



# Newsletter

2nd December 2022

Dear Parents and Carers,

## Christmas craft activity

Over the next two weeks, each class will hold a Christmas craft activity for the children and you are invited to attend. All the information about this activity went out a couple of weeks ago but just a reminder regarding the following:

- please arrive at your normal drop off gate at the specified time
- one adult per child can attend and please come alone (no buggies or younger siblings)
- the activity will finish just before normal end of school time so you will be able to take your child home, following your normal exit route

We look forward to enjoying this Christmas activity with you.

## Pre-ordered Christmas cards from the PFA

Unfortunately, due to the recent postal strikes, the Christmas cards have yet to all arrive at school. As soon as they are delivered, we will get these sent out to you. This is out of our hands unfortunately.

## Christmas gifts for staff

Given the current economic environment that we are all living through, we thought it only right to express that there is no expectation, nor would there ever be, for any of the children and families to feel that they need to get staff members Christmas gifts.

## Christmas Cards in school

At this time of year, it is part of the Christmas tradition to send one another Christmas cards. If the children would like to do this, please can they bring them in from Wednesday 7<sup>th</sup> to Wednesday 14<sup>th</sup>. Each year group will have a Christmas post-box or collection tray for the cards. These will be given out at an appropriate time during the day. For practicality, it is recommended that children send cards within their class or year group please. On the envelope make sure to put the name of the child and the class they are in.

We wish you a relaxing weekend ahead

The Leadership Team



## Friday 16th of December—Non-Uniform

### PARKING

Could you please be vigilant and courteous if you bring your vehicle onto the school grounds and refrain from parking on any zig zag lines or on the zebra crossing.

The children's safety is of paramount importance.

#### Reception Intake Visit

Another date has been set for our new intake reception visit. It will be on Wednesday 7<sup>th</sup> December 2022 at 10AM. Please contact the school office if you would like to book a space.

#### SEND Coffee Morning



The next SEND coffee morning is scheduled for Thursday 15<sup>th</sup> December at 9am and will be attended by the school nurse, for if you have any queries about your child's health. We look forward

#### PE KIT

Could all children please have a PE kit in school **everyday**. If you are unable to provide your child with a PE kit please use our uniform shop as we will donate them to any families that cannot provide a PE kit for their child. Please ensure the PE kit is labelled and is in a bag labelled with your child's name.

Thank you

**EAST TILBURY UNIFORM POP UP SHOP**

# Coat Shop

**Coats available in a range of sizes**

From Tuesday 6th to Friday 9th December we will be setting up a pop up coat shop in the office reception. If your child needs a winter coat, please come and have a look between 8:15am and 4pm

All coats will be free of charge



#### **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.

## ***Lost coats.***

Last week these coats were left on our playground at the end of lunchtime.

As hard as we have tried we haven't been able to locate the owners. If you believe one of these belongs to your child please pop into the office to collect them. If they are not claimed by the end of the term then we will donate them to our uniform shop.

Please ensure you label your child's coats so that we can easily return them if they are left outside.



**OWNER  
FOUND**

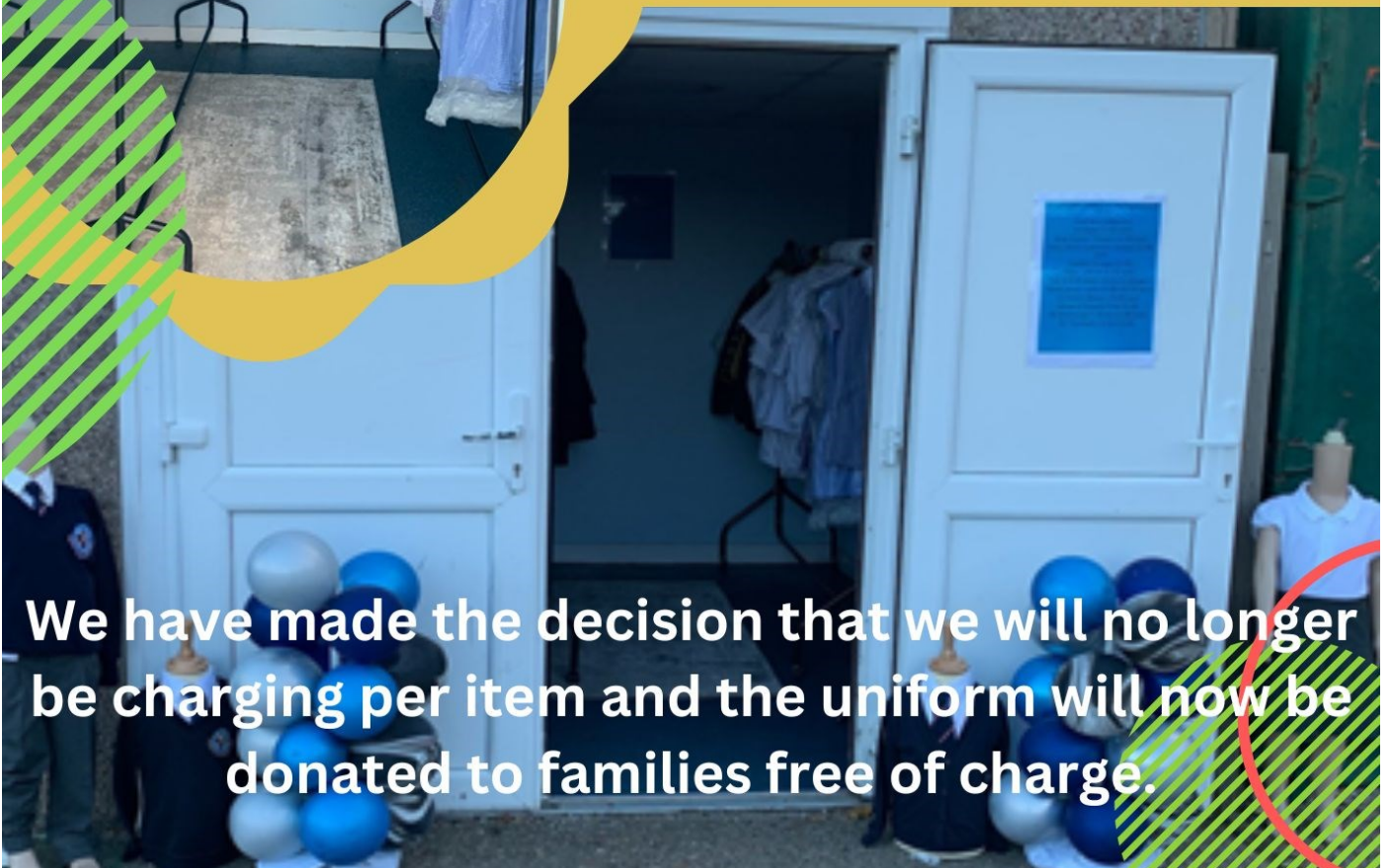




# East Tilbury Primary School Uniform Shop

**New Opening Times**

**Tuesdays - 8:40-9:00**  
**Fridays - 15:00-15:30**



**We have made the decision that we will no longer be charging per item and the uniform will now be donated to families free of charge.**

## Important dates:

Monday 5th December 2022	Reception Christmas craft afternoon
Tuesday 6th December 2022	Year 1 Christmas craft afternoon
Wednesday 7th December	Year 2 Christmas craft afternoon
Wednesday 7th December 2022	Reception Intake Visit
Thursday 8th December 2022	Pantomime
Thursday 8th December 2022	Year 3 Christmas craft afternoon
Thursday 8th December 2022	Christmas Jumper Day
Friday 9th December 2022	Year 4 Christmas craft afternoon
Friday 9th December 2022	Curriculum Enrichment Day
Monday 12th December 2022	Year 6 Christmas craft afternoon
Tuesday 13th December 2022	Year 5 Christmas craft afternoon
Tuesday 13th December 2022	PFA Carols on the memorial park 3.30-4.30pm
Wednesday 14th December 2022	Christmas dinner day—pupils can wear a Christmas Jumper
Friday 16th December 2022	Non-Uniform Day
Monday 19th December 2022— Tuesday 3rd January 2023	Christmas Holidays
Tuesday 3rd January 2023	INSET day—school closed to pupils
Wednesday 4th January 2023	Pupils return to school
Friday 10th February 2023	Non-Uniform Day
Monday 13th February 2023—Friday 17th February 2023	February Half Term
Thursday 30th March 2023	Non-Uniform Day
Friday 31st March 2023	Trust Conference Day—Non-Pupil Day
Monday 3rd April 2023— Friday 14th April 2023	Easter Holidays
Monday 17th April 2023	Pupils return to school
Monday 1st May 2023	May day—School Closed
Friday 26th may 2023	Non-Uniform Day
Monday 29th May 2023 —Friday 2nd June 2023	May Half Term
Monday 5th June 2023	Pupils return to school
Thursday 20th and Friday 21st July 2023	INSET days—school closed to pupils
Monday 24th July 2023	First day of summer holidays

# CHRISTMAS DATES

## Christmas events at ETP



- ❖ 27/11 – school choir singing from 2pm at the Village Hall Christmas Fete
- ❖ 5/12 – 2pm 'Craft and Carols' – Reception parents invited to join their children in class to make a Christmas craft and hear the children sing nativity carols – more information to follow
- ❖ 6/12 – 2.10pm 'Craft and Carols' – Year 1 parents invited to join their children in class to make a Christmas craft and hear the children sing carols – more information to follow
- ❖ 7/12 – 2.10pm 'Craft and Carols' – Year 2 parents invited to join their children in class to make a Christmas craft and hear the children sing carols – more information to follow
- ❖ 8/12 – National Christmas Jumper Day (normal uniform with a Christmas jumper) / Aladdin pantomime performance to the children / 'Craft and Carols' – 2.20pm Year 3 parents invited to join their children in class to make a Christmas craft and hear the children sing carols – more information to follow
- ❖ 9/12 – Curriculum enrichment days across the school / 'Craft and Carols' – 2.20pm Year 4 parents invited to join their children in class to make a Christmas craft and hear the children sing carols – more information to follow
- ❖ 12/12 - 'Craft and Carols' – 2.20pm Year 6 parents invited to join their children in class to make a Christmas craft and hear the children sing carols – more information to follow
- ❖ 13/12 - 'Craft and Carols' – 2.20pm Year 5 parents invited to join their children in class to make a Christmas craft and hear the children sing carols – more information to follow / PFA Carols on the memorial park 3.30pm -5pm (reindeer/sleigh and a special guest – with the school choir) – more information to follow
- ❖ 14/12 – Christmas Dinner day – children can wear a Christmas jumper to school (normal uniform with a Christmas jumper)
- ❖ 16/12 – last day of term – children can wear non-uniform (Christmas themed if they like!) – £1 voluntary contribution towards biscuit time





# East Tilbury Primary School

Headteacher Mrs. F. Bates

Address Princess Margaret Road, East Tilbury, Essex, RM18 8S0

Telephone 01375 846181 | Email office.etp@osborne.coop | Website easttilburyprimary.thurrock.sch.uk

Self-help  
Self-responsibility  
Equity  
Equality  
Democracy  
Solidarity

Christmas Craft

21<sup>st</sup> November 2022

Dear Parents and Carers,

As you would have seen from previous correspondence, we are hosting a range of exciting Christmas activities this year in the run up to the holiday season. We would like to draw your attention towards two events taking place. The first is an activity that teachers are putting on for the children in their class which will involve a Christmas craft activity and enjoying some Christmas music (modern, classical and tradition pieces). Although this event is aimed at the children making their Christmas craft, we would like to extend an invitation for you to join your child for this activity. The timings for each class can be seen below. Due to space restrictions each child can have one adult, and again due to space restrictions this adult must come alone. The activity is designed for the children so if on this occasion you are unable to join the class then your child will not miss out on the activity.

If your family doesn't celebrate Christmas there will be an alternative craft activity available for your child at this time (please speak to the class teacher about this). We are aware that not all parents will be able to attend this activity so have therefore put on an exciting event after school on Tuesday 13<sup>th</sup> December starting shortly after all classes are out of school (around 3.30pm). The event will be run by the PFA on the memorial park and include a drinks stall, songs from the school choir and a visit from Santa's reindeer/sleigh and a special guest appearance. There will be photo opportunities!

#### Craft activity times:

- Mon 5<sup>th</sup> Dec – Reception, 2pm – please arrive at the gate where you would normally drop off your child
- Tues 6<sup>th</sup> Dec – Year 1, 2.10pm – please arrive at the gate where you would normally drop off your child
- Wed 7<sup>th</sup> Dec – year 2, 2.10pm – please arrive at the gate where you would normally drop off your child
- Thurs 8<sup>th</sup> Dec – year 3, 2.20pm – please arrive at the gate where you would normally drop off your child
- Fri 9<sup>th</sup> Dec – year 4, 2.20pm – please arrive at the gate where you would normally drop off your child
- Mon 12<sup>th</sup> Dec – year 6, 2.20pm – please arrive at the gate where you would normally drop off your child
- Tues 13<sup>th</sup> Dec – year 5, 2.20pm – please arrive at the gate where you would normally drop off your child

Yours sincerely,  
School Leadership

Please return the below slip to your child's class teacher if you are able to join us for the Christmas craft activity:

.....

I can attend the Christmas craft activity for class ..... My child's name is .....

My name is .....



East Tilbury Primary School is a proud partner in the Osborne Co-operative Academy Trust  
Telephone 01375 648966 Email info@osborne.coop Website osborne.coop  
Registered office St Clare's School, Burns Lane Stanford le Hope, Essex. SS17 0NW Registered at Companies House, Cardiff. Company Number 7703665

# How are you?

Sad? Stressed? Anxious?

Worried? Tearful? Overwhelmed?

## Want help?



## Your Mental Health First Aider is

### Miss. Mills

Training provided by



**There are plenty of different types of support out there, and a Mental Health First Aider can help you access the support you need to feel better.**

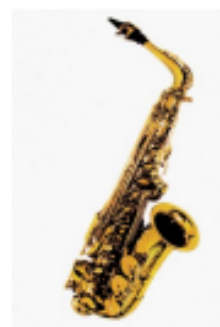
Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a Mental Health issue or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.

To arrange a meeting, please contact me via email: [mhfa.etp@osborne.coop](mailto:mhfa.etp@osborne.coop)



# Music Lessons Available

**Calling all aspiring Guitarists, Pianists,  
Woodwind and Strings players & Vocalists  
from Beginner to Advanced standard**



**Lessons take place in school during the school day (once a week for  
10 weeks per term.)**

**Please ask your School Office for a sign-up letter. We are currently  
taking bookings for lessons to start in January.**

Supported using public funding by



ARTS COUNCIL  
ENGLAND



thurrock.gov.uk

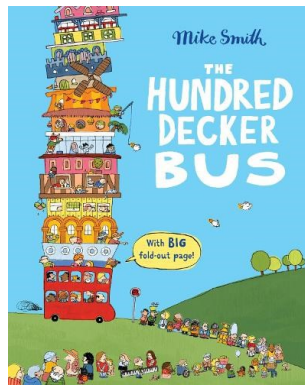
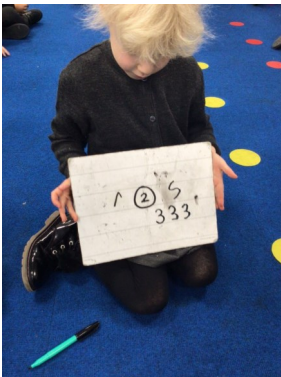
Thurrock  
music  
Services

# Reception

This week we have been reading the story *The Hundred Decker bus* written by Mike Smith. We really enjoyed it when more and more people got on the bus and more decks were added onto the bus, there was even a swimming pool on the bus. We have been using our phonic skills to write cvc words to describe the bus.

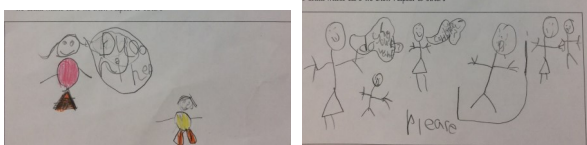
In maths this week we have been continuing to look at different ways to make four and five. Also, we have been working on adding one more and one less to a number.

For topic this week we have been looking at transport through time. We have been thinking about the similarities and differences between the different forms of transport over time.



## Year One

In PSHE we spoke about the reasons why it is important to show respect for others and what it feels like to be disrespected. We then picked one way that we could make sure we show respect to others and illustrated it to show our understanding. We worked hard to create some fantastic illustrations. Well done Year 1!



In Maths this week we began by exploring the language of subtraction. We then used concrete objects to subtract a smaller number away from a larger number. In addition to this we solved worded problems using our subtraction methods that we had learnt in previous lessons. We particularly enjoyed thinking of our own worded problems for a friend to solve.

There were 7 birds in a tree and 3 flew away.  
Complete the sentences.



At first there were \_\_\_ birds. Then \_\_\_ flew away. Now there are \_\_\_ birds in the tree.

# Year 2



In Art, we made our very own felt. Once we had compared factory made and man made felt, we watched a step by step video on how to make it. We then worked with a partner to create our felt. There were quite a lot of steps and some bits were fiddly, so we took it step at a time to ensure we understood exactly what to do. We really enjoyed making it and are thrilled with the final outcome!

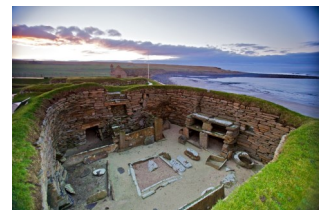


In geography we used our knowledge of Kenya to design a poster. We started by recapping what we already knew about Kenya onto a spider diagram. Once we had shared our ideas, we looked at Kenya in greater detail, looking at the climate, tourist attractions, wildlife, landscapes, and culture. We worked in pairs, using a range of resources including word mats, fact sheets and pictures to create our very own Kenya posters.



# Year Three

This week we have really enjoyed learning about Skara Brae. We used iPads to aid our research, before creating posters to persuade tourists to visit the Neolithic settlement.



In Science, the children took part in a forces quiz where they had to physically run to the correct answer. This was great fun to take part in and consolidated all the learning that has taken place so far.



We are continuing to build our multiplication skills in Maths and are enjoying finding patterns and increasing our pace and recall of facts.

The final Year Three class completed their road safety walk this week and were all complimented on their excellent listening skills and sensible behaviour. Well done Year Three!

# Year Four

In year 4 this week, we have continued honing in on their rugby skills by practicing passing, running and tackling.

Within Maths, we have been completing a range of lessons including whole part numbers, multiplying a range of digits by 2 digits, working out the area of a quadrilateral and triangle.

During the English lessons, we have discovered that Dave (Mr Bennetts Beanie Baby) has been kidnapped, so the children have been planning a persuasive letter to let Dave free, using all the correct features including emotive language, rhetorical questions and facts.

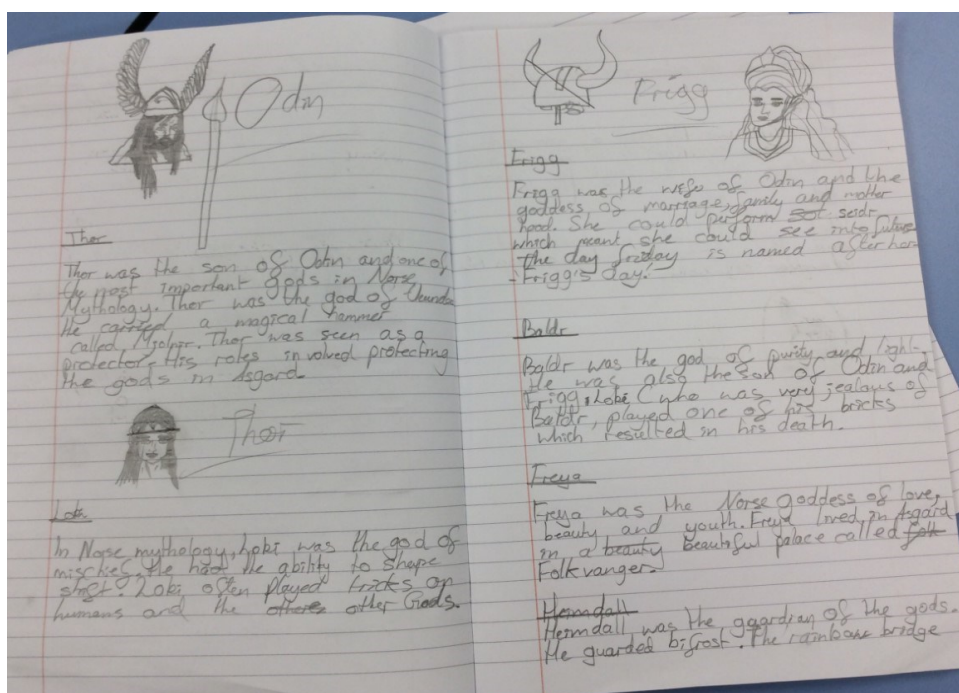
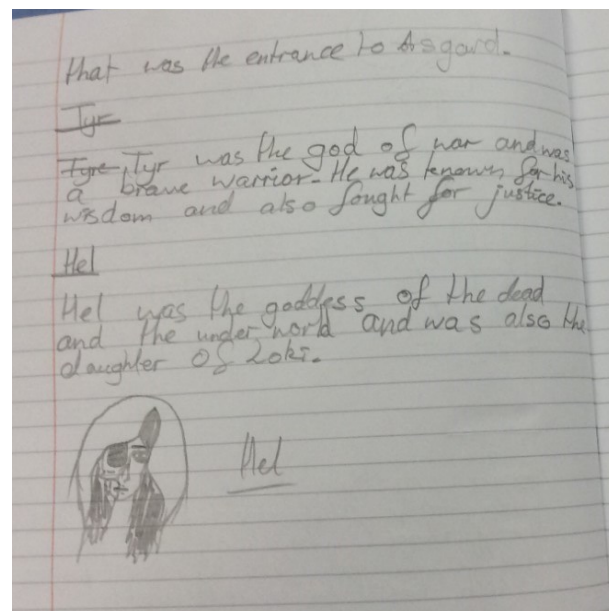
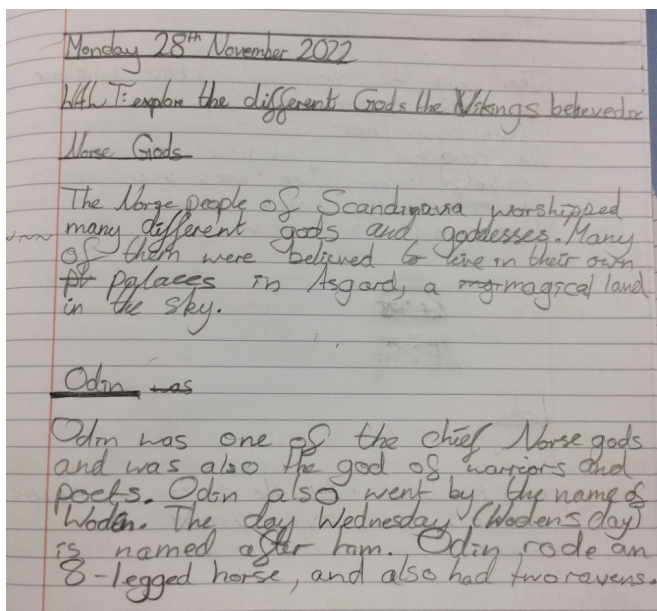
We have continued the foundation topic of 'The Anglo Saxons' where we were looking at the key information, then placing it on a timeline in chronological order.

In Science, we completed a science experience demonstrating the digestive system.

## Year 5 - A Weekly Report on Reports

This week, Year 5 have begun an investigation into report writing, and the importance of using facts and clearly presenting opinions - developing their critical literacy skills. These skills will be put test over coming weeks, but as an introduction we have wrote a report all about Norse Mythology, more precisely, the Viking God and Goddesses. In this author's opinion, which is shared by the Year 5 teachers', the pupils created epic reports, filled with fun, engaging facts and they should be extremely proud of themselves.

Elsewhere, in mathematics, pupils have continued to develop their understanding of fractions - delving into converting between improper and mixed numbers; comparing fractions; adding and subtracting fractions.



# Year 6

This week in Year 6, we have been artists, scientists, swimmers and more!

Next Tuesday (6th December) will see our swimming lessons come to a close. This week, we were assessed by our swimming instructors ready for a week of swimming fun next week.

During our science lessons this week, we have been learning all about the refraction. We had great fun in investigating how refraction changes the direction in which light travels. To discover what happens, we participated in experiments called amazing arrows and incredible images and saw how an image can change direction or even disappear!

For our English lessons, we have been exploring the event of Kristallnacht (The Night of the Broken Glass) to write a diary entry from the point of view of a Jewish child. We have researched the event in depth and considered what it might have been like to experience prejudice during the era of WWII.

In our maths lessons, we have continued to revise how to tackle fraction questions and have begun to explore converting units of measurement.

# Maths Marvels



28th November - 2nd December 2022

5NB 258

5AB 19

5JP 6

28th November - 2nd December 2022

4SA 220

4BG 160

4TH 62

28th November - 2nd December 2022

3NM 419

3EC 144

3LD 62

28th November - 2nd December 2022

6LC 900

6CP 181

6JM 95

6VP 6



Well done to everyone who has accessed TTRS this week! Keep logging on and getting more points for your class.

Who will be our TT Rock Stars leaders next week?

All classes	Activity points	Skill Quests points	Points - Live	Total points
3NM	6660	680	1550	8890
RMB	3120	0	0	3120
1BA	2640	0	0	2640
5JP	1590	0	25	1615
2RS	1510	0	0	1510
5AB	1060	0	0	1060
5NB	1050	0	0	1050
1CH	880	0	0	880
RES	640	0	0	640
4SA	600	0	0	600
1GC	500	0	0	500
2NL	240	0	0	240
RJG	190	0	0	190

# 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	Tomilayo	For writing cvc words independently.
RMB	Annie	For showing a positive attitude towards her learning.
RFC	Jaxson	For taking on more difficult challenges in maths.
RES	Christian	For trying really hard this week in all his work.
1CH	Teddy	For his increased listening skills.
1GC	Sariyah	For being an excellent role model for her peers.
1FK	Sofie	For completing her English work and extending her sentences.
1BA	Ollie	For showing resilience and determination in writing this week.
2MR	Dalaigh	For using his phonics knowledge to improve his spelling and writing
2RS	Alfie	For showing resilience in his writing this week.
2NL	Luke	For trying his best in English.
2RM	Samuel	For working really hard on his handwriting this week.
3EC	Roxie	For her amazing effort in her work
3LD	Lucy	For increasing confidence in her independence, a helpful attitude and always trying her best.
3NM	Sarita	For her continuous efforts to build up her writing stamina and pace
4TH	Isabelle H	Making huge strides in her written work this week
4BG	Amelia H-C	For a huge improvement in her handwriting.
4SA	Farayola O	For creating great sentences in her news report.
5AB	Ellie M	For outstanding effort in every lesson
5JP	Patrick B	For always making a consistent effort with his learning across the curriculum
5NB	Logan E	For his consistent politeness and enthusiasm.
6CP	Reggie J	For enthusiasm and historical knowledge of WWII
6LC	Lilly M	For detailed and emotive diary writing about Kristallnacht
6VP	Archie K	For well-written, emotive diary entry
6JM	Rebecca L	For creatively applying the appropriate features of a diary recount.



# What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

## 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

## 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

## 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds. If alarm bells ring, it could be time for a more in-depth talk or to seek support.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

## 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

## 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

## 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

## 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

## 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

## 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

## Meet Our Expert

Shazia Sarwar-Adm is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



**NOS** National Online Safety

#WakeUpWednesday

## The 12 Online Safety Tips of Christmas

# FOR CHILDREN WITH NEW DEVICES

Christmas is almost upon us once again, and soon some lucky children will be excitedly tearing the wrapping off a new mobile phone, tablet or games console. For some of them, it will be the first time they've owned a device that connects them to the online world. Even for older children, a new device means new corners of the digital landscape to explore – and, unfortunately, new risks to be aware of.

We've put together our top tips so that you can guide your young ones in enjoying their new digital gifts safely and responsibly throughout the year to come. Merry Christmas!



### 1. ALWAYS SET A PASSWORD



If your child's new device has a password protection feature, use it! It'll help to keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for parents to write it down in case it gets forgotten!).

### 2. SET UP 'PARENTAL CONTROLS'



This really is an essential when your child gets a new device, so they're protected from the outset. Most phones, tablets and consoles allow you to customise their settings to determine which games your child can play, how they can communicate (and who with), what content they can access and so on. It will give you peace of mind that they can't inadvertently do something they shouldn't.

### 3. PAY ATTENTION TO AGE RATINGS



One of the first things children want to do with any new device is play games and explore apps. Before they download anything or install a new console game, check its age rating. Many popular games and apps have content that's not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use games and apps appropriate for their age.

### 4. KEEP NUMBERS AND DEVICES PRIVATE



Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger, and never put it down somewhere that other people could steal it or take it to use without asking.

### 5. HAVE 'THE MONEY CONVERSATION'



Before your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain, or if they have made a purchase by accident.

### 6. DISCOURAGE DEVICE DEPENDENCY



Of course, children who've just got a new device will naturally want to spend as much time on it as possible. But whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are still fun, too. And the device will be there when they get back.

### 7. EXPLAIN SECURE WIFI NETWORKS



Your home WiFi is protected by a password that only your family knows, whereas public networks (like those found in coffee shops, for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them even knowing.

### 8. LIMIT SCREEN TIME



Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you specify a screen-time limit, helping your child to stay fresh and focused in order to perform well at school.

### 9. ONLY PAIR WITH KNOWN BLUETOOTH DEVICES



Your child may want to connect to another device via Bluetooth, so they can listen to music wirelessly or share pictures and videos with nearby friends. But if they use Bluetooth to link with a device that they don't know, they're at risk of a stranger being able to see their personal information or having someone transmit a virus onto their device.

### 10. TURN LOCATION SETTINGS OFF



It's safest to disable the device's location services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location settings off not only means your child's whereabouts can't be tracked by others, it also significantly extends battery life.

### 11. STAY AWARE OF THE SURROUNDINGS



It's quite common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, children have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your child that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.

### 12. BE THERE IF THEY NEED TO TALK



Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them, or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.



National Online Safety®

#WakeUpWednesday





Although there are children accessing speech and language services within school, there are currently staffing issues within the NHS and therefore they are unable to receive new referrals. However, this organisation now offers a support network in relation to Speech, Language and Communication Needs.

Are you worried that child is not talking or not saying as much as other children of their age? Would you like some advice? Then please contact the Afasic Helpline. They also offer a 'listening ear' if you just want to talk to someone who understands.

Take a look at their website to see what is on offer:

<https://www.afasic.org.uk/the-afasic-helpline/>

Call: 0300 666 9410

Hotline opening hours: Monday and Wednesday, 10:30am to 4pm.



# Surgery Schedule 2022

where and when to find us

Surgeries run term time only

To book an appointment: [www.patt.org.uk/surgeries](http://www.patt.org.uk/surgeries)  
scan the QR code or call 07702 127 252



**First Wednesday of Every Month 10am - 1pm**

Ockendon Children's Centre, 2a Afton Drive, RM15 5AP

4th May, 6th July, 7th Sept 5th Oct, 2nd Nov, 7th Dec



**First Thursday of Every Month - 9.30am - 12.30pm**

Tilbury Children's Centre, London Road, Tilbury RM18 8EY

5th May, 9th June, 7th July, 8th Sept, 6th Oct, 3rd Nov, 1st Dec



**Second Tuesday of Every Month 10am - 1pm**

PATT Offices, c/o Take 4 Care, 51 Lodge Lane, Grays RM17 5RZ

10th May, 14th June, 12th July, 13th Sept, 11th Oct, 8th Nov, 13th Dec.



**Second Wednesday of Every Month 6pm - 8.30pm**

Stanford-Le-Hope Children's Centre, Copland Road, SS17 0DF

**Including PATT ADHD Support group**

15th June, 13th July, 14th Sept, 12th Oct 9th Nov, 14th Dec.



**Fourth Tuesday of Every Month 2pm - 7pm**

PATT Offices, c/o Take 4 Care, 51 Lodge Lane, Grays RM17 5RZ

24th May, 28th June, 27th Sept, 25th Oct, 22th Nov



**Fourth Wednesday of Every Month 10am - 1pm**

Purfleet Children's Centre, Centurion Way, RM19 1QA

25th May, 29th June, 28th Sept, 23rd Nov



# ADHD Support Group

For families with children and young people with  
ADHD and neurodiversity

For information on guest speakers, and to let us know you are coming,  
[www.patt.org.uk/adhdsupport](http://www.patt.org.uk/adhdsupport) or scan the QR Code below

**SECOND Wednesday of each month 6.30–8.30pm**

Stanford-Le-Hope Children's Centre, Copland Road, SS17 0DF

15th June, 13th July,

14th September, 12th October, 9th November, 14th December

**THIRD Monday of each month 10am–12pm**

16th May	Chadwell Children's Centre, Claudian Way RM16 4QE
20th June	Ockendon Children's Centre, Afton Drive RM15 5PA
18th July	Tilbury Children's Centre, London Road RM18 8EY
19th September	Purfleet Children's Centre, Centurion Way RM19 1QA
17th October	Thameside Children's Centre, Manor Road RM17 6EF
21st November	Chadwell Children's Centre, Claudian Way, RM16 4QE
19th December	Ockendon Children's Centre, Afton Drive RM15 5PA



[www.patt.org.uk](http://www.patt.org.uk)



# ETPS PFA Update



## Splitting the £1.00

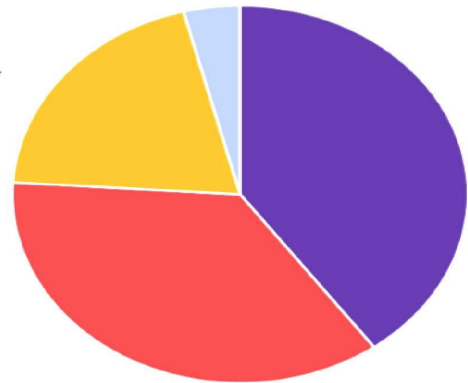
### How it works...

It's simple—choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes. One of our players will win a cash prize every week, maybe even the £25k jackpot! Tickets cost just £1 per week and the proceeds are donated to East Tilbury Primary School

Every Saturday at 8pm the numbers are drawn and posted online. Winners are notified by email and winnings paid into the account of your choice.

The easiest way to join our lottery is online at [YourSchoolLottery.co.uk](http://YourSchoolLottery.co.uk) by direct debit or debit card.

**It's so easy to join and will make a real difference to East Tilbury Primary School**



- **40p** goes to our school
- **36p** goes to cash prizes
- **20p** goes to admin costs
- **4p** goes to VAT

**The Maths...** 100 tickets sold a week means  
= **£30** weekly cash prize  
= **£2,080** a year for our school



To start supporting, visit:  
**[yourschoollottery.co.uk](http://yourschoollottery.co.uk)**  
and search for: **East Tilbury Primary**

Supporters must be 16 years of age or older

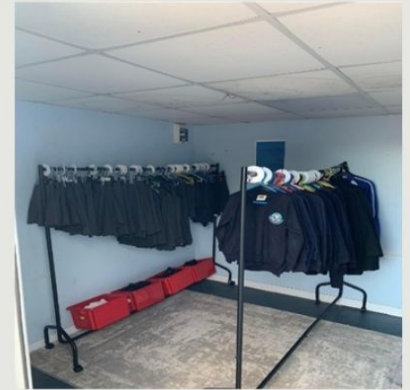




# EAST TILBURY PRIMARY SCHOOLS PRE-LOVED UNIFORM SHOP



OPENING TIMES:  
TUESDAY 8.40-9.00  
FRIDAY 15.00-15.30



**This week we are relaunching our school uniform shop. Considering the current cost of living crisis and how moving forward we want to support our families and school community, we have made the decision that we will no longer be charging per item and the uniform will now be donated to you free of charge.**

**All that we ask is that at the end of each year, if any of your child's old uniform that no longer fits is still in good condition, then you donate back to us so that we can recycle them to another family.**

**The condition of our stock is monitored very closely so please be assured that all items of clothing are in good or excellent condition.**

**We are extremely pleased to announce that we have received sponsorship from UNISON.**

**Peter Sansom, Branch Secretary for Thurrock UNISON says, "We are delighted to be able to collaborate with East Tilbury Primary School on this exciting pre-loved clothing project by providing funding for essential equipment for the new shop. The aims behind it align with the UNISON values perfectly – it provides a cost-effective solution for low-income families and vulnerable pupils as well as recycling perfectly good clothing which would otherwise end up in landfill. In this climate we commend the school and volunteers who implemented such a successful and important project, and this is why we are so happy to be associated with this. We are always looking to support schools with valuable projects such as these and would welcome enquiries for future collaborations to expand this fantastic concept across Thurrock."**

**UNISON have made a donation which will cover the upkeep and running of the shop for the next two years. With their donation we have been able to purchase washing powder, lighting, and clothes rails. We also now have a permanent base on the KS2 playground by years 5 & 6.**

**Please pop by and visit us. Any donations will be very gratefully received and can be taken to the school office or dropped off to a member of staff on the gate.**





## Do you receive any of the following?

- Income support
- Employment Support Allowance (Income Related)
- Income based Job Seekers Allowance
- Guaranteed Pension Credit
- Child Tax Credit and your income (as calculated by the Inland Revenue) is less than £16,190
- Universal Credit
- Receiving support under Part VI of the Immigration and Asylum Act of 1999
- In the Armed Forces

**If you can answer yes to any of the above you may qualify for free school meals/Pupil Premium**

The school office will help with your application. If your application is successful not only will your child receive free school meals, but our school will receive £1,300 additional funding (per child). This is called Pupil Premium.

All applications are confidential.





# New Winter Menu—Please follow after October Half Term

## Week 1

Week commencing - 31st Oct - 21st Nov - 12th Dec - 2nd Jan - 23rd Jan - 13th Feb - 6th Mar - 27th Mar

Please note that the menu may change subject to local needs

<b>Monday</b>	Chicken meatballs in a Tomato sauce with spaghetti pasta	Meat Free Sausage Roll with Diced potato	Jacket Potato with a Choice of Filling	Ham sandwich	Mixed Vegetables or Fresh Cauliflower	Peaches & Ice Cream
<b>Tuesday</b>	Shepherds Pie	Bubble salmon with mash potato	Jacket Potato with a Choice of Filling	cheese sandwich	Fresh Broccoli or Sweetcorn	Cocoa Sponge with Cocoa Sauce
<b>Wednesday</b>	Roast Chicken with Roast Potatoes	Roast Quorn Fillet with Roast Potatoes	Jacket Potato with a Choice of Filling	Tuna mayo Sandwich	Fresh Cabbage or Fresh Carrots	Fruit Jelly
<b>Thursday</b>	Cheese & Tomato Pizza with Potato Wedges	Sweet potato & Butternut Squash Bake	Jacket Potato with a Choice of Filling	Ham sandwich	Green Beans or Sweetcorn	Ice pole
<b>Friday</b>	Fish Fingers with Chips	Quorn Sausage with Chips	Jacket Potato with a Choice of Filling	cheese sandwich	Baked Beans or Peas	Coconut Sponge



## Week 2

Week commencing - 7th Nov - 28th Nov - 19th Dec - 9th Jan - 30th Jan - 20th Feb - 13th Mar

<b>Monday</b>	Vegetable Bolognese with Spaghetti	Quorn Nuggets with Herby Diced Potatoes	Jacket Potato with a Choice of Filling	Ham sandwich	Sweetcorn or Baked Beans	Fruit Smoothie
<b>Tuesday</b>	Chicken Enchiladas	Macaroni Cheese	Jacket Potato with a Choice of Filling	cheese sandwich	Mixed Vegetables or Fresh Broccoli	Marble Sponge & Custard
<b>Wednesday</b>	Roast Gammon with Roast Potatoes	Roast Quorn Fillet with Roast Potatoes	Jacket Potato with a Choice of Filling	Tuna mayo Sandwich	Fresh Cauliflower or Fresh Carrots	Fruit Jelly
<b>Thursday</b>	Cheese & Tomato Pizza with Potato Wedges	Vegetable Chilli & Rice	Jacket Potato with a Choice of Filling	Ham sandwich	Green Beans or Sweetcorn	Apple Flapjack
<b>Friday</b>	Fish Finger with Chips	Vegetable Fingers with Chips	Jacket Potato with a Choice of Filling	cheese sandwich	Baked Beans or peas	Toffee cake & Custard

## Week 3

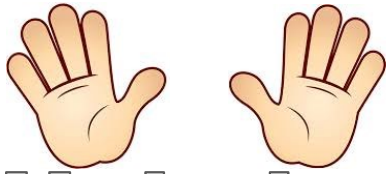
Week commencing - 14th Nov - 5th Dec - 26th Dec - 16th Jan - 6th Feb - 27th Feb - 20th Mar

<b>Monday</b>	Pork Sausage casserole with Diced Potato	Cheesy Wrap Stack with Diced potato	Jacket Potato with a Choice of Filling	Ham sandwich	Fresh Broccoli Sweetcorn or	Frozen Yoghurt
<b>Tuesday</b>	Creamy Chicken Curry with Rice	Cheesy Tomato Pasta	Jacket Potato with a Choice of Filling	cheese sandwich	Fresh Cauliflower or Mixed Vegetables	Spiced Orange Cake with Custard
<b>Wednesday</b>	Roast Chicken with Roast Potatoes	Roast Quorn Fillet with Roast Potatoes	Jacket Potato with a Choice of Filling	Tuna mayo Sandwich	Fresh Cabbage or Fresh Carrots	Fruit Jelly
<b>Thursday</b>	Cheese & Tomato Pizza with Potato Wedges	Vegetable pasta Bake	Jacket Potato with a Choice of Filling	Ham sandwich	Green Beans or Sweetcorn	Vanilla Shortbread
<b>Friday</b>	Fish Fingers with Chips	Quorn Nuggets with chips	Jacket Potato with a Choice of Filling	cheese sandwich	Baked Beans or peas	Apple sponge

Additional daily foods available: Seasonal salad bar  
Wholemeal bread • Alternative desserts (yoghurt or fruit)

Our Roast Dinners are also served with a Yorkshire Pudding!





# Help is at hand

## Keep in touch!

We are missing being in contact but do not forget we are still here to help where we can.



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

Tel: 01375 846181

Email: [office.etp@osborne.coop](mailto:office.etp@osborne.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: [@EastTPPrimary](https://twitter.com/EastTPPrimary)

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

◇ Mrs Bates

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

◇ Mr Gowland

◇ Dr. Emmanuel

◇ Mr Bennett

◇ Mrs Jarvis

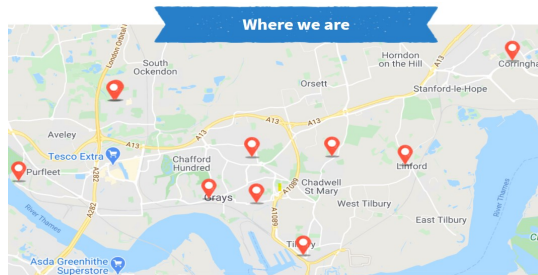
◇ Mrs Mylam

◇ Mrs Allen

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 \[www.childline.org.uk\]\(http://www.childline.org.uk\) · NSPCC 0808 800 5000 \[www.nspcc.org.uk\]\(http://www.nspcc.org.uk\); \[www.facebook.com/nspcc\]\(https://www.facebook.com/nspcc\)](#)



## LOCATIONS

*Here are the opening times and locations for our foodbank centres. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher.*

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

**Weds 09:30-12:00:** Thurrock Christian Fellowship, 2-4 Chase Rd, Corringham, S17 7QH

**Weds 13:30-15:00:** 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, Grays, RM 17 5YF