

Grange Primary School

Elder Avenue, Wickford, Essex, SS12 0LR

Tel: 01268 734420

Headteacher: Mrs M Elfenich

Deputy Headteacher: Miss B Langley



Friday, 20th March 2026

Year 3/4 trip to the Museum of Power

The children had a great day at the Museum of Power, learning all about electricity. They even met a magician!



Red Nose Day

It was lovely to see everybody dressed in red or in their silliest outfits for Comic Relief today. A big thank you to everybody who purchased a red nose and gave donations - we will let you know the total amount raised when we have counted it!



More to celebrate!

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



School dinners

Next week we will be on week 1 of the dinner menu. A big thank you to everyone who took the time to give us some suggestions for different meals for the menu—we will send out the final menus next week.



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

School Money Accounts




schoolmoney week. Thank you.

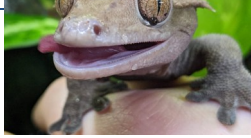
Could any parents with outstanding balances on their School Money accounts please ensure that arrears are paid before the end of next

Dates for your diary

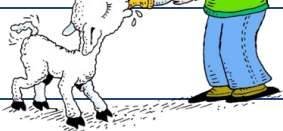

March

Thursday 26th	SEN coffee morning	
Monday 30th— Friday 10th April	Easter holidays. Children return on Monday 12th April	




April

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

May

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

June

Wednesday 3rd	Class photos	
Monday 8th	INSET day - school closed to pupils	
Wednesday 10th - Friday 12th	Year 6 Mersea residential	
Friday 12th	Year 5 bush craft day	
Thursday 18th	Year 1 and 2 trip to Colchester Castle	
Thursday 18th and Friday 19th	PTA Father's Day sale	
Thursday 25th	SEN parents coffee morning	

Celebration

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

Maria won student of the week at jujitsu.



Georgina moved up to level 9 at swimming.

Lucy got her 25 metre badge at swimming.



George won player of the week at football.

Rewards and achievements in school

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

EYFS	
Matteo M	Determination
Sophia M	Excellence
Year 1 and 2	
Oscar B	Determination
Jensen N	Co-operation
Thea F	Determination
Year 3 and 4	
Harley JS	Co-operation
Lily B	Co-operation
Lucy H	Excellence
Year 5 and 6	
Lena D	Determination
Phoebe L	Determination
Max E	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 - Vinnie T, Roma S, Chester O'C, Bonnie T, Daisy R

KS2 - Evie J, Jasper H, Harrison G, Molly W, Riley S and Maria C

A big well done to our attendance winners this week:

Class attendance - spin the wheel! - Beech Class, who spun extra play time.

Individual 100% attendance - Bonnie T in Holly 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.

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.

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.

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.

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.

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.

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.

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.

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