



MERRYLANDS

PRIMARY SCHOOL AND NURSERY

AUTUMN TERM – FRIDAY 14TH NOVEMBER

MESSAGE FROM HEAD OF SCHOOL – MRS PRYER

Dear Parents/Carers,

This week we have focused on the 'Power of Good' through Anti-Bullying Week. The children have completed a range of activities related to respect, kindness and standing up to bullying. All children across the school have created a leaf related to making a positive change. These will be collated together to make a whole school display and we look forward to sharing this with you once complete.

Also this week, we marked Armistice Day by creating poppy wreaths and observing the 2 minutes silence at 11am on 11th November. We were once again pleased to share our poppy wreaths with the whole community by displaying them on the school fence.

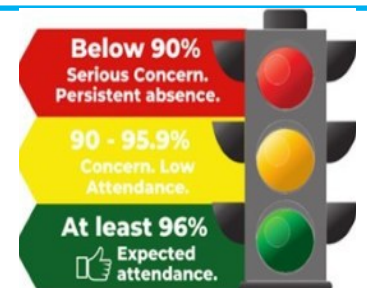
Today was all about yellow and spots! Thank you for all your donations for Children In Need. We raised £411.30 for this very worthy cause.

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



School Attendance Target: 95.00 %

This week's attendance: 95.74 %



The class with the best attendance in KS1 was Miss Milne's class with 98.90 %

The class with the best attendance in KS2 was Miss White's Class with 100.00 %

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: PERSEVERANCE

Nursery: Maya N
Nest: Alfie N
ASC: Oskar H
Reception, Mrs Anthony: Ruben M-H
Reception, Mrs Sullivan: Lenny L
Reception, Miss Bagridge: Albie-Gray M
Year 1, Mrs King: Ruby T
Year 1, Mrs Camoccio: Russell H
Year 1, Mrs Andrade: Millie F
Year 2, Mrs Didham: George S
Year 2, Miss Milne: Lottie-Mae R
Year 2, Mrs Cooper/Mrs Christie: Johnny L

Year 3, Mrs Almond: Lexi S
Year 3, Miss Gilmore: Harper T-T
Year 3, Miss Medina: Erniee P
Year 4, Miss Lee: Kevin C
Year 4, Miss Miller: Ivy-Mae H
Year 4, Miss Atkin: Victoria A
Year 5, Miss Day: Sophia C
Year 5, Mr Taylor: Wiktorina M
Year 5, Miss Osborne: Abdul Q
Year 6, Miss White: Lily T
Year 6, Mrs Thour: Hollie-Belle W

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	Lyla P
Year 1	Quinn H
Year 2	Joshua P
Year 3	Evie F
Year 4	Louis P
Year 5	Hesha P
Year 6	Emilia B

GOVERNOR POSITION

Merrylands Primary School and Nursery have a vacancy for a parent governor on the Local Governing Board.

Governors bring a wide range of skills and expertise from their professional lives to the governing board and schools benefit greatly from working with volunteers. The board currently meet four times a year, at 5pm, and governors have a responsibility for the oversight of the budget, the delivery of the curriculum, safeguarding and scrutinising educational outcomes. They are also involved in the school community and act as a critical friend to the Head of School and senior leaders.

If you are interested in joining or would like to find out more about the role, please speak to Mrs Pryer. After speaking with Mrs Pryer, we can arrange for an application form to be sent to you.

RESPECT

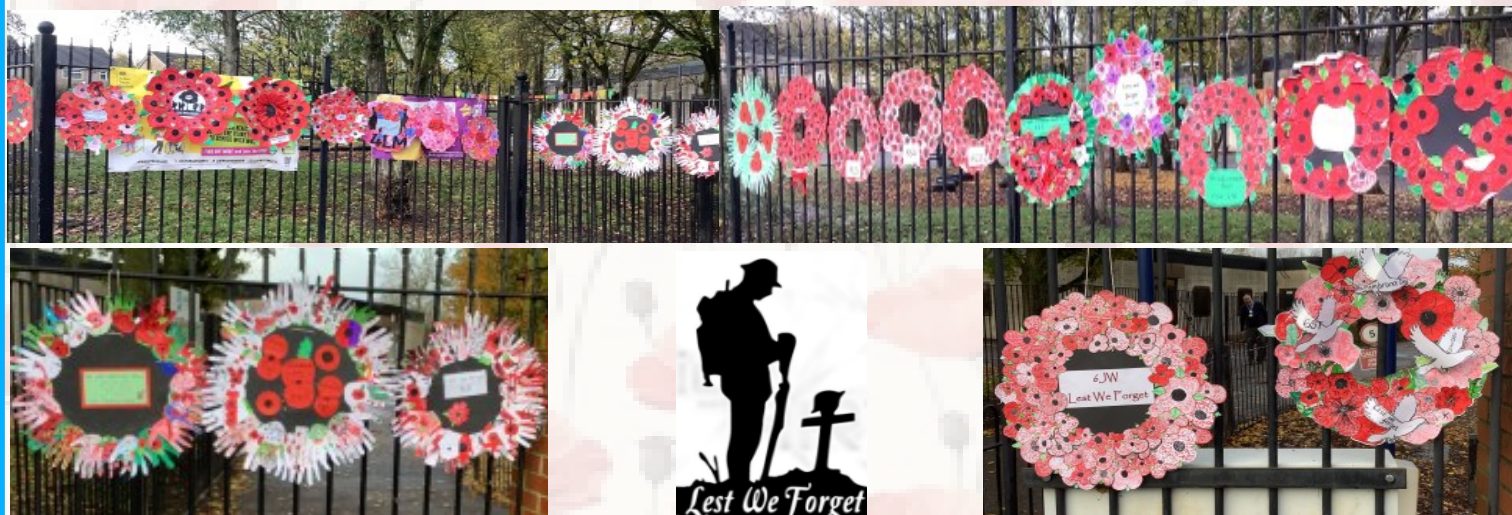
KINDNESS

PERSEVERANCE

ARMISTICE DAY

On Tuesday 11th November, our school came together to remember all the brave people who have helped to keep us safe in times of war and peace. The children took part in a special assembly to learn about why we wear poppies and what they stand for. Each class made their own beautiful poppy wreath, which they proudly displayed on the school gates. We hope you saw them before the rain started!

At 11 o'clock, everyone joined in a two-minute silence to show our respect and thanks. It was a thoughtful time for the children to reflect on kindness, bravery, and hope for peace in the world.



UPCOMING DIARY DATES

NOVEMBER

21.11.2025 Individual & Sibling Photographs

30.11.2025 St. Andrew's Day Special Dinner - Details to Follow



RECEPTION ADMISSIONS 2026

As you may be aware, the Reception admission round opened on Monday 10th November 2025, for parents of children to apply for a Reception school place for the academic year that starts in September 2026.

The statutory national closing date for applications is 15th January 2026. Applications can be made online www.essex.gov.uk/admissions.

A total of 99% of parents in Essex applied online last year.

All of the application information is available on the website above.

The website www.essex.gov.uk/admissions contains information on all policies surrounding admissions.

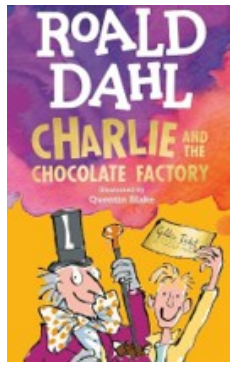
We hope to see you in September 2026!

RESPECT

KINDNESS

PERSEVERANCE

BOOK OF THE WEEK



Mrs Pryer recommends Charlie and the Chocolate Factory by Roald Dahl. This is a very famous story about a young boy called Charlie Bucket whose family are very poor. Charlie's world is completely changed when he wins a golden ticket and a trip of a lifetime to Mr Willy Wonka's chocolate factory. From meeting Oompa-Loompas to exploring the river of melted chocolate surrounded by many sweet treats, this book is a delight for all to read or listen to.

ACHIEVEMENTS

Well Done to Jack in Year 3 who was awarded his Chief Scout Bronze award at Beavers on Monday night!

Congratulations Jack!



TAG RUGBY

The Tag Rugby league started on Tuesday at James Hornsby School. Our team played well with 2 games resulting in a draw.

Lucas L showed great work on the pitch and was man of the match.

Well done everyone!



PHYSICAL EDUCATION

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.

Body Parts



What you need: a ball that bounces

How to play:

- Explore dribbling the ball. Can you dribble:
 - With one hand
 - The other hand
 - Changing hand
 - Changing speed
 - Changing direction
- Challenge yourself to keep the ball bouncing the whole time whilst touching different body parts to the floor then standing up again. Try these:
 - Knees
 - Bottom
 - Back
 - Stomach
 - Forehead



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RESPECT

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On Monday 17th November 2025 children will return to school 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.

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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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WEEK 1

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

WEEK 2

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

WEEK 3

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

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

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

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

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

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

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

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

Battered FISH
vegetable fingers
 WITH SMILEY FACES & PEAS
 DESSERT - ICE CREAM
 FRESH FRUIT & YOGURT

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



RESPECT

KINDNESS

PERSEVERANCE



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:



What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 500 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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