

Grange Primary School

Elder Avenue, Wickford, Essex, SS12 0LR

Tel: 01268 734420

Headteacher: Mrs M Elfenich

Deputy Headteacher: Miss B Langley



Friday, 15th March 2024

Red Nose Day

It was great to see all of the superheroes, real-life heroes and red outfits today to raise money for Comic Relief. Thank you for all of the generous donations you made - we have raised a fantastic **£210.85** so far.



Year 5/6 field trip to Southend

As part of their geography unit, the children in years 5 and 6 went on a field trip to Southend to look at pollution and littering. They took the train to Southend and then spent some time litter picking and playing on the beach - everyone had a fantastic day!



Netball

The boys and girls were all amazing in the netball tournament and came 3rd and 4th overall - well done everyone!





Thank you!

A huge thank you to Caitlin and Oliver's grandad for putting our amazing gazebo together for us this week—it was a big job! Thank you also to everybody else who offered their time to help. We are really lucky to have such supportive families here at Grange!

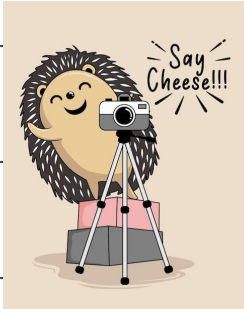


Diary dates - upcoming events


March

Wednesday 20th	Year 6 height and weight	
Thursday 21st	SEN coffee morning	
Wednesday 27th	Year 1/2 trip to Braintree Museum	
Thursday 28th	House reward for house in the lead Last day of term	
Friday 29th March— Friday 12th April	Easter holidays	

April

Monday 15th	Children return to school	
Monday 22nd	Year 6 mock SATs	
Thursday 25th	PTA discos - times TBC	
Monday 29th	Class photos	

May

Thursday 2nd	EYFS trip to Boydells Farm	
Thursday 9th	Year 3/4 trip to Mountfitchet Castle	
WB Monday 13th	Year 6 SATs	
Tuesday 21st	Year 5/6 trip to the Tower of London on the train	
Thursday 23rd	SEN coffee morning	

June



Wednesday 5th—Friday 7th	Year 6 residential (Mersea)
Tuesday 18th— Thursday 20th	Workshare (dates and times to be confirmed)
Monday 24th	Year 1/2 trip to Colchester Castle
Thursday 27th	SEN coffee morning Year 6 at Bromfords
Friday 28th	Move up for children in EYFS—year 5 Year 6 at Beauchamps and Bromfords



July

Thursday 4th	Sports day (times to be confirmed)
Friday 5th	Year 5 taster day at Bromfords
Thursday 11th	Year 5 taster day at Beauchamps
Friday 12th	Final year 3 swimming session
Thursday 18th	House reward SEN coffee morning
Friday 19th	Year 6 coffee morning
Tuesday 23rd	Last day of the school year! Year 6 leaver's show



Save the date

Grange 2024 Leavers' Party

On Friday 19th July from 6pm until 9pm

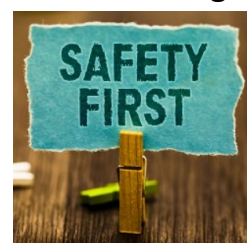
Miracle House, Wickford.

Invitations have come home today!



Drop –off and pick-up times

A polite reminder to please ensure your children (even younger siblings) are not scooting or cycling on the school grounds in the mornings or after school as this can be dangerous. Please also make sure that children (and parents) are not walking across the car park as staff members are coming and going at these times. Thank you for helping us to keep the children safe.



Attendance

Well done to **Elm** class for having the highest attendance this week! Remember if your class gets 100% attendance, you win a £25 reward to spend on whatever you like!

Oak	97.3%
Ash	91.7%
Hazel	89.3%
Holly	95.6%
Elder	94.8%



Willow	96.7%
Rowan	95.3%
Beech	95.3%
Chestnut	96.1%
Maple	97.7%
Elm	99.3%

Year 5/6 PE

For the next 6 weeks up until year 6 have their SATs, PE will be slightly different for the children in Chestnut, Elm and Maple:

- Year 5 will be having an extra fitness unit on Monday, Tuesday, Wednesday and Friday, so need to wear their PE kits on these days please.
- Year 6 will all be having PE on a Thursday, so need to wear their PE kits on a Thursday please.

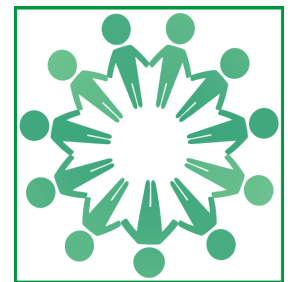
A polite reminder that the PE kit at Grange should either consist of the school tracksuit or **PLAIN NAVY** shorts/joggers/leggings and a **PLAIN NAVY** jumper. Children should not be wearing black or branded clothes please.



Rewards and achievements in school

This week's Headteacher awards for **determination, co-operation and imagination** were awarded to the following children. We also celebrate **excellence** for those children who consistently show all of our school values.

EYFS	
Florence L	Determination
Yasmine OA	Determination
Year 1 and 2	
Amelia S	Excellence
Lily-Mae B	Imagination
Harley H	Co-operation
Year 3 and 4	
Parker O'C	Co-operation
Emily K	Imagination
Matilda W	Imagination
Year 5 and 6	
Charlotte M	Co-operation
Phoebe W	Determination
Scott C	Imagination



'Star Readers' this week who got a golden token for the vending machine and to choose a book to take home were:

EYFS — Darcie J and Hollie C

Year 1 and 2— George C, Ralph C and Shivanika R

Year 3 and 4— Lyla E, Daniele B and Isaac H

Year 5 and 6— Jasmine I, Reagan L and Skye M



Celebration

We enjoy seeing what the children are proud of outside of school, so please don't forget to send your photos to Miss Langley!

Georgina passed her stage 6 at swimming.



Jackson was awarded trainer of the week at football.

Ava went up to blue hats in swimming.



Ottavio is a green hat at swimming!

Thea performed on stage with her amateur dramatics group.



Arthur received a postcard from his teacher!

Exciting new things to come!

Since the removal of the Wizz Kids building, we have been looking to tidy up that area and make it a place for the children. Mr Urch (with his helpers!) have cleaned out the overgrown garden, which we are planning to make as a seated area with canopies. Watch this space for some exciting additions to the playground...we are getting fitness equipment and some interactive line markings to brighten up the area and make it more purposeful and exciting for the children. We are still working hard on the sensory garden too and cannot wait to show it to you once it is completed!



School dinners



	Monday	Tuesday	Wednesday	Thursday	Friday
Red	Tomato and herb pasta	Chicken burger	Gammon roast	Meatballs	Fish fillet
Green	Roast veg pasta	Veggie burger	Herby Quorn fillet	Veggie chilli	Quorn dippers
Yellow	Jacket potato with a choice of beans, cheese or tuna				
On the side	Garlic bread Sweetcorn	Wedges Sweetcorn	Roast potatoes, peas, carrots, yorkies and gravy	Rice Carrots	Chips Beans / Peas
Blue Grange meal deal	Ham baguette		Gammon baguette		Cheese baguette
	Meal deals come with a bag of crisps, a carton of juice and dessert of the day				
Dessert	Shortbread biscuit	Fruit	Toffee crispie	Fruit	Ice-cream tub

Summer fete

The PTA are holding a summer fete on Saturday 13th July 2024. It will run from 11am until 4pm and we would love to see as many families and friends attending as possible to support our fantastic PTA. We would love to have a range of stalls, so if you could run one or know someone who could, please let the PTA know - thanks!

Grange
Primary
PTA

*We need
you!*



Grangefest
13th July 2024
get in touch if you
can help us out

*your help
means a lot!*

Volunteers Needed

Stallholders also needed

pitch fee and raffle prize

will apply

Contact us
grangeprimarypta@hotmail.com

<https://www.facebook.com/GrangePrimaryPtaWickfordEssex>

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night; it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives; during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

