

# Grange Primary School

Elder Avenue, Wickford, Essex, SS12 0LR

Tel: 01268 734420

Headteacher: Mrs M Elfenich

Deputy Headteacher: Miss B Langley



Friday, 20th December 2024

## Merry Christmas!

It has been such a lovely week at school this week! The children have been absolutely fantastic in their Christmas performances and it was lovely to be able to share these with the parents and families. As ever, a big thank you to all of the staff for your hard work in making the performances so successful! Thank you also to everybody who has bought raffle tickets to support the school choir— I hope you all agree that they sang beautifully! We will share some snippets from Young Voices when we go in January.



We hope that everybody in the Grange community has an amazing Christmas spending time with their loved ones. Please do not message the teachers on Dojo (they are all going to be relaxing in their well-earned break!) but contact Miss Langley if you need to. The children return to school for the spring term on Monday 6th January 2025 for their launch days and to start their new topics.



The cheeky elf made another appearance in assembly today, attaching himself to the attendance wheel and changing the categories! The children who spun the wheel had a 50:50 chance of winning either a Christmas trick or a Christmas treat. Willow, Chestnut and Elm all won a treat, but Maple had a trick played on them—silly string and brussels sprouts in a chocolate box—check out the video on the school blog!

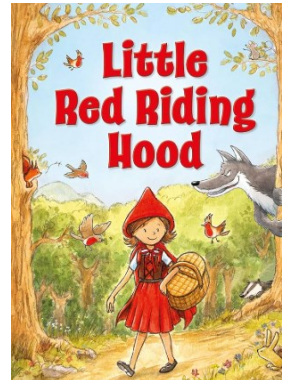
## Our learning after Christmas

After Christmas, the children will be starting their new topics and beginning to read their new class stories. Below is everything we will be learning in January and February.

### EYFS: Once upon a time

All about fairytales

We also learn all about Chinese New Year

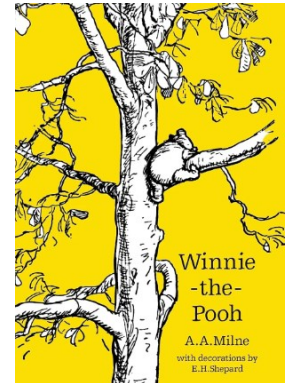


### Year 1 and 2: Toy Story

How toys have changed over history

'Winnie the Pooh' by AA Milne

School trip—Hollytree Toy Museum in Colchester

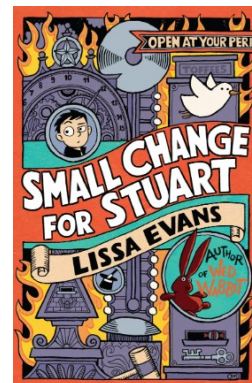


### Year 3 and 4: Unwelcome visitors

Why the Romans settled in Britain

'Small change for Stuart' by Lissa Evans

School trip—St Albans Cathedral Roman experience

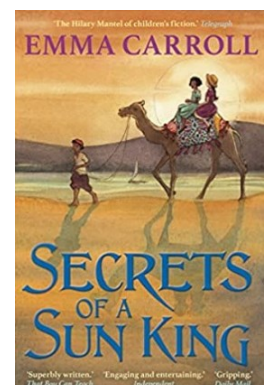


### Year 5 and 6: In the heat

All about the desert

'Secrets of a sun King' by Emma Carroll

School trip— Science Museum linked to our science learning



***More information about all of the trips will be sent home closer to the time. Children will all come home with topic homework linked to their individual topics in January. We always love to see how creative the children (and parents!) are at home—and remember that doing topic homework will help the children to gain points towards their merit badges too!***

## Google Earth

In the summer, there was a bit of a commotion because the Google Earth car was spotted outside! Mr Urch, Mr Wastell and Mrs Fealy are now famous!



Let's keep this  
going for all the people  
who are going through  
a tough time.

For anyone who needs some  
support right now. ❤️

CALM - 0800585858  
Mind - 03001233393  
No Panic - 08449674848  
Bereavement - 08088081677  
PAPYRUS - 08000684141  
Samaritans - 116 123  
SHOUT - Text SHOUT to 85258  
Abuse - 0808 2000 247  
Refuge - 020 7395 7700

Stay safe this Christmas.



## School uniform reminder

We pride ourselves that children at Grange always look smart in their school uniform and are ready to learn. If you are replacing any of your children's uniform or PE kit over the holidays, please remember that:



- Children's hair needs to be fully tied up - no half up/down hairstyles at school.
- Hair accessories must be small and in school colours. No big bows or headbands please.
- Children should only wear 1 pair of earrings and these must be small studs. Children should not be wearing hoops or dangly earrings as these are a hazard.
- School shoes should be completely black with no markings or other colours. Plain black trainers can be worn but mustn't be branded please.
- PE kits must be **PLAIN NAVY**. They should not be branded, patterned or any colours other than navy. Children who wear other coloured outfits or tracksuits with logos on will be asked to wear their school uniform to school on PE days.

We understand that there will be some occasions where a child isn't able to wear the correct uniform. Please don't worry; just let your child's teacher or the office know!

## School dinners

After the Christmas break, we will be on week 1 of the menu. Please discuss the options each morning with your child as you know what they are likely to want to eat - thanks!



### Winter Menu Week 1

	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Red</b>	Cheesy stack wrap	Cottage pie	All day breakfast	Chicken fajita	Chicken nuggets
<b>Green</b>	Pepper and onion cheesy stack wrap	Gardeners pie	Veggie all day breakfast	Quorn fajita	Veggie fingers
<b>On the side</b>	Beans	Gravy, carrots	Hash brown, beans, egg and tomatoes	Rice, green beans	Chips, sweetcorn and peas
<b>Yellow</b>	Jacket potato with a choice of beans, cheese or tuna				
<b>Blue Grange meal deal</b>	Cheese baguette	Ham wrap	Bacon roll	Chicken fajita wrap	Cheese roll
<b>Dessert</b>	Fruit or yoghurt	Jam & coconut cake	Flapjack	Fruit or yoghurt	Vanilla Ice-cream tub

## Diary dates - upcoming events

### January



<b>Monday 6th</b>	Children return to school
<b>Monday 13th</b>	Year 5 and 6 school trip to the Science Museum
<b>Thursday 23rd</b>	Choir performing in Young Voices at the O2
<b>Monday 27th</b>	Year 1 school trip to Hollytrees Toy Museum
<b>Tuesday 28th</b>	Year 2 school trip to Hollytrees Toy Museum



### February



<b>Tuesday 4th</b>	Parents evening
<b>Thursday 6th</b>	Parent evening
<b>Thursday 13th</b>	SEN coffee morning PTA valentines disco
<b>Friday 14th</b>	Year 3 and 4 trip to St Alban's Cathedral
<b>Monday 17th— Friday 21st</b>	Half term
<b>Monday 24th</b>	INSET day - school closed to children



## Rewards and achievements in school

This week's Headteacher awards for **determination**, **co-operation**, **imagination** and **excellence** were awarded to the following children.

EYFS	
Callum B	Determination
Skylla-Ivy K	Co-operation
Year 1 and 2	
Harvey OH	Determination
Leighton B	Imagination
Florence MR	Excellence
Year 3 and 4	
Harry P	Excellence
Sonny J	Co-operation
Daniele B	Imagination
Year 5 and 6	
Adam OA	Determination
Iris M	Determination
James T	Excellence
Jimmy D	Co-operation



'Star Readers' this week who got a book from the vending machine were:

**EYFS and KS1**— Ava N, Chester O'C, Hollie C, RJ D and Lucy G

**KS2** — Joseph T, Austin H, Harley JS, Kash C, Henry L and Junior N



A big well done to our attendance winners this week:

**Class attendance - spin the wheel!** - Willow, Maple, Chestnut and Elm

**Individual 100% attendance** - Fiona M in Holly

## Celebration

We enjoy seeing what the children are proud of outside of school, so please send your photos to Miss Langley!

**Freya received a distinction for her modern jazz examination.**



**Harry was named man of the match at football.**

**Lucy got her level 7 in gymnastics and then had her first gymnastics competition and came sixth!**



**Imogen earned a merit from her theatre school.**

Daniel got best newcomer at his MMA club.



Evie was awarded a postcard and a gold card by her teacher.

Krisia received a postcard from her class teacher.



### Outstanding balances on School Money

Please could you ensure that you check whether you have an outstanding balance on your School Money account and pay it off as soon as possible. If you are having difficulties making payments, please contact us





# 10 Top Tips for Parents and Educators

## SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

### 1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

### 2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

### 3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

### 4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

### 5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

### 6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

### 7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

### 8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

### 9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

### 10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

## Meet Our Expert

John Insey is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



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Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

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