

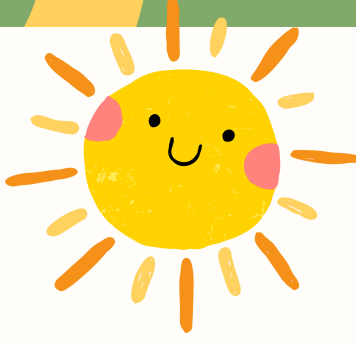
ہولی گرو اسکول نیوز لیٹر



10 جون 2024



www.holly-grove.lancs.sch.uk / www.facebook.com



خوش آمدید! ہم امید کرتے ہیں کہ آپ کے پاس نصف مدت کا زبردست وقفہ تھا!



اگر آپ نیوز لیٹر پر کوئی خبر شیئر کرنا چاہتے ہیں، تو آپ فوٹو وغیرہ کو newsletter@holly-grove.lancs.sch.uk پر ای میل کر سکتے ہیں۔



GOOD NEWS!



ہمیں یہ بتاتے ہوئے بہت فخر ہے کہ ہم نے سکول گیمز ایوارڈ کے لیے گولڈ مارک حاصل کیا ہے۔ یہ کامیابی اس بات کو یقینی بنانے کے ہمارے عزم کو اجاگر کرتی ہے کہ ہمارے تمام بچوں کو ہولی گرو میں اپنے وقت کے دوران کھیلوں اور جسمانی سرگرمیوں میں مشغول ہونے کے مستقل اور بامعنی مواقع میسر ہوں۔

دیکھو کون ہمارے اسٹوریج شیڈ کو 'ماگنگ' کر رہا ہے!



ایسا لگتا ہے کہ ہم نے ہولی گرو فیملی میں نئے اضافے کا خیر مقدم کیا ہے۔

یہ پیارے بیج ماگس کو اپنے گھر کے طور پر ہمارے شیڈ کا دعویٰ کرتے ہوئے، آرام سے گھرے ہوئے دریافت ہوئے تھے۔



SUPER!

بیورز میں 60 سے زیادہ بیجز حاصل کرنے پر میکنزی کے لیے ایک بہت بڑا خیر مقدم گیا گیا اور اسے گانسی کا ایوارڈ ملا ہے!

کیا شاندار کامیابی!

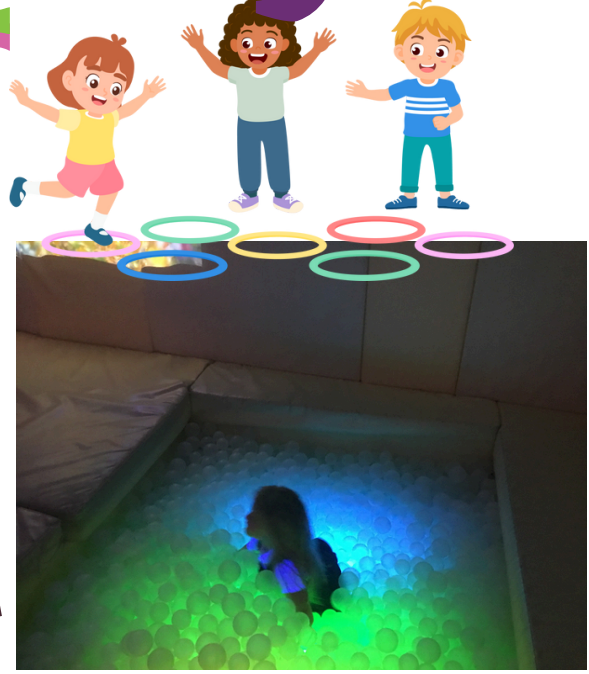
WE EARNED THE

GOLD

2023/24 SCHOOL GAMES MARK

لورا اور سمانتھا کی کلاسز کا سال کے اختتامی سفر کے لیے گزشتہ ہفتے خلائی مرکز میں بہت اچھا وقت گزرا۔ دھیروں مسکراہٹوں اور قہقروں کے ساتھ بہت مزہ آیا۔

خلائی مرکز



حاضری میٹرو

فاتح

سب سے بہتر

کلاس Aisling

74.5%

کلاس لیبی

87.9%

کلاس کورٹنی

95.5%

کلاس کورٹنی

95.5%

کلاس جولی

86.9%

کلاس کیٹی

80.7%

کلاس سمانتھا

89.3%

کلاس لورا

84%

سمر 1 مدت

کلاس ایکس

86.2%

POW!

کلاس کونر اور ڈینیئل

91.8%

کلاس جولی

87.9%

کلاس مائیکل

89.8%

کلاس رییکا

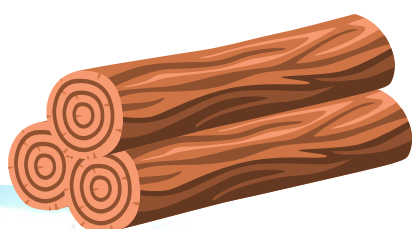
93.3%

BAM!

WOW

پچھلے ہفتے، ایکس کی کلاس نے بقا کی مہارت کا کورس کرنے کے لیے واٹ ہاف اوٹ ڈور سینٹر کا دورہ کیا۔ وہ پودوں، پھولوں اور درختوں کو تلاش کرنے کے لیے گھوکھے کے شکار پر گئے، مار بنائے اور اپنی سخت ٹوپوں کو چڑھنے، توازن اور نچلے رسی کے راستے پر چلنے کے لیے پہنے۔

شباباش سب!



ہمارے کچھ نچلے اسکول کے بچوں نے نصف مدت سے پہلے بلیک پول میں تفریحی، ایکشن سے بھرپور چھٹی کا لطف اٹھایا۔ ہر ایک نے بہت اچھا وقت گزارا تھا!





اسکول یونیفارم



اگر آپ کے پاس اسکول یونیفارم کی کوئی ناپسندیدہ اشیاء ہیں تو براہ کرم انہیں اسکول کو عطیہ کرنے پر غور کریں۔

کسی بھی عطیات کی بہت تعریف کی جائے گی۔ آپ کی مسلسل حمایت کے لیے آپ کا شکریہ!

Important Dates



منگل 11 جون فونکس اسکریننگ

جمعرات 13 جون تیراکی گالا

ہفتہ 22 جون بٹر فلائی بال

جمعہ 28 جون مکاتن ورکشاپ



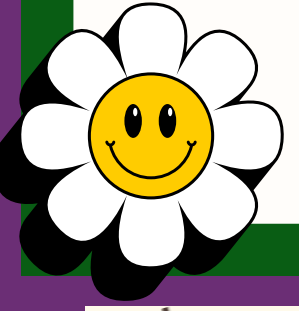
عملے کی ترقی

بدھ 11 جون
شام 3 بجے تا 5:30 بجے



میڈیکل ٹریننگ

آپ اسکول کی ویب سائٹ پر ہماری تمام پالیسیوں اور رازداری کے نوٹس تک رسائی حاصل کر سکتے ہیں۔
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ہولی گرو میروز



کیٹی کی کلاس - جیڈ

سامنتھا کی کلاس - کائی

ریبیکا کی کلاس - انہوں نے وار کیا۔

لورا کی کلاس - کائل

ڈینیئل / کونور کی کلاس - ایڈم

جولی کی کلاس - ہارون

مائیکل کی کلاس - سوفی

کورٹنی کی کلاس ایلس

جوش کی کلاس - یحییٰ۔

ایلکس کی کلاس - ہر کوئی

لیبی کی کلاس - چارلی ایم

HAPPY BIRTHDAY



عملہ

لی-این سکاٹ

بچے

خزاں-جون للی-مے بھریس



Joyful June 2024

MONDAY

TUESDAY

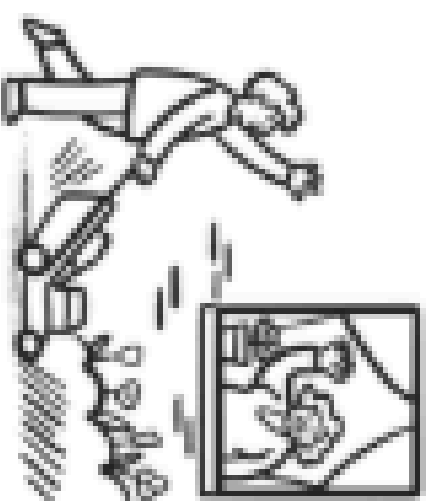
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



3 Re-frame a worry and try to find a helpful way to think about it



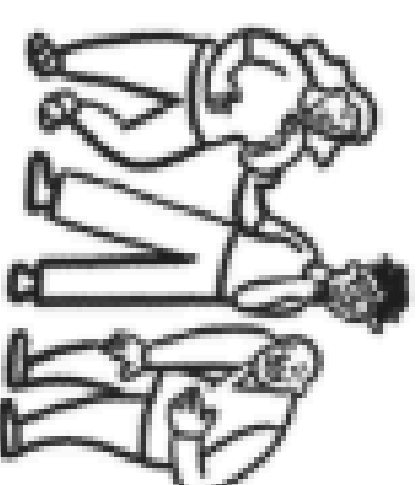
4 Take a photo of something that brings you joy and share it



5 Think of 3 things you're grateful for and write them down



6 Get out into green space and feel the joy that nature brings



7 Do something healthy which makes you feel good

1 Decide to look for what's good every day this month

2 Say positive things in your conversations with others

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to



24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

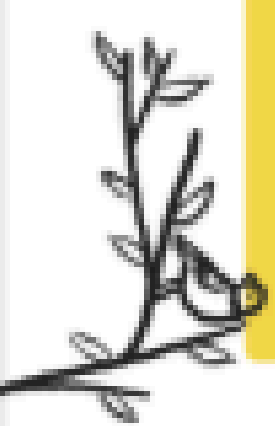
28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)

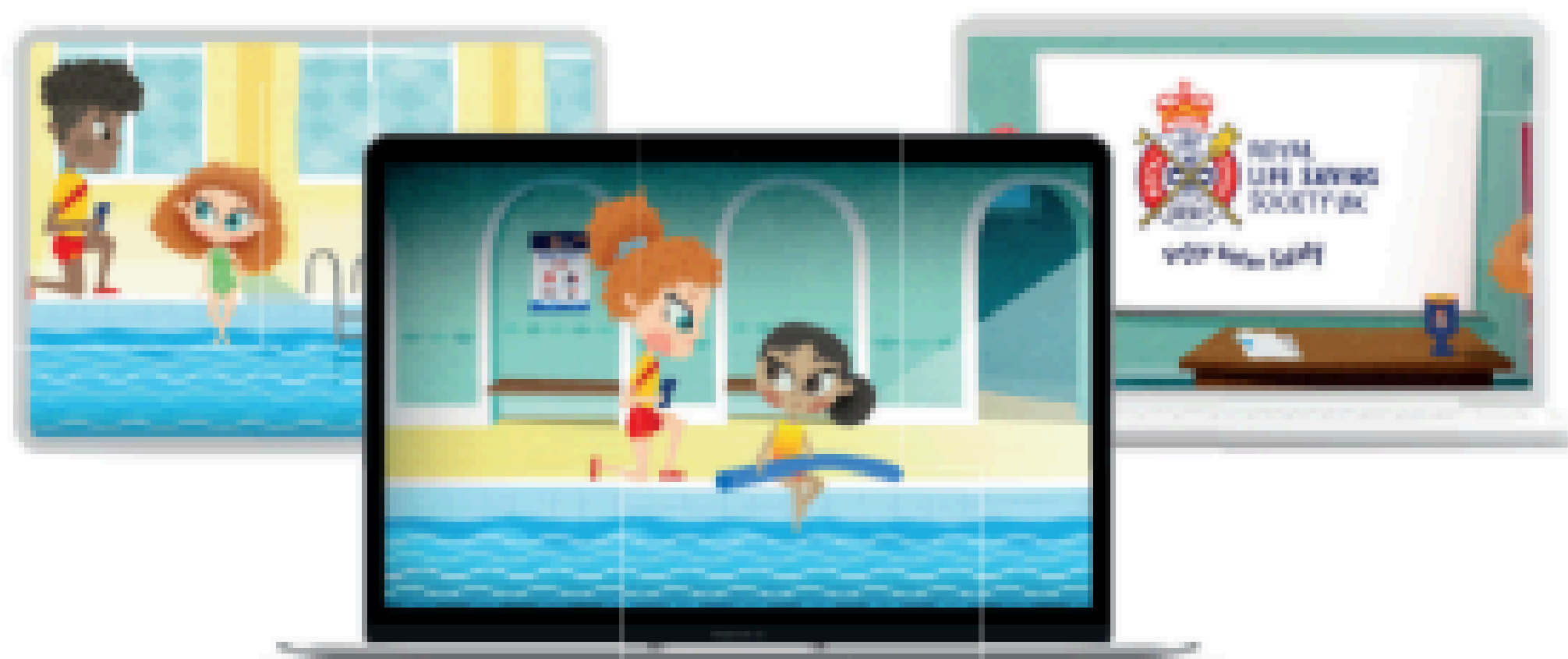
ACTION FOR HAPPINESS

Happier · Kinder · Together





**Help keep your family safe in,
on and around water.**



**Watch RLSS UK's animation to learn
more about water safety.**





Safety. Sorted!



Keep water beads away from young children



Children love water beads. But it's really dangerous if a young child swallows them.



They expand in the belly and can block the bowel. Some grow as big as golf balls.



A child may need major surgery to remove them. So please keep them away from young children.



If you suspect a child has swallowed a water bead, get medical help straight away.

Scan to learn more



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[@capt_charity](https://www.instagram.com/capt_charity)

Child Safety Week

capt.org.uk/child-safety-week

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Button batteries can badly hurt or kill a small child if they swallow one



Look

Hunt around your home for button batteries. Think toys, lights, remote controls and more.



Check

Check for products with loose backs and button batteries that have dropped out.



Store

Keep button batteries in a safe place, up high and out of your child's reach.



Dispose

Recycle used button batteries as soon as you can. They are still unsafe.



Act

If you think your child may have swallowed a button battery, go straight to A&E or call an ambulance.

Button batteries – where are yours?



BIPBA
British Invention Portable Battery Association



Button batteries, particularly big, powerful lithium coin cell batteries, can badly hurt or kill a small child within two hours, if they get stuck in the food pipe. Know where yours are, so you can keep your children safe.

Five top tips

- Hunt around your home for button batteries – in products as well as spare and 'flat' batteries.
- Keep products well out of children's reach if the battery compartment isn't secured.
- Store spare button batteries in sealed containers in a high cupboard.
- Remember that 'flat' or 'dead' batteries still hold enough power to badly hurt a child. So put them out of children's reach straight away and recycle them safely and as quickly as possible.
- If you think your child has swallowed one, don't delay. Trust your instincts and take them to A&E straight away or call 999 for an ambulance. Don't let them eat or drink and don't make them sick.

- | | |
|-----------------------------|---------------------------|
| 1. Fitness tracker | 12. Bathroom scales |
| 2. Remote control | 13. Spare batteries |
| 3. Spare batteries | 14. Thermometer |
| 4. 3D glasses | 15. Flat battery |
| 5. Robot bug toy | 16. Robo fish |
| 6. Gaming headset | 17. Musical greeting card |
| 7. Car key | 18. Light-up yo-yo |
| 8. Key finder | 19. Tea light |
| 9. Kitchen scales | 20. Light saber |
| 10. Light up fidget spinner | 21. Flashing wand |
| 11. Spare batteries | |

For more help



capt.org.uk/button-batteries

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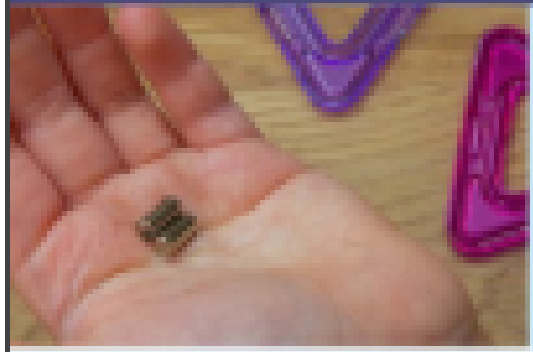
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child accident prevention trust



Magnets can rip a hole in your child's gut!



- Super strong magnets, like these, can cause serious damage to your child's insides if they swallow them.

- They can join together and make holes in their gut. Removal can be difficult and need complex surgery.



- They can be in toys, jewellery, fridge magnets or cheap products bought from online marketplaces. They can be 10 times stronger than is safe.

⚠ If your child may have swallowed magnets, don't delay! ⚠
Call 999 for an ambulance or go straight to A&E. Symptoms can seem like a stomach bug or appendicitis.

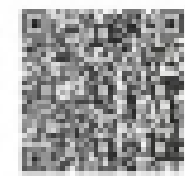
www.capt.org.uk/magnets @ChildAccidentPreventionTrust



Chemicals in cleaning products can cause serious harm



Keep cleaning products out of reach



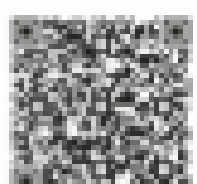
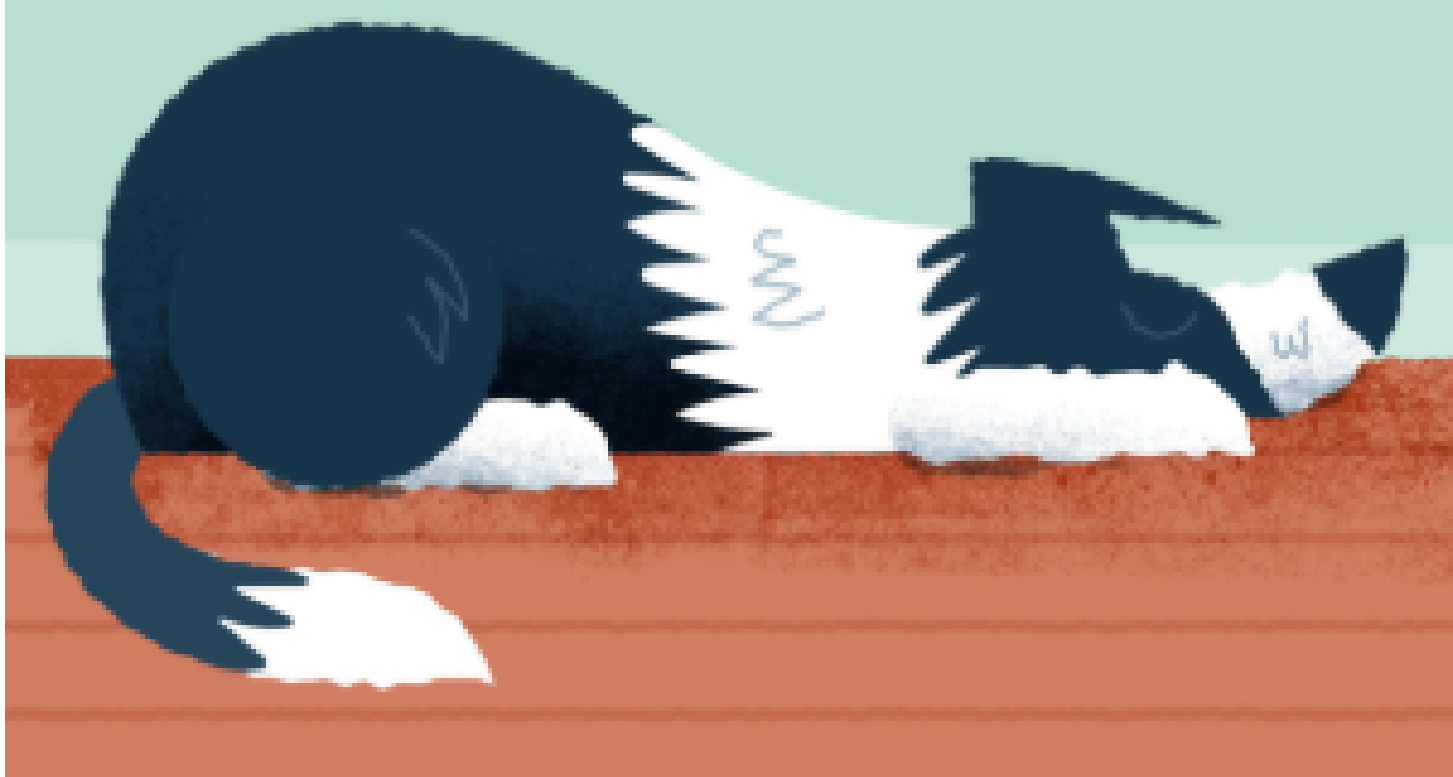
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Trigger times

Teach your child to leave your dog alone when they are:

- Sleeping - no-one likes to be woken up suddenly.
- Eating or having a treat - they might think you're going to take their food.
- Have a toy or something else they really like - they might not want to share!



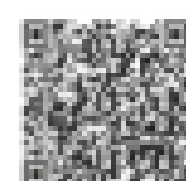
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Blind cords can strangle small children



Fit a cleat hook or tensioner to keep them safely out of reach



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When you cross the road remember:



THINK

Find the safest place to cross. Where possible, use a pedestrian crossing.

STOP

Stand on the pavement near the kerb and make sure that you can see the traffic.

LOOK AND LISTEN

Look all around you for traffic and be sure to listen carefully for things you can't see.

WAIT

Wait until it's safe to cross. If traffic is coming, let it pass. If you're not sure, don't cross.

LOOK AND LISTEN AGAIN

When it is safe, walk straight across the road. Don't run. Keep looking and listening.

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child accident
prevention trust 



30 children go to hospital with a hot drink burn every day

Please keep hot drinks out of reach



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child accident prevention trust 

What do sausages and grapes have in common?

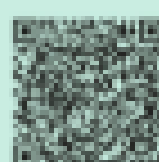


capt.org.uk/choking



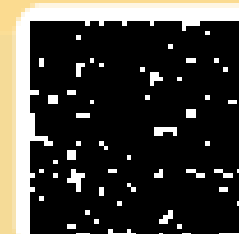
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capt.org.uk/child-safety-week

because

FAMILY *life* MATTERS



Time out for parent courses



*Believing in you
Believing in Better*

4x 2hr Sessions

Scan to book - In the drop down box, please make sure you select the course and date required

HANDLING ANGER IN THE FAMILY

Promoting healthy tips with our children & family members and strategies to handle anger better.

September 17, 24, & 1st, 8th October 8.30pm - 8.30pm
November 5, 12, 19, 26th 9.30am - 11.30am

ASD

Understanding autism and the way it affects your child. Support and strategies to help the family relationships.

June 4, 11, 18, 25th 8.30pm - 8.30pm
September 17, 24, & 1st, 8th October 12.45pm - 2.45pm
November 5, 12, 19, 26th 8.30pm - 8.30pm

ADHD

Understanding ADHD and how it affects your child. Support and strategies to help the family relationships.

June 4, 11, 18, 25th 9.30am - 11.30am
September 17, 24, & 1st, 8th October 12.45pm - 2.45pm
November 5, 12, 19, 26th 12.45pm - 2.45pm

THE TEENAGE YEARS

The Teenage Years can sometimes be a challenge. This course explores the issues affecting teenagers & their parents.

June 4, 11, 18, 25th & July 2nd 8.50pm - 8.50pm
September 17, 24, & 1st, 8, 15th Oct 1st, 8th 9.50am - 11.50am
November 5, 12, 19, 26th & Dec 3rd 8.50pm - 8.50pm



PUPIL HOLIDAY DATES – 2023 / 2024

Autumn Term 2023

Re-open **Wednesday 6 September 2023**

Half Term **5 days** **Monday 23 October**
Friday 27 October (Inclusive)

Re-open **Monday 30 October**

Christmas - Closure after school on **Friday 22 December 2023**

Spring Term 2024

Re-open **Monday 8 January 2024**

Half Term **5 days** **Monday 12 February to**
Monday 19 February (Inclusive)

Re-open **Tuesday 20 February**

Easter - Closure after school on **Thursday 28 March 2024**

Summer Term 2024

Re-open **Monday 15 April 2024**

May Day **1 day** **Monday 6 May**

Half Term **5 days** **Monday 27 May to**
Friday 31 May (Inclusive)

Re-open **Monday 3 June**

Summer – Closure after school on **Friday 19 July 2024**