



School News

A MESSAGE FROM THE SENIOR LEADERSHIP TEAM

Dear Parents and Carers,

Despite the hot weather this week, the children have continued to work hard to finish this academic year off in the best possible way.

Year 6 Leavers

It was a great way to end the year, as the year 6 children performed their leavers' play. It was encouraging to see their creativity shine through and for so many parents to come and support their children. We wish all the year 6 children well as they begin the next part of their school life at Secondary School.

Parking

Please can we remind you not to park in the coach turning area on the school drive – this presents a safety risk to children if you try to park in that area. Thank you for your cooperation with this.

Drop off and collection map

As we look ahead to the new academic year, please be advised that you will receive a drop off and collection map sent to you via email on the first week of September before the children arrive back in school.

Summer Holidays

May we take this opportunity to wish you all a relaxing and enjoyable summer break and we look forward to welcoming the children back on Thursday 5th September.

As you will all be aware Mrs Bates, Mr Powell and Miss Moore will be leaving East Tilbury Primary today and we want to wish them all the best for their next adventure. They will be missed by us all.

The Leadership Team

Important Information



FREE School Uniform
free for everyone,
no referral needed!

Events

Fridays
3 - 4.30pm

19th April
17th May
21st June
19th July
16th August
30th August

Saturdays
10 - 11.30am

20th April
18th May
22nd June
20th July
17th August
31st August

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
- Swim wear
- Fancy dress costumes
- Jumpers & cardigans
- Blazers & ties
- PE kit incl football socks
- Plimsolls
- Black shoes
- Coats
- Book/PE bags
- Backpacks

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.

Important Information

Thurrock Well Homes

Benefits and Energy Advice Project

The aim of this project is to help **owner occupiers and private tenants** to improve their home, health, wellbeing and finances.

The benefits of the project include:-

- Advice on how to make your home more energy efficient, save money on your fuel bills - help with **energy tariff switching, tips on how to keep warm and save money.**
- Maximise income - help to check you are in receipt of all **entitled benefits**
- A **free** health check on your home
- Deal with your **landlord if you have health & safety issues**
- Help with **-heating repairs, loft and cavity insulation**
- **Help owner occupiers** to carry out repairs in their home
- Installation of **smoke detectors** and **security lights**
- Putting you in touch with a range of health and lifestyle services i.e. **stop smoking, weight management, free NHS health check, flu, covid and shingles vaccinations.**
- Referrals to agencies who help make life easier and promote independence e.g. **debt advice, social groups, family support etc.**

Contact: Kim Vasa, Financial Inclusion Officer

M: 07745 643986

E: FIO.privatehousing@thurrock.gov.uk

W: thurrock.gov.uk/wellhomes



We need you



Year 1 Need Your Help

Calling all parents, guardians, and supporters of our wonderful Year 1 classes!

We are on the lookout for some neutral storage baskets to help keep our classrooms tidy and organised. If you have any spare or know where we can find some, we would greatly appreciate your help!

Your contribution, big or small, will make a huge difference in creating an organised and engaging learning environment for our young learners.



Exciting News! Join Us in Enhancing Lunchtimes at Our School with OPAL 🌳 🍌 📖
Hey everyone! We're thrilled to share that we're taking our lunchtimes to the next level with our OPAL (Outdoor Play & Learning) initiative! ✨ Thanks to OPAL, our lunchtimes have already seen a positive transformation, and now, with your support, we can make them even better. 😊

🎁 Donation Wishlist:

- Prams (toy size and child size) 🧸
- Dolls & Teddy Bears (large and small) 🧸
- Lego 🧱
- Reading Books 📖
- Scooters 🛹
- Bike Helmets 🚲

Your contributions will help us create a more fun and engaging lunchtime experience for all our students.



SEND in Focus

Local Information, Advice, and Support Organisations

1

Thurrock Carers Service

Provides information, advice, and support for unpaid carers of residents of Thurrock

01375 659 172

carers@tbmind.org.uk

Facebook: Thurrock Carers

Thurrock and Brentwood Mind

Offer counselling and groupwork, IAPT and Recovery College, wellbeing activities and more

www.thurrockandbrentwoodmind.org.uk

01375 391 411

reception@tbmind.org.uk

Citizens Advice South Essex

Provide free, confidential, and impartial advice on issues including money, housing, and employment

www.citizensadvice.org.uk/local/south-essex

Telephone: 0808 278 7877

Thurrock Food Bank

In order to get help from a food bank you will need to be referred with a voucher, which can be issued by a number of local community organisations for instance, schools, GPs, and advice agencies

www.thurrock.foodbank.org.uk

info@thurrock.foodbank.org.uk

Community Pantries

There are Community Fridges and Pantries across Thurrock run by various voluntary organisations. Community pantries are designed to eliminate food waste and are not meant as a substitute for the food bank.

There are community fridges/pantries in the following locations:

Purfleet-on-Thames Community Hub; Aveley Community Hub; Tilbury Hub; The Beehive, Grays;

Friends of Hardie Park, Stanford-Le-Hope; East Tilbury Library

For further details and opening times:

www.strongertogetherthurrock.org.uk/new-food-network-page/

Thurrock Healthwatch

are the independent champion for people who use health and social care services in Thurrock.

Their purpose is to understand the needs, experiences and concerns of people who use health and social care services and to speak out on their behalf.

www.healthwatchthurrock.org

01375 389 883

admin@healthwatchthurrock.org

Open Door

Housing Advice and Support Service (HASS)

give general and specialist housing advice, homelessness information and signposting to supported housing projects in the Thurrock area.

We also provide help with form filling for those who have difficulty with completing benefit applications and housing registration forms etc

www.opendoorthurrock.co.uk

01375 390 849

Thurrock LGBTQ+ Network

We are Thurrock's LGBTQ+ community network, open to all who identify as LGBTQ+. Friends and allies are welcome too.

thurrocklgbtqnetwork@gmail.com

Facebook: Thurrock LGBTQ+ Network

Thurrock Transport

Bus Pass

www.thurrock.gov.uk/bus-passes/applying-for-your-bus-pass

Thurrock Blue Badge Scheme

www.thurrock.gov.uk/.../blue-badge-disabled-parking-scheme

Local Area Coordination (LAC)

Local Area Coordinators support people who may feel vulnerable due to age, frailty, disability, or mental health needs. They will take time to get to know you, those closest to you, and your community.

localareacoordination@thurrock.gov.uk

TRUP

The Re-Use Partnership is a Thurrock based charity with a wide range of good quality pre-loved furniture and household items for sale at affordable prices.

www.trup.org.uk

01375 846 702

We Are Family

An adoption support family. Rather than offering advice we offer community.

Contact Nicole at

thurrock@wearefamilyadoption.org.uk





SEND in Focus

PATT ADHD Support Group

**For families with children and young people with
ADHD and neurodiversity**

Booking essential

If we need to cancel a session you will get notification via email

To book: www.patt.org.uk/adhdsupport or scan the QR Code below.

Facebook: PATT ADHD Support

First Wednesday of each month 6.30pm to 8.30pm

7th February 2024	Stanford Le-Hope Family Hub
6th March	PATT Office
1st May	Stanford Le-Hope Family Hub
5th June	PATT Office
3rd July	Stanford Le-Hope Family Hub
4th September	PATT Office
2nd October	Stanford Le-Hope Family Hub
6th November	PATT Office
4th December	PATT Office

3rd Friday of each month 9.30am–11.30am

PATT Office, 51 Lodge Lane, Grays, RM17 5RZ

19th January 2024	16th February
15th March	19th April
17th May	21st June
19th July	27th September
25th October	29th November



PATT ADHD Support



Diary Dates

Monday 22 nd and Tuesday 23 rd July 2024	INSET day – no school for pupils.
Monday 2 nd -Wednesday 4 th September 2024	INSET days – no school for pupils.
Thursday 5 th September 2014	Pupils return to school
Thursday 17 th October 2024	Individual/Sibling Photos

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

Please find more information about this on our school website or Facebook Page.

Class News

Reception

We have enjoyed our last week in reception, we cannot believe how grown up we are now, we are all looking forward to the summer holidays.

This week we have written a postcard to our new teachers; they now know so much about us. They know we are five, some of us like roller skating and we like riding our bikes.

Our vegetables in the garden have grown so much, we have tasted fresh courgettes, podded peas, smelt and tasted the mint, and the runner beans are still growing well.

Have an amazing summer!

Year One

Year One have had an exciting time lately! They've been diving back into their addition and subtraction skills, using practical activities to explore number bonds up to 20, finding differences, and understanding fact families.

In English, they have been captivated by the story 'The Storm Whale'. They even recreated a rowing boat in the classroom to feel what it's like out at sea during a stormy adventure. It was an absolute blast as they used adjectives to vividly describe the boat's movements on the imaginary waves!

During PSHE lessons, they took a stroll down memory lane, reflecting on all the fantastic things they've learned and enjoyed throughout the year. In Geography, the focus shifted to the four countries that make up the United Kingdom and the surrounding seas - opening up a whole new world of discovery.

It's been a memorable final week for Year One as they round off their time together.



Class News

Year Two

This week has been a busy one! First, we were so excited to invite our grown-ups into our classrooms to see all our hard work from the year! In maths, we have been learning about directions. We went on to the playground and had to direct our partners from one place to another. We have also been very busy in English writing letters to our new teachers, to tell them a little bit about ourselves. We discussed our family, our favourite subjects and what we like to do when we are outside of school. We really enjoyed writing these letters!



Year Three

Can you believe it's the **Last Week of Year 3** already? Time really does fly when you're having fun, doesn't it?

We had a *fantastic open evening* on Wednesday where the Year 3s absolutely smashed it by showcasing all their hard work. It was brilliant to see parents mingling and getting to know their child's new teacher – a lovely opportunity for everyone involved.

And of course, the *last day* was an absolute blast! There was so much laughter, excitement, and maybe just a few tears. Saying goodbye to our amazing teachers – Miss Agodo, Mr Green, Miss Leeds, Miss Percival, Miss Meadows, Mrs Easton, Miss Enever, Mrs Kingston, and Mrs Anderson – was definitely emotional. We'll miss you all so much, but we know you're going to do amazingly in Year 4!

To all our *fabulous Year 3s*, keep being your awesome selves and have the *best summer ever*. You've worked so hard, and we're all incredibly proud of each and every one of you. Enjoy the break and recharge those batteries – you deserve it!

Here's to more wonderful memories and exciting adventures in the years to come. Keep smiling, keep shining, and remember, you're all superstars!

Class News

Year Four

We have been working really hard in our final week in preparation for the summer holidays.

Writing Poems About Colours

Our budding poets have been busy crafting beautiful poems inspired by the vibrant world of colours. From the calming blues of the sky to the fiery reds of a sunset, students have explored the emotional and visual impact of colours through their writing. These creative pieces have brought a splash of artistic flair to our classrooms, and we are proud of the imaginative expressions our students have shared.

Taking Part in Maths Games

Maths has never been so much fun! This week, our students engaged in a series of interactive maths games designed to sharpen their skills and foster a love for numbers. From solving puzzles to competing in friendly challenges, everyone had a fantastic time while enhancing their mathematical abilities. It's wonderful to see such enthusiasm and teamwork in our maths sessions.

Year Six Leavers Performance

A heartfelt congratulations to our Year Six students for their outstanding leavers performance. It was a memorable event filled with laughter, tears, and incredible talent. The dedication and hard work they put into their performance truly shone through, leaving a lasting impression on all who attended. We wish our Year Six leavers all the best as they embark on their new journeys and remind them that they will always be a cherished part of our school community.

Have an amazing six weeks holiday and we look forward to seeing you when you return as year fives!

Year Five

In our final week, we have been learning important life skills to do with food preparation. Dicing, slicing and mixing a Bolognese sauce from scratch to cook in slow cookers. We then had the opportunity to try the food in the afternoon, there were 3 versions; extra garlic, added chilli and mixed with spinach.

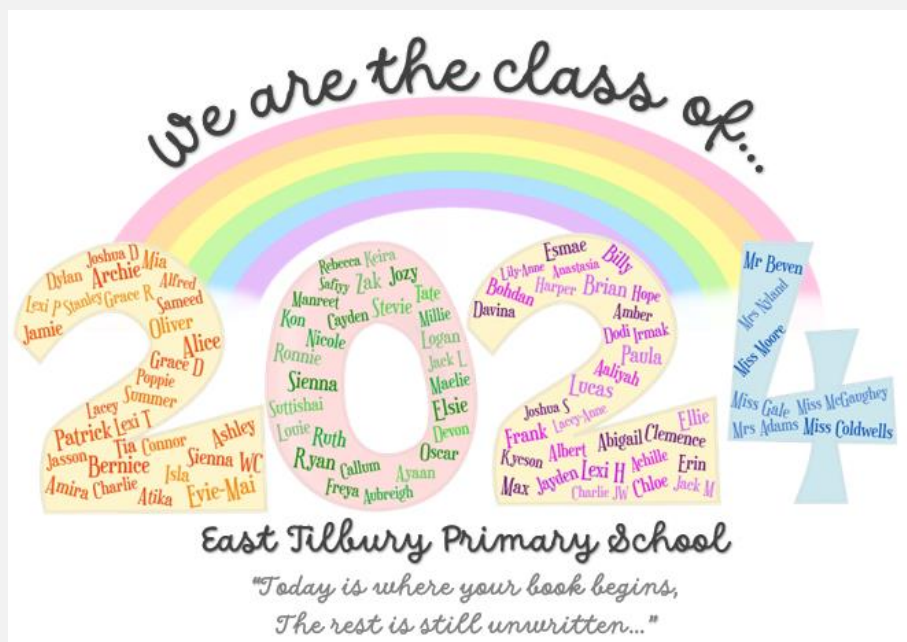


Class News

Year Six

Year 6 have enjoyed a brilliant end to their final year of primary school; having endless fun at the camp out and putting on an outstanding production. We wish them the best of luck as they move on from East Tilbury Primary.

Primary school is over now with secondary school coming fast,
We have to tell you this last year has simply been a blast.
Shortly you'll be moving on to somewhere fresh and new,
This school will be so different when we do not have you.
We've watched you grow and turn into the people that you are,
To read and write and count with ease, you simply are a star!
We want you to remember, a message from us all,
Live your life and chase your dreams, whether big or small.
You are unique and wonderful and sadly, will be missed.
So, grab life and forever hold it tightly in your fist.
Goodbye from us and thank you as it has been so much fun,
Remember you are special and you're simply number one!





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	All of RJG	For being amazing throughout the year.
REC	Amelia C	For all her hard work this year.
RES	All of RES	For having an amazing reception year, well done.
1GC	All of year 1	For showing amazing resilience this year. You have made us proud and given us a memorable year.
1FK	All of year 1	For showing amazing resilience this year. You have made us proud and given us a memorable year.
1BA	All of year 1	For showing amazing resilience this year. You have made us proud and given us a memorable year. Well done year 1!
2BG	All of 2BG	For having an amazing year!
2RS	Leroy	For making a great start to his time at ETPS.
2CH	All of 2CH	For making this year so special and amazing! Well done 2CH!
2RM	All of 2RM	For being an amazing, kind-hearted class. Thank you 2RM.
3VP	All of Year 3	For your outstanding achievements throughout this academic year!
3ML	All of Year 3	For your outstanding achievements throughout this academic year!
3SG	All of Year 3	For your outstanding achievements throughout this academic year!
3SA	All of Year 3	For your outstanding achievements throughout this academic year!
4CP	All of 4CP	For another amazing year, making me proud and simply being the BEST!
4NM	All of 4NM	For another amazing year, making me proud and simply being the BEST!
4JP	All of 4JP	For another amazing year, making me proud and simply being the BEST!
5AB	All of 5AB	For being an awesome year group!
5TH	All of 5TH	For being an awesome year group!
5MR	All of 5MR	For being an awesome year group!
6LC	All of Year 6	For an excellent play performance and amazing final year of primary school!
6NB	All of Year 6	For an excellent play performance and amazing final year of primary school!
6JM	All of Year 6	For an excellent play performance and amazing final year of primary school!

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.



DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.



WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



The National College

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



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

September 2023							October 2023							November 2023							December 2023						
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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