

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

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

## Notices

<b>Sickness and Absence</b>	<p>Please notify the school office <b>every day</b> of your child's absence. Please either email <a href="mailto:office.2609@ladygrove-park.oxon.sch.uk">office.2609@ladygrove-park.oxon.sch.uk</a> 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 <a href="#">NHS guide - Is my child too ill for school?</a></p> <p><b>If your child is ill for 3 days or more, ensure to consult your GP and to inform the school of the outcome.</b></p>
<b>Summer Term Clubs</b>	<p>The sign up sheet for Summer Term Clubs has been sent home today through ParentPay. The deadline for signing up is <b>Friday 12th April</b>. 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>
<b>ParentPay</b>	<p>Please clear any outstanding debts on ParentPay for Trips, lunches, Breakfast and After School Club, Nursery Early and Late start fees.</p>



# Word of the Week

## for Key Stage 1





 Meaning	 Challenge
Someone who knows a lot about something.	What things are you <b>expert</b> about?

# Word of the Week

## for Key Stage 2



 Meaning	 Challenge
Extremely surprised.	Look up the word <b>flabbergasted</b> in a thesaurus. How many synonyms can you find?



Spring Summer  
2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## WEEK ONE

15<sup>th</sup> April  
6<sup>th</sup> May  
3<sup>rd</sup> June  
24<sup>th</sup> June  
15<sup>th</sup> July

Option One

**NEW** Vegetable Stack  
with Rice



Option Two

Cheese & Tomato Pizza  
with Pasta Salad



Vegetables

Vegetables of the Day

Dessert

Freshly Chopped  
Fruit Salad



Penne  
Bolognaise



Vegan Penne  
Bolognaise



Vegetables of the Day

Apple Crumble with  
Ice Cream



Sausages, Roast Potatoes  
& Gravy

Vegan Sausages,  
Roast Potatoes & Gravy



Vegetables of the Day

**NEW** Berry Mousse



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

Vegetables of the Day

Iced Vanilla Sponge



Fishfingers with Chips &  
Tomato Sauce

Omelette & Chips with  
tomato sauce

Vegetables of the Day

Vanilla Shortbread



## WEEK TWO

22<sup>nd</sup> April  
13<sup>th</sup> May  
10<sup>th</sup> June  
1<sup>st</sup> July  
22<sup>nd</sup> July

Option One

Macaroni Cheese



Tomato Pasta



Option Two

Vegetables of the Day

Vegetables

Dessert

**NEW** Chocolate Brownie

Burger  
with Potato Wedges

Vegan Burger  
with Potato Wedges



Vegetables of the Day

**NEW** Iced Biscuit

Roast Chicken, Stuffing,  
Roast Potatoes, & Gravy

Quorn Roast, Roast  
Potatoes & Gravy



Vegetables of the Day

Fruit Medley



Beef Lasagne  
with Garlic Bread



Vegetable Curry  
with Rice



Vegetables of the Day

Jelly with Mandarins



Fish fingers  
with Chips

**NEW** Vegan Sausage Roll  
with Chips



Vegetables of the Day

Oaty Cookie



## WEEK THREE

29<sup>th</sup> April  
20<sup>th</sup> May  
17<sup>th</sup> June  
8<sup>th</sup> July

Option One

Tomato Pasta



Chicken Paella with  
Patatas Bravas  
or  
Veggie Meatballs with  
Patatas Bravas



Vegetables of the Day

Syrup Snap Biscuit



Roast **Chicken**, New  
Potatoes & Gravy

**Roast Quorn** with New  
Potatoes & Gravy



Vegetables of the Day

Fruit Platter



**NEW** Chicken Fajitas  
with Rice



Macaroni Cheese

Vegetables of the Day

Chocolate Shortbread



Fishfingers  
with Chips

Cheese & Bean Pasty  
with Chips

Vegetables of the Day

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.

caterlink  
feeding the imagination





**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](http://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](https://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](mailto:active.communities@southandvale.gov.uk), scan the QR code to book or just turn up!



**FOR FURTHER INFORMATION PLEASE VISIT:**

**WWW.XPLORER.ORG.UK**