

Zen Den Curriculum Newsletter



Autumn A 2026

Welcome back or welcome to the Zen Den, we hope you've had a fun filled summer break and that you are excited for the new school year.

This half term we will be focussing on our new topic "My Body and My Health". Our curriculum learning will link, as far as possible, to this topic. An overview of planning for this half term is available on the school website under the 'What We Do' section. This sets out all the subjects and learning that children will be doing every week.

<https://www.becontreeprimaryschool.com/>

Zen Den Expectations and Arrangements

PE days: Children may be supported to join their class for PE. Please refer to their year group newsletter so you know which days to send your child in their PE kit.

PE kit: Children are expected to wear plain black/navy bottoms, a plain black/navy sweatshirt, a plain white t-shirt and suitable footwear for running.

Snacks & water: Please ensure that your child brings a snack to school each day for snack time. They also need a water bottle.

Spare clothes: Our learning in the Zen Den revolves around play and this includes lots of messy and water play. We do provide aprons but would appreciate a spare set of clothes in your child's bag.

Intimate care: For those children who are in either nappies or pull ups, please ensure there are wipes as well as the nappies / pull ups in your child's bag each day.

Home Learning Information

Our Home Learning Strategy can be found on the school website.

<https://www.becontreeprimaryschool.com/home-learning-strategy/>

Home learning, we encourage all of our Zen Den families to try:

- **Regular communication/conversations** with your child to promote their oracy and communication skills. This can include the use of pictures or Makaton signs.
- **Daily Reading with and/or to your child** each day. It is essential that you are sharing books with your child. They may be picture books or text-based books depending upon what your child enjoys and will engage with. Some of our children are confident readers. If this is the case for you, please encourage your child to read to you as well as listening to you read.
- **Turn-taking games** with parents and/or siblings.

Encourage independence and self-help skills, including toileting, dressing and undressing.

Our Zen Den Team



Ms Garbarz



Miss Ramjhan



Mrs Cawdron



Mrs Lucas



Mr Chapman



Mrs Humm



Mrs Anderson



Ms Reilly

Key Events and Dates this Half term

September				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Staff INSET Day 	2 Staff INSET Day 	3 	4
7	8	9	10	11
14	15	16	17	18 
21	22	23	24	25
28	29	30		
October				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 Bookings Open for Parent Teacher Consultations 	6	7	8	9
12	13	14	15	16
19 All Harvest Festival donations collected this week 	20 Parent Teacher Consultations 	21	22 Parent Teacher Consultations 	23 

