



**Friday 11<sup>th</sup> March 2022**

Dear Parents / Carers,

On Tuesday Year 3 and 4 welcomed parents to share in their class celebration. Pupils planted tomato seeds as part of the current Science topic and as part of one of the school's 50 things experiences, *plant it, grow it, eat it*. It was great opportunity for parents and carers to come into school share this experience with their children.

On Wednesday the walk to school challenge mascot, Strider came to talk to pupils about the importance of active travel. Strider spent lunchtime encouraging pupils to make active environmentally-friendly journeys to and from school.

This week we have also been discussing the impact of the current conflict in Ukraine. Due to the sensitive nature of the conflict, discussions have been held in an age-appropriate and sensitive manner for pupils in year 2 and above. The content has been delivered with complete unbiased impartiality, focussing on the factual events that have occurred so far. As a school, we have been showing our support for the people of Ukraine by creating positive messages for children and their families in what is an incredibly difficult and challenging time.

If you would like to make any donations to support the Ukrainian people, we recommend donating to any of the charities who have committed to providing humanitarian aid to Ukraine.

I hope you all enjoy a lovely weekend and I look forward to welcoming you back on Monday.

Kind regards

**Richard Grogan**  
**Headteacher**



Follow us on twitter  
to see what the  
children are up to on  
a daily basis.

Please see "Office  
Updates" page for  
information regarding Red  
Nose Day and Parents  
Evening next week.

## Pupil of the Week



Class	Pupil of the week
Nursery	Caleb
Reception – Julia Donaldson	Niyah
Class 1 – Oliver Jeffers	Mia
Class 1/2 – Rachel Bright	Hamish
Class 2 – Anthony Browne	Nathan
Class 3 – David Walliams	Oliver T
Class 3/4 -Cressida Cowell	Louie
Class 4 – Valerie Bloom	Henley
Class 5 – Charlie Mackesy	Winston
Class 6 – Maya Angelou	Cameron
Deaf Resource	Brody B

## Attendance

Class	Attendance This Week	Attendance This year so far
Nursery	83.05%	86.8 %
Reception	71.7%	95%
Year 1	93.7%	93.4%
Year 1/2	98.5%	96.3%
Year 2	98.1%	96.7%
Year 3	93.1%	96.1%
Year 3/4	98.5%	96.3%
Year 4	98.9%	96.7%
Year 5	99.4%	97.2%
Year 6	96.5%	93.8%



Attendance this week  
overall – 96.3%


Attendance this year  
overall – 95.8%

Every second of every school day is vital for your child's attainment. Together we need to ensure your child attends school every day in order to achieve their maximum potential. We know children become ill but getting them back to school as soon as possible is vital, so that lost education is limited. If your child is on medication, this can be administered by school. Just pop to reception and fill out a form and we will do the rest. If for any reason you are having problems getting your child to school let us know, we are here to help.





## Tik Tok

Below is a parents guide to TikTok. We also have a link on our class dojo page to other parent guides.



# TIKTOK PARENT GUIDE






### START A CONVERSATION

A great place to start when it comes to online safety is to talk about it. Speak with your child about the online risks mentioned above. We can talk about the importance of keeping personal information safe; support your child in learning to become digitally resilient.


Part of this also means being able to identify if someone their speaking with online is not to be trusted. For some great resources to help to talk to your young person about this, check out the Thinkuknow website.



### USE PRIVACY SETTINGS

With a public account anyone can view and download your videos, even if they haven't created a TikTok account. Talk to your young person about the benefits of privacy settings.


Although there may be resistance to setting privacy settings if a user is seeking more likes and followers, emphasise the value of having greater levels of control and privacy.



### USE RESTRICTED MODE

By going to the 'Digital Wellbeing' section on TikTok you can enable Restricted Mode. This has been created to filter out mature or inappropriate content.


While this may not be perfect, it should offer some level of filtering. To set restricted mode you will need to create a pin code.



### ENABLE FAMILY PAIRING MODE

Family pairing mode allows you to link your TikTok with your child's account. By using Family Pairing Mode you can change settings on your child's account including:

- Screen Time Management - How long the app can be used for.
- Restricted Mode - Filtering inappropriate content.
- Direct Messages - Turn off direct messages completely, or restrict certain users from sending messages.




### LEARN HOW TO BLOCK AND REPORT

Make sure that your young person knows how to use all of the block and report features. It's possible to restrict comments, restrict Duets, report a comment and block a user.

These features can help users to have a greater level of control on the platform, but they are only helpful if your young person knows how to use them.

Talk through how to make use of these settings with your young person.



### BE MINDFUL OF SCREEN TIME

Excessive screen time on social media can have negative impacts on student wellbeing. If your young person is old enough to use TikTok, have a conversation with them to agree appropriate levels of screen time. You could start the conversation by asking them how much screen time per day they think would be good for them.

There is also the option of setting screen time limits under the screen time management option. This allows you to limit the amount of time a user can spend on the app per day. This option can then be locked with a PIN code.

## World Sleep Day

World sleep day is fast approaching. The 18<sup>th</sup> March 2022 is World sleep day. Below are 10 tips for better sleep.

Why not try some of them out over the weekend, we will!!

# 10 tips for better sleep

**Keep regular hours**

**Keep the bedroom quiet and dark**

**Take more exercise**

**Make sure your bedroom isn't too hot or too cold**

**Reduce caffeine intake**

**Write down worries on your to-do list**

**Don't over-indulge on food and alcohol**

**Turn off gadgets**

**Relax properly before going to bed**

**Invest in a comfortable, supportive bed**

**SLEEP GOOD. FEEL GOOD.**

The Sleep Council

Helping you get a better night's sleep  
[www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)

## Office Updates

### Parents Evening

Parents evening will commence next week W.C 14.03.22, on **Tuesday, Wednesday and Thursday.**

Appointments can be booked on the school cloud.

Please use the link below:

<https://rookeries.schoolcloud.co.uk/>

The meetings themselves are then held via Schoolcloud on a video link. Each appointment will last 10 minutes and the appointment will automatically end after this time.

### Breakfast Club

Breakfast club is extremely popular this year. Places **must therefore be booked through the MCAS app** – this can be done through the “wraparound care” option. **We can only allow children to attend if places are booked.**

To enable registration places must be booked before 4pm the previous day, and for Mondays places must be booked before 4pm on the Friday beforehand.



### Red Nose Day

We will be selling red noses in school next week in the build up to Red Nose Day. These are £1.50 each and will be available for children to purchase in class. On Friday 18<sup>th</sup> alongside wearing Red Noses, children will be able to wear Red Nose Day merchandise in addition to their uniform.

### School Car Park

The school car park is for staff only, disabled access, children who have school transport and taxis. Parents must not use the car park for pick up and drop offs as this is preventing access for those who require use of the car park.



### After School Clubs February – April

Places can still be booked via the MCAS app under the club's section. Please note places are booked on a first come first served basis.

<b>Club</b>	<b>Phase</b>	<b>Day</b>
Football	KS2 Girls	Wednesday
Archery	KS2	Thursday
Art Club	KS2	Thursday
Young Voices	KS2	Thursday
Creative Writing	KS1	Thursday
Yoga	KS1	Thursday
Football	KS1	Thursday
Multi Skills	KS1/EYFS	Thursday

### Music Lesson Timetable

Please make sure you send your child with their instrument on the days below:

**Strings – Tuesday**  
**Guitar - Wednesday**  
**Keyboard - Wednesday**  
**Brass - Wednesday**  
**Woodwind – Wednesday**

Music Tuition is now available to pay on MCAS.

This can be found under Products > Music Lessons. There is an option to pay in instalments if you wish to do so. If your child takes part in the above music lessons, please ensure the full amount is paid before Friday 8<sup>th</sup> April 2022.



## Dinner Menu:

### Week 1

Next weeks dinner menu is Week 1

'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wholemeal Margherita Pizza Slice with Jacket Wedges	Classic Pasta Bolognese & Garlic Bread	Roast of the Day Chicken with Stuffing & Gravy	BBQ Pulled Pork Bun with Wedges	Crispy Breaded Fish Fingers (Pollock) & Chips
Thai green vegetable curry with mixed rice and naan	Veggie Mince Spaghetti Bolognese & Garlic Bread	Quorn Roast with Stuffing & Gravy	Sticky Barbecue Vegetables & Noodles	Crispy Veggie Burger with Chips & Tomato Sauce
Green Beans Sweetcorn	Broccoli Roasted Summer Vegetables	Cauliflower Seasonal Greens	Wok Bashed Vegetables Carrots/Mixed Salad	Baked Beans Garden Peas
Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna
Orange & Banana Traybake	Apple Flapjack	Oaty Raisin Cookies with Watermelon Slice	Watermelon & Pineapple Slices	Chocolate Cookie

### Week 2

'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wholemeal Margherita Pizza with Herby Diced Potatoes	Pork Sausage & Mash With a Rich Gravy	Roast of the Day Gammon with Yorkshire Pudding, Roast Potatoes & Gravy	Chicken & Sweetcorn Meatball Sub with Arrabiata Sauce & Baked Wedges	Crispy Breaded Fish Fingers (Pollock) & Chips
Veggie shepherds pie	Veg Sausage & Mash With a Rich Gravy	Roast Veggie Balls with Yorkshire Pudding, Roast Potatoes & Gravy	Creamy Baked Macaroni Cheese	Veggie Hot Dog with Onions & Chips
Sweetcorn & Peppers Garden Peas	Green Beans Cauliflower	Carrots Savoy Cabbage	Broccoli Roasted Winter Vegetables	Baked Beans Garden Peas
Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna
Oaty Raisin Cookies with Watermelon Slice	Cinnamon Pear Upside Down Cake with Chocolate Drizzle	Jam Tart & Custard	Lemon & Blueberry Yoghurt Cake	(Hidden) Beetroot Brownie

### Week 3

'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veggie Meatballs with a Mediterranean Tomato Sauce & Fluffy Cous Cous	Traditional Toad in the Hole with Gravy	Roast of the Day Turkey with Stuffing & Gravy	Rich & Rustic Lamb & Root Vegetable Hotpot	Classic Friday Fish & Chips with Tomato Sauce
Wholemeal Margherita Pizza with a half portion of Baby Baked Potatoes	Autumn Vegetable & Wholewheat Tortilla 'Lasagne'	Quorn Roast with Stuffing, & Gravy	Creamy baked macaroni cheese	Mozzarella & Fresh Tomato Melt with Chips & Tomato Sauce
Mixed Vegetables Garden Salad	Green Beans Cauliflower	Wok Bashed Vegetables Carrots	Broccoli Sweetcorn	Baked Beans Garden Peas
Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna
Chocolate Shortbread with Apple Smiles	Carrot Cake Cookie	Peach Shortcake Bar & Custard	Watermelon & Pineapple Slices	Lemon & Courgette Slice

## Dates for your diary

<b>Tuesday 15<sup>th</sup> March</b>	Parents Evening
<b>Tuesday 15<sup>th</sup> March</b>	Conrad Burdekin visit to school
<b>Wednesday 16<sup>th</sup> March</b>	Parents Evening
<b>Thursday 17<sup>th</sup> March</b>	Parents Evening
<b>Thursday 17<sup>th</sup> March</b>	Conrad Burdekin visit to school
<b>Friday 18<sup>th</sup> March</b>	Red Nose Day
<b>Wednesday 23<sup>rd</sup> March</b>	Lego Robotics Workshop – KS1 (contributions to be made via MCAS)
<b>Thursday 31<sup>st</sup> March</b>	Ministry of Chocolate visit to school (year 3 and 4) - (contributions to be made via MCAS)
<b>Monday 4<sup>th</sup> – Wednesday 6<sup>th</sup> April</b>	Marrick Priory Year 6 Residential
<b>Wednesday 6<sup>th</sup> April</b>	Zoolab visit to EYFS (contributions to be made via MCAS)
<b>Friday 8<sup>th</sup> April</b>	Easter Celebration and Easter egg competition
<b>Friday 8<sup>th</sup> April</b>	Last day of school before April Half Term

## Useful Contacts

Useful well-being and mental health information:

For children and young people:

WF- I-CAN

<https://wf-i-can.co.uk/>

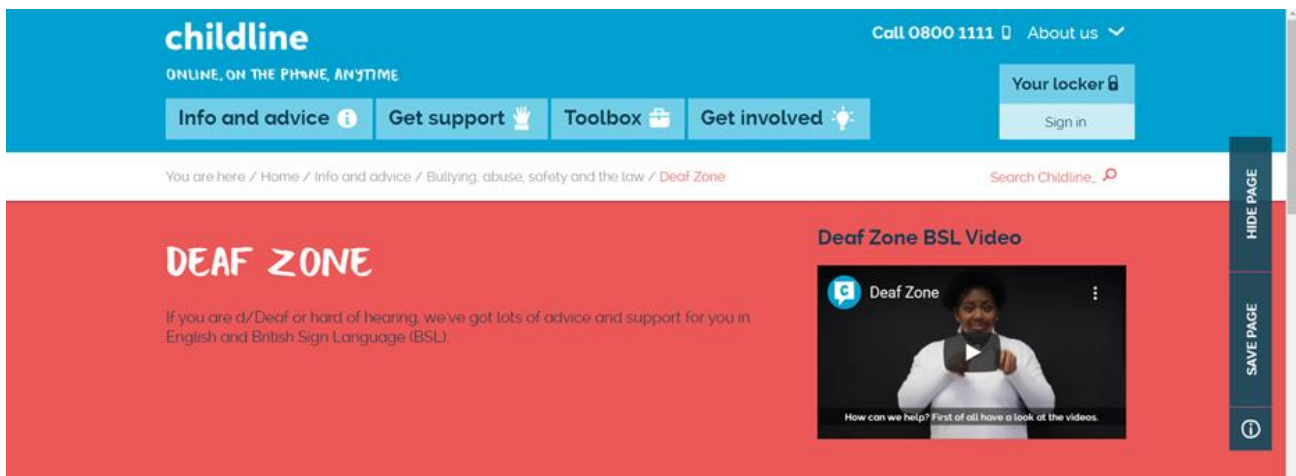
Young Minds

<https://youngminds.org.uk/>

CAMHS Single point of access

01977 735865

<https://www.southwestyorkshire.nhs.uk/services/camhs-wakefield>



The screenshot shows the Childline website's 'Deaf Zone' page. The header is blue with the 'childline' logo and the tagline 'ONLINE, ON THE PHONE, ANYTIME'. It includes a search bar, a 'Your locker' button, and navigation links for 'Info and advice', 'Get support', 'Toolbox', and 'Get involved'. The main content area is red and features the 'DEAF ZONE' title, a brief description of the service, and a video player titled 'Deaf Zone BSL Video' showing a person signing. A vertical sidebar on the right contains 'HIDE PAGE', 'SAVE PAGE', and a refresh icon.

Childline has an advice and support section with British Sign Language and ways to contact childline. Deaf zone | Childline

### **Young Minds**

Young minds offer a lot of support for both children and also for parents to help their children.

Please visit the Young Minds Parent page on the website to find out more.



The screenshot shows the Young Minds website's parent support page. The header is blue with the 'YOUNGMINDS' logo and the tagline 'fighting for young people's mental health'. The main content area is pink and features the question 'What do you need help with?' followed by five yellow buttons: 'My child's feelings and behaviour', 'Getting help for my child', 'Talking to my child', 'Parents Helpline and Webchat', and 'I don't know where to start'.



[Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

For Adults:

<https://www.wakefield.gov.uk/health-care-and-advice/public-health/mental-health-wellbeing/mental-health-support>

Mind

<https://www.mind.org.uk/>

[Turning Point Talking Therapies](#)

01924 234860

<https://www.wakefield.gov.uk/health-care-and-advice/public-health/mental-health-wellbeing/mental-health-support>

School Uniform Stockists

Our School Uniform stockists are both still operating and orders can be made for school wear, book bags and PE kits.

Signature Retail, Ropergate, Pontefract

Signature Retail are operating a click and collect system as well as accepting orders online through their website [www.signatureretail.co.uk](http://www.signatureretail.co.uk)

If you would like to make a purchase via phone, please telephone 01977 600324. Payments can be made over the phone and items can be collected at certain times.

Better and Bright Schoolwear

Better and Bright Schoolwear are currently taking orders through their website:

[www.betterandbrightschoolwear.co.uk](http://www.betterandbrightschoolwear.co.uk)

Alternatively, you may purchase items by calling 07486 140776 or 07837 078981

**Thank you for your continued cooperation and support**