# School Office Friday Update

| REMINDERS FOR THE WEEKS AHEAD | |
|---|---|
| | |
| Monday 18th November | • Qualitas KS2 Netball after school – please use ParentPay to book |
| Tuesday 19th November | • KS1 Qualitas Multi skills after school – please use ParentPay to book |
| Wednesday 20th November | • KS2 Qualitas Dodgeball after school – please use ParentPay to book |
| Thursday 21st November | • Little Smiles Toddler Group 9.00am – 10.30am<br>• Swimming Class 2 |
| Friday 22nd November | • **Class 3 –Dodgeball Event at Ashbourne Leisure Centre AM Arrive at school 7.50AM in PE kit. PLEASE USE ParentPay TO PROVIDE CONSENT**<br>• Lunchtime Choir |
| | |
| Monday 25th November | • Qualitas KS2 Netball after school |
| Tuesday 26th November | • Qualitas KS1 Multi Skills after school |
| Wednesday 27th November | • Qualitas KS2 Dodgeball after school |
| Thursday 28th November | • Little Smiles Toddler Group 9.00am -10.30am<br>• Swimming Class 2 |
| Friday 29th November | • Lunchtime Choir<br>• Deadline for paying for the Jack and the Beanstalk |

## OTHER NEWS

- **ParentPay** – There are still some outstanding balances from last term. **PLEASE CAN THESE BE SETTLED AS SOON AS POSSIBLE. Thank you.**

- **CHILDREN IN NEED BAKE OFF – Thank you Bakers!! We were blown away by the amazing creations that the children brought into school. Thank you if you baked or bought cakes. We will update the amount raised next week.**

- **Payment for the pantomime is due by 29th November. Thank you to those that have already paid.**

- **PTFA FAMILY MOVIE NIGHT – MONDAY 2ND DECEMBER – Tickets are now on sale from the school office. £3.00 per person including snacks. Remember pyjamas!**

- **Infant Nativity** – **The Innkeeper's Breakfast** - Will take place on **Wednesday 11th December at 2.00pm** and **Thursday 12th December at 5.00pm.** Parents and Grandparents are all very welcome and there is no need for tickets. You may take children home following the Wednesday afternoon performance. Other children and those with older siblings will remain in school until normal collection time.

- **QUALITAS AFTER SCHOOL CLUBS FOR THIS HALF TERM** – PLEASE USE PARENT PAY TO BOOK. If you need any help booking please contact the school office. SPACES STILL AVAILABLE
  **Monday – KS2 Netball**
  **Tuesday – KS1 Multi Skills**
  **Wednesday – KS2 Dodgeball**

- **Walesby Forest Residential** – The next payment for the Year 5 and 6 residential is due on 31st January. Thank you if you have already paid. Please contact the school office if you have any questions at all.

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 2nd December | PTFA FAMILY MOVIE NIGHT – Tickets are available from the office.<br>No Qualitas Club today |
| Tuesday 3rd December | Qualitas KS1 Multiskills After School |
| Wednesday 4th December | Qualitas KS2 Dodgeball After School |
| Thursday 5th December | Little Smiles Toddler Group 9.00am – 10.30am<br>Swimming for Year 1 and 2 |
| Monday 9th December | Qualitas KS2 Netball After School |
| Tuesday 10th December | Jack and the Beanstalk at Buxton Opera House 1.30pm<br>No Qualitas Club after school today<br>NO AFTER SCHOOL CLUB |
| Wednesday 11th December | **Infant Nativity 2.00pm**<br>Qualitas KS2 Dodgeball After School |
| Thursday 12th December | **NO SWIMMING – Class 2**<br>CHRISTMAS CRAFTS AND JUMPER DAY<br>PTFA SECRET SANTA<br>**Infant Nativity 5.00pm** |
| Tuesday 17th December | Christingle Service 2.00pm in St Giles Church. Everyone is welcome to join us |
| Wednesday 18th December | **Christmas Dinner** |
| Thursday 19th December | No swimming – Class 2 |
| Friday 20th December | Break up for Christmas Holidays<br>**NO AFTER SCHOOL CLUB** |
| Saturday 21st December | Cakes and Carols in St Giles Church 4.00pm |
| **Monday 6th January 2025** | **Back to school** |
| Wednesday 22nd January | Cross Country Event at Whitworth Park |
| Monday 27th January | Class 4 to Young Voices in Sheffield |
| Wednesday 29th January | Class 2 trip to the Space Centre, Leicester |
| Thursday 13th February | Last swimming lesson for Class 2.<br>Class 3 start swimming after half term |
| Friday 14th February | Break up for half term |
| **Monday 24th February** | **INSET DAY – School closed** |
| Tuesday 25th February | Back to school |

| | |
|---|---|
| Wednesday 26th February | MAD Infant Sports Event – Fun Run at All Saints Juniors – rearranged from 16th October |
| **Thursday 27th February** | **First Swimming for Class 3** |
| Friday 4th April | Break up for Easter |
| Monday 21st April | Easter Monday |
| Tuesday 22nd April | Back to school |
| Wednesday 30th April | Class 2 Multi Skills Festival at All Saints Juniors<br>This Girl Can – Whitworth Park 930 – 11.30 |
| **Monday 5th May** | **MAY DAY BANK HOLIDAY** |
| 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 |
| Thursday 15th May | KS2 SATS – Maths Paper 3 |
| Friday 23rd May | Break up for half term |
| **Monday 2nd June** | **INSET DAY – School closed** |
| Tuesday 3rd June | Back to school |
| Wednesday 18th June | Class 2 Dance and Gymnastics Festival at All Saints Juniors |
| Wednesday 2nd July | Walesby Forest Residential – Class 4 |
| Thursday 3rd July | Walesby Forest Residential – Class 4<br>Last swimming for Class 3 |
| Friday 4th July | Walesby Forest Residential – Class 4 |
| Wednesday 9th July | Class 2 Sports Day at All Saints Juniors |
| Thursday 10th July | NO SWIMMING FOR CLASS 3 |
| Thursday 17th July | NO SWIMMING FOR CLASS 3 |
| Thursday 24th July | Last day of the school year<br>**NO AFTER SCHOOL CLUB** |


£3.00 PER TICKET INCLUDES SNACKS
BRING THE WHOLE FAMILY !
02 DEC
3:30 PM
XMAS MOVIE NIGHT
[ FREE POPCORN AND DRINKS ]
Remember to wear pjs and bring blankets!

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

## 10 Top Tips for Parents and Educators

# TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

### 1 CONSIDER CYCLE TRAINING

Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.

### 2 USE A SUITABLE BIKE

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

### 3 TRY A CARGO BIKE

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

### 4 INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

### 5 BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

### 6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

### 7 STAY ALERT AND IN SAFE FORMATIONS

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

### 8 AVOID PARKED CARS

When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

### 9 START A 'BIKE BUS'

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you!

### 10 HAVE FUN!

Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

## Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

Source: See full reference list on guide page at: https://nationalcollege.com/guides/teaching-cycle-safety

#WakeUpWednesday

The National College

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.11.2024

# School calendar 2024/25

DERBYSHIRE County Council

## August 2024

| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
|---|---|---|---|---|---|---|---|
| 31 | | | | 1 | 2 | 3 | 4 |
| 32 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 33 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 34 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 35 | 26 | 27 | 28 | 29 | 30 | 31 | |
| | | | | | | | |

## September 2024

| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
|---|---|---|---|---|---|---|---|
| 35 | | | | | | | 1 |
| 36 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 37 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 38 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 39 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 40 | 30 | | | | | | |

## October 2024

| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
|---|---|---|---|---|---|---|---|
| 40 | | 1 | 2 | 3 | 4 | 5 | 6 |
| 41 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 42 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 43 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 44 | 28 | 29 | 30 | 31 | | | |
| 45 | | | | | | | |

## November 2024

| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
|---|---|---|---|---|---|---|---|
| 44 | | | | | 1 | 2 | 3 |
| 45 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 46 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 47 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 48 | 25 | 26 | 27 | 28 | 29 | 30 | |
| | | | | | | | |

## December 2024

| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
|---|---|---|---|---|---|---|---|
| 48 | | | | | | | 1 |
| 49 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 50 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 51 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 52 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 1 | 30 | 31 | | | | | |

## January 2025

| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
|---|---|---|---|---|---|---|---|
| 1 | | | 1 | 2 | 3 | 4 | 5 |
| 2 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 3 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 4 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 5 | 27 | 28 | 29 | 30 | 31 | | |
| | | | | | | | |

## February 2025

| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
|---|---|---|---|---|---|---|---|
| 5 | | | | | | 1 | 2 |
| 6 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 7 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 8 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 9 | 24 | 25 | 26 | 27 | 28 | | |
| | | | | | | | |

## March 2025

| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
|---|---|---|---|---|---|---|---|
| 9 | | | | | | 1 | 2 |
| 10 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 11 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 12 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 13 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 14 | 31 | | | | | | |

## April 2025

| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
|---|---|---|---|---|---|---|---|
| 14 | | 1 | 2 | 3 | 4 | 5 | 6 |
| 15 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 16 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 17 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 18 | 28 | 29 | 30 | | | | |
| | | | | | | | |

## May 2025

| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
|---|---|---|---|---|---|---|---|
| 18 | | | | 1 | 2 | 3 | 4 |
| 19 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 20 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 21 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 22 | 26 | 27 | 28 | 29 | 30 | 31 | |
| | | | | | | | |

## June 2025

| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
|---|---|---|---|---|---|---|---|
| 22 | | | | | | | 1 |
| 23 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 24 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 25 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 26 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 27 | 30 | | | | | | |

## July 2025

| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
|---|---|---|---|---|---|---|---|
| 27 | | 1 | 2 | 3 | 4 | 5 | 6 |
| 28 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 29 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 30 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 31 | 28 | 29 | 30 | 31 | | | |
| | | | | | | | |

Denotes Bank holidays

Denotes School holiday dates

195 days – including up to 5 days to be taken

BLUE DENOTES SCHOOL SWIMMING DAYS IN 24/25

# Autumn & Winter 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 |
|---|---|---|---|---|---|
| Option 1 | Chicken Curry G/M with Rice & homemade flatbread G/So & Seasonal Vegetables (Sharwoods, Tilda) | V Margarita Pizza G/M Served with Pasta G & Seasonal Vegetables | Roast of the Day with Yorkshire Pudding E/G/M Creamed Potatoes M, Seasonal Vegetables & Gravy | Beef Burger G in a Bun G with Potato Wedges & Baked Beans | Fish Fingers F/G with Chips, Carrots & Sweetcorn (Young's) |
| Option 2 | Ve Five Bean Chili with Rice & a homemade flatbread G/So & Seasonal Vegetables | Ve Vegetable Tagine served with Pasta G & Seasonal Vegetables | Ve Veggie Sausage G served with a Yorkshire Pudding E/G/M, Creamed Potatoes M, Seasonal Vegetables & Gravy (Quorn PRO) | Ve Vegan Burger G/So in a bun G with Homemade Potato Wedges & Seasonal Vegetables (Linda McCartney) | V Cheese & Tomato Pinwheel E/G/M with Chips, Carrots & Sweetcorn |
| Option 3 | Pasta Pot, Filled Jacket Potato or a Sandwich meal – Please speak with your school for their selection | | | | |
| Dessert | Cooks choice of cookie G | Chocolate Cracknel G/M | Honey Cake with Fresh Fruit E/G/M | Banana & Strawberry Yoghurt Muffin E/G/M (müller) | Fruit Crumble G with Custard M |

Weeks Starting: 04.11.24 / 25.11.24 / 16.12.24 / 20.01.25 / 10.02.25 / 10.03.25 / 31.04.25

## Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Option 1 | Pasta G Bolognaise with French Stick G & Seasonal Vegetables | Big Breakfast G/Su with a Hash Brown, Baked Beans & Tomatoes | Roast of the Day with Stuffing G, Creamed Potatoes M, Seasonal Vegetables & Gravy | V Cheese & Tomato Pizza G/M with Pasta G & Seasonal Vegetables | Fish Stars F/G with Chips, Peas & Carrots (Harry Ramsden's Junior) |
| Option 2 | Ve Dippers G with Homemade Sauce, Pasta G & Seasonal Vegetables (Quorn PRO) | Ve Veggie Breakfast G with a Hash Brown, Baked Beans & Tomatoes (Quorn PRO) | V Veggie Cottage Pie M/So with Seasonal Vegetables & Gravy | Ve Veggie Balls G in a homemade tomato sauce with Pasta G & Seasonal Vegetables (Quorn PRO) | Ve Veggie Fingers G with Chips, Peas & Carrots (Birds Eye) |
| Option 3 | Pasta Pot, Filled Jacket Potato or a Sandwich meal – Please speak with your school for their selection | | | | |
| Dessert | Shortbread G | Lemon Slice E/G | Jelly & Fresh Fruit (Wibble) | Chocolate Crunch E/G & Fresh Fruit | Cornflake Tart G with Custard M |

Weeks Starting: 11.11.24 / 02.12.24 / 06.01.25 / 27.01.25 / 24.02.24 / 17.03.25

## Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Option 1 | Chicken Pasta Bake G/M with Seasonal Vegetables & French Stick G | V Southern Style Burger in a bun E/G/M with Potato Wedges & Baked Beans (Quorn PRO) | Sausages G/Su & Mashed Potatoes M, Seasonal Vegetables & Gravy | Cottage Pie M & Seasonal Vegetables | Fish Fingers F/G with Chips, Peas & Sweetcorn (Young's) |
| Option 2 | V Vegetable Pasta Bake G/M with Seasonal Vegetables & French Stick G | V Jacket Potato with Cheese M or Baked Beans & Seasonal Vegetables | V Broccoli & Cauliflower Cheesy Bake G/M/Mu with Seasonal Vegetables | Ve Vegan Sausage Roll G with Creamed Potatoes M, Seasonal Vegetables & Gravy | V Macaroni Cheese G/M/Mu with Peas & Sweetcorn |
| Option 3 | Pasta Pot, Filled Jacket Potato or a Sandwich meal – Please speak with your school for their selection | | | | |
| Dessert | Cooks choice of Cookie G | Flapjack G | Sprinkle Cake E/G | Beetroot Brownie E/G with Fruit | Sticky Toffee Apple Sponge E/G with Custard M |

Weeks Starting: 18.11.24 / 09.12.24 / 13.01.25 / 03.02.25 / 03.03.25 / 24.03.25