

# Grange Primary School

Elder Avenue, Wickford, Essex, SS12 0LR

Tel: 01268 734420

Headteacher: Mrs M Elfenich

Deputy Headteacher: Miss B Langley



Friday, 9th January 2026

## Welcome back!

A huge welcome back to the new term to all of our families, pupils and staff - and happy 2026! It has been fantastic to see everybody getting back into the swing of things and enjoying their launch days, sporting events and an extra-special mystery guest visitor!

Thank you to our incredible PTA for organising for 'Steel', founder of Zactiv and a real-life gladiator to come into school on Monday! Everybody loved meeting him, learning all about how he became a gladiator, the importance of keeping fit and healthy and also getting their own signed photo of Steel. What a great start to the new year!



## Census Day

On Thursday 15th it is Census Day, which informs how much funding we get for school dinners. It would be amazing if as many children as possible could be school dinners on this day, so we will be doing 'Grab a bag'. The options will be:



- **Red - chicken nuggets**
- **Yellow - jacket potato with a choice of fillings**
- **Green - quorn dippers**
- **Blue - meal deal**



Steel came around to every class to have a chat with us, signed a photograph for us and also gave us a bottle of water!






## Dates for your diary

### January

<b>Tuesday 13th</b>	Year 1 and 2 Chinese workshop	
<b>Friday 16th</b>	Djembe drumming workshops for years 3-6	
<b>Thursday 22nd</b>	Choir performing in Young Voices at the O2 SEN coffee morning	
<b>Friday 23rd</b>	Dentist visit for EYFS and Year 3	
<b>Tuesday 27th</b>	Year 3 and 4 Egyptian workshop	

### February

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



## School dinners

Next week will be week 2 on the dinner menu. As it is census day and we would like as many children to be school dinners as possible, we have gone with the children's firm favourite—chicken nuggets! Please do encourage your child to have dinners on this day as it makes a huge difference to our funding!



	Monday Pasta day	Tuesday	Wednesday Roast	Thursday Grab-a-bag	Friday Grab-a-bag
<b>Red</b>	Bolognaise	Fish fingers	Gammon	Chicken nuggets	Pepperoni Pizza
<b>Green</b>	Pasta with tomato sauce or cheese	Veggie fingers	Quorn fillet	Quorn nuggets	Cheese Pizza
<b>On the side</b>	Garlic bread	Wedges and beans	Roast potatoes, Yorkshire pudding and gravy	Chips	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

## Clubs

After school clubs start next Monday. Parents have all been sent out the links to book on and lots of the clubs are full or nearly full now! The clubs are as follows:

### Monday:

Dance with Katherine  
KS2 boys' football (year 3-6)  
KS2 girls' football (year 3-6)



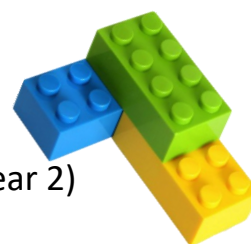
### Tuesday:

Young Voices (full)  
Young carers (invitation only)  
Disney club with Mrs Titheradge



### Wednesday:

KS1 dodgeball (EYFS—year 2)  
Art club  
KS2 Lego club with Ms Drury (year 3-6)



### Thursday:

Art club

### Friday:

KS2 Boxing skills (year 3-6)





### Year 6 tuition

Invitations for year 6 tuition have been sent out this week. While not all children have been invited this time, there will be new groups after half term and the aim is that all children will be invited at some point. The teachers have selected certain children for this term so please do encourage your child to come along! Sessions are in small groups and the children are given biscuits as a small incentive! While Mrs Hayward is off work, her tuition groups will be run by Mrs Iyalla and Mrs Titheradge. Please fill in each Google Form you were sent through so that we know whether your child is coming to the maths and/or grammar tuition they have been invited to. Thanks

### Tesco blue tokens

In January, Grange will be 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.



### 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. For any parents of children in the choir, we will send out more details about the day shortly so that you know what to expect - you have also been sent your tickets through on the AXS app so please make sure you claim them before the big day!

### Celebration

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

**Leo was awarded player of the match 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	
Madison R	<b>Co-operation</b>
Stanley F	<b>Imagination</b>
Year 1 and 2	
Levi M	<b>Determination</b>
Athan GG	<b>Excellence</b>
Henry R	<b>Determination</b>
Year 3 and 4	
Milo S	<b>Determination</b>
Daisy M	<b>Excellence</b>
Miller A	<b>Imagination</b>
Year 5 and 6	
Charlotte L	<b>Excellence</b>
Delilah RL	<b>Determination</b>
Seren R	<b>Imagination</b>



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** - Macie-Grace H, Millie P, Harry H, Savannah W and Jensen N

**KS2** - Peggy C, Jimmy O'K, Harrison J, Amelia S, Isaac H and Jessica F

A big well done to our attendance winners this week:

**Class attendance - spin the wheel!** - Ash Class

**Individual 100% attendance**— Amalie W in Holly Class





# 10 Top Tips for Parents and Educators

## ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

### 1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

### 2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

### 3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

### 4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

### 5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

### 6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

### 7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

### 8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

### 9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

### 10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

### Meet Our Expert

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#WakeUpWednesday®

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## 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 12<sup>th</sup> February 2026  
with Skittleman

Reception & KS1 -  
4pm - 5:30pm

KS2 - 6pm -  
7:30pm

