

Grange Primary School

Elder Avenue, Wickford, Essex, SS12 0LR

Tel: 01268 734420

Headteacher: Mrs M Elfenich

Deputy Headteacher: Miss B Langley



Friday, 21st November 2025

Children in Need

A huge thank you to all of the family and friends who donated so generously for our sponsored event for Children in Need. We have been absolutely astounded at the amount of money raised and cannot wait to send the money off for such an amazing cause.

In total so far, we have raised an incredible **£3,565.70!**



Mr Watkins' retirement

As many of you may know, Mr Watkins is retiring today after working at Grange for over 10 years. We know that the children and parents love to see Mr Watkins on the gate each day and that he will be missed by the Grange community. We know you will all join us in thanking Mr Watkins for everything he has done over the years and wish him well in his retirement. He has lots of grandchildren who he is looking forward to spending more time with!

You may have noticed our new caretaker, Mr Newland, out on the gates at the end of the week. He is starting the role properly on Monday and is looking forward to getting to know the Grange community better over time. Welcome to Grange!



Reception admissions

If you have a child who will be starting reception in September 2026, admissions opened on 10th November and will close for applications on **15th January 2026**. Applications can be made online via <http://www.essex.gov.uk/admissions> for whichever school you are sending your child to. If you are hoping to send your child to this school and already have an older child here, please still ensure you complete an application form.

Diary dates - upcoming events

November



Saturday 22nd	Young Voices Choir singing in 'Light up Wickford' from 3pm
----------------------	--

December



Monday 1st	Year 5 and 6 Walk Online Roadshow
Friday 5th	PTA Christmas movie night
Monday 8th and Tuesday 9th	PTA Elfridges sale (children can buy presents for family)
Thursday 11th	Christmas dinner and Christmas Jumper Day KS2 visiting the local church for a carol service KS1 Christingle (please send children in with an orange!)
Friday 12th	House reward (Christmas crafts)
WB 15th December	Christmas performances—see overleaf for days and times
Friday 19th	Sparkle Day
WB 22nd December	Christmas holidays (children return on Monday 5th January)



Year 3 and 4 trip to Call of the Wild

The children in years 3 and 4 had a lovely (if very cold!) day at Call of the Wild this week as part of their science curriculum. They enjoyed looking at all of the animals and loved the bird show! Here are just a few of the photos - visit the [blog](#) on the school website to see more photos!



School dinners

Next week will be week 2 of the dinner menu. As ever, please try to discuss the options with your child before they get to school so that they know what they would like!



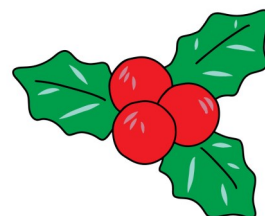
Summer Menu Week 2



	Monday Pasta day	Tuesday	Wednesday Roast	Thursday	Friday Grab-a-bag
Red	Bolognaise	Fish fingers	Gammon	Pork sausage	Pepperoni Pizza
Green	Pasta with tomato sauce or cheese	Veggie fingers	Quorn fillet	Veggie sausage	Cheese Pizza
On the side	Garlic bread	Wedges and beans	Roast potatoes, Yorkshire pudding and gravy	Mash and gravy	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	Shortbread	Iced sponge cake	Ice cream pot or lolly	Chocolate sponge cake	Flapjack

Christmas performances

As ever, we are looking forward to welcoming families in to watch our Christmas shows later on in the year. We have had parents asking for days and times of shows, so will share these below. Please note that there will only be 2 tickets available per family and that younger siblings will not be able to come in to the performances. We will run a creche for the morning shows. We will send out more information about tickets and the creche nearer to the time.



- **KS1 nativity (Year 1 and 2) - Monday 15th December at 9:30 and 1:30**
- **Year 3/4 Christmas show—Tuesday 16th December at 9:30 and 1:30**
- **Year 5/6 Christmas show—Wednesday 17th December at 9:30 and 1:30**
- **EYFS nativity—Thursday 18th December at 1:30**



More to celebrate!

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

The collage features three photographs of children. In the top left, a boy in a dark blue school uniform with a white collar sits on a grey sofa, holding a blue card that says 'A message to say... You're amazing... Wow Good job... Well done... Great work... Fantastic'. In the top right, a boy in a white polo shirt smiles while holding a small gold card that says 'GOOD TO BE GOLD'. In the center, a girl with blonde hair, wearing a light-colored shirt with a floral pattern, holds a framed certificate titled 'Headteacher Award Excellence'. The certificate text reads: 'Presented to: Kiki Mitchell for always trying her hardest and being an excellent role model to her friends... 2023'. The entire collage is decorated with four gold stars.

A young boy with short brown hair and a white collared shirt under a dark blue sweater is sitting on a grey couch. He is holding a small, rectangular sign in front of him. The sign has a blue background with a yellow border. At the top left of the sign is a circular logo with the text 'PARENTS' and 'CHILDREN' around a central graphic. To the right of the logo, the text reads: 'A message to say... You're amazing and you're doing it well. You're a great worker and you're fantastic.' Below this, the words 'Wow', 'Well', 'Great', and 'Fantastic' are listed in large, colorful letters. To the right of each word is a small box with the word 'say' written in it. At the bottom of the sign, there is a small logo and the text 'PARENTS' and 'CHILDREN' again.



Walk Online Roadshow for parents

On 1st December, the children in years 5 and 6 will be taking part in the Walk Online Roadshow, which teaches them about the dangers they may face online and how to keep themselves safe. There is a free session for parents being run on Tuesday 2nd December to inform parents about what children are actually up to online and how to protect children from online grooming and exploitation. Please join online if you can with this link:

https://us02web.zoom.us/webinar/register/WN_5ecJdZ6uRuKKqVZDFd06tg#/registration



On 1st December, the children in years 5 and 6 will be taking part in the Walk Online Roadshow, which teaches them about the dangers they may face online and how to keep themselves safe. The roadshow for parents is being run on Tuesday 2nd December to inform parents about the dangers children are actually up to online and how to protect children from these dangers. Please join online if you can with this link:

https://us02web.zoom.us/webinar/register/WN_5ecJdZ6uRuKKqVZDFd06tg#/registration

Homework

Please be aware that if your child is unable/struggling to do the online homework set at home, there is always a paper version available. If you would like a paper version of the homework (which will not necessarily be exactly the same, but something similar) please reach out to your child's teacher on Class Dojo. Thanks.

The word 'homework' is written in a colorful, playful font where each letter is a different color and contains a small pattern. Below the text is a cartoon illustration of a red book with a face, arms, and legs, appearing to be excited or jumping.

Please be aware that if your child is unable/struggling to do the online homework set at home, there is always a paper version available. If you would like a paper version of the homework (which will not necessarily be exactly the same, but something similar) please reach out to your child's teacher on Class Dojo. Thanks.



Rewards and achievements in school

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

EYFS	
Willow J	<i>Imagination</i>
Sophia M	<i>Imagination</i>
Year 1 and 2	
Evie S	<i>Determination</i>
Jessica B	<i>Imagination</i>
Niamh H	<i>Imagination</i>
Harry B	<i>Determination</i>
Year 3 and 4	
Jasper H	<i>Co-operation</i>
Maximus H	<i>Determination</i>
Ethan K	<i>Imagination</i>
Year 5 and 6	
Callum P	<i>Excellence</i>
Kirah D	<i>Determination</i>
Adam O-A	<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 - Ademola A, Ollie T, Daisy R, Elsie B and Jackson M

KS2 - George F, Ralph C, Zekia Y, Freya G, Alice M and Georgina C

A big well done to our attendance winners this week:

Class attendance - spin the wheel! - Maple Class once again!

Individual 100% attendance— Teddie W in Hazel Class



Celebration

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

Fleur won player of the week at football.



Joshua moved up a hat at swimming.

Millie got her Marathon wrist band at Park Run.



Reti got player of the day at football.

PTA Christmas Movie Night

The PTA Christmas Movie Night is being held on Friday 5th December at the end of the school day. The children who are going will be taken straight through to the hall and will watch the film with a drink and snacks provided. To book your child's place, please scan the QR code at the bottom of the poster or use the following link - <https://www.zeffy.com/en-GB/ticketing/christmas-movie-night-7>. Early bird tickets are just £5, so book before 29th November to get tickets at this fantastic price!



GRANGE PRIMARY PTA



WE NEED NATIVITY COSTUME AND JUMPER DONATIONS

PLEASE LEAVE ANY
DONATIONS IN THE SCHOOL
OFFICE FOR US TO COLLECT
BY THE END OF THE DAY,
MONDAY 24TH NOVEMBER

NATIVITY COSTUMES & CHRISTMAS JUMPER SALE



**TUESDAY 25TH NOVEMBER
IN THE SCHOOL HALL AT PICKUP**



10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

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 provisions.



#WakeUpWednesday®

The National College®