



# **ROSSETT ACRE PRIMARY SCHOOL**

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Headteacher: Corrine Penhale

Deputy Headteacher: Kate Woodcock

*Our school:*

*'Excellence and happiness for all'*



Charity No.1048680

## **NEWSLETTER FOR ROSSETT ACRE – 8 February 2024**

### **Forthcoming dates for your diary**

Fri 9 Feb	<b>Close for half term – usual time</b> (EYFS: 3.20pm, Y1-Y6: 3.30pm)
Mon 19 Feb	<b>School opens – at the usual time.</b>
Fri 23 Feb	PTA Quiz Night. Further information below
Thursday 7 March	<b>*NEW*</b> World Book Week
Mon 11 March	<b>*NEW*</b> Science Week
Fri 15 March	<b>*NEW*</b> Walk to School Day and Comic Relief Day
Fri 22 March	<b>*NEW*</b> KS1 Easter Bonnet Parade
Fri 22 March	<b>*NEW*</b> Finish for Easter at 2.30pm

This week it is Children's Mental Health Week and the theme is 'My Voice Matters.' On Monday, Miss MacGillivray led an assembly on the theme of mental health as part of her PSHCE Leader role. The children watched a short video about mental health which explained what mental health was (and that we all have it) and also provided some strategies re: what we can do to support our own mental health.

This week, in their classes, the children have been going out for a brief walk around our grounds each day to give them the opportunity to move, exercise and talk about their mental health. They have also participated in other activities in class.

Action for Happiness is a charity that provides a range of resources that can support your mental health including a monthly calendar of ideas that are easy to do for adults and children alike. (See below) There are even podcasts that you can listen to on a number of different topics to support your mental health.

You can take a look at these resources here: <https://actionforhappiness.org/>





Thank you to everyone who walked, cycled or scooted to school on Friday last week, in what was very blustery and wet weather. I salute you – well done.

### QUOTE OF THE WEEK

**'If you don't like the road you're walking, start paving another one.'** (Dolly Parton, singer, songwriter, actress, philanthropist)

### CONGRATULATIONS

Congratulations to the children who received a certificate in last week's Celebration Assembly: Jayce D (AC), Edith D (AB), Sophia B (ER), Lexi F (JW), Mollie B (EM), Lawrence R (AI/LS), Afie C, Lucie-Mai K, Ellie W, Ava H (PA/EH), Jake D (MW), Harry S (SK), Charlie W (TM), Seb S, Iqra K, Tyree B, Seth L-C (CD).

Lunchtime Award: Congratulations to Stanley M (Y4, PA/EH) whose winning ticket was drawn out for great behaviour at lunchtime.

### READING AMBASSADORS

Miss Dodgson has been pleasantly overwhelmed by the number of applications to be a Reading Ambassador. Over 70 children from Years 1-6 have completed their job application forms, stating why they would make a good Reading Ambassador, alongside information about their personal reading habits and ideas for how to engage even more children with reading at Rossett Acre. There were some extremely detailed application forms and many heart-warming comments about reading:

- I'd like to share my love of reading with my friends (Y1)
- I love reading. Sometimes it even feels like I'm in the story (Y2)
- I think if we all read, we could change the world (Y3)
- I love reading and it helps me calm down (Y4)
- I love reading: it makes me happy, so by helping others to read, everyone can be happy (Y5)
- Reading helps me relax; I would love to pass on my passion for reading to the younger children (Y6)
- I love how we have the privilege of reading every morning in school (Y6).

It is going to be extremely tough to choose a group of Reading Ambassadors from all the amazing application forms received. Miss Dodgson will read them all again during the holidays and call children to interview once we return from half term. All children who have completed their job application form can have 5 house points. Well done and thank you for the time and effort you have all made in your quest to be a Reading Ambassador!

## **SAFER INTERNET DAY**

Tuesday was Safer Internet Day with the theme being "Inspiring change? Making a difference, managing influence and navigating change online."

The children have been involved in discussions and work around how to be safe online this week, however, at Rossett Acre we do not wait for this special day to ensure that keeping children safe online is a priority; we do this every day.

Here are some advice pages for parents and carers taken from the North Yorkshire Safeguarding partnership: [Home Learning Hub - Safer Schools \(oursaferschools.co.uk\)](https://oursaferschools.co.uk/home-learning-hub/primary/)

Safer Internet Day is a great opportunity to focus on online safety with your child, whatever their age.

This year's theme is all about change and influence online. To help you talk about these issues and ideas with your child, no matter how much time you have and, in an age-appropriate way, here are some resources:

<https://oursaferschools.co.uk/home-learning-hub/primary/>

[Online Safety Guides – Social Media - Our Safety Centre](#)

[Online Safety Guides – Gaming - Our Safety Centre](#)

[Online Safety Cards: Streaming - Our Safety Centre](#)

Key questions parents may have this Safer Internet Day:

- Things change so fast online, it's hard to keep up with what my child is doing.
- My child keeps asking to play a game, or download an app that I don't know about, what can I do?
- My child is asking for a new device and I'm not sure they are ready for one.
- I'm not sure if the content my child is watching is a good influence on them, what can I do?
- What does an influencer do and how can they affect children's behaviour?
- My child is keen to share content and make a change online. How can I help them achieve this safely?
- How to make a report online.

Did you gift a new device at Christmas?

The gift of technology at Christmas is often one that is popular amongst many. Providing access to the online world, you can enjoy chatting with friends and discovering new games, however, have you taken the necessary steps to ensure its secure?

Visit the Ineqe safety centre: [Our Safety Centre](#) where you will discover information on setting up parental controls, privacy settings, safety measures and much more.

# Online Safety Newsletter

# Safer Internet Day

Established by the UK Safer Internet Centre (UKSIC), Safer Internet Day is celebrated around the world. This year, on Tuesday 6th February 2024, it will be celebrated with the theme:

**Inspiring change? Making a difference, managing influence and navigating change online.**

## How can I get involved?

### UK Safer Internet Centre Resources

As usual, the UKSIC have created some fantastic resources, which includes top tips, help and advice and a short film to help you start a conversation with your child. Find out more here:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers>

### My child keeps asking to play a game, or download an app that I don't know about, what can I do?

The UKSIC answer this question and provide links to useful websites to help you decide what is suitable for your child:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers/my-child-keeps-asking-to-play-a-game>

### Who influences your child?

An influencer is somebody prominent on social media such as YouTube and Instagram, who have a high number of followers. Influencers share their opinions/ideas and may be paid to advertise/promote products through their account. The NSPCC have created an article detailing what you need to know about online influencers here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-05-16-the-influence-of-influencers/>

### Digital futures

As Safer internet Day is all about change, Internet Matters have published advice on new and emerging technologies:

<https://www.internetmatters.org/tech-and-kids-digital-futures/>

### Making a difference: being kind online

The BBC have curated a host of videos and articles incorporating ideas and advice to help make the online world a kinder place:

<https://www.bbc.com/ownit/collections/being-kind-online>

### Apple online event: Thurs 8<sup>th</sup> Feb 3.30pm – 4.30pm

Apple will be hosting an online event to celebrate Safer Internet Day. They will be joined by Will Gardner (from Childnet and UKSIC) who will provide an overview of the importance of Safer Internet Day and then Apple will provide a demonstration of their controls. Find out more here:

[https://events.apple.com/content/events/os/eb/en/default.html?token=xww6uj7woR0X9A3f9q4OQk9VdH60MurN7MAvJSY75sHQxWqaTEhMJEmaIXqC7MMJuZhb5cjK2\\_RsJEnGDWIrXhcGlvVfboOSca2wiYDoLAT3GkRLh-DcTmEHQI72rxOfFw&a=1&Locale=en\\_GB&l=en](https://events.apple.com/content/events/os/eb/en/default.html?token=xww6uj7woR0X9A3f9q4OQk9VdH60MurN7MAvJSY75sHQxWqaTEhMJEmaIXqC7MMJuZhb5cjK2_RsJEnGDWIrXhcGlvVfboOSca2wiYDoLAT3GkRLh-DcTmEHQI72rxOfFw&a=1&Locale=en_GB&l=en)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 1.2.24.



## HEALTHY PACKED LUNCHES

We recently received a Silver Healthy Schools Award which we are very proud of.

Below are some ideas for Healthy Packed Lunches produced by North Yorkshire Council's Healthy School Award. Take a look...

Please remember **not** to include any items in your child's packed lunch that includes nuts – this includes peanut butter. We have several children and staff who have a nut allergy and we endeavour to keep everyone as safe as possible. Thank you.



### Why do we need a healthy packed lunch?

*Stick me on your fridge*



A healthy packed lunch will give children the **energy** and **nutrition** they need to get the most from their day – helping them to **stay healthy, feel good and be ready and able to learn**. Packed lunches should be made up of foods from the main food groups in the **Eatwell Guide** [www.nhs.uk/live-well/eat-well/the-eatwell-guide](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide) and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.

**What should I include in my healthy packed lunch?**

Please try to include **ONE** of each of the following in your lunch each day:



**STARCHY CARBOHYDRATE**

- ✓ bread, wrap, pitta, bagel, rolls, baguette
- ✓ rice or couscous
- ✓ pasta
- ✓ noodles
- ✓ potatoes

Wholemeal/wholegrain options contain more fibre and keep you fuller for longer

**Gives you energy for the day ahead!**



**DAIRY FOOD (or non-dairy alternative)**

- ✓ cheese – hard, soft, spread
- ✓ yoghurt or fromage frais
- ✓ milk
- ✓ custard

Choose low fat, low sugar options where possible

**Good for healthy bones and teeth!**



**FRUIT (fresh, frozen, tinned or dried)**

- ✓ apple
- ✓ banana
- ✓ satsuma
- ✓ pear
- ✓ plum
- ✓ mango
- ✓ melon
- ✓ small box of raisins
- ✓ cherry tomatoes (chopped)
- ✓ handful of grapes (halved)
- ✓ fruit salad or kebab

**Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'**

**How much?** A portion is one child-sized handful.



**VEGETABLES OR SALAD**

- ✓ chopped vegetable sticks (e.g. carrot, cucumber, pepper)
- ✓ salad in sandwiches
- ✓ vegetable soup



**PROTEIN**

- ✓ meat e.g. sliced lean ham, chicken or beef in a sandwich
- ✓ fish – try to include oily fish such as salmon or sardines at least once every 3 weeks (tuna doesn't count – sorry!)
- ✓ eggs
- ✓ lentils, beans, chickpeas

**Helps your body to grow and develop**

**DRINKS** – plain tap water is the best option, especially for teeth. Please send your child with their own named, clean water bottle each day.

**Drinking enough each day helps keep your body working well and your skin looking healthy!**

**Me-sized meals**

Young children don't need as much food as teenagers and adults. When they eat more than they need, the excess energy is stored as fat in their bodies.



**What about snacks?**

**The best options for snacks are:**

- ✓ Portion of fresh fruit (no dried fruit as snacks please as the sugar can stick in teeth).
- ✓ Vegetable sticks

Other ideas for healthy snacks could be rice cakes, bread sticks, bag of plain popcorn.

Please do **NOT** include the following items:

- ✗ Sweets and chocolate bars – these foods are high in sugar and calories, low in goodness, and are harmful for teeth.
- ✗ Squash or fizzy drinks – water is best for teeth.
- ✗ Other items e.g. nuts, sesame, fish.

**Thank you!**

The NHS has lots of ideas for making healthier snacks, pudding and drinks choices: <https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps>

**5 top tips for your packed lunch**

- Freezer packs can keep food cool. Freeze a (reusable) bottle of water which will be ready to drink by lunchtime.
- Get your child to help pack their lunch box – they are more likely to enjoy it.
- Children love to dip – cut up pitta bread or use veg sticks to have with a pot of yoghurt dip e.g. tzatziki.
- Use pastry cutters to cut funny-shaped sandwiches.
- Protect your fruit by putting it in a small plastic container e.g. apple/banana guard.

**School dinners are best!**

Making packed lunches can be time consuming and expensive – why not try school dinners?

School meals provide your child with a nutritionally-balanced variety of foods. **Every** infant child (aged 5-7) is entitled to a **FREE** school lunch.

Also, **FREE** school meals for all age groups are provided to families who receive qualifying incomes such as income support and universal credit. **Ask your school office** how to order yours. More information is available from **your school's website** or the **North Yorkshire County Council website** [www.northyorks.gov.uk/school-meals](http://www.northyorks.gov.uk/school-meals) [www.northyorks.gov.uk/free-school-meals](http://www.northyorks.gov.uk/free-school-meals)

Here are some websites with more information to help your family to stay healthy, happy and well:

[healthyschoolsnorthyorks.org/healthy-food](http://healthyschoolsnorthyorks.org/healthy-food)

[nhs.uk/live-well/healthy-weight/childrens-weight](http://nhs.uk/live-well/healthy-weight/childrens-weight)

And some information on saving money, local food banks, financial support and eating well on a budget:

[healthyschoolsnorthyorks.org/costsavings](http://healthyschoolsnorthyorks.org/costsavings)

**Get more vegetables in your lunches!**

Here are some GREAT ideas for upping the veg (and fibre!) content in your lunchboxes

[healthyschoolsnorthyorks.org/healthy-food](http://healthyschoolsnorthyorks.org/healthy-food)

**Be safe!**

- Please cut up food into small sizes for young children. Cut grapes and cherry tomatoes in half (lengthways if oblong).
- Be aware of allergies – please check your school's allergies guidance.




Leaflet developed by Public Health, North Yorkshire County Council and the North Yorkshire Healthy Schools Programme.

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**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**

**Attendance: Friday 2 February to Thursday 8 February 2024**

**95.33%**

**Eco Committee's Weekly Top Tip:**

**Be mindful of portion size to avoid food waste**

## PTA EVENTS

### Quiz Night



The PTA Annual Quiz is taking place on Friday 23rd February at 7pm in the Sports Hall at Rossett Acre. It's a fun event and a chance to enjoy a night out with other parents.

Tickets are on sale now <https://www.pta-events.co.uk/rossettacre/index.cfm>

## COMMUNITY NEWS





Find your nearest  
Kixx Academy  
session in  
**Harrogate**



Double click on picture and scroll to 2<sup>nd</sup> page for details

**FDS Harrogate Soccer School**  
In partnership with Integer football

**Futebol de Salão**  
HARROGATE

From complete beginners to international players, we have a class for you!

GET IN TOUCH TODAY [fdsharrogate@gmail.com](mailto:fdsharrogate@gmail.com) 0777 621 3740

Double click on picture to open up additional pages

William T (Y4) and Oscar B (Y5) are taking part in the Gang Show and would love you to come along and support them. A child's ticket is £6.



I'm looking forward to attending Young Voices tonight with some of our children, and hope that the parents/carers' coming to see the children perform in Sheffield enjoy the evening. I am sure it is going to be fabulous!

I wish you all a wonderful half-term holiday. I'll see you on Monday 19<sup>th</sup> February at the usual school opening time.

C. Penhale

Corrine Penhale  
Headteacher