



Newsletter #25

Friday 28th March 2024

Web: www.ladygrove-park.oxon.sch.uk

Email: office.2609@ladygrove-park.oxon.sch.uk

Phone App: Search "School Jotter"

[Standard Termly Reminders](#)

Thank you to everyone for coming and participating in the **PALS Easter Egg Hunt** last weekend, we hope the children (and adults) had fun! We raised a fantastic £433.66 in this event! We would also like to extend our thanks to all the parent helpers who helped in setting up and running the event, we couldn't do it without you.

This week...

We would like to say a very big thank you to all the wonderful parents and community members that came in to inspire our children for **Aspirations Week**. This year has been the best yet!

It was fantastic to see the children showing curiosity and interest during the talks. It has given them opportunities to explore various professions, learn about different industries, and understand the skills and education needed for different careers. By fostering their curiosity and supporting their interests, we can help children develop a strong foundation for their future careers and personal fulfilment.

Our visitors included: Imran - Property Developer, Tom - Firefighter, Paul - Warehouse Storage and Distribution, Kevin - Production Manager for theatre and shows, David - Architect, Bintu - paediatrician, Elina - STEM, Sara - Medical Research, Will - Quantity Surveyor, Jack - Baker, Nicola - Nurse, Wayne - Army Cadets, Jennifer - Lab Scientific Research, Alex, Emily & Bev - Police Officer's, Jack - PE Teacher, Wan - GP, Asha - Cancer Research Biotech, Jay - Hematologist, Sony - Computational Biology, Josh - Google Events Marketing.

Here are a selection of the photos from the week and some quotes from the children:



"It was extremely interesting to see how they had focused on their dreams and achieved it." - Oscar

"I liked how in Kevin's job there needed to be a lot of different key skills in order to achieve a film" - Zak

"I learnt that the firefighters need to drop on the floor and roll around if you have fire on you. Stop, drop, roll." - Sofia

"I was inspired by Kevin by how he didn't immediately know what he wanted to do and it took him a while before he figured out exactly what it was" - Fintan

"We were in jail in the policeman van, just pretend!" - Ben

"It really wowed me how long the process was in order for Sara to become a doctor of science." - Freddie

"I loved Jenny's talk about being a scientist. She showed her equipment. I want to do what she does." James



Despite the rain, **Year 3** had an incredible Roman Day experience at Hill End today. Class 9 bravely battled as Romans against Class 8's fierce Celts, showcasing determination and teamwork. Amidst the showers, we enjoyed spear and archery competitions, witnessing the children's resilience and perseverance firsthand. Their enthusiasm and engagement filled us with pride.

The Ladygrove School Girls' **Football Team** faced off against All Saints in a thrilling showdown to kick off their season last week. Demonstrating unwavering passion and resilience, the girls staged an impressive comeback after trailing 3-1 at halftime. Fueled by their determination, they scored two excellent goals in the second half, eventually securing a hard-earned 3-3 draw. As the tension soared, the match extended to a penalty shootout to determine the teams' league positions in the event of a tie on points at the end of the season. In a gripping display of skill under pressure, Ladygrove emerged triumphant with a narrow 2-1 victory in the shootout. Well done Girls!



Yesterday it was the boys' turn! Ladygrove showcased an impressive performance as they secured a resounding 5-2 victory against All Saints in their league debut. The team's performance was nothing short of outstanding, displaying a remarkable level of teamwork and skill reminiscent of a squad that had been honing their chemistry for years. I couldn't help but be impressed by their unwavering confidence, precise passing and the sheer brilliance of the goals they scored. Congratulations, Ladygrove! - *Mr Francis*

Thank you to all the Year 6 parents that attended our SATS Q&A session this week. If you were not able to make it, you can view the slides here - <https://www.ladygrove-park.oxon.sch.uk/downloadfile/20351355?open=true>

This term, we say a sad and **fond farewells** to:

- ★ Lisa Snuggs, Year 3 Teaching Assistant. Lisa will be hugely missed by the children and adults alike - she is the epitome of the Ladygrove Team spirit and has always given generously of her time and care to each and every child needing her support, working closely with every year group team lucky enough to have benefited from her kindness, emotional intelligence, skills and passion for education.
- ★ Also Emma Grylls, a Ladygrove parent and our dedicated school library and reading volunteer, held her last session this week. A very big thank you to Emma for generously giving her time, each week, to come and support our children with developing their reading skills and to keep our library tidy!

Celebrating success!



Charlotte from Class 2 played Simba in a performance of the lion king at The Amy Theatre in Abingdon earlier this month. This was her first time performing on the stage and she was very confident! Congratulations Charlotte!

Luca, Class 13, completed the Oxford Children's Hospital OX5 Run at Blenheim Palace last Sunday. Well done Luca!



Overwhelmed

Feeling of the fortnight

Feeling emotionally overwhelmed means that we feel smothered by our thoughts or emotions to the point that we feel that we cannot function. Overwhelm is an intense red zone feeling and causes a flood of emotions and stress in the body.

In school, children have explored the body sensations of being overwhelmed whilst thinking about what helps them when experiencing overwhelm.

"It feels like my emotions are tangled."
 "It feels twisted, wobbly and knotty in my body."
 "Feeling overwhelmed is a big feeling like a Megalodon."
 "It's really busy and noisy and you feel really small."

Please see the end of the newsletter for this week's 'Word of the Week'!

Word of the Week

For more information about the escalation cycle and supporting children when they feel overwhelmed, please watch the following YouTube video:

<https://youtu.be/6Lu6dech7jl?si=6rThbGGB8d5Sd5yQ>

Dates for Term 5...



On **Friday 19th April**, to celebrate the **25th Anniversary** of the school opening, we will be holding a special day of celebrations and fun activities. On the day, as it's the school's silver anniversary, children are invited to come in wearing something silver, grey or shiny. We will be holding a sticker design competition and there will be a special picnic lunch (see notices below). We would also like to ask for your silver coins! We intend to make a huge 2 and 5 on the playground using the silver coins, then capture this with drone footage. The money raised will go towards our next project- the Reading/Drawing/Quiet area in the courtyard. There will be further activities but we thought it would be fun to keep some things as a surprise.

Please remember on 19th April:

- to wear something silver, grey or shiny and
- to bring in any silver coins to help make our special '25'.

| | |
|---------------------|---|
| Monday 15th April | <ul style="list-style-type: none"> • Start of Summer Term 5 • Foundation Stage Living Eggs arrive! |
| Tuesday 16th April | <ul style="list-style-type: none"> • Class 11 Swimming - remember swimwear and goggles! • Year 5 Cycle Training (selected children) - remember bikes and helmets! |
| Thursday 18th April | <ul style="list-style-type: none"> • Choir Club 3.10 - 4.15pm |
| Friday 19th April | <ul style="list-style-type: none"> • LPPS 25th Anniversary! Wear something silver, grey or shiny and Bring in any silver coins to help make the '25'(See above) |
| Tuesday 23rd April | <ul style="list-style-type: none"> • Class 14 Rewley Road Trip - children to arrive at school promptly at 8.30am to be registered on the coach. Refer to letter sent 27/02 • Class 11 Swimming - remember swimwear and goggles! |

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| | <ul style="list-style-type: none"> Year 5 Cycle Training - remember bikes and helmets! |
| Wednesday 24th April | <ul style="list-style-type: none"> Class 15 Rewley Road Trip - children to arrive at school promptly at 8.30am to be registered on the coach. Refer to letter sent 27/02 |
| Thursday 25th April | <ul style="list-style-type: none"> Choir Club 3.10 - 4.15pm |
| Friday 26th April | <ul style="list-style-type: none"> Year 1 Oxford Museum of Natural History Trip - letter sent 26/02 |
| Tuesday 30th April | <ul style="list-style-type: none"> Class 11 Swimming - remember swimwear and goggles! Last lesson! Year 5 Cycle Training - remember bikes and helmets! |
| Wednesday 1st May | <ul style="list-style-type: none"> Year 3 Didcot Railway Centre Trip - letter sent 21/02 |
| Thursday 2nd May | <ul style="list-style-type: none"> Choir Club 3.10 - 4.15pm |
| Monday 6th May | <ul style="list-style-type: none"> BANK HOLIDAY - SCHOOL CLOSED |
| Thursday 9th May | <ul style="list-style-type: none"> Choir Club 3.10 - 4.15pm |
| Monday 13th - Friday 17th May - Year 6 SATS Week | |
| Tuesday 14th May | <ul style="list-style-type: none"> Year 5 Cycle Training - remember bikes and helmets! |
| Thursday 16th May | <ul style="list-style-type: none"> Choir Club 3.10 - 4.15pm |
| Monday 20th May | <ul style="list-style-type: none"> Foundation Stage Farms2Ewe Visit (in school) - letter sent 20/02 Class photos - classes tbc Big Summer Sing - Choir Pupils |
| Tuesday 21st May | <ul style="list-style-type: none"> DGS & SBS Transition Visit at LPPS, 9am - more details to follow Year 5 Cycle Training - remember bikes and helmets! |
| Thursday 23rd May | <ul style="list-style-type: none"> Class photos - classes tbc |
| Friday 24th May | <ul style="list-style-type: none"> Last day of term - normal finish time |

Notices

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|-----------------------------|--|
| Sickness and Absence | <p>Please notify the school office every day of your child's absence. Please either email office.2609@ladygrove-park.oxon.sch.uk or call to leave a message on 01235 519235 by 9am. Clearly state your child's full name, class and the specific reason for absence (including the symptoms of the illness).</p> <p>Please refer to this useful NHS guide - Is my child too ill for school?</p> <p>If your child is ill for 3 days or more, ensure to consult your GP and to inform the school of the outcome.</p> |
| Summer Term Clubs | <p>The sign up sheet for Summer Term Clubs has been sent home today through ParentPay. The deadline for signing up is Friday 12th April. Please note that if a club is oversubscribed, priority will be given to those that have not yet attended a club so far this academic year and then, if necessary, children's names will be picked at random. You will be notified by email on the first week back if your child has a place at the club.</p> |
| ParentPay | <p>Please clear any outstanding debts on ParentPay for Trips, lunches, Breakfast and After School Club, Nursery Early and Late start fees.</p> |

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| <p>Summer Term Lunch Menu</p> <p>Menu for Friday 19th April LPPS 25th Anniversary</p> | <p>The Summer Term lunch menu is at the end of this newsletter and can always be found on our website here - https://www.ladygrove-park.oxon.sch.uk/contact/school-menu</p> <p>For Friday 19th April, our menu for the day will be: Ham baguette or Cheese baguette Veggie sticks Celebration cookie</p> |
| <p>Inclusion</p>   | <p>Autism Family Support Oxfordshire has helped many families in Oxfordshire. Unfortunately, changes to the service have been made with the cut in their funding. Please read the information below: <i>From 1 April 2024, funding for our family support work and youth groups will be significantly reduced. This situation has led us to make some tough decisions and changes to our services, to preserve the future of the organisation. The impact on our Family Support service is devastating. Sadly, our two Family Practitioner roles are being made redundant and we will reduce our family support services.</i> <i>We will continue to fundraise for family support services, however, in the meantime, we will only provide Online Q&A sessions. Until our funds and staffing grow, we can not provide any one-to-one advice or support to parents/carers or young people.</i> https://www.afso.org.uk/appeal2024/</p> <p>Oxfordshire Parent Carers Forum has responded to the news: Following the unexpected news from Autism Family Support Oxfordshire (AFSO) this week (visit www.afso.org.uk for further details), OxPCF wants to capture the many voices of parents on this matter and ensure that they are shared promptly with the Local Area Partnership. (The Local Area Partnership comprises of: Oxfordshire County Council (OCC), Oxford Health, Oxford University Hospitals NHS Trust and the Integrated Care Board Buckinghamshire, Oxfordshire and Berkshire West (ICB BOB).)</p> <p>To help us in this task, if you have any feedback or comments on the AFSO situation and its impact on your family, do please fill in the linked short survey, so that we can gather your voices and views quickly. Survey Link: https://www.surveymonkey.com/r/896MBCS Alternatively, you can email us at info@oxpcf.org.uk</p> <p>Be assured that as always, OxPCF will gather and feedback all of the views we receive to the Local Area Partnership.</p> |
| <p>Short Breaks Update</p> | <p>The April Short Breaks Update and Parent/Carer Support Groups for Families with Disabled Children and Young People are now available on our website here - https://ladygrove.sites.schooljotter2.com/calendar-1/newsletters</p> |

Word of the Week

for Key Stage 1



| | |
|---|---|
|  Meaning |  Challenge |
| Someone who knows a lot about something. | What things are you expert about? |

Word of the Week

for Key Stage 2



| | |
|---|---|
|  Meaning |  Challenge |
| Extremely surprised. | Look up the word flabbergasted in a thesaurus. How many synonyms can you find? |

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

15th April
6th May
3rd June
24th June
15th July

Option One

NEW Vegetable Stack
with Rice 

Penne
Bolognaise 

Sausages, Roast Potatoes
& Gravy



Fishfingers with Chips &
Tomato Sauce

Option Two

Cheese & Tomato Pizza
with Pasta Salad 

Vegan Penne
Bolognaise 

Vegan Sausages,
Roast Potatoes & Gravy 

Greek Chicken Pitta with
Rice, Tzatziki & Salad
or
Greek Quorn Pitta with Rice,
Tzatziki & Salad

Omelette & Chips with
tomato sauce

Vegetables

Vegetables of the Day

Dessert

Freshly Chopped
Fruit Salad 

Apple Crumble with
Ice Cream 

NEW Berry Mousse

Iced Vanilla Sponge

Vanilla Shortbread 

WEEK TWO

22nd April
13th May
10th June
1st July
22nd July

Option One

Macaroni Cheese

Burger
with Potato Wedges

Roast Chicken, Stuffing,
Roast Potatoes, & Gravy

Beef Lasagne
with Garlic Bread 

Fish fingers
with Chips

Option Two



Tomato Pasta 

Vegan Burger
with Potato Wedges 

Quorn Roast, Roast
Potatoes & Gravy 

Vegetable Curry
with Rice 

NEW Vegan Sausage Roll
with Chips 

Vegetables

Vegetables of the Day

Dessert

NEW Chocolate Brownie

NEW Iced Biscuit

Fruit Medley 

Jelly with Mandarins 

Oaty Cookie 

WEEK THREE

29th April
20th May
17th June
8th July

Option One

Tomato Pasta



Roast **Chicken**, New
Potatoes & Gravy

NEW Chicken Fajitas
with Rice 

Fishfingers
with Chips

Option Two

Vegan Chilli with Rice 

Chicken Paella with
Patatas Bravas
or
Veggie Meatballs with
Patatas Bravas 

Roast Quorn with New
Potatoes & Gravy 

Macaroni Cheese

Cheese & Bean Pasty
with Chips

Vegetables

Vegetables of the Day

Dessert

Fruit with Ice Cream

Syrup Snap Biscuit 

Fruit Platter 

Chocolate Shortbread 

Summer Lemon Cake

MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.

BORN LESMILLS **TO MOVE**™

FREE



Fun sessions for young children to explore and move to the beat.

For the older children, cool music and foundation fitness moves and fun games.

Thursday 11 April

Age 4-5 - 10.30 - 11am

Age 8-12 - 11.15 - midday

**Didcot Leisure Centre,
Mereland Road, Didcot,
OX11 8AY**

**For more information and booking visit
southandvale.gov.uk/holidayactivities**



BETTER



YOU MOVE





FREE



Teen Boxfit session

Tuesday 9 April

11.00 - midday

Age 11 - 18

**Didcot Leisure Centre,
Mereland Road, Didcot,
OX11 8AY**

For more information and booking visit
southandvale.gov.uk/holidayactivities



BETTER



YOU MOVE

'Free!'



ACTIVE COMMUNITIES

Easter holiday activities

2 - 12 April

Xplorer

Born to Move

Fun Day

Scan QR to see what we have planned over
the Easter holidays



XPLORER



Fun, Family Challenge

EXPLORE THE PARK, FIND THE MARKERS, COMPLETE THE CHALLENGE, HAVE FUN TOGETHER.

Xplorer at Edmonds Park Didcot OX11 8RF

Tuesday 3 April 10am-midday

Free. Last registration 11.30am.

Contact active.communities@southandvale.gov.uk, scan the QR code to book or just turn up!



FOR FURTHER INFORMATION PLEASE VISIT:

WWW.XPLORER.ORG.UK