

# School News

## A MESSAGE FROM THE SENIOR LEADERSHIP TEAM

Dear Parents and Carers,

As always, it has been a busy week of learning here at East Tilbury Primary School. From Parent workshops to Police Assemblies, there have been lots of learning activities taking place!

### Phonics Workshops

This week we invited parents from our reception classes, to take part in a phonics workshop. This has been an excellent opportunity to work with parents as we explore the wonderful world of reading and provide strategies that parents can use to help their children with reading at home. Next week we have phonics workshops for yr1 parents running 9am Monday to Thursday – you can sign up for this using your MCAS app or contact the office for further details. keep a close eye on your inbox and our newsletter to see when the next set of workshops will be taking place!

### Parent/Teacher Consultation meetings - save the date

Our next set of teacher/parent consultation meetings will take place in March, so please put the following dates in your diaries:

Y3, Y4, Y5 and Y6 will take place on Monday and Tuesday 9<sup>th</sup> and 10<sup>th</sup> March.

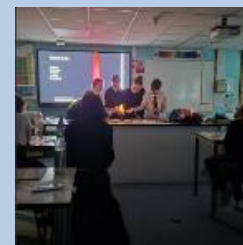
YR, Y1 and Y2 will take place on Wednesday and Thursday 11<sup>th</sup> and 12<sup>th</sup> March

More details around timings and the booking procedure will come out to you very soon 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 academic and all-round development at school.

### Yr 6 Science Morning at St Cleres'

Yesterday morning, a group of our year 6 children had the exciting opportunity to go to St Cleres' for the morning to explore and use their science facilities. The children were able to collaborate with other pupils from the different trust primaries and were able to explore and investigate concepts using state of the art equipment. Thank you to Mr Chagger and Mr Haywood for organising the event and supporting the children throughout the morning.



We wish you a relaxing weekend ahead.  
The Leadership Team

# *Important Information*

## *September 2026 Reception Intake*

The closing date for Reception 2026 applications was **15 January 2026**. However, please don't let this discourage you from applying — we still have a limited number of places available.

### **A Reminder About Parking Around School**

We kindly ask parents and carers to be mindful of how they park around the school gates and on local roads. Please help us maintain positive relationships with our local community and, most importantly, keep our pupils safe. Thank you for your cooperation and support.

### **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.

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



**CHANCE TO SHINE  
STREET**



**SOFT BALL CRICKET**

**BE ACTIVE  
MAKE FRIENDS  
DEVELOP SKILLS  
PAY NOTHING!**



**WEEKLY INDOOR SESSIONS**

**FUN, FAST AND FREE**

**NO EXPERIENCE OR EQUIPMENT NEEDED**

**WEAR WHAT YOU WANT**

**QUALIFIED COACHES**

**FUN INDOOR CRICKET ACTIVITIES AND GAMES  
5.00-6.00PM EVERY TUESDAY DURING TERM TIME  
FOR AGES 8-16  
EVERYBODY IS WELCOME**

**TREETOPS SCHOOL SPORTS HALL  
TREETOPS APPROACH, GRAYS  
RM16 2WU**

**RUN BY ESSEX CRICKET IN THE COMMUNITY, FUNDED BY CHANCE TO SHINE**

**TO REGISTER YOUR CHILD SCAN THE QR CODE ABOVE OR CONTACT  
[IAN.GRAY@ESSEXCRICKET.ORG.UK](mailto:IAN.GRAY@ESSEXCRICKET.ORG.UK)**

# We need you...



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. This is particularly important as the weather is colder and children are wearing jumpers/cardigans to school.



Our Year 1 classes are getting creative and are in need of junk modelling materials. If you have any of the following items at home, we'd love to have them:

- Toilet roll tubes
- Cereal boxes
- Egg boxes
- Any other clean, recyclable craft materials

Please hand them in to the Year 1 teachers or drop them off at the school office.

**Thank you for your support!**

Please ensure your child has a PE kit in school each day. If you are struggling with this, please contact Mrs Jarvis or Mrs Allen.

Thank You



## Mud Kitchen Donations Needed!

We're on the lookout for any **old pots, pans, baking trays, and plastic or wooden utensils** to help stock our mud kitchen! If you have any kitchen items you no longer need, we'd love to give them a second life in our outdoor play area.



# SEND in Focus

## Speech and Language Drop-in Advice Sessions



Do you have any concerns about your child's speech? If your child is not already under the care of the Speech and Language Services, you are able to gain advice and support by self-referring through: [drop-in@nelft.nhs.uk](mailto:drop-in@nelft.nhs.uk)

Once you have made contact the service, they will send a link where you can 'choose and book' an appointment at a time and place that is convenient for you and, following the drop-in session you will be emailed with the outcome of the session and a link to the advice that has been provided.

If you require any further information, please contact Mrs Mylam

# Specialist Health Visiting Team Advice Line

**Tuesdays  
and  
Thursdays**

**Between  
09:30am  
11:30am**

**0300 300  
1816**

## Who Can Call?

Parents, Carers and Professionals for Children with additional needs that require specialist health advice and support, who are currently/previously known to the Community Paediatricians.



*For more information on the Specialist Health Visiting Team, please scan the QR code.*

**NELFT**

**NHS**



# THURROCK SEND AND AP LOCAL AREA PARTNERSHIP SEND INSPECTION - SURVEY

Thurrock SEND and AP Local Area Partnership have been informed that His Majesty's Chief Inspector of Education, Children's Services and Skills (HMCI) and the Care Quality Commission (CQC) will be inspected under section 20 of the Children Act 2004 from 8 December to 12 December 2025.

The inspectors want to hear from as many children and young people with SEND, their families, and practitioners as possible.

Please find QR Code link to the survey. The survey is open now and will close at 9am on 2 December 2025.



Should anyone have any access difficulties, please print, complete and send back to [Ofstedinspection@thurrock.gov.uk](mailto:Ofstedinspection@thurrock.gov.uk)

# Diary Dates

w/b 26 <sup>th</sup> January 2026 and w/b 2 <sup>nd</sup> February 2026	Year 1 phonics workshops for parents. Please see email sent to year 1 parents.
w/b 9 <sup>th</sup> February 2026	Reception phonics workshops for parents. Please see email sent to Reception parents.
Wednesday 11 <sup>th</sup> February 2026	IEC church visit AM
Thursday 12 <sup>th</sup> February 2026	ICD church visit AM
Friday 13 <sup>th</sup> February 2026	ISL church visit AM
W/b Monday 16 <sup>th</sup> February 2026	Half Term
Monday 23 <sup>rd</sup> February 2026	Non Pupil Day
Tuesday 24 <sup>th</sup> February 2026	Young Voices @ 02
Monday 2 <sup>nd</sup> March 2026	Y3 Roman Villa Workshops
Thursday 5 <sup>th</sup> March 2026	World Book Day (more details to follow)
w/b Monday 9 <sup>th</sup> March 2026	Parent consultation week R,1,2 Mon /Tues KS2 Wed/Thurs
Wednesday 25 <sup>th</sup> March 2026	Spring Production (AM and PM)
Thursday 26 <sup>th</sup> March 2026	Spring Production (AM and PM)
Friday 27 <sup>th</sup> March 2026	PFA Easter Disco
Monday 30 <sup>th</sup> March 2026 – Friday 10 <sup>th</sup> April 2026	Easter Holidays
Monday 4 <sup>th</sup> May 2026	Bank Holiday
w/b Monday 25 <sup>th</sup> May 2026	Half Term
Tuesday 2 <sup>nd</sup> June 2026	Year 6 swimming
Wednesday 8 <sup>th</sup> July 2026	Open Evening
Monday 20 <sup>th</sup> and Tuesday 21 <sup>st</sup> July 2026	INSET days

# 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
- School Uniform
- Hygiene Products
- Wellbeing

## FOR MORE INFORMATION VISIT:

[www.easttilburyprimary.thurrock.sch.uk](http://www.easttilburyprimary.thurrock.sch.uk)



# READERS OF THE WEEK

RES  
&  
5SG

## Congratulations

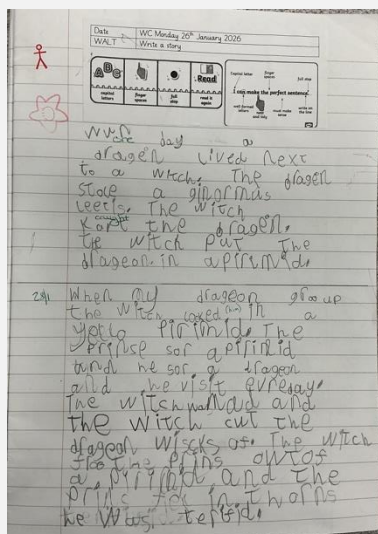
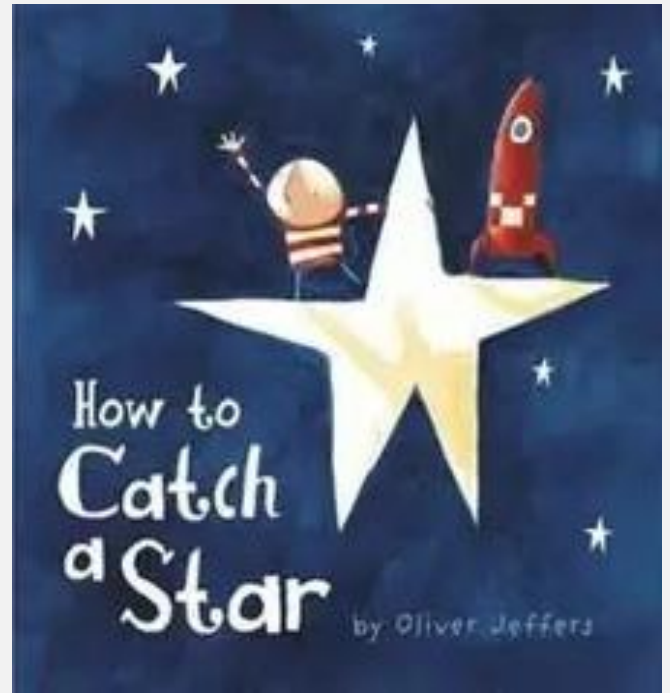
Each week, teachers keep track of how many pupils have read at home **at least five times**. The class with the highest number of regular readers is celebrated during our **Friday Celebration Assembly**. Let's keep up the great reading habits!

# Class News

## Reception

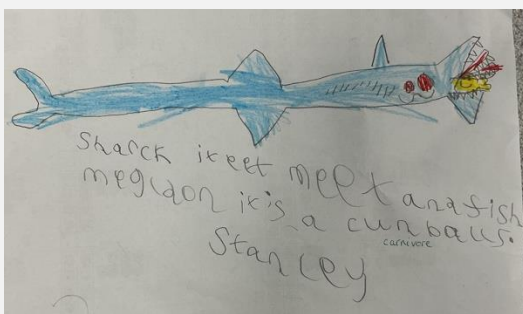
This week in reception we have been continuing to learn phase 3 sounds, we have been working on qu and ch and using the sounds in our writing.

We have read the story *How to Catch a Star* written by Oliver Jeffers. We were inspired by the story and we thought about all the different planets, we painted and collaged our own planets. In maths we have been learning all about things to do with time, we have looked at days of the week, months of the year and the seasons. We have discovered that most children like the summer – we are waiting patiently for the summer to come.



## Year One

This week we have enjoyed welcoming parents in to see our wonderful learning in phonics. In English we have started our independent write, producing our own innovation of the Rapunzel story. We have created some wonderful characters and settings! In maths, we have been comparing different numbers and finding the difference. In science we have continued to categorise animals, this time focussing on their diet to decide if they are a carnivore, herbivore or an omnivore.



# Class News

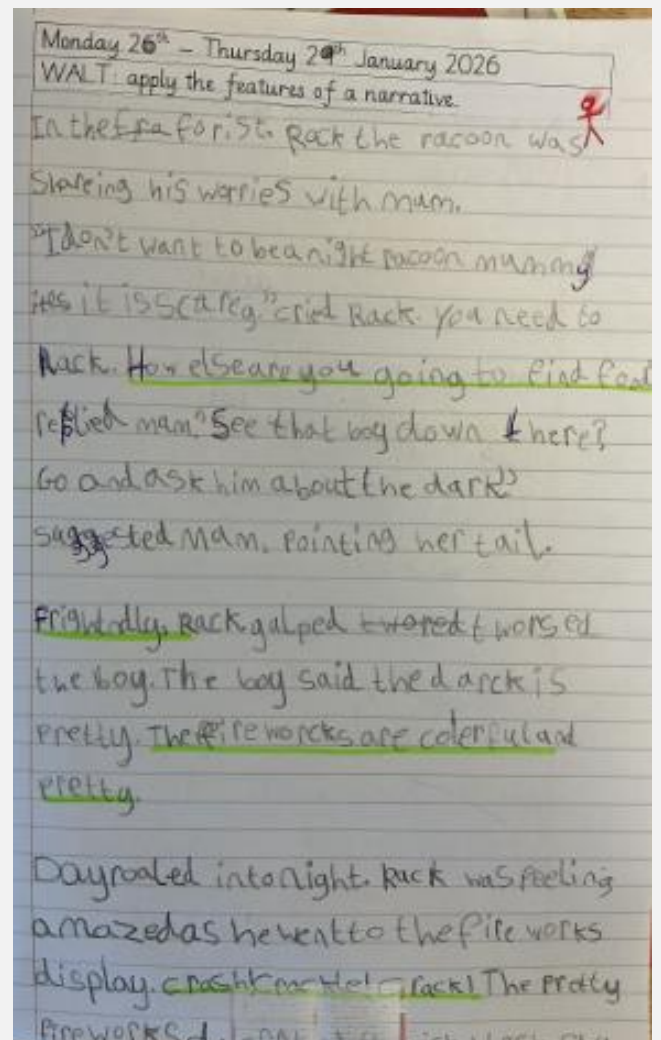
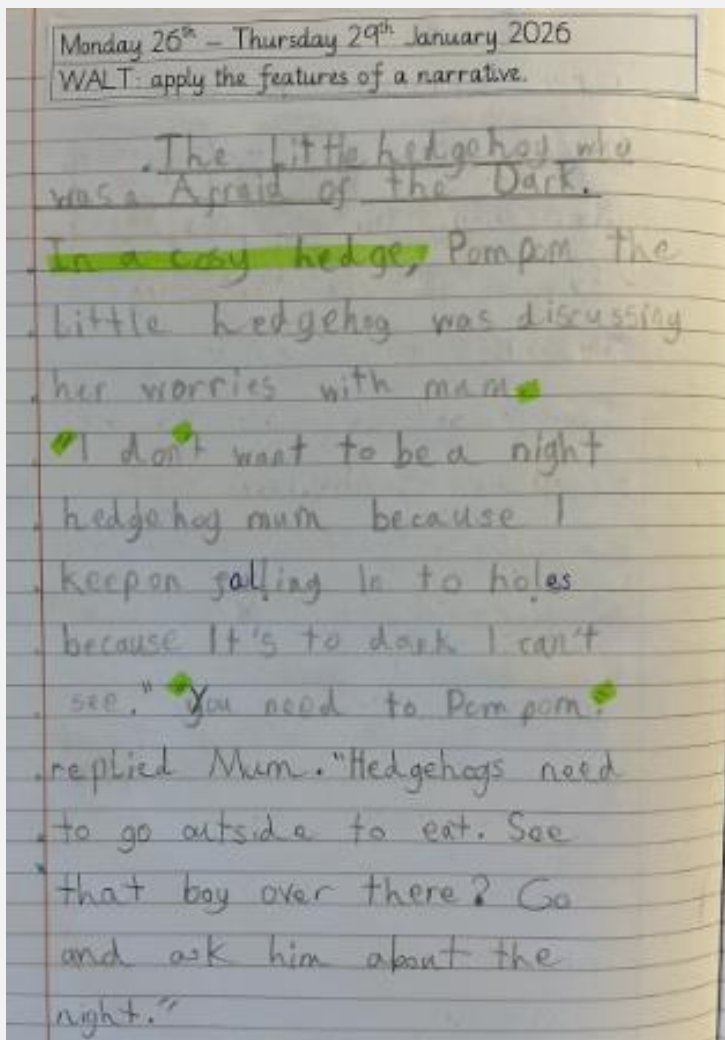
## Year Two

Our young authors have been busy crafting their very own creative spins on the much-loved story *The Owl Who Was Afraid of the Dark*.

The children explored themes of courage and curiosity, creating new characters, exciting settings, and surprising twists. We were incredibly proud to see how confidently they used descriptive language, dialogue, and powerful verbs to bring their stories to life.

Each child added their own imaginative flair—some owls discovered new friends, some faced unusual fears, and others went on magical nighttime adventures! Their enthusiasm and creativity truly shone through in every piece of writing.

In Maths, Year 2 have been diving into the fascinating world of fractions. The class has worked hard on identifying **numerators** and **denominators**, understanding what each part represents, and using this knowledge to describe



# Class News

## Year Three

It has been another energetic week in Year 3! The children have been diving deep into mathematical patterns and stepping back in time to Ancient Rome.

### The Magic of Number Facts

This week, we focused on identifying related number facts. The children acted as "maths detectives," using known facts to solve harder calculations.

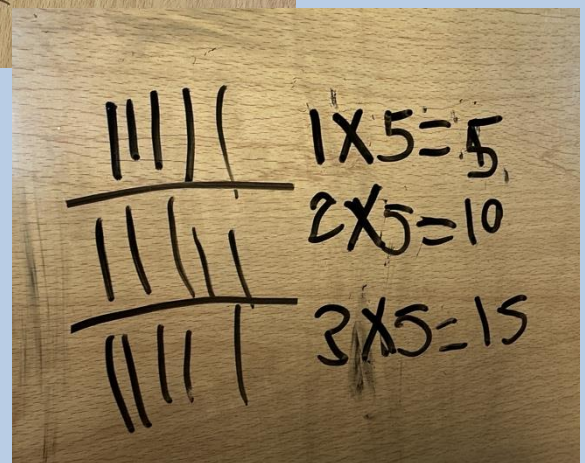
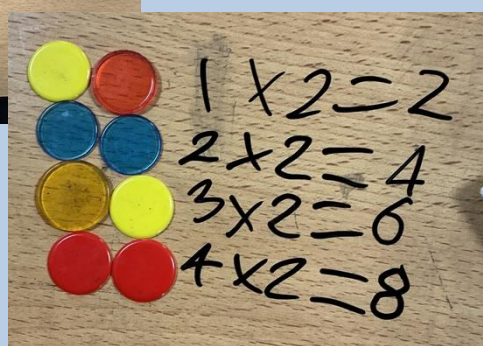
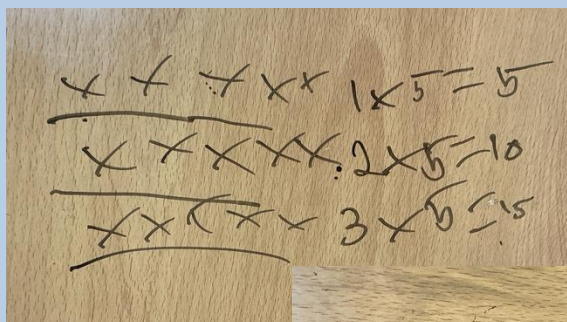
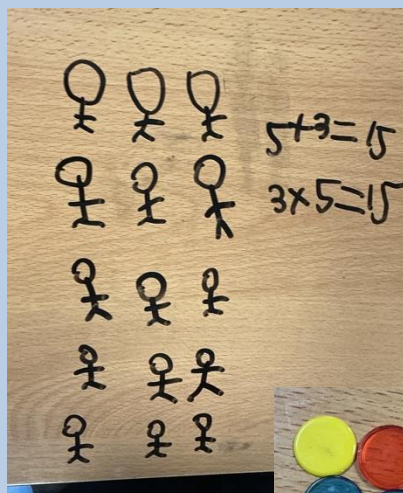
The highlight was exploring the relationship between the 4 and 8 times tables. We discovered that since 8 is double 4, the answers in the 8 times table are always double those in the 4 times table!

### Hail, Caesar!

In History, we turned our attention to the legendary Julius Caesar. We explored his role as a powerful general and discussed his first ambitious attempts to invade Britain.

The class looked at:

- Why Caesar wanted to expand the Roman Empire.
- The discipline and strength of the Roman legions.
- Primary sources that describe his arrival on British shores.



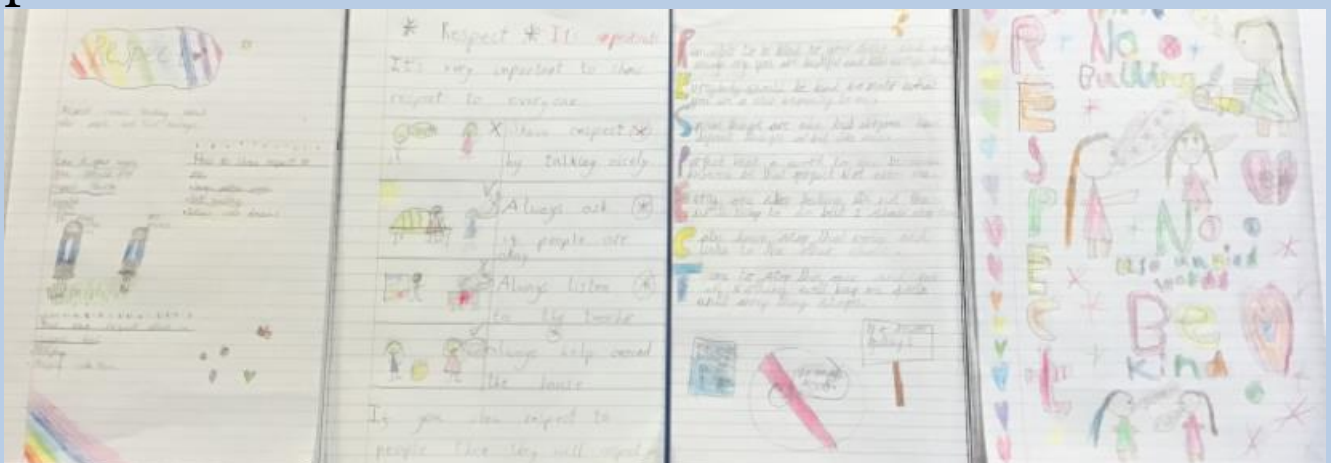
# Class News

## Year Four

This week in Maths, Year 4 continued to work on fractions. We have been learning how to convert improper fractions to mixed numbers and vice versa, as well as practising adding and subtracting fractions. We also enjoyed another great swimming session. A gentle reminder to please ensure children bring their swimming costume, swim cap, and towel every Tuesday for our lesson.

In Science, we explored *pitch* and learned how different high and low sounds are made. Year 4 enjoyed investigating how sound changes and sharing their ideas. In R.E, our focus was on inspirational people. We discussed individuals who inspire us and thought about what qualities make someone a positive influence in our lives.

During our British Values lesson, we explored the meaning of respect and discussed what it looks like in everyday life. We then had the opportunity to record our learning by creating posters, acrostic poems and even a rap!



# Class News

## *Year Five*

This week in Year 5, we have really enjoyed beginning rehearsals for our upcoming production and starting our initial read-throughs with the children. The script is now available on Google Classroom, and pupils are encouraged to begin learning their lines by 24th February to ensure we stay on track for our performance a few weeks later. For further details, please see the school's Facebook page or speak to a member of the Year 5 team. In Maths, we continued to develop our understanding of fractions by exploring the differences between proper fractions, improper fractions and mixed numbers, before converting between improper fractions and mixed numbers. In English, we concluded our independent biographies based on environmental pioneers and individuals with a love for nature, before moving on to our new text type, narratives. We have begun reading and exploring *The Explorer* by Katherine Rundell.

In science, pupils investigated soluble and insoluble substances, experimenting with a range of materials to see whether they dissolved to form solutions. In French, children learned how to say nine additional foods and organised the nouns into feminine, masculine and plural groups.

We wish you all a lovely weekend.

The Year 5 Team

# Class News

## Year Six

This week in year 6, began with us putting the finishing touches on our *Paperman* narratives, and the results were brilliant - full of imagination, emotion and storytelling flair. In science, we switched gears and became wellness experts, creating our very own Healthy Living Diaries. From balanced meals to mindful habits, the class showed real enthusiasm for understanding how to look after both body and mind.

History took an unexpected twist as we stepped into the shoes of great thinkers and became philosophers for the day. Big questions, bold ideas and thoughtful debates filled the classroom. To round off an action-packed week, we welcomed the Community Engagement Team from Essex Police. Their visit was engaging, informative and a great opportunity for pupils to learn more about safety and the role of police in our community.



# What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

## WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

### POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

### RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

### LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

### IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

### MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

### REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

## Advice for Parents & Educators

### MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

### IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

### SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

### ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College



# 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	Gabija	For showing self-responsibility to keep the classroom safe and tidy.
RMB	Riley	For his exceptional effort, resilience and enthusiasm towards his reading and for always accepting a challenge!
RES	Ivana	For her excellent work in phonics
ISL	Rocco	For his improved attitude to learning in phonics.
ICD	Amelia	For excellent engagement in all areas of her learning
IEC	Harrison	For his amazing effort in his independent writing
2BG	Denny	For her amazing use of vocabulary in her independent write.
2NB	Holly	For her positive attitude to her learning.
2RS	Gustaw	For his amazing effort when writing his independent write.
3TG	Oliver	For his hardworking contributions in maths
3CS	Araoluwa	For recognising the relationship between the 4 and 8 times tables
3MR	Kartar K	For being a kind friend to his classmates and trying really hard to improve his writing this week.
4ML	Isabella	For her positive attitude to her learning and trying her best.
4CP	Bobby B	Improved confidence in Maths
4BA	Eniola	For amazing effort in her reading.
4KC	Jenson	For his amazing effort during his independent write
5SG	Kaiden P	For always being a kind, respectful and hard-working member of 5SG.
5SA	Victoria J	For working hard in her independent write.
5LC	Timi A	For working hard in maths lessons and Maths Meetings
6AB	Abigail	Her amazing engagement in the science workshop at St Clere's
6NM	Albie	Showing enthusiasm in English
6TH	Arthur	His improved effort and focus this week



Thurrock  
Teacher Training

# Get into Teaching

## St Clare's School

Lead ITT provider in partnership with Tes institute are pleased to announce that trainee places are available for the academic year 2025/2026.

*'Our trainees success rate  
Securing QTS = 100%  
Employed = 100%'*



Our partner schools for  
2025/2026 include:

## Primary

Chadwell St. Mary, Deneholm, East Tilbury, Thameside, Stifford Clays, Horndon-on-the-hill, Stanford-le-Hope, Doddinghurst, Little Thurrock, Arthur Bugler, Warren Primary, Bonnygate Primary, Woodside Academy

## Secondary

Grays Convent, Marshalls Park, Ormiston Park Academy, St. Clare's School, William Edwards The Gateway Academy, Brentwood County High, Hathaway Academy, Orsett Heath Academy

"The Tes Institute course was brilliant, and I would recommend it to others who are thinking of entering a career in teaching"  
- 2024 Trainee

For all enquiries please contact:  
[thurrockteachertraining@osborne.coop](mailto:thurrockteachertraining@osborne.coop)

## Keep in Touch



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



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

- 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](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)**



**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


Osborne Term Dates for 2025-26 (Approved by Trust Board 24/09/24)


September 2025							October 2025							November 2025							December 2025						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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January 2026							February 2026							March 2026							April 2026						
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May 2026							June 2026							July 2026							August 2026						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5						1	2
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30
																				31							

 = School Days

 = School Holidays

 = Bank Holidays

 = Weekends

 = additional autumn half term

 = Trust training day