



# 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 27<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**

## TIME TO COUNT...

We are introducing a new initiative in Ashgrove called **"TIME TO COUNT"**. This aims to support children who need a "boost" in the area of Numeracy. We are looking for adult volunteers who can give 1 hour each week on a Tuesday or Thursday morning from 9.10am.

Volunteers will receive training in helping to support a small group of children with Numeracy. If you can volunteer some time, please contact us in school.

## SCIENCE WEEK, MONDAY 11<sup>TH</sup> MAY

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 Miss McDowell P2, 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 3<sup>rd</sup> April 2020**. 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**.

## A Night at the Movies!

Miss McClune, the Senior Choir and the Drama Club in Key Stage Two are busily preparing for our upcoming "Night at the Movies!" on Tuesday 31<sup>st</sup> March, 6.30pm. This promises to be a wonderful evening and we invite our parents and carers to attend... more information is in the next section of the Newsletter.



## HEALTHY LUNCHBOX TIPS...

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

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!





## SPRING CONCERT - A Night at the Movies!

Ashgrove Primary School Presents

# *A Night at the Movies*

Tuesday 31<sup>st</sup> March



Showtime:  
6:30PM  
Admission:  
£5 per ticket



LIGHTS. CAMERA. ACTION.





## SCHOOL DINNER MENU, £2.60 PER DAY

VEGETARIAN OPTIONS ARE AVAILABLE

### Monday 9<sup>th</sup> March

Fish Fingers, Baked Beans & Chips

~

Yoghurt & Fruit

### Tuesday 10<sup>th</sup> March

Steak Burger in a Bap, Salad, Coleslaw & Spiced  
Cubed Potatoes OR Chilli Chicken Pasta, Salad  
& Wheaten Bread

~

Chocolate & Pear Sponge & Chocolate Sauce

### Wednesday 11<sup>th</sup> March

Roast Chicken, Stiffing, Diced Carrots &  
Parsnip, Oven Roast & Mashed Potatoes &  
Gravy

~

Fresh Fruit & Yoghurt

### Thursday 12<sup>th</sup> March

Chicken Curry, Boiled Rice, Naan Bread &  
Garden Peas

~

Fruit Jelly & Ice Cream

### Friday 13<sup>th</sup> March

Pasta Bolognaise, Carrots & Crusty Bread **OR**  
Chicken Goujon Wraps & Salad

~

Yoghurt & Fruit

### **Healthy Break**

**30p per day...**

Tuesday: Toast, Red Apple & Cucumber

Friday: Crusty Bread, Orange & Red Pepper

## 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 2019

P1- Miss Morrison	94%	P2- Miss McDowell	97%	P3- Mrs Douglas	94%
P1- Mrs Coulter	96%	P2- Mrs Cartmill	96%	P3- Miss Johnston/Manion	94%
P4- Mrs Torrie	97%	P5- Mrs Carberry	95%	P6- Miss McLune	95%
P4- Mr Hutcheson	96%	P5- Mrs Luney	95%	P6- Mrs Ewing	96%

