



GROVE ROAD COMMUNITY PRIMARY SCHOOL

NEWSLETTER – 1ST MARCH 2024



NEWSLETTER

Thank you for taking the time to read our newsletter, we hope you find it useful. Keep an eye out on the dates section. Over the next couple of weeks we will be releasing our summer dates including sports events.

It was so lovely to see Reception and Key Stage 1 have their 'stay and play' session this week. Thank you for your feedback, we really hope you enjoyed spending time in our classrooms.

We have kept the reminders this week about mobile phones in school, communication with the staff via Seesaw and packed lunch/ snack ideas. If you have any questions, please get in touch with us, we are more than happy to help.

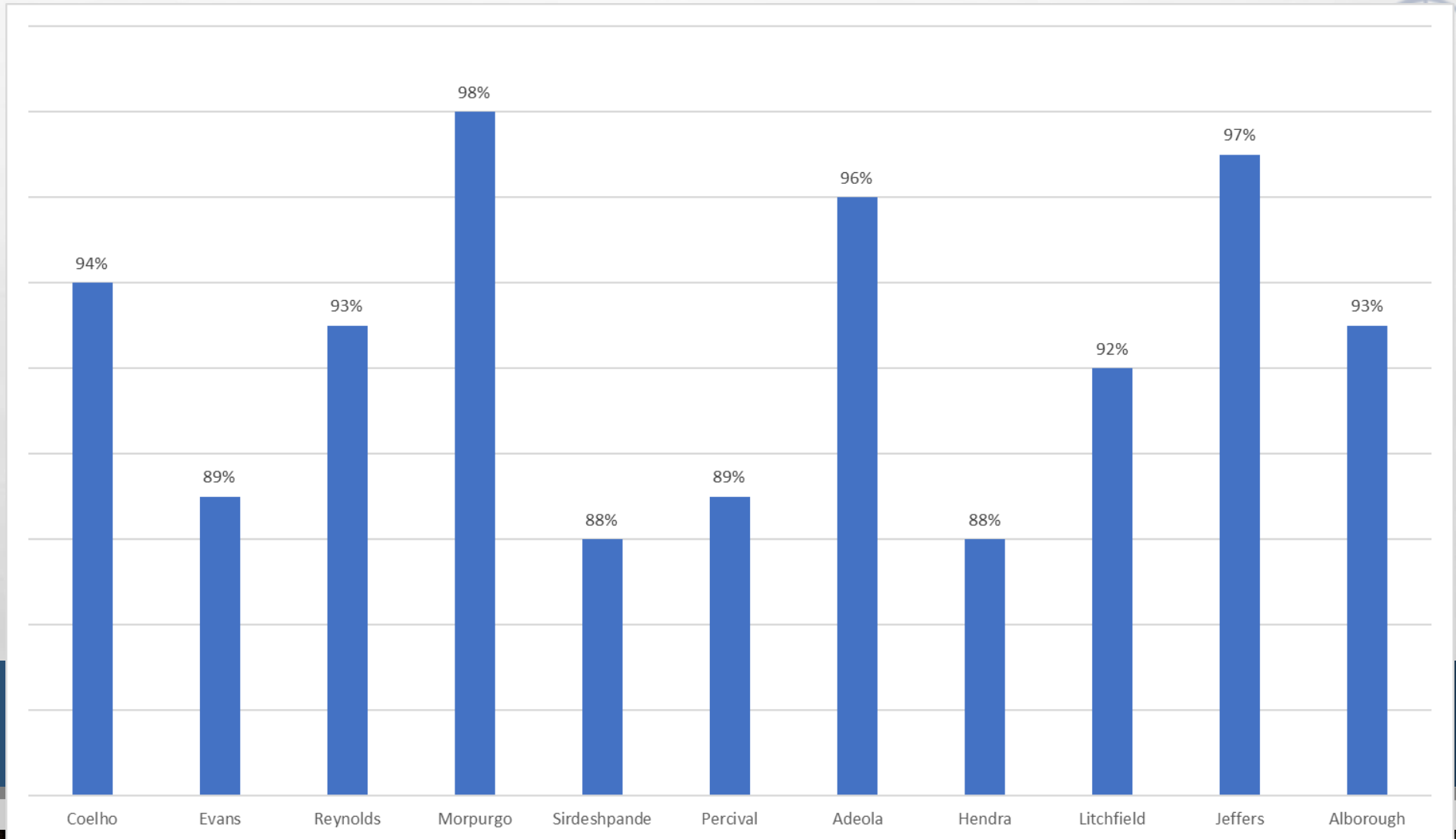
Have a wonderful weekend and see you Monday morning.



ATTENDANCE



Attendance totals for each class – Monday 26th February to Friday 1st 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 | - | Maja |
| LITCHFIELD | - | Ezmai |
| HENDRA | - | Igor |
| ADEOLA | - | Matilda |
| PERCIVAL | - | Amy |
| SIRDESH-PANDE | - | Alicia |
| MORPURGO | - | Lucious |
| REYNOLDS | - | Rayan |
| EVANS | - | Connor |
| COELHO | - | Roman |



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/costsavings



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

87070 07/22



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.**

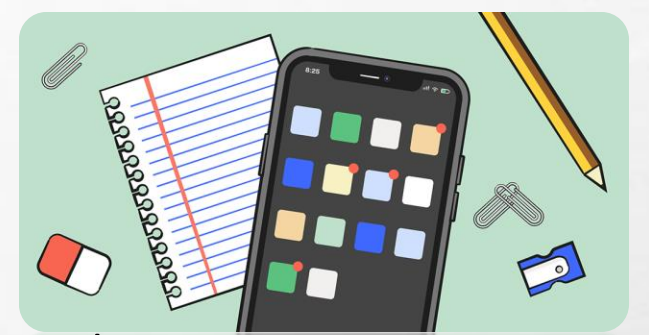
Thank You!

© www.thrivingwithallergies.blogspot.com



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





National
Online
Safety®

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE A DYSREGULATION DETECTIVE

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College



Should I keep my child off school?

Yes

Until...

| | |
|------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Chickenpox | at least 5 days from the onset of the rash and until all blisters have crusted over |
| Diarrhoea and Vomiting | 48 hours after their last episode |
| Cold and Flu-like illness (including COVID-19) | they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19. |
| Impetigo | their sores have crusted and healed, or 48 hours after they started antibiotics |
| Measles | 4 days after the rash first appeared |
| Mumps | 5 days after the swelling started |
| Scabies | they've had their first treatment |
| Scarlet Fever | 24 hours after they started taking antibiotics |
| Whooping Cough | 48 hours after they started taking antibiotics |

No

but make sure you let their school or nursery know about...

| | |
|----------------------|-----------------|
| Hand, foot and mouth | Glandular fever |
| Head lice | Tonsillitis |
| Threadworms | Slapped cheek |



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.





Think measles!

Vaccination rates have fallen, and cases of measles are increasing in England.

Any patient with fever and a rash is potentially infectious
and should be directed to a side room on arrival.

Isolate anyone presenting with a rash and fever straight away



- measles starts with a 2 to 4 day "prodromal" phase before the rash appears, with coryza, cough, conjunctivitis and a fever
- fever typically increases, to peak around rash onset
- rash generally starts behind the ears, spreads to the face and then expands onto the trunk and can become generalised. The rash is red, blotchy, maculopapular (not itchy) and lasts around 3 to 7 days
 - the rash is more difficult to spot on dark skin (see images 3, 4 and 5)
 - Koplik spots may appear around the time of the rash and last for 2 to 3 days so can easily be missed. They are small white or bluish/white lesions on the buccal mucosa. They can be confused with other lesions in the mouth and so their suspected presence is an unreliable marker of measles
 - the infectious period spans 8 days i.e. cases are infectious from 4 days before rash onset and for 4 full days after
 - several other common rash illnesses have similar presentations (especially in young children) e.g. roseola, parvovirus infection and scarlet fever, and so identification on clinical features alone may be unreliable

If you suspect measles call your local UKHSA Health Protection Team (HPT) to notify and conduct a risk assessment

- If the patient is calling, advise them to seek medical advice from their GP over the phone or NHS 111, if this is appropriate
- if an in-person review is needed, reception staff should be alerted. The patient should be directed to a side room on arrival
- report to local HPT urgently by phone to facilitate prompt risk assessment and public health action for vulnerable contacts (**under 1 year olds, pregnant, immunocompromised**). HPT contact details can be found here www.gov.uk/health-protection-team
- check for epidemiological factors that increase likelihood of measles:
 - unimmunised status
 - recent exposure to someone with rash/illness
 - recent travel
 - occupation e.g. healthcare worker, nursery worker
- exclude from nursery/educational setting/work until full 4 days after onset of rash

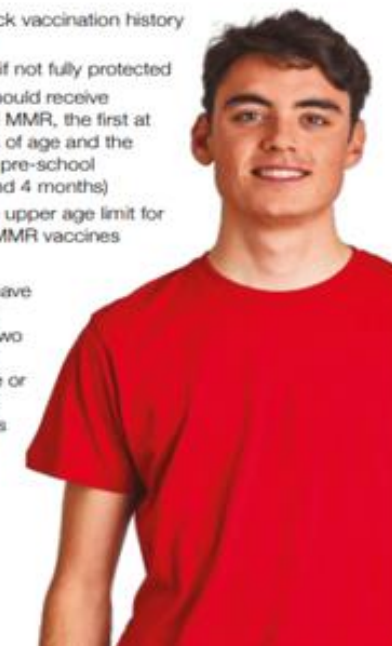
Check all your staff are fully vaccinated

For patients:

- routinely check vaccination history of patients
- offer vaccine if not fully protected
 - children should receive 2 doses of MMR, the first at 12 months of age and the second at pre-school (3 years and 4 months)
 - there is no upper age limit for receiving MMR vaccines

For staff:

- staff should have documented evidence of two doses of the MMR vaccine or have positive antibody tests for measles and rubella





What do we do?
We run fundraising events to raise funds to support the school

- School discos
- Bake sales
- Xmas Fair
- Summer Fair

Who are we?
FOGR is a group of parents/guardians with children who attend Grove Road

Want to get involved?
We would welcome any help you can give e.g.

- event preparation
- Set-up
- Running events

So we can run these fun events for our children

It's also a great way to meet other parents!

Get in touch for more information

Email us at Friendsofgroveroad@gmail.com

or find us on facebook
Friends of Grove Road C.P School



Friends of Grove Road are a group of Parent/Carer volunteers associated with Grove Road Primary School. We raise funds to support the school and enhance the education of the children

Please support FOGR raise vital funds for the school by signing up to the following online initiatives

Easy Fundraising

Sign up to support us
Shop with your favourite brands
We get a bonus £5 donation
It's not magic, it's easyfundraising!

@easyfundraising

Friends of Grove Road Fundraising Ideas
Help Friends of Grove Road raise free funds today by shopping online via easyfundraising.org.uk. Shop at no extra cost and raise free donations for Friends of Grove Road!



Your School Lottery

Email us at Friendsofgroveroad@gmail.com

or find us on facebook
Friends of Grove Road C.P School



PARENTPAY

ParentPay is now the only system that the school is using for payments for school meals, Sammy's Den, trips and other school events. If you have not activated your account, or you are having any difficulties in using the system, please contact the school office. Please delete any links that you have to previous payment systems and cancel any automatic payments that may have been set up.



What are the benefits to parents & pupils?

ParentPay is easy-to-use and will offer you the freedom to make online payments whenever and wherever you like, 24/7

The technology used is of the highest internet security available ensuring that your money will reach school safely - offering you peace of mind

Payments can be made by credit/debit card or also through PayPoint

Full payment histories, balance alerts and statements are available to you securely online at anytime

More information, including your activation/login information has been sent out via email if you have not received this, please contact the school office

What are the benefits to our school?

You can help us reduce workloads for all staff as no more counting cash, chasing debt and stop cash collection services

Creates more time to lend to educational support and the smooth running of the school

Improves school security

Using ParentPay also ensures that all financial transactions are safe and secure - helping us to remove costs associated with us having to manage cash securely on the school premises

The more parents that use ParentPay, the greater the benefit is to our school.

IMPORTANT DATES



| When | Event |
|------------------------------------------------------|------------------------------------------------------------------------------|
| Friday 9 th February | School closes for half term (3:15pm) |
| Monday 19 th February | School reopens |
| Thursday 29 th February – 8:40am – 9:30am | Reception & Key Stage 1 Stay and Play (Jeffers, Litchfield, Hendra & Adeola) |
| Thursday 7 th March | World Book Day |
| Friday 8 th March | Disney Day |
| Thursday 14 th March – 4:30pm – 5:30pm | Easter Disco – Reception & Key Stage 1 |
| Thursday 14 th March – 6:00pm – 7:00pm | Easter Disco – Key Stage 2 |
| Friday 15 th March | Red Nose Day |
| Friday 22 nd March | School closes for Easter Break (2:15pm) |
| Monday 8 th April | INSET Day – School Closed |
| Tuesday 9 th April | School reopens |



IMPORTANT DATES



| When | Event |
|----------------------------------------------------------------|-----------------------------------------------------|
| Monday 15th April – Wednesday 17th April | Parents evenings – Additional details to follow |
| 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 |
| 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 |

