

Grange Primary School

Elder Avenue, Wickford, Essex, SS12 0LR

Tel: 01268 734420

Headteacher: Mrs M Elfenich

Deputy Headteacher: Miss B Langley



Friday, 16th January 2026

Census Day - lucky plate lunch

A big thank you to everyone whose child was school dinners yesterday - an amazing 235 children had school dinners. As you know, this directly impacts how much funding the school receives, so we are really thankful! A big well done to the following children, who were the winners of the lucky plate and have received their £5 gift voucher today!

Beaux F in EYFS

Freddie A in year 4

Louie T in year 1

Amelia S in year 5

RJ D in year 2

Freddie BS in year 6

Harrison J in year 3



Tesco blue tokens

Grange is now in the blue token tubes in local Tesco stores in the hopes that we can get some funding for more sporting equipment. Please keep an eye out for us in the Silva Island and Southend Road Tesco stores and support the school! Thank you.

Parking in the local area

A polite reminder to all parents and families to please think carefully about where you park at drop-off and pick-up times. You may have seen a civil enforcement officer from Basildon Council out and about at these times lately - this is because residents have complained. Please make sure you are not parking over residents' drives or blocking access to their houses.

Can we please also remind parents to avoid driving up the part of Elder Road directly outside school where possible. This is for the safety of our pupils and families. Please do not park on the corner of the road or blocking the dropped kerb where children are crossing. Thank you for your co-operation.



Djembe drumming workshops



The children in years 3-6 have had a fantastic day of Djembe drumming today, learning the techniques and how to play different beats and rhythms.



Dates for your diary



January



Thursday 22nd	Choir performing in Young Voices at the O2 SEN coffee morning
Friday 23rd	Dentist visit for EYFS and Year 3 
Tuesday 27th	Year 3 and 4 Egyptian workshop 

February



Friday 6th	NSPCC Number Day—dress up as a number for charity!
Thursday 12th	PTA Valentines disco (more information to follow) 
Friday 13th	Last swimming session for Year 3
Monday 16th — Friday 20th	Half term 
Monday 23rd	Children return to school for launch days! 
Thursday 26th	SEN coffee morning

School dinners

Next week will be week 1 on the dinner menu.



Dinner Menu Week 1



	Monday Pasta day	Tuesday Burger day	Wednesday All day breakfast	Thursday Curry day	Friday Grab-a-bag
Red	Macaroni cheese	Chicken burger Beef burger	Sausage, bacon and scrambled eggs	Diced chicken curry (mild or korma)	Chicken nuggets
Green	Pasta with tomato sauce or cheese	Southern-fried quorn burger	Veggie sausage and scrambled eggs	Diced quorn curry (mild or korma)	Quorn nuggets
On the side	Garlic bread	Wedges and beans	Hash brown, beans and home-made bread	Rice and naan bread	Chips
Veg and salad	A choice of peas, sweetcorn and carrots Salad bar				
Yellow	Jacket potato with a choice of beans, cheese or tuna				
Blue	Meal deal Baguette with tuna, cheese or ham. Served with crisps, a carton of juice and dessert.				
Dessert	Rice crispie cake	Iced sponge cake	Ice cream pot or lolly	Chocolate sponge cake	Flapjack

Year 6 tuition



Tuition for children in year 6 has started this week. Apologies for any confusion that has been caused with tuition days - any parents of children who have been invited to tuition this half term received texts in the week so everybody should now know what tuition they have and when!

Young Voices

On Thursday 22nd, the school choir are off to perform at the O2 in Young Voices, the largest children's choir in the world. The children have all been practising hard and learning the songs (and actions!) and are really excited about the day. Information will be sent out to parents about the day itself. Keep an eye out on Facebook and Class Dojo for photos and videos on the day!



Swimming trials



A message has been sent out this week about swimming trials for the upcoming swimming gala in February. If your child in years would like to try out for the gala, please fill in the Google Form!

More to celebrate!

A big well done to everybody who has received a gold card, certificate or postcard from their class teacher this week!



Twilight Club

As you may be aware, our Twilight Club is not run for a profit and the prices we charge covers our overheads such as staffing. We are aware that some people may wish for their child to go to an after school club and then attend Twilight Club. Instead of having to pay for both, if your child is attending a regular after school club and then going to Twilight Club afterwards, you will be charged £8 for Twilight Club rather than the usual £10 as we have deducted the cost of the after school club from the Twilight Club price.



Celebration

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

Wilson received man of the match at his first rugby game.



Austin won silver in his golf sixes tournament.



Imogen won silver in his golf sixes tournament.

Rewards and achievements in school

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

EYFS	
Mia B	Co-operation
Daisy J	Determination
Year 1 and 2	
Reggie A	Imagination
Skyla Ivy K	Determination
Bella W	Co-operation
Year 3 and 4	
George C	Determination
Henry W	Co-operation
Leo BR	Determination
Year 5 and 6	
Sophie P	Determination
Bobbi-Rose C	Excellence
Bobby F	Co-operation



Well done to our star readers this week, who were awarded a golden coin in assembly and got to choose a book from the vending machine to take home and share with their family:

EYFS and KS1 - Leo L, Amelia-Lilly H, Mika K, Hollie A and Teddy W

KS2 - Harper Jer, Wilson A, Lucy G, Danii-May S, Archie O and Joshua A

A big well done to our attendance winners this week:

Class attendance - spin the wheel! - Beech Class

Individual 100% attendance— Ripley M in Holly Class



All The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practice spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College

Valentine's Disco

The PTA are holding a valentine's disco on Thursday 12th February. To book tickets, please use the following links—please be aware there is an early bird booking price if you book your child's place before 25th January.

EYFS and KS1 - <https://www.zeffy.com/en-GB/ticketing/valentines-disco-reception-year-1-and-year--2>

KS2 - <https://www.zeffy.com/en-GB/ticketing/valentines-disco-ks2-years-345-and--6>



GRANGE PTA

Valentine's Disco

Thursday 12th February 2026
with Skittleman

Reception & KS1 -
4pm - 5:30pm

KS2 - 6pm -
7:30pm

