



# MERRYLANDS

## PRIMARY SCHOOL AND NURSERY

SPRING TERM – FRIDAY 21ST MARCH 2025

### MESSAGE FROM HEAD OF SCHOOL – MRS PRYER

Dear Parents/Carers,

It has been another busy week at Merrylands finishing with a splash of red on Friday for Red Nose Day. Thank you for all your donations, we have raised £400.50 for Comic Relief.

The children have once again been learning a variety of different things across the curriculum this week starting with activities related to the story 'Oliver's Vegetables' in Nursery and the children in Reception practising doubling. In Year 1 the children have learnt about their responsibilities in PSHE and Year 2 have been doing a circus dance in PE. Year 3 have been sewing in design and technology, Year 4 have been coding in computing, Year 5 have been learning about decimals and percentages while Year 6 have been exploring area and perimeter. Also, in the Nest the children have been sharing the story 'Polar Bear, Polar Bear, What do you hear?' while the children in the ASC have been writing instructions.

This week saw our first Curriculum Showcase sessions. Thank you to all the parents, carers, grandparents and other relatives that attended the Nursery and Reception sessions this week. The children really enjoyed sharing their environment and completing a range of activities with you. We are looking forward to further sessions next week.

I hope you all have a lovely weekend!

### ATTENDANCE

School Attendance Target: 97.00 %



**This week's Attendance: 93.84 %**

**The class with the best attendance in KS1 was Mrs Jarvis' class with 98.67 %**

**The class with the best attendance in KS2 was Miss Day's class with 99.38 %**

**If your child is absent, contact must be made to the School Office EVERY school day that your child is absent.**

**Please report your child's absence by phone 01268 417893, ParentMail or by email: [admin@merrylands-pri.essex.sch.uk](mailto:admin@merrylands-pri.essex.sch.uk)**

RESPECT

KINDNESS

PERSEVERANCE



## STAR OF THE WEEK

Nest: Jonothon F-V  
 Nursery, Mrs Tobin: Tysha B  
 Reception, Mrs Anthony: Jack I  
 Reception, Mrs Sullivan: Elizabeth G  
 Reception, Miss Bagridge: Felicia P  
 Year 1, Mrs Andrade: Santiago C  
 Year 1, Mrs Fairman/Mrs Christie: Charlie G  
 Year 1, Mrs Camoccio: Frankie B  
 Year 2, Mrs King: Nkiruka C  
 Year 2, Miss Gilmore: Aria G  
 Year 2, Mrs Jarvis: George C

## CERTIFICATE FOCUS: PERSEVERANCE



Year 3, Mrs Almond: Amelia S  
 Year 3, Mr Taylor: Alexander P  
 Year 3, Miss Medina: Maisie C  
 Year 4, Miss Lee: Darshik A  
 Year 4, Miss Miller: Thea B  
 Year 4, Mrs Didham: Eva P  
 Year 5, Miss Day: David S  
 Year 5, Miss Osborne: Alice H  
 Year 6, Miss White: Erin Q  
 Year 6, Mr Hayward: Alexander A

Reception	Acasia P
Year 1	Rosie P
Year 2	Evie F
Year 3	Beau M
Year 4	Sophia C
Year 5	Olivia H
Year 6	Elizabeth N

## MERRYLANDS BADGE WINNERS

Our Merrylands badges are given to the pupils who demonstrate the school values at all times. They are good role models to other pupils and work hard to improve every single day. They try their best and persevere in all lessons, complete homework on time, have good school attendance and show respect and kindness to their peers.

Congratulations to this week's winners.



## PHYSICAL EDUCATION



### Sportsperson of the Half Term...

#### Ashley Facey

Who is Ashley Facey?

Ashley Facey was born on the 31<sup>st</sup> of January 1995 in London. He is a Paralympian who plays table tennis for team GB. Ashley was born with a condition called Erbs palsy which has affected the nerves in the right side of his body. This has mainly impacted his arm and his shoulder.

He has always been a keen sports fan and in Year 7, started playing table tennis. Ashley impressed his coaches with his talent and they suggested he try for the Paralympic GB team. He has said his disability does not hold him back.

What has Ashley achieved?

In 2009, Ashley joined the Great Britain performance squad. He just missed out on selection for the London 2012 Paralympic Games but was selected for the Inspiration Programme and competed at Rio 2016. Ashley has won a number of medals including a silver at the China Open (2019) and team bronze medal at the European Championships in the same year.



## Dribble and Shoot



Get Set 4 Education

**What you need:** a ball, 6-8 markers

### How to play:

- Set up cones in a straight line or zigzag.
- Place the goal 5-10 metres from the last cone.
- Dribble the ball through the cones.
- Shoot to score through the goal

### Challenge:

- Add a defender.
- Time yourself - how many goals can you score? Can you improve on your record?

### Top tips:

- Use inside and outside of both feet to dribble.
- Use little touches to keep the ball close.
- Keep your head up while dribbling.
- Aim for different parts of the goal.



# RESPECT

# KINDNESS

# PERSEVERANCE

## UPCOMING DIARY DATES

25.03.2025	Year 6 Screening (Height and Weight)
26.03.2025	Happy Days Individual Photographs
28.03.2025	Mother's Day Sale
07.04.2025 - 21.04.2025	Easter Holidays
22.04.2025	Return to School



## LITTLE PRINCESS TRUST

Freya in Year 6 will be donating her hair to the Little Princess Trust on the 27th April 2025.

Please find details for Freya's just giving page.

On Thursday 3rd April 2025, Freya will be selling lucky bags, phone charms, bracelets and a tombola. Prices will start from £1.00.

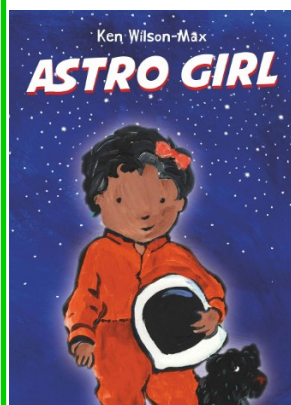
More details to follow.



Help us reach our £1,000 target!

Make a donation with **JustGiving**

## BOOK OF THE WEEK



Year 1, Mrs Andrade's class have been reading Astro Girl by Ken Wilson-Max. It is a story about a girl who wants to be an Astronaut. The children liked the story and enjoyed the part where Astrid's Dad threw her in the air to get used to near-zero gravity! It also goes on to say how Astrid's Mum is her hero as she wants to be an astronaut just like her Mum. The book also tells interesting facts about women astronauts as well as the first dog Laika, that went into space!



## FRIENDS OF MERRYLANDS LOTTERY

For just £3.00 per ticket, you have the chance to win BIG every month.

Sign up here: <https://www.fundingwall.org.uk/members/merrylands-monthly-lottery-ss156qs>

Share with friends and family - everyone can join in!

Monthly Draws: Each month, a winning number is drawn.

Fantastic Prizes: 40% of the total pot goes to the lucky winner.

Support our School: 40% of the total pot goes to supporting Merrylands Primary School.

You will be entered every month until you cancel. Join the fun, support our school and you could be the next big winner!



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# Lunch at a glance...

The option of Jacket Potato with Cheese or Beans, Ham Baguette and Cheese Baguette are available each day

	Week 1	Week 2	Week 3
Monday	Sticky BBQ Chicken or Sticky BBQ Quorn with Steamed Rice and Sweetcorn  Dessert – Fresh Fruit or Yogurt	Chicken Curry or Vegetable Curry with Steamed Rice and Peas / Sweetcorn  Dessert – Fresh Fruit or Yogurt	Cheesy Chicken Pasta Bake or Vegetable Pasta Bake with Sweetcorn  Dessert – Homemade Flapjack
Tuesday	Butchers Chicken Nuggets or Vegetable Nuggets with Chips and Peas / Spaghetti Hoops  Dessert – American Pancakes and Syrup	Sausage Roll or Vegan Roll with Smiley Faces and Baked Beans  Dessert – Chocolate Cake and Chocolate Custard	Butchers Pork Sausages or Vegan Sausages with Mashed Potato, Peas, Yorkshire Pudding and Gravy  Dessert – Fresh Fruit or Yogurt
Wednesday	Homemade Mince Beef Pie or Homemade Vegetable Pie with Mashed Potato, Seasonal Vegetables and Gravy  Dessert – Fruit Flavour Jelly	Butchers Roast Chicken or Vegan Fillet with Roast Potatoes, Peas / Carrots, Yorkshire Pudding and Gravy  Dessert – Fruit Flavour Jelly	Homemade Chicken Pie or Quorn and Vegetable Pie with Roast Potatoes, Carrots and Gravy  Dessert – Fruit Flavour Jelly
Thursday	Cheese & Tomato Pizza and Fusilli Pasta with Homemade Tomato Sauce  Dessert – Homemade Flapjack	Beef Bolognaise or Vegetable Bolognaise with Fusilli Pasta and Mixed Vegetables  Dessert – American Pancakes and Syrup	Chicken Fajita Wrap or Quorn Fajita Wrap with Diced Potatoes and Salad Bar  Dessert – Homemade Lemon Drizzle Cake
Friday	Fish Fingers or Homemade Cheddar Whirl with Wedges and Baked Beans  Dessert – Fresh Fruit or Yoghurt	Battered Fish or Omelette with Chips and Peas  Dessert – Fresh Fruit or Yoghurt	Fish Fingers or Homemade Cheddar Whirl with Smiley Faces and Spaghetti Hoops  Dessert – Fresh Fruit or Yoghurt

Salad Bar is available Daily

On Monday 24th March 2025, we will be returning on Week 3.

Please ensure all school lunches are paid for in advance on ScoPay.

Please let the office staff know if there are any changes to your child's dietary needs.



## SNACKS

As part of the National School Fruit Scheme all children in Nursery, Reception, Year 1, and Year 2 are provided with free fruit each day. They can also bring in their own fruit or a healthy snack as set out below. In KS2 children can bring their own snack for break time. Below is a list of suitable options that you could provide for your child:

- fruit
- vegetables
- plain rice cakes
- plain crackers
- bread sticks
- nut free granola bar or oat bar



Snacks should not contain chocolate chips, chocolate coating, nuts, artificial sugars and colourings or have a high sugar, fat or salt content eg crisps, fruit winders, pretzels, mini cheddars etc.

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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

# What Parents & Educators Need to Know about STREAMERS

## WHAT ARE THE RISKS?

Livestreaming has become a big part of the entertainment people consume, and what began as a series of gamers sharing their screens has grown into a huge industry packed with personalities – and potential risks for your children. With over 2.5 million people watching Twitch, the most popular streaming service, at any one time, it's important to remain aware of the risks associated with streamers.

### INAPPROPRIATE CONTENT



Some gaming streamers will stick to family-friendly titles, but others will play more violent games that tend to be more popular. Non-gaming streamers could, in theory, discuss just about anything, and some streamers will often stream in revealing outfits.

### NEGATIVE INFLUENCES



While things have improved, streamers are often paid by companies to promote products, and this isn't always stated explicitly. While it's unlikely these goods will be harmful to your child, some streamers and influencers have engaged (knowingly or not) in scams in the past.

### FINANCIAL HARM

Streamers will often have donation buttons on their screens for users to submit money. What can start as small amounts can quickly spiral as streamers engage with paying viewers more often, potentially leading to financial issues.

### UNREALISTIC EXPECTATIONS



Influencers often showcase how glamorous their lives are, making some users feel as though they are lesser. However, it's important to stress that, in many ways, this is an act, or at the very least, not common. Logan Paul, who has been successful as a streamer and influencer, has a Pokemon card worth \$5 million, but this is atypical of anyone working in the medium.

### MISINFORMATION



Streamers are, in many ways, just like us – and they can get things wrong or reel off an opinion without having thought about it. Some can simply say awful things to get a rise out of viewers or to sway them to their side of a hot topic.

### ADDICTION AND SCREEN TIME



If your child is watching a lot of a particular streamer, it can be just as damaging to their social life as playing too many video games.

## Advice for Parents & Educators

### EXPLAIN HOW STREAMING WORKS

For a younger viewer, being a streamer or influencer seems aspirational, but it involves a lot of work and no small degree of good fortune. Streamers are often managed and unable to speak freely due to sponsors, and influencers are just that – influencing young minds, for better or for worse.

### CHECK OUT STREAMING PLATFORMS

While Twitch was the de facto streaming service for years, YouTube has gained popularity, too. Then there are Kick and Rumble, which have grown in popularity with moves for big-name streamers – despite many being dogged by controversy.

### DO NOT LOG PAYMENT INFORMATION



Streamers can reward donations with additional content, on-camera "shout outs" and more. If you're unsure about who or what your child is watching, consider avoiding linking payment information. This is especially notable with Twitch, which is owned by Amazon and therefore has some crossover.

### SET SCREEN TIME LIMITS



You can set screentime limits for mobile apps on iOS and Google, but with other platforms like a PC it may be more difficult to keep tabs. Consider checking in regularly to ensure your children aren't watching content they shouldn't be.

### Meet Our Expert

Lloyd Coombes is the Games Editor of the Daily Star, and has been working in the gaming and tech industry for five years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/streamers>



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.03.2025

# INFORMATION



## Spring 2025 Newsletter

FACE delivers online support via zoom for parents across the UK  
Talks are 90 minutes long, £24 each - Book Online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)



Schools can now buy a  
**FACE School Annual Membership**  
which means **ALL** parents and **ALL** staff  
get unlimited **FREE** access to **ALL** 16 parent talks

Thursday  
24th April  
19:00 - 20:00  
**FREE**



**Responding to Angry Behaviour**  
What can we do in the moment?

Tuesday  
18th March  
10:00 - 11:30  
£24



**Anxiety Explained**  
Anxiety, especially in our young is rising.  
This session explains what it is, why it happens and how you can help.

Thursday  
3rd April  
10:00 - 11:30  
£24



**Supporting a Child with ADHD**  
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday  
3rd April  
19:00 - 20:30  
£24



**Improving Family Communication**  
How to reduce the shouting and arguing and start the talking.



## Spring Timetable

all sessions delivered live online via zoom £24 each 90 minutes long  
book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Anxiety Explained	18 MAR 7pm
What is ACT?	20 Mar 7pm
Understanding the Teenage Brain	24 MAR 10am
Supporting Healthy Sleep	24 MAR 7pm
Decreasing Depression	25 MAR 10am
Raising Self-Esteem	25 MAR 7pm
AUTISM: Improving Communication	2 APR 10am
Supporting a Child with ADHD	3 APR 10am
Improving Family Communication	3 APR 7pm
Supporting Healthy Screen Use	7 APR 10am
Facing Defiance	7 APR 7pm
Anxiety-Based School Avoidance	8 APR 10AM
Understanding Anger	8 APR 7pm
Anxiety Explained	14 APR 10am
Cannabis & Ketamine Awareness	14 APR 7pm



**Fully Funded School Support Course**

**Available in Levels 1, 2 & 3**

\*Go to our website for more detailed information.



**6 Week Course Mon - Fri**

**Daily sessions**

**1st session 9:30 - 11:30am**

**2nd session 12:30 - 2pm**

[www.studysmartuk.online](http://www.studysmartuk.online)

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*Supporting Families  
in our Community*



# TIME4YOU... HYPNOTHERAPY & MEDITATION

We are delighted to host Greg Smith, a clinical hypnotherapist and holistic therapist. Learn how self hypnosis can be a very powerful tool in keeping your mind and body healthy. You'll also get to experience a guided deep and relaxing meditation.

**Wed 12th March 2025**  
**12.30 - 2.30pm**  
Beech Community Hub  
8 Austen Road, SS14 3RZ

We have 3 ways to book:  
[CLICK HERE](#) to book via Eventbrite!  
Call/Text/Whatsapp  
07923 426502  
Email - basildonp4p@outlook.com

