



GROVE ROAD COMMUNITY PRIMARY SCHOOL

NEWSLETTER – 12TH APRIL 2024



Ofsted
Good School

2023/2024

NEWSLETTER



Thank you once again for taking the time to read our newsletter.

We hope that you all have had a wonderful Easter break, I have loved hearing all about it from the children in school.

We have had a great first week back to start our Summer term. Lots of new topics are underway and the children are working hard in all their lessons.

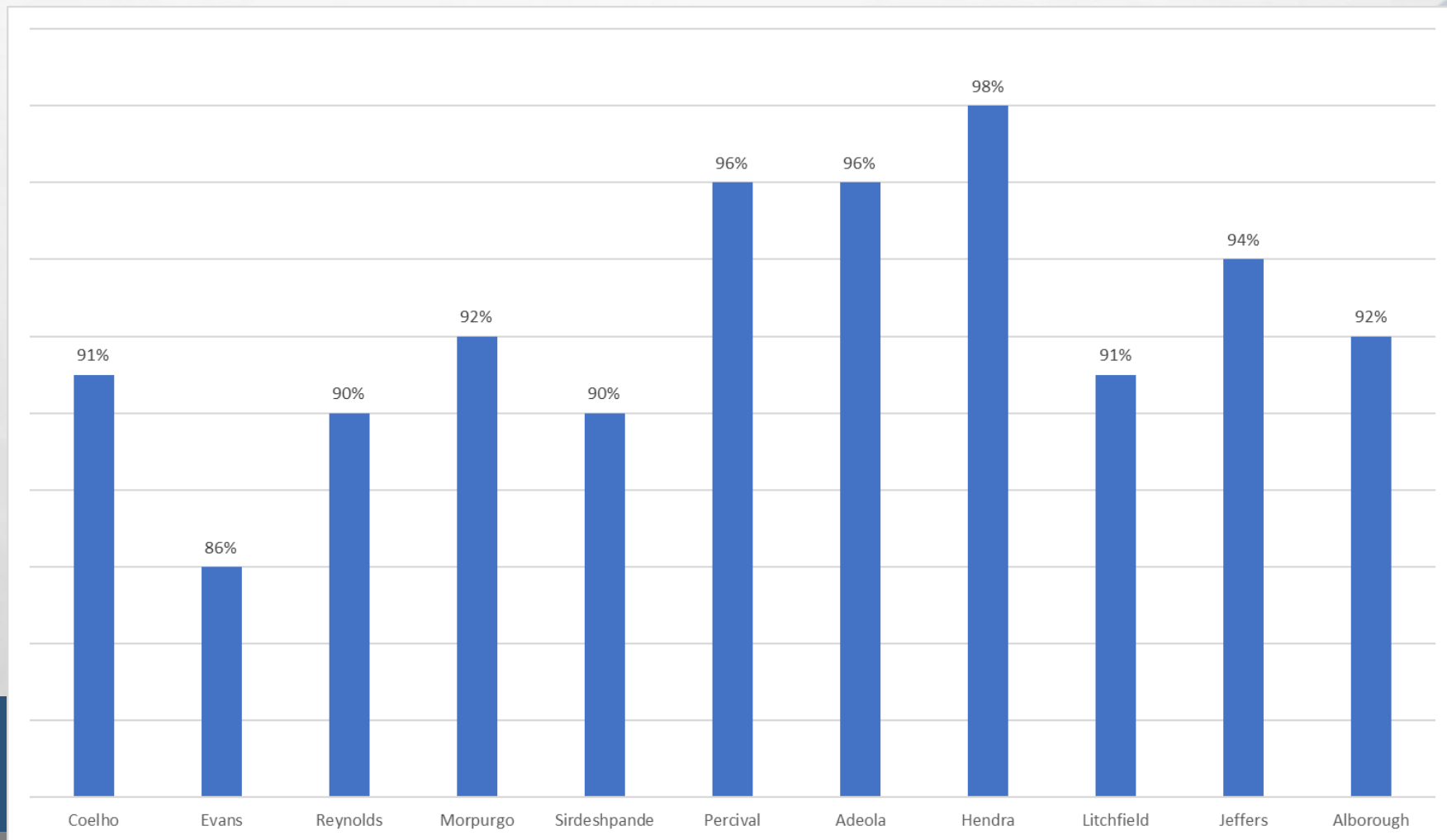
Just a reminder that next week is Parents' Evenings in school. Please make sure that you see class teachers, or phone the office, to book an appointment for one of the days. We still have some appointments available so it's not too late to attend.

Have a wonderful weekend and see you Monday morning.



ATTENDANCE

Attendance totals for each class – Tuesday 9th March to Friday 12th March



SAFEGUARDING



Grove Road Community Primary School Safeguarding Team



Designated Safeguarding Lead
James Grayston - Headteacher



Deputy Designated
Safeguarding Lead
Dawn Winkley – Deputy Head
& SENDCo



Deputy Designated
Safeguarding Lead
Sue McGrogan – Parent
Support Adviser

Lead Governor for Safeguarding – Margaret Beagle

For further advice / referral information, please contact:
North Yorkshire Safeguarding Children Partnership
<https://www.safeguardingchildren.co.uk>

- Please visit our school website for more information and links to safeguarding websites.
- [Grove Road Safeguarding Page](#)
- For more information about keeping children safe please click here:
- [NSPCC – Keeping Children Safe Online](#)
- These websites have wonderful advice about children keeping safe on Instagram and other social media sites
- [NSPCC – Share Aware](#)
- [CEOP Police Safety Centre](#)



STARS OF THE WEEK



| | | |
|---------------|---|-----------|
| JEFFERS | - | Coco |
| LITCHFIELD | - | Sebastian |
| HENDRA | - | Ily |
| ADEOLA | - | Oscar |
| PERCIVAL | - | Harrison |
| SIRDESH-PANDE | - | Ted |
| MORPURGO | - | Isabelle |
| REYNOLDS | - | Jake |
| EVANS | - | Daniel O |
| COELHO | - | Rosie |

Congratulations





As you know, we have a wonderfully dedicated staff team here at Grove Road, I simply could not ask any more of them.

The feedback from parents and staff about the use of Seesaw is excellent, I really love to see the interactions between school and home. As a parent myself, I know the reassurance and joy it brings, seeing your child's journey through school.

Please can I remind everyone though, that staff are not expected to monitor or respond to emails or messages outside of their normal working hours (including weekends and published school holidays).

Whilst parents/carers may compose emails at hours to suit their own needs, they need only be addressed during working hours.

Seesaw and email, must only be used for non-urgent, school related, communications. For anything that requires an urgent response, please contact the school office.



A healthy packed lunch will give children the **energy** and **nutrition** they need to get the most from their day – helping them to **stay healthy, feel good** and **be ready and able to learn**. Packed lunches should be made up of foods from the main food groups in the **Eatwell Guide** www.nhs.uk/live-well/eat-well/the-eatwell-guide and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.

What should I include in my healthy packed lunch?

Please try to include **ONE** of each of the following in your lunch each day:



STARCHY CARBOHYDRATE

- ✓ bread, wrap, pitta, bagel, rolls, baguette
- ✓ rice or couscous
- ✓ pasta
- ✓ noodles
- ✓ potatoes

Wholemeal/wholegrain options contain more fibre and keep you fuller for longer

Gives you energy for the day ahead!



DAIRY FOOD (or non-dairy alternative)

- ✓ cheese – hard, soft, spread
- ✓ yoghurt or fromage frais
- ✓ milk
- ✓ custard

Choose low fat, low sugar options where possible

Good for healthy bones and teeth!



FRUIT (fresh, frozen, tinned or dried)

- ✓ apple
- ✓ banana
- ✓ satsuma
- ✓ pear
- ✓ plum
- ✓ mango
- ✓ melon
- ✓ small box of raisins
- ✓ cherry tomatoes (chopped)
- ✓ handful of grapes (halved)
- ✓ fruit salad or kebab

Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'

How much? A portion is one child-sized handful.



VEGETABLES OR SALAD

- ✓ chopped vegetable sticks (e.g. carrot, cucumber, pepper)
- ✓ salad in sandwiches
- ✓ vegetable soup



PROTEIN

- ✓ meat e.g. sliced lean ham, chicken or beef in a sandwich
- ✓ fish – try to include oily fish such as salmon or sardines at least once every 3 weeks (tuna doesn't count – sorry!)
- ✓ eggs
- ✓ lentils, beans, chickpeas

Helps your body to grow and develop

DRINKS – plain tap water is the best option, especially for teeth. Please send your child with their own named, clean water bottle each day.

Drinking enough each day helps keep your body working well and your skin looking healthy!



Me-sized meals

Young children don't need as much food as teenagers and adults. When they eat more than they need, the excess energy is stored as fat in their bodies.



What about snacks?

The best options for snacks are:

- ✓ Portion of fresh fruit (no dried fruit as snacks please as the sugar can stick in teeth).
- ✓ Vegetable sticks

Other ideas for healthy snacks could be rice cakes, bread sticks, bag of plain popcorn.

Please do **NOT** include the following items:

- ✗ Sweets and chocolate bars – these foods are high in sugar and calories, low in goodness, and are harmful for teeth.
- ✗ Squash or fizzy drinks – water is best for teeth.
- ✗ Other items e.g. nuts, sesame, fish.

Thank you!

The NHS has lots of ideas for making healthier snacks, pudding and drinks choices: <https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps>



5 top tips for your packed lunch

- Freezer packs can keep food cool. Freeze a (reusable) bottle of water which will be ready to drink by lunchtime.
- Get your child to help pack their lunch box – they are more likely to enjoy it.
- Children love to dip – cut up pitta bread or use veg sticks to have with a pot of yoghurt dip e.g. tzatziki.
- Use pastry cutters to cut funny-shaped sandwiches.
- Protect your fruit by putting it in a small plastic container e.g. apple/banana guard.



Get more vegetables in your lunches!

Here are some GREAT ideas for upping the veg (and fibre!) content in your lunchboxes healthyschoolsnorthyorks.org/healthy-food

Be safe!

- Please cut up food into small sizes for young children. Cut grapes and cherry tomatoes in half (lengthways if oblong).
- Be aware of allergies – please check your school's allergies guidance.

School dinners are best!

Making packed lunches can be time consuming and expensive – why not try school dinners?

School meals provide your child with a nutritionally-balanced variety of foods. **Every** infant child (aged 5-7) is entitled to a **FREE** school lunch.

Also, **FREE** school meals for all age groups are provided to families who receive qualifying incomes such as income support and universal credit.

Ask your school office how to order yours. More information is available from **your school's website** or the **North Yorkshire County Council website** www.northyorks.gov.uk/school-meals www.northyorks.gov.uk/free-school-meals



Here are some websites with more information to help your family to stay healthy, happy and well:

healthyschoolsnorthyorks.org/healthy-food

nhs.uk/live-well/healthy-weight/childrens-weight

And some information on saving money, local food banks, financial support and eating well on a budget:

healthyschoolsnorthyorks.org/costsaving



Leaflet developed by Public Health, North Yorkshire County Council and the North Yorkshire Healthy Schools Programme.

87070 07/22



WEEK 1

SPRING/SUMMER 2024

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|---|
| HOT SPECIALS | Cheese and Tomato Pizza Served with Potato Wedges | Classic Beef Burger Served with Potato Wedges | BBQ Chicken Served with Roast Potatoes | Beef Keema Curry Served with Wholegrain Rice | Fish Fingers Served with Chips |
| JACKET POTATO | Tomato Pasta Served with Potato Wedges | Vegetarian Burger Served with Potato Wedges | Vegetarian Cottage Pie Served with Gravy | Chilli No Carne with Crispy Tortilla Served with Wholegrain Rice | Quorn Dippers Served with Chips |
| | Jacket Potatoes with a choice of hot and cold fillings | Jacket Potatoes with a choice of hot and cold fillings, including Salmon Mayonnaise | Jacket Potatoes with a choice of hot and cold fillings | Jacket Potatoes with a choice of hot and cold fillings | Jacket Potatoes with a choice of hot and cold fillings |
| Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta | | | | | |
| All main meals are served with two vegetables | | | | | |
| DISSERT | Forest Fruits Jelly | Crispy Crackle Bar with Fruit | Chocolate Sponge with Chocolate Custard | Original Flapjack with Fruit Slices | Vanilla Ice Cream |
| AVAILABLE EVERY DAY Water, salad, freshly baked bread, yoghurt & fresh fruit | | | Vegetarian Oily Fish Wholegrain Fruity! Nutritionist's Choice | | |

WEEK 2

SPRING/SUMMER 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT SPECIALS

Cheese and Tomato Pizza 🌱
Served with Potato Wedges

Mexican Beef Tortilla Pie 🍖 🍷
Served with Wholegrain Rice

Roast Chicken 🍷
Served with Roast Potatoes and Gravy

Butter Chicken Curry 🍷 🍷
Served with Wholegrain Rice

Southern Fried Chicken
Served with Chips

Jacket Potato with BBQ Baked Beans 🌱

Mexican Vegetarian Tortilla Pie 🌱 🍷 🍷
Served with Wholegrain Rice

Quorn Roast 🌱
Served with Roast Potatoes and Gravy

Macaroni Cheese 🌱

Veggie Fingers 🌱
Served with Chips

JACKET POTATO

Jacket Potatoes 🍷 🌱
with a choice of hot and cold fillings

Jacket Potatoes 🍷 🌱
with a choice of hot and cold fillings, including Salmon Mayonnaise 🐟

Jacket Potatoes 🍷 🌱
with a choice of hot and cold fillings

Jacket Potatoes 🍷 🌱
with a choice of hot and cold fillings

Jacket Potatoes 🍷 🌱
with a choice of hot and cold fillings

Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🌱 🍷

All main meals are served with two vegetables

DESSERT

Chocolate Cookie

Banana and Carrot Cake 🌱

Orange Jelly

Chocolate Shortbread with Fruit 🌱

Orange Drizzle

AVAILABLE EVERY DAY

Water, salad, freshly baked bread, yoghurt & fresh fruit

🌱 Vegetarian 🐟 Oily Fish 🍷 Wholegrain

🍏 Fruity! 🍷 Nutritionist's Choice

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPRING/SUMMER 2024

HOT SPECIALS

Cheese and Tomato Pizza 🌱
Served with Potato Wedges

Pork Sausages
Served with Mashed Potato and Gravy

Roast Chicken 🍷
Served with Roast Potatoes and Gravy

Cottage Pie 🍷
Served with Gravy

Fish Fingers
Served with Chips

Tomato and Herb Lentil Pasta 🌱 🍷 🍷

Vegetarian Sausage 🌱
Served with Mashed Potato and Gravy

Cheese and Onion Pasty 🌱
Served with Roast Potatoes and Gravy

Meatless Balls in Tomato Sauce 🌱
Served with Rainbow Rice

Quorn Dippers 🌱
Served with Chips

Jacket Potatoes 🍷 🌱
with a choice of hot and cold fillings

Jacket Potatoes 🍷 🌱
with a choice of hot and cold fillings,
including Salmon Mayonnaise 🐟

Jacket Potatoes 🍷 🌱
with a choice of hot and cold fillings

Jacket Potatoes 🍷 🌱
with a choice of hot and cold fillings

Jacket Potatoes 🍷 🌱
with a choice of hot and cold fillings

Tomato Pasta 🌱 🍷
Fresh, homemade tomato and basil sauce with penne pasta

All main meals are served with two vegetables

DESSERT

Chocolate Brownie 🍷 🍷

Strawberry Jelly

Banana Cake 🌱

Lemon Sicilian Cookie

Chocolate Ice Cream

AVAILABLE EVERY DAY

Water, salad, freshly baked bread,
yoghurt & fresh fruit

🌱 Vegetarian 🐟 Oily Fish 🍷 Wholegrain

🍏 Fruity! 🍷 Nutritionist's Choice

Peanut and Nut Aware School

**Nuts, peanuts or any products
containing nuts or peanuts are
NOT allowed.**



Please wash hands.

**Clean hands help you to stay
healthy and keep our friends
safe.**

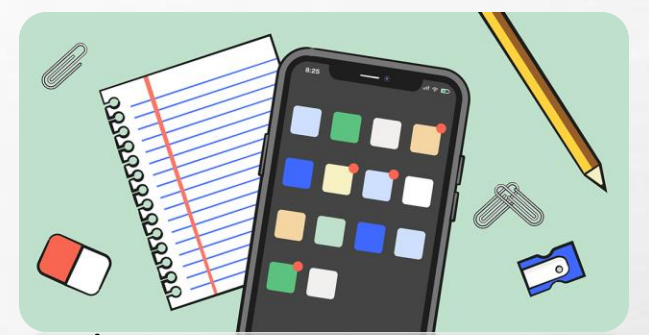
Thank You!

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MOBILE PHONES

YEARS 5 & 6



Can we please ask for your help and support with ensuring we don't have phones/ smart watches in school unnecessarily.

We have had an increase of children bringing their phones into school, only if your child walks on their own either to, or from school, should they bring it with them.

We will be collecting them at the door on the way into school, to avoid any incidents where they can be left turned on and used in school.

They must be switched off as they enter the playground, and not be turned back on until off school premises.

Our expectation is that children in Year 4 and below will not bring a mobile devices/smart watches



What Parents & Educators Need to Know about

TOWNSHIP



Despite launching in 2011, Township remains popular with children and adults alike. A city-building game with farming elements, it tasks players with developing their settlement and unlocking new features along the way. Aimed at the more casual gamer, it's mostly child friendly – but there are still some related risks to be mindful of.

WHAT ARE THE RISKS?

MISLEADING PUBLICITY

Township's developers have previously faced criticism for advertising the game on social media by using clips of gameplay which can't actually be found in the final product. This may well lead to a child or young person downloading the game with severely misplaced expectations of what they'll be playing.

IN-GAME ADVERTS

While it's common for mobile games to feature in-game advertisements for other products and services, Township employs a particularly egregious strategy seen in several similar products. It offers users in-game currency in exchange for watching such adverts, which can obviously encourage young people to willingly expose themselves to marketing material.

IN-GAME PURCHASES

The game's core concept of building up a settlement to increase its population and income can feel slow paced at first – and players are incentivised to spend real-world money to move things along more quickly. That can mean handing over anything from £1.99 to £18.99 for these in-game boosters: amounts that can rapidly add up to a considerable sum if left unchecked.

TIME-CONSUMING GAMEPLAY

Township's gameplay loop of acquiring resources and reinvesting them into your little community is a fun one – but this rewarding sense of making progress can lead to players spending far more hours staring at the screen than they realise. There are also special in-game events which run for a limited time, designed to entice players into even longer gaming sessions.

ONLINE MULTIPLAYER MODE

After reaching level 18, players in Township can form a 'co-op' and unlock the option to exchange goods with up to 30 other users. Online multiplayer modes are nothing new, of course – but neither are the potential risks they pose to children and young people. Chances are, youngsters will be interacting with complete (and possibly much older) strangers within the game environment.

Advice for Parents & Educators

DISCUSS THE GAME IN ADVANCE

While older children may notice and understand that Township might be marketed in a potentially misleading way, it could be worth explaining to prospective younger players how and why the game differs from what's been advertised. This will help them to manage their expectations and avoid any possible disappointment if they do decide to download and play it.

MONITOR SPENDING AND SCREEN TIME

More modestly priced in-app bundles can be a welcome treat for a child wanting to speed up their progress in Township, but it's wise not to leave a linked payment method active in case a youngster gets carried away. Likewise, to prevent Township from causing an increase in screen time, parental controls on most devices allow limits to be placed on how long a game can be played each day.

BE WARY OF EXTERNAL SITES

Township's makers state that all in-game ads are age-appropriate: children won't be shown adverts recommending more violent titles, for instance. Even so, clicking on these adverts can take players out of the game and onto external sites that have nothing to do with Township or its developers: this raises the risk of children encountering inappropriate content or being tempted by online purchases.

TALK ABOUT ONLINE STRANGERS

Township's online multiplayer mode (as with any game which includes that functionality), is an avenue through which a child could be contacted by people who they don't actually know. It's worth reminding young Township fans, therefore, not to give out any personal information to strangers online – whether that's within the game itself or in the social networks associated with it.

Meet Our Expert

Editor in Chief of gaming and esports site GGRecon, Lloyd Coombes has worked in the games media industry for five years. A regular visitor to the App Store to try out new games and tools, he's also a parent who prioritises online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including iDn and TechRadar.



IMPORTANT DATES



| When | Event |
|--|---|
| Monday 15th April – Wednesday 17th April | Parents evenings |
| Monday 6 th May | Bank Holiday – School Closed |
| Tuesday 7 th May | School reopens |
| Friday 24 th May | School closes for half term (3:15pm) |
| Monday 3 rd June | School reopens |
| Tuesday 4 th June | Jeffers & Litchfield – Visit to Harlow Carr Gardens |
| Friday 7 th June | Hendra & Adeola – Visit to Harlow Carr Gardens |
| Wednesday 26 th June – Friday 28 th June | Year 6 Residential – Newby Wiske Hall |
| Wednesday 26 th June 1:30pm – 3:00pm | Year 3 & Year 4 Sports Day |
| Monday 1 st July 1:30pm – 3:00pm | Reception, Year 1 & Year 2 Sports Day |
| Wednesday 3 rd July 1:30pm – 3:00pm | Year 5 & Year 6 Sports Day |
| Friday 5 th July – 3:30pm – 5:00pm | Summer Fair |
| Friday 19 th July | School closes for the Summer Break (2:15pm) |
| Monday 22 nd July | INSET Day – School Closed |