

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



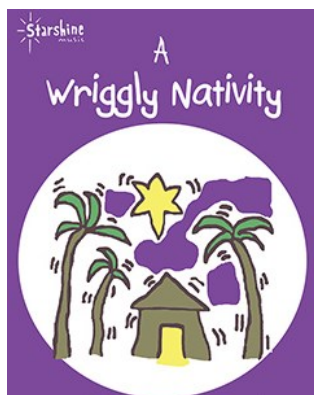
[head@sandylands.lancs.sch.uk](mailto:head@sandylands.lancs.sch.uk)

# Newsletter



Wk. beg 20.11.23

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



## 'A Wiggly Nativity'

Reception presents 'A Wiggly Nativity' on Tuesday 5<sup>th</sup> 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](mailto:office@sandylands.lancs.sch.uk)**

## Coffee & Chat at the Venue



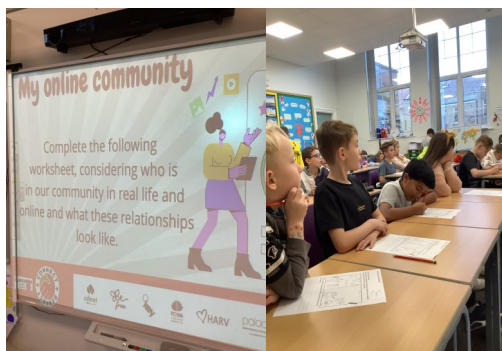
Pop in for a coffee, biscuit & chat with Sandylands Family Support Team

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**



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



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!

'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!!'

## 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
	<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

