

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

# Newsletter



Wk. beg .06.11.23

Next holiday— After school Friday 22nd Dec

## Curriculum Open Evening Thursday 9th November 3.30 – 5pm

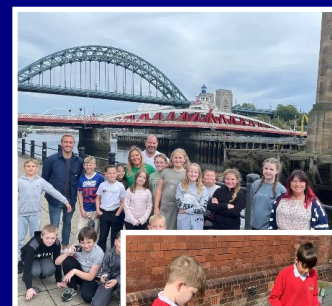


Do you have a child due to start school in 24/25 or 25/26.

Do you currently have a child in school and would like to learn more about our curriculum?

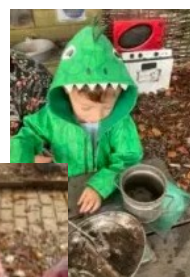
Then come to our Curriculum open evening Thursday 9th November anytime between 3.30 – 5.30pm.

Our friendly staff, children and Pupil Parliament will be on hand to showcase our exciting curriculum, offer tours around the school and you can even sample the delights of our very own school kitchen.



### Nursery Gruffalo Bake Off & Gardeners Corner

Nursery have been very busy baking Gruffalo crumble and planting spring bulbs and winter pansies to grow in our garden boxes.



### Diwali Workshop

Year 4 and Year 5 took part in a Diwali workshop with a drama tutor from the West End. It's part of their work on Hinduism.



### Home achievements

Well done to Heysham Atoms Junior Volunteer of The Year!

The award was won for being a huge help to the whole club this year, helping sell programmes, raffle tickets, calling the winning numbers, giving out awards and they couldn't do without her.



### Dates for the Diary

Free positive parenting programme  
7th Nov  
Everyone welcome  
(See info below)

Open Evening  
Thursday 9th Nov  
3.30pm-5pm

Children in Need  
17th November  
(See info below)



# THE GREAT SPOTACULAR

**BBC  
CHILDREN  
IN NEED**

**When**

**Friday 17th November**

**Dress code £1 Donation**

**Come dressed in Pjs,  
spots, and Bear ears  
£1 donation**

**Pennies for Pudsey**

**Bearpees Challenge  
20p**

**WE'RE RAISING  
MONEY FOR  
BBC CHILDREN  
IN NEED**

**More information to follow**



# Small changes, big differences.



## Free Positive Parenting Programme - Triple P

Starting at The Venue Tuesday 7th November 2023

09:15am-11:15am

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?



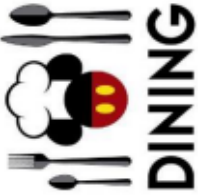
A broad-based parenting intervention delivered by the Child and Family Wellbeing Service over seven weeks. The program involves five two-hour group sessions and two phone consultations to assist with independent problem solving while they are practicing the skills at home. Parents actively participate 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.

# SANDYLANDS AUTUMN/WINTER MENU 2023/2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Mince beef hotpot Or Fish burger in a bun <u>With</u> Sauté Potatoes, peas &amp; carrots  <u>Dessert</u> Cheese &amp; crackers</p>	<p>Chicken korma &amp; rice Or Cheese slice <u>With</u> Wedges, mixed veg &amp; sweetcorn  <u>Dessert</u> Waffles</p>	<p>Roast Gammon &amp; pineapple Or Tomato pasta <u>With</u> Herb diced potatoes, cauliflower cheese carrot &amp; swede mash  <u>Dessert</u> Ice cream roll</p>	<p>Beef Stew Or Mac 'n' Cheese <u>With</u> Potato balls, broccoli &amp; sweetcorn  <u>Dessert</u> Jelly</p>	<p>Battered fish with chips and beans  <u>With</u> Soup of the day  <u>Dessert</u> Homemade brownie</p>
	<p>Spaghetti Bolognese Or Chicken Kebab <u>With</u> Rainbow fries, peas, sweetcorn  <u>Dessert</u> Rice pudding</p>	<p>Jumbo fish finger Or Ravioli <u>With</u> Wedges, carrots, green beans  <u>Dessert</u> Fresh fruit salad</p>	<p>Roast beef and Yorkshire pudding Or Tomato pasta <u>With</u> Roast potatoes, cabbage, carrot &amp; swede mash  <u>Dessert</u> Apple pie &amp; cream</p>	<p>Sausage &amp; gravy Or Cheese &amp; ham pasta <u>With</u> Mash potatoes, peas, broccoli  <u>Dessert</u> Cheese &amp; crackers</p>	<p>Battered fish with chips and beans  <u>With</u> Soup of the day  <u>Dessert</u> Cookies</p>
	<p>Beef burger in a bun Or Tomato pasta <u>With</u> Mixed veg, veg, broccoli  <u>Dessert</u> Ice cream roll</p>	<p>Meat &amp; potato pie Or Fish cake <u>With</u> Sauté potatoes, peas &amp; carrots  <u>Dessert</u> Apple crumble &amp; custard</p>	<p>Roast chicken &amp; stuffing Or Cheese &amp; ham pasta <u>With</u> Roast potatoes, cabbage, carrot &amp; swede mash  <u>Dessert</u> Fresh fruit salad</p>	<p>Lasagne &amp; garlic bread Or Omelette <u>With</u> Rainbow fries, diced potatoes, sweetcorn &amp; green beans  <u>Dessert</u> Jelly</p>	<p>Battered fish with chips &amp; beans  <u>With</u> Soup of the day  <u>Dessert</u> Strawberries &amp; grapes</p>

**Daily Alternatives** Jacket Potatoes with a choice of fillings. Choice of sandwiches from our Sandwich Station. Fresh Fruit, Yogurt, Cheese & Crackers. (Vegetarian Options available on request.) **All the daily selections will be on a 3 week rotating menu please speak to a member of kitchen staff regarding any queries to food allergies or intolerances.**



### Have you considered:

- Walking or cycling to school instead? This is a great way to contribute to a child's 60 minutes of activity a day and is easy to incorporate into your daily routine. Try it once a week at first and see how easy it can be.
- Parking nearby or getting off the bus two stops earlier and walking the rest of the way. If you live too far away to walk or need your car for your commute to work you can still walk part of the way. Adults in England should aim to take part in at least 150 minutes of moderate intensity physical activity each week.
- Car sharing is a great way to reduce congestion and save you pennies. Team up with other parents or carers who live nearby- share the cost and halve the hassle.

If you have a parking concern outside of your school report it to [parking@lancashire.gov.uk](mailto:parking@lancashire.gov.uk)

For more information on this leaflet please email the Road Safety Team at [roadsafetyschool@lancashire.gov.uk](mailto:roadsafetyschool@lancashire.gov.uk)



**Better  
Health**

**healthier  
families**

Sign up at  
[nhs.uk/betterhealth](https://nhs.uk/betterhealth)

# School Parking

