

Dear Parents and Carers,

We have had another busy month and when I think of March I always associate it with World Book Day and the importance of fostering a lifelong love of reading in our children.

A huge well done to everyone who took part in this year's Comic Relief! It was wonderful to see our pupils dressed in red, competing in challenges, and enthusiastically participating in various Comic Relief activities. Thanks to the incredible efforts of our pupils, staff, and parents, we raised an amazing **£455.47** for this fantastic cause.

A special thank you goes to our wonderful **School Council** for their dedication in promoting this event—it wouldn't have been possible without their hard work.

World Book Day

We had a fantastic World Book Day! The children looked incredible dressed as their favorite book characters, bringing stories to life throughout the school. They enjoyed reading buddy sessions, sharing books with different year groups, and participating in exciting activities that celebrated the magic of reading. It was a day full of creativity, imagination, and a shared love for books!

Author Visit – Philip Kavvadias

Grange Park Junior School was thrilled to welcome Philip Kavvadias, who visited the school to share his exciting **Mission: Microraptor** series. The children were captivated by his stories and the inspiration behind them! His books are available for purchase on ParentPay, and we're excited to announce that he will be returning for a special book signing event. Don't miss this wonderful opportunity to get a signed copy!



Eid Mubarak!

All the staff at Grange Park Junior School send warm wishes to our families who are celebrating Eid. We hope the celebrations are filled with joy, laughter and togetherness.





10 Benefits of Reading

Children who read often and widely get better at it.

After all, practice makes perfect in almost everything humans do, and reading is no different.

Reading exercises our brain.

Reading is a much more complex task for the human brain rather than watching television, for example: Reading strengthens brains connections and builds NEW connections.

Reading improves concentration.

Children have to sit still and quietly so that they can focus on the story when they are reading. If they read often, they will develop the skill to do this for longer.

Reading teaches children about the world around them.

Through reading a variety of books, children learn about people, places and events outside of their own experience.

Reading improves vocabulary and language skills.

Children learn new words as they read. Subconsciously, they absorb information on how to structure sentences and how to use words and other language features effectively in their writing and speaking.

Reading develops a child's imagination.

As we read, our brains translate the descriptions we read of people, places and things into pictures. While we are engaged in a story, we are also imagining how a character is feeling. Young children then bring this knowledge into their everyday play.

Reading helps children to develop empathy.

As children develop, they begin to imagine how they would feel in that situation.

Reading is fun.

A book or an e-reader doesn't take up much space, is light to carry and you take it anywhere, so you can never be bored if you have a book in your bag.

Reading is a great way to spend time together.

Reading together on the sofa, sharing bedtimes stories and visiting the library are just some ways of spending time together.

Children who read achieve better in school.

Reading promotes achievement in all subjects, not just English. Children who are good readers tend to achieve better across the curriculum.





Biggest Ever Football Session

On Friday 7th March we hosted the Biggest Ever Football Session, celebrating the #LetGirlsPlay initiative. Children and staff were invited to wear their favourite football shirt or team colours to celebrate the event. All classes participated in this exciting event, showcasing their football skills in two fun challenges – the Nutmeg Challenge and the Kick and Catch Challenge. The event was a fantastic opportunity for everyone to get active, have fun and break down barriers in sports.

Well done to all the students who took part and made this event such a memorable success!



Year 6 Football Team

Our Year 6 Girls Football Team competed against Belmore Primary School in a friendly match on Wednesday 12th March. Belmore scored first however Grange Park equalised not too long after with Alina scoring a fantastic volley. As the game went on, Belmore became dominant by scoring 3 more goals which led to the final score being 4-1 on the day. They showed great togetherness and resilience throughout the game with some excellent individual performances. Well done!



On Monday 17th March, our Year 6 Girls Football Team competed at the Brentford Girls Football Tournament at Uxbridge High School. They played 6-a-side matches against some strong opposing teams. The team showed great determination, securing 1 win, 1 draw and 2 losses. More importantly, they developed throughout the tournament, improving with every game! Well done to the team.



Junior Travel Ambassadors—Dragons Den

Well done to our incredible Junior Travel Ambassadors, who took part in this year's Dragon's Den Event at The Battle of Britain Bunker.

Our JTA's presented their ideas on how to improve active travel at Grange Park Junior School to a panel from Hillingdon Council, hoping to secure £400 worth of funding for their project.

Currently less than 3% of our pupils are using bicycles as a means of travel to and from school, and our JTA's are keen to promote the benefits of cycling to our parents through podcasts, coffee mornings and social media. They plan to hold competitions and free breakfast mornings as incentives for children to cycle to school. In addition to this, they also plan to support pupils to attend bikeability by purchasing bikes for pupils to borrow and would like to hold maintenance sessions that help pupils to ensure their bikes are roadworthy.

The Dragons loved our pitch and were extremely impressed with the way our pupils presented their ideas and the research that they had gathered.

Not only did the Dragons agree to fully fund our project, they also gave our school an additional £50 to support our vision and match any further fundraising undertaken. Congratulations JTA's on securing £450 and for all of your hard work at promoting active travel.



Bikeability

This year, Hillingdon Council's Road Safety team successfully delivered the Year 6 Bikeability programme designed to equip children with essential cycling skills for their safety. The programme focused on enhancing road awareness, improving bike control and building confidence when riding in various traffic conditions.

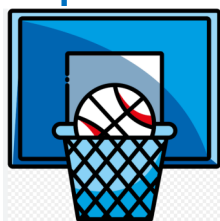
Throughout the training, students learned to navigate local roads safely, follow traffic signs and understand the importance of wearing protective gear. By the end of the course, they were equipped with the knowledge to cycle responsibly and independently while prioritising their safety.



Basketball

On Wednesday 5th March, two of our basketball teams participated in the 3 v 3 Basketball Festival held at Uxbridge College. The Year 6 team put in a strong performance, winning 3 games and losing 2. Meanwhile, the Year 5 team played in a non-competitive capacity but demonstrated excellent teamwork and skill. Our teams have been training extremely hard over the past few weeks with the support of Mr Mahay – thank you.

Well done to all children for their enthusiasm and sportsmanship!



Netball

Aspire Netball—Years 3/4 and Years 5/6

To help raise the profile of sport and to involve pupils in playing sport more regularly, we took some of our pupils to this year's netball festival at Newnham Juniors. This was an opportunity for some of our budding netballers to learn some of the basic skills and rules through fun small-sided games. Despite the cold weather, our pupils had a great time and I'm hoping to see many of them attending netball club soon.



We are Netball League Winners!



Well done to our amazing netball team who **finished top of the table** in this year's mixed netball league. Following a difficult start to the season, the team's hard work and perseverance really paid off as they managed to complete their season with victories over two excellent teams from Hayes Park and Charville.

We are all super proud of the team who will now go on to represent Hayes in this year's Borough Netball Finals at the beginning of April.

Thank you to Mr Luft for his leadership of the team.

Year 5 STIXX Challenge

Year 5 participated in an exciting shelter-building workshop that encouraged teamwork, engineering skills and focus. The children used stick machines to roll sturdy newspaper sticks, strengthening their structures and enhancing their understanding of construction principles. This hands-on experience allowed them to collaborate, problem-solve, and apply engineering concepts in a creative and engaging way.

‘Very inspiring and has helped me understand engineering’. Nimrat 5P

‘It encouraged girls to take part in engineering, I felt motivated during the session’. Yasminy 5P



Year 3—Kew Gardens Trip

Year 3 had a fantastic time learning about plants in the rainforest during their trip to Kew Gardens. The pupils were able to use specialist equipment to measure the different conditions in the rainforest. The rainforest enable plants and animals to thrive in conditions that are so different to our own climate.



Drama Workshops

We welcomed The Drama Geezers for an engaging and inspiring workshop that was an unforgettable experience for both children and staff. Through drama and storytelling, students expressed themselves creatively and confidently, sparking enthusiasm across the school. The interactive session left children excited to read the final story they helped create.



Christine Horn WWII Visitor - 101 years old!

On Monday 24th March 2025, Christine Horn visited the school to share her personal experiences of living through World War II. She took the time to educate children on both the challenges and triumphs of that difficult period. Christine spoke about the heart-breaking lows such as the tragic loss of life and highlighted the inspiring highs, like how communities came together to support one another. The children were given the opportunity to ask questions and Christine was more than happy to share her memories and insights, making the conversation both engaging and educational. It was truly a remarkable experience for the children, as they had the rare chance to meet this incredible 101-year-old woman and hear first hand history that they would otherwise only read about in books.



Parental –Wellbeing sessions

The well-being sessions comprising of various fitness activities have been immensely enjoyed by our parents. These sessions have provided an opportunity for parents to engage in self-care, promoting mental and physical wellness. They have expressed feeling more calm, rejuvenated and relaxed, while also benefiting from social interaction with fellow parents. The feedback from the parents has been overwhelmingly positive, with many expressing their appreciation for the opportunity to participate in the fitness sessions. We are extremely grateful to all the parents who participated in our Well-Being Sessions.

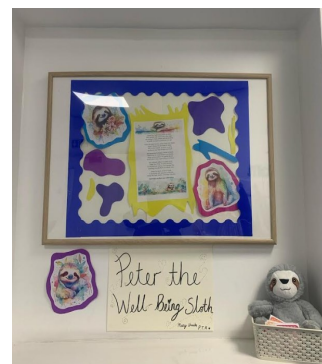


PTA NEWS!

What a success! A huge thank you to everyone, who came out to support this fantastic event, hosted by our incredible PTA! They curated a range of thoughtful and elegant gifts and the children were thrilled to choose presents for the special women in their lives. Thank you to everyone who contributed to making this event such a success. If you would like to support the PTA, please email GPJPTA2024@gmail.com.



They have also donated a well-being Sloth to the school, to support children with their well-being and when they are feeling sad.





**METROPOLITAN
POLICE**

Hillingdon Borough
Email: WA-
SchoolOfficersHillingdon@met.polic
e.uk
www.met.police.uk

19/03/2025

Dear Parent / Guardian,

RE: Edible Drugs

Hillingdon Police are aware of the concerns raised around Edible Drugs. We would like to take this opportunity to bring this to your attention, as you may be aware, cannabis can be mixed into cakes (hash brownies), tea, yoghurt or sweets (gummies/lollipops). The amount of cannabis in these products can vary greatly and sometimes other harmful drugs are added too.

The effects of consuming edibles are unpredictable and it can be very easy to accidentally take a larger dose. Edibles take between 1-3 hours to have an effect because food is absorbed into the bloodstream through the liver. Because it takes longer, the user may end up consuming larger amounts of the drug while thinking the drug isn't working. Overdosing with Edibles can be a greater risk because of this!

We ask that you please have conversations with young people about edibles and the risks involved, who they can talk with if they have any concerns, such as family, teachers police or they can report anonymously on www.fearless.org

Please monitor food packaging/ wrappers at home that your young people may have. Often Edibles packaging looks like sweet wrappers, but you will find wording such as CBD or THC suggesting the items are cannabis oil infused.

Please be mindful of the medical needs should your child present with such symptoms, or if it becomes apparent they have consumed a drug laced substance.

If you are made aware of any social media accounts advertising these items, we ask you report this information to the police, school or Crime Stoppers so work can be done around these accounts due to the dangers Edibles present.

We have attached links to Frank which gives more information and laws surrounding Edibles:
www.talktofrank.com/drug/cannabis
www.talktofrank.com/news/dodgycannabisedibles

Kind regards,

Hillingdon Police.

Cannabis Edibles Information Sheet

Introduction

There has been an increase in young people using edible cannabis products and experiencing effects of overdosing due to a lack of knowledge surrounding edibles. The latest reports show young people consuming edibles in sweet forms such as Haribos (see images below). This sheet will cover, what are edibles, the signs of edible use, the dangers and what to do if edibles have been consumed.

What are edibles?

Edibles are food products that contain drugs, typically this is high concentration cannabis. It can be added to food through cannabis oil or infused into butter or oil used to make the food items.

What do edibles look like?

Edibles can come in a wide variety of forms such as cakes, cookies, brownies, sweets, lollipops, yoghurt or tea among others. They can look very similar to branded products such as Haribo's, Smarties and chocolate bars. They often have a THC (psychoactive component of cannabis) marking on the packaging like in the images. This is to highlight the fact they contain cannabis and will give the psychoactive effects of cannabis when consumed.



How do I know my child has used edibles?

Your child will present with similar effects to that of smoking cannabis which include; the giggles; the munchies; dry mouth; blood shot eyes; dazed/dreamy experience; short term memory loss; faint/sick; paranoia; anxiety.

What are the dangers of using edibles?

The concern surrounding the use of edibles, is the increased chance of overdosing on the drug, which can cause hospitalisation. This is because consuming cannabis as oppose to smoking it takes longer to feel the effects of the drug. It can usually take between 1–3 hrs for the drug to take effect when consumed, often causing users to consume more, believing the drug is not working. As an illegal drug, the amount of THC in the cannabis product also goes unregulated so it is hard to know how much is being consumed in these edible products. They are also easily available and can be bought over the internet. They can be laced with other drugs such as MDMA, this is part of the unknown danger. Any product containing THC is illegal and classed as a Class B drug. Read more here to understand the legalities - Drugs penalties - GOV.UK (www.gov.uk).

What can I do to help my child?

If you are concerned your child has used edibles, phone 101 in non-emergencies, and 999 in emergency situations. Please report any social media accounts selling these products to the school, police or crime stoppers. You can use the information support below to have a conversation with your child about cannabis use and their safety, or if you want further resources and support.

Local

Adolescent Development Team - SORTED, sorted@hillingdon.gov.uk, 01895 250 721
ARCH Hillingdon - 01895 207 777, arch.hillingdon@nhs.net

National

Crime Stoppers - Crimestoppers (crimestoppers-uk.org), 0800 555 111
Frank - 0300 123 6600, frank@talktofrank.com, text - 82111

Calendar Dates 2025

- Tuesday 1st April –Coffee Morning—PE & Fitness
- Tuesday 1st April— Yr.5 Space VR Workshop
- Tuesday 1st April—Netball Borough Finals@ Newham Junior School
- **Friday 4th April—Early Finish 1pm**
- Monday 7th April—21st April—Easter Break & Bank Holiday.
- **Tuesday 22nd April –CHILDREN BACK TO SCHOOL**
- Wednesday 30th April—Football Match at Pinkwell School



MOMENTS
MATTER,
ATTENDANCE
COUNTS.



Welcome to
Grange Park Junior School
Leaders of tomorrow

Did You Know... ?
In a School Year, if Your Child is Late Every Day By... Your Child Would Have Lost Approximately... or They Would Have Missed Approximately...

| | | |
|------------|-----------------------|-------------|
| 5 Minutes | 3.5 Days from School | 20 Lessons |
| 10 Minutes | 7 Days from School | 41 Lessons |
| 15 Minutes | 10 Days from School | 55 Lessons |
| 20 Minutes | 14.5 Days from School | 82 Lessons |
| 30 Minutes | 22 Days from School | 123 Lessons |

Getting Your Child to School Really Matters
Remember Absence = Lost Learning Opportunity

MOMENTS
MATTER,
ATTENDANCE
COUNTS.

Punctuality: Please support your child/children in getting to school on time by leaving home with time to spare so that children can enter the school building at 8.40am, to start their learning at 8.45am (school gates open at 8:30 am).

Reporting your child's absence:

If your child is absent, please ensure you call us promptly by 8.30am and leave a voicemail message on Tel: 020 8353 4265 (Option 2).

Please also note if your child is sick with vomiting or diarrhoea, he/she will need to remain at home for 48 hours from the last episode. This is a health and safety requirement to ensure it does not spread around the school.

Evidence must be provided prior to all types of appointments eg; Doctor, Dentist, Hospital or any other appointment. However, if the appointment is an emergency, including visiting A & E, please make sure you acquire an appointment card or letter of attendance for your child's school records.

| | Year 3 | Year 4 | Year 5 | Year 6 | Whole School Attendance | | |
|---------------------------|--------|--------|--------|--------|-------------------------|-----------|---|
| Attendance so far: | 95.5 | 95.7 | 97 | 96.4 | 96.2 | 7%-100 | Very Good |
| | | | | | | 96%-90% | Room for Improvement |
| | | | | | | Below 90% | Cause for Concern (Persistent Absentee) |

What's
on...

at Charville Library

April

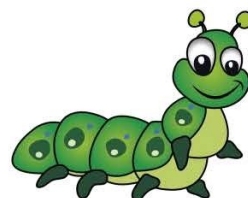
Tuesday 8 April 11.30am to midday
Hillingdon's 60 Year Storytime Celebration

The Hungry Caterpillar

Step into our magical storytime session where we journey through the pages of beloved books from the past six decades.

For children aged 18 months to five years.

Story and Healthy snack offered.



Thursday 10 April 2pm to 3pm

Easter Paper Crafts

Celebrate Easter with a crafty fun-filled twist and create your own festive masterpieces to take home.

For ages 5-11



Saturday 12 April 12pm to 1pm

Lego Spike: Easter Fun

Get building and coding this Easter break with our LEGO® Education SPIKE™ Essential event.

For ages 7-11



Tuesday 15 April 2pm to 3pm

Learn my Way – Digital Skills

Explore a wide range of digital topics at your own pace, whenever it is convenient for you, at any time and from anywhere...

For adults.

Spaces are limited.



HILLINGDON
LONDON

www.hillingdon.gov.uk/libraries

What's
on...

at Charville Library

April

Thursday 17 April 2pm to 3pm

Blue Peter Book Badge Activity

If you love books and reading, then come and take part in our Blue Peter Book Badge Activity. Bring in your favourite book so far and draw a character or a scene from it.

Your parent or guardian can then help you apply online.



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www.hillingdon.gov.uk/libraries