



Ashgrove Primary School Newtownabbey

Our Weekly Newsletter

ISSUE: 24

FRIDAY 9TH MARCH 2018

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 16TH MARCH 2018

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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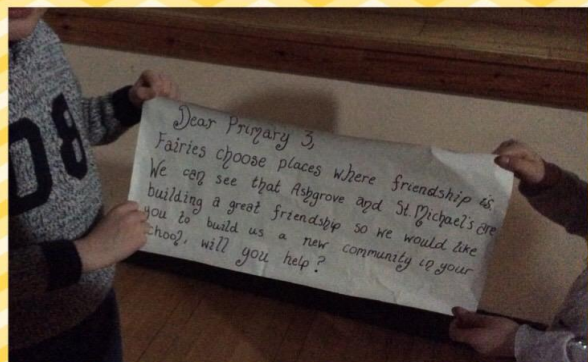
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Learning, Caring, Growing Stronger Together

Shared Education updates...

Both Primary 5 and Primary 3's met up with our friends in St Michael's this week. Primary 5 pupils all visited Ashgrove and spent a day with a local storyteller. Primary 3 pupils visited St Michael's, they spent the day on STEM activates linked to ECO Schools!



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.

Healthy Break Rewards...

To help promote healthy eating and good lifestyle choices our School Councillors are helping to monitor who is eating a piece of fruit or vegetable for break each day... As a reminder, if you eat a healthy break EACH DAY for two consecutive weeks – you will receive a night off written homework.

We are asking mums and dads at home to help support us in promoting healthy choices by being mindful of break-time snacks. Thank you.



Reading Week

We all got into Reading this week in school in a big way! We stopped to read when the bell rang each day... different teachers even swopped classes to read.



School Dinner Menu, £2.60 per day

Vegetarian Options are available

Monday 12th March

Sausages, Beans, Chips, Mashed Potatoes & Tomatoes Sauce

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Yoghurt & Fruit

Tuesday 13th March

Savoury Mince, Sweetcorn, & Mashed Potatoes or Pizza, Sweetcorn & Salad

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Flake meal Biscuit & Milkshake

Wednesday 14th March

Roast Chicken, Diced Cabbage, Oven Roast & Mashed Potatoes & Gravy

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Rice Pudding & Fruit

Thursday 15th March

Chicken Curry, Boiled Rice, Naan Bread & Carrot Sticks

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Canadian Tart & Custard

Friday 16th March

Pasta Bolognese, Cheese & Crusty Bread **OR** Fish Fingers, Peas & Mashed Potatoes

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Pear & Chocolate Favoured Sponge & Custard

PLEASE SELECT DAYS FOR ALL
SCHOOL MEALS ONLINE, VIA
SCHOOLMONEY...

WE WILL NO LONGER ACCEPT
CASH PAYMENTS FROM THE END
OF MARCH

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 2017**

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- Mrs Flaherty	97%		

