



# The Grange Primary School and Nursery NEWSLETTER

[www.thegrangeprimary.com](http://www.thegrangeprimary.com)



No. 21 Spring Term 2025

Thursday 13<sup>th</sup> February 2025

**FRIDAY 14<sup>th</sup> FEBRUARY IS A STAFF TRAINING DAY. HALF-TERM STARTS FOR CHILDREN AT 3.15 p.m. TODAY, THURSDAY 13<sup>th</sup> FEBRUARY**

## After-School Clubs Next Week

The following Clubs will resume in the week beginning Monday 24<sup>th</sup> February except for choir which has now finished:

Monday - Playcourt Football - Years Four, Five and Six  
Tuesday - Table Top Games - Year Two and Three  
Thursday - Lego and Construction Kit - Years Four, Five and Six  
Thursday - Oracy - Years Three - Six

## World Book Day - Thursday 6<sup>th</sup> March

Children are invited to come to school dressed as a word - we are giving you prior warning of this. There is absolutely no expectation that children will wear an elaborate costume, but we'd love to see some creative ideas on coming to school dressed as a word - we can't wait to guess what the words are!

## Free Legal Advice Drop-In Service

I am very grateful to MSB Solicitors for their continued generosity in offering free legal advice to Grange families. Details of how to make an appointment to meet with MSB legal advisors can be found at the school office. Following another successful drop-in session this week, I am pleased to announce that a further session is planned in the springtime. The next drop-in in school will be on Wednesday 30<sup>th</sup> April.

## Mental Health Support Team - Parent/Carer Workshops

The following workshop for parents and carers will be taking place in the staffroom, places can be booked at the school office: Screen Time - Tuesday 4<sup>th</sup> March 2025 at 2.15 p.m.

## Year Six Achievement School

Please see dates for revision sessions in April and May for children sitting SATs in May in the Date for your Diary session.

## What's going on in the local community?

Please see details on the website of details of stay and play sessions run by Aiming High at Jake's Sensory World at the Netherton Activity Centre from January to April. Your child will need to be referred to the Aiming High Team to access these sessions.

Community Multisports and Coaching are running a Half-Term Sports Camp at Linacre Primary School, Bootle - details accompany this newsletter.

Free mental health training for children and parents in the L30 Community Centre on Wednesday 19<sup>th</sup> February.

*Please note: We are happy to share information that we receive about events going on for children and parents in the local community. This should not be viewed as an endorsement from the school.*

### **Lydiate Learning Trust Online Safety Newsletter**

Please see with this newsletter an informative newsletter regarding online safety, age limit for games and the use of mobile phones.

### **Community Garden Working Party Saturday 8<sup>th</sup> March 2025**

The first Community Garden working party of the year will be held from 10.00 a.m. - 12.00 noon on Saturday 8<sup>th</sup> March. It would be wonderful to see familiar parents, grandparents, pupils and friends of the Community Garden and hopefully some new faces too. For those of you that do not know, the Community Garden is a tranquil space on our grounds, and we rely on volunteer help to keep it looking its best. Please see Mrs. Susan Doyle in Class 1 should you require further details.

### **Comic Relief / Red Nose Day Friday 21<sup>st</sup> March 2025**

We will be marking Red Nose Day on Friday 21<sup>st</sup> March. It will be a non-uniform day. If they wish, children may come to school in Comic Relief / Red Nose Day clothes and accessories. We ask that a minimum donation of £1 is brought to school on the day for Comic Relief.

### **Parents' Open Afternoon Wednesday 5<sup>th</sup> March 2025**

Details of appointments for our next parents' open afternoon to be held on Wednesday 5<sup>th</sup> March will be issued in the week commencing Monday 24<sup>th</sup> February.

### **Dates for your diary - Spring Term 2025**

Wednesday 12 <sup>th</sup> February	Year Six residential visit to the Lake District
Thursday 13 <sup>th</sup> February	Year Six residential visit to the Lake District
	Half-term starts
Friday 14 <sup>th</sup> February	Year Six residential visit to the Lake District returns / Staff Training Day
Monday 24 <sup>th</sup> February	Term re-starts
Wednesday 5 <sup>th</sup> March	Parents' Open Afternoon
Thursday 6 <sup>th</sup> March	World Book Day
Saturday 8 <sup>th</sup> March	Community Garden Working Party
Thursday 13 <sup>th</sup> March	Lydiate Learning Trust - Official Launch - details to follow
Thursday 20 <sup>th</sup> March	Book Fair
Friday 21 <sup>st</sup> March	Red Nose Day
Friday 4 <sup>th</sup> April	Term ends at 3.15 p.m.
Monday 7 <sup>th</sup> April	Year Six Achievement School
Tuesday 8 <sup>th</sup> April	Year Six Achievement School
Tuesday 22 <sup>nd</sup> April	Staff Training Day
Wednesday 23 <sup>rd</sup> April	Summer term starts
Saturday 26 <sup>th</sup> April	Year Six Achievement School
Wednesday 30 <sup>th</sup> April	Free Legal Advice Drop-in Service
Saturday 3 <sup>rd</sup> May	Year Six Achievement School
Monday 5 <sup>th</sup> May	Bank Holiday
Monday 12 <sup>th</sup> May	Year Six SATs Week
Friday 23 <sup>rd</sup> May	Half-term starts
Monday 2 <sup>nd</sup> June	Staff Training Day
Tuesday 3 <sup>rd</sup> June	Term re-starts
Friday 18 <sup>th</sup> July	Term ends at 1.30 p.m.


Wishing you all a very pleasant half-term,

Daniel Hains - Headteacher



U N I V E R S I T Y

# February Half Term Challenge 2025

<p><b>Activity 1</b></p> <p>February is National Children's Dental Health month. Learn about brushing your teeth &amp; the importance of looking after your teeth by doing some of the activities. You could create a tooth brushing chart or learn about tooth decay by doing the egg experiment or any of the other ideas <a href="https://alkidssmile.com/fun-and-educational-activities-to-teach-kids-about-dental-health/">https://alkidssmile.com/fun-and-educational-activities-to-teach-kids-about-dental-health/</a></p>	<p><b>Activity 2</b></p> <p>February is National Heart Month, it's all about keeping your heart healthy. You could do a sponsored run, bike ride or walk to raise money for your local heart charity or you could design some exercises that will keep you active and get your blood pumping more and challenge yourself to do more in a set time each day.</p> <p>Don't forget to send pictures!</p>	<p><b>Activity 3</b></p> <p>February 17<sup>th</sup> is Random Act of Kindness Day, so think of some random acts of kindness you could do. You could make someone a cake or decorate some stones and leave them around your local area, you could litter pick on your street or offer to help our grown up around the house! Here are some ideas: <a href="https://www.twinkl.co.uk/blog/random-acts-of-kindness-for-kids">https://www.twinkl.co.uk/blog/random-acts-of-kindness-for-kids</a></p>	<p><b>Activity 4</b></p> <p>National Pet Day is on the 20<sup>th</sup> February, so why don't you check out Draw with Rob's website to see the different animals and then draw your choice of pet! <a href="https://www.robiddulph.com/draw-with-rob">https://www.robiddulph.com/draw-with-rob</a></p> <p>I look forward to seeing your pictures!</p>
<p><b>Activity 5</b></p> <p>February is National bird feeding month, so why not try making a bird feeder for your outside space. Then you could count the different birds that come to feed on it. See the below link for ideas on how to make your feeder. <a href="https://www.bbc.co.uk/cbeebies/makes/bird-feeder">https://www.bbc.co.uk/cbeebies/makes/bird-feeder</a></p> <p>Don't forget to send pictures of your feeder &amp; the birds that enjoy it!</p>	<p><b>Activity 6</b></p> <p>February is National Cook for your family month. Why don't you plan a meal for your family and ask your grown up if you can go shopping to buy the ingredients and make a tasty meal for your family. You could design a special menu to share with your family.</p> <p>Here's some ideas to look at. <a href="https://www.bbc.co.uk/food/collectio ns/10_easy_recipes_for_kids">https://www.bbc.co.uk/food/collectio ns/10_easy_recipes_for_kids</a></p> <p>I look forward to seeing the pictures</p>	<p><b>Activity 7</b></p> <p>February is National Library lovers month! Visit your local library and borrow some books and send us a book review with the title, the author, what happened in the story, who your favourite character was and why and would you recommend.</p> <p>Check your local library to see if they have any special sessions running in the holidays you could attend.</p> <p>I look forward to seeing your book reviews!</p>	

Collect extra Children's University credits during the February half term by completing these challenges. Each activity is worth 1 credit (unless stated otherwise), when you send evidence to your local Children's University. This could be a photograph, video, a work sheet, or writing! Send it to [SeftonCU@elevate-ebp.co.uk](mailto:SeftonCU@elevate-ebp.co.uk)





# Online Safety Newsletter

Feb 2025

## Messaging others

There are many ways in which our children can communicate online, for example via messaging apps, social media apps and online games such as FIFA and Fortnite. We need to understand how and who our children are communicating with to keep them safe online.

Ensure your child knows to talk to a trusted adult should they need to. However, remind them that it is not appropriate to contact teachers online, they should only use official school communication methods.

### What are the risks?

- Bullying and inappropriate chat.
- Contact from strangers.
- Sharing personal information including images.
- Sextortion - this is a form of extortion where somebody threatens to share a nude/sexual image of you.

### How can I mitigate the risks?

- Ensure your child is accessing age-appropriate apps/games and that appropriate parental controls are set up.
- Chat to your child about the risks so they are aware of what can happen online.
- Depending on the age of your child, it may be more appropriate for devices to be used in family rooms so you can monitor what they are doing.

### Further information

- <https://www.ceopeducation.co.uk/parents/Concerned-about-your-child/Online-contact-and-staying-safe/>
- <https://www.brightcanary.io/what-to-do-when-your-child-sends-inappropriate-texts/>

## Squid Game – rated 15+

Season 2 of Netflix's Squid Game is now available and has been **rated 15** by the British Board of Film Classification (BBFC). You can find out why Squid Game has been rated 15 by visiting the BBFC:

<https://www.bbfc.co.uk/release/squid-game-q29sbgvjdgvlbjpwwc01mzm3ndg>.

Due to its popularity, Squid Game related content can be found on numerous other platforms such as YouTube, TikTok and Roblox, so your child may come across this show without even viewing it on Netflix. Content may range from trailers of the show or content that other people create such as memes and games.

### What can I do?

- **Parental Controls** - Set up appropriate parental controls on your broadband, devices and on individual apps to reduce access to content that is not appropriate for their age.
- **Talk** - Chat to your child about age ratings and why this means certain programmes are not suitable for them to watch.
- **Individual Profiles** - Set up child profiles on any streaming services to ensure your child is only viewing content appropriate to them.
- **Reporting** - Make sure your child knows how to report and block on all platforms that they use.
- **Explore** - Watch and explore things online together so you can see what your child is doing and how to support them.

### More information:

It is important to talk to your child regularly about what they are watching and ensure that they know they should always tell you or another trusted adult if they do see anything upsetting. You can find out more about the type of inappropriate content your child might come across online here: <https://www.internetmatters.org/issues/inappropriate-content/learn-about-it/>

## Should children have mobile phones?

The Children's Society explore this important question in their recent blog titled "Should children have mobile phones?" The article discusses concerns such as excessive screentime being linked with mental health issues as well as the benefits of a child friendly phone rather than a smart phone. You can read the full article here:

<https://www.childrensociety.org.uk/what-we-do/blogs/should-children-have-mobile-phones>



# Snapchat

## What is Snapchat?

Snapchat is a social media app used for messaging and sharing photos and videos. **You must be 13+ to sign up.** Users can send messages (snaps) to others that are only seen for a set time e.g., 10 seconds and users can also upload snaps to stories, which disappear after 24 hours.



## Key Concerns

There are potential risks to using Snapchat, including:

- the risk of your child viewing content that is not appropriate for their age.
- location sharing (via Snap Map) (this can be switched off).
- cyberbullying.
- contact from strangers.
- excessive screen time.

## Family Centre features

Snapchat's Family Centre is a set of parental controls and includes tools such as allowing you to:

- see who your child is friends with.
- see who your child has sent messages (not the contents of conversations though), photos or videos to in the last week.
- view a list of group members for groups that your child has been active in.
- restrict content to limit access.
- report any accounts that you are concerned about.

You can learn more about Family Centre here:

<https://parents.snapchat.com/parental-controls?lang=en-GB>

## Safety tips

Please make sure the appropriate privacy settings are set up on Snapchat, including who can see their location and also ensure your child knows how to block and report other users if necessary:

- <https://help.snapchat.com/hc/en-gb/articles/7012343074580-How-do-I-change-my-privacy-settings-on-Snapchat>

## More information

For more detailed advice and information:

- <https://www.childrenssociety.org.uk/what-we-do/blogs/the-risks-snapchat-poses-to-children>
- <https://www.internetmatters.org/parental-controls/social-media/snapchat/>

## Do you need help managing your child's device?

You can use Google Family Link or Apple Family Sharing to help you depending on your child's device.

### Google Family Link

This is a free parental control app from Google that lets you:

- View activity reports showing how long they spend on each app.
- Approve or block new app downloads.
- Set screen time limits.
- Find their location.

You will need to download an app and then decide appropriate settings.

<https://families.google/familylink/>

### Apple Family Sharing

You can set up Family Sharing in the settings of your device. Family Sharing allows you to:

- Share Apple subscriptions and purchases from the App Store.
- Approve what children purchase/download.
- Limit screen time.
- Share locations and find devices.

<https://www.apple.com/uk/family-sharing/>

### Monitoring Apps (paid for)

In addition, there are apps that you can pay for that you may find provides a better solution for you. Whilst we cannot recommend/endorse a specific product, these are some examples that you could review and test using a free trial:

- Norton Family: <https://uk.norton.com/products/norton-family>
- Qustodio: <https://www.qustodio.com/en/>
- Family Time: <https://familytime.io/>





# Free Mental Health Training for Children & Families



The course will provide young people and their parents/carers with a basic understanding of mental health, including what mental health means, how it is linked to physical health, what to do if they have a worry and the various practical ways in which they can look after their mental health.

## When and Where?

Wednesday 19th February 1pm-3pm.  
L30 Community Centre, 4 Stonyfield,  
L30 0QS

## Do I need to pay?

No, it is completely free! It has been funded by Local Solutions Community Empowerment Fund.

## Who can attend?

This session is for 16 families in total. Parents/carers will attend with their children age 7-10years. Sorry, siblings outside of this age cannot attend.

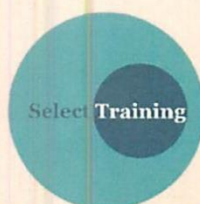
## How to Book

Call Rene at the L30 Community Centre to book your place  
0151 924 0122

## What's involved in the training?

This is a fun and engaging interactive session. We will complete lots of practical strategies around looking after our mental health. Each family will take home the course book, and all resources from the day.

Each family will also select an item to complete a mindfulness painting activity, they will take this home with them, the same day.







## **February Half term Sport Camps** **drop off at 9am and pick up at 3pm**

Dear Parents/Guardians

Community Multi Sports Coaching are delighted to announce our February half term sport camps.

Our camps are £60 or £15 per day.

**Camp 1: Multi Sports 17th February - 21st February at Our Lady of Lourdes primary school, Birkdale - enter via gate on Grantham Road.**

**Camp 2: Multi Sports 17th February - 21st February at Linacre primary school, Bootle - enter via main gate on Litherland Road.**

To reserve a place please send a text to 07725189965 including your child's name, school, current year group, camp 1 or 2 and the days that you want to attend.

You will then need to make a BACS payment to:

Community Multi Sports Coaching LTD

Sort code: 09-01-28

Account No:04800863

Please put your child's name and camp 1 or 2 as a payment reference so I know who has made the payment.

If you require any further information please give me a call on 07725189965.

**A confirmation text will be sent once booking is received.**

Please bring the following:

- Suitable Footwear/Clothing to play on the playground or in the school hall.
- Packed lunch and drinks
- Completed reply slip below to give to our coaches

Kind Regards,

Neil

Community Multi  
Sports Coaching Ltd

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Name..... Age.....

Parent Name & Emergency Contact Number 1 .....

Parent Name & Emergency Contact Number 2 .....

Any medical condition to be aware of? .....

Signed..... Date.....



## **Aiming High Short Breaks for Disabled Children**

### **Early Years Stay and Play Sessions**

**Where:** Jakes Sensory World, Netherton Activity Centre, Glovers Lane, Netherton, L30 3TL

**When:** 9:30am-11am

Sunday 26<sup>th</sup> January 2025

Sunday 23<sup>rd</sup> February 2025

Sunday 30<sup>th</sup> March 2025

Sunday 27<sup>th</sup> April 2025

**Cost:** £2 per child (carers are free)

Your child will need to be referred into the team to access these sessions and more.

Due to venue capacity places are limited, please contact the team on 0151 288 6811 for more information and to book your place.