# WPS Weekly

wickfordprimary.uk

16th October 2026

**Important Dates:**

**Mon 19th Oct**
Y5/6 Cross Country Trials

**Tues 20th Oct**
Y2 Topic Day;
Ruby Come Dine with Me

**Tues 20th & Wed21st**
Parent Consultations

**Thursday 22nd Oct**
Halloween Special Lunch

**Friday 23rd Oct**
Non-Pupil Day

**Mon 26th—Fri 30th Oct**
Half Term

**Please click here for other dates.**




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

## FS Read with Me

Thank you to everyone who came to our parents & carer workshop this week.






## Halloween Discos

Thank you to our wonderful PTA for organising an amazing evening. The children had a fantastic time and their costumes were awesome.

Thank you to parents & carers for your continued support in making these events such a success; whether it's buying your child a ticket, being creative with costumes or volunteering on the day —all your support is very much appreciated.




## Archery Competition

Congratulations to the children who represented the school in the archery competition yesterday.



Despite not winning any medals this time, we were incredibly proud of everyone involved. All children truly showcased our values of determination and positivity. Our children were also praised for helping to set up and tidy away, which shows amazing citizenship. Well done!

## Poppies

Merchandise will be on sale from next week to raise money for this years' Poppy Appeal. Further information will be emailed.

# Make a Poppy



**Please make your poppy and give to your teacher by Wednesday 21st October.**

**Make a Poppy**

Cut base from a plastic bottle.

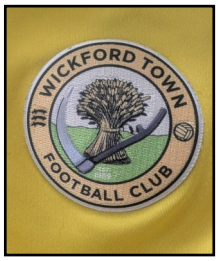
Paint red and leave to dry.

Paint black centre.






# Let's Celebrate!









**Annabelle B, Fire Class** played against Canvey Island FC last weekend. Wickford Town FC won 7-1 after showing amazing team work on the pitch.
**Teddy B, Lavender and Joe P, Emerald** completed the great east end walk. Walking 10 miles with family and friends in memory of Joe's grandad and so far have raised £1710 and counting!
**Calla D, Aqua** was chosen at Brownies to be the new leader of her six, Dolphins. This is known as a Sixer.
**Lily S, Emerald** made all of her finals and won the Juvenile Cup at her recent ballroom and Latin dance competition.
**Archie H, Emerald** and team won their football match last Sunday.
**Olive S, Sunflower** won a gold trophy in the performers stage festival after scoring the highest mark throughout the entire competition.
**Rosie D, Sapphire** received player of the match award on Sunday for in her Manager's words 'her outstanding performance'.
**Finley M, Sapphire** won the Essex Arrows darts tournament this week, hitting 14 scores over 100!





Well done to this week's winners:
**FS:** Sophia T, Anya M-N
**Year 1:** River L, Jack M
**Year 2:** Ruby M-S, Anna B
**Year 3:** Jesse V, Sophia-May G
**Year 4:** Ellie T, Freya D
**Year 5:** William R, George H, Mabel Davies
**Year 6:** Sita J, Noah T, Harrison C, Jacob W

CLASS dojo

**DOJO Rewards**
Several classes have achieved their DOJO targets this term and enjoyed reward time. Well done to: Bumblebees, Sunflower & Aqua classes who chose time in the library, outdoors and with iPads.





Striving to become independent, motivated learners and responsible citizens.

# Rainbow Friday

**All values**—Ivy E, Ruben F, Hollie G, Emma L-H, Jenson B, Riley H, Maisy B
**Positivity & Individuality**—Roman S
**Positivity and Determination**—Nihanna K, Oliver M, Freddie H, Nellie-Anne F, Darcy J
**Honesty, Individuality and Determination**—Mabel B
**Positivity, Individuality and Democracy**—Beatrice C
**Determination**—Bow T
**Determination and Individuality**—Mateo Q




**Rainbow Table**

**FS:** Mari S, Hallie S, Muhammad H, Agata B
**Year 1:** Sid T, Ananya A, Miley B, Ayaz K
**Year 2:** Archie M, Charlie L, Clara B, Emilia B
**Year 3:** Terry W, Daisy O
**Year 4:** Eric S, Ellie T
**Year 5:** William R, Rocco D
**Year 6:** Elliot P, Lily S

**Golden Token Winners**

This week's lucky winners are:
**FS:** Owen F
**Year 1:** Ava B
**Year 2:** Laila N







**Year 3:** Hunter B
**Year 4:** Amelia B
**Year 5:** Olivia O
**Year 6:** Ronnie S

**Understanding ADHD**
Please add this date to your diary if your child has ADHD and they would like some extra support.

There's also some useful information here for families.

## What is it like to parent a child with ADHD?

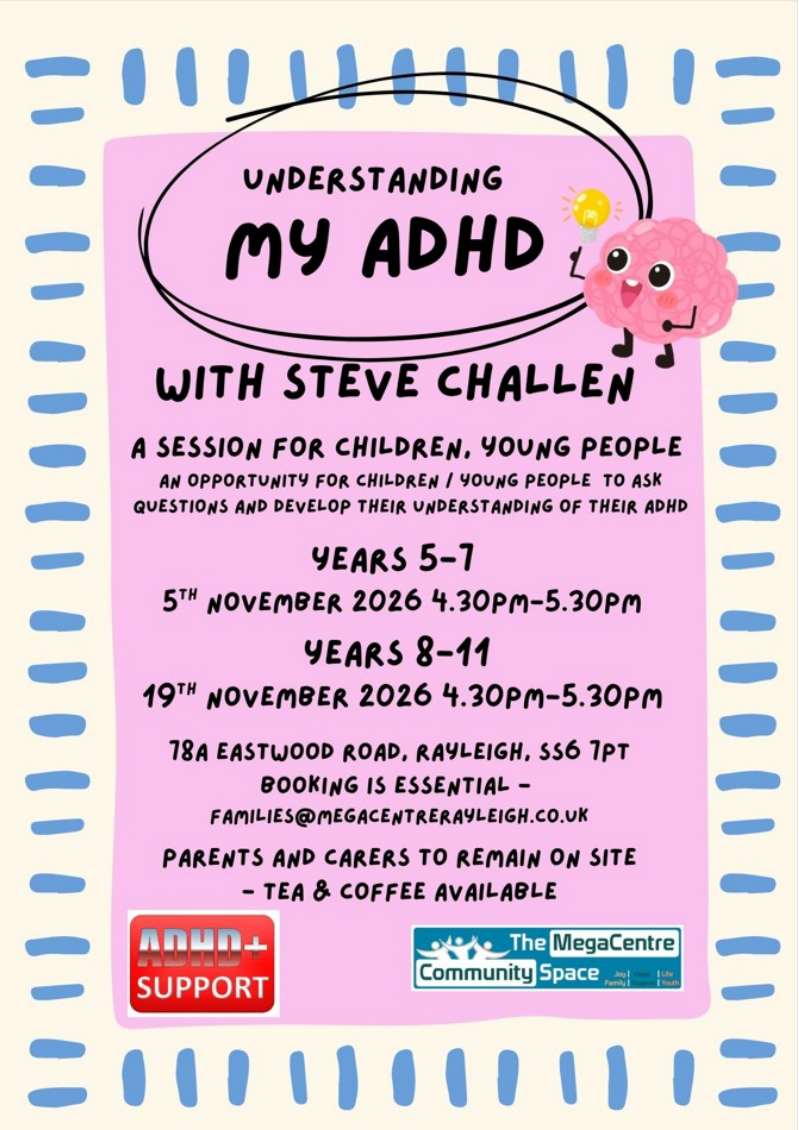
I'm 10. I have ADHD.
I need you to know I am not doing any of this on purpose. I promise.

When I cry the moment I get in trouble —
I am not trying to get out of it.
Something happens in my body
before you even finish the sentence.
A wave of something
I have no words for yet.
It lands like you just told me
I am bad.
Not that I did something bad.
That I am bad.
I cannot stop the tears.
They are not a plan.
They are pain.

When I promise to do better
and then don't —
I meant it.
I meant it completely
in the moment I said it.
I could see exactly who I wanted to be.
I just could not make myself be that person
when the moment came.
There is a wall.
And I hit it every time.
And I hate it as much as you do.

When things get better
and then I make them hard again —
I am not testing you.
My brain got quiet
and then it got restless
and then it went looking for something
without asking me first.
I did not plan it.
I did not even notice until it was already happening.

When I ask for help with things I can do —
I can do them.
I just don't trust that I can.
And when you sit with me —
something in me settles
enough to start.




That is not me being needy.
That is me needing your calm
to find my own.

When I forget what you just said —
I heard you.
I really did.
And then something else happened
and it was gone
before I could act on it.
Not a choice.
Not disrespect.
Just how my brain works.
I am not doing any of this to you.
I am doing all of it
because of a brain
I did not choose
and do not fully understand yet.

Please see the brain.
Not the strategy.

# School Dinners

The dinner menu next week will be:

## Week 2

Week Commencing
7/9, 28/9, 19/10

### MONDAY

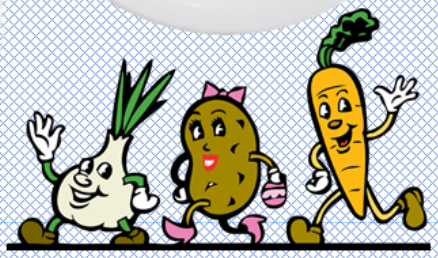
Beef Bolognese
Three Bean Bolognese
Jacket Potato with Cheese or Beans
Garlic Bread
Fruit Yoghurt

### 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




### FRIDAY

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

**Whole *School Attendance***

**96%**

**Weekly Winning Classes**

**Indigo 100%**

*w/e 09/10/26*

**Recent Letters**

Daffodil Book Look
Y3 Swimming
Y3 History Theme Days
Mrs Green's Absence

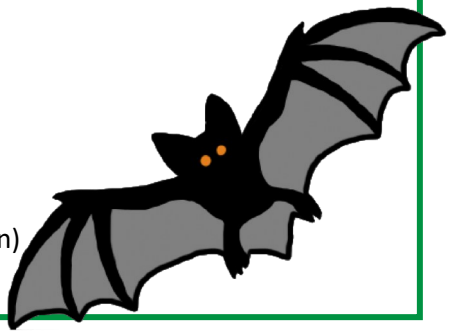



## Thursday 22nd October




**Baked Pigs Eyes in Blood**
(pork meatballs in tomato sauce with pasta)
**A Witches Cauldron filled with Toads**
(veggie sausage toad with mashed potato, veg and gravy)
**Frankenstein Baked Potato**
(cheese and beans)

**Desserts:**
**Spooky Eye-of-Bat Muffins**
(blueberry muffins)
or
**Mrs Ramet's Gooey Eyeball Gloop**
(eyeballs in strawberry jelly—not vegetarian)



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