

Grange Primary School

Elder Avenue, Wickford, Essex, SS12 0LR

Tel: 01268 734420

Headteacher: Mrs M Elfenich

Deputy Headteacher: Miss B Langley



Friday, 30th January 2026

Egyptian Day

As part of their topic all about the Ancient Egyptians, year 3 and 4 had an Egyptian visitor this week. They built a pyramid, mummified a body, worked as archaeologists to investigate, wrote names in hieroglyphics and mummified tomatoes - what a great day!



NSPCC Number Day

Next Friday, we will be celebrating Number Day at school in order to raise money for the NSPCC. Throughout the day, the children will be taking part in different number-related activities and we are hoping that everybody will 'Dress up for digits' too. The children can dress as anything related to maths or numbers and we are asking for a small donation to the NSPCC, a very worthy charity. Some of our year 6 pupils will be on the gates with donation buckets in the morning, or you can donate via our [Just Giving page](#). Some inspiration for costumes are below:



There will be a prize on the day for the most creative costume from each year group. Please do not feel you have to go out and buy something—we love to see your home made costumes!

Tesco blue tokens



Grange is now in the blue token tubes in local Tesco stores in the hopes that we can get some funding for some more, much-needed sporting equipment. Please keep an eye out for us in the Silva Island and Southend Road Tesco stores and support the school! We have now been spotted in them! Thank you.

School dinners

Next week will be week 1 on the dinner menu. We will be looking at adding another week to the menu rotation over the coming weeks to add some more variety to the menu.



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

Twilight Club

As you may be aware, our Twilight Club is not run for a profit and the prices we charge covers our overheads such as staffing. We are aware that some people may wish for their child to go to an after school club and then attend Twilight Club. Instead of having to pay for both, if your child is attending a regular after school club and then going to Twilight Club afterwards, you will be charged £8 for Twilight Club rather than the usual £10 as we have deducted the cost of the after school club from the Twilight Club price.

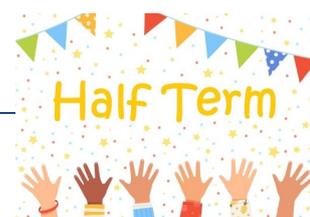
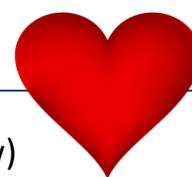


Dates for your diary

Number
Day 2026

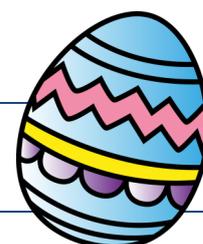
February

Friday 6th	NSPCC Number Day—dress up as a number for charity!
Tuesday 10th	EYFS and year 5 road safety workshops
Thursday 12th	PTA Valentines disco (more information to follow)
Friday 13th	Last swimming session for Year 3
Monday 16th — Friday 20th	Half term
Monday 23rd	Children return to school for launch days!
Thursday 26th	SEN coffee morning



March

Tuesday 3rd and Thursday 5th	Parents' evening
Tuesday 10th	Year 1/2 trip to Braintree Victorian Museum
Wednesday 11th	Year 5/6 trip to Wimbledon EYFS baby dinosaur visitor!
Thursday 12th and Friday 13th	PTA Mother's Day sale
Wednesday 18th	Year 6 Crucial Crew event
Thursday 19th	Year 3 and 4 trip to the Museum of Power
Thursday 26th	SEN coffee morning
Monday 30th— Friday 10th April	Easter holidays. Children return on Monday 12th April



Celebration

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

Bobby was awarded player of the match at football.



Davinia was student of the week at jujitsu.

Sporting events

This week, some children in years 3 and 4 attended an orienteering event at Buttsbury School. They took part in some different activities and worked well as a team. The children all had a fantastic time and did Grange proud!



Rewards and achievements in school

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

EYFS	
Dolly B	<i>Determination</i>
Rudy H	<i>Determination</i>
Year 1 and 2	
Ava N	<i>Determination</i>
Lara F	<i>Determination</i>
Yasmine O-A	<i>Excellence</i>
Year 3 and 4	
Evie W	<i>Imagination</i>
Bobby C	<i>Excellence</i>
Matyas P	<i>Imagination</i>
Year 5 and 6	
Albie S	<i>Determination</i>
Archie O	<i>Co-operation</i>
Noah T	<i>Co-operation</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 - Layla J, Elsie D, Maya M, Ripley M and Raya G

KS2 - Ethan K, Bradley B, Leighton B, Krisia T, Imogen H and Joshua A

A big well done to our attendance winners this week:

Class attendance - spin the wheel! - Oak and Beech Class

Individual 100% attendance— Layla J in Ash Class



More to celebrate!

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



A polite notice to families

Could we please kindly ask that parents do not bring dogs onto the school site at all as we have children who are allergic and others who are afraid of dogs. Please either arrange to leave dogs outside the school gates or to leave them at home as we cannot have parents either walking or carrying dogs on the school site. This also counts for drop-off and pick-up to before and after school clubs. Thank you for your co-operation with this.



What Parents & Educators Need to Know about SCHOOL AVOIDANCE

School avoidance refers to reduced attendance or non-attendance at school by a child or young person. In 2022-23, more than one in five children in England were found to be absent from school over 10% of the time. This guide focuses on school avoidance with an emotional basis, offering expert mental health advice. However, it's important to remember that school avoidance is a hugely subjective experience which requires a tailored, individual approach.

UNDERSTANDING SCHOOL AVOIDANCE

IMPACT OF SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include tummy aches, headaches, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGE OVERWHELMING FEELINGS

Acknowledge the child's worries, listen and discuss coping strategies together to help them manage difficulties. These could include mindfulness, deep breathing or going for a walk. This helps them understand that you are working together towards a common goal, and that these strategies can be used when bigger feelings arise.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and spent away from screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

RECOGNISE POSITIVE STEPS

Drawing attention to a child's successes – be they big or small – can help to give them some much-needed confidence and motivation. Celebrate these daily victories – such as getting out of bed on time or completing school work – and don't hesitate to let the child know when you're impressed or proud of them. Such an approach can go a long way.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



Source: See full reference list on guide page at: nationalcollege.com/guides/school-avoidance

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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>



The poster features a pink background with a large white heart outline on the left. In the top left corner is the Grange PTA logo, which includes a star and three stylized figures. The main title 'Valentine's Disco' is written in a large, white, cursive font. Below the title, the date and performer are listed: 'Thursday 12th February 2026 with Skittleman'. The central image shows silhouettes of children dancing on a disco floor with heart-shaped lights. The bottom section is a darker pink and contains the event times and QR codes for ticket booking.

GRANGE PTA

Valentine's Disco

Thursday 12th February 2026
with Skittleman

Reception & KS1 -
4pm - 5:30pm

KS2 - 6pm -
7:30pm

