



Little Thurrock Primary School

Newsletter



Self-help Solidarity Democracy Equality Equity Self-responsibility

Friday 10th November 2023

Dear parents and carers,

Today in school we had a special assembly and a minute's silence to mark Armistice Day which is tomorrow with Remembrance Sunday the day after. As part of our Remembrance Day commemorations, our year 5 school councillors laid a wreath at the war memorial on Rectory Road today. If you have been to Lakeside recently, you may have seen the mannequin that Little Thurrock have decorated in the central atrium.

Sunday also marks Diwali and I know that many of you will be celebrating this important festival with family and friends. On Monday we had an assembly where we discussed the meaning of Diwali for Hindus, Sikhs and Jains. I do hope that if you are having a Diwali celebration that it is an enjoyable one.

I would like to say a big thank you to the LTSA for raising £1104.31 from the recent 'Neon Disco'. The LTSA is a small band of volunteers who give up their time to raise much need funds that are all spent on our children.

As well as thanking the LTSA, I also need to thank you for giving so generously to Thurrock Foodbank who sent us a certificate this week acknowledging 239 Kg of food donated. Autumn is when the foodbank receive the majority of their donations, but the spring and summer can see them short of food to give to vulnerable families. Therefore, we will be looking to do another collection for the foodbank in the late spring/early summer.

I hope that you have a wonderful weekend.

Ian Broyd
Headteacher

Contact details

Telephone: 01375 373586

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Website: www.littlethurrock.thurrock.sch.uk

Twitter: @LittleThurrock_

Upcoming events and dates.

(Please note the dates subject to change)

Sunday 12 th November	Diwali Celebrations
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 Non-uniform
Tuesday 21 st November	Year 3 School Trip The Hive Centre
Wednesday 22 nd November	Year 5 Walk Online Roadshow 9am – 12pm
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
Thursday 7 th December	Official Christmas Jumper Day
Monday 10 th December	Hanukkah Celebration Week
Monday 11 th December	Year 1 & 2 Carol Service @ URC - 9.30am – 11am
Tuesday 12 th December	Nursery & Reception Christmas Nativity (Time TBC)
Wednesday 13 th December	Nursery & Reception Christmas Nativity (Time TBC)
Thursday 14 th December	Year 3 & 4 Carol Service @ URC - 9.30am – 11am
Friday 15 th December	Year 5 & 6 Carol Service @ URC - 9.30am – 11am
Monday 18 th December	Christmas Jumper & Dinner Day
Monday 18 th December	School Carol Concert – 6.30pm ticketed event

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 20th October 2023	Week ending 10th November 2023
RED	Hallie	Ava
RLR	Esther	Yasin
RCW	Isla	Faiz
1AS	Jessica	Niras
1JO	Grace	Sophie
1BA	Adam A	Zara
2JD	Vinnie	Oscar
2AA	Whole Class	Logan
2CD	Lacey	Sienna
3HM	Olivia	Budara
3MS	Dottie	Enisa
3SM	Aria	Amber
4RS	Ronnie	Michael
4NP	Alex	Lily
4LB	Jasper	Finn
5EE	Stella	Iris
5SR	Oyin	Musa
5LH	Grace	Leyton
6FD	Nicole	Caitlin
6SZ	Ava	Antonia
6AL	Charlotte	Albert

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 20th October 2023	Week ending 10th November 2023
RED	86.4 %	95.7 %
RLR	95.7 %	97.8 %
RCW	89.8 %	93.8 %
1AS	88.9 %	98.1 %
1JO	90.7 %	99.1 %
1BA	91.5 %	92.9 %
2JD	94.2 %	99.2 %
2AA	97.1 %	99.2 %
2CD	93.8 %	96.3 %
3HM	99.2 %	95.8 %
3MS	97.5 %	94.2 %
3SM	93.8 %	93.6 %
4RS	88.4 %	91.3 %
4NP	96.3 %	95.4 %
4LB	95.0 %	92.5 %
5EE	91.3 %	95.8 %
5SR	84.1 %	98.7 %
5LH	94.2 %	99.2 %
6FD	98.7 %	93.8 %
6SZ	95.7 %	96.6 %
6AL	94.0 %	97.4%

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 Autumn term**.



Class	Week ending 20 th October 2023	Week ending 10 th November 2023
Nursery AM		12
Nursery PM		5
RED	13	14
RLR	11	8
RCW	10	10
1AS	17	12
1JO	14	13
1BA	11	12
2JD	15	10
2AA	16	16
2CD	12	8
3HM	24	18
3MS	20	12
3SM	13	6
4RS	18	18
4NP	16	14
4LB	11	8
5EE	18	10
5SR	20	27
5LH	23	15
6FD	23	21
6SZ	29	26
6AL	23	16

<u>Winners</u> <u>20.10.23</u>
EYFS :
KS1 : 1AS
LKS2 : 3HM
UKS2 : 6SZ

<u>Winners</u> <u>10.11.23</u>
EYFS : RED
KS1 : 2AA & 3HM
LKS2 : 4RS
UKS2 : 5SR



Week beginning 13th November 2023 - School Dinner Menu Week 3

Week 3

Week commencing - 13th Nov, 4th Dec, 25th Dec, 15th Jan, 5th Feb, 26th Feb, 18th Mar

Monday	Pork Sausages with Mashed Potato	Macaroni Cheese	Jacket Potato with a Choice of Filling	Fresh Broccoli	Baked Beans	Mixed Berries and Ice Cream
Tuesday	Creamy Chicken Curry with Rice	Sweet Potato and Spinach Dahl with Naan Bread	Jacket Potato with a Choice of Filling	Mixed Vegetables	Fresh Cauliflower	Lemon Drizzle Cake
Wednesday	Roast Chicken Fillet with Roast Potatoes	Roast Quorn Fillet with Roast Potatoes	Jacket Potato with a Choice of Filling	Fresh Carrots	Fresh Cabbage	Fruit Jelly
Thursday	Cheese and Tomato Pizza with Potato Wedges	Tomato and Basil Pasta	Jacket Potato with a Choice of Filling	Sweetcorn	Green Beans	Ice Cream Roll
Friday	Fish Fingers with Chips	Quorn Dippers with Chips	Jacket Potato with a Choice of Filling	Peas	Baked Beans	Syrup Sponge 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.

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

Attendance Matters!



Every Student, Every School, Every Day

If your child has been absent due to an illness or an appointment on the morning, please call the main office number on 01375 373 586, select option 1 and leave a message for the Attendance Officer.

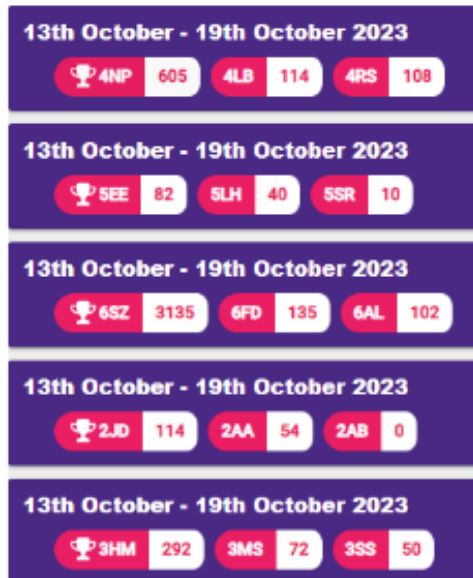
Unfortunately, if we do not receive message or evidence for the absences, they will be marked as unauthorised. Thank you for your support.

Any medical / other appointments will require evidence such as text messages, doctors note or letter to be provided for front office.

If you need to take leave during school term time, please complete a leave of absence form and hand back to main office.



Battle of the Bands on Times Table Rock Stars



An amazing effort from 6SZ this week!
 Apologies to year 2 with the mix up with classes
 - the TTRS gremlins had something to do with it.
 Highest Scorer: Mia (6SZ)
 Most Improved: Adam (4NP)
 Star of the Week: Ayomide (3HM)

Due to England Rocks taking place next week, there will be no class to class battle. The next battle will commence Friday 17th November 2023.

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.

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 Achievers



Deanna in 3HM is the first child to have received the Blue Peter badge. She joined Blue Peter reading challenge competition and sent an application talking about her favourite book "Magic Finger".

An amazing achievement. Well Done!!!



Celebrate Gymnastics!!!

Well done to Phoebe in 2CD with her gymnastics award and medal.

An amazing achievement. We are all proud of you. |



Sponsored Reading Challenge – LTSA



Many thanks to everyone who supported our sponsored reading challenge last term. It was a great success and we raised £400 which we have given to the school to buy much needed new books

The top 3 readers were presented with a £10 gift card in assembly by the headteacher on last day of term
The winners were

Well done to Emily in Nursery, Vlad and Oscar in Year 6.

We really do appreciate you supporting the LTSA. Our fundraising allows us to provide much needed equipment and resources which support children's learning within the school

Thank you again 🙏





**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



**An Awareness Raising Session for Parents
and Carers to Increase Knowledge of Gangs and
Child Criminal Exploitation**

Thursday 7th December 2023

18.00 till 19.00

Via MS Teams

This session will identify the harms associated with gangs and county lines and will look on practical advice on how to support a young person who you may be concerned about in relation to Exploitation

To book your place visit www.thurrocklscp.org.uk



merry
CHRISTMAS

LTSA CHRISTMAS EVENT

**FATHER CHRISTMAS, TREATS &
GIFTS**

JOIN US IN THE SCHOOL HALL FOR A FUN AFTERNOON FULL
OF GAMES, ACTIVITIES AND TREATS!

DECEMBER 15

3.30PM TO 5.30PM

*** FREE ENTRY *
SAVE THE DATE**



**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.



What Parents & Carers Need to Know about

FORTNITE

CHAPTER
4

AGE RESTRICTION
PEGI
12

WHAT ARE THE RISKS?

Fortnite may be something of a veteran in gaming terms (having launched back in 2017), but it remains massively popular – with more than 250 million people playing online every month. That's partially due to the competitive nature of its player-vs-player combat, its pop culture crossovers and its constantly shifting map. Significant updates are rolled out with each new version of the game – known as 'chapters' – and within these sit shorter 'seasons', which bring more subtle changes. The latest iteration, Chapter 4 Season 2, adds a cyberpunk-themed city and anime-style areas, for example, along with new weapons and characters.

ALWAYS ONLINE

There's no single-player offline mode in Fortnite: it can only be played online. Internet access can sometimes be an issue when you're out and about (both in terms of connectivity and using up data), so you may find that dedicated young Fortnite players are often less enthusiastic about trips away of a certain length – such as days out and holidays – than you might have expected.

IN-GAME COSTS

Fortnite is free to download and play, but it does offer various additional purchases – cosmetic skins, rare weapons and so on – which don't really impact on gameplay, but can cost quite a significant amount. These items are bought with game's currency, V-Bucks – which can be earned through playing, but are also often purchased from the game's store for real-world money.

POP CULTURE REFERENCES

Part of Fortnite's appeal is its ongoing crossovers with other popular franchises, ranging from movies and TV shows like *The Walking Dead* to comic book characters including Batman to other games such as *Street Fighter*. This means you could find your child asking questions about the creature from *Alien* or who *Geralt* from *The Witcher* is a little sooner than you'd possibly anticipated.

CROSSPLAY AND PARTY CHAT

Fortnite is popular with vast numbers of gamers – of various ages. Crossplay lets friends play with and against each other, regardless of whether they're on an Xbox, PlayStation or PC – while party chat allows them to communicate during the game. This chat feature can also, therefore, put youngsters at risk of hearing inappropriate language from older players in the heat of virtual combat.

VIRTUAL VIOLENCE

At its core, there's no avoiding that Fortnite is about shooting other players to eliminate them. That said, there's no blood or gore; the violence is generally rendered in a cartoonish style, and there are frequent comical touches to lighten the mood (fishing mini-games, for example). The machine guns, shotguns and other weapons often look and behave realistically, however, so discretion is advised.

FREQUENT UPDATES

The game's developers release content in 'seasons' that usually run for around ten weeks. Each fresh update sees items added to the in-game store, changes to the environment's map and a different over-arching theme (such as 'medieval', 'pirates' or 'party'). These regular renewals help to hold players' interest – but also give young gamers plenty of reasons to keep returning to their screens.

Advice for Parents & Carers

MATCH GAMING TIMES

Younger players tend to want to play Fortnite alongside their friends. With this in mind, it could be worth speaking to the parents and carers of your child's social group and trying to coordinate their gaming around certain hours of the day. Safety in numbers is obviously a factor here, but it will also help your child feel that they're getting adequate opportunity to socialise with their friends online.

SET SPENDING LIMITS

Fortnite's rotating store is a not-so-subtle mechanism for coaxing players into splashing out on those sought-after items before they disappear again for weeks. This could potentially lead to surprise outlays on your card if your child is tempted into an impulse purchase. You could consider setting up a prepaid card for them to use – or ensuring that any online purchases require adult authorisation.

USE UPDATES AS REWARDS

Fortnite's seasonal updates are free – but each also brings the option of a 'battle pass', unlocking exclusive rewards for playing the game and completing set challenges. The passes cost around £8 (and are available as part of larger bundles) and can be an effective reward to target Fortnite fans for good behaviour or academic performance, or as an incentive for chores like tidying their room.

BE WARY OF SCAMS

The immense popularity of Fortnite with more trusting younger audiences means that there's no shortage of scammers looking to fraudulently obtain passwords and other personal data through techniques like phishing. As the developers point out on many of Fortnite's loading screens, they never ask for a player's account password outside of the game: make sure your child knows this.

ENJOY FORTNITE TOGETHER

Fortnite also offers split-screen gameplay, meaning that two people can play simultaneously via the same TV or computer. That's ideal for siblings or when your child's friends visit – but it also offers you an opportunity to spend time doing something fun with your child, while also being able to make sure they're playing the game safely. Who knows, you might even teach them a thing or two!

Meet Our Expert

Ugo Cosme is Editor in Chief of gaming and esports site *GGRecon* and has worked in the gaming media for around four years. A long-time gamer, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have been published on several sites including *IGN* and *TechRadar*.



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14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.



2. OFFER TO HELP

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.



3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.



5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.



7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.



13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.



14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



DIWALI

12th November

What is Diwali and why is it celebrated?

Diwali is a Hindu festival also known as the 'Festival of Lights'. It is celebrated to mark the triumph of light over darkness and good over evil. It is a time of joy, togetherness, and gratitude, celebrated with lighting lamps, exchanging gifts and sharing festive meals. Diwali celebrations in the UK often involve various customs and traditions. Families decorate their homes with colourful Rangoli patterns and light oil lamps called diyas. Fireworks displays are common, adding to the festive atmosphere. People wear new clothes and visit temples for prayers and blessings. Families and friends exchange sweets and gifts, and festive meals with special delicacies are prepared. Diwali is also an occasion to connect with loved ones, attend community events, and enjoy cultural performances.

How can I teach my child about Diwali?

As an inclusive and diverse striving school, we have already discussed Diwali celebrations with the children. However, if you would like to build on this, you can do this by:

Storytelling: Share the story of Diwali with your child. You can narrate the tale of Lord Rama, Sita, and the return to Ayodhya, or the story of Lord Krishna defeating the demon Narakasura.

Explore traditions: Show them pictures or videos of decorated homes, Rangoli designs, diyas, fireworks, and people wearing traditional clothes.

Visit a local temple or community event: Take your child to visit a local temple or attend a Diwali celebration. This provides them with an opportunity to observe traditional rituals, and experience the cultural diversity associated with Diwali.

Read books and watch videos: Look for age-appropriate books or online resources that explain Diwali in a child-friendly manner. Reading books or watching animated videos about Diwali can help your child grasp the concepts and traditions associated with the festival.

Cultural exchange: If you have friends or neighbours who celebrate Diwali, consider organising a cultural exchange where your child can learn more about the festival from firsthand experiences.

Can you recommend any Diwali crafts or activities to do with children?

Certainly! Diwali crafts and activities can be a fun way to involve children in the festivities. You can:

- make diyas (clay lamps) together and decorate them with paint, eco glitter, or sequins
- create Rangoli designs using coloured rice, flower petals, or chalk
- make handmade greeting cards or paper lanterns to share with family and friends
- explore traditional Diwali recipes and cook together





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!

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 child's class teacher to discuss the concerns further.</p>	<p style="text-align: center;">↓</p> <p>Please raise your concern with your child's class teacher.</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 Mrs Fleming.</p> <p>Mrs Fleming 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 arrange an appointment with our Assistant Head teacher and SENCO Mrs Wright.</p>		<p>Please speak to Mrs Greenfield Support Officer</p>
<p style="text-align: center;">↓</p> <p>Please make an appointment to see our Deputy Head teacher Mrs Joynes if you remain concerned following the steps above.</p>				
<p style="text-align: center;">↓</p> <p>Please make an appointment to see our Head teacher Mr Broyd if you remain concerned after following the steps above.</p>				
<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

September 2024							October 2024							November 2024							December 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		1	2	3	4	5	6					1	2	3							1
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29
30																					30	31					
January 2025							February 2025							March 2025							April 2025						
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		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28			24	25	26	27	28	29	30	28	29	30				
														31													
May 2025							June 2025							July 2025							August 2025						
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						1			1	2	3	4	5	6					1	2	3
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31
							30																				

	School Holiday
	Additional autumn half term (some Thurrock schools only)
	Inset days, schools closed to students
	Trust conference, schools closed to students
	Bank Holidays



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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

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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