

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



Wk. beg. 24th April 23

Next holiday— After school Mon 1st May

Dinner Money Price Increase from £2.00 to £2.20



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. Please ensure your child's dinner money is paid for promptly. Please find attached a copy of the summer menu that will start on 17<sup>th</sup> April

## Breakfast & Afterschool Club Booking Essential



Our breakfast club is very popular and places are filling quickly. Due to staff/child ratios and ensuring all safeguarding requirements are met, bookings for breakfast club need to be made on parent app by the Thursday of the previous week. If you have booked a place and will no longer be attending please let us know asap. We will be unable to take last minute bookings except in an emergency. If you are having difficulties with parent app please contact the office who will be able to help you. All money for breakfast club needs to be paid either through parent app or at the office. Breakfast Club staff are not able to take cash.

## Curriculum News



In Design Technology this week, Year 3 have been investigating different toppings, creating their own pizzas and then using our cooking room to make their own. Next week, they will be tasting and evaluating improving them.



closed for years 1 - 6. Nursery and Reception will remain open.

## Jiu Jitsu with Activ8

Activ8 still have some places available on their Friday after school club Jiu Jitsu self- defense courses £35.

Activ8 are a leading martial arts company who have been established for over 20 years. Teaching Jujitsu, and self Defense. For more information you can collect an application form from the office. Or visit <https://www.activ8selfdefence.co.uk/>

## Coffee & Chat



Our Coffee & Chat Parent / Carer drop-in was a huge success last month. We have lots of representation there from external agencies to chat to for advise and guidance. Please come and join us for our next event Friday 28th April 9.15am-10:15am at the Venue



## Polling Day 4th May

## Dates for the Diary

Local Elections Thursday, 4th May The council will be using the school on Hampton Road for the local elections on Thursday, 4th May. School will be

Monday 1st May  
Bank Holiday

Polling Day 4th May

Main school closed  
Nursery & Rec open as usual

Next Half Term  
After school  
Friday 26th May  
Returning  
Tuesday 6th June

## 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 Fingers 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 bake 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, Yoghurt, Cheese & Crackers, (Vegetarian Options available.) All the daily selections will be on a 3 week rotating menu.

# Polish Heritage Day

Saturday

29th April

1200PM - 400PM

MORECAMBE BAY ACADEMY

DALLAM AVE MORECAMBE LA4 5BG

Free event!

Fun for all ages!



SPECIAL GUEST  
Wojciech Filaber

- Music
- Live performances
- Children attractions and activities
- Special guests
- Exhibition
- Loads of surprises
- Great food and much more



Come and join us.  
It's time to meet your  
Polish neighbours  
and their traditions.



<https://www.eventbrite.com/e/polish-heritage-day-tickets-559068227117>

Organised by Polish Saturday School  
[www.szkolalancaster.org.uk](http://www.szkolalancaster.org.uk)

  
Polska Sobotnia Szkoła  
w Lancaster



## Special guest Wojciech Filaber,

Author of „War Bear”  
and „Ciapek the Co-pilot Dog”

## Live music

Dj Rim, A-Grobelni

## Sport activities

Football competition

Platform slide

Fire service car

Children activities

## Show performance

Brazilian Jiu-jitsu

Zumba-Marika

Free planetarium show,  
presented by Physics Outreach Team  
from Lancaster University

[www.eventbrite.co.uk/e/luniverse-lu-planetarium-tickets-556036358717](http://www.eventbrite.co.uk/e/luniverse-lu-planetarium-tickets-556036358717)



## Exhibition

Art tables  
Birthday cards  
Literacy competition  
with prizes  
Jewellery  
Many handmade  
things

## Great food

Pizza  
BBQ  
Candy  
Ice cream  
Cakes  
Traditional Polish  
food



# 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)

Lancashire  
County Council