

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)



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head@sandylands.lancs.sch.uk

# Newsletter



Wk. beg. 27.03.23

Next holiday— After school  
2pm Friday 31st March

## Coffee & Chat 31st March



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. This month we will be joined by citizens advice, Lancaster City Council Community Hub, Barnardos, School Nurse team, Children and Family wellbeing, Green Rose, and local councillors. Please come and join us for our next event Friday 31st March 9.15am-10:30am at the Venue

## Sandylands Sustainable Uniform Shop



Sandylands' Sustainable Uniform Shop will be open Friday 31st March @the venue 9.15am-10.30am. All items £1

## Reception Open Evening 2023

Reception Open Evening Tuesday 18<sup>th</sup> April 3.30pm-5.30pm

Have you got a place for September 23 and would like to have a look around?

Come and see the buzz and excitement in Early Years!!



## Dates for the Diary

Coffee & Chat  
Drop-In  
Friday 31st March

Reception Open Evening  
Tuesday 18th April  
3.30pm –5.30pm

Next Holiday  
After school  
Friday 31st March  
Return  
Monday 17th April

# Chocolate **BINGO**

**Come to our Sandylands  
Chocolate Bingo Bonanza**

**Tuesday 28th March  
doors open at 3.30pm for hotdogs and  
refreshments.**

**Eyes down at 4pm**

**Lots of prizes to be  
won**

**Entry only £1 per person  
(includes your first game free)**

**Additional bingo strips for more games can be  
purchased on the night**

**Places are limited. Please reserve your place by  
completing the on-line form.**



# Coffee & Chat

Parent / Carer drop-in

Do you have concerns about your child's....  
sleeping, eating, behaviour,  
mental health?

Do you have queries around housing, benefits,  
community support?

Pop in for a coffee / tea & biscuit and chat with  
Sandylands Family Support Team

Supported by a range of agencies including School Nurses team,  
Family Wellbeing, Lancaster City Council, Police-PCSO,  
Green Rose and Barnardos.

Last Friday of every month

9.15am-10:15am

at the Venue

24th Feb - 31st March - 28th April  
26th May - 30th June - 14th July



# 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

# Happy Healthy Holidays

Children and young people receiving free school meals are being invited to sign up now to enjoy free activi

ties during the Spring break with our Holiday Activities and Food Programme (HAF).



Funded by the Department for Education, 'Happy Healthy Holidays' provides a great opportunity for local children and young people who are eligible for benefits-related free school meals to get out and about, get active and meet new friends. The sessions include a variety of fun activities alongside a nutritious meal each day.

The programme includes specific provisions available for children with SEND or additional needs, at no cost to you.

Our Spring programme of activities is being delivered by a whole host of providers (listed below) and takes place between Monday 3rd April and Friday 14th April 2023.

Paid for places are available in some of the clubs for children who are not eligible for benefits-related free school meals.

Anyone with any queries on the programme can email [HAF@lancaster.gov.uk](mailto:HAF@lancaster.gov.uk) and someone will be in touch.

Click the link for more information <https://www.lancaster.gov.uk/sport-and-leisure/happy-healthy-holidays>



Lancaster &  
Morecambe  
College

# Adult Courses

## Part Time & Professional

Did you know  
financial support  
may be available?

Did you know  
courses are on offer  
at LMC and other  
community venues?

Want to learn a  
new skill or start a  
new hobby?

**New**  
Courses  
Coming!

Find out more  
[lmc.ac.uk/part-time](http://lmc.ac.uk/part-time)  
[hello@lmc.ac.uk](mailto:hello@lmc.ac.uk)



Lancaster &  
Morecambe  
College

# Unlock YOUR Potential

“Do you dread  
being asked to help  
with maths  
homework?”

“Would you like to  
be able to work out  
discounts in the  
supermarket?”

“Is understanding  
your mortgage  
interest payments  
an impossible  
task?”

*“If a spreadsheet makes your head spin, your household budget doesn't balance and your kids' maths homework doesn't add up, then help is at hand!”*

Support is available for adults across our community  
through the Multiply Project



Free courses available, find out more

**[multiply@lmc.ac.uk](mailto:multiply@lmc.ac.uk)**

**[lmc.ac.uk/multiply](http://lmc.ac.uk/multiply)**



**tlc**

THE LANCASHIRE COLLEGES

Supporting Further and Higher Education in Lancashire's Colleges