



The Byword



20th April 2023

www.bygrove.org.uk

@bygrove_primary

Dear Parents & Carers,

It has been a pleasure to welcome back our children & families this week for the start of the summer term. On Tuesday, we started the day with an assembly about legacy & how we want others to think about us & remember us. The children shared wonderful ideas about their legacy at Bygrove & how they want to be seen as kind, helpful & ambitious.

We are looking forward to a busy term full of exciting learning opportunities & experiences for the children. This week, Year 4 started their swimming lessons & our Reception children have been playing in the big playground for the first time in preparation for Year 1. The older children have been incredibly supportive of the little ones & we are really proud of them.

There are a number of bank holidays this term so every school day counts for the children. Attendance was improving last term & we are getting closer to our target of 97%. Please continue to support the children by bringing them into school everyday. It really makes a difference to their learning, behaviour & relationships. We are always here to support families who may be struggling with attendance so please reach out if you need a hand.

Eid Mubarak to our Muslim families & friends! We hope you have a wonderful weekend of celebrations. There will be Eid parties for the children on Friday 28th April.

Best wishes & see you all on Monday,

Fiona



Key Dates

- **Friday 21st April:** Eid Day - School closed
- **Friday 28th April:** Eid parties - wear party clothes & bring snacks/drinks to share
- **Monday 1st May:** Bank Holiday - school closed
- **Monday 8th May:** Bank Holiday - school closed
- **Monday 8th May - Friday 10th May:** SATS Week
- **Monday 15th May:** INSET DAY - school closed
- **Thursday 18th May:** Parent workshop - Substance Abuse
- **Wednesday 24th May:** Year 3 Gorsefield Trip
- **Monday 29th May - Friday 2nd June:** Half Term - school closed
- **Monday 5th June:** All pupils return to school
- **Monday 5th June:** Sports Day (Y1-Y6)
- **Thursday 8th June:** Parent Workshop - County Lines
- **Wednesday 21st June:** Going to Work Day
- **Thursday 22nd June:** Class Photos
- **Monday 19th - Friday 23rd June:** Be Healthy Week
- **Friday 21st July:** Last day of the academic year - 1:30pm finish & no clubs

Spaces for April 2023 until July 2023 are now available!

To sign up, please log on to your ParentPay accounts. Each club space is offered on a first come, first served basis.
Please contact the School Office for help with ParentPay.

| Monday | | | |
|-----------------------|--------------|-------------|---------------------|
| Club House | Nursery - Y6 | 3:45 - 5:30 | All welcome |
| Music Production | Years 2 - Y6 | 3:45 - 4:45 | 15 spaces remaining |
| Football Club | Nursery - Y3 | 3:45 - 4:45 | 4 spaces remaining |
| Tuesday | | | |
| Club House | Nursery - Y6 | 3:45 - 5:30 | All welcome |
| Multi-Sports Club | Years 3 - Y6 | 3:45 - 4:45 | 12 spaces remaining |
| Wednesday | | | |
| Club House | Nursery - Y6 | 3:45 - 5:30 | All welcome |
| Football Club | Years 4 - Y6 | 3:45 - 4:45 | 8 spaces remaining |
| Thursday | | | |
| Club House | Nursery - Y6 | 3:45 - 5:30 | All welcome |
| Cycling/Scooting Club | Years 3 - 6 | 3:45 - 4:45 | 1 space remaining |
| Friday | | | |
| Club House | Nursery - Y6 | 3:45 - 5:30 | All welcome |
| Computing Club | Years 3 - 6 | 3:45 - 4:45 | 9 spaces remaining |
| Volleyball Club | Years 3 - 6 | 3:45 - 4:45 | 13 spaces remaining |

After School Clubs - Summer 2023

Each club costs £15.00 for the term. Breakfast club will cost £1.00 per day and Ad-Hoc Club House sessions will cost £1.50 per day.

If you would like to make any changes with the club you have purchased, please let the office know by Monday 8th May 2023.

New Lunchtime Menu

This is Bygrove's Lunchtime Menu from April 2023 until October 2023.

Paper copies are available from the School Office or you can download an electronic version from the school website via <https://bygrove.org.uk/wp-content/uploads/2023/04/Bygrove-Lunchtime-Me-nu-Apr-2023-Oct-2023.pdf>



CONTRACT CATERING SERVICES

Bygrove Primary School

LUNCH MENU Apr-Oct 2023





Monday
'Planet Earth Day'



Tuesday
'Street Food Day'



Wednesday
'Traditional Day'



Thursday
Italian



Friday
'Favourites'

| Week 1 | Dates | | | | |
|--------------------|--|---|--|--|--|
| | 17 Apr - 01 May - 15 May | 29 May - 12 Jun - 26 Jun | 10 Jul - 24 Jul - 07 Aug | 21 Aug - 04 Sep - 18 Sep | 02 Oct - 16 Oct |
| Main | Tomato, Lentil & Bean Pasta Bake | Chicken & Sweetcorn Meatballs Hotdog in Tomato Sauce with Baked Potato Wedges | Roast Garlic & Lemon Chicken with Roast Potatoes & Gravy | Beef Bolognese with Pasta | Cod or Salmon Fish Fingers with Chips |
| Vegetarian | Butternut Squash, Chickpea & Vegetable Curry with Rice | Cheese, Tomato & Basil Puff Squares with Baked Potato Wedges | Shepherdess Pie with Sweet Potato Topping | Roasted Vegetable Lasagne | Quorn Dippers with Chips |
| On the side | Sweetcorn & Peas | Roasted Mediterranean Vegetables | Green Beans & Cauliflower | Broccoli & Carrots | Peas & Baked Beans |
| Salads | Cucumber Raita/ Grated Carrots & Sultanas | Crunchy Coleslaw / Rice Salad | Full House Salad / Couscous Salad | Tomato, Basil & Red Onion Salad / Vegetable Sticks | New Potato Salad / Sweetcorn Salad |
| Dessert | Cheese and Crackers with Grapes & Apple Wedge | Vegan Chocolate Brownie | Fruity Yoghurt Bar | Tutti Frutti! Fruit Fool | Fruit Salad with Frozen Strawberry Yoghurt |

DAILY OPTIONS - Daily Salad/ Fresh Bread / Seasonal Fresh Fruit Platter / Organic Yoghurts



Monday
'Planet Earth Day'



Tuesday
'Street Food Day'



Wednesday
'Traditional Day'



Thursday
Caribbean



Friday
'Favourites'

| Week 2 | Dates | | | | |
|--------------------|---|---|--|--|---------------------------------------|
| | 24 Apr - 08 May - 22 May | 05 Jun - 19 Jun - 03 Jul | 17 Jul - 31 Jul - 14 Aug | 28 Aug - 11 Sep - 25 Sep | 9 Oct |
| Main | Vegetable & Chickpea Jambalaya | Meat Feast Pizza | Chicken Sausages with Mashed Potato & Gravy | Jerk Chicken with Rice & Peas | Battered Pollock & Chips |
| Vegetarian | Jacket Potato with Quorn Chilli Con Carne | Mexican Vegetable Burrito | Vegetarian Sausage Toad in the Hole with Mashed Potato & Gravy | Macaroni Cheese | Homemade Spicy Bean Burger with Chips |
| On the side | Green Beans & Curried Roasted Cauliflower | Sweetcorn & Broccoli | Vegetable Medley & Carrots | Green Cabbage & Sweetcorn | Peas & Baked Beans |
| Salads | Mixed Bean Salad / Rice Salad | Coronation Pasta Salad / Cauliflower & Chickpea Salad | Carrot & Cucumber Ribbons / Beetroot & Spring Onion | Potato Salad / Crunchy Coleslaw | Asian Noodle Salad / Cucumber Raita |
| Dessert | Cheese and Crackers with Grapes & Apple Wedge | Yoghurt Lemon Cheesecake | Fruity Yoghurt Bar | Pineapple upside down Pudding with Custard | Fruit Salad with Yoghurt |

DAILY OPTIONS - Daily Salad/ Fresh Bread / Seasonal Fresh Fruit Platter / Organic Yoghurts

Please Note that some dishes maybe subject to local changes to suit individual school needs

DID YOU KNOW

Traditional Italian Pizza always has a thin crust
There are more than 600 different pasta shapes
One of Caribbean cuisine's secret ingredient is coconut milk.
Plantains may look like bananas but have a much thicker skin.
They have less sugar than bananas and are often served as a savoury side dish or as part of a main dish.



IMPORTANT INFORMATION:

Every effort is made to minimise risk of cross-contamination. However, it should be noted that our food is prepared in a kitchen where known allergens may be present and therefore the risk of cross-contamination remains a risk. Please ask staff for further details regarding specific dietary requirements and/or allergens.

Welcome to my NEW MENU, packed full of great healthy recipes with the ingredients you love...Enjoy

Chef Hassane Taleb





MAIN MENU Bygrove



Leyton Orient football stadium visit

Year 5 and 6 were invited to visit Leyton Orient football stadium for a stadium tour. You can see the children sitting in the away changing room. The children also had the opportunity to visit the media box, sit in the home and away team seats, visit the medical room and talk about the history of the club. They also went to the score centre to participate in a range of sporting activities in their sports hall. Thank you for inviting us!



Great Big Breakfast



When? Tuesday 25th April 2023

Where? Bygrove school, dinner hall from 8:00am to 8:45am

Who? Parents/carers and children all welcome to attend

What? Sharing and having breakfast with your family and friends



Great Big Breakfast at Bygrove

Parents and children are all invited on Tuesday 25th April to share a 'Great Big Breakfast' to enjoy some lovely food with their children from 8:00 - 8:45am. Please let Val, Atera, Rasma, Rashma or the office team know if you will be attending.

ESOL

English for Speakers of Other Languages

Free English classes now available at Bygrove!

Join us for our ESOL Assessment session

Date: Friday 28th April

Time: 9:20am-10:20am

Location: Family Learning Room

Ideal for any parents/carers who want to improve their English knowledge and skills. More information will be provided during this session.

Please see Sharon for any further queries



Forest School

Nursery children have enjoyed planting in our science garden this week. Keep an eye out for the following seeds that will grow soon:

- ☐ broad beans
- ☐ runner beans
- ☐ Pumpkins

They enjoy looking after their environment because it helps them with better understanding the edible garden.



Year 3

In English yesterday, the children read a new warning tale called "The Canal". In one of the scenes, the main character, Tiree, has an emotional conflict where he puts on a brave face, but on the inside he is worried, nervous and afraid. The children created dramatic freeze frames to represent Tiree's emotional conflict.



The Healthy Families Programme – promoting a healthier lifestyle

Some useful tips to make small changes that have a positive impact on family health and wellbeing.

Sessions are practical, fun and accessible to all



5 week Healthy Families Programme (Includes a cooking session)

Dates: Tuesdays 25th April, 2nd, 9th, 16th, 23rd May 2023

Time: 2.00-3.15pm

Venue: Bygrove Primary School

Contact: hamida.begum2@towerhamlets.gov.uk

07543 516092



This programme is delivered by the Tower Hamlets Parental Engagement Team

The Health Families Programme - promoting a healthier lifestyle

Bygrove Parents/Carers can sign up with Sharon directly.

Year 4 swimming

**Every Thursday
11am until 12:55pm
Poplar Baths**

Swimming kits can be purchased in sports shops or swimming centers.

Please ensure your child brings a full swimming kit to school every Thursday.



Year 4 will be swimming in the summer term 1 and 2. This is part of their physical activity and national curriculum. This is also a good opportunity to introduce children to water, develop water skills and water safety.

Their swimming kits will consist of a swimming costume, towel and a swimming hat.

Please contact the office or Atera for any queries.

www.letta.org.uk



If you have a child aged between 0 and 4, you are welcome to join our stay and play sessions!

When: Every Thursday 2pm-3pm

Where: Bygrove Primary School, nursery classroom

Please enter through the main school office and register your name for each session. We will have a maximum capacity of 15 children (with parents) per session.

Some activities to look forward to:

- Painting
- Sand play
- Water play
- Fun with food
- Musical instruments
- Outdoor play
- Planned adult focus activities each week

Please note that parents must stay with their children during the whole session*



Swimming Lessons

GIVE YOUR CHILD AN INVALUABLE LIFE SKILL AT

- MILE END LEISURE CENTRE
- POPLAR LEISURE CENTRE
- TILLER LEISURE CENTRE
- YORK HALL LEISURE CENTRE

Do you want to improve your child's water confidence and give them the ability to swim?

Discover how to kick-start your child's confidence in the water at better.org.uk/swim-school

USE CODE Treat50
SEE REVERSE FOR DETAILS



WHAT'S MORE, YOUR CHILD WILL...

- Develop social skills whilst having fun with new friends
- Feel motivated as they progress through stages
- Improve their confidence with every stroke
- And most importantly, learn a life saving skill

Better Swim School offers affordable lessons for all ages and abilities taught by qualified teachers with our own industry leading swim school programme. Our safe and friendly environment will ensure your child enjoys life long fun in and around the water.

Book now to secure your child's place at better.org.uk/swim-school

Simply enter code 'Treat50' at checkout to claim 50% off your initial payment when you sign up before 31st March 2023.

Better is a registered trademark and trading name of B&L (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Companies & Community Benefit & Societies Act 2012 registered no. 277946. Registered at Four Middlegate House, The Royal Arsenal, London, SE18 6SL. School Business Company no. 10511596.

Hall Hire

Price: £45 per hour
£50 deposit required at booking and only refundable after the event.

Availability: Most weekends and weekdays in the school holidays up until 10pm.

Car Park Space: 6 cars maximum.

8 double tables with benches attached and 40 chairs.
Playground use up until 8pm.

No alcohol allowed.

Please let us know if you would like to hire out the hall for birthdays, Mehndi parties, family gatherings, Eid parties and other events.

Contact Christina Maynard to arrange a viewing via admin@bygrove.org.uk or call 0207 538 4925



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