



Weekly Newsletter

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Newsletter No: Summer 11

Telephone 01803 862018
5th July 2023

Dear Parents and Carers,

See you on Friday!! The Summer PTA fete is on Friday after school from 3:30pm until 6:00

This is a great opportunity to have lots of fun and raise funds for the school. There is food and drink available, lots of games and stalls and most importantly an opportunity to spend time with friends, parents and staff.

Children can wear mufti to school so they are ready to enjoy the fair straight after school with a 3:30 start and could we ask for cake donations for the cake stall please.

Packed lunches and snack new policy (From September)

The children have all been working hard for the last 6 months trying to negotiate a packed lunch and snack policy to encourage healthy eating but acknowledge different tastes and needs amongst the children. We are all very keen that the healthy school dinner design is replicated for all and the children are very proud of their healthy food choices. We would now like to ask parents and carers for their thoughts so we can run with it from September. Please see below at the bottom of the newsletter.

Mrs Johns Drama Club

The Theatre Performance club run by Mrs John will be performing at The Drum Theatre, Plymouth on Wednesday 12th July. This is part of a national festival run in part by Theatre Royal Plymouth and they will be performing a play commissioned as part of the festival. They will be doing a warm-up performance to KS2 on Monday 10th July in the hall.

Children's school reports for 22-23

The children's school reports will be emailed to you over the week beginning the 10th July. If you don't have yours by Monday 18th please get in touch immediately. If you require yours as a paper copy, then please also let us know. We will email the reports to one parent and would appreciate if you could forward the report to the other parent or carer. Please ensure we have your current email address if you have changed yours since September 2021.

Rebecca will email out the following classes on the days stated below:-

Monday 10th July – Acorns (Robins and Treecreepers) and Lime

Tuesday 11th July – Dove and Chestnut

Wednesday 13th July – Willow and Mountain Ash

Thursday 14th July – Beech and Flame

Friday 15th July – Trumpet and Ginkgo

Sports Afternoon

We would like to invite you to our sports afternoons. The sports afternoons will be taking place on Tuesday 11th July for KS2 and Wednesday 12th July for Reception and KS1 (weather permitting). The children will be in cross-year group teams and will participate in a number of athletic activities, which have been planned by year 5 and 6. Siblings will be in the same teams. Teams accumulate points which add up towards a team taking 1st place. There are not individual competitive races for our sports days.

Your child will be bringing home a letter with details about the team they are in. They can wear their kit to school on the day. Two tickets per family will also be attached. If you do not need your tickets, please return them to school. The sports afternoon will start at 1:30. Please arrive at 1:15 at the back gate entrance (Heathway) with your tickets.

Dates for your diary this half term <http://www.the-grove-primary.devon.sch.uk/web/calendar/256154>

Willow Tree class Apricot Farm trip – Monday 10th July (ParentPay)

Year 3, 4, 5 and 6 Sports afternoon - Tuesday 11th July Times

Reception, Year 1 and 2 sports afternoon - Wednesday 12th July Times

Year 6 Performance KEVICC – Wednesday 19th July 1.30 and 5.30 performances

Kind regards - Hilary Priest

Adverts – please note that the school is neither recommending nor supporting the adverts below. If you wish to advertise in our newsletter then please contact the school for details.

The Grove School packed lunch and snacks in school policy

Dear parents and carers,

We have been working with the children over the last 6 months about healthy eating and how it can improve your concentration and mood. We have discussed the below at length, made some compromises and have finalised on the below as a recommendation from September. I do hope you will support the children in this plan.

Children who do not wish to have a school meal may bring a packed lunch. Please include food you know your child enjoys and check that you send an appropriate quantity as children can often bring far more than they can manage. We send lunch boxes home with all the cartons, wrappings and peel etc to help parents monitor how much their child is eating.

We recommend that packed lunches mirror the national school food standards to provide a balanced midday meal that should include:

- a (fist sized) carbohydrate portion for energy (such as a roll, bagel or pitta bread, a wrap or a potato, pasta, rice, rice cake, couscous or noodle salad) These starchy foods are important for children. They are filling and provide energy.
- protein (a palm sized portion of, for example meat, chicken, tinned fish, beans, hummus, egg or cheese) Growing children need the protein, iron and vitamins these foods provide.
- a dairy portion (eg size of two fingers of cheese, a cup of milk, fromage frais or yoghurt) The calcium and protein in this food group are needed for building strong bones and teeth.
- vegetables and fruit (like salad, carrots, celery, tomatoes or cucumber and all kinds of fresh or dried fruit) These foods provide fibre and vitamins which help to keep your child healthy.
- You could also give your child one of the following: Extras - fruit bread/ malt loaf/ banana cake/ plain fruit/ cheese scone etc

Some ideas on links here or search for yourself:

[https://www.healthylittlefoodies.com/healthy-lunchbox-ideas/#Lunchbox_Builder - What to Put in A Healthy Lunchbox](https://www.healthylittlefoodies.com/healthy-lunchbox-ideas/#Lunchbox_Builder_-_What_to_Put_in_A_Healthy_Lunchbox)

<https://www.superhealthykids.com/kid-lunchbox-photo-roundup-90-healthy-lunches/>

https://www.healthycornwall.org.uk/media/riqo4w41/under-5-s-healthy-lunchbox-card_a5_web.pdf

What are snacks for?

Snacks are meant to provide a boost of energy if a few hours pass between meals and blood glucose levels drop. They can help prevent overeating at the next meal by not being too ravenous and they can provide extra nutrients when choosing certain snacks like fresh fruit or nuts. SNACKS are not TREATS – this is something different and can be enjoyed every now and then as a treat – AT HOME.

SO... use some of the ideas for lunches to give your child a worthwhile snack and remember that chocolate, confectionary and highly processed fat and sugar content products are not recommended or encouraged. Manufactured food high in fat or sugar are NOT allowed eg sweets, chocolate bars etc. (unless for a specific medical need). Children who eat these at lunch

can be lethargic and less focused for the afternoon and not be the best learners they can be. Home-made snacks, cakes, flapjacks etc can be allowed but please be cautious of overly fatty and sugary recipes or products. Here are some more ideas: https://www.healthycornwall.org.uk/media/qg4fq544/under-5-s-healthy-snacks-card_a5_web.pdf

Drinks

Drinking water is provided by the school and the children can bring their own drinks bottle to fill up. - fizzy drinks (except fizzy plain water) and sugary drinks are not allowed. Children could bring in no-added-sugar or sugar-free juice, squash, cordials or flavoured water if they wish – the aim with liquids to stay hydrated is to drink smaller amounts regularly rather than guzzle down huge amounts once in a while.

Lunch boxes and drinks containers do need to be robust and clearly marked with your child's name.

Allergies note

We don't forbid allergenic foods in school such as nuts but we try to educate the children how to be allergy aware. The class teachers will let the children and parents know what allergies they may need to be aware of i.e. for airborne allergies but most allergies are caused when an item is ingested so we do not allow children to share food at school.

Adults Football

Spaces available in our Adults weekly football session at 8pm on Tuesdays.

We play 5/6 a side in the Pavilions sports hall for 1 hour.

Very informal, with the standard varying between pedestrian to outstanding.

Get in touch if you're up for it. Contact Del

Del 07917 729 398

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