



# Little Thurrock Primary School

## Newsletter



Self-help   Solidarity   Democracy   Equality   Equity   Self-responsibility

**Friday 13<sup>th</sup> October 2023**

Dear parents and carers,

### LTSA

As you are probably aware we are very lucky to have the Little Thurrock School Association working in partnership with the school to raise money for the benefit of our children.

On Tuesday the LTSA held their AGM and started planning for future events. The LTSA are a relatively small band of volunteers and do rely on the help of parents and carers to allow events to run successfully. Sometimes parents and carers think that they do not have the time to join the LTSA, but even if you helped out with one event a year it would make a big difference.

The easiest way to get in touch with the LTSA is to e-mail them. [ltsaqueries@aol.com](mailto:ltsaqueries@aol.com). You can also request to join their Facebook page.

<https://www.facebook.com/groups/34447299744/>

The next LTSA event is the Neon Disco this Wednesday 18<sup>th</sup> October.

### NSPCC Speak Out. Stay Safe.

Last week all of the children in years 1 to 6 watched a virtual assembly on how to keep themselves safe and how to recognise different kinds of abuse in a child friendly way. Next week the Year 5 and 6 will have workshops delivered by NSPCC volunteers. This is vital work and one of the ways in which the school can raise awareness amongst children of how to keep themselves safe.

### Jeans for Genes Day

Thank you for your generosity on 'Jeans for Genes Day' we raised in excess of £400 for this worthy charity.

Have a great weekend  
Ian Broyd - Headteacher

### Contact details

**Telephone:** 01375 373586  
**Email:** [a.mail.ltp@osborne.coop](mailto:a.mail.ltp@osborne.coop)  
**Website:** [www.littlethurrock.thurrock.sch.uk](http://www.littlethurrock.thurrock.sch.uk)  
**Twitter:** @LittleThurrock\_

### Upcoming events and dates.

**(Please note the dates subject to change)**

Thursday 19 <sup>th</sup> October	Year 2 Trip to Chalkwell Beach
Friday 20 <sup>th</sup> October	Thurrock SSP Event Y5/6 Tag Rugby @ Orsett Heath Academy
Friday 20 <sup>th</sup> October	Be Bright Be Seen Day
Monday 23 <sup>rd</sup> October - Friday 3 <sup>rd</sup> November	2 Weeks Half Term
Monday 6 <sup>th</sup> November	Back to School
Thursday 9 <sup>th</sup> November	School Photographs
Friday 10 <sup>th</sup> November	School Council to Little Thurrock War Memorial
Sunday 12 <sup>th</sup> November	Diwali Celebrations
Monday 13 <sup>th</sup> November	Anti-Bullying Week
Monday 13 <sup>th</sup> November	Odd Socks Day
Tuesday 14 <sup>th</sup> & Thursday 16 <sup>th</sup> November	Parent & Carer Evening
Friday 17 <sup>th</sup> November	Children in Need Day
Tuesday 21 <sup>st</sup> November	Year 3 School Trip The Hive Centre
Friday 24 <sup>th</sup> November	Thurrock SSP Event Y5/6 Dodgeball @WES
Wednesday 29 <sup>th</sup> November	Year 4 Trip – Colchester Castle
Friday 1 <sup>st</sup> December	Thurrock SSP Event Y5/6 Basketball @ Gateway TBC
Monday 10 <sup>th</sup> December	Hanukkah Celebration Week
Monday 11 <sup>th</sup> / Thursday 14 <sup>th</sup> / Friday 15 <sup>th</sup> December	Carol Service @ URC – Details TBC
Monday 18 <sup>th</sup> December	Christmas Jumper & Dinner Day
Monday 18 <sup>th</sup> 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.**

	<b>Week ending 6<sup>th</sup> October 2023</b>	<b>Week ending 13<sup>th</sup> October 2023</b>
RED	Charlotte	George E
RLR	Yasin	Eliana
RCW	Oliver	Freya
1AS	Hendrix	George
1JO	Lola M	Freya
1BA	Freya	Jack
2JD	Omer	Phoebe
2AA	Brooke	Ralphie
2CD	Emily	Dominic
3HM	Emre	Frankie
3MS	Caleb	Ivy
3SM	Yasmin	Rixon
4RS	Ayaan	Ronnie
4NP	Roman	Anays
4LB	Jasper	Jake
5EE	Sienna	Braiden
5SR	Zoya	Ellie
5LH	Jake	Lukas
6FD	Ahyaan	Amelie
6SZ	Krystal	James
6AL	Michael	Klarisa

### 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

	<b>Week ending 6<sup>th</sup> October 2023</b>	<b>Week ending 13<sup>th</sup> October 2023</b>
RED	93.5 %	91.3 %
RLR	96.7 %	97.8 %
RCW	98.3 %	96.6 %
1AS	93.5 %	94.0 %
1JO	94.4 %	93.5 %
1BA	92.7 %	97.3 %
2JD	95.0 %	95.0 %
2AA	99.2 %	99.2 %
2CD	93.3 %	93.8 %
3HM	95.4 %	97.9 %
3MS	98.3 %	96.7 %
3SM	97.3 %	94.2 %
4RS	94.0 %	95.3 %
4NP	99.6 %	98.8 %
4LB	94.6 %	96.3 %
5EE	95.4 %	91.7 %
5SR	97.1 %	87.1 %
5LH	99.1 %	93.1 %
6FD	98.2 %	98.2 %
6SZ	97.8 %	97.8 %
6AL	100.0 %	100.0 %

## 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 6 <sup>th</sup> October 2023	Week ending 13 <sup>th</sup> October 2023
Nursery AM	12	14
Nursery PM	7	5
RED	14	12
RLR	12	14
RCW	14	11
1AS	17	16
1JO	17	17
1BA	20	17
2JD	24	19
2AA	22	19
2CD	17	15
3HM	30	27
3MS	17	12
3SM	16	15
4RS	22	20
4NP	16	14
4LB	19	16
5EE	21	21
5SR	21	19
5LH	28	24
6FD	20	21
6SZ	29	29
6AL	22	22

### Winners

06.10.23

EYFS : RED

KS1 : 2JD

LKS2 : 3HM

UKS2 : 6SZ

### Winners

13.10.23

EYFS : Nursery AM  
& RLR

KS1 : 2JD & 2AA

LKS2 : 3HM

UKS2 : 6SZ



## Week beginning 16<sup>th</sup> October 2023 - School Dinner Menu Week 1

Please note that the menu may change subject to local needs

Week 1				
Week Commencing - 17th April, 8th May, 29th May, 19th June, 10th July, 4th Sep, 25th Sep, 16th Oct				
<b>Monday</b>	Sweet & Sour Chicken with Rice, Mixed Vegetables	Tomato & vegetable pasta Bake, Mixed vegetables	Jacket Potato with a choice of filling	Peaches & Ice Cream
<b>Tuesday</b>	Pork Sausage with Mash Potato, Fresh Broccoli & Peas	Salmon Fingers with Mash Potato, Fresh Broccoli & Peas	Jacket Potato with a choice of filling	Lemon Drizzle Cake
<b>Wednesday</b>	Roast Chicken with Roast Potatoes, Carrots & Cauliflower	Roast Quorn Fillet with Roast Potatoes, Carrots & Cauliflower	Jacket Potato with a choice of filling	Fruit Jelly
<b>Thursday</b>	Cheese & Tomato Pizza with Potato Wedges, Sweetcorn & Green Beans	Meat Free Sausage Roll with Potato Wedges, Sweetcorn & Green Beans	Jacket Potato with a choice of filling	Ice Cream Roll
<b>Friday</b>	Breaded Lemon Fish Bites with Chips, Peas	Vegetable Fingers with Chips, Peas	Jacket Potato with a choice of filling	Apple Crumble Cake and Custard



### School Uniform

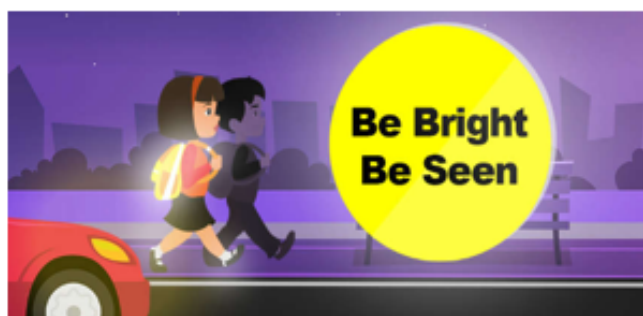
If you need to buy or replace any school uniform please visit Snappy School wear. A full list of our school uniform and book bags are available to purchase from the website is [www.snappyschoolwear.com](http://www.snappyschoolwear.com).

## SNAPPY SCHOOLWEAR LTD

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

### Friday 20<sup>th</sup> October Be Bright Be Seen Day



British summertime ends in October - the clocks go back by an hour and some, if not most of us, will be travelling home in the dark. It is important that we need to teach our children that getting home from school can be made safer; there are things that we can do to help ourselves be seen, making sure road users can see us.

**On this day, please wear a reflective accessory!**

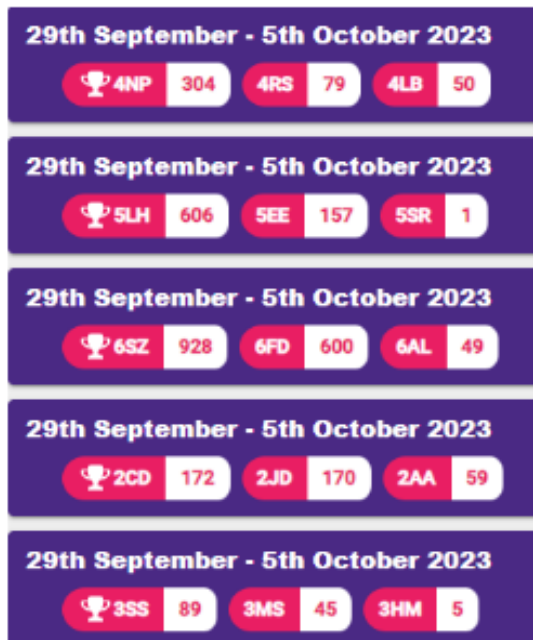


## Battle of the Bands on Times Table Rock Stars



TTRS for week ending 6.10.23  
Well done to 6SZ for being the overall winners and Reece (6SZ) for being this week's highest scorer.

Highest scorer: Reece (6SZ)  
Most Improved Player: Maya (4NP)  
Star of the Week: Alfie (6FD)



Please ensure your child is engaged with TTRS on a regular basis as it does form part of their expected weekly homework. All children should have been given their TTRS log in by their class teacher but please ask if you need more clarity about this. Also, please ensure your devices are updated with the most up to date version of the app.



### Coming soon: England Rocks

As part of our commitment to make Maths exciting and high profile in our school, we are taking part in a friendly competition involving schools in England. The competition runs from 07:30 GMT Tuesday 14th November 2023 to 19:30 GMT Thursday 16th November 2023. It's all done online via [play.ttrockstars.com](http://play.ttrockstars.com).

Children can play in any game mode with every correct answer to a multiplication or division question, earning themselves, their class and the school a point. The Times Tables Rock Stars platform will calculate the class average (the number of correct answers per pupil in the class who play during the competition hours, subject to a daily 60-minute limit (see below)). Winning classes in the school and in the competition as a whole will be the ones with the highest average.

To support player wellbeing, there is a daily time limit of 60-minutes per player. In other words, each player can earn competition points for up to 60-minutes between 07:30 GMT and 19:30 GMT on 07:30 GMT Tuesday 14th November 2023 to 19:30 GMT Thursday 16th November 2023.

Once the player goes beyond 60-minutes of play on that day, they will still earn coins but will no longer earn points towards the competition.

In the spirit of the competition, please don't play on their behalf but by all means encourage and support them to the extent that it doesn't cause high stress levels or impact on family plans.



## Little Thurrock Sports News



On Thursday 5<sup>th</sup> October, we were delighted to welcome Team GB athlete Eilidh Gibson into Little Thurrock Primary School. Eilidh and Nichola (a sportivator from Sports4Schools) led a morning of keep fit sessions across the whole school, including nursery. In the afternoon, Eilidh gave an assembly to the children, which was extremely inspirational, and she shared lots of information about her experience in her sport - slalom canoeing. At the end of the assembly, our Sports Ambassadors were fortunate to speak to Eilidh directly.

Both Eilidh and Nicola were very impressed with the time they spent at Little Thurrock:

*"It's been a complete privilege to spend the day at Little Thurrock Primary School. The pupils were enthusiastic, hard-working and encouraging to all their classmates. I particularly enjoyed meeting the Sports Ambassadors: a phenomenal group of young role models. I go to a lot of schools and this one has been extra special. Thank you for having me." Eilidh Gibson.*

The total raised in sponsorship was £2,043.60 – Thank you ever so much for all your kind donations and support. This will now go towards new sports equipment.





## Little Thurrock Sports News – Continued .....



Over the past couple of weeks, our children have been taking part in the annual cross-country event, at William Edwards School. The programme was broken down into two groups across Key Stage 2 (Year 3/4 and Year 5/6), competing against other primary schools in the borough. All the children who represented Little Thurrock showed great determination and encouragement for their team.

Year 3: Harley, Jayden, Shayanna, Amber, Stanley, Frankie, Mila, Emre, Olivia, Mille and Teo.  
The girls finished 13/20 schools and the boys finished 12/22 schools.

Year 4: Finn, Alfie, Kaya, Roman, Marco, Delilah, Erik, Antonina, Jajuan, Dorian, Jessica and Daisy.  
Both the boys and the girls came 8<sup>th</sup> out of 22 schools.



Year 5: Harper, Francis, Kara, Iris, Jake, Asya, Grace, Kiera, Scarlett, Jack and Manraj.  
Out of the 24 schools in this event, the girls came 8<sup>th</sup> and the boys 4<sup>th</sup>.

Year 6: Frankie, Ava, Antonia, Reece, Esme, Ruby, Ralph, Oscar, Eiprile, Oscar, Alfie and Jessica.  
Again, there were 24 schools being represented. Our girls came 7<sup>th</sup> and the boys finished 2<sup>nd</sup> overall.



Everyone ran exceptionally well in the unseasonably warm weather on both days, but a special mention needs to go out to Frankie (6SZ) for coming second in his race. He led all the way but was overtaken in the final sprint. However, coming second means he automatically qualifies for the Essex County Finals on Wednesday 27<sup>th</sup> March 2024, at Garons Park, Southend.

**Well Done Everyone**



On Wednesday 11<sup>th</sup> October, a small group of children (Mason, Bailey, Mena, Isabelle, Flynn and Iulian) went to Hollywood Bowl, Basildon, to take part in an event hosted by Panathlon - a charity who provide competitive sporting opportunities for pupils with disabilities and special needs. They all had a great time and as a team achieved a score of 534! A special mention goes to Bailey, who managed to score a strike for his team and scored over 100 points.

**WEAR  
JEANS  
CHANGE  
LIVES.**



Thank you to all the wonderful parents & carers for the donations.

Together as a community we have raised **£464.54 pence.**





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.



# 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 1<sup>st</sup> 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](https://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](mailto:school.admissions@thurrock.gov.uk) or phoning on 01375 652 883.



## STAR SPORTS MORNING CLUBS & AFTER SCHOOL CLUBS

### AT LITTLE THURROCK PRIMARY SCHOOL

CLUBS START: MONDAY 11<sup>TH</sup> SEPTEMBER

CLUBS FINISH: THURSDAY 14<sup>TH</sup> DECEMBER

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

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

23<sup>RD</sup> OCTOBER TO 3<sup>RD</sup> 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 23<sup>RD</sup> TO FRIDAY 27<sup>TH</sup> OCTOBER

**WEEK 2:** MONDAY 30<sup>TH</sup> OCTOBER TO FRIDAY 3<sup>RD</sup> 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.

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**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

## 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
<p style="text-align: center;">↓</p> <p>Please raise your concern with your child's class teacher in the first instance.</p>	<p style="text-align: center;">↓</p> <p>(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.)</p>	<p style="text-align: center;">↓</p> <p>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</p>	<p style="text-align: center;">↓</p> <p>Please contact reception who will forward your concern to the most appropriate person.</p>	<p style="text-align: center;">↓</p>
<p style="text-align: center;">↓</p> <p>Please arrange a meeting with your <b>child's class teacher</b> to discuss the concerns further.</p>	<p style="text-align: center;">↓</p> <p>Please raise your concern with your <b>child's class teacher</b>.</p> <p style="text-align: center;">↓</p> <p>If you feel that the class teacher is unable to help for pastoral concerns, please contact our Pastoral LSA <b>Mrs Fleming</b>.</p> <p><b>Mrs Fleming</b> works with all of the children for behavioural and pastoral support.</p>	<p style="text-align: center;">↓</p> <p>Please raise your concern with your child's class teacher in the first instance.</p> <p style="text-align: center;">↓</p>		<p>Please speak to <b>Mrs Greenfield</b> Support Officer</p>
<p style="text-align: center;">↓</p> <p>Please make an appointment to see our Deputy Head teacher <b>Mrs Joynes</b> if you remain concerned following the steps above.</p>		<p style="text-align: center;">↓</p> <p>Please arrange an appointment with our Assistant Head teacher and SENCO <b>Mrs Wright</b>.</p>		
<p style="text-align: center;">↓</p> <p>Please make an appointment to see our Head teacher <b>Mr Broyd</b> if you remain concerned after following the steps above.</p>				
<p><b>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 href="mailto:a.mail.ltp@osborne.coop">a.mail.ltp@osborne.coop</a></b></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	

<b>Autumn Term:</b>	Monday 4 September 2023 – Wednesday 20 December 2023 <i>Half Term 23 October – 3 November</i>	73 days
<b>Spring Term:</b>	Thursday 4 January 2024 – Thursday 28 March 2024 <i>Half Term 19 February - 23 February</i>	56 days
<b>Summer Term:</b>	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



Essex Partnership University  
NHS Foundation Trust

# FLU VACCINE CATCH UP CLINICS

**Has your child missed their school vaccinations?**

**We are running catch up clinics in south west Essex for flu.**

**Your nearest catch up clinics this winter:**

- **Basildon:**  
14 October, 25 November, 22 December & 13 January
- **Brentwood:**  
23 October & 3 January
- **Grays:**  
24 October, 4 November, 16 December & 27 January
- **Tilbury:**  
21 December

**It's easy to catch up.  
Book your nearest clinic NOW  
on 0300 790 0597 or for  
more information on  
missed vaccinations.**

**#DOYOURBITESSEX**





**Essex Fire Museum Halloween  
Open Days**

**Tuesday 24<sup>th</sup> October 2023**

**Sunday 29<sup>th</sup> October 2023**

**(10.30am to 4.00pm)**



**Visits must be pre-booked via:  
[museum@essex-fire.gov.uk](mailto:museum@essex-fire.gov.uk)**

**Address: Essex Fire Museum, Grays Fire station,  
Hogg Lane, Grays, RM17 5QS**



**Thurrock Adult**   
**Community College**

# Family Fun Day

## Tuesday 24th October 2023

11:00 - 12:30

Grangewaters Outdoor Education Centre  
Buckles Lane, South Ockendon, RM15 6RS



**FREE Family Learning Activities including:**

- Pebble Painting
- Family Mindfulness
- Science with fruit (Lemon Volcanoes)

**Course Code: CL5235C**

**Booking essential, contact:**

**Tel: 01375 372 476**

**Email: [tacc@thurrock.gov.uk](mailto:tacc@thurrock.gov.uk)**



# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you - or your child - took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself - and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen - ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem - or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cecily Arger works as a registered dietitian with the Health Professionals Board of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of [kage-support.com](http://kage-support.com), a meal app for vegans and vegetarians, alongside with the goal of providing resources and solutions to reduce waste.



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# 12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops – the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

## WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

### 1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

### 2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

### 3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, Password and Keeper are all excellent password managers.

### 4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version – by saving it to a removable USB drive or similar device, for example.

### 5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

### 6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' – such as your birthplace or a pet's name – in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task harder.

### 7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

### 12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency – even if they appear to come from someone you know.

### 11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates – so by ensuring each device is running the latest version, you're making them more secure.

### 10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure – criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

### 9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at [www.haveibeenpwned.com](http://www.haveibeenpwned.com) (yes, that spelling is correct). It's useful if you're worried about a possible attack – or simply as motivation to review your account security.

### 8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun – so as long as you keep safety and security in mind, don't stop enjoying your tech.

## Meet Our Expert

Andy Thompson is the Director of IT at a large secondary school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential for adults and children alike to become more aware of the risks associated with technology, as well as the many benefits.



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Source: <https://www.ncc.gov.uk/information-top-tips-for-staying-secure-online/three-random-words/> | <https://thehaveibeenpwned.com>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@nationalonlinesafety



NationalOnlineSafety



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**Grays Town Band  
Brass Academy**

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EVERY THURSDAY FROM 6PM**

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# DRAMA IN MIND

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SPACES!!!**

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

<b>Milk and dairy foods</b>	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"> <li>• Low-fat fat yoghurt (you can add some fresh or tinned fruit to add flavour)</li> <li>• Cheese cubes</li> <li>• Grated cheese in a sandwich or in a pasta salad</li> <li>• Full fat cream cheese (can be used on crackers)</li> </ul>
<b>Protein</b>	This food group is essential for muscle growth and repair, iron, zinc, vitamins D and B	<ul style="list-style-type: none"> <li>• Hummus (in a wrap)</li> <li>• Cooked meat in a salad or sandwich</li> <li>• Cooked Lentils with rice in a salad</li> <li>• Tinned tuna or salmon in sandwiches or salad</li> <li>• Tinned mackerel (add to pasta and tomatoes)</li> <li>• Hard boiled egg</li> </ul>
<b>Drinks</b>	Hydration	<ul style="list-style-type: none"> <li>• 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</li> <li>• Milk can be offered as an alternative to water, semi-skimmed or skimmed are the best options</li> <li>• Fresh fruit juice *(children and adults should have no more than 1 small portion of fruit juice a day)</li> </ul>

**For more information:**

[www.nhs.uk](http://www.nhs.uk)

[www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic](http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic)

## 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](https://thesleepcharity.org.uk)



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