

# GROVE HOUSE SCHOOL



Newsletter, 9th February 2018

## SCHOOL COUNCIL



The School Council met last week and further discussed the possibility of a tuck shop in Grove House. They suggested healthy snacks to be on sale Monday to Thursday and a small treat to be available on Fridays. The School Council will now write to the Catering Manager and Finance Manager about the way forward.



Essex County  
Fire & Rescue Service

Last week two of our pupils went on a Firebreak Course at Essex County Fire & Rescue Service. This course is a high impact, character building work experience course designed to identify and address the core skills required to help young people succeed in learning, working, dealing with problems and issues. Both of our pupils found the course extremely interesting and welcomed the opportunity to learn new skills.



## YOGA

Hayley, a qualified yoga teacher, is continuing to come to Grove House and teach yoga to our pupils. Yoga is a great form of exercise that focuses on strength, flexibility and breathing to boost both physical and mental well being. Hayley also provides a mindfulness lunch time club on Tuesdays which our pupils find calming and relaxing.



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Safer Internet Day took place on Tuesday 6th February and this year the theme was “Create, Connect and Share Respect: a better internet starts with you”. This is also a fantastic opportunity to have a conversation with children about using the internet safely, responsibly and positively. We can all play a role in empowering children to enjoy their time online. This year, the UK Safer Internet Centre is particularly focusing on the role of the internet in young people’s lives in terms of their relationship and digital wellbeing. Please see some examples of conversation starters which are a great way to help you talk about these issues with your child.

Get the conversation started on a positive note with these fun topics!

**Talk about safety**

- What do you like most about the internet and why? What's your favourite game/app/site?
- The internet offers brilliant opportunities for making connections with others. Who do you like to keep in touch with online and what apps/services do you use?
- Do you like to be creative online? What have you created? (It could be anything from a picture or video to creating their own games, sites or apps.)
- Do you know where to go for help, where to find safety advice and how to use safety locks on your favourite apps and games?
- Help me! Can your child show you how to do something better/safer online?
- What is okay/not okay to share online? Why?
- What could you do if you saw a friend online needed some help or support?
- How do you stay safe online? What tips do you have and where did you learn them?



Another little reminder to parents who have not signed up to Parent Hub yet. PLEASE can you sign up. We are still waiting for half our parents to sign up then we can go paperless with our newsletters and letters and messages. If you need help please contact the school office.

**Discuss digital lives and wellbeing**

- How does the internet make you feel? Do different apps/games makes you feel differently?
- How does the internet/technology make your life better?
- What could you do if being online is making you feel worse rather than better?
- How does the internet make you feel? Do different apps/games makes you feel differently?
- How might you know if you are using the internet/technology too much?

**Talk about respect**

- What could you do if someone online is making you or someone you know feel worried or upset?
- What is different about talking online to someone compared to talking face to face? Is there anything that is the same?
- Who do you look up to/respect online? Why?
- Can people say/do whatever they want online? Why/why not?
- Do you have any tips for how to be positive and show respect online?

## Dates for your diary

- Thurs 8th Feb:** PTFA meeting 4pm
- Mon 19th Feb:** Annual Review/EHCP meetings commencing
- Mon 12th Feb:** Half term week
- Fri 23rd Feb:** KS2 to Barleylands
- Thurs 1st Mar:** World Book Day
- Wed 7th Mar:** 4H to Doddinghurst Church—Easter Life Space
- Tues 13th Mar:** KS2—Easter Workshop
- Fri 30th Mar:** Easter Holiday
- Mon 16th Apr:** Children return to school

We would value your comments on any matters relating to your child’s education at Grove House School. Please address these to Miss Christodoulides, Head Teacher