# FRIDAY NEWS

16th January 2026

GRANGE JUNIOR SCHOOL

## Children's Mental Health Week

9th – 15th February 2026

Children's Mental Health Week takes place from 3rd -9th February 2025.

The week's focus is **'This is My Place'**. We know that our sense of belonging as individuals, in our friendships, in school, and in communities plays a vital role in our mental health and wellbeing. To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impacts in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference. This year, Place2Be's Children's Mental Health Week will aim to support the groups and systems surrounding our children. They'll encourage peers, families, school and communities to create inclusive and nurturing environments, where children and young people feel they belong and can say 'this is my place'.

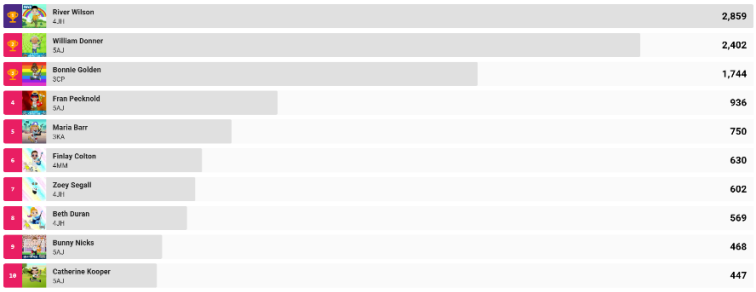
## Running Club

Running Club with Miss Aroha will be resuming every Friday, starting on **Friday 23rd January**. The gates will be open from 8:15am for runners.

Thank You

## TTRS

This week's winning class is 5AJ! Well done! This class will receive a 10-minute extra playtime.
The top 10 players this week, each receiving 10 house points are:



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## NSPCC Number Day

Friday 6th February 2026




Children and staff will be invited to 'dress up for digits' and to pay £1 which will go to NSPCC on Friday 6th February 2026

The NSPCC need our support more than ever. By raising money, we can help to fund their vital services such as Child line – the helpline that is always there for children and young people whatever their problem or concern.

Number Day is a great way to make maths fun and bring about a positive, 'can-do' attitude towards it.

In school, we are having a fun day of maths activities and we will be taking part in 'Dress up for Digits'. Children are able to wear an item of clothing with a number on it (i.e. football shirt) or get even more creative by dressing in a maths or numbers theme.

To help raise money for the NSPCC, we are asking for donations, and we would love everyone in the school to take part in this special event.

**If you would like to send in a donation to support NSPCC's work, please place it in a sealed envelope and hand to your class teacher or the school office.**

**Thank you.**

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## Healthy Bodies Healthy Minds

Please remember we have a strict **NO NUTS** policy because of allergies within our school'.

At Grange, we endeavour to be a healthy school, by teaching, the children about how to make good choices for their health including what they eat and how this contributes to their wellbeing.

We know how important it is that your child has the right fuel to keep them going from breakfast until lunch, and would encourage you to provide them with something healthy that they can eat at break time.

The NHS guidance from 'change 4 life' advises that snacks should be kept to under 100 calories. We hope that the table below will help you when choosing what to send in and what to leave for treats at home.

| Good Snack Ideas | Not so Good Ideas |
|---|---|
| Fruit and Vegetables   Cheese and crackers or yoghurt (be careful of sugar content in some brands)    Bread sticks, pretzels, bread/pita bread Rice cakes or plain popcorn   | These are NOT healthy snacks and should be enjoyed in moderation as part of a balanced diet. **Fruit Winders etc.** These dried fruit type snacks have a high sugar content and are not advised for snacking between meals.    **Crisps**  **Treat Bars**  **Cereal Bars**  **Chocolate Biscuits**  **Pastries or Cakes** |

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## Outstanding Child & Perfect Presentation

Every Friday, a child from each class is chosen as the Outstanding Child of the Week. This could be for good work, an act of kindness, exceptional behaviour or being helpful etc.
The following children were selected as this week's Outstanding Child:

| | |
|---|---|
| **3CP** | **Adi.R** |
| **3KA** | **Chase.M** |
| **4JH** | **Jack.D** |
| **4MM** | **Julia.J** |
| **5AH** | **Ella.P** |
| **5AJ** | **Verity.C** |
| **5SG** | **James.H** |
| **6CS** | **Reece.K** |
| **6SLS** | **Charlie.K** |
| **6TC** | **Jasleen.K** |

In addition, a child from each year group is chosen for an exceptionally good piece of work that has been completed to a very high standard during the week.
The following children were selected for this week's **Perfect Presentation Award**:

**Y3 – Ashlee.S** **Y4 – Louie.S**
**Y5 – Violet.K** **Y6 – Blake.M**




Once again, a massive well done to all the children for their super achievement, we really do enjoy celebrating fabulous work and good behaviour, as I am sure you do too!

# FRIDAY NEWS

## School Dates

Monday 5th January 2026- Friday 13th February 2026
**Year 5 weekly Swimming:**
**Mon – 5AH**
**Thurs – 5AJ**
**Fri- 5SG**

Monday 19th January 2026
**Year 6 Bikeability Week**
**Years 3-5 NFER Tests**

Friday 6th February 2026
**NSPCC Number Day – Dress as a digit**

Wednesday 11th February 2026
**Valentines Discos**

Friday 13th February 2026
**Inset Day**
**Break up for Half Term**

Monday 16th – Friday 20th February 2026
**Half-Term**

Monday 23rd February 2026
**Return to school**

Thursday 5th March 2026
**World Book Day**

Friday 6th March 2026
**Year 6 Stem Fair – Cemast**

Monday 9th March 2026
**Year 6 Practice SATS week**

12th & 13th March 2026
**Mothers' Day Shop**

Friday 13th March 2026
**Non-Uniform Day - Chocolate Donation**

Tuesday 25th March 2026
**Easter Egg & Bonnet Competition**

Wednesday 26th March 2026 3;20pm
**Easter BINGO! & Raffle**

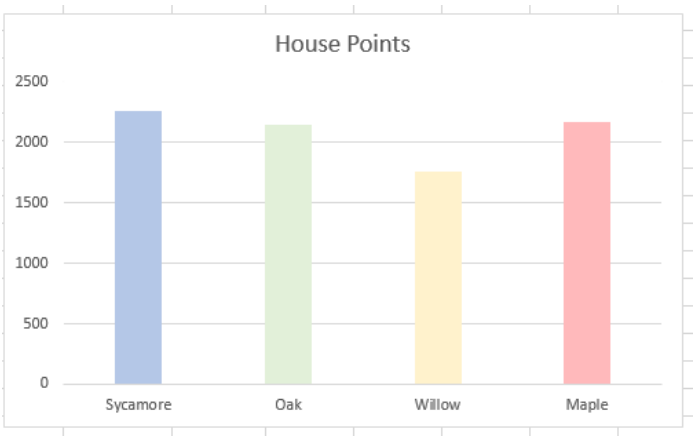
Thursday 7th May 2026
**Poling Day - School closed**

GRANGE JUNIOR SCHOOL

## House Points

Congratulations to this week's winners: **SYCAMORE**

| | Sycamore | Oak | Willow | Maple |
|---|---|---|---|---|
| TOTAL | 2264 | 2145 | 1756 | 2168 |




**SYCAMORE** remain in the lead so far this half-term.
Keep up the great work everyone.

## Outstanding Attendance

This week's Outstanding Attendance Winners are:

In 4th Place winning **10** House Points – **OAK**
In 3rd Place winning **20** House Points – **WILLOW**
In 2nd Place winning **30** House Points – **MAPLE**
In 1st Place winning **50** House Points – **SYCAMORE**




**Well Done everyone!**
**Remember, it's cool to be in school!**