

# Grange Primary School

Elder Avenue, Wickford, Essex, SS12 0LR

Tel: 01268 734420

Headteacher: Mrs M Elfenich

Deputy Headteacher: Miss B Langley



Friday, 6th March 2026

## Year 1/2 trip to Braintree Victorian Museum

The children in year 1 and 2 had a fantastic day at the Victorian Museum, exploring the museum, looking at artefacts and experiencing a realistic Victorian lesson!



## EYFS dinosaur visitors!

Oak and Ash class had an exciting visitor this week—a baby dinosaur! We were palaeontologists first, digging carefully for fossils and seeing what amazing things we could find. Then we got to meet the baby dinosaur and even give it a stroke!



## Year 5/6 trip

Year 5 and 6 went on a trip to the theatre in Wimbledon to watch 'Who Let The Gods Out?' on stage. They absolutely loved it and had a fantastic time – even if the character and story were slightly different!



## Red Nose Day

On Friday 20th March, we will be celebrating Red Nose Day at Grange. **Red noses are now for sale and can be bought for £2 through School Money.** On the day, children can dress as something silly (the sillier the better as it is Comic Relief!) or they can wear red from head to toe! We will have donation buckets on the gates with some of our year 6 pupils and will also set up a Just Giving page to help raise money to support those less fortunate than us all around the world.



## School dinners

Next week we will be on week 2 of the dinner menu. Hopefully you have all received the Google Form to give us some suggestions for school dinners for the extended menu after the Easter holidays. We look forward to seeing your suggestions!



	Monday Pasta day	Tuesday	Wednesday Roast	Thursday	Friday Grab-a-bag
<b>Red</b>	Bolognaise	Fish fingers	Gammon	Pork sausage	Pepperoni Pizza
<b>Green</b>	Pasta with tomato sauce or cheese	Veggie fingers	Quorn fillet	Veggie sausage	Cheese Pizza
<b>On the side</b>	Garlic bread	Wedges and beans	Roast potatoes, Yorkshire pudding and gravy	Mash and gravy	Chips
<b>Veg and salad</b>	A choice of peas, sweetcorn and carrots Salad bar				
<b>Yellow</b>	Jacket potato with a choice of beans, cheese or tuna				
<b>Blue</b>	<b>Meal deal</b> Baguette with tuna, cheese or ham. Served with crisps, a carton of juice and dessert.				
<b>Dessert</b>	Shortbread	Iced sponge cake	Ice cream pot or lolly	Chocolate sponge cake	Flapjack

## School Money Accounts



**schoolmoney**

As you will be aware, we are fast approaching the end of the financial year. Mrs Fealy is busy working on the budget for next year and needs to get everything tied up ASAP. Could any parents with outstanding balances on their accounts please ensure that arrears are paid before the end of the month. Thank you.

## Dates for your diary

### March



<b>Wednesday 18th</b>	Year 6 Crucial Crew event
<b>Thursday 19th</b>	Year 3 and 4 trip to the Museum of Power Year 6 SATs and Mersea meeting for parents at 2:50
<b>Friday 20th</b>	Red Nose Day
<b>Thursday 26th</b>	SEN coffee morning
<b>Monday 30th— Friday 10th April</b>	Easter holidays. Children return on Monday 12th April



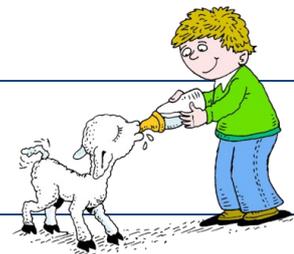
### April

<b>Monday 13th</b>	Return to school for launch days Year 1 and 2 exotic animal encounter
<b>Tuesday 21st</b>	Year 3 and 4 Benin workshops



### May

<b>Thursday 7th</b>	EYFS school trip to Barleylands
<b>WB 11th May</b>	KS2 SATs week
<b>Monday 18th</b>	Year 5/6 trip to the Tower of London
<b>Monday 25th— Friday 29th</b>	Half term. Children return on Monday 1st June



### Thank you PTA!

We just wanted to take this opportunity to thank our fantastic PTA for everything you do for the children here at Grange. They have loved the mother's day sale this week and choosing their own gifts!

The PTA also give the school money each year to ensure that we can continue to give the children fantastic experiences in school. All events the children take part in within school are funded by the PTA and we couldn't do it without them - thank you!



### Driving and parking around school

As you will be aware, the end of Elder Avenue can get very busy at school times. We are asking all families to please think carefully about whether you NEED to drive up to the end of the road as this can put the children and families in danger. We would be really grateful if you could either walk from home or park in a road a little

bit further out and walk in to reduce the number of cars around the school. Now that the weather is beginning to improve, this should be much easier to do! If you do, for some reason, need to drive to the end of Elder Avenue, please ensure that you drive slowly and keep a close eye out for children crossing the road.



### School uniform and PE kit

Just a quick reminder about uniform. Please ensure that your child is wearing the correct uniform to school on days they do not have PE. This should be navy trousers/shorts/skirt and a white top with a navy cardigan or jumper. They should also be wearing plain black shoes or trainers. For PE days, children may wear a navy tracksuit or navy shorts and a white top. As the weather has been slightly nicer, we have noticed more children wearing shorts as part of their PE kit. Just a reminder please that these should be either school PE shorts or longer cycling shorts - please do not send children in wearing super short cycling shorts as we will ask them to change into a pair of school football kit shorts. Can we please also remind you that all children's hair must be tied up for school at all times. Thank you.



## Celebration

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

**Alice received the coach's award for her netball club.**



**Jessica passed level 4 gymnastics.**

**Caitlin took part in Essex Age Championships and came 30th in Essex for butterfly and 48th for breast-stroke.**



### More to celebrate!

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



### Indoor athletics

Well done to the year 3 and 4 pupils who took part in running, throwing and jumping events against 4 other schools at the William De Ferrers athletics competition. Events were worth up to 10 points and Grange got a fantastic total of 136, which put us in third place overall - missing second place by just 6 points. Great job everyone!



## Rewards and achievements in school

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

EYFS	
Lottie R	<i>Imagination</i>
Layla J	<i>Excellence</i>
Year 1 and 2	
Kyron O	<i>Imagination</i>
Macy M	<i>Co-operation</i>
Florence MR	<i>Co-operation</i>
Year 3 and 4	
Hallie H	<i>Excellence</i>
Harley H	<i>Imagination</i>
Harry P	<i>Excellence</i>
Year 5 and 6	
Oliver B	<i>Co-operation</i>
Isabelle H	<i>Excellence</i>
Holly W	<i>Determination</i>



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** - Willow J, Jackson R, Leo L, RJ D, and Joshua SM

**KS2** - Archie P, Olivia-Rose H, Fiona M, Daniel J, Georgina C and Kirah D

A big well done to our attendance winners this week:

**Class attendance - spin the wheel!** - Beech and Oak Classes.

**Individual 100% attendance** - Freya Gamon in Maple Class



# What Parents & Educators Need to Know about STREAMING SERVICES



## WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

### COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.



### EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.



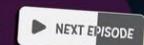
### ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.



### BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.



### AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.



### HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.



## Advice for Parents & Educators

### SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.



### TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.



### MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some TV shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.



### SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.



### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

See full reference list on our website