

Grange Primary School



'Together we make a difference'

7 February 2025

SCHOOL WEBSITE: WWW.GRANGE.LANCS.SCH.UK

ALL NEWSLETTERS POSTED ON WEBSITE

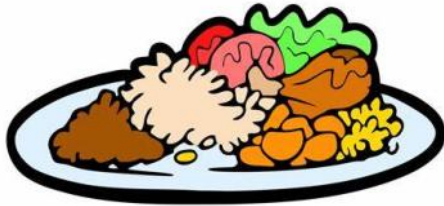
Email address: office@grange.lancs.sch.uk

FREE SCHOOL MEAL HOLIDAY VOUCHERS

Edenred Free School Meal vouchers should land in parent emails from Monday 10 February 2025.

If you think you may be eligible for benefit-related free school meals, please check on the Lancashire website.

[Free school meals - Lancashire County Council](#)



Stars of the Week

Congratulations to the following children who have all been awarded Star of the Week.

We have a Star (chosen by staff) and a Players' Player (chosen by children) from each class:

W/E 7 Feb 25

Elm Class: Lainey, Olivers

Maple Class: Corey, Caleb

Chestnut Class: Jose, Alex

Rowan Class: Lucas, Harley

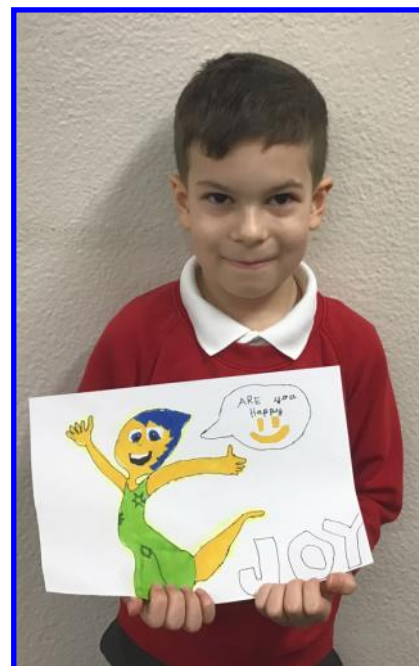
Beech Class: Harley, Dorota

Willow Class: Charlie, Darcy

Oak Class: Sorcha, Poppy

CHILDREN'S MENTAL HEALTH WEEK

This week the children have been celebrating Children's Mental Health Week. The theme is Know Yourself Grow Yourself. The children have been so into it that they have even been bringing in amazing work from home!



DIARY DATES FOR SPRING TERM 2025

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

Thurs 6 Feb	After-school poetry club starts
Fri 7 Feb	Royal Ballet—whole school live lesson
Thur 13 Feb	Year 2—Blackburn Museum Trip Elm Class—Stay & Play Mid Year reports home
Fri 14 Feb	Year 5—Alston Observatory Trip SCHOOL CLOSSES FOR HALF TERM—3:25PM
Mon 24 Feb	SCHOOL REOPENS
Tues 25 Feb	National Youth Orchestra Concert—Blackpool Tower (Brass Club)
Wed 5 Mar	Book & Biscuit—KS1 & EYFS @ 2.30pm
Thurs 6 Mar	Year 5 & 6—First Aid course in school Book & Biscuit—KS2 @ 2.30pm

Please let us know of any achievements outside school and we can celebrate them here!



Annie the Rights
Respecting Tiger and the
Rights Knights challenge
you to create a poster to
show how and where you
relax and play.
Please give your posters to
your class teacher or Mrs
Rogerson.

Grange Primary School
RIGHTS RESPECTING SCHOOL
UNICEF

Like our Facebook page for updates and news about sessions and courses: Search for Preston Family Hub 



Useful Numbers

- Citizens Advice Helpline - 0808 223 1133
- Lancashire Dental Helpline - 03001234 010
- Community Midwives - 01772 524592
- Health Visitors- 0300 247 0040
- Royal Preston Hospital - 01772 716565
- Police Non-Emergency - 101
- Medical Advice - 111
- Help In Preston: helpinpreston.com
- Talking Therapies - 01772 773437
- Children's Social Care - 0300 123 6720
- Food Bank - 01772 555425
- Woman's Centre Preston - 01772 201601
- ChildLine 0800 1111
- National Domestic Abuse Helpline 0808 2000 247
- Childcare Choices: childcarechoices.gov.uk
- SEND helpline: 01772 533900



Age 0-19 (up to 25 for young people with learning difficulties or disabilities)

- Someone to talk to
- Problems at home/school
- Jobs and training
- Apprenticeships
- Staying safe online
- Sex and health
- Relationships
- Mental Health
- Self Harm
- Bullying
- Drugs and alcohol
- Things to do
- Housing, rights and money
- What age can I?

Text 07786 511111

Talk online lancashire.gov.uk/youthzone

Call 0800 511111

facebook.com/LancashireYPS
twitter.com/LancashireYPS

You can contact us 365 days a year
2pm to 10pm

DELIVERING EARLY HELP



Children and Family
Wellbeing Service



What's on guide

PRESTON

JANUARY - MARCH 2025

ALL OUR GROUPS ARE FREE

www.lancashire.gov.uk



The new What's ON Guide has been released—the full guide is on our school website under Key Information—Early Help Offer. You will also find it under the News & Events — Community Events & Support tab alongside other local events and groups.

NEW HORIZONS

A 12 weekly programme to kickstart your personal development and gain a Level 1 certificate, plus a Level 2 in Mental Health First Aid

FREE Wellbeing Session includes massage, nails beauty & more

Time for yourself, light refreshments & free gifts!



Regain your confidence, connect with others & learn transferrable skills in a warm, safe and welcoming space

**Starts Friday 6th June 2025, 9.30am-2.30pm
at Moor Nook Hub, & The Zone, Burholme Road,
Preston, PR2 6HN**

Please ring 01772-539444 to book a place



**Moor Nook Hub & The
Zone, Burholme Road,
Ribbleton, Preston,
PR2 6HN**



SEND COURSE FOR PARENTS



Starts 4th March 2025
TUESDAYS 9.30am-2.30pm
Moor Nook Hub & The Zone
Burholme Road
Ribbleton
Preston
PR2 6HN



Session 1/2 - Introduction to special educational needs and disability

Session 3/4 - Understand Equality and Diversity in context of SEND

Session 5/6 - Principles of promoting person centred approach for individuals with SEND

Session 7/8 - Understanding SEND and learning

Session 9/10 - Living with special educational needs and disabilities



**10 WEEK
FREE
COURSE**



Lancashire
County Council



RIBBLETON
**FAMILY
HUB**
PRESTON

Realise

Moor Nook Hub & The Zone,
Burholme Road, Ribbleton, Preston,
PR2 6HN. Ring 01772-539444 to book
a place.

Community Drop In

Bringing YOUR services together!

Come and join us , to find out what support is available in your community!
We have activities on for children and young people whilst having professional's on hand to offer advice or support!



Whats on? We will have organisations from across Preston available to chat about what support is available in your community including; housing support, benefit advice, support available for children and young people and much more.

No need to book

Free Refreshments Provided !

Dates: 27th January 2025 & 24th February 2025

Time: 2.30pm-5pm

Address: Units 10&12 Oakham Court, Avenham, Preston
PR1 3XP



FoxtOn
We are here.

NHS Pharmacy First Service

Did you know that the NHS Pharmacy First Service enables children and adults to get convenient access to healthcare advice and treatment where appropriate, for seven common conditions without the potential delay of having to wait for a GP appointment? Accessing the service may mean that we can help children feel better and get back to school as quickly as possible, as well as supporting parents/carers to also get better if they are unwell with one of the conditions covered under the service.

There is no need to make an appointment; parents or carers can pop into their local Boots pharmacy with their child and ask for help under the service.

Support for the following conditions can be accessed under the service, free of charge (unless NHS prescription charges apply):

<u>Common condition</u>	<u>Patient eligibility</u>
Earache	1 to 17 years
Impetigo	1 year and over
Infected insect bites and stings	1 year and over
Sore throats	5 years and over
Sinusitis	12 years and over
Uncomplicated urinary tract	Women 16 to 64 years
Shingles	18 years and over



UK Health
Security
Agency

NHS

Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

ONE STOP SHOP

A monthly drop in where families

can access free advice & support

Pathway Navigator-ASD-ADHD & More

School Nurse - Bed wetting Sleep Hygiene & More

Housing - Preston City Council - Gateway

Citizen Advice

Benefit Advice - DWP

Emotional Health and Wellbeing

Debt Advice/Support

Employment advice - DWP

Relationship advice

Home safety - Lancs Fire & Rescue

Free Funded Nursery Places

Lancashire Women

Find out about:

Mental health support

Accessing Food Banks

Household living support

**No
Appointment
Needed**

**Last
Tuesday of
the month,
2pm 'until
4pm**

**RIBBLETON
FAMILY
HUB
PRESTON**

Ribbleton Family Hub,
Ribbleton Hall Drive,
Ribbleton,
Preston,
PR2 6EE

Pukar Disability Centre LEARNING DISABILITY DAY



A TEAM OF SPECIALIST SERVICE PROVIDERS WILL BE ON HAND TO INFORM AND ADVISE YOU ON MATTERS SUCH AS:

- EDUCATION
- DAY CARE
- EMPLOYMENT
- RESPITE
- CLUBS/ACTIVITIES
- HEALTH
- EHCP PLANS
- EDUCATIONAL PSYCHOLOGY REPORTS

SO COME ALONG FOR A BREW AND A CHAT TO FIND OUT MORE!

DATE: TUESDAY 18TH FEBRUARY 2025
TIME: 11-3PM (DROP IN EVENT)
LOCATION: PUKAR DISABILITY CENTRE
3/5 OAKHAM COURT PRESTON PR1 3XP

FREE NHS Health Checks available on the day

Tea/Coffee Refreshments

Sensory activities/Arts and Crafts upstairs at the FOXTON



Break Time
Break Time group activities for children and young people with SEND in Lancashire



INTEGRATE
individual support for individual people

Foxton

NHS
Lancashire & South Cumbria
NHS Foundation Trust



Lancashire
County Council

Employment Service



pf People First
Listen | Engage | Empower



Paradise Gems
Islamic Care and Education for SEN/SEND

NHS Learning Disability Service

Pukar Disability Centre

Enable | Educate | Empower

For more information please call 01772 822700 or e mail suraya.bashir@pukar.org.uk



SPRING WEEKLY MEAL PLAN:
Week beginning 06/01/2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY FUNDAY
WEEK ONE MAIN COURSE	MAIN 1	Pepperoni pizza	Tomato & Mascarpone Pasta, Salad and Home Made Bread	Toad in the Hole Yorkshire Pudding, Potatoes & Vegetables	Fish Fingers, Mash & Beans	Chicken Nuggets & Fries
	MAIN 2 (Vegetarian)	Margherita pizza	Tomato & Mascarpone Pasta, Salad and Home Made Bread	Quorn Toad in the Hole, Yorkshire Pudding, Potatoes & Vegetables	Fish Fingers, Mash & Beans	Quorn Nuggets & Fries
WEEK TWO MAIN COURSE	MAIN 1	Beef Pastie and Wedges	Southern Fried Chicken Wraps, Savoury Rice & Salad	Turkey Roast Dinner, Mash Potatoes, Vegetables & Gravy	Chicken Tikka Masala, Rice & Mini Naan Bread	Pepperoni pizza
	MAIN 2 (Vegetarian)	Cheese Pastie and Wedges	Southern Fried Quorn Wraps, Savoury Rice & Salad	Quorn Fillet Roast Dinner, Mash Potatoes, Vegetables & Gravy	Vegetable Tikka Masala, Rice & Mini Naan Bread	Margherita pizza
WEEK THREE MAIN COURSE	MAIN 1	Meat & Potato Pie and Veg	Chicken & Black Bean Stir Fry & Rice	Chicken Roast Dinner, Yorkshire Pudding, Potatoes and Vegetables	Chilli Boats with Savoury Rice	Fish, Chips & Mushy / Garden Peas
	MAIN 2 (Vegetarian)	Cheese Pie and Veg	Vegetable Black Bean Stir Fry & Rice	Quorn Roast Dinner, Yorkshire Pudding, Potatoes and Vegetables	Vegetable Chilli Boats with Savoury Rice	Fish, Chips & Mushy / Garden Peas
WEEK FOUR MAIN COURSE	MAIN 1	Beef Burger, Fries & Sweetcorn / beans	Chicken Korma, Rice & Mini Naan Bread	Roast Gammon, Roast Potatoes and Vegetables	Sweet & Sour Chicken & Rice	Friday Brunch
	MAIN 2 (Vegetarian)	Quorn Burger, Fries & Sweetcorn / Beans	Sweet Potato Curry, Rice & Mini Naan Bread	Mediterranean Vegetable Pasta with Herb Bread	Oriental Vegetables	Friday Brunch

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



SPRING WEEKLY MEAL PLAN:
 Week beginning 06/01/2025

		With assorted fillings including tuna, cheese and beans Served with salad				
MENU ITEMS AVAILABLE EVERY DAY	OVEN BAKED JACKET POTATO	Fresh Fruit Yogurts Sundaes	Fresh Fruit Yogurts Sundaes	Fresh Fruit Yogurts Sundaes	Fresh Fruit Yogurts Sundaes	Fresh Fruit Yogurts Sundaes
	COLD DESSERT	Rice Pudding	Chocolate sponge and custard	Home Made Flapjack	Sticky Toffee Pudding & Custard	Sprinkle cake
	HOT DESSERT	Apple Crumble with Custard	Carrot Cake Muffins	Banana Cake	Chocolate Chip Muffin	Pear Crumble with Custard
SALAD BAR & ASSORTED BREADS						

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
	8	9	10	11	12	13
	15	16	17	18	19	20
	22	23	24	25	26	27
	29	30				

October 2024

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	6	7	8	9	10	11
	13	14	15	16	17	18
	20	21	22	23	24	25
	27	28	29	30	31	

November 2024

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	3	4	5	6	7	8
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	17	18	19	20	21	22
	24	25	26	27	28	29
						30

December 2024

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	15	16	17	18	19	20
	22	23	24	25	26	27
	29	30	31			

January 2025

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	19	20	21	22	23	24
	26	27	28	29	30	31

February 2025

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	16	17	18	19	20	21
	23	24	25	26	27	28

March 2025

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	30	31				

April 2025

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May 2025

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June 2025

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July 2025

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August 2025

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	24	25	26	27	28	29
	31					

HOLIDAY
TRAINING DAYS

Grange Primary School – Term Time Dates & Holiday Pattern 2025-26

September 2025						
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October 2025						
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November 2025						
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December 2025						
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January 2026						
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February 2026						
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March 2026						
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	31					

April 2026						
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May 2026						
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June 2026						
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July 2026						
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August 2026						
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	20	21	22	23	24	25
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INSET Days – school not open

Holidays – school not open

Easter Sunday is 5th April 2026