

# Spring has sprung

5th March 2024

## OPAL play

Opal play has been launched with the children stating they are the best playtimes ever.

All the children have received their Opal bag for their spare clothes and waterproofs from the Friends of STM.

On Friday 8th March they are going to do a Welly swap and have asked for any donations to be brought to school on Thursday 7th March.



We are gradually increasing the days and then the equipment will be increased.

A reminder that the children need a waterproof, change of clothes and wellies in school.

## Lunch Money

As you know we are changing our lunch providers after Easter break, as such **all** arrears must be cleared. STM office staff will be contacting families to ensure this is completed prior to the holiday.

## Rochdale LA Lunches—Fresh Kitchen

The process has begun with Rochdale to transfer the staff from Mellors to Rochdale. Once this is complete we will share the details for booking and paying for meals.

Mellors were in the process of increasing the price of their meals to approximately £2:75 after Easter due to staffing and food costs increasing. The Service level agreement with Rochdale states the price of lunches will be £2:75.

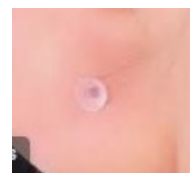
## Uniform

### Girls outfits

A few reminders—girls can wear trousers, skirts or tailored shorts but not leggings/gym wear as normal uniform wear, however for PE they are still acceptable.

### Earrings

Our uniform has always stated that earrings must not be worn in school, this is for safety reasons. Consequently the children are being reminded regularly, however as parents it is your responsibility to ensure that they are removed. If absolutely necessary some parents have put plastic spacers in the holes.



### SAMPLE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 730M	Thai Vegetable Curry & Citrus Rice Fish Fingers Buttered Bread Seasonal Veg & Potato Smiles Iced Spice Cake	Homemade Chicken & Vegetable Pie Potatoes & Peas Mexican Bean Chili Nachos & Cheese Cherry Bakewell Sponge & Custard	Beef Lasagne Winter Leaf Salad Garlic Focaccia Battered Fish, Mushy Peas & Twice Cooked Chips Strawberry Sundae	Fresh Kitchen Traditional Roast Roasted Squash Vegetables Tomato Casserole & Crusty Roll Syrup Sponge & Custard	Saucy Caribbean Chicken Griddled Pineapple Rice & Peas Cheese & Tomato Pizza Herby Potatoes & Sweetcorn Chocolate & Banana Delight
2 730M	Vegetarian Sausage in a Bun with Tomato Sauce Corn on the Cob Falafel Chili & Coriander Vegetable Rice Chocolate & Vanilla Stack	BBQ Chicken & Cheese Bake Noisette Potatoes Green Beans Roasted Winter Vegetable Houmous & Flat Bread Marble Sponge & Custard	Lancashire Lamb & Pea Pie Rosemary Potatoes & Mint Gravy Fish Fingers, Buttered Bread Seasonal Vegetables & Potatoes Warm Treacle Tart & Dollop of Freshly Whipped Cream	Chilli Con Carne Warm Tortilla & Rice Leek, Cheese & Garlic Creamy Pasta Bramley Apple Pie & Custard	Hearty Beef & Carrot Casserole & Yorkshire Pudding Battered Salmon Peas & Crispy Potatoes Chocolate & Beetroot Brownie & Vanilla Anglaise
3 730M	Tomato & Garlic Pizza Panini Homemade Wedges & Corn Vegetarian Casserole with Sour Cream Scones Sticky Apple, Ginger Pudding & Toffee Sauce	Cottage Pie Fish Fingers Buttered Bread Seasonal Veg & Potato Smiles Vanilla Cheesecake Fruit Compote	Cumberland Sausage & Mash Proper Thick Gravy Meatless Meatloaf Creamy Mash & Gravy Chocolate & Blood Orange Muffin	Meat & Potato Pie, Rich Gravy & Pickled Vegetables Sticky Wok Vegetables & Rice Noodles Rice Pudding & Fruit Purée	Beef Grill, Skinny Fries & Roast Cauliflower Florets Fish Stars, Skinny Fries & Roast Cauliflower Florets Warm Cookies & Milkshake
4 730M	Crispy Vegetable Escalope Peas & Corn & Roast Spuds Sweet Potato & Chickpea Curry, Rice & Naan Tangy Lemon Drizzle Cake	Tatty Hash & Dumplings Vegetarian Bolognese & Wholemeal Pasta Freshly Made Scones with Jam & Clotted Cream	Braised Meatballs Tomato & Oregano Sauce Ozo Pasta Salmon Fish Fingers Garden Peas & Chips Strawberry Lattice Tart & Custard	Chicken Tikka Masala Rice & Naan Wedge of Cheddar Cheese & Onion Pie, Baked Beans Sultana Granola & Oat Bar & Milk	Stuffed Crust Mozzarella & Tomato Pizza Seasonal Pots & Veg Butternut Squash & Parmesan Risotto Chocolate Sponge & Custard

Available Daily

Paste of the Day, Jacket Potato with Various Fillings, Sandwiches, Buffet Cart, Yogurt, Milk, Dessert, Fresh Fruit



## **SMART Watches**

We have been made aware that children have been wearing these watches including Apple and Vtech versions with children videoing and taking photos in school including classrooms, this is unacceptable. Our Mobile Phone and SMART watch—Digital Device Policy makes it clear that inappropriate use is not allowed.

If any child has a device in school they must hand it in at the start of the day and collect it at the end of the day.

There is a permission form attached regarding the devices.



### **The Smartest Watch For Kids**

The smartest watch just for children! This durable touch screen smart watch makes it easy to take photos, record videos and add fun photo effects, frames and filters.

## **DATES FOR YOUR DIARY**

### **Information**

Friday 8th March—World Book Day

Science Week = Monday 11th March—Friday 15th March

Friday 15th March—Science Week day

Tuesday 26th March— LKS2 Easter worship 9:00am and 6:00pm further details to follow from LKS2

### **Easter holiday**

School closes Wednesday 27th March (Annex club open)

School reopens Monday 8th April (Annex reopens at 7:40am)

### **Parents Meetings**

These will take place in April after the Easter break

#### **MISSION STATEMENT**

As servants of God, we follow in the footsteps of Jesus Christ. through his love, we guide each member of our family on their own spiritual journey to achieve and grow.  
We love, we learn, we live with Christ.



#### OPAL PLAY

Some of our children enjoying our Opal play launch day.

## Mindful March 2024

### MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

### TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

### WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today  
[dayofhappiness.net](http://dayofhappiness.net)

27 Appreciate nature around you, wherever you are

### THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

### FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

### SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

### SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

ACTION FOR HAPPINESS

Happier · Kinder · Together

