



Little Thurrock Primary School

Newsletter



Self-help Solidarity Democracy Equality Equity Self-responsibility

Friday 29th September 2023

Dear Parents and Carers,

Black History Month

Next week marks the start of Black History Month when we celebrate the achievements of Black Britons and the contribution that they have made to our society. Across the school the children will be learning about some of the most influential Black people from Britain and the rest of the World. The theme of this year's Black History Month is 'Celebrating our Sisters' and we will be introducing this topic in assembly on Monday. If you feel that you could contribute to Black History Month in our school in some way, then please do get in touch with your child's class teacher.

Harvest donations for Thurrock Foodbank

On the 9th October, our Harvest assembly will be led by Revd. David Coaker who is one of our school governors. As you know each year we send all of the food that we have had donated down to Thurrock Foodbank. As a reminder, this year they would particularly like: tinned meat, tinned vegetables, sponge puddings, tinned custard, tinned fruit, jellies, rice pudding, tomato/vegetable soup, mashed potato and tinned potatoes. If every person in school brought in one tin or item, then we would easily exceed the total weight of food that we donated last year. Please send your donations into your child's class teacher.

I hope that you have a great weekend.

Ian Broyd
Headteacher

Contact details

Telephone: 01375 373586

Email: a.mail.ltp@osborne.coop

Website: www.littlethurrock.thurrock.sch.uk

Twitter: @LittleThurrock

Upcoming events and dates.

(Please note the dates subject to change)

Thursday 5 th October	World Teachers' Day
Friday 6 th October	Thurrock SSP Event Year 5 & 6 Cross Country @ William Edwards
Monday 9 th October	Harvest Assembly
Monday	Year 6 Height & Weight check
Tuesday 10 th October	Flu Immunisation
Tuesday 10 th October	Wear Yellow Day for Mental Health Awareness
Wednesday 11 th October	Reading with your child Workshop: 9am – 2.30pm
Friday 13 th October	Thurrock SSP Event Y3/4 Mixed Football @ St Cleres
Friday 20 th October	Thurrock SSP Event Y5/6 Tag Rugby @ Orsett Heath Academy
Thursday 9 th November	School Photographs Whole School
Friday 10 th November	School Council to Little Thurrock War Memorial
Monday 13 th November	Anti-Bullying Week
Monday 13 th November	Odd Socks Day
Tuesday 14 th & Thursday 16 th November	Parent & Carer Evening
Friday 17 th November	Children in Need Day
Tuesday 21 st November	Year 3 School Trip The Hive Centre
Friday 24 th November	Thurrock SSP Event Y5/6 Dodgeball @WES
Wednesday 29 th November	Year 4 Trip – Colchester Castle
Friday 1 st December	Thurrock SSP Event Y5/6 Basketball @ Gateway TBC
Monday 10 th December	Hanukkah Celebration Week
Monday 11 th / Thursday 14 th / Friday 15 th December	Carol Service @ URC – Details TBC
Monday 18 th December	Christmas Jumper & Dinner Day
Monday 18 th December	School Carol Concert

Friday Celebration Assembly

We celebrate a number of achievements in school, which you will find via Class Dojo. Here you will find out more about the learning that has taken place in the classroom each week. Also, look out for the Shining Moment for each child.

Little Thurrock Way certificate which is awarded to children weekly.

	Week ending 22nd September 2023	Week ending 29th September 2023
RED	Mahnoor	Marshall
RLR	George O K	Tamilore
RCW	Lukas	Hadley
1AS	Rebecca	Mithura
1JO	Louie	Reuel
1BA	Freddy	Sophie
2JD	Archie	Isla
2AA	Kamila	Bonnie
2CD	Zuzanna	Ronnie
3HM	Ellie	Ayomide
3MS	Sophia	Teo
3SM	Max	Yasmin
4RS	Agamjot	Katrina
4NP	Erik	Leala
4LB	Teddy	Millie
5EE	Freddie	Fatma
5SR	Jacob	Alice
5LH	Ksenia	Gabriel
6FD	Imaani	Oscar T
6SZ	Mia	Caruso
6AL	Anousha	Lucca

Attendance

We are continuing to celebrate and reward good attendance this year. Our new display in the hall will help to track this further. Extra play will be rewarded on a weekly basis as before. In addition to this, we will be holding a prize draw with the chance to win a £5 AMAZON voucher each week for those children with 100% attendance

	Week ending 22nd September 2023	Week ending 29th September 2023
RED	100 %	92.2 %
RLR	98.6%	97.8 %
RCW	98.2%	93.8 %
1AS	91.7 %	98.1 %
1JO	98.1 %	98.1 %
1BA	96.9 %	90.5 %
2JD	97.9 %	93.8 %
2AA	96.1 %	95.3 %
2CD	99.6 %	93.3 %
3HM	92.5 %	97.1%
3MS	94.6 %	95.8 %
3SM	94.6 %	98.2%
4RS	100 %	95.3%
4NP	94.4 %	97.8 %
4LB	96.3%	100.0%
5EE	86.3 %	93.8 %
5SR	97.4 %	95.8 %
5LH	96.1 %	97.0 %
6FD	98.6 %	96.9 %
6SZ	99.6 %	97.8 %
6AL	89.7 %	96.6 %

Welcome to Boom Reader

Boom Reader is used in all year groups to support communication between home and school in reading. Each child from Nursery through to Year 6 has their own reading journey captured in one place for both parents and teachers to share and use to support children's individual progress in reading.



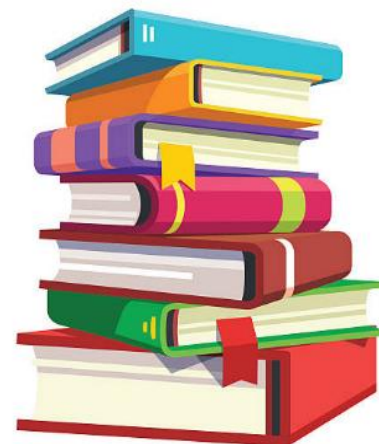
Each week we will share and celebrate the class reading logs. The class in each phase with the most winning certificates will win a prize at the **end of the Summer term.**



Class	Week ending 22 nd September 2023	Week ending 29 th September 2023
Nursery AM	13	10
Nursery PM	5	6
RED	10	13
RLR	9	10
RCW	9	12
1AS	17	16
1JO	21	19
1BA	16	15
2JD	20	19
2AA	18	17
2CD	16	19
3HM	9	19
3MS	11	19
3SM	13	19
4RS	20	24
4NP	20	17
4LB	18	23
5EE	17	20
5SR	22	21
5LH	24	28
6FD	17	20
6SZ	25	28
6AL	25	18

Winners 22.09.23
EYFS - Nursery AM
KS1 - 1JO
LKS2 - 4RS & 4NP
UKS2 - 6SZ & 6AL

Winners 29.09.23
EYFS - RLR
KS1 - 1JO & 2JD & 2CD
LKS2 - 4RS
UKS2 - 6SZ



Week beginning 2nd October 2023 - School Dinner Menu Week

Week 2				
Week Commencing - 24th April, 15th May, 5th June, 26th June, 17th July, 11th Sep, 2nd Oct				
Monday	Moroccan Lamb Tagine with Lemon & coriander Cous-Cous, sweetcorn & Peas	Creamy Cheese & Pea Pasta, Sweetcorn	Jacket Potato with a choice of filling	Fruit Smoothie
Tuesday	Chicken Burgers with potato crispers, Mixed veg & Baked Beans	Quorn Burger with Potato crispers, Mixed Veg & Baked Beans	Jacket Potato with a choice of filling	Cocoa Sponge & Cocoa Sauce
Wednesday	Roast Gammon with Roast Potatoes, Carrots & Fresh Greens	Roast Quorn Fillet with Roast Potatoes, Carrots & Fresh Greens	Jacket Potato with a choice of filling	Fruit Jelly
Thursday	Cheese & Tomato Pizza with Potato Wedges, Sweetcorn & Broccoli	Quorn Dippers with Potato Wedges, Sweetcorn & Broccoli	Jacket Potato with a choice of filling	Lemon Shortbread
Friday	Fish Fillet with Chips, Peas	Tomato & Vegetable Pasta Bake, Peas	Jacket Potato with a choice of filling	Banana Muffin



School Uniform

If you need to buy or replace any school uniform please visit Snappy School wear. A full list of our school uniform and book bags are available to purchase from the website is www.snappyschoolwear.com.

A polite reminder that all children must wear full school uniform each day except for when they have PE.

Please can we also ask that all items of school uniform are **clearly named**. Thank you

Walk Online Roadshow for Parents, Carers and Practitioners Wednesday 22nd November 2023 - 20:00 till 21:30

**THURROCK LOCAL
SAFEGUARDING
CHILDREN
PARTNERSHIP**

Thurrock LSCP have offered the Walk Online Roadshow for all Years 5s. We are pleased to be able to offer a session for parents, carers and practitioners.

This session explores how parents, carers and practitioners can support their children to navigate the online world.

Visit the website to access the link.

Please note that this session is for over 18s only.

www.thurrocklscp.org.uk



Thurrock Council

Secondary School Admissions

September 2024

Important Information – applying for a secondary school place for September 2024

If your child has just started the last year of primary education, you must apply now for a secondary school place.

If your child was born between 1st September 2012 and August 2013, you must apply for a secondary school place for September 2024.

When to apply

You must get your application to us by **31 October 2023**. You must get your application to us on time to maximise your chances of being offered one of your preferred schools.

If you miss the closing date

Applications received after the closing date will be considered after those that are received on time and after the first round of offers have been made.

How to apply

The easiest way to apply is online – go to thurrock.gov.uk/admissions and follow the instructions on screen to make your application.

Your login account for this service is separate to the login accounts you may use for other Thurrock Council services, such as council tax, benefits or housing.

If you do not have internet access at home you can still apply online at your local library.

Once you create an account you will be able to complete an application, review, amend and submit it online.

You will get an automatic confirmation that your application has been received. Once you have submitted your application online, if you make any changes – for example, change preference order – you must re-submit the application.

If you have any questions or queries regarding your application or any questions regarding admissions, please contact the admissions team by emailing school.admissions@thurrock.gov.uk or phoning on 01375 652 883.

Little Thurrock School
Association



EVERYONE IS WELCOME
Stay informed and get involved.

Tuesday 10th October 3.30pm

Straight after school in the staff room.

**An LTSA Committee Member will be available
to look after school aged children.**

**To attend the meeting please enter the school
through the reception area.**

**All parents, carers, governors and staff members are welcome
to attend. You don't need to sign up, you can just come along
and here about what the LTSA is doing.**

New members are VERY welcome!

**If you would like to enquire about joining, grab a form from
the school office or drop us a line on LTSA Facebook page.**

By attending the AGM you can help the LTSA to continue its fundraising. Within the last year our fundraising has meant that we could pay for the following:

- Some of the repairs to the adventure trail on the field costing £1,484
- Leaving presents and party for the year 6 leavers costing £1,000
- Sports equipment costing £310
- Storage equipment for the Rainbow Room costing £80
- Playground equipment costing £500
- Books costing £275

Little Thurrock Sport News

2023 is going to be a very busy year for Little Thurrock as we have entered the school into a variety of sporting events throughout the academic year.



We 'kicked off' with our first two events, which were held at St Cleres School in Stanford. The first event was the Year 5/6 Girls Tournament, on Friday 15th September. The girls (Ava, Grace, Freya, Ettie, Harleigh, Jessica, Amelia and Mia) played really well but faced some very tough opposition; they finished 3rd in their group after, which they should be extremely proud of. We have a really good team with this group of girls and we wish them the very best of luck for this season. Well done to Mia, who scored 4 goals in the last match, and to Ava who was invited to join Chelsea training academy - amazing!



Our next event took place on Friday 22nd September 2023, which was the Year 5/6 Boys Tournament. Gabriel, Reece, Francis, Harrison, Lucca, Frankie, Freddie, Alfie and Mark played some amazing football together, which was the first time they had played as a team. The boys won their group as a result of 4 wins and 1 draw. They went on to face Arthur Bugler in the semi-finals, but unfortunately lost 3-0. Their final game was against Woodside, which was a much closer game: the final score was 2-1 to Woodside. Like the girls, the boys played amazingly as a team and we look forward to seeing them progress throughout the year.

Over the next two weeks, children from Year 3/4 and Year 5/6 will be taking part in cross country, which is being held at William Edwards School. We wish the children taking part the very best of luck.

Big Treat Day

Date: Thursday 5th
October

Chicken Chunks

Cheese & Tomato pizza

Jacket potato

with a choice of filling

with

French Fries

*

Peas & sweetcorn

*

Vanilla Iced Sponge
with Sprinkles

Little Thurrock Achievers

Well Done Esme 6AL



Young Esme competed in Epping Forest Early County Qualifier. 8 races, 7 PB's, 5 medals (2 gold, 3 bronze) and 2 qualifying times for the Essex age group Championships. Amazing Medals Well Done!!!

Well Done Nicole 6FD



Well Done Nicole who who achieved 100 metres award in swimming this week. Super proud of you. Amazing



Well Done Ella Rose in 6FD Who won Netball 'player of the Match' recently Amazing achievement





STAR SPORTS MORNING CLUBS & AFTER SCHOOL CLUBS

AT LITTLE THURROCK PRIMARY SCHOOL

CLUBS START: MONDAY 11TH SEPTEMBER

CLUBS FINISH: THURSDAY 14TH DECEMBER

The clubs will run for the full term and children can attend multiple clubs.

MONDAY 25 spaces £72 – 12 weeks	Gymnastics after school club from the end of the school day till 4.30pm for children in: Year 1, Year 2, Year 3, Year 4, Year 5 & Year 6
TUESDAY 20 spaces FREE – 12 weeks	Fun Fitness morning club from 8am till the start of the school day (8.35am) for children in: Year 1 & Year 2
TUESDAY 20 spaces FREE – 12 weeks	Tag-rugby after school club from the end of the school day till 4.30pm for children in: Year 4, Year 5 & Year 6
WEDNESDAY 20 spaces FREE – 12 weeks	Basketball morning club from 8am till the start of the school day (8.35am) for children in: Year 3, Year 4 & Year 5
WEDNESDAY 20 spaces £72 – 12 weeks	Dodgeball & Multi Sports after school club (basketball, hockey, cricket, tennis and much more!) from the end of the school day till 4.30pm for children in: Year 1, Year 2, Year 3, Year 4, Year 5 & Year 6
THURSDAY 40 spaces £72 – 12 weeks	Football after school club from the end of the school day till 4.30pm for children in: Year 1, Year 2, Year 3, Year 4, Year 5 & Year 6

The clubs have limited spaces; therefore, spaces will be allocated on a first come first served basis with waiting lists if needed.

Parents/Carers please ensure children are collected from the after school clubs on time at 4.30pm and please take the children to the school office at 8am for the morning clubs then the Star Sports staff will take the children to their classes at 8.35am. Children need suitable/comfortable sportswear for the clubs, tracksuit, trainers (boots), water and any required medication (asthma pump, EpiPen etc.) and please send detailed information of the medical condition to us for our records.

Please contact Mr Cole to book places and for more information: **07976756259**

Please **TEXT** us each child's name, year, class, school, the club(s) you're booking for and any medical/allergy info.

TRANSFER PAYMENTS TO: MR K COLE 20-79-73 40797049

Please put 'LT' and the name of your child as the payment reference AND text us each time you make a payment (state the payment reference you have used each time please). We no longer accept cheques. Thank you!

Please **DO NOT** contact the school office regarding the Star Sports clubs as they are run by Star Sports and the school office will not be able to take or accept bookings or payments. Thank you.

LIMITED SPACES, BOOK NOW!



HALF TERM HOLIDAY CLUB & SPORTS CAMP AT LITTLE THURROCK PRIMARY SCHOOL

23RD OCTOBER TO 3RD NOVEMBER: 10 FUN PACKED DAYS FOR YOUR CHILDREN!

*****INDIVIDUAL DAYS CAN BE BOOKED*****

FOOTBALL – NERF – ARTS & CRAFTS – MULTI SPORTS – DODGEBALL – TENNIS
BASKETBALL – GYMNASTICS – PAINTING – BADMINTON – CRICKET – LEGO
ROUNDERS – HOCKEY – ATHLETICS – TAG RUGBY – HANDBALL & MUCH MORE!

WEEK 1: MONDAY 23RD TO FRIDAY 27TH OCTOBER

WEEK 2: MONDAY 30TH OCTOBER TO FRIDAY 3RD NOVEMBER

9AM-3PM = £22 PER INDIVIDUAL DAY FOR ONE CHILD & £90 FOR A FULL 5 DAY WEEK PER CHILD

HALF DAY BOOKINGS ARE £12 PER CHILD (ANY 3 HOUR SLOT FROM 9AM-3PM)

Sibling Discounts per individual day 9am-3pm: £36 for 2 siblings and £50 for 3 siblings

8.30AM EARLY START = £5.00 PER CHILD

3.30PM LATE FINISH = £5.00 PER CHILD

EARLY STARTS & LATE FINISHES MUST BE BOOKED & PAID FOR IN ADVANCE PLEASE, THANK YOU.

- ✓ LIMITED SPACES.... BOOK NOW! INDIVIDUAL DAYS CAN BE BOOKED.
- ✓ 9AM TILL 3PM: CONTACT US FOR THE 8.30AM EARLY START & 3.30PM LATE FINISH OPTIONS
- ✓ OPEN TO CHILDREN AGED 3-11 YEARS OLD. CHILDREN MUST BE DRY.
- ✓ INDIVIDUAL DAYS CAN BE BOOKED & OUR CLUB RUNS EVERY SCHOOL HOLIDAY
- ✓ FULLY QUALIFIED, INSURED, DBS CHECKED, FIRST AID TRAINED & EXPERIENCED STAFF
- ✓ SAFE, FUN & WELCOMING ENVIRONMENT IN A SECURED VENUE
- ✓ **PLEASE NOTE:** WE ARE NUT & SEED FREE. PLEASE ENSURE FOODS ARE FREE OF NUTS & SEEDS.

All attending should bring: A packed lunch, water bottle, any medication needed (asthma pump, EpiPen etc. and please send us the full details of any medical conditions or needs we should be aware of), waterproof jacket, tracksuit and trainers (football boots are optional).

Address: Little Thurrock Primary School, Rectory Road, Grays, Essex, RM17 5SW

Payment Details: Barclays, Mr K Cole, 20-79-73, 40797049

Please use 'LHC' followed by the FULL NAME of the child as the payment reference and please **TEXT** us the exact reference used once the payment has been made. Thank you.

Bookings: To book places or if you have any questions or queries please contact the Star Sports team:

FACEBOOK: Star Sports & Soccer **MOBILE:** 07976756259 **EMAIL:** starsports@hotmail.co.uk




**Grays Town Band
Brass Academy**

**WANT TO
LEARN TO
PLAY A BRASS
INSTRUMENT?**

Learn to play for a £1 a week. For ages 7+

**LESSONS AND LEARNER BAND
EVERY THURSDAY FROM 6PM**

Find out more by calling Claire on
07813 338105



PETS AS
THERAPY

Read2Dogs

In September school will be participating in the Read2Dogs scheme provided by Pets As Therapy.

The scheme helps to improve literacy skills and wellbeing in children and young people by developing their confidence, enjoyment and interest in reading.

Dogs are non-judgemental and good listeners therefore they support confidence and concentration levels. Additionally, they encourage positive behaviour and enhance self-esteem.

We are pleased to announce that Duke will be attending school once a week and is looking forward to hearing children read.

If your child is selected to read to Duke, a consent letter will be sent home for parents to sign and return to school.



Looking After Your **WELLBEING ONLINE**

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.



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 @national_online_safety

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What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways - from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content; usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history; so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on a screen could reflect this the next time your child borrows your device.

Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake - but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Caitley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



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FREE



DRAMA IN MIND

**LIMITED
SPACES!!!**

DRAMA IN MIND RUN
CREATIVE WORKSHOPS
DESIGNED FOR 8-16
YEAR OLDS
OFFERING DIFFERENT 6 WEEK
TOPICAL WORKSHOPS
THROUGHOUT THE YEAR!

Thurs
28th
Sept-14th
Dec 23
4.30pm-
5.30pm

ALL
WORKSHOPS
ARE RUN BY
EXPERIENCED
DBS CHECKED
PROFESSIONAL
PERFORMERS

What will you learn...

UNDERSTANDING EMOTIONS
OVERCOMING OBSTACLES
CONFIDENCE BUILDING
CREATIVE EXPRESSION
MAKING FRIENDS

Workshops at:
Grays Library,
Orsett Road, Grays, RM17 5DX
For free tickets, scan QR code or go
to bit.ly/DramainMindAutumnSeason



FURTHER DETAILS CONTACT
info@dramainmind.co.uk
or call 0203 9875227/
07716095814
www.dramainmind.co.uk



FREE WORKSHOP
THURS 28TH SEPT - THURS 14TH DEC 2023
4.30PM - 5.30PM

MUST BOOK TICKETS FOR ENTRY!

Healthy Lunchboxes

Healthy eating is important for everyone, especially for children when they are growing and developing rapidly. Having a healthy lunch means giving children food that is high in nutrients and low in saturated fat and added sugar.

A balance lunch should contain each of these food groups

Food Group	Why?	Ideas for lunchtime
Fruit and vegetables	These give a wide range of vitamins and minerals that are essential for growth and development	<ul style="list-style-type: none"> • 1 piece of fresh fruit or some vegetables e.g. an apple, banana or satsuma, or veggie sticks e.g. carrot, pepper sticks • Tomato, cucumber, grated carrot in a sandwich • Tinned fruit in natural juice e.g. pear quarters, grapefruit and pineapple chunks • Dried fruit e.g. 1 small box/pot raisins or apricots • 1 small carton of fruit juice*
Starchy foods	These provide energy, B vitamins are essential for the body's metabolism, some iron, calcium and fibre.	<ul style="list-style-type: none"> • Sandwiches with bread/bagels/wraps or rolls, or include pitta bread with a dip like hummus • Leftover pasta made into a salad • Crackers and cheese • Bread sticks and dips • Plain Scones • Cooked new potato salad • Rice Cakes

Milk and dairy foods	The calcium in milk helps build strong bones and teeth, healthy nerves and muscles. This food group also provides some zinc, vitamin A and some B vitamins.	<ul style="list-style-type: none"> • Low-fat fat yoghurt (you can add some fresh or tinned fruit to add flavour) • Cheese cubes • Grated cheese in a sandwich or in a pasta salad • Full fat cream cheese (can be used on crackers)
Protein	This food group is essential for muscle growth and repair, iron, zinc, vitamins D and B	<ul style="list-style-type: none"> • Hummus (in a wrap) • Cooked meat in a salad or sandwich • Cooked Lentils with rice in a salad • Tinned tuna or salmon in sandwiches or salad • Tinned mackerel (add to pasta and tomatoes) • Hard boiled egg
Drinks	Hydration	<ul style="list-style-type: none"> • Water is the best drink to give your child. All schools provide fresh drinking water. Giving a child their own bottle can encourage them to drink more • Milk can be offered as an alternative to water, semi-skimmed or skimmed are the best options • Fresh fruit juice *(children and adults should have no more than 1 small portion of fruit juice a day)

For more information:

www.nhs.uk

www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic

Communication at Little Thurrock

Learning Concerns	Pastoral Concerns	Concern relating to particular learning or physical needs	Issues relating to staff	Concerns & Queries relating to school administration
↓ Please raise your concern with your child's class teacher in the first instance.	↓ (Pastoral care covers our support of your child's individual needs, their emotional wellbeing and helping them with any personal problems they may be experiencing at school.)	↓ Where a concern is related to a special need and you feel an adjustment may be required to support successful learning e.g. issues related to ASD (autistic spectrum disorders), dyslexia or dyspraxia or physical disabilities	↓ Please contact reception who will forward your concern to the most appropriate person.	↓
↓ Please arrange a meeting with your child's class teacher to discuss the concerns further.	↓ Please raise your concern with your child's class teacher . ↓ If you feel that the class teacher is unable to help for pastoral concerns, please contact our Pastoral LSA Mrs Fleming . Mrs Fleming works with all of the children for behavioural and pastoral support.	↓ Please raise your concern with your child's class teacher in the first instance. ↓ Please arrange an appointment with our Assistant Head teacher and SENCO Mrs Wright .		Please speak to Mrs Greenfield Support Officer
↓ Please make an appointment to see our Deputy Head teacher Mrs Joynes if you remain concerned following the steps above.				
↓ Please make an appointment to see our Head teacher Mr Broyd if you remain concerned after following the steps above.				
<p>Teachers are available after school for informal conversations and appointments can be made with all of the above by contacting the school office on 01375 373586 or emailing a.mail.ltp@osborne.coop</p>				
<p>If you are writing to the school it is really helpful if you give us as much information about the background of your concern or complaint as possible, including who it involves, and what you would like the outcome to be.</p>				

September 2023							October 2023							November 2023							December 2023						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
				1	2	3						1			1	2	3	4	5					1	2	3	
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
							30	31																			
January 2024							February 2024							March 2024							April 2024						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7				1	2	3	4					1	2	3	1	2	3	4	5	6	7
8	9	10	11	12	13	14	5	6	7	8	9	10	11	4	5	6	7	8	9	10	8	9	10	11	12	13	14
15	16	17	18	19	20	21	12	13	14	15	16	17	18	11	12	13	14	15	16	17	15	16	17	18	19	20	21
22	23	24	25	26	27	28	19	20	21	22	23	24	25	18	19	20	21	22	23	24	22	23	24	25	26	27	28
29	30	31					26	27	28	29				25	26	27	28	29	30	31	29	30					
May 2024							June 2024							July 2024							August 2024						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5					1	2	1	2	3	4	5	6	7				1	2	3	4	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				26	27	28	29	30	31		

Autumn Term:	Monday 4 September 2023 – Wednesday 20 December 2023 <i>Half Term 23 October – 3 November</i>	73 days
Spring Term:	Thursday 4 January 2024 – Thursday 28 March 2024 <i>Half Term 19 February - 23 February</i>	56 days
Summer Term:	Monday 15 April 2024 – Tuesday 23 July 2024 (22-23 July twilight inset payback) <i>Half Term 27 May – 31 May, and May Bank Holiday - 6 May</i>	66 days
		195 days

	School Holiday
	Additional autumn half term
	Inset days, schools closed to students
	Trust conference, schools closed to students

Local Community Information

The Sleep Charity

At any time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

The free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. We can talk to young people directly, or parents (we can also talk to adults, including older people, about their sleep issues).

The helpline is open 5 times a week, Sunday, Monday, Tuesday, Thursday evenings 7-9pm, and Wednesday mornings 9-11am. The number is 03303 530541.

You can read more hear: <https://thesleepcharity.org.uk/national-sleep-helpline/>



Liz Wilson

Helpline Team Leader

Helpline Number: 03303 530 541

thesleepcharity.org.uk



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Award for Voluntary
Service 2020