

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



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Newsletter



Wk. beg 27.11.23

Next holiday— After school Friday 22nd Dec



Thank you so much for all your support on Friday. Our amazing children and families raised over £300 for Children in Need. A few photos from a day full of fun and laughter - pyjamas, pennies for Pudsey and bearpees are just a few of the fund-raising ideas we had!



Maya Workshop

There was a Maya workshop in school this week delivered by the Museum service and the visitor commented on the children's knowledge about the Maya civilisation. She was very impressed not only with the facts they could recall, but also the insightful questions they asked. The best school she has been to apparently!

We are so proud of them all - well done.



InspirUs with Lancaster Royal Grammar School

Each week, a group of our Year 4 children take a trip up to the Grammar schools in Lancaster to take part in the InspirUs program. Some of the children appeared on the Grammar school's instagram pages last week...

we thought you might like to see them too!



Dates for the Diary

Reception Nativity
Tue 5th Dec

Yr1 Performance
13th pm & 14th am Dec

Yr 2 Performance
11th pm & 12th am Dec

Next holiday
After school
Friday 22nd Dec

Returning
Monday 8th Jan

Christmas IN HEYSHAM VILLAGE

CHRISTMAS MARKET

Saturday 9th December, 12-6pm
Sunday 10th December, 12-6pm

The Royal Heysham Pub Car Park

Pedestrian access via Royal Fold on Main Street, LA3 2RN

Only
£1
entry per
adult*

- Local Artisan Stalls
- Large Marquee
- Thwaites Shire Horses (Sunday)
- Alpacas (Saturday)
- The Royal Heysham Pub:
open for food and drinks inside
and outside in their heated tent.
- Live music in the heated tent!



*All proceeds from this event will be
reinvested back into the community.

**PLEASE WALK TO VISIT
US WHERE POSSIBLE**

For more information, get in touch at:
heyshamevents@gmail.com

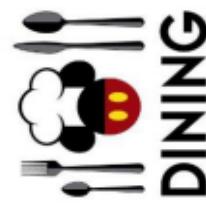
Follow our Facebook page for
updates! Scan the code or search
Heysham Neighbourhood Community.



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

