School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 4th November	**INSET DAY – SCHOOL CLOSED TO PUPILS**
Tuesday 5th November	• Back to school • **NURSERY OFFICIAL OPENING TODAY** • Tickets on sale from today for the Family Movie Night • Small School Mini Soccer Finals 3.30 – 5.30 Highfields Upper Site (Lumsdale) (details sent to children involved) • KS1 Qualitas Multi skills after school
Wednesday 6th November	• KS2 Qualitas Dodgeball after school
Thursday 7th November	• Little Smiles Toddler Group 9.00am – 10.30am • Swimming for Year 1 and 2
Friday 8th November	•
Monday 11th November	• **Anti Bullying Week** • ODD SOCKS DAY • Bikeability for Year 6 this week • Qualitas KS2 Netball after school
Tuesday 12th November	• Qualitas KS1 Multi Skills after school
Wednesday 13th November	• Qualitas KS2 Dodgeball after school
Thursday 14th November	• Little Smiles Toddler Group 9.00am -10.30am • Swimming for Year 1 and 2
Friday 15th November	• Children in Need – further details to follow

OTHER NEWS

- **It was lovely to see so many parents in school this week for the first parents evening of the school year. We hope you all have a lovely half term break.**

- **OFFICIAL NURSERY OPENING – TUESDAY 5TH NOVEMBER 9.00am – 10.00am**. You are invited to join us to celebrate the opening of our new Nursery.

- **School Meals –** The new autumn menu is attached to this newsletter. We are extremely fortunate to have wonderful cooks in our school kitchen. They cannot do enough to help us and are very flexible with what they can offer our children. School meals are £3.25 per day. If your child would like to try school dinners, even for one or two days a week please let us know.

- **Christmas Dinner – Wednesday 18th December** – If your child would like a Christmas Dinner (and they do not normally have one) please let us know by **Friday 8th November**; this is the deadline for the kitchen to place their food order. We cannot accept any additional requests after this date. If your child already has dinners on a Wednesday we do not need to know.

- School photographs were taken in school earlier this half term. Your child brought home a printed access code for you to view the photographs online. Order by the 27th October for free delivery. If your child has misplaced their code, please email info@capturephotographyschools.co.uk.

- **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 THE NEXT HALF TERM** – PLEASE USE PARENT PAY TO BOOK. If you need any help booking please contact the school office.
  Monday – KS2 Netball
  Tuesday – KS1 Multi Skills
  Wednesday – KS2 Dodgeball

- **Parent Pay** – **PLEASE ENSURE YOUR ACCOUNTS ARE SETTLED BEFORE THE END OF THIS HALF TERM.**

- **Walesby Forest Residential** – The third payment for the Year 5 and 6 residential is due on Friday 25th October. 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 18th November	Qualitas KS2 Netball After School
Tuesday 19th November	Qualitas KS1 Multi skills After School
Wednesday 20th November	Qualitas KS2 Dodgeball After School
Thursday 21st November	Little Smiles Toddler Group 9.00am – 10.30am Swimming for Year 1 and 2
Monday 25th November	Qualtias 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 Swimming for Year 1 and 2
Monday 2nd December	PTFA FAMILY MOVIE NIGHT – further details to follow 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 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 No Qualitas Club after school today
Wednesday 11th December	**Infant Nativity 2.00pm** Qualitas KS2 Dodgeball After School

Thursday 12th December	**NO SWIMMING** CHRISTMAS CRAFTS AND JUMPER DAY PTFA SECRET SANTA **Infant Nativity 5.00pm**
Tuesday 17th December	Christingle Service 2.00pm in St Giles Church
Wednesday 18th December	**Christmas Dinner – If your child would like a Christmas dinner and they normally bring a packed lunch we need to know by Friday 8th November at the latest.**
Friday 20th December	Break up for Christmas Holidays **NO AFTER SCHOOL CLUB**
Saturday 21st December	**Cakes and Carols in St Giles Church 4.00pm**
Monday 6th January 2025	Back to school
Monday 27th January 2025	Class 4 to Young Voices in Sheffield
Wednesday 29th January 2025	Class 2 trip to the Space Centre, Leicester
Friday 14th February 2025	Break up for half term
Monday 24th February 2025	**INSET DAY – School closed**
Tuesday 25th February 2025	Back to school
Friday 4th April 2025	Break up for Easter
Tuesday 22nd April 2025	Back to school
Wednesday 30th April 2025	Class 2 Multi Skills Festival at All Saints Juniors
Monday 5th May 2025	**MAY DAY BANK HOLIDAY**
Friday 23rd May 2025	Break up for half term
Monday 2nd June 2025	**INSET DAY – School closed**
Tuesday 3rd June 2025	Back to school
Wednesday 18th June 2025	Class 2 Dance and Gymnastics Festival at All Saints Juniors
Wednesday 2nd July 2025	Walesby Forest Residential – Class 4
Thursday 3rd July 2025	Walesby Forest Residential – Class 4
Friday 4th July 2025	Walesby Forest Residential – Class 4
Wednesday 9th July 2025	Class 2 Sports Day at All Saints Juniors
Thursday 24th July 2025	Last day of the school year **NO AFTER SCHOOL CLUB**

Attendance Information

In September 2013 the government introduced new regulations making it clear that Headteachers must not give approval for any leave of absence during term time, including holidays, unless there are exceptional circumstances. Parents are not entitled to take their children on holiday in term time. Planned absence can only be taken with the prior written approval of the headteacher. Each case will be considered on its own merits and the decision of the headteacher is final.

Any requests for term time leave should be made on a leave of absence request form available from the school office and handed in at least two school weeks before the first date of the requested absence whenever possible. You must have received written authorisation before your child can be absent from school.

If a request for leave is denied and the pupil is absent for 5 days or more then the school is expected to refer the case to the local authority. Parent/carers may be issued with a penalty notice fine or prosecution should leave of 5 days or more be taken which is not authorised by the Headteacher, or where repeated incidents of leave in term time for less than 5 days occur or where the unauthorised absence contributes to wider poor attendance that meets the legal threshold. If unpaid this could lead to prosecution under section 444(1) of The Education Act 1996

Absence deemed for the reason of unauthorised leave in term time will be marked in the register with the Attendance code G.

Further information regarding school attendance and penalty notices can be found on the DCC website https://www.derbyshire.gov.uk/education/schools/welfare-services/attendance/school-attendance.aspx

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

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®

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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