



# INSKIP ST. PETER'S C.E. PRIMARY SCHOOL NEWSLETTER

*Learning, Loving and Living with Jesus*



Keep your roots deep in Jesus Christ the Lord, build your lives on him

and always be thankful. *Colossians 2:7*

**Compassion Friendship Respect Forgiveness Trust Thankfulness**

**Week Beginning Monday 8th May 2023**

The library van will be visiting our school **this Friday 12th May.**



**Good Luck Year 6 with your SATs this week.** Thank you parents for all the support you're giving them.

## Lower School Attendance

The Department for Education has set out that from **September 2023** the government's expectation is that all schools should deliver a minimum school week of 32.5 hours (including playtimes and lunchtimes). In order to meet this expectation we propose that from the **beginning of September** our Lower School Class lengthens their school day by 5 minutes finishing at **3.30pm** which will be in line with our Middle and Upper School classes who already meet the 32.5 hour school week. If you have any feedback to this proposal please email Miss Leyland at [head@inskip.lancs.sch.uk](mailto:head@inskip.lancs.sch.uk) by Tuesday 23rd May.



## Congratulations!



We were very happy to hear the lovely news that **Revd Paul is getting married!** I'm sure that you'll join with everyone here at St. Peter's School in wishing him and his fiancée Barbara all our love and best wishes for a wonderful life together.

We have a pupil at our school who has a severe allergies reactions to nuts and sesame, therefore we ask for your cooperation in **not sending nut and sesame food stuffs into school** in your child's lunchbox.

**Please do not make sandwiches using seeded bread, rolls with sesame seed topping, bread sticks with sesame, hummus or any products containing tahini or snack bars containing sesame.**

**Please do not send packs of nuts, Peanut butter sandwiches, fruit and cereal bars that contain nuts, chocolate bars or sweets that contain nuts or cakes made with nuts.**

If you are unsure if your foods include these ingredients please check the products allergen list on its packaging.

Children suffering from such allergies can be affected and then become seriously ill very quickly after accidentally eating, touching or coming into contact with surfaces which have been contaminated with nuts and sesame. Thank you for your support in helping us provide a safe environment for all our pupils.

# Christian Values

Our Christian value theme this half term is  
**‘Respect’.**

Here’s a way of exploring this theme at home.

## TALK ABOUT RESPECT TOGETHER...

We are learning at school about the importance of treating others with **respect** even if we sometimes do not agree with the way they behave or the things they say. We have also been thinking about how we should treat the things that belong to us and to other people **respectfully**.

- Think of some practical ways that you show **respect** to each other in your family.
- Often we show **respect** to someone by the way we speak to them. What does this mean in practice?
- Do you treat one another’s possessions with **respect**? What does this mean in practice?

## May Online Safety Newsletter

Our May edition of our Online Safety Newsletter is now available to view on our school website. Please take a look by clicking the following link [Our Safeguarding](#).

## Preloved Uniform

An updated Preloved Uniform list has been sent to all parents. Please do take a look as these as they have been lovingly donated to school as they have lots of wear left in them. They have been cleaned, pressed and ready for you to purchase. If you would like to purchase any of the uniform please contact Mrs Leach who’s details are on the list.



## Family Support

At Inskip St Peter’s we recognise the difficulty that many people will be facing with cost of living issues.

We have provided details and links on our [family support](#) page of our school website to national and local sources of advice, support and financial assistance that may be able to help you and your family.



## School Website

Please take a look at our school blogs and see lots of the inspiring learning your children have been doing in class. Click on the title of the blog to open it in a new window. Please comment at the bottom of the blog posts your thoughts of encouragement for the children to read.

### Lower School

[LS Coronation Picnic](#)

[Coronation Celebrations](#)

[Busy Bees in LS](#)

### Middle School

[Shapes](#)

[Coronation Picnic](#)

### Upper School

[US Robot Projects](#)

[Blooket Fun](#)

[Parachuting Fun!](#)

[Improving Running Strategies.](#)

### New 3 Choice Menu

Starting on **Monday 15th May** our fantastic lunch menu will now include a third choice of meal. We love to encourage our children to try new tastes and so we know that our children will enjoy Mrs Billington's new meal choices. The new menu is below and will be published on our website. If you have any queries regards the new menu please feel free to contact Mrs Billington at morning drop off time.

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Option 1	Salmon with potatoes & veg	Meatball Sub Roll with potatoes & veg	Roast Beef, Yorkshire Pudding with Roast Potatoes & Veg	Chicken Curry with mixed rice & naan bread	Fish Finger with Chips or new potatoes & peas
	Option 2	Cheese Omelette with potatoes & baked beans	Jacket Potato with a choice of fillings	French Bread Pizza with wedges, veg sticks & dips	Jacket Potato with a choice of fillings	Pizza Margherita with chips or pasta salad & sweetcorn
	Option 3	Tomato & Mascarpone Pasta	Creamy Veggie & Cheese Pasta	Pasta Neapolitan	Cheese & Tomato Pasta Bake	Selection of wraps or sandwich rolls with chips or new potatoes & salad
	Dessert	Sponge & Custard	Shortbread	Cheese & Biscuits	Fruity Oat Cookie	Chocolate Muffin
	Sides	Salad, Bread, Milk, Fruit & Yoghurts	Salad, Bread, Milk, Fruit & Yoghurts	Salad, Bread, Milk, Fruit & Yoghurts	Salad, Bread, Milk, Fruit & Yoghurts	Salad, Bread, Milk, Fruit & Yoghurts

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	Option 1	Sausage Roll with potatoes & veg	Pork & Veg Sausages with Mash & veg	Roast Chicken, Yorkshire Pudding with Roast Potatoes & Veg	Mild Chilli Beef Tacos with mixed rice and veg	Battered Fish with chips or new potatoes & veg
	Option 2	Jacket Potato with a choice of fillings	Toasted Panini	Jacket Potato with a choice of fillings	Puff Pastry Cheese Whirl with potatoes and baked beans	Pizza Margherita with chips or pasta salad & sweetcorn
	Option 3	Cheese & Tomato Pasta Bake	Pasta Arrabbiata	Creamy Macaroni & Cheese Bake	Pasta Neapolitan	Selection of wraps or sandwich rolls with chips or new potatoes & salad
	Dessert	Fruit Jelly	Carrot Cake Muffin	Chocolate Shortbread	Coconut Cookie	Summer Treat Dessert
	Sides	Salad, Bread, Milk, Fruit & Yoghurts	Salad, Bread, Milk, Fruit & Yoghurts	Salad, Bread, Milk, Fruit & Yoghurts	Salad, Bread, Milk, Fruit & Yoghurts	Salad, Bread, Milk, Fruit & Yoghurts

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Option 1	BBQ Chicken Melt Tortilla with potatoes & veg	Swedish Style Veggie Meatballs with potatoes & veg	Roast Pork, Yorkshire Pudding with Roast Potatoes & Veg	Beef Burger in a bun with wedges & veg	Fish Finger with Chips or new potatoes & peas
	Option 2	Butter Pie with baked beans & salad	Jacket Potato with a choice of fillings	French Bread Pizza with wedges, veg sticks & dips	Jacket Potato with a choice of fillings	Pizza Margherita with chips or pasta salad & sweetcorn
	Option 3	Tomato & Mascarpone Pasta	Pasta Neapolitan	Creamy Veggie & Cheese Pasta	Cheese & Tomato Pasta Bake	Selection of wraps or sandwich rolls with chips or new potatoes & salad
	Dessert	Chocolate Brownie	Cheese & Biscuits	Fruity Oat Cookie	Shortbread	Chocolate Cookie
	Sides	Salad, Bread, Milk, Fruit & Yoghurts	Salad, Bread, Milk, Fruit & Yoghurts	Salad, Bread, Milk, Fruit & Yoghurts	Salad, Bread, Milk, Fruit & Yoghurts	Salad, Bread, Milk, Fruit & Yoghurts

*Please note that these menus may occasionally be subject to change.*



## Online Activity

We all want our children to be safe online and with that in mind we will be providing you with information about online behaviours, apps and games which will be useful to you in supporting your child to stay safe. This will also support the daily teaching of online safety at school. Please also take a look on our website at [Our Safeguarding](#) page.

This week we inform parents and carers about 'Smartwatches'.

# 10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

### AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

### CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

### BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

### ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

### MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

### TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

### THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

### STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

### USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

### BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

### Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *BBC Newsnight*, *Radio 5 Live* and the *ITV News* at Ten. He has two children and writes regularly about internet safety issues.

**NOS** National Online Safety®  
#WakeUpWednesday



## Dates for the diary:-

Monday 8th May	Kings Coronation Bank Holiday
Tuesday 9th to Friday 12th May	Year 6 SATs
Monday 22nd to Wednesday 24th May	Year 5 and 6 Residential at Borwick Hall
Friday 26th May	School closes for May Half Term
Monday 5th June	Inset Day
Tuesday 6th June	School reopens to pupils

## This Week's Clubs:-

TUESDAY 9th	8:00am Breakfast Club 3.30pm Tennis with Simon (all places taken)
WEDNESDAY 10th	8:00am Breakfast Club 3.30pm Forest School with Claire
THURSDAY 11th	8:00am Breakfast Club 3.30pm Basketball Club with Corey
FRIDAY 12th	8:00am Breakfast Club 3.30pm Football Club with Corey

## Half Term Holiday Clubs by Fleetwood Town:-



### MULTISPORTS CAMPS

(TUESDAY 30th MAY - FRIDAY 2nd JUNE)



**Carleton Green Primary (FY6 2TF)**  
**FULL DAY (£14.00 PER DAY):**  
**TIME: 09:00-16:30**



**Shakespeare Primary (FY7 7LL)**  
**FULL DAY (£12.50 PER DAY):**  
**TIME: 09:00-16:30**



**Fleetwood's Charity School (FY6 0NN)**  
**FULL DAY (£12.50 PER DAY):**  
**TIME: 09:00-16:30**

**Ages: 5-12 years**  
 (4 year olds are eligible for half days AM or PM at half the price!)

**BOOK HERE >**  
 OR SEE WEBSITE BELOW



- Multisports, Games & Activities
- Fun Competitions Every Day
- Daily Prizes
- Daily Themed Sessions

TO BOOK YOUR PLACE VISIT: [FTCT.EZFACILITY.COM](http://FTCT.EZFACILITY.COM)  
 FOR ANY INFORMATION CONTACT: [COMMUNITY@FLEETWOODTOWNFC.COM](mailto:COMMUNITY@FLEETWOODTOWNFC.COM)  
 OR CALL: 01253 208 442



### POOLFOOT FOOTBALL CAMP

(TUESDAY 30th MAY - FRIDAY 2nd JUNE)



**Poolfoot Farm (FY5 4HX)**  
**NORMAL DAY (£12.50 PER DAY):**  
**TIME: 09:00-16:00**



- Football, Games & Activities
- Fun Competitions Every Day
- Daily Prizes
- Daily Themed Sessions



**BOOK HERE >**  
 OR SEE WEBSITE BELOW



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