



Weekly Newsletter

Autumn Term 1

Friday, 10th October 2025



A Message from our Headteacher

Dear Parents,

This week has been incredibly exciting. On Thursday we were visited by "The Big Cat" from Harper Collins Publications. Many of the children and staff were interviewed about reading and some children read to our visitors, it was very exciting. Today our website engineer visited the school, he took some new photos and filmed our Peer Mediators. Look out for our latest school blog on the website!

Harvest

Your generous donations were collected this week and we have received a lovely certificate from the Manna Day Centre. Your donations will provide 120 hot lunches and breakfasts for the homeless. Thank you all for giving generously! Thanks to Miss Rosie Hall for organising this event.

Year 6 Residential

Next week many of our Year 6 pupils will be visiting PGL in Marchants Hill where they will stay for two nights. They will take part in some fantastic activities including abseiling, rock climbing, a night walk and orienteering. Look out for updates on the school website during the week to see how they are getting on!

World Teachers Day

I would like to say a huge thank you to all of the teachers at Grange, for everything they do every day to help educate your children. Sunday is World Teachers Day and on Monday all the teachers will be treated to a little surprise. If you see any of them on your way home today or Monday, please make sure you say thank you! **Teachers are those who help find strengths, wipe away tears, overpower demons and conquer fears.'**

Online Safety Tip of the Week

This week's theme is: **Cross-platform sharing of inappropriate content**

Creepy characters like Slender Man or Huggy Wuggy. Dangerous online challenges. Songs or videos that aren't suitable for young people. When things like these begin trending online, it can be difficult to prevent children accidentally stumbling across them – especially if they use a range of platforms, like online games, social media, streaming sites or messaging apps. A trend can originate in one online space and rapidly spread to other platforms or via chat apps. The frightening Huggy Wuggy character, for instance, first emerged as part of a game on Steam; now there are parody songs on TikTok, videos on YouTube and more than 45,000 results for #huggywuggy on Instagram.

In the guide at the back of the newsletter, you'll find tips on a number of potential risks such as accidental exposure, inappropriate language and unsuitable videos.

World Space Week

I have enjoyed seeing some lovely space activities taking place this week, congratulations to Year 5 who attempted to make a safe parachute for their egg! Thanks to Mr Joshua Crewe for organising this event.

World Mental Health Day

We have had a lovely day wearing yellow and learning how to keep our minds healthy and well. For more information please [click the link](#). Thanks to Miss Natasha for organising the activities this week.

For help supporting your children:

o The Nest in Southwark: The Nest in Peckham offers drop-ins or booked sessions on Wednesdays between 9.30 and 12.30 for parents/carers of young people aged 0-25. You will be offered a slot with a trained counsellor to gain advice or help with signposting. Phone: 0208 138 1805 Website:

www.thenestsouthwark.org.uk

o Parenting Smart by Place2Be: Online parenting advice from mental health professionals, with practical tips to support your child with their mental health and wellbeing. Website:

www.parentingsmart.place2be.org.uk

For parents/carers own mental health:

o Southwark Talking Therapies: If you have a Southwark GP, then you can access support through Southwark Talking Therapies. You can self-refer on the website, and they will then get in touch to assess what support would be the most appropriate for you. They offer online and face to face sessions, and it is free to access. Web:

www.talkingtherapiessouthwark.nhs.uk Phone: 020 3228 2194

o Qwell by Kooth: Free online mental health support without waiting lists, commissioned by the NHS. Download the app and sign up for one-to-one regular or drop in sessions with an accredited therapist Web: www.qwell.io

Colder Weather

As the weather is getting colder, please remember to send your child to school in a warm labelled coat, gloves and hat. We will continue to send the children outside to play unless there is torrential rain, so it is important they stay warm.

We hope you have a great weekend and look forward to seeing you all next week. See you on Monday at **8.50am**.

Rebecca



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School Information

Attendance & Punctuality

Autumn Term Attendance



School year: Summer Term	Class	%
Attendance KS1 Winner	Venus	96.3%
Attendance KS2 Winner	Aurora	98.2%
KS1 Punctuality Winner	Mars	99.5%
KS2 Punctuality Winner	Aurora	98.2%
Rest of School		
Class	Punctuality %	Attendance%
Moon	94.6	94.6
Star	97.2	94.4
Venus	97.3	96.3
Mars	99.5	82.4
Planet Earth	98.9	95.8
Jupiter	98.3	91.6
Galaxy	98.1	91.0
Supernova	99.5	98.1
Neptune	98.3	96.6
Aurora	98.2	98.2
Sky	98.5	96.3
Weekly attendance:		96.3%

Dates for the Diary

Important
DATE!

13/10/25 – 15/10/25	Year 6 Residential to Marchants Hill
22/10/25 & 23/10/25	Parents evenings
24/10/25	Big Draw art event
27 th October – 31 st October	Half term – school closed
03/11/25	First day back for staff and children Autumn 2
07/11/25	Individual school photos

Important
DATE!

House Winners

Tim PEAKE		412
Stephanie WILSON		536
Neil ARMSTRONG		623
Helen SHARMAN		471
Bernard HARRIS		695



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Word of the Week

The word of the week this week is "barren". Please spend some time discussing this word with your child.

Shinobi Word of the Day

Word of the Day: barren

Word Class: (adjective)

Pronunciation / Syllables: (bar-ren)

Definition:

If you describe a room or a place as barren, you do not like it because it has almost no furniture or other objects in it.

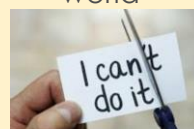
The hall was barren; all the equipment had been removed.

Synonym:	Antonym:	Prefix / Suffix:	Rhyme:	Link Word:
desert	fertile	-ness		land
waste	productive	-s		completely

Value of the Week

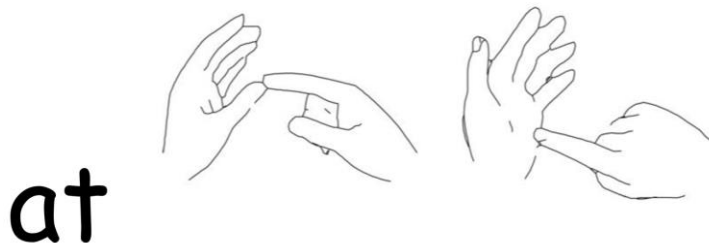
The value of the week this week was "confidence". Please take some time over the weekend to discuss this value with your children.

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world"



Makaton Word of the Week

Along with our word of the week, our children will now be learning some sign language. We have many pupils at Grange that are non-verbal and one of the ways in which we communicate with them is to use sign language. We want all our children to be able to communicate with each other so felt that teaching our children to sign would help this. Please help us to learn together by practising this with your child at home.



Happy Birthday to You!

First Name	Age	Class
Jayson	Aurora	11
Charlotte-Rose	Neptune	11
Rayaan	Aurora	11
Samson	Aurora	11
Slwanos	Sky	11
Yusra	Sky	11



Mathletics



Winning Class: Aurora Class
School's total points: 84,070

Attendance Ladder

How close is your child to 100%?

0 days off school	100%	Perfection
Equates to 2 days off school each year	99%	Excellent
Equates to 5 days off school each year	97%	Good
Equates to 10 days off school each year	95%	Slight Concern
Equates to 20 days off school each year	90%	Concerned
Equates to 30 days off school each year	85%	Very Concerned



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Class Gallery

Whole School – Big Cat Comes to Visit

Big Cat came to Grange today! We have had a brilliant day sharing poems, reading books and some of our teachers and pupils got interviewed about Reading at Grange.



Year 5 – Neptune Class

As part of 'Space week', Neptune class created parachutes for eggs. The children are looking forward to testing these tomorrow. [#Eggcellent](#) work.





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Rewards

Years EYFS, 1 & 2

Core Value: **Confidence**
Year 1 and Year 2

Class:	VIP of the week	Reason for Award:
VENUS	Shahinaz	Showing confidence in her reading and phonic lessons
EARTH	Fatima A	For her confidence growing in group tasks
MARS	Khadijah	For her confidence when sharing in class
Class	Writer of the week:	Reason:
VENUS	Youcef	For writing a great sentence about his feelings being in Year 1.
EARTH	Kris	For amazing independent handwriting
MARS	Sako	For his fabulous writing this week
Class	Mathematician of the week:	Reason:
VENUS	Mohamed	For showing a good understanding with greater than and less than
EARTH	Mohammed	For excellent explanation of how to order numbers
MARS	Grace	For using our generalisers to work out questions
Class:	Reader of the week:	Reason for Award
VENUS	Sikario	For good segmenting and blending words during phonics.
EARTH	Inas	For excellent effort in reading this week
MARS	Yousef	For his growing confidence when reading aloud



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Rewards

Years 3 to 6

Core Value: **Confidence**
Years 3 to 6

Class:	VIP of the week	Reason for Award:
JUPITER	Adbul	For modelling the value of confidence during lessons by always volunteering to contribute.
GALAXY	Enzo	For always being confident with everything he does!
SUPERNOVA	Safura	For confidently presenting during our topic lesson this week
NEPTUNE	Scarlett	For becoming more confident about sharing her ideas in class.
AURORA	Alice	For growing in confidence!
SKY	Slwanos	For modelling confidence when faced with a challenge
Class	Writer of the week	Reason
JUPITER	Hannan	For an excellent effort in writing
GALAXY	Lake	For great effort in writing
SUPERNOVA	Isabella	For writing a detailed and exciting recount of our trip!
NEPTUNE	Amal	For a fantastic effort in writing an additional chapter for Beowulf.
AURORA	Yassin	For writing a brilliant fact file about a fictional creature
SKY	Jamal	For putting great effort in writing cohesively when writing a report.
Class	Mathematician of the week:	Reason
JUPITER	Kayden	for his brilliant effort in maths when adding and subtracting.
GALAXY	Max	For trying harder in maths this week!
SUPERNOVA	Abdul	For always working hard during maths lessons
NEPTUNE	Hamza	Excellent effort in rounding numbers to the nearest 10, 100 and 100.
AURORA	Ololade	For having a great drive to improve!
SKY	Madeline	For answering multistep word problems when multiplying four-digit by two-digit numbers
Class:	Reader of the week:	Reason
JUPITER	Jake	For trying really hard with his reading.
GALAXY	Betsie	For always reading at home and getting her reading record signed
SUPERNOVA	Yarran	for reading clearly and confidently
NEPTUNE	Mica	For trying hard to improve her fluency when reading aloud.
AURORA	Valentine	For answering guided reading questions with improved accuracy
SKY	Cheryl	Great effort when independently answering reading questions



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Parent/ Carer Information and Support

In an effort to encourage reading for pleasure each week one of our staff members will share their favourite children's book. This book will then be available for children to borrow to see if they enjoy reading it also.



I love this book as not only is it funny, but it is also a book that demonstrates the importance of being nice to others including animals. The Twits are a menacing pair, who play tricks on each other and others. After a while, some monkeys seek revenge for the way they have been treated by this spiteful couple. This book is an amusing page-turner with a great moral about working together as a team.

Mr Bucknall

Creepy characters like Slender Man or Huggy Wuggy. Dangerous online challenges. Songs or videos that aren't suitable for youngsters. When things like these begin trending online, it can be difficult to prevent children accidentally stumbling across them – especially if they use a range of platforms, like online games, social media, streaming sites or messaging apps. A trend can originate in one online space and rapidly spread to other platforms or via chat apps. The frightening Huggy Wuggy character, for instance, first emerged as part of a game on Steam; now there are parody songs on TikTok, videos on YouTube and more than 45,000 results for #huggywuggy on Instagram.

Anyone can upload footage to a video-sharing platform, which has resulted in clips that appear age-appropriate but actually aren't so innocent. The audience for Peppa Pig, for instance, is very young—but there have been reports of Peppa cartoons with extreme violence spliced into them. Likewise, footage of the razor-toothed game character Huggy Wuggy has been inserted into numerous child-friendly videos (even on YouTube Kids), scaring many young viewers.

On a similar theme, there is always the possibility that user-uploaded video content could include language which really isn't suitable for children. The on-screen imagery may look child friendly, but if your child is wearing headphones, then you'll remain unaware of what is being said; some videos have featured songs containing explicit language or characters graphically describing violence.

Social media and messaging apps can inadvertently spread extremely harmful content very quickly. Footage of violent attacks (such as the recent Buffalo supermarket shootings) can often be viewed on multiple platforms as people start to share the video. Moderators try to react swiftly to remove upsetting content, but the rate at which it goes viral makes it difficult to prevent the spread completely.

Even if your child doesn't have access to social media platforms or video-streaming platforms (where the majority of issues arise), they might still use messaging apps to communicate with family and friends. There is always going to be a risk, therefore, of them seeing something which isn't child friendly: either shared by one of their peers or sent accidentally by a relative.

Enable safety settings like Google SafeSearch and the optional restrictions on video-sharing platforms like YouTube. Whenever possible, stick to YouTube Kids for young children, as the software will help to filter out unsuitable content. Remember that filters aren't always enough to block all inappropriate material – especially when child-friendly videos have been edited maliciously.

Manage the number of online platforms your child has access to, based on their age and maturity. Just because their friends use a certain game or app, it doesn't mean your child must have it too. Follow the age guidelines for games and apps, and check regularly that privacy settings are in place.

Encourage your child to stay in a communal family space when they're watching videos or playing online games on their devices – without headphones, if possible. This will make it far easier for you to keep one eye (and ear) on what they are seeing and hearing while they're online.

If your child watches cartoons and shows on YouTube, spend time with them making a playlist of videos that you're comfortable with them watching. Always source videos from official channels, as opposed to fan-made content; you can never be completely confident about material that another user has created or uploaded.

If you hear or see anything unsuitable on your child's device, calmly ask them to turn off the game or video in question. Explain that they haven't done anything wrong, but that you didn't like what you saw or heard and you would much rather they watched or played something else instead.

Remind your child regularly that *anyone* can post anything online – and that not everything online is real. If your child is sent something that scares or worries them, ask them to show you. Watch it alone (to avoid unnerving them further), then praise them for coming to you and talk about what upset them. Recommend a break from their device to do something which helps them feel calm and happy.

Dr Claire Sutherland is an online safety consultant at 8CyberAware, who has developed anti-bullying and cyber-safety workshops and policies for schools in Australia and the UK. She has written various academic papers and carried out research for the Australian government, comparing the internet use and sexting behaviours of young people in the UK, USA and Australia.



**National
Online
Safety®**

#WakeUpWednesday

Confidence Cape

When we are confident and feel good about ourselves it helps our wellbeing levels.

To feel confident it is helpful to think about what you are good at and what your friends like about you. Write these down to help you remember them. Now imagine you have an invisible confidence cloak with all these things on it.

Next time you need to feel confident, put your invisible confidence cloak on to give yourself a boost.



More Helpful Resources

These links share more helpful wellbeing resources for children and primary schools.

BBC Moodbooster Videos
<https://www.bbc.co.uk/teach/moodboosters>

Health4Kids
<https://www.healthforkids.co.uk/feelings/>

The Red Cross -Self Kindness
<https://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself>

About Us

Worth-it support schools and settings help children learn ways to develop wellbeing and resilience.

Find out more information:

Tel: 0300 3233230

Web: www.worthit.org.uk

Email: info@worthit.org.uk



WELLBEING ACTIVITIES

Practical wellbeing activities for
children and primary schools.



WORTH-IT

www.worthit.org.uk/ambassadors

What is Wellbeing?

Wellbeing is about how you feel in your body and your mind. Having good wellbeing means that you feel calm, happy and comfortable. There are lots of ways you can build wellbeing. You will find some helpful ideas for boosting your wellbeing in this leaflet.

Positive Emotions Tips:

Positive emotions are feelings that make us feel good. Positive emotions can help us to cope with challenges and build resilience. They can also boost our wellbeing and help us to form strong relationships with others. Practising positive emotions can help us to lead a happier life. Examples of positive emotions include **joy**, **pride**, **inspiration** and **gratitude**. To develop positive emotions we have to do activities that help us to feel these

positive feelings. What are the feelings that make you feel:

- ★ **Proud** - Feeling pleased with something you have achieved
- ★ **Joyful** - Feeling full of happiness and joy
- ★ **Inspired** - When we feel we can achieve something



.....

.....

.....

Can you
do these
activities
more?

Gratitude Pig

Another positive emotion is gratitude. Gratitude means we are thankful for something we have been given or that has happened. This activity helps you build a bank of things you are grateful for.

On the pig, write all the things you are grateful for in your life. They can be big or small. For example, you might be grateful for having a phone, having nice hair, or having good family and friends.

Practising being thankful and "paying into your piggy bank" builds up a store of all the good things you have in your life. You can remind yourself of these things during tough times when it feels like nothing is going right.

Kindness Activities

When you are kind to others, it makes them feel happy and it boosts your wellbeing levels at the same time. Use these three kindness activity ideas to help children with their wellbeing.

Make a Kindness Chain:

Each person in the school writes or draws something they are thankful for on a paper chain link. You can add links to the chain throughout the day as more people participate. By the end of the day, we'll have a visual representation of all the things that make our school community great.

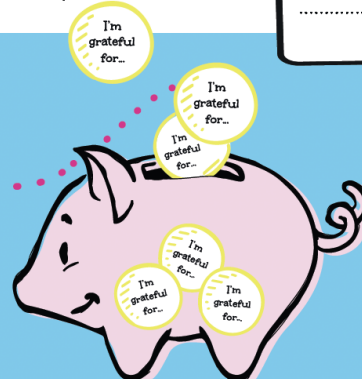
Kindness Awards:

Give out awards to pupils who have been kind throughout the week, term or year. This is a good way to show them they have strengths like being kind and caring.

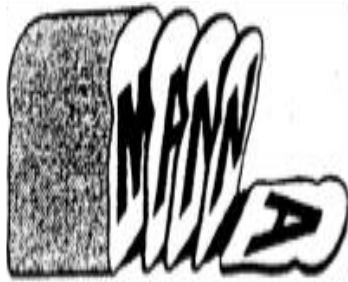
Spread Kindness in the Community:

Your school is an important part of the local community, think of ways your school pupils can do acts of kindness in the local community.

What Kindness activities ideas do you have?



What are
you thankful
for?



MANNA CENTRE
12 Melior Street, London SE1 3QP
Tele: 020 7357 9363
www.mannasociety.org.uk

OPEN SEVEN DAYS A WEEK
8.30am – 1.30pm

ALL SERVICES ARE FREE

DAILY SERVICES (7 days a week):

FOOD: Breakfast & Lunch

SHOWERS: Soap & Towels provided

MOBILE PHONE CHARGING (Mon to Fri)

HOUSING AND WELFARE ADVICE
(Monday to Thursday)

ADDITIONAL SERVICES:

MONDAY:

9.00am-12.00noon Nurse
9.30am-1.30pm Housing & Welfare advice surgery x 2
10.00am-10.45am Clothing Store (**BY TICKET ONLY**)
10.30am-1.00pm Access to computers

TUESDAY:

9.30am-1.30pm Housing & Welfare advice surgery x 2
10.00am-11.30am Mental Health surgery
10.00am-1.00pm Chiropodist - FORTNIGHTLY

WEDNESDAY:

9.30am-12.00noon Welfare advice for Migrants &
Asylum Seekers (except for the 1st Wed of the month)
9.30am-1.30pm Housing & Welfare advice surgery x 2
10.30am-1.00pm Access to computers

THURSDAY:

9.00am-12.00noon Nurse
9.30am-1.30pm Housing & Welfare advice surgery x 2
10.30am-1.00pm Access to computers

FRIDAY

10.30am-1.00pm Access to computers



THE MANNA DAY CENTRE

12 MELIOR STREET, LONDON SE1 3QP

www.mannasociety.org.uk

Tele: 020 7357 9363

(Day centre for homeless people & those in need)

**A
BIG
“THANK YOU”
FOR YOUR
HARVEST FESTIVAL
GIFTS.**

**YOUR DONATION ENABLES US TO
PROVIDE:**

**A BREAKFAST & COOKED LUNCH
FOR APPROX. 120
PEOPLE EVERYDAY
(7 DAYS A WEEK)**

MANY THANKS