

# Grange Primary School



'Together we make a difference'

6 September 2024

SCHOOL WEBSITE: [WWW.GRANGE.LANCS.SCH.UK](http://WWW.GRANGE.LANCS.SCH.UK)

**ALL NEWSLETTERS POSTED ON WEBSITE**

Email address: [office@grange.lancs.sch.uk](mailto:office@grange.lancs.sch.uk)

## Welcome

I'd like to extend a warm welcome to our new parents and pupils who have started with us this week. We are a friendly school and are here to help.

It has also been lovely to see all children back looking happy, healthy and smart!

We hope our old Year 6 had a great start to their new schools—a couple have been back to see us. We send our best wishes!

Thank you parents—It has been a lovely, calm and happy start to the year and we look forward to continuing to work as partners with you.

As always, our door is open for any advice, help or support you may need.

## CHANGE TO PE KIT PROCEDURE

So from September, please send a PE kit bag at the beginning of the term—we will return them home every half term for washing.



## ATTENDANCE

Thank you all for a brilliant start back to school. Research shows that children who complete a full week back at the beginning of term are more likely to be good attenders.

We really want the best for all our children so regular attendance and punctuality is essential.

Mrs Sutton will continue to work with families to support where needed—so please ask if you have any difficulties that we may be able to help with.

## Meet the Teacher

You are invited to our Meet the Teacher event on Wed 11 Sep at 3.30pm—these will take place in classrooms.

Mrs O'Regan has already met the Reception parents and Mr Thackway will arrange a meeting when back from France.

## DIARY DATES FOR AUTUMN TERM 2024

(Additional events will be added or amended—please check school website or subsequent news-letters)

Tuesday 3 Sept	SCHOOL RE-OPENS France—Parents Meeting—Final Details
Monday 9 Sept	Y6 France Residential—see separate letter for final details
Wed 11 Sept	Meet the Teacher—Y1—Y5 @ 3.30pm
Fri 20 Sept	Key Stage 2 Poetry Performances
Fri 27 Sept	Key Stage 1 Poetry Performances Flu Vaccinations McMillan Coffee Afternoon—2:30pm
Mon 7 Oct	Tempest School Photographs



**Would you like to be a Rights Respecting Ambassador?**

In class next week, your teacher will ask who would like to be a Rights Respecting Ambassador and the class will vote for their representatives. We have 4 committees that you can be a part of:

- Rights Knights
- Eco Committee
- Community Committee
- Health and Wellbeing Committee

Have a think about if this is something you would like to do and let your class teacher know.

I look forward to working with you!

Mrs Rogerson ☺



### LATE COLLECTION OF PUPILS

**Reminder:** There is a **£5 charge** for any late pickup per pupil—which is defined as 10 minutes after the end of the school day, ie., 3.35pm)

This is to help cover the associated staffing costs.

### CYCLING TO SCHOOL

It is lovely to see children using their bikes—they **MUST** wear a helmet if they are bringing their bike to school without an adult.

Thank you.



# The Incredible Years!

The Incredible Years program is an evidence-based program shown to strengthen positive parent-child interactions and attachment, reduces harsh discipline and fosters parents' ability to promote children's social, emotional, and language development.

For Parents of children Age 3-8 years

## SEPTEMBER GROUP

**Venue:** Preston East Family Hub,  
Brookfield Primary School, Watling  
Street Road, Ribbleton, Preston,  
PR2 6TU

**Start:**

Wednesday 11<sup>th</sup> September

**Time:**

09.30 – 12.00

**Course Length:**

14 weeks (excluding school holidays)

**Email:**

vcl.019.theparentingteam@nhs.net

**Phone:**

0300 247 0040

### The Incredible Years group visits:

- Play
- Praise
- Coaching
- Boundaries
- Rules
- Commands
- Consequences
- Calming Techniques
- Problem Solving
- Emotional Regulation

*"I felt nervous about coming to the group but now I feel excited.*

*I didn't realise that my mood and behaviour affected my son, now I know the power of modelling behaviours I want to see more of".*

The  
**Incredible  
Years**  


hcrj  
Care Group

**NHS**



**AUTUMN WEEKLY MEAL PLAN:**  
 Week beginning 02/09/2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b> <b>MAIN</b> <b>COURSE</b>	<b>MAIN 1</b>	Meat & Potato pie, vegetables	Sausage with mash Potatoes & Vegetables & Yorkshire pudding	Homemade Chicken Tikka with rice and naan	Fish with steakcut chips and mushy peas or garden peas
	<b>MAIN 2</b> (Vegetarian)	Tomato & Mascarpone pasta & garlic bread	Cheese pie with beans or vegetables	Quorn sausage with mash and trimmings	Chickpea Tikka masala with rice and naan
<b>WEEK TWO</b> <b>MAIN</b> <b>COURSE</b>	<b>MAIN 1</b>	Pasta bake with herb bread	Beef chilli Tortilla and rice	Turkey Roast Dinner all the trimmings	Pepperoni pizza
	<b>MAIN 2</b> (Vegetarian)	Pasta bake with herb bread	Vegetable chilli Tortilla and rice	Quorn Fillet Roast Dinner all the trimmings	Vegetable lasagne with salad
<b>WEEK THREE</b> <b>MAIN</b> <b>COURSE</b>	<b>MAIN 1</b>	Spaghetti Bolognese with garlic bread	Chicken pie with green cabbage and mash	Chicken Roast Potatoes and Vegetables	Sausage, chips and gravy or curry sauce
	<b>MAIN 2</b> (Vegetarian)	Macaroni cheese with garlic bread	Quorn pie with green cabbage and mash	Quorn Roast Potatoes and Vegetables	Homemade sweet potato & veg Balti
<b>WEEK FOUR</b> <b>MAIN</b> <b>COURSE</b>	<b>MAIN 1</b>	Pepperoni Pasta bake	Chicken & black bean with noodles	Roast Turkey Dinner all the trimmings	Pepperoni pizza with fries
	<b>MAIN 2</b> (Vegetarian)	Tomato pasta bake	Vegetable in black bean with noodles	Quorn Fillet Roast Dinner all the trimmings	Spinach and chickpea Korma with rice and naan Bread

Please inform the School Business Manager IMMEDIATELY of any MEDICAL ALLERGIES your child may have.



**AUTUMN WEEKLY MEAL PLAN:**  
**Week beginning 02/09/2024**

		With assorted fillings including tuna, cheese and beans Served with salad			
OVEN BAKED JACKET POTATO		Fresh Fruit Yogurts Sundaes	Fresh Fruit Yogurts Sundaes	Fresh Fruit Yogurts Sundaes	Fresh Fruit Yogurts Sundaes
	COLD DESSERT	Rice Pudding	Jam sponge and custard	Apple crumble and custard	Brownie cake and custard
HOT DESSERT		Lemon sponge with custard	Syrup sponge with custard	Rhubarb and blackberry crumble	Banana sponge with custard
					Chocolate sprinkle cake and custard
<b>MENU ITEMS AVAILABLE EVERY DAY</b>		<b>SALAD BAR &amp; ASSORTED BREADS</b>			

Please inform the School Business Manager IMMEDIATELY of any MEDICAL ALLERGIES your child may have.

# Grange Primary School Calendar 2024 - 2025

**September 2024**

S	M	T	W	T	F	S
	1	2	3	4	5	6
	7	8	9	10	11	12
	13	14	15	16	17	18
	19	20	21	22	23	24
	25	26	27	28	29	30

**October 2024**

S	M	T	W	T	F	S
		1	2	3	4	5
	6	7	8	9	10	11
	12	13	14	15	16	17
	18	19	20	21	22	23
	24	25	26	27	28	29
	30	31				

**November 2024**

S	M	T	W	T	F	S
					1	2
	3	4	5	6	7	8
	9	10	11	12	13	14
	15	16	17	18	19	20
	21	22	23	24	25	26
	27	28	29	30		

**December 2024**

S	M	T	W	T	F	S
	1	2	3	4	5	6
	7	8	9	10	11	12
	13	14	15	16	17	18
	19	20	21	22	23	24
	25	26	27	28	29	30
	31					

**January 2025**

S	M	T	W	T	F	S
		1	2	3	4	5
	6	7	8	9	10	11
	12	13	14	15	16	17
	18	19	20	21	22	23
	24	25	26	27	28	29
	30	31				

**February 2025**

S	M	T	W	T	F	S
						1
	2	3	4	5	6	7
	8	9	10	11	12	13
	14	15	16	17	18	19
	20	21	22	23	24	25
	26	27	28	29	30	31

**March 2025**

S	M	T	W	T	F	S
						1
	2	3	4	5	6	7
	8	9	10	11	12	13
	14	15	16	17	18	19
	20	21	22	23	24	25
	26	27	28	29	30	31

**April 2025**

S	M	T	W	T	F	S
		1	2	3	4	5
	6	7	8	9	10	11
	12	13	14	15	16	17
	18	19	20	21	22	23
	24	25	26	27	28	29
	30					

**May 2025**

S	M	T	W	T	F	S
			1	2	3	4
	5	6	7	8	9	10
	11	12	13	14	15	16
	17	18	19	20	21	22
	23	24	25	26	27	28
	29	30	31			

**June 2025**

S	M	T	W	T	F	S
	1	2	3	4	5	6
	7	8	9	10	11	12
	13	14	15	16	17	18
	19	20	21	22	23	24
	25	26	27	28	29	30

**July 2025**

S	M	T	W	T	F	S
		1	2	3	4	5
	6	7	8	9	10	11
	12	13	14	15	16	17
	18	19	20	21	22	23
	24	25	26	27	28	29
	30	31				

**August 2025**

S	M	T	W	T	F	S
					1	2
	3	4	5	6	7	8
	9	10	11	12	13	14
	15	16	17	18	19	20
	21	22	23	24	25	26
	27	28	29	30	31	

**HOLIDAY**  
**TRAINING DAYS**



# Lancashire Positive Minds Parent/Carer Support Group

Anxiety / Obsessions and Compulsions / Depression /Self Harm  
Eating Disorders / Psychosis / Suicidal Thoughts / Autism  
Low Mood / Attention Deficit Hyperactivity Disorder/  
Borderline Personality Disorders / Self Esteem and confidence issues  
and more.

Supporting a child, whatever age, with Neurodiverse and Mental  
Health difficulties and needs can be really challenging, isolating,  
emotionally, physically and mentally exhausting.

You are not alone!

Come along to the group, meet with other likeminded Parents/Carers  
in similar situations and get both peer and professional support in a  
confidential, safe environment. The Group is very much parent led but  
professionally supported who can provide support, advice, guidance,  
practical tips and strategies, topic discussions and guest speakers all  
whilst you can have some time for you and have a cup of tea/coffee!

Leyland Group meet - First Monday of the month from 6.30 –8.30pm

Preston Group Meet - Second Thursday of the month from 6.30-8pm

Contact the below number for further details.

Email: [Lancashirepositiveminds@gmail.com](mailto:Lancashirepositiveminds@gmail.com)

Telephone– 07824 042908

Instagram:[Lancashire\\_Positive\\_Minds](https://www.instagram.com/Lancashire_Positive_Minds)

Twitter:[Lancashirepositiveminds@lancashireminds](https://twitter.com/Lancashirepositiveminds@lancashireminds)

[www.Lancashirepositiveminds.co.uk](http://www.Lancashirepositiveminds.co.uk)

Facebook Closed Group: Lancashire Positive Minds

*\*All Facebook requestors will receive a message in messenger prior to approval, please check  
your spam messages.*