



Week Ending:  
Friday 4th April 2025



@Green\_MeadowPS

**Dear Parents and Carers,**

Hasn't it been a lovely week? I think that the sunshine could finally be here to stay! OPAL lunchtimes have been brilliant this week and the children have loved having the trim track and climbing fort back open. The children can't wait to start using the new monkey bars which have been installed and having had a quick go myself to test them out (!), I can see why. They are great fun!

Well done to all of the children in Year 4 who have had swimming lessons for the past two weeks. They have made so much progress and become more and more confident in the water each day. Some have even ventured into the deep end for the first time which is wonderful.

There have been lots of examples of succeeding together in action this week. Well done to our marvellous mathematicians from Year 5 who competed in the King Edwards maths challenge finals on Wednesday. They finished in the top ten schools across the whole of Birmingham. What an achievement! Well done too to our Year 5 and 6 football teams who competed in a district match against Welsh House Farm this week. Despite having only played as a team once before, our girls displayed brilliant team work and skill. And finally, good luck to our athletics team who have made it through to the regional finals today. We'll keep you posted with how they all get on!

I hope you all have a great weekend.

Best wishes,

Miss Arrowsmith

## **PE and Outdoor Learning days**



**Please note changes to soem PE days this week.**

**Monday  
Year 2**

**Tuesday  
Year 1 and  
Year 3**

**Wednesday  
Year 4**

**Thursday  
Year 5 and  
Year 6**

**Friday  
Reception PE**

**Please wear  
PE kit to school  
on PE days**



## **THE EASTER EGG RAFFLE!**

**Tickets for the easter egg raffle go on sale on Monday for 50p...keep reading to find out more!**

# Parents' Evening

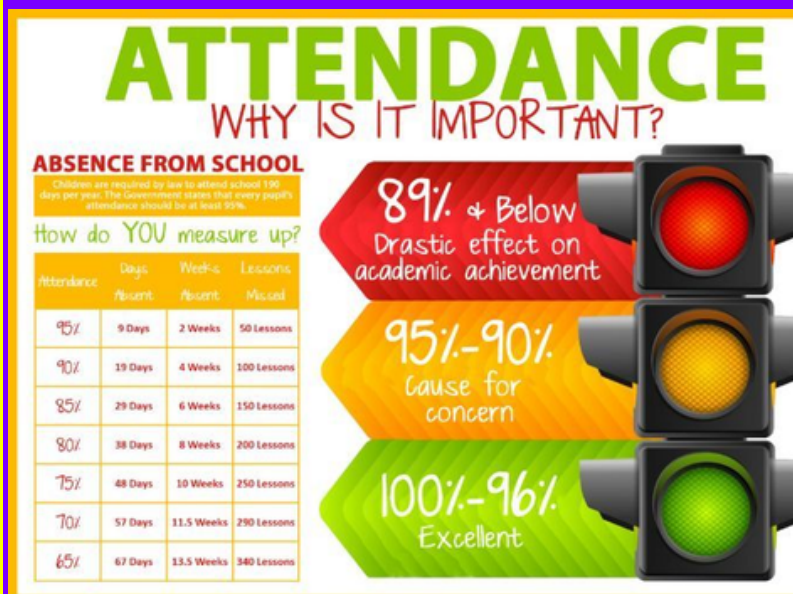
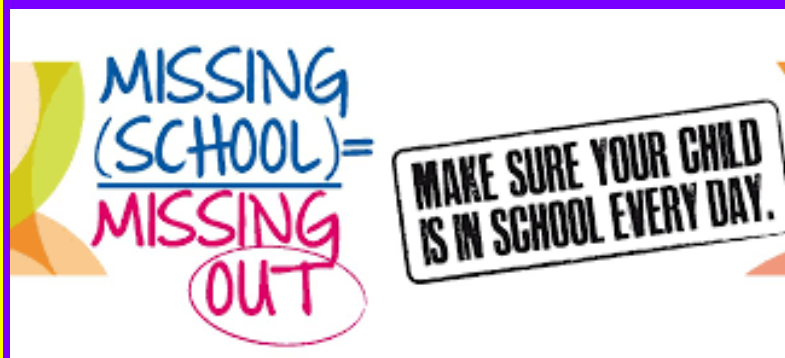
This term's Parents' Meetings will be held after school on Wednesday, 9th April and Thursday, 10th April. Don't forget to book your 10 minute appointment before bookings close at 9am on Wednesday 9<sup>th</sup> April.



Tickets for the FOGM Easter Egg Raffle will go on sale from Monday to Wednesday next week, 50p a ticket. Look at all the eggs the teachers have already kindly given- and there are even more to come!! We will draw the raffle in Celebration Assembly on Wednesday.



School closes at 3.20pm on Friday, 11<sup>th</sup> April for the Easter holidays and reopens on Monday, 28<sup>th</sup> April at 8.35am.





# CELEBRATING GREAT LEARNING!



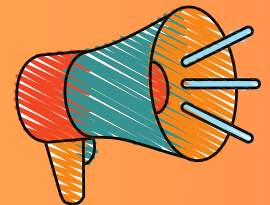
Well done to all of the children who have been practising their spelling on **Spelling Shed** this week. Our class leader board this week has **Jupiter** in 1st place, **Saturn** in 2nd and **Pluto** in 3rd place! Well done to our whole-school top speller, **Aalam** in **Jupiter**, who helped his class secure top place!



A huge well done to this week's **Mathletes**, **Millie** in **Cadbury**, **Daniel** in **Bournville**, **Tobias** in **Shakespeare**, **Shayla** in **Tolkien**, **Megan** in **Mars**, **Daniel** in **Saturn**, **Sai** in **Jupiter** and **Archie** in **Pluto**.

Our top scoring classes were **Saturn** and **Mars**. Keep practising on the tasks set by your teacher to become a top Mathlete!

A huge well done to this week's **Outstanding Orators**, **D-Min** in **Leopards**, **E** in **Zebras**, **I** in **Tigers**, **E** in **Lions**, **Minnie** in **Giraffes**, **Aubrey** in **Gazelles**, **Danielle** in **Bournville**, **Sharvin** in **Cadbury**, **James** in **Shakespeare**, **Jayden** in **Tolkien**, **Eddie** in **Mars**, **Annabelle** in **Saturn**, **Lileigh** in **Jupiter** and **Daisy** in **Pluto**. You have all impressed us with how well you have demonstrated your oracy skills this week.



Congratulations to our **Readers of the Week**- who get to choose their own book to take home from the world-famous Green Meadow Book Vending Machine! **H** in **Zebras**, **Z** in **Leopards**, **R** in **Lions**, **P** in **Tigers**, **Luna** in **Gazelles**, **Connor** in **Giraffes**, **Ire** in **Bournville**, **Lottie** in **Cadbury**, **Miley** in **Tolkien**, **Jakob** in **Shakespeare**, **Emilia** in **Saturn**, **Archie** in **Mars**, **Ollie** in **Pluto** and **Harry** in **Jupiter**.



# CELEBRATION TIME!

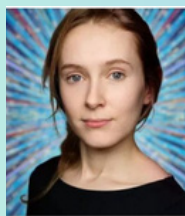
## ABOVE AND BEYOND!

Well done to all the children in school who received hot chocolate nominations from their teachers for  
**GOING ABOVE AND BEYOND!**

This week, an incredible 60 children from across school received nominations - that's **AMAZING!** We are all so proud of you! We hope you have your certificates displayed somewhere at home to celebrate.

## House Points

A record number of house points have been awarded this week to children demonstrating our school values of **READY, RESPECTFUL** and **SAFE** and for making sure they show how helpful, friendly and supportive everyone at Green Meadow is. Well done, everyone!



**2176   1891   1802   1975   2018**



Be an Attendance

**H.E.R.O.**



Here

Everyday

Ready

On time

igers

Well done to **Tigers** in KS1 and **Cadbury** in KS2 who are our best attending classes this week.

The most punctual class in school this week is **Gazelles** who were in school on time every day to make the most of their learning time.





# MENU

**WE ARE ON WEEK 1 OF THE MENU!**  
**THURSDAY IS A SPECIAL THEME DAY...PLEASE SEE SPECIAL MENU ON THE NEXT PAGE!**

GREEN MEADOW PRIMARY MENU					
<b>WEEK 1</b> 06/01, 27/01, 24/02, 17/03, 07/04		<b>WEEK 2</b> 13/01, 03/02, 03/03, 24/03		<b>WEEK 3</b> 20/01, 10/02, 10/03, 31/03	
<b>MONDAY</b> Pork Sausages, in Onion Gravy Vegetable Spring Rolls (V) Creamy Mash, Peas, Oriental Noodles & Vegetables, Salad Cart 1/2 Waffle with Toffee Sauce Fresh Fruit & Yoghurt	<b>THURSDAY</b> Pasta Bolognese or Sea Stars with Lemon & Tartare Sauce, Mediterranean Tomato & Basil Ragu (V) Diced Potatoes, Broccoli, Baked Beans, Salad Cart Chocolate Chip Cookie Fresh Fruit & Yoghurt	<b>MONDAY</b> All Day Brunch (Sausage, Omelette, Hash Brown) or Fish Fingers with Lemon & Tartare Sauce All Day Veggie Brunch (Veggie Sausage, Omelette, Hash Brown) (V) Sauté Potatoes, Baked Beans, Sweetcorn, Salad Cart Raspberry & Vanilla Ice Cream Cake Fresh Fruit & Yoghurt	<b>THURSDAY</b> Lamb Keema Curry or Beef Burger Bun Vegetable Samosa & Curry Sauce (V) Steamed Rice, Naan Bread, Herby Diced Potatoes, Sweetcorn, Baked Beans, Salad Cart Flapjack Fresh Fruit & Yoghurt	<b>MONDAY</b> Mild Beef Chili or Fish Fingers with Lemon & Tartare Sauce 5 Bean Chili (V) Steamed Rice, Sauté Potatoes, Baked Beans, Broccoli, Salad Cart Ice Cream Fresh Fruit & Yoghurt	<b>THURSDAY</b> Mexican Chicken & Vegetables, in a Warm Floured Mini Tortilla or Battered Fish with Lemon & Tartare Sauce Vegetable Tikka Curry (V) Spicy Potato Wedges, Steamed Rice, Naan Bread, Sweetcorn, Baked Beans, Salad Cart Iced Shortbread Fresh Fruit & Yoghurt
<b>TUESDAY</b> Chinese Chicken Curry Mac N Cheese (V) Boiled Rice, Naan Bread/ Garlic Bread, Peas & Sweetcorn, Salad Cart Syrup Sponge & Custard Fresh Fruit & Yoghurt	<b>FRIDAY</b> BBQ Chicken & Sweetcorn Pizza, Homemade Margherita Pizza (V) Chipped Potatoes, Baked Beans, Peas, Sauces, Salad Cart Strawberry Mousse Fresh Fruit & Yoghurt	<b>TUESDAY</b> Beef Lasagne Vegetable Lasagne or Vegetable Burger Bun (V) Potato Wedges, Peas, Broccoli, Garlic Bread, Salad Cart Chocolate & Beetroot Traybake with Custard Sauce Fresh Fruit & Yoghurt	<b>FRIDAY</b> Homemade Moroccan Spiced Beef & Sweet Pepper Pizza Homemade Margherita Pizza (V) Chipped Potatoes, Baked Beans, Peas, Sauces, Salad Cart Homemade Summer Fruits Muffin Fresh Fruit & Yoghurt	<b>TUESDAY</b> Chicken & Broccoli Pasta Bake Vegetable Pasta Bake or Vegetable Sausage Hot Dog (V) Diced Potatoes, Garlic Bread, Peppers & Sweetcorn, Salad Cart Lemon Drizzle Cake & Custard Sauce Fresh Fruit & Yoghurt	<b>FRIDAY</b> Traditional Pepperoni Pizza Homemade Margherita Pizza (V) Chipped Potatoes, Baked Beans, Peas, Sauces, Salad Cart Chocolate Chip Cookie Fresh Fruit & Yoghurt
<b>WEDNESDAY</b> Roast Beef, Yorkshire Pudding & a Rich Gravy Sauce Cheese, Chive & Potato Pie (V) Roast Potatoes, Carrots, Green Beans, Baked Beans, Salad Cart Ice Lolly Fresh Fruit & Yoghurt	<b>WEDNESDAY</b> Roast Chicken, Sage & Onion Seasoning & a Rich Gravy Sauce Vegetarian Sausage Toad in the Hole (V) Roasted New Potatoes, Cauliflower, Carrots & Green Beans, Salad Cart American Pancakes with Strawberry Drizzle Fresh Fruit & Yoghurt	<b>WEDNESDAY</b> Roast Turkey, Sage & Onion Seasoning & a Rich Gravy Sauce Herb Roasted Quorn (V) Minted New Potatoes, Carrots & Peas, Salad Cart Strawberry Jelly & Fruit Fresh Fruit & Yoghurt	<b>AVAILABLE DAILY</b> Fresh Bread Jacket Potatoes with Cheese, Beans or Tuna Sandwich or Wrap with a Hot Carb Salad Cart <b>COOMBS</b> <small>CATERING PARTNERSHIP</small>		

Allergen Information: Menu descriptions may not list every individual ingredient. We are aware of the presence of allergens requiring labelling, so please ask a member of the catering team should you require any more details. Vegetarian options are indicated by the symbol (V).



**STAY  
HYDRATED**

School meals cost £3 per day, payable via Arbor, for Years 3, 4, 5 & 6, unless you are entitled to free school meals.

Please keep up to date with school meal payments each week.

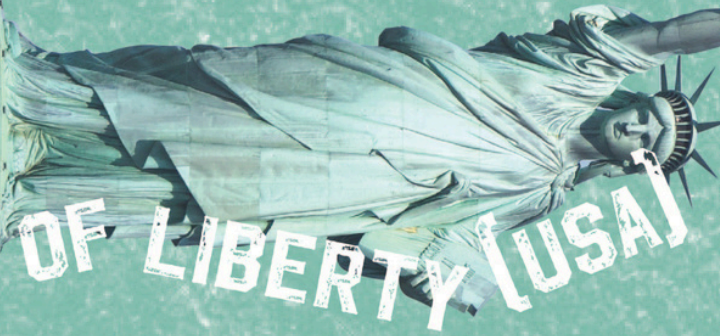
Please note that for Reception, Year 1 and Year 2 ALL children are entitled to universal free school meals.



# WORLD

THE INTERNATIONAL DAY OF MONUMENTS  
AND SITES, CELEBRATES AND PROTECTS  
OUR CULTURAL LEGACY.

# HERITAGE DAY



STATUE OF LIBERTY (USA)



## MAINS

STATUE OF LIBERTY (USA)

NEW YORK BBQ CHICKEN BAGEL PIZZA

TOWER OF LONDON (UK)

OLD SCHOOL FISH AND CHIPS

THE GREAT WALL OF CHINA

VEGETABLE SPRING ROLLS (V)

## SIDES

SEASONED OR 5 SPICE WEDGES

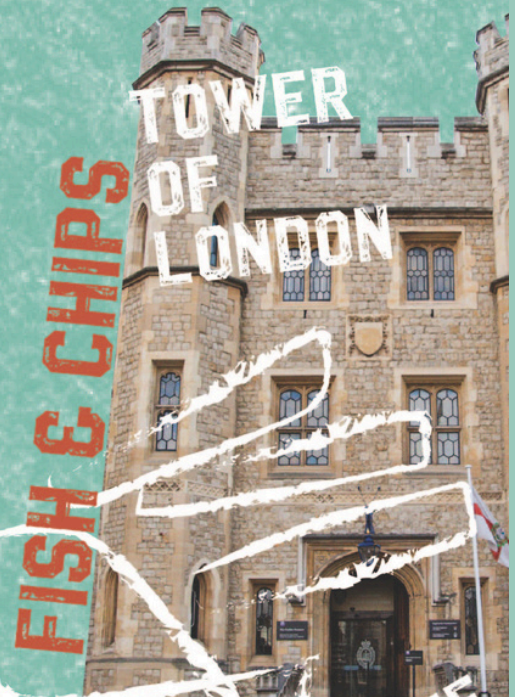
BAKED BEANS, SWEETCORN & PEAS

## DESSERT

GREAT BARRIER REEF (AUSTRALIA)

MANTA RAY/ SHARK/ CLOWNFISH &

TURTLE MUFFINS



FISH & CHIPS

TOWER OF LONDON

GREAT BARRIER REEF



# THURSDAY

# 10TH APRIL 2025



# WEEKLY ASSEMBLY



ASK YOUR CHILD TO TELL YOU ABOUT  
THE STORY BEHIND THE PICTURE WE  
LOOKED AT IN ASSEMBLY THIS WEEK AND  
HOW IT RELATES TO BRITISH VALUES





## What Parents & Educators Need to Know about

# INSTAGRAM

AGE RESTRICTION  
**13+**

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

### WHAT ARE THE RISKS?

#### EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

#### AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

#### RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

#### THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

#### SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

#### EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

## Advice for Parents & Educators

#### USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

#### OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

#### SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

#### BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College





# UPCOMING DATES FOR YOUR DIARY...

**Spring 2 Week 13**  
**wb 7th April 2025**

**Monday, 7th April 2025**  
**Pupil Parliament meeting at Green**  
**Meadow- invited pupils**

**After school- Football Competition**  
**at Bournville school- invited pupils**

**Wednesday, 9<sup>th</sup> April 2025**  
**Parents' Evening**

**Thursday, 10th April 2025**  
**World Heritage Special Lunch Menu**  
**Year 5 Financial Security Day with**  
**Lloyds Bank**  
**Parents' Evening**

**School closes at 3.20pm for the**  
**Easter Holidays**

**Summer 1 Week 1**  
**wb 28th April 2025**

**Monday, 28<sup>th</sup> April 2025**  
**Living Eggs arrive in school**

**Thursday, 1<sup>st</sup> May 2025**  
**Year 5 KEVI trip to Birmingham**  
**airport**  
**1.30pm Ready, Steady**  
**Reception for invited pupils**