



# GROVE ROAD COMMUNITY PRIMARY SCHOOL

NEWSLETTER – 15<sup>TH</sup> MARCH 2024



# NEWSLETTER



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

**We would like to say a huge thank you to everyone that supported and made the Easter Disco possible. It was lovely to see all the children, and staff, enjoying themselves. The 'Friends of Grove Road' really need your support to keep running these events.**

Thank you as well for showing your support today, Comic Relief is a wonderful charity and I feel proud that, as a school, we are enjoying the day and raising money.

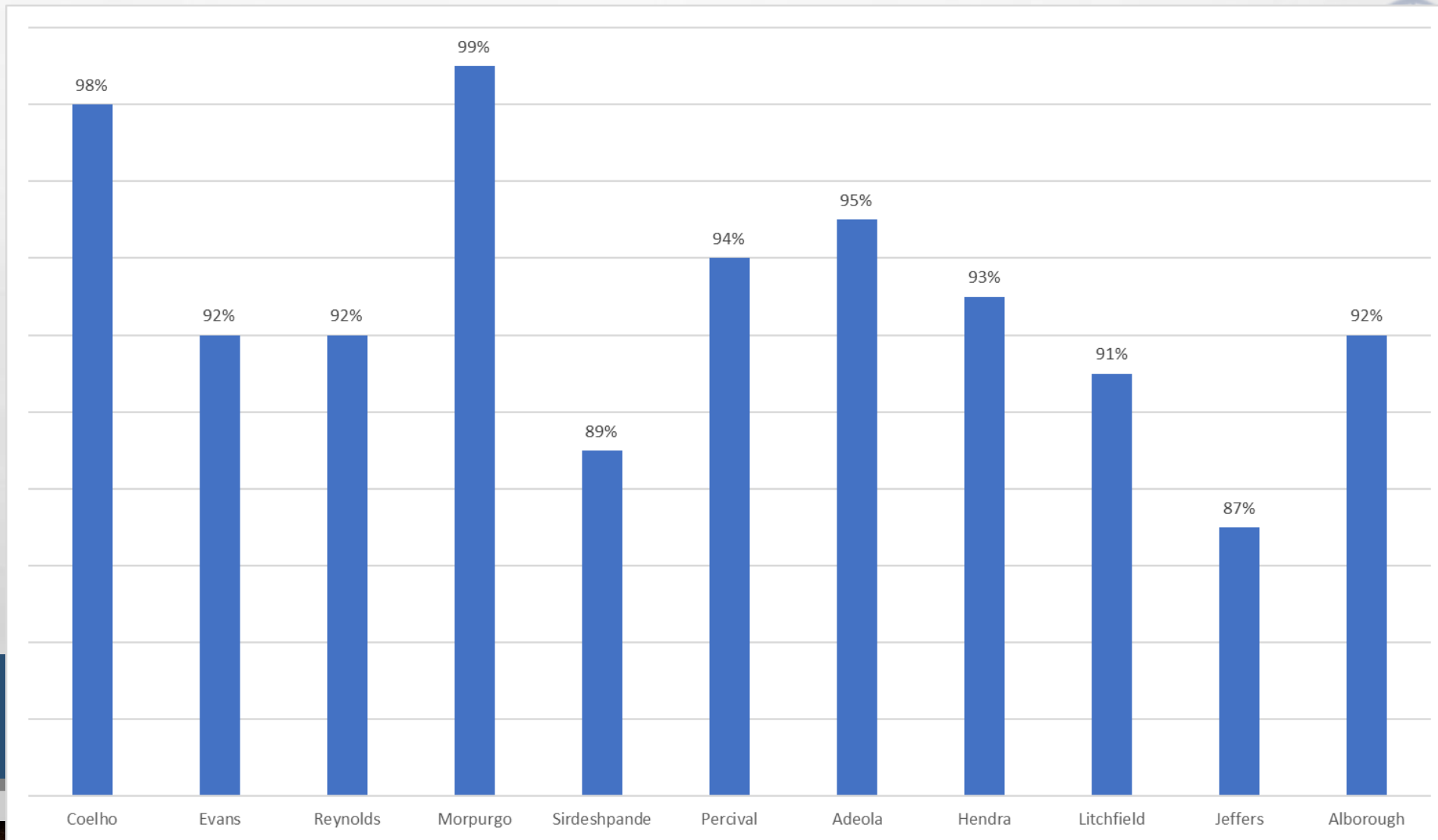
**Have a wonderful weekend and see you Monday morning.**



# ATTENDANCE



Attendance totals for each class – Monday 11<sup>th</sup> March to Friday 15<sup>th</sup> March





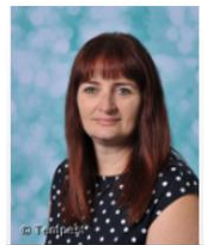
# SAFEGUARDING



## 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	-	Selena & Niko
LITCHFIELD	-	Alice
HENDRA	-	Sharon
ADEOLA	-	Nik
PERCIVAL	-	Oliver B
SIRDESH-PANDE	-	Dominik
MORPURGO	-	Genevieve
REYNOLDS	-	Lenny
EVANS	-	Alfie T
COELHO	-	Gabriella



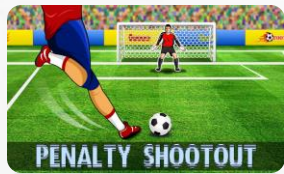
*Congratulations*







**FOOTBALL  
FUNDRAISER**  
for a great cause



**Matches**

**Penalty Shootout**

**Keepy Uppy  
Challenge**



# FOOTBALL FOR BETH

Join us for an afternoon full of football fundraising. Pitches will be set up with matches and activities to suit all age groups. Rock up and Play a match.

Beth is a 16 year old girl who has recently been diagnosed with a rare and aggressive type of cancer.

I invite you all to come together to help me raise funds for Beth to make memories with her family.



March  
30th



Hampsthwaite  
Village Field



£5.00  
CASH

**1:00pm - 3.00pm**



If you would like anymore information about this event – please contact school to speak with Mr Frost.

He will be available on the playground most mornings too.

Thank you for all your support.



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](http://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](http://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](http://www.northyorks.gov.uk/school-meals) [www.northyorks.gov.uk/free-school-meals](http://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](http://healthyschoolsnorthyorks.org/healthy-food)

[nhs.uk/live-well/healthy-weight/childrens-weight](http://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](http://healthyschoolsnorthyorks.org/costsaving)



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.**

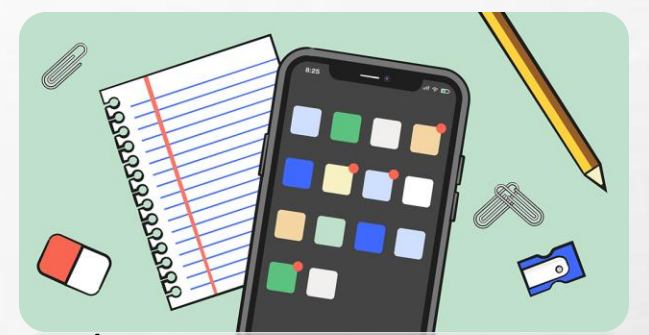
**Thank You!**

© 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 for Parents and Educators

# DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

#### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

## #WakeUpWednesday



## Parents Evenings April 15th – 17th



Bookings are now being taken via SchoolCloud for parents evening. An email with information on how to arrange your appointment was sent out on Wednesday. If you have not received the email, please contact the school office. All appointments will be face to face and not all teachers are available on all 3 days.

## End of Spring Term 22nd March 2024

School Closes at 2:15pm on Friday 22nd March for the school holidays. There will be no Sammy's Den afterschool although breakfast club will be open as normal.

School re-opens for the Summer Term on Tuesday 9th April





# 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.





# 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



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>.

## No

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

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

# 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](http://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



# IMPORTANT DATES



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



# IMPORTANT DATES



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