



# Ashgrove Primary School Newtownabbey

## Our Weekly Newsletter

ISSUE: 24

FRIDAY 10<sup>TH</sup> MARCH 2017

### Rights Respecting Schools

Article 19 (protection from violence, abuse & neglect)

"Governments must do all they can to ensure that all children are protected from all forms of violence, abuse, neglect and bad treatment from parents and anyone who looks after them."

In school we have a very clear Safeguarding & Child Protection Policy. We actively promote safeguarding messages throughout the school in a language which child can understand. Safeguarding our pupils is of paramount concern to us in school.

### PTA Break the Rules Day!

**FRIDAY 17<sup>TH</sup> MARCH 2017**

With the help of the PTA we are organizing a BREAK THE RULES DAY on the above date! Pupils will have the chance to "break" one of the following rules...

1. Healthy Break- Eat what you like for break!
2. School Uniform- Wear your own clothes to school!
3. Friday Test- NO Friday test!
4. Move seats- sit where you like in class!

**To break a rule costs £1.00 per rule!**

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**Learning, Caring, Growing Stronger Together**

## School Council Stationary Shop!

The School Council Stationary Shop continues to be a great success. The Shop is open on Monday and Friday mornings from 8.40am until the bell rings at 8.55am. On dry mornings the Stationary Shop will be outside in the Playground, if it is wet the Shop will be outside Miss Crozier's P3 classroom. All monies raised will go to the School Council- they will choose how to spend the monies raised. See below for a price list!

Pencil Grips- 50p	Sharpeners- £1.20	Erasers- 30p
Handwriting Pens- 50p	Highlighters- 50p	Rulers- 50p
Wallets- 50p	Pencils- 15p	

## Diabetes Good Care in School Award

I am pleased to inform you that Ashgrove Primary School has been nominated for the Diabetes UK Good Diabetes Care in School Award, a brand new school award scheme which celebrates and showcases schools that deliver good care and support to children and young people with Type 1 diabetes.

As part of the nomination, Diabetes UK is inviting parents and carers to complete a brief online parent survey at <https://www.surveymonkey.com/r/schoolnomination> Please follow the link to the survey if you would like to show your support or to complete the questionnaire. The survey should take no more than 2 minutes to complete. You can select to answer this survey anonymously.

Please be advised that you have until **FRIDAY 24<sup>TH</sup> MARCH** to respond to this parent survey. Responses to this survey will be used by Diabetes UK to assess our school's nomination for this award. To find out more about the Good Diabetes Care in School Award go to [www.diabetes.org.uk/school-award](http://www.diabetes.org.uk/school-award)

## Primary 7 Readers to Ashgrove Nursery

On Wednesday afternoon some lucky Primary 7 pupils visited Ashgrove Nursery as part of their induction to start to read stories to the boys and girls. Mrs Barr in the Nursery is looking for enthusiastic readers who will be excellent role models for her pupils and help foster a love for reading. The lucky group will visit the Nursery once per week to read stories to the children. Thank you Mrs Barr for making us so welcome!



## Healthy Lunchbox Tips...

In-line with our Healthy Break Policy the Department of Education has issued some ideas to parents for healthy lunchboxes and breaktime snacks.

1. Base the main part of the lunch on starchy foods like bread, cereal, rice, pasta or potatoes.
2. Get creative with some alternatives to sandwiches e.g. wholemeal pitta pockets, tortilla wraps or pasta salad.
3. Include some protein such as lean meat, chicken, tuna, ham, cheese, egg or hummus.
4. Aim to have at least one fruit or vegetable-based food or drink in the lunchbox to count towards your child's five-a-day.
5. Children need to eat regularly to maintain energy levels, so don't forget to include a snack. These might include fruit, small packet of crisps, crackers with cheese, biscuit, yoghurt, samosa, chapatti, scone, fruit bun or chocolate as a treat.
6. Add a portion of semi-skimmed milk or other dairy food such as cheese or fromage frais.
7. Fluids are an important part of a child's diet. Try a variety of different drinks such as a carton of fruit juice, water, yoghurt or milk drink. (No fizzy or energy drinks please).
8. Try the mini-sized versions of your child's favourite foods – a healthy lunchbox does not mean giving up all the foods children enjoy.
9. Check out the Guideline Daily Amount information on the front of many food products and experiment with some different choices.
10. Pop a cool pack in the lunch box to keep the lunch cool.

## Can you help?

Can any of our parents and friends in school help us to gather a supply of wooden crates? We are hoping to build something exciting in the playground for the younger boys and girls to use during outdoor play. If you can help us please get in touch with Miss Morrison (Primary 1 teacher & Head of Foundation Stage).



## School Dinner Menu (£2.55 per day)

<p style="text-align: center;"><b><u>Monday 13<sup>th</sup> March</u></b></p> <p style="text-align: center;">Beef Burger, Beans, Chips, Mashed Potatoes &amp; Tomato Sauce</p> <p style="text-align: center;">~</p> <p style="text-align: center;">Egg Sponge Flan, Fruit &amp; Custard</p>	<p style="text-align: center;"><b><u>Tuesday 14<sup>th</sup> March</u></b></p> <p style="text-align: center;">BUFFET</p> <p style="text-align: center;">2 Sandwiches, 1 Chicken Goujons, 1 Pizza, Carrot Stick, Salad</p> <p style="text-align: center;">~</p> <p style="text-align: center;">Jam Sponge, Custard &amp; Fruit</p>
<p style="text-align: center;"><b><u>Wednesday 15<sup>th</sup> March</u></b></p> <p style="text-align: center;">Roast Loin of Pork, Cabbage, Oven Roast &amp; Mashed Potatoes &amp; Gravy</p> <p style="text-align: center;">~</p> <p style="text-align: center;">Chocolate Steamed Sponge, Custard &amp; Fruit</p>	<p style="text-align: center;"><b><u>Thursday 16<sup>th</sup> March</u></b></p> <p style="text-align: center;">Chicken Curry, Boiled Rice, Mixed Vegetables &amp; Naan Bread</p> <p style="text-align: center;">~</p> <p style="text-align: center;">Strawberry Mousse &amp; Fruit</p>
<p style="text-align: center;"><b><u>Friday 10<sup>th</sup> March</u></b></p> <p style="text-align: center;">Breaded Salmon Cake, Peas, Sweetcorn &amp; Mashed Potatoes</p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;">Lasagne, Peas, Sweetcorn &amp; Crusty Bread</p> <p style="text-align: center;">~</p> <p style="text-align: center;">Biscuit, Fruit &amp; Strawberry Milkshake</p>	<p style="text-align: center;"><b>HEALTHY BREAK</b></p> <p style="text-align: center;"><i>P1-4, 30p per day</i></p> <p style="text-align: center;">Tuesday: Toast, Pear &amp; Carrot</p> <p style="text-align: center;">Friday: Crusty Bread, Apple &amp; Celery</p>

## Attendance at school...

Mrs Carberry and I regularly review the percentage attendance figures of each child in school. We monitor attendance each month and aim to swiftly support pupils and families whose attendance is low. Mrs Carberry will soon write to parents informing them if their attendance is a concern.

### Please see below for the overall class average attendance since September 2016

P1- Miss Morrison	94%	P2- Miss McDowell	97%	P3- Mrs Douglas	94%
P1- Miss McLaughlin	96%	P2- Mrs Cartmill	96%	P3- Miss Crozier/Manion	94%
P4- Mrs Torrie	97%	P5- Mrs Carberry	95%	P6- Mr Morrow	95%
P4- Mr Hutcheson	96%	P5- Mrs Luney	95%	P6- Mrs Ewing	96%
P7- Mr Agnew	93%	P7- Miss Taylor	97%		

