



MERRYLANDS

PRIMARY SCHOOL AND NURSERY

AUTUMN TERM – FRIDAY 7TH NOVEMBER

MESSAGE FROM HEAD OF SCHOOL – MRS PRYER

Dear Parents/Carers,

It was lovely to see all the children return to school following the half term break with such positive attitudes to their learning. The children have worked hard in their lessons and have also thought about the British Value – Rule of Law in assembly. In Reception and Nursery, the children have completed a range of activities linked to fireworks and across the school, children have thought about firework safety. In Year 1, the children have been finding out about Autumn, Year 2 have been naming the countries that make up the United Kingdom while Year 3 have been using the exchange method to subtract. Year 4 have been learning the French vocabulary for rooms in their house, Year 5 have found out about how the Earth moves around the sun and Year 6 have been learning about peer pressure in PSHE and strategies to manage peer pressure.

During the half term break, Miss Ball-Reeder got married and will now be known as Mrs Hammond. We wish her all the best as she starts married life.

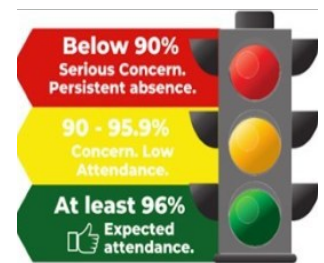
Next week is anti-bullying week and the children will be completing a wide range of activities linked to the theme 'Power for Good'.

I hope you all have a good weekend and look forward to seeing you all on Monday.



School Attendance Target: 95.00 %

This week's attendance: 94.27 %



The class with the best attendance in KS1 was Mrs Camoccio's Class with 98.2 %

The class with the best attendance in KS2 was Miss White's Class with 97.44 %

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.

RESPECT

KINDNESS

PERSEVERANCE

STAR OF THE WEEK

CERTIFICATE FOCUS: KINDNESS

- Nursery: Sylvie-Hope B
- Nest: Henry S
- Reception, Mrs Anthony: Harper G
- Reception, Mrs Sullivan: Evie P
- Reception, Miss Bagridge: Conor F
- Year 1, Mrs King: Percy S
- Year 1, Mrs Camoccio: Karlo B
- Year 1, Mrs Andrade: Teddy J
- Year 2, Mrs Didham: Thomas H
- Year 2, Miss Milne: Levi W
- Year 2, Mrs Cooper/Mrs Christie: Ocean L
- Year 3, Mrs Almond: Eva P
- Year 3, Miss Gilmore: Freddy C
- Year 3, Miss Medina: Abigail A
- Year 4, Miss Lee: Amelia P
- Year 4, Miss Miller: Cleo T-T
- Year 4, Miss Atkin: Ellie L
- Year 5, Miss Day: Teddy O
- Year 5, Mr Taylor: Matilda H
- Year 5, Miss Osborne: Lillie-Ann A
- Year 6, Miss White: Jenson H

BADGES

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 kindness to their peers.

Congratulations to this week's winners.

Reception	Heesha P
Year 1	Ryan B
Year 2	Bodhi-Fox H
Year 3	Jaiden Y
Year 4	Maisie C
Year 5	Teddy K
Year 6	Dominic A

UPCOMING DIARY DATES

NOVEMBER

W/B: 10.11.2025 Anti Bullying Week

- 11.10.2025 Armistice Day
- 14.11.2025 Children in Need - Yellow, spots and Pudsey non-uniform (cash donations to child's class teacher)
- 21.11.2025 Individual & Sibling Photographs
- 30.11.2025 St. Andrew's Day Special Dinner - Details to Follow



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ROAD SAFETY

On Wednesday 23rd October, Year 5 took part in a Road Safety Speed Watch Session provided by SaferEssex Roads Partnership.

During the session, the Police Officer identified drivers who exceeded the national speed limit on the roads surrounding our school.

With the help of school staff and the Road Safety crew, students had the chance to question drivers about the dangers and consequences of speeding.

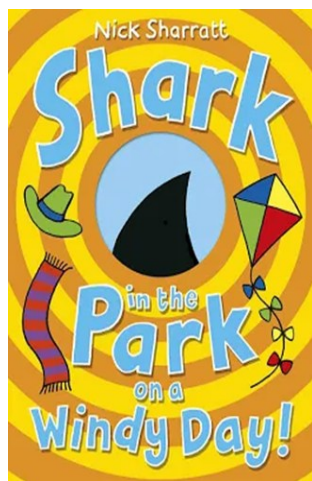
'It was interesting and fun to help people to be safe on the roads' - Katy

'It was different but in a good way' - Hana

'It was fun to learn about how to be safe on the roads' - Alaine



BOOK OF THE WEEK



This week Nursery have started to think about Autumn time.

Their story this week is called, 'Shark in the Park on a Windy Day'.

This book is about a boy called Timothy, who owns a special toy telescope, which makes Timothy believe he sees a shark in the park!

When reading the book in Nursery, the children like to call out very loud "SHARK IN THE PARK!"

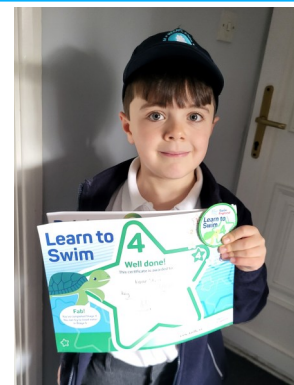
Follow the link to listen to the story, enjoy!

youtube.com/watch?v=R2RwvAHUAdc&cbrd=1



ACHIEVEMENTS

Congratulations to Kane who has passed his Stage 4 Swimming.



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PHYSICAL EDUCATION

High Jump

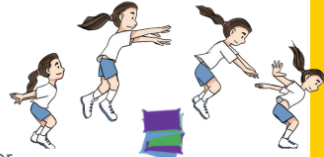


Get Set 4
Education

What you need: Lots of cushions

How to play:

- Be sure to play in a safe space clear of other objects.
- Warm up by jogging on the spot for 1 minute, 10 star jumps and 10 squats.
- Place one cushion on the floor and practise jumping over it. Be sure to bend your knees as you jump and land.
- Add another cushion to the pile and jump over both of them. Swing your arms forwards and up as you jump to help you get height.
- Continue to add cushions as you clear the jump.
- You may need to introduce a run up as the piles get higher.



How many cushions can you jump?

Sportsperson of the Half Term...

Luke Littler

Who is Luke Littler?

Luke Littler is a professional darts player who was born on 21st January 2007 in Cheshire, England. He developed an interest in darts at a young age, after his father bought him a toy magnetic dartboard when he was just a toddler. Luke has said that one way he prepares for competitions is to eat some of his favourite foods such as ham and cheese omelettes and pizzas!



What has Luke achieved?

In 2021, at the age of 14, Littler won his first senior level title at the Irish Open – he competed against people much older than him. In November 2023, he won the PDC World Youth Championship title. In January 2025, Luke became the youngest player ever to win the Professional Darts Corporation World Championship title at just 17 years old. His win came shortly after being named the BBC Young Sports Personality of the Year 2024.



CHILDREN IN NEED



On Friday 14th November 2025 we will be taking part in a fundraising event for Children in Need.

Children in Need fund vital support for children and young people struggling with challenges caused by mental health, poverty, social inequality and family-related issues.

Children in Need supports charities, organisations and programmes right across the UK.

Children In Need fund projects that aim to improve the lives of children and young people.

You can help us support this wonderful cause by encouraging your child to wear Yellow, Spots and Pudsey Non-Uniform clothing.

No hair dye, face paint, jewellery or heeled/strappy shoes.

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On Monday 10th November 2025 children will return to school on Week 2.



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.

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Lighter Bites

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OUR LIGHTER LUNCH OPTIONS OF JACKET POTATO & HAM OR CHEESE BAGUETTE are available to ALL PUPILS everyday

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M

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

CHICKEN FAJITA WRAP
QUORN FAJITA WRAP
WITH POTATO CUBES & SALAD BAR
DESSERT - RICE PUDDING
FRESH FRUIT & YOGURT

SAUSAGE ROLL
VEGAN ROLL
WITH SMILEY FACES & SPAGHETTI LOOPS
DESSERT - HOMEMADE ICED SPRINKLE CAKE
FRESH FRUIT & YOGURT

HOMEMADE CHICKEN PIE
QUORN & VEGETABLE PIE
WITH SAUTE POTATOES, CARROTS & GRAVY
DESSERT - FLAPJACK
FRESH FRUIT & YOGHURT

CHEESE & TOMATO PIZZA
WITH PASTA IN HOMEMADE TOMATO SAUCE & SALAD BAR
DESSERT - FRUIT JELLY
FRESH FRUIT

FISH FINGERS
CHEDDAR WHIRL
WITH CHIPS & BAKED BEANS
DESSERT - STRAWBERRY SWIRL MOUSSE
FRESH FRUIT & YOGURT

WEEK 2

BEEF MEATBALLS
VEGAN MEATBALLS
WITH PASTA IN HOMEMADE TOMATO SAUCE & PEAS
DESSERT - AMERICAN PANCAKES & GOLDEN SYRUP
FRESH FRUIT & YOGURT

BUTCHERS CHICKEN NUGGETS
VEGETABLE NUGGETS
WITH CHIPS & BAKED BEANS
DESSERT - HOMEMADE SPONGE CAKE & CUSTARD
FRESH FRUIT & YOGHURT

BUTCHERS PORK SAUSAGE
VEGAN SAUSAGES
WITH MASH POTATO, YORKSHIRE PUDDING, PEAS, CARROTS & GRAVY
DESSERT - FRUIT JELLY
FRESH FRUIT

CHICKEN CURRY
VEGETABLE CURRY
WITH STEAMED RICE & SWEETCORN
DESSERT - GOLDEN OAT FLAPJACK
FRESH FRUIT & YOGURT

BATTERED FISH
VEGETABLE FINGERS
WITH SMILEY FACES & PEAS
DESSERT - ICE CREAM
FRESH FRUIT & YOGURT

WEEK 3

BREADED CHICKEN BURGER
QUORN BURGER
WITH CHIPS & SALAD BAR
DESSERT - HOMEMADE CHOCOLATE SPRINKLE CAKE
FRESH FRUIT + YOGURT

BACON MACARONI CHEESE
MACARONI CHEESE
WITH PEAS
DESSERT - SEASONAL FRUIT & YOGHURT

BUTCHERS ROAST CHICKEN
QUORN FILLET
WITH ROAST POTATOES, YORKSHIRE PUDDING, GREEN BEANS, CARROTS & GRAVY
DESSERT - FRUIT JELLY

BEEF BOLOGNESE
VEGETABLE BOLOGNESE
WITH FUSILLI PASTA & MIXED VEGETABLES
DESSERT - HOMEMADE FLAPJACK
FRESH FRUIT + YOGURT

FISH FINGERS
CHEESE OMELETTE
WITH POTATO WEDGES & SPAGHETTI HOOPS
DESSERT - CHOCOLATE SWIRL MOUSSE
FRESH FRUIT & YOGURT



RESPECT

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YOUR SCHOOL HAS BEEN ADOPTED

by your local Everyone Active Centre

WHAT IS THE ADOPT A SCHOOL PROGRAMME?

Everyone Active's Adopt a School programme is a brilliant opportunity for both Everyone Active and local Schools to work together in an effort to get the local community more active.

WHAT IS AVAILABLE TO YOU?*

During the 2 week period that your school is adopted, a variety of perks will be available to **parents/guardians, school pupils & school employees**, these will include the following:

FREE Swimming for School Pupils (Aged 10 & under)

FREE Junior Gym & Swimming for Pupils (Aged 11-15)

FREE Membership for Parent/Guardians (Aged 16+)

FREE Membership for School Employees (Aged 16+)

*Please note, the offers may vary by centre depending on the facilities available at your local centre.

Your adopting centre:

Basildon Sporting Village
Cranes Farm Road
Basildon
Essex
SS14 3GR

Scan here
for more
information on
the programme:



everyone
ACTIVE



FREE Warm Winter Clothes for Families



Come along to our FREE event giving clothing a new life and **reducing carbon footprint.**

Northlands Park Family Hub

**Davenants, Basildon, Essex
SS13 1QX**



**Saturday 15th November
11:00- 13:00**

**For more information or support please call us on
0300 247 0013**

Essex Child and Family Wellbeing Service

Service commissioned by:



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.

What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'tough off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is reportharmfulcontent.com.

AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit onlinemedialawuk.com for more.



#WakeUpWednesday

The National College

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