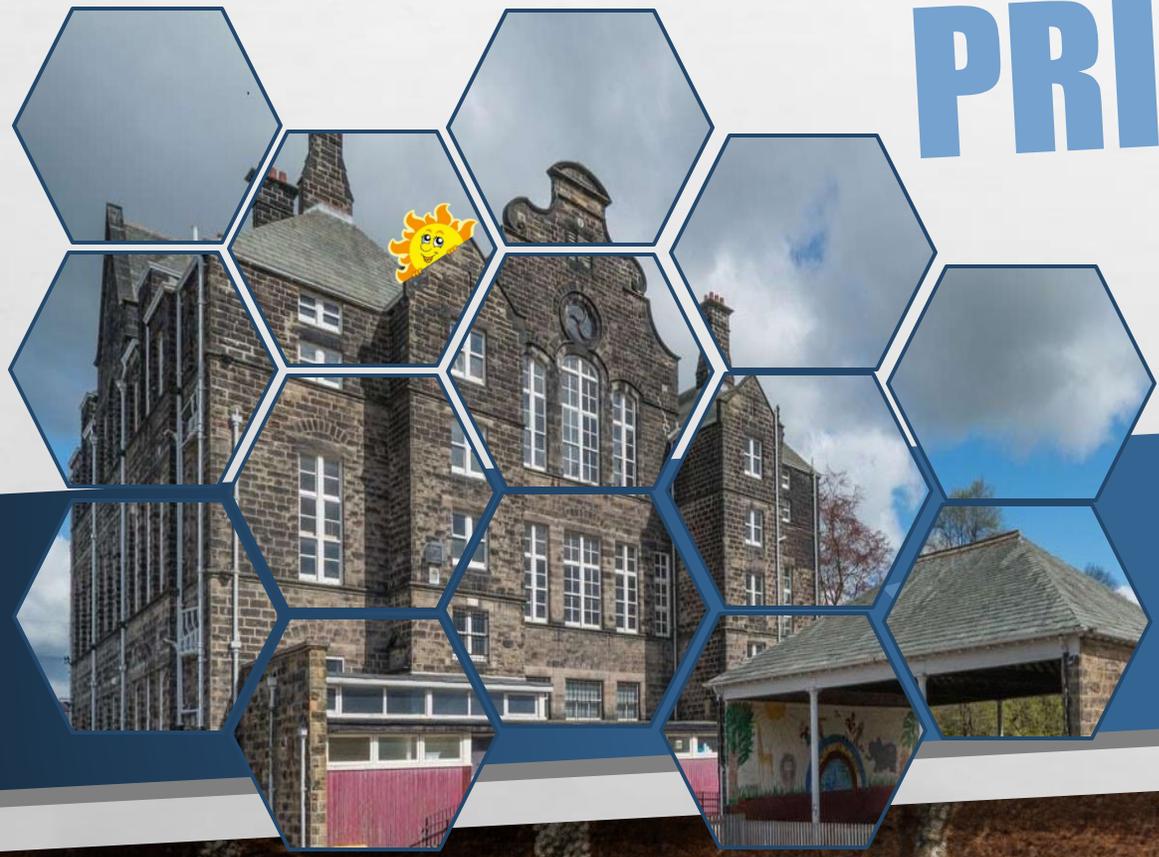




GROVE ROAD COMMUNITY PRIMARY SCHOOL

NEWSLETTER – 26TH APRIL 2024



Ofsted
Good School

2023/2024

NEWSLETTER



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

What an amazing week we have had in school, the children are really enjoying learning lots of new facts and skills in all lessons.

Please remember to check through the newsletter and note down any dates from the back pages. We will keep them as up to date as possible each week.

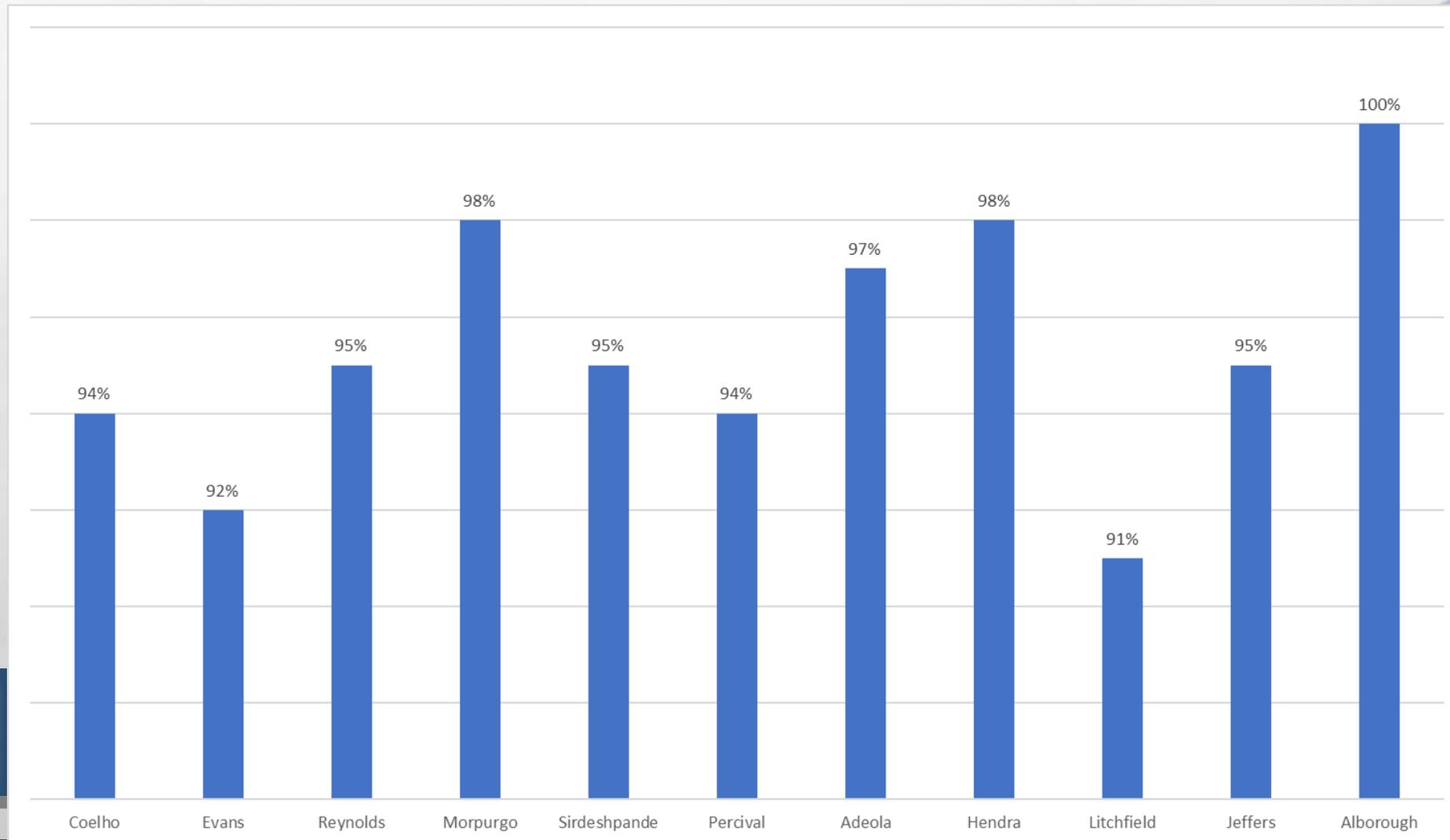
Have a wonderful weekend and see you Monday morning.



ATTENDANCE



Attendance totals for each class – Tuesday 22nd April to Friday 26th April



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	-	Phoebe
LITCHFIELD	-	Emmy
HENDRA	-	Bella
ADEOLA	-	Florence
PERCIVAL	-	Arya
SIRDESH-PANDE	-	Ayaan
MORPURGO	-	Kayden
REYNOLDS	-	Alysa
EVANS	-	Alice E
COELHO	-	Harry

Congratulations



Growing up in North Yorkshire 2024 survey

Children in Year 2 and Year 6 will be filling out the growing in North Yorkshire Survey this half-term.

If you have a child in either of these year groups, please keep an eye out for a letter from Mr Grayston with more information about the survey.

Reporting Absence

If your child is unwell and unable to attend school, please make sure that you are reporting their absence.

- If the absence is due to illness, this can be reported either by completing the form available on the school website **Report your child's absence**
- Alternatively, you can telephone the school office on 01423 506060. The office can be very busy at the start of the day so you may find reporting via the form the quickest and easiest option.
- Please notify us of any absence by 8:45am wherever possible.





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

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 	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			Vegetarian Oily Fish Wholegrain Fruity! Nutritionist's Choice		
Water, salad, freshly baked bread, yoghurt & fresh fruit					

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	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
DESSERT	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!

© 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

ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Wasingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Tasted, a sensory food education charity.



Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks

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