

For further information on what's happening in school please go to our website [www.sandylands.lancs.sch.uk](http://www.sandylands.lancs.sch.uk)



01524 410286



[head@sandylands.lancs.sch.uk](mailto:head@sandylands.lancs.sch.uk)

# Newsletter



Wk. beg. 3rd April .23

**Next holiday– After school 2pm Friday 31st March**

## Reception Open Evening 2023



**Reception Open Evening Tuesday 18<sup>th</sup> April 3.30pm-5.30pm**  
Have you got a place for September 23, or have you just moved into the area and would like to have a look around?  
Come and see the buzz and excitement in Early Years!!



## Dinner Money

There will be a slight increase in the price of school meals from 17<sup>th</sup> April. We are committed to providing a wide variety of healthy and nutritious meals to all children. The meals will be £2.20. This is still lower than the cost recommended by Lancashire County Council of £2.50.



## Comic relief

**We raised £396.20  
For Comic Relief**

**COMIC  
RELIEF**

## Eyes down for Chocolate Bingo!

This week we had our Easter Bingo event in the school hall - it was a fantastic evening with lots of community spirit and lots of chocolate given away to our lucky winners. Thank you all for coming - we hope you had lots of fun and we can't wait to see you at our next event






## Dates for the Diary

**Reception Open  
Evening  
Tuesday 18th April  
3.30pm –5.30pm**

**Next Holiday  
After school  
Friday 31st March  
Return  
Monday 17th April**

# SANDYLANDS SPRING/SUMMER MENU 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 	Meatballs in tomato sauce & spaghetti Or Chicken Goujons Potato balls Carrot & peas <u>Dessert</u> Fruit Sponge	Cheese & tomato pizza Or Ravioli, wedges with sweetcorn coleslaw <u>Dessert</u> Cheese & crackers	Roast beef & Yorkshire pudding Or Omelette with Roast, carrot & swede, cauliflower cheese <u>Dessert</u> Jelly	Chicken burger in a bun Or Tomato Pasta with Sauté potatoes Sweetcorn & peas <u>Dessert</u> Melon & grapes	Battered fish & chips with baked beans <u>Dessert</u> Ice cream tub
<b>WEEK 2</b> 	Chicken curry & rice with naan Or Vegi <u>Fingers</u> with Sauté carrots, sweetcorn <u>Dessert</u> Fresh fruit salad	Beef burger in a bun Or Macaroni Cheese with Wedges, peas & mixed veg <u>Dessert</u> Apple crumble & cream	Roast chicken & stuffing Or Tomato pasta with Roast potatoes, cabbage, carrot & swede <u>Dessert</u> Ice cream tub	All day <u>breakfast</u> (grilled sausage & bacon, scrambled egg, beans, hashbrowns) <u>Dessert</u> Melon	Battered fish & chips with baked beans <u>Dessert</u> Jelly
<b>WEEK 3</b> 	Lasagne & garlic bread Or Fish stars with Potato balls, sweetcorn, carrots <u>Dessert</u> Summer fruit meringues	Ploughman's lunch (Sausage roll, wedges, cheese & pickle, ham crusty roll) <u>Dessert</u> Iced sponge	Sausage & Yorkshire pudding Or Ravioli with Mash, peas, carrot & swede <u>Dessert</u> Cheese & crackers	Chicken wraps Or Vegi <u>bake</u> with Diced herby potatoes, sweetcorn & beans <u>Dessert</u> Waffles	Battered fish & chips with baked beans <u>Dessert</u> Fresh fruit salad

**Daily Alternatives** Jacket Potatoes with a choice of fillings. Choice of sandwiches from our Sandwich Station. Fresh Fruit, Yogurt, Cheese & Crackers, (Vegetarian Options available.) **All the daily selections will be on a 3 week rotating menu.**



# Small changes, big differences.



## Free Positive Parenting Programme - Triple P

- Promoting a positive, caring relationship between you and your child.
- Empowering you as a parent/carer to choose the skills and values you wish to promote in your child and help them develop skills they need to tackle everyday situations.
- For primary school children age 2 – 10.

### WHAT IS TRIPLE P?

A broad-based parenting intervention delivered by the Child and Family Wellbeing Service over seven weeks. The program involves five two hour group sessions and two phone consultations to assist with independent problem solving while they are practicing the skills at home. Parents actively participate in a range of exercises to learn about the causes of child behavior problems, setting specific goals, and using strategies to promote child development, manage misbehaviour and plan for high-risk situations.

### WHO IS IT FOR?

Parents or caregivers interested in promoting their child's development and potential or they may have concerns about their child's behavioral problems or simply wish to prevent behavior problems from developing.

For more information or to book a place, please contact Sandylands' Family Team.



[www.triplep-parenting.net](http://www.triplep-parenting.net)

# Happy Healthy Holidays

Children and young people receiving free school meals are being invited to sign up now to enjoy free activities during the Spring break with our Holiday Activities and Food Programme (HAF).



Funded by the Department for Education, 'Happy Healthy Holidays' provides a great opportunity for local children and young people who are eligible for benefits-related free school meals to get out and about, get active and meet new friends. The sessions include a variety of fun activities alongside a nutritious meal each day.

The programme includes specific provisions available for children with SEND or additional needs, at no cost to you.

Our Spring programme of activities is being delivered by a whole host of providers (listed below) and takes place between Monday 3rd April and Friday 14th April 2023.

Paid for places are available in some of the clubs for children who are not eligible for benefits-related free school meals.

Anyone with any queries on the programme can email [HAF@lancaster.gov.uk](mailto:HAF@lancaster.gov.uk) and someone will be in touch.

Click the link for more information <https://www.lancaster.gov.uk/sport-and-leisure/happy-healthy-holidays>





Lancaster &  
Morecambe  
College

# Adult Courses

Part Time & Professional

Did you know  
financial support  
may be available?

Did you know  
courses are on offer  
at LMC and other  
community venues?

Want to learn a  
new skill or start a  
new hobby?

**New**  
Courses  
Coming!

Find out more  
**[lmc.ac.uk/part-time](http://lmc.ac.uk/part-time)**  
**[hello@lmc.ac.uk](mailto:hello@lmc.ac.uk)**





Lancaster &  
Morecambe  
College

# Unlock **YOUR** Potential

Do you dread  
being asked to help  
with maths  
homework?

Would you like to  
be able to work out  
discounts in the  
supermarket?

Is understanding  
your mortgage  
interest payments  
an impossible  
task?

*"If a spreadsheet makes your head spin, your household budget doesn't balance and your kids' maths homework doesn't add up, then help is at hand!"*

Support is available for adults across our community  
through the Multiply Project



Free courses available, find out more

**[multiply@lmc.ac.uk](mailto:multiply@lmc.ac.uk)**

**[lmc.ac.uk/multiply](http://lmc.ac.uk/multiply)**

