School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 21st April	• **Easter Bank Holiday Monday**
Tuesday 22nd April	• BACK TO SCHOOL • KS1 Qualtias After School Club – Cricket – book and pay on ParentPay • Football training after school
Wednesday 23rd April	• KS2 Qualitas After School Club – Cricket – book and pay on ParentPay
Thursday 24th April	• Little Smiles Toddler Group 9.00am – 10.30am • Swimming – Class 3
Friday 25th April	•
Monday 28th April	• KS2 Qualitas After School Club – Dance – book and pay on ParentPay
Tuesday 29th April	• KS1 Qualtias After School Club – Cricket – Book and pay on ParentPay • Football match after school – Darley Churchtown v St Giles
Wednesday 30th April	• **Class Photographs** • **Class 2 MAD Sports AM at All Saints Juniors – PLEASE PROVIDE CONSENT ON PARENTPAY** • **Year 5 and 6 Girls - This Girl Can event at Whitworth Park 9.30 – 11.30 PLEASE PROVIDE CONSENT ON ParentPay** • KS2 Qualitas After School Club – Cricket - Book and pay on ParentPay
Thursday 1st May	• Little Smiles Toddler Group 9.00am – 10.30am • Swimming - Class 3
Friday 2nd May	•

OTHER NEWS

- **Thank you to everyone who came and supported the Easter Fun Event on Monday. It was lovely to see so many families enjoying the sunshine and the Easter activities. Thank you also to our PTFA for organising this. We raised £228 so thank you all again.**

- **WALESBY FOREST RESIDENTIAL – THE FINAL BALANCE IS NOW DUE. Thank you to all those who have now paid in full. If you anticipate a problem with the final payment deadline please contact the school office.**

- **ParentPay – PLEASE ENSURE THAT ALL ACCOUNTS ARE SETTLED BEFORE THE START OF NEXT TERM.**

- **Water Bottles - Please ensure children bring a water bottle to school every day and that they also have a sunhat and sunscreen once the warmer weather comes.**

- **SUMMER TERM EVENTS**

  SPORTS DAY – Wednesday 25th June in the afternoon – details and timings to follow.

  (Reserve Date Wednesday 9th July)

  CLASS 4 End of Year Production – Tuesday 15th July in the evening. Details to follow.

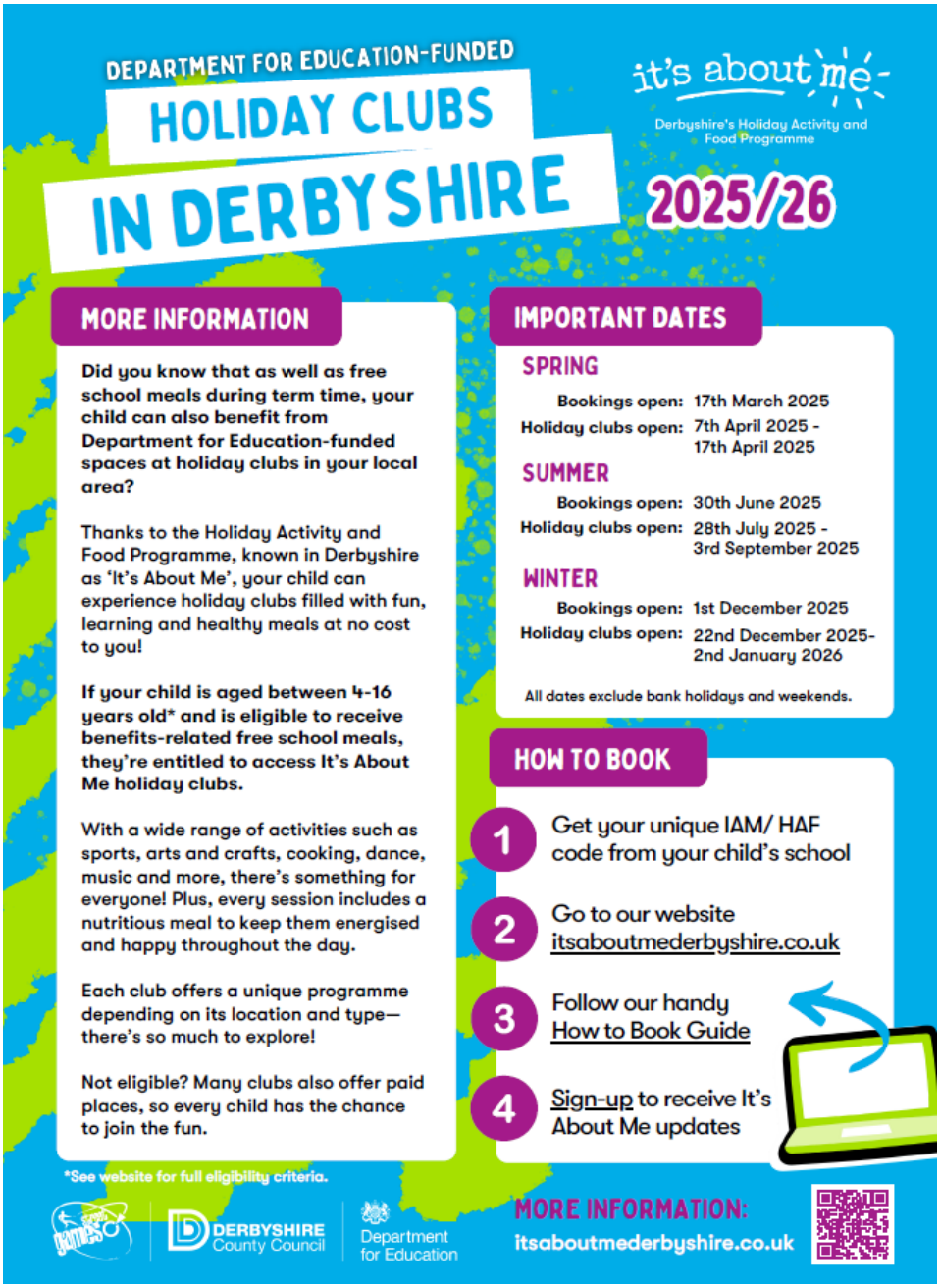
  LEAVERS SERVICE – Tuesday 22nd July in St Giles Church in the afternoon. Details to follow.

Please do not hesitate to contact us on 01629 56813 or by email with any questions or queries.

Friday updates can be found in the Newsletters section of our school website.

FURTHER DATES FOR YOUR DIARY	
Monday 5th May	**MAY DAY BANK HOLIDAY**
Thursday 8th May	Little Smiles Toddler Group 9.00 – 10.30 Swimming for Class 3
Monday 12th May	KS2 SATS – English Grammar Punctuation and Spelling
Tuesday 13th May	KS2 SATS – English Reading Paper
Wednesday 14th May	KS2 SATS – Maths Papers 1 and 2 Reception and Nursery trip to Matlock Farm Park – letter to follow
Thursday 15th May	KS2 SATS – Maths Paper 3
Friday 16th May	Year 6 Celebration at Whitworth Park
Tuesday 20th May	Football match after school – St Giles v All Saints
Thursday 22nd May	Bunting Cup
Friday 23rd May	**Break up for half term**
Monday 2nd June	**INSET DAY – School closed to pupils**
Tuesday 3rd June	**Back to school**
Thursday 12th June	South Peak Sports – Darley Dale Primary School
Wednesday 18th June	Class 2 Dance and Gymnastics Festival at All Saints Juniors
Thursday 19th June	**Lady Manners Transition Day for Year 6 pupils** Class 3 Activity Day and Sleepover Reserve Date for South Peak Sports
Wednesday 25th June	**SPORTS DAY (afternoon) – details to follow**
Tuesday 1st July	**Highfields Transition Day for Y6 pupils** **Move up Day for children changing classes in September**
Wednesday 2nd July	**Walesby Forest Residential – Class 4**
Thursday 3rd July	**Walesby Forest Residential – Class 4** FINAL SWIMMING LESSON FOR CLASS 3
Friday 4th July	**Walesby Forest Residential – Class 4**

Wednesday 9th July	Class 2 Sports Day at All Saints Juniors Reserve Date for Sports Day
Thursday 10th July	NO SWIMMING FOR CLASS 3
Tuesday 15th July	**Class 4 End of Year Production in the evening**
Thursday 17th July	NO SWIMMING FOR CLASS 3
Tuesday 22nd July	**Leavers Service in St Giles Church - afternoon**
Wednesday 23rd July	Year 6 Primary Athletics at Moorways, Derby (rearranged from 26th June)
Thursday 24th July	**Last day of the school year** **NO AFTER SCHOOL CLUB**
Friday 25th July	First Day of the summer holidays
ACADEMIC YEAR 2025-2026	
Thursday 4th September	**INSET DAY – School closed to pupils**
Friday 5th September	**INSET DAY – School closed to pupils**
Monday 8th September	**First day back at school**



'FIVE A DAY'

YOUR TIPS FOR A HEALTHIER SCREEN TIME



'How much is too much screen time for children?'

'Studies have shown a clear link between **excessive screen time** and issues such as **delayed speech** and **language development, communication difficulties, reduced concentration spans, poor sleep** and **mental health problems.'**

HEALTH PROFESSIONALS FOR SAFER SCREENS

SCAN ME

NHS Leicester Children's Hospital

Accepted by **NHS** England Mental Health Leads



Birth to 5 years

'Studies have shown that too much screen time can cause babies and toddlers to **learn fewer words** and have **slower language development.** Excessive use of screens is also being strongly linked to **behavioural difficulties** in very young children.'







Bigger is better

Watching lots of short videos is being linked to concentration difficulties in children.



Try a cuddle or a game



Phones, tablets and computers should not be in any child's bedroom overnight.

RECOMMENDATIONS:

1. **NO screen time** between **birth - 24 months** except for video chatting with family and friends.
2. **30 MINS screen time.** Children aged **2 - 5 years old** should not be on screens for more than **30 min per day.**
3. **BIGGER screens.** If your child is ready to **play a short game** then try to use a larger screen like a **tablet or computer screen.** These cause less visual strain than a phone.
4. **AVOID** using a device **to settle your child** down. Evidence shows this makes their anger and frustration worse in later life. **Instead try a book, a game outdoors, or just a cuddle.**
5. ***SLEEP HYGIENE. Under 5's** should **not use a screen** for at least **2 HOURS BEFORE BEDTIME,** to aid their natural sleep pattern.

* 'SLEEP HYGIENE' is a term used for healthy habits and behaviours that help support a good night's sleep.



6 to 10 years

Studies show there is a clear link between **excessive** screen use and **difficulties with concentration, sleep and mental health.** There may also be distinct physical changes in the developing brain.'



No screens





Keep active



Screen-free time together

Reports suggest adults touch their phones over 2000 times a day.



Sleep Hygiene. No screens 1 hour before bedtime

RECOMMENDATIONS:

1. **WAKING UP WITHOUT screens** It is recommended that social media/screens are not used for the first hour of the day.
2. **1-2 HRS PER DAY** is the suggested screen time in the week and not more than **2 hours on weekends.**
3. **STAY ACTIVE** Encourage physical activity for **1-2 hours a day.**

Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

4. **SCREEN-FREE time together** Children will often mimic behaviours of the adults around them. **Consider your own social media usage/ phone checking behaviour.**
5. It is recommended that screens **should not be used 1 HOUR** before bedtime. **Phones, tablets and computers should not be in a bedroom overnight.**

* 'SLEEP HYGIENE' is a term used for healthy habits and behaviours that help support a good night's sleep.



11 to 17 years

'Studies show there is a clear link between **excessive social media** and screen use and **difficulties with concentration, sleep and mental health.** There may also be distinct **physical changes** in the **developing brain.**'



No screens





Stay active. More green time, less screen time



Screen-free time together



Be careful of violent or frightening content especially before bed.

No screens at least 1 hour before bedtime

RECOMMENDATIONS:

1. **WAKING UP WITHOUT screens** It is recommended that social media/screens are **not used for the first hour of the day.**
2. **SCREEN TIME** As a general rule, it is suggested that screen time **should not exceed 1-2 hours per day** in the week and not more than **3 hours on weekends.**

Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

3. **STAY ACTIVE** Encourage physical activity for at least **an hour per day.**
4. **SCREEN-FREE time together** Children will often mimic behaviours of the adults around them. **Consider your own social media usage.**
5. **Phones, tablets and computers should not be in a bedroom overnight.**

HEALTH PROFESSIONALS FOR SAFER SCREENS

Spring & Summer Menu

Available Daily: Bread, Salad, Fresh Fruit, müller Yoghurt & Drinking Water

Allergen Key

Celery	C	Molluscs	Mo
Cereals	G	Mustard	Mu
Crustaceans	Cr	Nuts	N
Eggs	E	Peanuts	P
Fish	F	Sesame Seeds	Se
Lupin	L	Soya	So
Milk	M	Sulphur Dioxide	Su

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event	"Meal designed by pupils at Staveley Junior School" Crispy Beef Tacos with Sunshine Rice	V Creamy Tomato Lasagne G/M/Mu/So with Garlic Bread G & Side Salad	Roast of the Day with Stuffing G, Mashed Potatoes M, Seasonal Veg. & Gravy	Big Breakfast Sausage G/So/Su, Bacon, Hash Browns, Baked Beans & Tomatoes	Fish Fingers F/G with Chips, Carrots & Sweetcorn (Young's)
Daily Choice	Pasta Pot, Filled Jacket Potato or a Sandwich meal – Please speak with your school for their selection				
Dessert	Chewy Cherry Cookie E/G (NEW)	Ice Cream M with Fruit (50% Less Sugar)	Flapjack G with Fruit (50% Less Sugar)	Jaffa Choc Pot M (NEW)	Strawberry Marbled Muffin E/G/M (müller)

Weeks Starting: 21.04.25 / 12.05.25 / 09.06.25 / 30.06.25 / 21.07.25 / 15.09.25 / 06.10.25

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event	Golden Pastry Topped Pie E/G/M, with New Potatoes, Seasonal Veg. & Gravy	V Cheese & Tomato Pizza G/M with Potato Wedges & Side Salad	Pork Sausages G/So/Su with Mashed Potatoes M, Seasonal Veg. Yorkshire Pudding E/G/M & Gravy	BBQ Chicken Fajita Wrap G with Sweetcorn Salsa, Oven Baked Potatoes & Seasonal Veg. (NEW)	Fish Stars F/G with Chips, Baked Beans & Peas (Harry Ramsden's JUNIOR)
Daily Choice	Pasta Pot, Filled Jacket Potato or a Sandwich meal – Please speak with your school for their selection				
Dessert	Oaty Cookie Su/G	Chocolate Pear Slice E/G (50% Less Sugar)	Sprinkle Cake E/G	Strawberry Whip M (NEW)	Scrumble G with Fruit & Ice Cream M (NEW) (50% Less Sugar)

Weeks Starting: 28.04.25 / 19.05.25 / 16.06.25 / 07.07.25 / 01.09.25 / 22.09.25 / 13.10.25

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event	Cheese & Bean Enchilada G/M with Mexican Rice & Salad (Tilda)	Beef Burger G in a Bun G with Diced Potatoes, Salad & Rainbow Slaw E/Mu	Roast of the Day with Stuffing G, Mashed Potatoes M, Seasonal Veg. & Gravy	Chicken Curry M served with Rice & Homemade Flatbread G/So (Tilda)	Fish Fingers F/G with Chips, Carrots & Sweetcorn (Young's)
Daily Choice	Pasta Pot, Filled Jacket Potato or a Sandwich meal – Please speak with your school for their selection				
Dessert	Chocolate Orange Cookie G	Lemon Muffin E/G	Chocolate Cracknel M/G & Fruit (50% Less Sugar)	Jelly & Fruit (50% Less Sugar)	Pancakes E/G/M with Fruit Coulis

Weeks Starting: 05.05.25 / 02.06.25 / 23.06.25 / 14.07.25 / 08.09.25 / 29.09.25 / 20.10.25

Safer Neighbourhoods

Matlock & Tansley.

April 2024

An Update from March…

New boots on the beat

We are pleased to inform you that this beat area has now been given an extra PCSO to assist in the day to day tasks of the Safer Neighbourhood Team. PCSO Coupland has moved from Wirksworth to work alongside PCSO Hillman in her duties to help have a more visible presence and to assist with any other issues that the Safer Neighbourhoods Team might deal with. Street meets will be split between the two Officers so please do pop up and introduce yourself if you do see the new Officer out and about.

What has the team been up to?

This month has seen a lot of joint working between our beat areas, school visits and working alongside local stores.

Anti Bullying & Hate Crime school inputs have been presented to local schools to help raise awareness in the younger yr5 and yr6 age groups of the schools. These presentations are created in order to help not only raise awareness regarding the topic issues, but to also show the dangers and to offer help to anyone who may be affected by the issues raised. We are thankful to have such a close working relationship with our communities schools so we can work together to help bring these issues to light and educate the younger generations before any problems take place. We have an extensive range of presentations that can be shown to groups of all ages that cover all topics.
Your local PCSO's and PC's have also been attending other schools in the Matlock and Tansley area for other issues such as Stranger Danger and Role of the Police. If this is something that could be of interest to you, please feel free to get in touch with us via Derbyshire Alert, or email us on **MNT@Derbyshire.Police.uk.**

Street meet dates

-05/04/25: **Matlock Fire station Charity Carwash.** 11:00am-15:00pm

-08/04/25: **Tansley Village Hall**, Crime prevention talk about scams/fraud/purse theft etc. 14:00pm-15:30pm.

-09/04/25: **Matlock Market Day,** 12:30pm 13:30pm.

-10/04/25: **Matlock Sainsbury's,** 12:30pm 14:00pm.

-14/04/25: **Business walk around,** Purse bells and chains/theft information availab 09:00am-11:00am.

-15/04/25: **Matlock M&S,** 16:00pm-17:00pm.

-25/04/25: **Matlock Twiggs,** FREE tool marking event, 09:00am-10:30am.

-27/04/25: **Hall Leys Park,** FREE Bike marking event, 10:00am-12:00pm.

Boys and Girls Brigade were also visited this month by PCSO Hillman and PCSO Coupland to discuss Anti-social Behaviour, Criminal Offences and Sentencing, the role of the Police and then let the children (and the adults) have some fun with the marked Police van, even letting them climb into the prisoner cage to see what it's like.

Mini Police at St Josephs this month had the CSI team visit the school and show the children how they take fingerprints, DNA, footprints when collecting evidence from crime scenes. They also then let the children have a go at taking their own fingerprints and dressing up in the personal protective equipment so that they know what officers have to wear to prevent them leaving evidence at scenes of crime.

Speed enforcement continues to be one of our priorities through the Dales area, with Officers from all beats joining together for help target hot spot areas and help deter dangerous driving. Officers from your Safer Neighbourhoods Team have been going out issuing enforcement both at the roadside and through post. Speeding will continue to be a priority for our beat areas and we will continue working to keep our roads and the communities safe.

Underaged drinking has been an issue a couple times this month and is something we are acting on. Officers have conducted searches of known youths who were believed to be in possession of alcohol provided to them by an adult, vodka was found on this occasion. We are working alongside stores to raise awareness of the issue, and to make them aware of who is purchasing the alcohol for the minors. Enforcement actions will be taken!

Want your bike putting on the national bike register for free? Visit www.bikeregister.com



1

Register your bike

Add your bike details to our National Police-approved database for free



2

Mark & Protect

Mark & Protect your bike with one of our security marking kits



3

Apply warning label

Reduce your risk of theft by warning thieves that you use BikeRegister

What is the team up to this month?

This month is a busy one for the team, with multiple engagements scattered throughout the community during this period.

School talks will be often and focussing on issues such as Crime prevention & safety, Anti-social behaviour and the role of the Police in the local communities and as a whole. Mini Police this month will be targeting areas about honesty and integrity, Rural crime and Firearms officers.

Speeding will continue to be a monitored priority in our beat area, and PCSO & PC's alike will be targeting hotspot areas for this issue to help raise awareness and combat the problem. Not only is speeding proving to be an issue lately, but also drivers being on their mobile phone or not wearing seatbelts.
This is especially an issue when it comes to School intake and School kickouts, with regular motorists and parents both being reckless in their driving. We would like to remind everyone it is a serious offence to be in control of a motor vehicle whilst using your mobile device when it's not hands free, the penalty for which is 6 points and a fine. Officers will be present at these locations alongside crossing guards to monitor vehicles going through these high risk areas to catch and deter offenders.

Store patrols will be a focus this this month, especially during the Easter Holidays through the Matlock area. We will be hosting several street meets in the local supermarkets to engage with customers and staff alike. Further to this we will also be keeping an eye out and handing out resources to people who might leave their belongings unchecked, handing out purse bells and fasteners to help deter potential pickpockets.



Reduce the risk of getting your handbag or its contents stolen

Never leave your bags unattended, particularly on shopping trolleys, on seats, on the floor in changing rooms or public toilets.

Be aware of people around you at all times.

Carry your bag close to you with the clasp facing inwards.

Keep it zipped up, and make sure your wallet or purse can't be seen.

Avoid carrying unnecessary valuables, documents containing personal information or large amounts of cash.

Spring clean your handbag - imagine if precious personal items were lost - are they better stored at home?

Spread your possessions about. For example consider keeping your mobile phone separate from your keys and your store/credit cards separate from your purse.

Consider the use of a handbag/purse alarm - these are inexpensive and could alert you to someone trying to steal your purse or personal possessions.

Never carry your PIN with your cards.

Only take out what you need.