



Friday 11th October 2019

The Grove Valer

Well Being Day

Yesterday was Mental Health awareness day. To help raise awareness of mental health we held a Well Being Day. The aims of the day were: to increase children's understanding of what well being is; what has a positive and negative impact on their well being; and who to talk to if they feel stressed, anxious, sad or unhappy. Children completed physical activities; learnt about healthy eating and made healthy foods; learnt about well-being and how to have a healthy mind and took part in relaxation and yoga exercises. As a school we are taking an holistic approach to well-being, focusing on the 5 ways to improve our well being: connect, take notice, be active, keep learning and give.



Parents Evening –online booking

Thursday 24th October 3.45-6.45pm

This week your child has brought home a letter explaining all the details regarding this years parents evening.

The school has introduced a new and easy to use online appointment booking system. This allows you to choose your own appointment times with teachers and you will receive an email confirming your appointments. We are confident this will be an improvement to the previous system.

If you have any problems at all, then please call the school office and we will endeavour to help you.

CHANGE TO SWIMMING DAY

The week beginning 14th October children who are due to swim on the Friday, 18th October will now be swimming on the Thursday 17th October.

Year 2 Diwali Assembly

On **Friday 25th October @ 2.30pm** we would like to invite our year 2



parents into school to watch the Diwali assembly. Following this they will be able to see all the fantastic work the children have been doing linked to their topic 'London'.



Wizard of Oz

Congratulations to our very own star—Mrs Wetherall, who last week played the part of Glinda the Good Witch in the Wizard of Oz at the Grand Theatre in Wolverhampton.



PFA

PFA Disco—Thursday 7th November

3.30-4.30pm infant 5-6pm juniors

Letters to be sent home.

Christmas Fayre—Thursday 12th December straight after school

School Photos

This year individual school photographs will be taken on **Thursday 24th October**. The photographs will be taken by Tempest Photography. If you would like your child/ren's photograph taken with a pre-school (who don't attend Little Valers) or secondary school age siblings, please come to the Junior Link at 8.30am.

A separate letter will be sent home for siblings who attend school and would like to be photographed together.

Walk to School - WOW

Mrs Wetherall is really pleased with the progress of the walk to school initiative. She has already given out badges to half the school, well done! She would like to remind all parents about the 'park and stride' - parking on a road off Monksfield Avenue and walking the rest of the journey.

Please send your pictures of children walking to school to our twitter account: #GVwowntoschool and @GroveValePS. Thanks

Year 3 Healthy Eating Talk

On Monday the school nurses were in school to talk to the year 3 pupils about healthy eating. Harry from 3CP wrote about what they did: The nurse talked about having 5 vegetables and fruit a day, 2-3 protein, 2-3 carbohydrate and 2-3 dairy. He said we should only be having 4 sugars and that there are 11 sugars in a can of coke! He said we should only have 1 snack a day.

Picture News

Each week we use the picture news resources to drive our assemblies. Each week we focus on a current news story and discuss this with the pupils with a thought provoking question and images. We also focus on a British value each week. All of these resources are shared with parents via parent pay each week.



This week's Key question:- Is it important for others to always know where we are?

What3words, an app which is able to provide an almost exact location for wherever you are in the world by using just 3 words, has caused division between those who think it can save lives to others who believe that one company shouldn't know where we all are all the time. The app divides the world into three-metre squares and gives each one a unique three-word address in order for people to be easily found in emergencies, and to give the billions of people without a formal address access to one for the first time.

Things to talk about at home...

- Talk about how we keep in touch with people.
- Do we always know where our family and friends are?
- Do you think it's important to always know where people we care about are?
- Talk about how we use technology to help us to locate where we are and how to help find our way using online maps, satellite navigation etc.
- Discuss some of the ways our lives would be different without this technology

This week's British Value—Individual Liberty

Forest School

Monday afternoon: Yr 2

Tuesday morning: Yr 5

Thursday Morning: RH

Friday Morning: RGB

Can we remind parents that children MUST have appropriate outdoor clothes and shoes to take part in the session (jogging bottoms, jumper, wellies or walking boots, waterproof coat, hat and gloves). If they do not have suitable clothes they will not be able to take part in the session. If you have any questions please do not hesitate to contact school.

OPEN DAY

Wednesday 7th November school will be having a open day for prospective parents.

Times are:

9.30-11.30am

1.30-3pm

No appointment necessary just come to the school office.

Please pass this information onto any family or friends who have children starting school in September 2020.

Secondary School Applications

A reminder that the deadline for secondary school applications is **Thursday 31st October**. All applications now have to be made online. If you have any questions regarding secondary school applications please do not hesitate to get in contact with school.

http://www.sandwell.gov.uk/info/200303/school_admissions/349apply_for_a_school_place

Fundraising



We're raising £1,000 to help to fund an outdoor gym for my primary school, Grove Vale Primary School.

Mr Smith is trying to raise £1,000 to help fund an outdoor gym for our school. He is worried about the increase in childhood obesity. He wants to inspire and show children at Grove Vale that anything is possible. To this end he has entered the 2020 Montane Spine Race. Widely regarded as one of the world's toughest endurance races. A truly epic challenge that will test my physical resilience and mental fortitude. He will be racing non-stop along the most iconic trail in the UK, the 268 mile Pennine Way and will be experiencing the full intensity and ferocity of the British Winter. This will undoubtedly be the biggest challenge of his life. If any parents would like to donate, Mr Smith just giving page is: [ustgiving.com/crowdfunding/gary-smith-12](https://www.justgiving.com/crowdfunding/gary-smith-12)

Monday 14th-18th October	Black History Week
Monday 14th October 9-10am	KS1 SEND coffee morning
Tuesday 15th October 9-10am	KS2 SEND coffee morning
Thursday 24th October	School photos
Thursday 24th October 3.45-6.45pm	Parents evening
Friday 25th October	Reception vision screening
Friday 25th October @ 2.30pm	Year 2 Diwali Assembly and showcase 'London'-parents welcome
28th October—1st November	HALF TERM
Thursday 31st October	Deadline for Secondary school applications
Thursday 7th November	OPEN DAY
Thursday 7th November	School disco 3.30-4.30pm infant 5-6pm juniors
Thursday 12th December 3.45-6pm	Christmas Fayre
Friday 20th December	Break up for Christmas Holidays
Monday 6th January	Spring term start—pupils back to school

