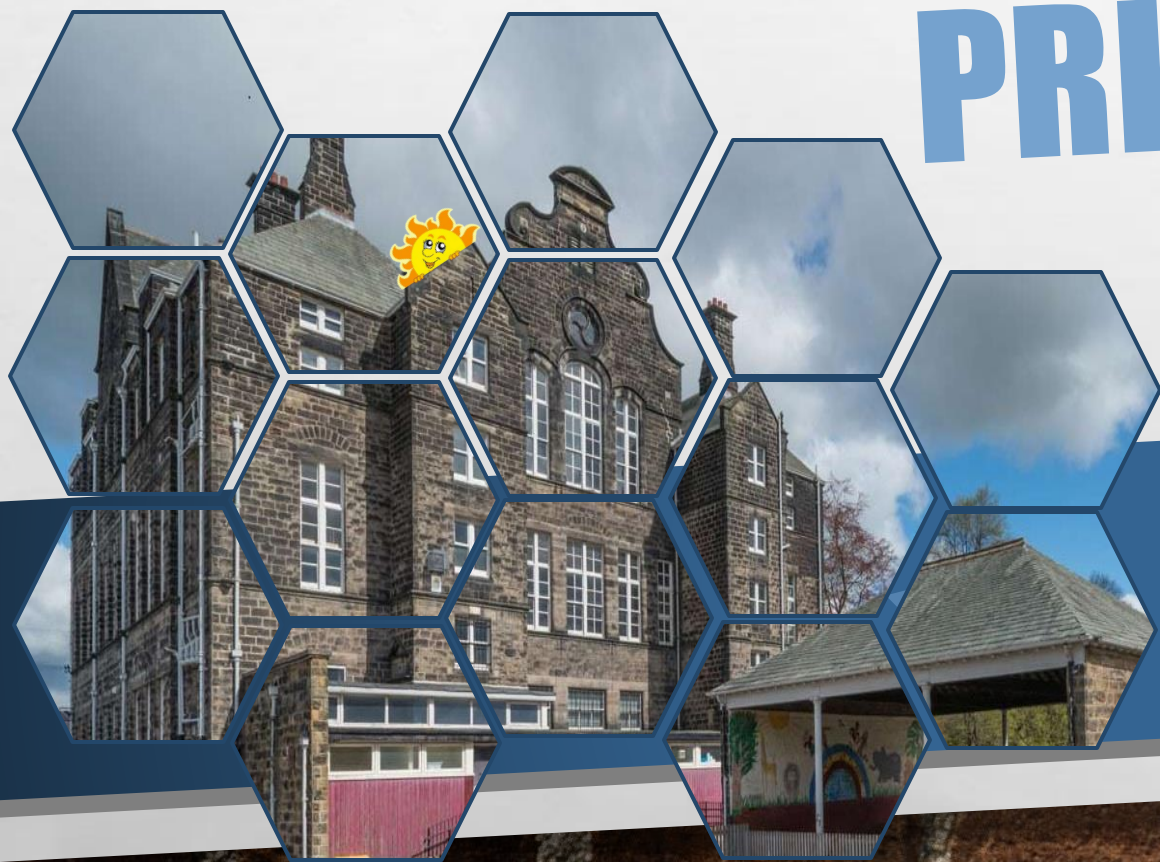




GROVE ROAD COMMUNITY PRIMARY SCHOOL

NEWSLETTER – 3RD MAY 2024



Ofsted
Good School

2023/2024

NEWSLETTER



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

It has been another action-packed week here at Grove Road. Throughout school, it is great to see all the children engaged in their learning, having fun and making memories at the same time.

This afternoon we had a wonderful time in celebration assembly. Some common themes are children demonstrating our PRIDE values, showing resilience in their work, caring for each other and showing amazing learning behaviours throughout the week.

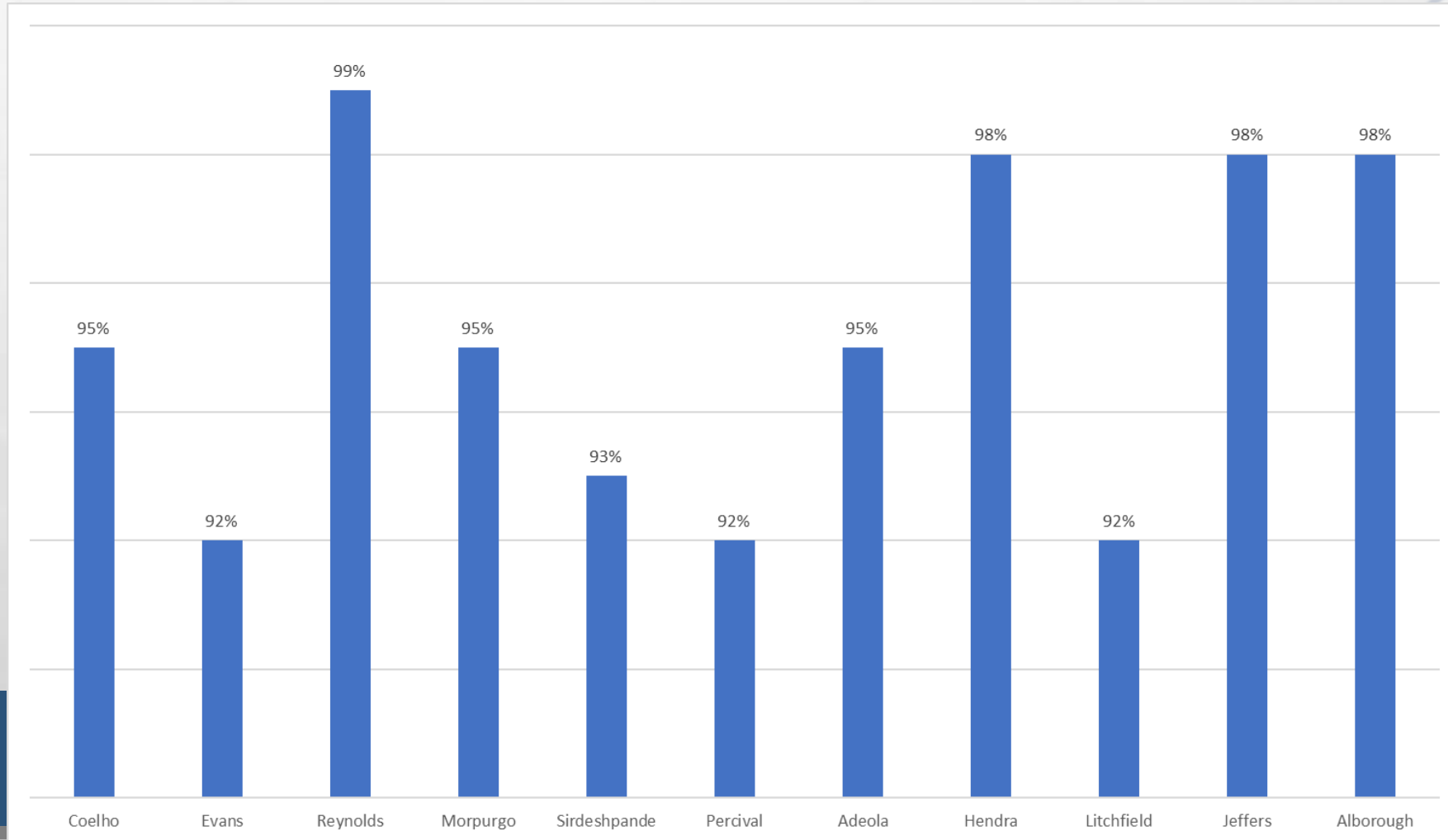
We are so proud of them.

Have a restful long weekend, see you all on Tuesday morning.



ATTENDANCE

Attendance totals for each class – Monday 29th April to Friday 3rd May



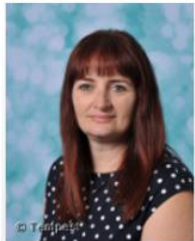
SAFEGUARDING



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	-	Olivia
LITCHFIELD	-	Fraser
HENDRA	-	Dominic
ADEOLA	-	Alona
PERCIVAL	-	Alfie
SIRDESH-PANDE	-	Teddie
MORPURGO	-	Hayley-Jayne
REYNOLDS	-	Sebastian
EVANS	-	Mia K
COELHO	-	Tim

congratulations



Wyspa TV

80th Anniversary Battle of Monte Cassino
Join us on Sunday 12th May 2024 12pm

Polish Heritage Day

Polish Saturday School at Harrogate High School Ainsty Road, Harrogate HG1 4AP

Bring your family & friends

Try authentic Polish food
Watch football match

Try Authentic Polish desserts & savoury dishes-

PIEROGI

Shop for Polish/English products,
arts & crafts
Live music
Folk dance

Fun activities & games for kids
Health check
Raffle & Tombola

Monica's Crochet Craft.

Cracovia

POLISH HERITAGE DAY



May 2024

Dear Team GR

Summer Fair, 5th July 2024, 3:30pm – 5:30pm

The Friends of Grove Road (FOGR) group have started preparations for this year's summer fair, which will be held in the playground and the bottom hall after school on Friday 5th July and we need your help to make it a success!



Olympic Theme

As the 2024 Olympics in Paris are coming up at the end of July, we are planning to do an Olympic themed summer fair. If you belong to an organisation that has any connections with the Olympics or are involved in sports represented at the Olympics and might be able to arrange any themed prizes/activities for the fair, please get in touch with the FOGR. Or do you know an Olympic sports star who might agree to come along for a brief appearance at the fair?

You can see a list of all the sports involved in Paris 2024 on the Olympic website: <https://olympics.com/en/paris-2024/sports>

How else can you help?

- Pre-fair preparation - wrapping prizes, preparation for games stalls, picking up donations, preparing signs/posters, selling tokens in the playground.
- Fair set-up – Stall set-up, putting up signs, food preparation etc.
 - 1.30 till 3pm on the day of the fair
- Running a stall – run a stall throughout the fair and packing away once finished.
 - 3pm till 5pm (ish)
- General tidy-up – help with packing away, tidying and taking away rubbish/recycling at the end of the fair.
 - 5pm till 6pm
- Donations – we would appreciate any donations of prizes for games, tombola, pre-loved soft toys etc. Please bring any donations to the school office

If you can help with the fair preparation, set-up, or running a stall and tidying up, or if you think you can help in any other way, please get in touch with the FOGR at friendsofgroveroad@gmail.com or ask one of the teachers to point you in the direction of a member of FOGR. We particularly encourage families with SEND children to get involved to help us make our events inclusive and enjoyable for everyone.

To keep up to date with plans for the summer fair and other FOGR activities and fundraising, please join our Facebook page – you can find the page using the QR code below.



Kind Regards

The FOGR Committee



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.



Why do we need a healthy packed lunch?

Stick me on
your fridge

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



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
	Tomato Pasta 🍝 🍅 🌱	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 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	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



SPRING/SUMMER 2024

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 filling
		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!

© 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®



What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

WHAT ARE THE RISKS?

MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to let the company who has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include overcharging shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These dangerous sales are sometimes aided by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outweigh any suspicions they may have.

SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

Advice for Parents & Educators

ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

Meet Our Expert

Dr Claire Luthander is an online safety consultant at iCyberware, who has developed and implemented anti-bullying and cyber safety workshops and policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUp
Wednesday

The
National
College



IMPORTANT DATES



When	Event
Monday 15 th April – Wednesday 17 th 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
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
Wednesday 10 th July 1:30pm – 3:00pm	Year 3 & Year 4 Sports Day
Friday 19 th July	School closes for the Summer Break (2:15pm)
Monday 22 nd July	INSET Day – School Closed