



# Grange Park School Newsletter

## February 2025



Dear Parents and Carers,

February has flown by, as it always does. Let's hope that March brings us a little less rain so the children can enjoy more time outdoors!

Although it has been a short month, it has certainly been a busy one in school. The highlight was undoubtedly our participation in the Young Voices Choir event. We were thrilled to take 35 children to what was truly a memorable experience. Opportunities like this are incredibly valuable. While I fully understand that there can be financial pressures on families, the school works hard to offer a wide range of activities that enrich children's development. These experiences help to build character, resilience and independence. Enabling children to travel into London or take part in activities that challenge them broadens their horizons in ways that are difficult to replicate in the classroom.

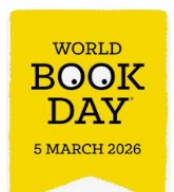
It has been disappointing to note the lower number of children who have signed up for the Year 6 PGL residential and the Year 5 trip to France. If financial support would help your child to participate, please do contact the school in confidence. These experiences support the development of the whole child and widen their learning. The more children who take part, the more manageable we can keep the costs for everyone, so we do encourage you to consider all that the school has to offer.

Over the coming weeks, children will be completing assessments. This will enable us to share their successes, as well as areas for further development at Parents' Evening on Thursday 26th March. We very much hope you will be able to join us and look forward to seeing you then. We are extremely pleased with the progress the children are making, particularly in their writing. When you look through your child's book, we hope you will be able to see just how far they have come in spelling, handwriting, punctuation and of course, the quality of their ideas and content. They have been inspired by a number of high-quality texts this year.

As this is our Year of Reading, we are very much looking forward to World Book Day on Thursday 5th March – a wonderful opportunity to celebrate everything we love about books and reading. Please do not forget to send in photographs of any shared reading taking place at home.

Thank you, as always, for your continued support.

Mrs Madar—Headteacher



# Our Vision and Values—February

## Self belief is the value for February

### What does Self Belief mean?

Self belief means to believe in yourself and have a 'CAN DO' attitude.

We explored with the children why we need to be challenged and how we can face our fears using self belief. We showed the children examples of children overcoming fears from Bear Grylls Survival school and we explored stories which demonstrate how we can have a 'CAN DO' attitude.

### What do we do if we are faced with something that is really hard or challenging?

Do you:

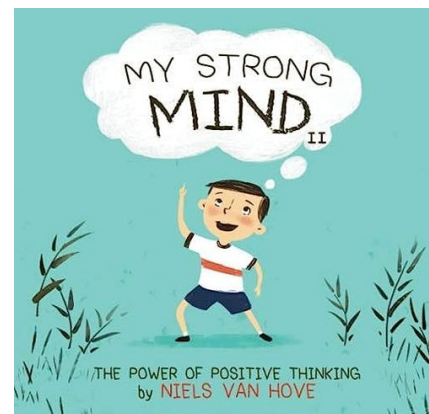
- Give up?
- Feel like you won't be able to do it?
- Do something that is easier?



### How could we show self belief in this situation?

### What could you do?

- 1) Get some help from you friends / family?
- 2) Have a positive mindset – YOU CAN DO IT!
- 3) Make a plan for how to succeed
- 4) Visualise yourself at the end
- 5) Keep going until the end.



## **02—YOUNG VOICES CHOIR**

Young Voices is an incredible event where school choirs from all over the UK come together to perform songs as a very large choir! Parents and carers come to watch in the audience and the event includes some amazing performers including vocalist/actress Aneesa Folds, indie artist and former YV choir member Alex Spencer, Britain's Got Talent star Connie Talbot, soul-pop singer Ruti, singer-songwriter Harriet Rose and Urban Strides! The day was fantastic and the children performed brilliantly.



# Coffee Mornings

## *Save the date...*

GRANGE PARK – DROP IN PARENT SESSION

**Women Only – Monday 9<sup>th</sup> March 2026**

Time: 8:40am – 9:30am  
Location: The Calming Corner

**Take a moment for yourself...**

- Talk and connect with other parents
- Take a breather after morning drop-off
- Ask questions and seek support
- Browse information books to help support your children.
- Take part in calming activities

**Your well-being matters.**

Come along, unwind, and enjoy some supportive parent time.



Tea, Coffee, Bacon Rolls & Vegetarian Sausage Rolls provided by school.

GRANGE PARK – DROP IN PARENT SESSION

**Men Only – Wednesday 11<sup>th</sup> March 2026**

Time: 8:40am – 9:30am  
Location: The Calming Corner

**A space for dads, stepdads, uncles, grandads & male carers...**

- Chat and engage with other parents
- Take a short break in a calm environment
- Ask questions or seek support
- Explore helpful information books for supporting your children
- Join in simple activities

**Your voice and well-being are important.**

**Drop in, relax, and connect.**



Tea, Coffee, Bacon Rolls & Vegetarian Sausage Rolls provided by school.





## Basketball

On Friday 27th February, our Year 5 and Year 6 basketball teams proudly represented the school at the Hillingdon 3v3 competitions held at Uxbridge College. Both teams played extremely well throughout the tournament, demonstrating excellent teamwork, determination and resilience in every match. They showed great sportsmanship, supporting one another and competing with respect and enthusiasm. It was fantastic to see the children grow in confidence and develop their skills over the course of the day. They truly represented the school with pride.



## Netball



*Congratulations to our incredible Year 6 Netball Team, who have been crowned Netball League Winners for the second consecutive year — an outstanding achievement and a true testament to their hard work and dedication. On Wednesday, the team competed against three strong schools from the Hayes district and delivered a superb performance, winning convincingly in every match.*

*As back-to-back league champions, the team will now go on to represent Hayes in the Borough Netball Tournament on Wednesday 4th March, where they will compete against the top teams across the borough. This is a fantastic opportunity and a well-deserved next step in their netball journey.*

*We are incredibly proud of every member of the team and wish them the very best of luck in the borough tournament.*





## Children's Mental Health Week

Grange Park School proudly took part in Children's Mental Health Week, embracing this year's theme: "This Is My Place." The week provided a wonderful opportunity for our children to reflect on the places and spaces where they feel safe, valued and able to be themselves.



Throughout the week, classes took part in assemblies and a range of thoughtful and engaging activities designed to promote positive mental health and reinforce the importance of movement and connection.

It was fantastic to see such thoughtful participation from all year groups. The week reminded us that mental health is just as important as physical health, and that by working together we can ensure Grange Park School continues to be a place where every child feels safe, supported and proud to belong.

### Year 6—Workshops



*The KISS workshop by Hillingdon Council, focused on helping students understand personal boundaries, consent and mental health. Through discussions and activities, participants learned how to recognise their own limits, respect the boundaries of others and communicate clearly and safely. The session also explored ways to look after mental wellbeing and where to seek support if needed. It encouraged thoughtful decision-making and promoted healthy, respectful relationships.*

*Year 6 also took part in a SORTED workshop- by Hillingdon Council and explored the effects and risks of drugs and alcohol. Students learned about how these substances can impact the body, mind, and decision-making. Through interactive activities and real-life scenarios, the session encouraged informed choices, personal responsibility and strategies for staying safe. It also highlighted where to find support and guidance if needed. These workshops will prepare the children for their next phase of education as they move to their Secondary Schools.*

# 10 THINGS PARENTS CAN DO TO NOURISH THEIR CHILD'S MENTAL HEALTH

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Provide them with autonomy. Allow them to make their own decisions



Emphasise the importance of good sleep, eating healthily and exercise



Listen, listen, listen. Be patient and present when talking to your child



Support your child to develop positive relationships with family and friends



Talk your child. Help them to express their thoughts and feelings



Make sure your child feels loved, valued and safe



Provide your child with opportunities to play and be creative



Role model positive mental health. Highlight the importance of self care and looking after yourself



Learn some simple coping skills such as relaxation and deep breathing. Practice them with your child



Involve yourself with your child's hobbies. Support and praise them



## Year 2- Pedestrian Training

The Year 2 children recently attended a pedestrian training session led by three knowledgeable instructors. The ladies were very aware of the children's level of understanding and the presentation was appropriately tailored to suit their age group. The children clearly enjoyed the session, especially learning the three road safety reminders through songs, rhymes and actions, which helped them to remember the key messages. Overall, it was a valuable and enjoyable experience for the 3 classes.



## Number Day

Grange Park School had a fantastic time celebrating NSPCC Number Day! The children thoroughly enjoyed taking part in a variety of exciting maths activities throughout the day. There was great excitement around the school as children proudly wore their creative maths hats and number-themed outfits. A real highlight was watching our Year 6 mathematicians working with Year 1 and Year 2 children, supporting them with fun challenges and games. It was lovely to see such confidence, teamwork and enthusiasm. From problem-solving tasks to practical investigations, the day was filled with energy, creativity and a real love of learning.

We would like to congratulate our Maths Hat competition winners: Reception – Angad – Butterflies Year 1 Shubreet-1S Year 2 Amrit-2G Year 3 Sabrina-3E Year 4 Taurandip-4P Year 5 Madina- 5S Year 6 Pirabeena - 6GP

Well done on your fantastic creations!



Number  
Day 2026



## Year 5 Mosque Visit

As part of their Religious Education learning, Year 5 had the wonderful opportunity to visit Quba Mosque in Hayes. This visit supported their understanding of Islam and places of worship, bringing their classroom learning to life.

During the visit, pupils explored the mosque and observed its key features, deepening their understanding of how it is used for prayer and community gatherings. They also took part in an informative and engaging session with the Imam, who explained the importance of the mosque, daily prayers, and key Islamic beliefs and practices. The children showed great curiosity and respect throughout the visit. They also discussed the similarities between Islam and other religions they have studied, particularly shared values such as kindness, respect, charity and community. The visit was a valuable and enriching experience that helped pupils develop their knowledge, understanding and respect for different faiths and cultures.



## Ramadan

The holy month of Ramadan is almost upon us and I want to take this opportunity to wish you Ramadan Mubarak and best wishes in all your preparations. For our Muslim families, I know this will be a time of excitement and positivity for you and your children. We fully understand this and embrace it as a school community. This month is a wonderful opportunity to uphold good character, to refrain from antisocial behaviour and to strengthen spiritual development and one's relationship with God. Ramadan is a time for striving for the best in all aspects of life. I want to take this opportunity to wish those who are observing this time an enjoyable and peaceful Ramadan. I wish you all a happy and productive month and wish you well in all your devotions. I know this will be a very special time for many of you and your children.

## Change for Life Festival

Grange Park school was invited to participate in the Change 4 Life Festival at Park Academy, an event designed to encourage children to become more active and adopt healthier lifestyles.

The festival featured a wide range of engaging and challenging activities, providing children with opportunities to develop their physical skills while, most importantly, having a great deal of fun.

The children represented the school with outstanding professionalism, demonstrating excellent behaviour, teamwork, and enthusiasm throughout the event.



## Girls Football Match

*The Year 5 and 6 girls played a fantastic football match where they showed great teamwork with some good passes and strong shots on goal. They worked hard throughout the game and managed to score a great goal, which lifted everyone's spirits. Despite their best efforts and some excellent chances, the final score was a narrow 2-1 loss. The girls never gave up and kept pushing right to the end, showing real determination and sportsmanship. It was a close and exciting match that everyone enjoyed.*





## Dragon's Den

*On Wednesday 6th February, our Year 6 TFL Explorers attended an engaging Dragon's Den Planning Workshop at the Hillingdon Council Civic Centre.*

*The workshop gave pupils valuable time and guidance to begin developing their ideas and presentations in preparation for the Dragon's Den event taking place in March. It was an inspiring and hands-on experience that helped them build a range of important skills. Pupils analysed school travel data to better understand current travel patterns, explored possible solutions to travel challenges specific to our school, and learned how to create and deliver clear, persuasive pitches tailored to different audiences.*

*We are extremely proud of the enthusiasm, teamwork and maturity our pupils demonstrated throughout the day. They will now share their ideas with the rest of the TFL Explorers before deciding which project they would like to put forward at the Dragon's Den event in March.*



### New Age Curling



**On Friday 6th February, six children from Years 3 and 4 attended the New Age Curling competition at Pield Heath House. Having trained hard in the lead up to the tournament with Mrs Acri & Mrs Doohan, the team played exceptionally well throughout the day. They showed great skill and teamwork, and were particularly unlucky to have some of their stones knocked out on the final play in a number of matches.**

**After a series of impressive performances, we progressed to the 5th/6th place play-off and ultimately finished in 6th place overall — a fantastic achievement! The children played with passion and determination, consistently demonstrating our school values.**

**Well done to all involved — we are very proud of you!**



# Safer Internet Day

On Tuesday 10th February 2026, our school took part in Safer Internet Day, a national event celebrated by schools and organisations across the UK to promote safe, responsible and positive use of technology.

This year's theme is "Smart tech, safe choices – Exploring the safe and responsible use of AI." The focus encourages children to think carefully about how artificial intelligence appears in everyday life — from voice assistants to chatbots — and how they can make safe, informed decisions when using smart technology.

Why this theme is important :

Children and young people are increasingly using AI-powered tools both in and out of school. Safer Internet Day provides an excellent opportunity to help them understand:

- What AI is and how it affects their online experiences
- How to question and evaluate the information AI provides
- How to make safe, thoughtful choices when using technology
- The benefits and limitations of tools like voice assistants and chatbots
- These messages support our wider work on developing responsible digital citizens.

## What we did in school

Throughout the week, pupils took part in a range of ageappropriate activities and discussions using high-quality resources from organisations such as the UK Safer Internet Centre, BBC Bitesize and Childnet. These include videos, stories, classroom tasks and opportunities for children to talk about their own online experiences in a safe and supportive environment.

## How you can support at home

You play a vital role in helping your child stay safe online. Here are some simple ways you can get involved:

- Talk to your child about how they use technology and what they enjoy online
- Ask them about AI tools they may come across, such as voice assistants or chatbots
- Remind them to speak to a trusted adult if something online makes them worried or unsure
- Revisit any family rules or agreements you have about internet use

The UK Safer Internet Centre will also be sharing top tips and guidance for parents and carers to support conversations at home.

## Generative AI

Giving parents and carers everything they need to know about online issues, including insights and experiences direct from young people.

### What is generative AI?

AI systems are designed to complete tasks and solve problems that in the past would have needed human thinking. Generative AI (genAI) allows us to ask AI to create things for us, such as photos, music, emails, and recipes. GenAI is able to work with and process vast amounts of information to complete the task it is set. GenAI can be found on many different platforms, apps and websites.




### Where are young people using genAI for?

- Asking questions
- Studying and revision
- Getting advice
- Planning
- Coding
- Being creative through art or music
- For ideas and inspiration
- Drafting messages and emails
- Analysing data

### What do young people like about genAI?

- Easy to use
- Can be accessed on many platforms
- Explains and breaks down complex information
- Offers them a different way to learn
- Can create a range of things
- Gives freedom to ask questions without judgement from another person



One of our youth board members loves to use GenAI to answer random questions that pop into their head

### What are young people's concerns about genAI?


- How much they can trust the information it provides
- It can be used to create scams, deepfakes or nude images
- Being falsely accused of using genAI in their school work
- Concern about bias in some information that genAI provides
- Using genAI might limit their own skills and creativity
- Other young people using it to write their homework or essays and taking the credit
- Replacing human connections and interactions

### What strategies do young people use to keep themselves safe when using genAI?

Lots of young people we speak to are aware of some of the challenges of using genAI and are already finding ways to keep themselves safe. For example:

- Fact checking information they received from genAI using other sources
- Being aware that content they see online may be created by genAI and how this could impact what they see
- Using clues like unusual language in text, and strange shadows or glitches in pictures and videos
- Actively looking at other people's opinions in the comments to see if it is reliable
- Not clicking on any links in messages they suspect to be sent by genAI
- Looking for genAI labels on content they view

### Key term explainer: Deepfakes



A deepfake uses genAI to create images or videos that show something that never happened. For example, a real person saying something that they never said, often very realistically. These can be created to bully and harass people and can include pornographic images. Celebrities are often the victims of deepfake images and videos.



## How can you help?

### Talk

- Talk to your child about genAI. Ask if they are using it or would like to. Discuss how they may be using it and the positives of using AI but also make them aware of how they can use it safely
- Talk about the difference between talking with GenAI and people. Remind your child that genAI cannot experience emotions, empathise or understand the nuances of a situation, so there's always a place for talking to a person, whether that is a trusted adult or a medical professional
- Remind your child that genAI tools may collect data they enter, so they should think carefully about what they are sharing with it

### Research

- Research the age rating for genAI platforms your child wishes to use
- Be aware of any policies your child's school has for genAI and support your child to follow them
- Be aware that genAI technology is developing rapidly and work together to help keep your child up to date with signs that something has been created using genAI

### Support

- Remind your child that genAI can be a useful tool to help inspire them or to start a task, but they should also use their own ideas in anything they create
- Young people tell us they may turn to genAI to learn about a topic without judgement, so do remind your child that they can always reach out to you or other trusted adults for support
- Help your child understand that not all the content they see online will be true and how they can check information they see using different sources
- Help your child to report any content that worries or upsets them



"I have experienced many teen girls crying because boyfriends dumped them with AI. At 17/18, young love is important, and it's not right to get dumped in that way. I have really pushed up some of my emails using AI, for emailing CEOs but I would never dump a partner. Social interactions need to be protected." Anna, 17

## Talking about GenAI with your family

Top tip - Try to keep the conversation positive but if something concerning does come up please visit our [help page for parents and carers](#).

### Explore

Have you heard of generative AI or genAI?  
What do you think genAI does?  
What do people use genAI for?  
Would you like to use genAI?  
Have you ever used genAI? If so, which ones?

### Discuss

How do you think genAI works?  
What do you think about genAI?  
Do you trust genAI?  
How could we test how trustworthy genAI is?

### Examine

What would you use genAI for?  
Is there anything you would not use genAI for? Why?  
What are people better than genAI at?



## Wrap Around Care

We're pleased to announce that we have launched our Wrap Around Care provision, and it is up and running everyday during term time.

The provision will be staffed by current members of the Grange Park School team and will operate from 3:20pm to 5:45pm, offering a safe, supportive and engaging environment for children after the school day ends. Children will take part in a variety of active play opportunities and staff-led sessions, with different session options available to suit family needs. A snack and a cold, light meal will be provided, depending on the session time attended.

### Session Times & Fees:

Full Session: 3:20pm – 5:45pm (£11)

Early Part-Time Session: 3:20pm – 4:30pm (£5)

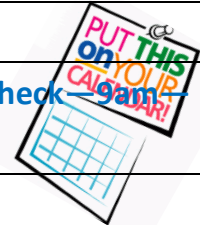
Late Part-Time Session (for after-school club attendees): 4:30pm – 5:45pm (£6)

### Booking & Payment

All children must register for Wrap Around Care before a place can be booked. Please note that spaces cannot be booked without prior registration.

Payment will be made in advance via ParentPay. For more information, to register or book, please visit the school website or contact us at [wraparoundcare@grangeparkschool.co.uk](mailto:wraparoundcare@grangeparkschool.co.uk) if you have any questions.

## March Calendar Dates



Monday	2nd March	Netball Match 3.30pm—4.30pm
Tuesday	3rd March	Coffee Morning—Year 4 TTRS & Multiplication Tables Check—9am—10am—CANCELLED
Wednesday	4th March	Year 5 & 6 Netball Event—more details to follow
		5I Docklands Museum Trip—All Day
Thursday	5th March	World Book Day
		Year 6 Reception Height & Weight Check
		Year 2 Library Trip
Friday	6th March	Girls Football Event
Monday	9th March	Women Only Parent Drop in Session - 8.40am—9.30am
Tuesday	10th March	Coffee Morning—PTA —9am—10am
Wednesday	11th March	Men Only Parent Drop in Session—8.40am—9.30am
		5G Docklands Museum Trip—All Day
		Football Match—3.30pm—4.30pm
Thursday	12th March	Year 3&4 Netball Event—All Day
		5S Docklands Museum Trip—All Day
		PTA Mothers' Day Sale—12pm—3pm
Friday	13th March	PTA Mothers' Day Sale—12pm—3pm
Tuesday	17th March	Coffee Morning—TTRS & Multiplication Tables Check—9am—10am
Wednesday	18th March	4P Library Trip
Thursday	19th March	Year 5&6 Netball Event—All Day
		4JK Library Trip
Friday	20th March	Red Nose Day
		Swimming Gala (after school)
Tuesday	24th March	Coffee Morning—Phonics —9am—10am
		iRock Concert 1pm—3pm
Wednesday	25th March	4N Library Trip
		Girls Football Match—3.15pm—4.30pm
Thursday	26th March	Last day of term for Nursery children only
		Parents Evening
Friday	27th March	Last day of term—early finish 1pm

\*Please see next page for Year 5 & 6—Swimming dates\*



## March Year 5 Swimming

Tuesday	3rd March	5I
Thursday	5th March	5I
Friday	6th March	5I
Tuesday	10th March	5I
Wednesday	11th March	5I
Thursday	12th February	5I
Friday	13th February	5I
Tuesday	17th March	5S
Wednesday	18th February	5S
Thursday	19th February	5S
Friday	20th March	5S
Tuesday	24th March	5S
Wednesday	25th March	5S
Thursday	26th March	5S

## March Year 6 Swimming (selected children)

Monday	2nd March
Monday	9th March
Monday	16th March
Monday	23rd March

**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.**

Dear Parents / Carers we are still experiencing children arriving LATE on a regular basis, please ensure you allow yourself plenty of time for Traffic / Road Works / Setting an alarm to wake up on time / getting school uniform / PE Kits / Swimming Kits ready the night before.

**Punctuality:** Gates open at 8.30am / Pupil must enter the building / Classrooms at 8.40am / Learning starts at 8.45am

**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 diarrhea, 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 ensure you acquire an appointment card or letter of attendance from the Hospital reception area for your child's school records.

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Attendance so far:</b>	91.7	92.6	94.7	94.2	95.6	95.9	95.2	96.0
	96%-100	Very Good			Whole School			
	90%-95.9%	Room for Improvement						
	Below 90%	Cause for Concern (Persistent Absentee)			94.8			

THE PSD ACADEMY

# FOOTBALL DEVELOPMENT CENTRE



FOR THOSE LOOKING TO TAKE  
THEIR GAME TO THE NEXT LEVEL,  
THESE SESSIONS SUPPORT  
PLAYERS TO PROGRESS AND  
ACHIEVE THEIR GOALS.



## MONDAY NIGHTS

5PM - 6PM: UNDER 5'S - UNDER 8'S

 (RECEPTION, YEAR 1, YEAR 2 & YEAR 3)

6PM - 7PM: UNDER 9'S - UNDER 13'S

(YEAR 4, YEAR 5, YEAR 6, YEAR 7 & YEAR 8)

6PM - 7PM: GIRLS DEVELOPMENT CENTRE

 ASTRO PITCHES @ HILLINGDON LEISURE CENTRE  0203 397 7409  
GATTING WAY, UB8 1ES

 £10.50 PER SESSION



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