

## DATES FOR YOUR DIARY

Friends meeting – Friday 17<sup>th</sup> April, 9am.

Aldborough May Day celebrations. -Sunday 10<sup>th</sup> May,

### AT THE CIRCUS (in Marton School )

This is very exciting! Everyone who attends Marton school and their families are invited, it 's free! We will have a BBQ and drinks too. More info in the new term, but save the date!

family fun afternoon

Friday 22<sup>nd</sup> May from 3.15pm to 5.30pm.

Marton Open Gardens –  
Sunday 28<sup>th</sup> June

The Friends summer BBQ –  
Saturday 11<sup>th</sup> July



# The Friends

OF Marton cum Grafton CofE Primary School

Vanessa Quarmby

THE YORKSHIRE DIETITIAN



## THE PUNCH BOWL INN are hosting an

Easter weekend celebration!

**Saturday 4th April... from 12 noon...**

Children 's card competition with face painting,

*free afternoon BBQ & huge Easter Egg hunt*

for all the family!

**Sunday 5th April... from 11am...**

Easter Sunday kicks off our weekly Sunday morning village dog walk with complimentary tea, coffee & hot cross buns on your return to the inn! Followed by a fabulous Sunday lunch with the best of the new season 's produce

## OUR NEWSLETTER SPONSOR FOR THIS

TERM

**Vanessa Quarmby**

**The Yorkshire Dietitian**

Are you looking for nutrition advice for yourself, a member of your family or your employees?

Vanessa is a Registered Dietitian and advises individuals on nutrition and food related health issues.

She also advises large and small businesses helping them with their Workplace Wellbeing initiatives.

In addition to many individuals, previous clients include GP Surgeries, Care Homes, The Army, Rail Operators, Power Stations – you might be surprised what a Dietitian can do for you!

Do you need media coverage, radio, TV for your food issue or Training?

Vanessa can help.

Look at her website

[www.theyorkshiredietitian.co.uk](http://www.theyorkshiredietitian.co.uk) for more information or give her a call on 07957 628753 to discuss how she can help you.

Dear All,

Another term ends...

The answer was 6<sup>th</sup> March, what was the question? The date of the Friends quiz night! 6 teams of parents and villagers competed in a general knowledge quiz, which was very competently compiled and delivered by Catriona Penty. Much thinking and drinking took place and our congratulations to the winners – The Old Codgers who showed us all that experience makes prizes! Thank you to Lisa Dickinson for setting up and Helen Tesseyman for making the most delicious lasagnes.

This term we have funded a new speaker, enabling the children to easily play recorded music to accompany their assemblies and church services.

In the summer term there is much to look forward to especially our family fun afternoon on Friday 22<sup>nd</sup> May from 3.15pm to 5.30pm. The children who ran the Spartan Mud Run in September 2014 raised £555 through sponsorship and they have very kindly donated it for us all to enjoy an afternoon ...

Another date for your diaries is Sunday 10<sup>th</sup> May, when The Friends and Governors will have a face painting stall at the Aldborough May Day Celebrations. We hope to see you there.

Kind regards

Helen Marshall

Chair of The Friends