

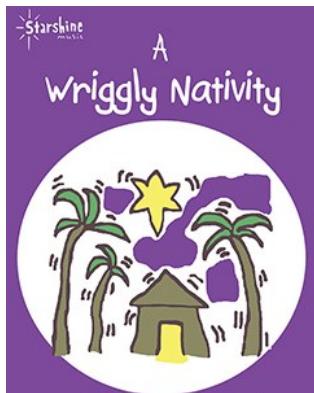
For further information on what's happening in school please go to our website www.sandylands.lancs.sch.uk



01524 410286



head@sandylands.lancs.sch.uk



Newsletter



Wk. beg 20.11.23

Next holiday— After school Friday 22nd Dec

'A Wriggly Nativity'

Reception presents 'A Wriggly Nativity' on Tuesday 5th December at 10am and 1.45pm. Information about tickets will be sent to Reception parents.

Reception Stay & Play

Are you thinking of a school place for September 2024? Come to our Stay and Play sessions at Sandylands Reception and 'feel the buzz' of our wonderful school. Everyone is welcome regardless of school choices.

Drop in and see us on:

Thursday 23rd November 4-5pm

Thursday 7th December 4-5pm

Thursday 11th January 4-5pm

If you have any queries please call the school office 01524 410286

or email

office@sandylands.lancs.sch.uk



Children in Need 2023 - Wow! Thank you to all our children and families who embraced the spirit of the day from pennies on Pudsey to bearpees at break time we had a great day! Pictures to follow soon on our Facebook page!

Curriculum News



Year 5 are taking part in some Healthy relationships workshops over the next few weeks which look in particular at online



'My child has settled so much at school and I can't believe how much he has come on and learnt in such a short length of time!'

'Thank you to your staff what a lovely community they have!!'



Thank you to our wonderful Reception parents for completing our 'settling into Reception' questionnaire. It was all very positive and there were some lovely comments too!

Dates for the Diary

**Reception Nativity
Tue 5th Dec**

**Coffee & Chat
Friday 25th Nove**

**Next holiday
After school
Friday 22nd Dec**

**Returning
Monday 8th Jan**



Coffee & Chat

Pop in for a coffee, biscuit
& chat with

Sandylands Family Support Team

This week we will be joined by

Community Connectors
From Lancaster City Council

To discuss the
Frontierland development

Friday 24th November

9.15am-10:15am

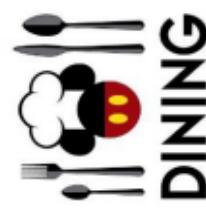
at the Venue



SANDYLANDS AUTUMN/WINTER MENU 2023/2024

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

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.



School Parking

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

For more information on this leaflet please email the Road Safety Team at roadsafetyeducation@lancashire.gov.uk



Sign up at
nhs.uk/betterhealth

