

For further information on what's happening in school please go to our website www.sandylands.lancs.sch.uk



01524 410286



head@sandylands.lancs.sch.uk



Next holiday— After school 16th Dec 22

Wk beg. 07.11.22



Afterschool Club Booking is Essential

Our after school club is becoming increasingly popular. We are so pleased the children are enjoying it. As we are now near full capacity please can you ensure that you book on ParentApp by a Thursday for the following week .

Just a reminder, we will no longer be able to take 'on the day requests' (unless it is a one-off emergency). This is to ensure that we can accommodate all requests and that our practices to safeguard the children are robust.

If you have an emergency situation and require childcare up to 5.30pm, please contact the office as soon as possible so we can ensure that the staff are informed and the children are placed on the register. However, we cannot guarantee a place but will endeavor to provide support within school.



As we look ahead to Remembrance Day, The Royal British Legion is asking the nation to remember together our faithful allies, friends and protectors as we remember all those who have served and sacrificed.

(Prices listed are suggested donation)

Wristbands £1.00 - Poppies 50p - Zip Pull 50p

Reflector 50p - Snap bands 1.50p

100% of the profits go towards funding the

Legion's on-going work in supporting the Armed Forces Community.

Be Safe Feel Well

Dear parents and carers. Please find attached the October Be Safe, Feel Well newsletter. As always, please feel free to contact a member of the inclusion team with any concerns:
Inclusionteam
@sandylands.lancs.sch.uk

<https://www.sandylands.lancs.sch.uk/2022/10/october-newsletter/>

Dates for the Diary

Children in need
Friday 18th
November
(More information to follow)

Parents' evening
22nd November

Next Holiday after school





Friday 16th
December
Returning
Wednesday 4th
January

Thank you so much for all the parents new and old who attended the Open Evening last Thursday. It was great to see the school buzzing with families again. Our doors are always open, if you would like to have a look around school, please do not hesitate to contact the school office and we can arrange this for you.

We are really lucky to have an amazing on site kitchen in school which use local sourced ingredients. We have lots of themed meals throughout the year. On Friday, we had a great time at our Fireworks themed meal.



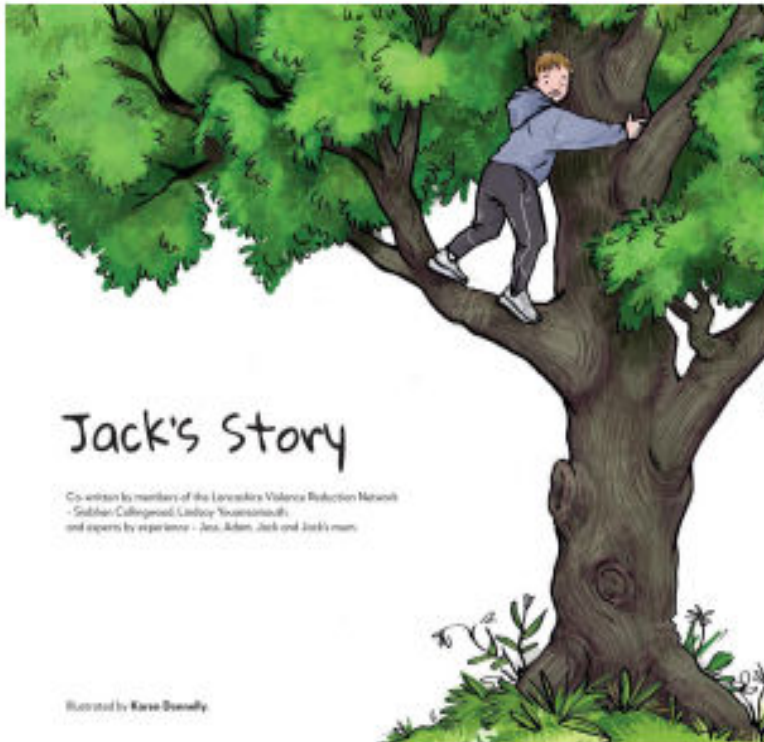
SANDYLANDS AUTUMN/WINTER MENU 2022/2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 	Cottage Pie Or Fish Cake Sauté Potatoes, Sweetcorn, Green Beans <u>Dessert</u> Cheese & Crackers	Chicken <u>Korma</u> , <u>Rice</u> & Naan Or Tomato & Basil Pasta Twirls Peas, Carrots <u>Dessert</u> Fruit Sponge	Roast Beef & Yorkshire Pudding Or Ravioli Roast Potatoes, Carrot & Swede, Cauliflower Cheese <u>Dessert</u> Ice Cream Tub	Chicken Casserole Or Cheese Pastie Broccoli, Carrots, Mash <u>Dessert</u> Sugar Free Jelly	Battered Fish Or Soup & Sandwich Chips, Baked Beans <u>Dessert</u> Pineapple Chunks
WEEK 2 	Spaghetti Bolognese Or Vegi Burger Potato Wedges, Mixed Veg, Peas <u>Dessert</u> Black Forest Fruits & Cream	Jumbo Fish fingers Or Savoury Mince Sauté Pots, <u>Sweetcorn</u> , <u>Peas</u> <u>Dessert</u> Rice Pudding	Roast Ham & Pineapple Or Tomato & Pesto Pasta Bake Roast Potatoes, Carrot & Swede, Cabbage <u>Dessert</u> Ice Cream Roll	Bbq Chicken Wraps Or Pork Casserole Wedges, Peas, Carrots <u>Dessert</u> Cheese & Crackers	Battered Fish Or Soup & Sandwich Chips, Baked Beans <u>Dessert</u> Cookies
WEEK 3 	Chicken Burger in a Bun Or Ravioli Potato Balls, Carrots, Peas <u>Dessert</u> Cherry Crumble & Custard	Beef Stew or Omelette Mash, Peas & Sweetcorn <u>Dessert</u> Fresh Fruit Salad	Sausage & Yorkshire Pudding Or Chicken Goujons Roast Potatoes, Carrot & Swede, Cabbage <u>Dessert</u> Rice Pudding	Meatballs & Spaghetti Or Cheesy Garlic Pasta Wedges, Broccoli, Sweetcorn <u>Dessert</u> Melon Slices	Battered Fish Or Soup & Sandwich Chips, Baked Beans <u>Dessert</u> Ice Cream Roll
WEEK 4 	Lasagne & Garlic Bread Or Fish Stars Potato Wedges, Sweetcorn, Carrots <u>Dessert</u> Cheese & Crackers	Meat & Potato Pie Or Ravioli Mash, Beetroot, Peas <u>Dessert</u> Apple Crumble & Custard	Roast Chicken & Stuffing Or Tomato Pasta Roast Potatoes, Carrot & Swede, Cabbage <u>Dessert</u> Fresh Fruit Salad	Beef Burger in a Bun Or Macaroni Cheese Potato Balls, Sweetcorn, Green Beans <u>Dessert</u> Poached Pears & Custard	Battered Fish Or Soup & Sandwich Chips, Baked Beans <u>Dessert</u> Sugar Free Jelly

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 4 week rotating menu.**

'Jack's Story'

Lessons from Lived Experience of Domestic Abuse



Lancashire Violence Reduction Network are excited to present this great opportunity to attend a 'Jack's Story' free workshop. You will:

- Receive a free copy of this new resource ('Jack's Story')
- Hear key messages from lived experience of domestic abuse
- Discuss in a multi-agency forum, the implications for practitioners
- Participate in free half-day training and discussions

Tea, coffee and pastries available on arrival.

Dates and venues available:

- 2/11/22 9am – 12pm (Burnley Turf Moor FC)
- 30/11/22 9am – 12pm (Edge Hill College)
- 30/11/22 1pm – 4pm (Edge Hill College)
- 5/12/22 9am – 12pm (Preston FC)
- 5/12/22 1pm – 4pm (Preston FC)
- 12/12/22 9am – 12pm (Burnley Turf Moor FC)
- 12/12/22 1pm – 4pm (Burnley Turf Moor FC)
- 14/12/22 9am – 12pm (Morecambe Globe Arena)
- 14/12/22 1pm – 4pm (Morecambe Globe Arena)

To select a session, please follow the link for Eventbrite bookings below:

<https://www.eventbrite.co.uk/o/lancashire-violence-reduction-network-38717145063>

All cancellations with less than 24 hrs notice, or failures to attend, will be charged a cancellation fee.

IS YOUR CHILD SUFFERING WITH ANXIETY?

Join a free workshop
for parents by parents

- * Gain greater understanding of anxiety
- * Increase confidence/ability in supporting your child
- * Explore self-care strategies

113-17 Devonshire Rd

Morecambe

LA3 1QT

10am - 1pm

4th November



Lancashire &
South Cumbria
NHS Foundation Trust

To book a place contact:

chats_123@yahoo.com

Rebecca 07950784015

Claire 07908452426

