



Important Dates:

Tues 21st Apr

Y1 Phonics Screening
Workshop 2.20pm;
Girls Football Match;
Boys Football Cancelled

Wed 22nd Apr

FS & Y3 Oral Health
Promotion

Thurs 23rd Apr

6SB Come Dine with Me

Fri 24th Apr

RAINBOW Friday—
wear something colorful
with **school uniform**;
Hair Styling Tutorial for
Parents 2pm

Wed 29th Apr

FS & Y3 Oral Health
Screening;
KS1 Cross Country & Fun
Run (selected pupils);
Y3/4 Bee Fliers Festival
(selected pupils)

Thurs 30th Apr

6KH Come Dine with Me;
Y5/6 Football Match

Please click [here](#) for other
dates.



Please remember that phones
& photography are not
permitted at school events.

New Term, New Topics!

We have been enjoying some fun launch days this week to introduce our new curriculum topics.

The curriculum plans have been emailed to parents and carers and are uploaded on our website. Please [take a look to](#) find out what we're learning this half term.



Vacancy

We have a Midday Assistant vacancy. Full details can be found [here](#).

Let's Celebrate!



Ollie Le Count, 1RJ got his 15 meters certificate at swimming.

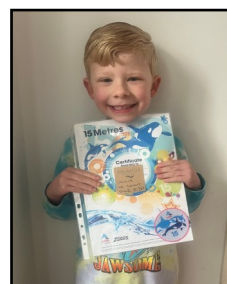
Jacob Milchard, 5JA has completed stage 4 and has now moved up to the next stage of swimming. He is now in blue hat group.

Charlie Murrell, 5AB achieved his brown belt in Martial Arts.

Jack Marsh, Ladybirds achieved his Level 2 Junior Gem medal at gymnastics.

Mabel Bensusan, 2EL has achieved her gymnastics stage 4 medal.

Francesca Venables, 5AB and **Harley Baigent, 5BY** received their Apparatus skills level 1 and 2 in gymnastics.



Well done to this week's winners:

FS: Nihaana Kirushnarajah, Zoe Muringi, Eleya Bura

Year 1: Albert Masih, Isla Hill

Year 2: Harley Kett, Dylan Bura

Year 3: Freya Dawson, Saumya Jeevathas

Year 4: Olivia O'Neill, Ezekiel Asamoah, Calla Dando, Archie Sleet

Year 5: Emily Champness, Greyson Russell, Billy-Blue King

Year 6: Amarachi Chikwendu, Millie Pearce, Millie Wagg



School Dinners

The dinner menu next week will be:


Week 2
Week Commencing
20/4, 11/5, 8/6, 29/6

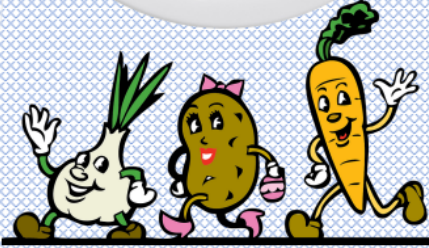
MONDAY
Beef Bolognese
Three Bean Bolognese
Jacket Potato with Cheese or Beans
Garlic Bread
Fruit Yoghurt

TUESDAY
Cheese Burger
Cheese Wrap
Tuna Mayo Wrap
Tortilla Chips
Cucumber & Carrot Sticks
Chocolate Chip Muffin

WEDNESDAY
All Day Breakfast
Sausage, Bacon & Egg
Vegetarian Breakfast
2 x Veggie Sausages & Egg
Hot Bacon Roll
Hash Brown
Baked Beans
Healthy Fruit

THURSDAY
Roast Chicken & Yorkshire Pudding
Macaroni Cheese
Baguette Filled with either Ham or Cheese
New Potatoes
Green Beans
Cauliflower
Ice Lolly

FRIDAY
Fish Fillet
Vegetable Quesadilla
Jacket Potato with Cheese
Chips
Peas & Corn
Flapjack



Whole School Attendance

94%

Weekly Winning Classes

4JM 98%

w/e 27/03/26

Recent Letters

[Reading Award](#)

[KS1 Fun Run \(Selected Pupils\)](#)

[Bee Fliers Festival \(Selected Pupils\)](#)

[6LG Come Dine with Me](#)

[Miss Taylor's Absence](#)



Visit to The Grange Care Home

This week, a group of year 5 pupils and Buzz were extremely lucky to have the opportunity to enjoy visiting the lovely residents of The Grange Care Home. In preparation for St George's Day, they painted some shields, enjoyed a game of bingo, sang and danced.

We believe that this experience brings equal value to our pupils as much as the residents and we look forward to our future visits. See more photos [here](#).



Wickford Primary School PTA

ANNUAL MEETING

Join us as we celebrate a hugely successful year of fundraising and events, share what's coming up next, and continue building our amazing school community.

We'd also love to hear your feedback and ideas, so it's a great opportunity to come and have a chat with us.

Everyone is welcome!



Date: Wednesday 22nd April



Time: At 09:00 AM

Lower school hall (Breakfast club)

Free tea
and
coffee!

Free
Krispy
Kreme's



Friday 15th May



BINGO NIGHT!



**BRING SNACKS
AND DRINKS!**

- FRIDAY 15TH MAY 7PM
- £15 WHICH INCLUDES 5 GAMES AND (12 CHANCES OF WINNING) AND A BINGO DABBER

24

13

ORDER NOW

LEAVERS T-SHIRTS 2026

CLASS OF

2026

**Closing date
1st June
2026**

Through the Hatch

Cupcakes £2

Chocolate drizzled fruit kebabs £2

Friday 24th April from 3:10pm

We're pleased to be working with Balgore to promote our Summer Fete with advertisement boards across the local area this June.

Each board helps spread the word—and for every one displayed, Balgore kindly donates £5 to the PTA.

Thank you to everyone supporting this initiative!

Click [here](#) to sign up for a board.

B

Proudly Sponsor
Wickford Primary School
Summer Fete
Saturday 4th July, 11am - 4pm
balgoreproperty.co.uk



TIME OUT FOR PARENTS

4 Week Parenting Workshop for Dads

6.15pm for refreshments

6.30pm - 8pm

Thursdays 23rd, 30th April 7th, 14th May

**This course is for Dads, Step Dads, Grandads,
Uncles and Male Carers of children of all ages**

**Booking essential - please email to
book your place**

families@megacentrerayleigh.co.uk

78A Eastwood Road - SS6 7JP

Parents/Carers only -
No childcare provided





TIME OUT FOR PARENTS



5 Week Parenting Workshop

9.15am for refreshments

9.30am - 11am

Mondays 20th, 27th April, 11th, 18th May & 1st June

**An introduction to Autism and ADHD including
understanding our child's nervous systems, sensory
processing, anxiety and pathological demand avoidance.
for parents and carers of children of all ages**

Course delivered by NVR trained facilitators

**Booking essential - please email to
book your place**

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What Parents & Educators Need to Know about IMAGE-ALTERING FILTERS

WHAT ARE THE RISKS?

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

ALTERED BEAUTY STANDARDS

Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.

PRESSURE TO LOOK PERFECT

Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.

LOW SELF-ESTEEM

Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

HIDDEN ADVERTISING

Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.

BLURRED REALITY

As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.

SEXUALISED EDITS

Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

Advice for Parents & Educators

START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

CHALLENGE 'PERFECT' POSTS

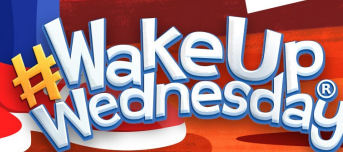
When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

Meet Our Expert

Parven Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, TalkTV, and other major media outlets, supporting families across the UK.



The National College®

See full reference list on our website



@wake_up_weds



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