



# Ashgrove Primary School Newtownabbey

## Our Weekly Newsletter

ISSUE: 24

FRIDAY 8<sup>TH</sup> MARCH 2019

### *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 15<sup>TH</sup> MARCH 2019*

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**

# Science Week in Ashgrove PS

Monday 1<sup>st</sup> – Friday 5<sup>th</sup> April

Science week is happening in school during the week beginning the 1<sup>st</sup> April 2019. During this week there will be lots of exciting science activities in school focused on practical Science and STEM (Science Technology Engineering & Maths). This is part of our work towards gaining our Primary Science Quality Mark.

## SCIENCE FACTOR COMPETITION

During Science Week **P4-7 pupils** will take part in our **SCIENCE FACTOR COMPETITION!** Pupils should bring in from home a science experiment to share with their class. Children should bring their experiments on **Monday 1<sup>st</sup> April**. These will be shared with classmates throughout the week with the top experiments going forward to our Science Factor Finals on **Friday 5<sup>th</sup> April**.

This is a great opportunity to work with your child to find a simple, fun experiment to share with classmates... for straightforward ideas check Pinterest or Dadlab.

(PLEASE REMEMBER THAT WE ARE ONLY ALLOWED TO USE CERTAIN CHEMICALS IN CLASS AND NO FIRE OR FLAMES).

## PARENT VISITORS

We have a number of guest speakers coming to school for Science Week, but we would love to involve our parents... If you, or someone you know is **involved in a scientific career**, please speak to Miss McDowell about the possibility of visiting school during our science week to deliver a short presentation/talk to a class.

## SCIENCE SHIRTS

Pupils are encouraged to bring in an old white shirt or t-shirt that they can wear in school during Science Week. (Please do not buy new shirts!)

## FOUNDATION STAGE DAY OPEN DAY (TUESDAY 2<sup>ND</sup> APRIL 2-3PM)

Parents/ grandparents etc of pupils in Primary 1 and Primary 2 will be invited in to school on **Tuesday 2<sup>nd</sup> April** to take part in science activities with their children. A separate reply note will be sent home with your child to be completed.



## 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 Munching March

Thank you to our parents and everyone at home for your help so far in promoting healthy breaktime snacks. The uptake of pupils eating a healthy snack this week is much improved.

As a reminder, pupils who continue to eat a snack all of next week will be rewarded with a night off written homework!



## School Residentials...

We are fortunate to offer our pupils a range of educational visits and residentials. Where there is a significant cost to a residential we stagger the payments for parents to make costs more manageable.

As a reminder, payments for the following residentials are due on the dates outlined:

- P7, Edinburgh: 31<sup>st</sup> March 7, 2019  
30<sup>th</sup> April, 2019
- P6, Ganaway: 31<sup>st</sup> March 7, 2019  
30<sup>th</sup> April, 2019  
31<sup>st</sup> May, 2019
- P5, Greenhill: 5<sup>th</sup> April, 2019
- Ski Trip 2020: payments due on 11<sup>th</sup> of each month to October.

## Primary 2 Assembly...

P2 parents and carers are invited to our Assembly on Tuesday 19<sup>th</sup> March, 9.15am. Miss McDowell and Mrs Cartmill will send home a note with more information.

## Science Week

Do you or anyone at home have a job which requires a science background? e.g. mechanic, nurse, architect, surveyor, computer technology etc... if so, please get in touch with us if you can spare half an hour of your time to talk to one of our classes during Science Week!

## Random Act of Kindness Day

Our Ashgrove Anti-Bullying Ambassadors are organising a **RANDOM ACT OF KINDNESS DAY on Friday 29<sup>th</sup> March**. This is a great way to show appreciation, care and kindness to others in school. This could be something as simple as giving a classmate a complement, holding a door open for an adult or friend, including someone in your playground games or perhaps giving a small gift. By making a point of developing these behaviours and mindset we are developing good social skills with our children... please take some time to talk with your child at home about how they could show a **RANDOM ACT OF KINDNESS**.



## School Dinner Menu, £2.60 per day

**Vegetarian Options are available**

<p style="text-align: center;"><b><u>Monday 11<sup>th</sup> March</u></b></p> <p>Sausages, Beans, Chips, Mashed Potatoes &amp; Tomatoes Sauce</p> <p style="text-align: center;">~</p> <p style="text-align: center;">Yoghurt &amp; Fruit</p>	<p style="text-align: center;"><b><u>Tuesday 12<sup>th</sup> March</u></b></p> <p>Savoury Mince, Sweetcorn, &amp; Mashed Potatoes or Pizza, Sweetcorn &amp; Salad</p> <p style="text-align: center;">~</p> <p style="text-align: center;">Flake meal Biscuit &amp; Milkshake</p>
<p style="text-align: center;"><b><u>Wednesday 13<sup>th</sup> March</u></b></p> <p>Roast Chicken, Diced Cabbage, Oven Roast &amp; Mashed Potatoes &amp; Gravy</p> <p style="text-align: center;">~</p> <p style="text-align: center;">Rice Pudding &amp; Fruit</p>	<p style="text-align: center;"><b><u>Thursday 14<sup>th</sup> March</u></b></p> <p>Chicken Curry, Boiled Rice, Naan Bread &amp; Carrot Sticks</p> <p style="text-align: center;">~</p> <p style="text-align: center;">Canadian Tart &amp; Custard</p>
<p style="text-align: center;"><b><u>Friday 15<sup>th</sup> March</u></b></p> <p>Pasta Bolognaise, Cheese &amp; Crusty Bread <b>OR</b> Fish Fingers, Peas &amp; Mashed Potatoes</p> <p style="text-align: center;">~</p> <p style="text-align: center;">Pear &amp; Chocolate Favoured Sponge &amp; Custard</p>	<p style="text-align: center;"><b>Healthy Break</b></p> <p style="text-align: center;"><b>30p per day...</b></p> <p>Tuesday: Toast, Red Apple &amp; Cucumber</p> <p>Friday: Crusty Bread, Orange &amp; Red Pepper</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*

**2018**

P1- Miss Morrison	94%	P2- Miss McDowell	97%	P3- Mrs Douglas	94%
P1- Mrs Coulter	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%		

