

School News

A MESSAGE FROM THE SENIOR LEADERSHIP TEAM

Dear Parents and Carers,

This week has been another busy week at East Tilbury Primary School with lots of positive learning and behaviour taking place.

Comic Relief

It was great to observe a sea of red across the school today as pupils and staff took part in marking Comic Relief by wearing as much red as possible! It is encouraging that we are able to support the good work of comic relief and thank you to all who gave generously towards this good cause.



Parent/Teacher Consultation meetings - save the date

Our teacher- parent/carer consultation meetings will take place on our return from the Easter break this year, so please put the following dates in your diaries:

YR, Y1 and Y2 will take place on Monday and Tuesday 22nd and 23rd April.

Y3, Y4, Y5 and Y6 will take place on Wednesday and Thursday 24th and 25th April.

More details around timings and the booking procedure will come out before we break up for Easter so that you will have plenty of time to make an appointment. The meetings will be face-to-face and take place in our school hall.

Meeting slots will be after school from 3.30pm and we look forward to meeting with you so that we can discuss your child's progress and how we can take them forward.

EYFS Parent Workshops

Thank you to all the parent and carers who participated in our 'Early Years Communication and Language' workshop yesterday. Mrs Beverly began with a presentation for the parents before they took part in a range of activities and games with their children. Look out for further such workshops taking place in the summer term!

Science Week

This week we joined thousands of schools across the country by taking part in 'Science Week'. The theme this year was 'time'. The children took part in a host of fun and engaging lessons to promote a love of science and a deeper understanding of time. As part of this week the children also took part in live learning lessons with the NFU (national farmers union) to learn more about a working farm. This involved learning about the machinery and working day on a farm for the younger children and our y5 and y6 children learnt about the animals on a farm including lifecycles, reproduction and inheritance. Thank you to our Science lead Miss Moore and the whole staff team for making this such an exciting week of learning. Please check out our Facebook page for further information and photos from the week.

We wish you a relaxing weekend ahead.

The Leadership Team

Upcoming Events

EASTER RAINBOW HAMPER RAFFLE

THE PFA NEED TO RAISE £2000 FOR THE OPAL RESOURCES FOR ALL THE CHILDREN TO BENEFIT AT BREAK TIMES, SO WE HAVE ARRANGED A RAINBOW RAFFLE WE ARE ASKING FOR DONATIONS IT JUST HAS TO BE IN YOUR CLASS COLOUR!

WINE TO WASHING UP LIQUID
BISCUITS TO BUBBLE BATH
& EVERYTHING INBETWEEN!

PLEASE SEND IN YOUR DONATIONS FROM 18TH TO 22ND MARCH TO YOUR CLASS TEACHER RAFFLE WILL TAKE PLACE ON THE 28TH AT OUR EASTER TRAIL TICKET SALES OPEN SOON AND THANK YOU AGAIN FOR YOUR CONTINUED SUPPORT



Non-Uniform Day

Our next uniform day is on the 28th of March 2024. We are not asking for biscuits for this day, instead we are asking parents/careers to donate to the PFA Rainbow raffle by the end of next week.

Parent Workshop

On the 18th March, the mental health support team will be hosting an online parent workshop. If you are interested, please sign up through the parent portal



Online Parent Workshop:



Who are the Mental Health Support Team and what support do we offer?

Monday 18th March: 9:30am to 10:30am

The Mental Health Support Team are a team of trained practitioners who provide support for Mental Health and Wellbeing to local schools in Thurrock. This term, the team are hosting an **online** workshop to introduce the service and the support that they can offer.

What will the workshop include?

During the workshop, the team will introduce their service and the support that they can offer to help parents and young people. They will be able to discuss the steps to take if you are concerned about the mental health and wellbeing of your child/children, as well as useful hints and tips to support wellbeing.

If you are interested and would like to attend, please register your interest through the parent portal.

Please note this is an online session. The link to access the workshop will be sent to you once you have registered interest.

Important Information



FREE School Uniform
free for everyone,
no referral needed!

Events

Fridays
3 - 4.30pm

19th January
16th February
15th March
19th April
17th May
21st June

Saturdays
10 - 11.30am

20th January
17th February
16th March
20th April
18th May
22nd June

Community Church Chadwell St Mary
Defoe Parade (enter from Brentwood Road)
RM16 4QR

Save the planet 🌍, and your pennies 💰!
Hundreds of items in stock:

- Polo shirts
- Shirts & blouses
- Skirts
- Trousers
- Socks
- Pinafore dresses
- Jumpers & cardigans
- Blazers & ties
- PE kit incl football socks
- Plimsolls
- Black shoes
- Coats

Clean, good condition school uniform donations accepted when space allows. Please check our facebook page to see if we are currently collecting. Search facebook for "The 180 Project"

An event run by The 180 Project, part of Community Church
Registered charity no. 1062301. Tel: 01375 484 101

We have a very limited stock of uniform due to our uniform store being in the RAAC area of the school. If you are in need of uniform please visit the 180 project at the Community Church in Chadwell St Mary.

If your child has an injury and has been given medical advice that we need to follow as a school, please bring them to the school office for 8.15am on their first day back at school following the injury so that we can complete a risk assessment. Thank you for your cooperation.

Absence

If your child is too ill to attend school, this must be reported to us by no later than **9.00am**. Please telephone the school, press one and leave a message on the voicemail box stating your child's full name, class, the reason for absence and when we can expect them to return to school (if known).

Home Visits will be carried out for any child that is absent for 3 or more school days without reason.

Thank You

Thank you for all the parents and carers who attended the Reception Stay and Play session, it was lovely to see you all engaging in activities with your children in class and they thoroughly enjoyed you all coming in and working with them. The workshop focussed on communication and language through play, where we shared some of the techniques we use at school to support in this area as well as sharing some activities to do at home. In the classrooms we played a variety of different games which encourage communication and development of language. Thank you again for coming in and we look forward to inviting you all again soon!



We need you



Please be reminded that pupils should not be wearing jewellery to school. Children with pierced ears may wear stud earrings but hoops are not permitted.
Thank you for your support

Please label all children's school uniform. This helps us return lost property to the correct child and prevents parents from having to replace missing uniform as often.

Please ensure your child has a PE kit in school at all times. We have an increasing number of pupils without a kit in school and this causes disruption to PE lessons. If you need support providing this, please contact Mrs Jarvis or Mrs Allen via the school office

We are continually updating our OPAL resources and would gladly accept donations of:

- Dolls buggies & prams
- Dolly's
- Buckets & Spades
- Scooters
- Dressing up clothes





SEND in Focus

SEND and Nurture Parent Drop In
Friday 22nd March 2024
9am—11am

Do you have any questions or concerns about your child's special needs or emotional wellbeing? Do you require any further information about your child's entitlement to the Pupil Premium Grant? Mrs Mylam, Mrs Allen and Mrs Jarvis will be available to help with your individual enquiries.

Please sign in at the school office. We look forward to seeing you.





SEND in Focus

ReThink ReCreate ReCycle

Open to all young people aged 5-16 with SEND

Competition opens:
22nd January 2024
Competition closes:
28th March 2024



Take a plunge into the world of recycling like never before. It's not just about bins and bottles; it's about turning everyday items into extraordinary creations and give them a new lease on life.

We want to see your innovative minds at work, turning old items into mind-blowing masterpieces.

HOW TO ENTER

- Collect the items you want to recycle and transform these finds into a mind-blowing creation.
- Take a photo of your masterpiece, and in a paragraph, share the inspiration behind your creation while highlighting the materials you recycled.

Email it to QASEND@thurrock.gov.uk
Remember to include your name, age, year group and current school setting.



THINK ABOUT:

What message does your creation convey about recycling?

How did you recycle materials to create something new and exciting?

How can your creation inspire others to join the movement?



SEND in Focus



Have you received an ASD diagnosis for your child?

Do you have questions or concerns?
Do you need someone to talk to?

The Specialist Health Visiting Team Nursery Nurse's will be available for you on the third Monday of every month with a friendly face and a cup of tea at the Child Development Centre, Gifford House, Thurrock Community Hospital, Long Lane, Grays, RM16 2PX

Diary Dates

Friday 22 nd March 2024	Curriculum enrichment day 22 nd Friday
Friday 22 nd March 2024	SEND and Nurture Parent Drop In 9am—11am
Thursday 28 th March 2024	Non-Uniform Day
Friday 29 th March 2024	Bank Holiday – No school
Monday 1 st April – Friday 12 th April 2024	Easter Break
Monday 15 th April 2024	Pupils Return to School
Monday 22 nd & Tuesday 23 rd April 2024	Parents/Teacher Consultations, YR, Y1 & Y2
Wednesday 24 th & Thursday 25 th April 2024	Parents/Teacher Consultations Y3, Y4, Y5 & Y6

The next Non-Uniform day is on Thursday 28th March 2024

EASTER RAINBOW HAMPER RAFFLE

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CONTINUED SUPPORT



Our next Non-Uniform Day will be on Thursday 28th of March and will support the Rainbow raffle organised by the PFA. We are asking parents to donate toward the colour raffle next week rather than donate biscuits on the day. Then tickets will be on sale for the baskets, which will be drawn on the last day of term. The PFA will be providing the biscuits for the half a term. Last weeks newsletter had two dates for this non-uniform day (18th and 28th of March). We are confirming the correct date for this is Thursday 28th March 2024.

Do you need support?



East Tilbury Primary Schools Online Pastoral Support.

We are very excited to launch our new Pastoral service to our school community. From today you can access support by completing a simple and quick online form.

We have been working hard over the last few months to set up extra support for our families which is very much needed at this challenging time. If you require support, then please do not hesitate to reach out. We are hoping this service will be a fantastic addition to the support we can provide for our school community. Please reach out if you need anything, we are always here to offer you support.

To make the process simple we have created a QR Code (at the top of the poster) which you can just scan, and this will take you directly to the form.

WE CAN HELP WITH

- Food
- Wellbeing
- Trip Payments

FOR MORE INFORMATION VISIT:

www.easttilburyprimary.thurrock.sch.uk

Our school uniform shop is currently closed due to our stock room being affected by RAAC. If you need support with school uniform please visit the 180 project in Chadwell St Mary.

mycommunitychurch.org.uk/community/projects

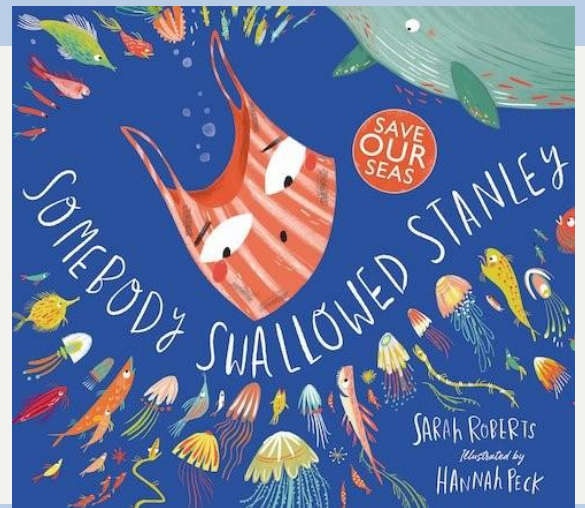
Class News

Reception

This week in Reception we have been reading the story 'Somebody Swallowed Stanley' by Sarah Roberts all about a plastic bag which gets mistaken for a jellyfish. We have been writing our known sounds to describe and retell the story thinking about what we can see and how Stanley might be feeling.

We have been getting creative using different recycling materials to create our own underwater creatures. We have enjoyed experimenting with connecting the materials in different ways and using our problem-solving skills to support us.

In Maths we have been looking at one more and one less as well as number bonds to 10! We have been trying to apply our number knowledge to support us and help us to spot patterns.



Year One

This week has been particularly interesting as we explored the theme of 'time' in Science Week. We created posters about what 'time' means to us and we also took part in a 'live lesson' where we identified the jobs of a farmer and discussed the importance of them. We learnt that polar scientists investigate ice cores to discover what happened in the past. They drill down into the ice to remove cores that can be metres to kilometres deep. Particles and bubbles trapped in these cores help researchers understand what the climate was like and what was happening at the time. Throughout the week we have been Ice Core Detectives, observing the weather each day to build layers and help us to answer the question 'does this information help us to predict what the weather will be like in the future?' And what an eventful week of weather it was to observe!

We ended the week in a blaze of red to celebrate Red Nose Day!

Class News

Year Two

This week across the school we have been celebrating Science week. We designed and created our own posters to reflect this year's theme: Time. Have a look at some of our amazing examples below.



In English we have been continuing to learn about plants in preparation for our extended piece of writing. The children have worked brilliantly to choose interesting and appropriate vocabulary choices to describe both the appearance and functions of different parts of a plant.

Year Three

For English this week, we continued to write our own sentences for our poem. We have used a range of resources to help us create detailed sentences about our poem theme about colour.

During Maths this week, we have been comparing lengths by adding and subtracting them. We have been understanding how the concept of perimeter is crucial for comprehending the properties of 2D shapes. In our lessons, we have been learning how to calculate the perimeter by adding the lengths of all sides of a shape.

We have enjoyed engaging with a world of science, during British Science Week! This year, our amazing Year 3 pupils have explored the fascinating theme of TIME! We have delved into the history of timekeeping and discovering how clocks have evolved over centuries. From sundials to digital watches, our young scientists have explored the mechanics and science behind measuring time. We discussed how time is a part of our every day lives. As part of our British Science Week celebrations, we have had an extraordinary opportunity for our Year 3 pupils to embark on a live lesson...on a farm! We were able to get an up-close-and-personal experience with farm animals and learn how to look after them. We participated in a poster competition about 'Time' and showcase our imagination and understanding of how time affects our lives and the world around us.

In our Design and Technology lesson this week, we designed display badges about microbits. We used a computer programme called sketchpad.

Class News

Year Four

In English this week, our pupils delved into the captivating world of play scripts. Inspired by a BBC creation set in the historic plague village of Eyam, we have journeyed back to 1665 when the Black Death swept through Eyam from London. Drawing inevitable parallels between Eyam's plight and our own experiences of the Covid Pandemic, our students engaged deeply with the themes of resilience and community.

Meanwhile, in Maths, our focus has been on fractions. From mixed numbers to improper fractions, our pupils embraced the challenge. Witnessing their growing confidence as they tackled number problems with common denominators, it has been great to see their determination.

Swimming lessons continue, with pupils making waves of progress. Those new to swimming have found their footing, gaining confidence around water and mastering basic strokes with the aid of floats. As one of the instructors said, "swimming is the most technical of all sports", we are thrilled to see so much progress. Pupils who are more confident and able have enjoyed the opportunity to swim the full length of the pool from the deep end—a testament to their dedication and skill.

In our afternoon sessions, we immersed ourselves in the wonders of British Science Week. From poster competitions to live experiments, our students explored the concept of time. Reflecting on the changing seasons, the evolution of travel and communications, and the intricacies of Earth's orbit, they gained a profound appreciation for the role of time in our lives. As we navigate through the present, eagerly anticipating future events and cherishing past memories, Year 4 pupils are continuing to enjoy opportunities to enrich their understanding of the world around us.

8-17 March

British
Science
Week
2024

Class News

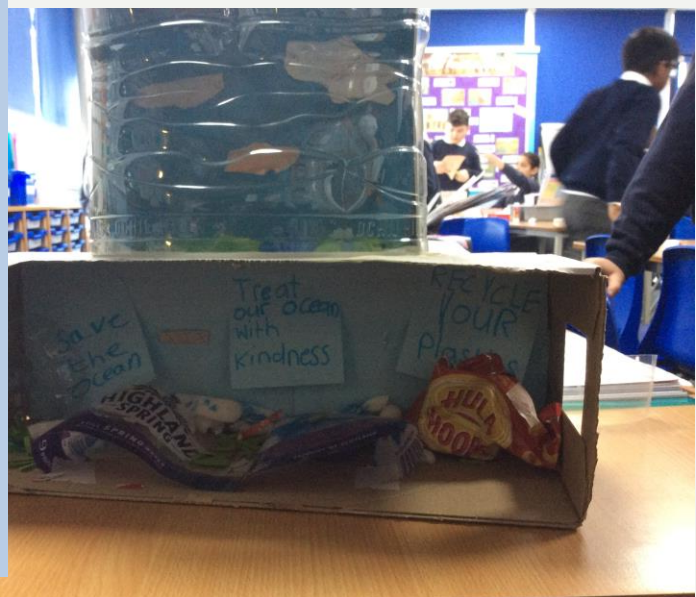
Year Five

This week, in year 5, we have started to write our sentence stacks for the poetry unit we are working on. So far, we have been able to keep to an ABCB rhyming pattern, while using personification to write about a river. There have been some creative verses written so far and we are looking forward to writing our own poems in this style next week.

Our installation art projects have continued this week; using different recycling materials and a shoebox to create a piece of artwork that conveys an important message. We were able to work in small groups to make our designs on paper come to life, with some amazing artwork created at the end of the lesson.

It has been science week this week, using the theme of 'Time'. We have spent time creating posters for a competition, using all of the different scientific ways time has impacted us. We also attended a live lesson on farming and have also looked at the technology used and how it will change over time.

Throughout the day, on Thursday, we had to take pictures to help create a day in the life of East Tilbury Primary School.



Class News

Year Six

This week Year 6 were fully immersed in the world of science, as we celebrated British Science Week. This year is the 30th anniversary of British Science Week and the theme is Time.

At the beginning of the week, the children explored the theme and tried to define what 'Time' is. We discussed how time can relate to science, from lifecycles and fossils, to measuring time during experiments. We also discussed how we measure time, and the various time devices that have been invented throughout history, including sundials, grandfather clocks, and smart watches. This led us into a conversation about careers within STEM that work with time, from software engineers to scientists. After exploring the theme, the children created posters to be entered into the British Science Week competition.

During another science lesson this week, we conducted an experiment based around the theme of time: assessing what can affect our reaction speed. To measure our reaction speed we worked in pairs, with one child dropping a 30cm ruler for the other child to catch. We were then able to use our ruler measurements to convert to speeds, to see if our reactions were fast enough to be a fighter pilot. The children then worked in groups to develop their own experiment, exploring what factors might affect reaction speeds, such as practise and distractions.

A final science lesson this week was a live lesson provided by NFU. For this lesson we joined Dr Claire for an exciting afternoon in the day in the life of a vet. We watched her scan some cows to see if they were pregnant; learned how farmers care for their cows' hooves; and joined her in responding to the emergencies she was called out to.





Reach for the Stars



Our 'Stars of the Week' are the children that have gone over and above in their efforts. We are very proud of them for their achievements and thought they deserved an extra-special mention!

RJG	Elena	For hearing initial sounds in cvc words.
REC	Louie	For his excellent attitude through the school day
RES	Abigail	For never giving up when something is difficult.
1GC	Flint	For using interesting sentences in English!
1FK	Archie	For working hard in maths and practicing his numbers independently.
1BA	Austin	For consistently working hard in all lessons.
2BG	Raul	For his consistent effort in class.
2RS	Caiya	For her consistent effort in all lessons.
2CH	Charlie	For showing great enthusiasm during science week.
2RM	Jacob	For taking great care with the presentation of his work.
3VP	Sajon T	For consistently following classroom expectations.
3ML	Adam N	For his increased effort and focus in his learning.
3SG	Daniel A	For his enthusiasm and increased effort in maths.
3SA	Charlotte S	For being a thoughtful and helpful member of the class.
4CP	Eliza H	For increased confidence in her writing.
4NM	Inaaya M	For writing a good alternative version of 'The Iron Man'
4JP	Shaila M	For persistently neat presentation in her Maths learning.
5AB	Mia M	For showing an improvement in maths.
5TH	Isabelle H	For showing resilience in her learning.
5MR	Sienna B	For creating a thought-provoking art installation about climate change.
6LC	Ayaan & Zak	For good organisation of an experiment for British Science Week.
6NB	Aaliyah	For excellent effort in the presentation of her work.
6JM	Jasson M	For demonstrating enthusiasm and curiosity during British Science Week.



Maths Marvels



All pupils at East Tilbury Primary have logins for Times Tables Rockstars and are able to log on at home to practice their times tables.

10th March - 15th March 2024



10th March - 15th March 2024



10th March - 15th March 2024



10th March - 15th March 2024



10th March - 15th March 2024



Keep in Touch



Our school office is open to receive calls between 8:30am and 3pm.

Tel: 01375 846181

Email: office.etp@osborn.e.coop

East Tilbury Primary School

Princess Margaret Road
East Tilbury, Essex, RM18 8SB



We are also regularly updating our Facebook page and Twitter feed. Log on and have a look!



Twitter:
[@EastTPrimary](https://twitter.com/EastTPrimary)



At East Tilbury Primary School our Designated Safeguarding Leads (DSL) are:

- Mrs Bates
- Mrs Dawson

Due to the size of the school, we have the following designated staff who can deputise in the Headteacher's absence:

- Mr Gowland
- Mrs Jarvis
- Mrs Mylam
- Mrs Allen
- Mrs Sheridan

Pupils can contact any of our Safeguarding Team during the school day.

Worried about a child? You can phone or write to MASH about your concerns. Phone immediately if you believe it is urgent.

Thurrock MASH (Multi Agency Safeguarding hub), Civic Offices, New Road, Grays, Essex, RM17 6SL, Tel: 01375 652802.

Emergency Duty Team (for out of hours) 01375 372468. · Police Child Abuse Investigation Team 01277 266822 or call 999 if you are concerned a child needs immediate protection. · Childline 0800 11 11 www.childline.org.uk · NSPCC 0808 800 5000

www.nspcc.org.uk; www.facebook.com/nspcc



Tues 14:00-16:00: St. Mary's Church hall, St. Mary's Church, Dock Rd, Grays, RM17 6EX.

Tues 11:00-13:00: St. John the Baptist Church, Tilbury, Dock Road, Tilbury, RM18 7PP

Weds 11:00-13:00: Gateway People's Centre, High Street, Stanford Le Hope, Essex, SS17 0EY

Weds 13:00 -14:30: Sockets Heath Baptist Church, Premier Avenue, Grays, RM16 2SB

Thurs 11:00-13:00: St. Francis Centre, Somerset Rd, Linford, SS17 0QA

Thurs 11:00-13:00: All Saints Church of England, Foyle Drive, Sth Ockendon, RM15 5HF

Fri 10:12:00: St. Stephen's Church of England, London Rd, Purfleet, RM19 1QD

Sat 09:30-11:30: Emmanuel Church of England, Sleepers Farm Rd, Chadwell St. Mary, RM16 4TP

Sat 10:00-12:00: All Saints Church of England, Foyle Drive, Sth Ockendon, RM15 5HF

Sat 10:00-12:00: Christian Gates of Praise International Christian Centre, 79-83 London Rd, RM175YF

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!





Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



September 2023							October 2023							November 2023							December 2023						
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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