fire Engine & Fire Safety Talk (dependant on being called out)

Come along and meet the local firemen. Sit in the fire Engine and have a go at using the Hose. Then enjoy the fantastic safety talk.

11-3pm

Non-contact Boxing

Come and have some physical fun through non-contact boxing.

11-3pm

FREQUENCY MACHINE

DJ interactive work shop

Take part in an interactive DJ workshop and learn more about sounds, beats and basic DJ skills! Plus, design a DJ logo and create your very own DJ name.

11-3pm

Story Time with Essex Library

Come and enjoy listening to a story in our story corner with Ruth from Essex Libraries.

11-3pm

Ice-cream van token zone

Our local ice-cream van will be joining us. Each child/young person attending will receive one free ice-cream.

11-3pm

Essex Child & Family Wellbeing Services

Talk to our team regarding various questions you may have, our Health Visitor, School Nurse, Family Wellbeing Nurse, Speech & language, Nutrition team and Healthy family support practitioners.

Face painting

EFDC
Short breaks
Talk Listen Cuddle
Homestart
Active Essex
ACL
Essex Youth Services

Hazelwood Delivery Hub
Waltham Abbey
EN9 3EL

Commisioned by
Essex County Council NHS