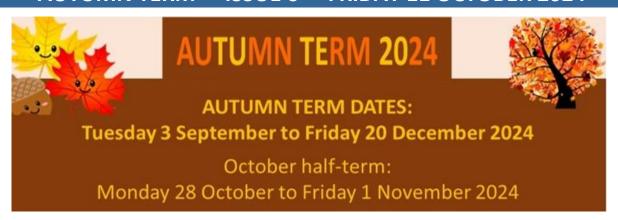


## FRIDAY NEWSLETTER



### **AUTUMN TERM** ■ ISSUE 6 ■ FRIDAY 11 OCTOBER 2024



## Well done to this week's



Reception ~ Ozzy

Year 1 ~ Lenny

Year 2 ~ Beulah

Year 3 ~ Evie A

Year 4 ~ Hugo

Year 5 ~ Joe

Year 6 ~ Fabi





## DEADLINES & REMINDERS

It would be really helpful if requested reply slips/payments etc. could be completed/paid by the stated deadlines to enable us to process the paperwork effectively this week. Thank you.

ADDITIONAL LEARNING SESSIONS					Lothersdale	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		LVINEIMALE
Class 4	Year 4	Class 4	Year 4	Class 4	REC	MARTHA and EDDIE
READING PLUS 8.20 to 8.45am	READING PLUS 8,20 to 8,45am	READING PLUS 8.20 to 8.45am	READING PLUS 8.20 to 8.45am	READING PLUS 8.20 to 8.45am	Y1	ANYA and JAMES
6.20 to 6.43am	0.20 to 0.45am	6.20 to 6.43aiii	Y2	ALFIE and EVIE		
- TIMES TABLE	TIMES TABLES	-	-	Y3	JUDE W and AVA	
		8.20 to 8.45am			Y4	HUGO and LAILA
These clubs are for selected groups or pupils.  All pupils attending these clubs must be registered for safeguarding and health & safety reasons.  Please note: the sessions start promptly at 8:20am so that children can complete the relevant tasks vithout disruption from any late arrivals. Late arrivals beyond 8:25am will not be able to attend the ession. In this instance, please ensure that your child is supervised until the start of the school day.  Many thanks for your support.					Y5	JOE and MAISIE
					Y6	AARON and SOPHIE
					SCH	IOOL COUNCIL



Monday	Tuesday	Wednesday	Thursday	Friday
Running Club 3.15 to 4.15pm	Dodgeball 3.15 to 4.15pm	<b>Book Club</b> 3.15 to 4.15pm	Supersports 3.15 to 4.15pm	Football 3.15 to 4.15pm
Soccer Tots 3.15 to 4.15pm	2	Construction Club 3.15 to 4.15pm	Young Voices Choir 3.15 to 4.15pm	e <u>.</u>

#### W/c 14 October 2024

- Mon Deadline for returning the Harvest Festival Parent Feedback form
  - Deadline for returning the Grandparents Day Feedback form
  - Class 4 Marrick Priory Parent Information Evening at 6pm
- **Wed** Deadline for online submission of Parent Consultation replies (see School Office below)
- **Thu** Deadline for completing the Flu Vaccination online form (see School Office below)
- Fri Class 3 swimming lesson

# GENERAL SCHOOL UPDATES

Please find detailed below general updates for your information. If you have any queries regarding any of the content below, please contact the school office.



Space Week at Lothersdale Primary School was out of this world! Everyone came brilliantly dressed up for the launch of Space Day, complete with a cosmic-themed lunch that fuelled their imaginations!

All pupils were thrilled to explore the Wonderdome planetarium, discovering the fascinating links between space and climate change.

Class 1 blasted off into the world of rockets, while Class 2 designed and crafted their very own satellites, inspired to learn more about the ISS! Class 3 dove deep into the mysteries of the Ozone layer, questioning whether it's good or bad, and Class 4 focused on the pulse of the Earth, brainstorming ways to protect our planet.

What an incredible week of exploration and learning!



# Grandparents

#### **Lothersdale Grandparents Day Feedback Form**

The children were thrilled to have their grandparents in school to share part of their school day with them last week. This week we have sent out grandparent feedback forms

via bookbags as the children would love to know what you thought about this exciting event. If you have not yet had a chance to complete the form, please ensure it is returned to school via class teachers on Monday 14 October 2024.



#### Harvest Festivals ~ Tuesday 8 October 2024

Thank you to all those parents/carers who were able to come along to our Harvest Festival celebrations this week. All the children worked very hard practising their songs and had a great time performing to family and friends. We would also like to thank all the staff for their excellent support in teaching the children their harvest songs and for putting both productions together.

Harvest Parent Feedback Forms ~ this week we have sent our parent feedback forms via bookbags as the children would love to know what you thought about their performances. Thank you to those parents/carers who have already returned the form. If you have not yet had a chance to complete the form, please ensure it is returned to school via class teachers on Monday 14 October 2024.



A massive 'thank you' to all our parents/carers who were able to donate items for Keighley Women's Refuge. They will be greatly appreciated by the families at the Refuge and your generosity has, once again, been overwhelming.

## GDPR: NO MOBILE PHONES POLICY PHOTOGRAPHY/VIDEO RECORDING ~ INTERNET AND SOCIAL MEDIA



Please note that the school has a **No Mobile Phones in School Policy**, and therefore, unless prior permission has been given, parents/carers are not allowed to use mobile phones or take photographs/videos in school.

There are some children in school who, for security reasons, cannot appear in photographs or video recordings and therefore do not have consent in place for photographs to be taken.

Whilst we want to allow you to record special moments in your children's lives at events organised by school off-site (eg participating in Sports Day, Christmas Concert etc), we must insist that any digital images or recordings taken from cameras and mobile phones do <u>not</u> include pictures of any children other than your own, unless you have asked permission from the parents/carers of the children involved. This includes the sharing of images electronically e.g. via the internet and social media sites.

#### Keighley & Craven Schools Cross Country Cliffe Castle Leafy Run ~ Wednesday 9 October 2024

On Wednesday, four of our pupils took part in the Cliffe Castle run, the first race in this year's Keighley & Craven Schools Cross Country League. All the children ran brilliantly and produced amazing results:

#### Boys Y3/4 Race:

Hugo Baldwin (Y4)  $\sim 1^{st}$  Place out of 120 Tommy Airlie (Y3)  $\sim 6^{th}$  Place out of 120

#### Girls Y3/4 Race:

Sophie Broadhead (Y4) ~ 3<sup>rd</sup> Place out of 87

#### Girls Y5/6 Race:

Aravon Airlie (Y5) ~ 12<sup>th</sup> Place out of 62

Well done everyone, we are all so proud of you! The next race is scheduled to take place at Highfield Recreation Ground on Thursday, 14 November 2024.

#### Hello Yellow Day ~ Come together in yellow ~ Thursday 10 October 2024

Thank you to all staff and pupils who supported this year's Hello Yellow Day on Thursday by coming to school dressed in something yellow.

We joined thousands of others across the UK to show young people that they're not alone with their mental health. Because we stand brighter, together.





### Space Science Fair Thursday 10 October 2024 The Space Science Fair at Lothersdale Primary School on Thursday, 10 October, was a spectacular success!

The children's Space Science projects were wonderful and shared fascinating insights into how rockets work through forces, and intriguing facts about the planets in our solar system, including their distances from the sun and how they were formed. Many projects explored the mysteries of the moon, showcasing the creativity and curiosity of our young scientists!

Mrs Knight was proud of all the children for their incredible engagement and excitement, which concluded a fantastic Space Week.



#### Class 4 Residential Visit to Marrick Priory ~ Parent Information Evening ~ Monday 14 October 2024



Mrs Ellison has been liaising with Marrick Priory this week to finalise the arrangements for next month's Class 4 residential visit.

The Parents' Information Evening will take place in school on Monday 14 October 2024 at 6.00pm ~ please note that pupils should not attend as this

enables parents to freely discuss any concerns they may have. Pupils will be able to discuss the Marrick Priory visit in class with Mr Craven nearer the time of the visit.

Thank you to those parents/carers who have already let us know that they cannot make the Information Evening. If you cannot attend, please inform the school office as soon as possible. Full payment for this trip must be made by Monday 4 November 2024.



Please refer to the Friday Newsletter and the school website prior to emailing or contacting school, as most of our day-to-day information can be located within these communication portals. The school website address is https://www.lothersdaleschool.org.uk

#### Flu Immunisations 2024-2025



Your child is due to receive their annual nasal flu vaccination at Lothersdale Vaccination UK Primary School on Tuesday 22 October 2024 at 9am.

Please click on the E-consent link below to complete the form if you have not already done so. It is important that this information is collated in advance of the vaccination visit.

For your child to receive their Nasal flu vaccination in school, please complete a YES consent form using the link below. If your child cannot have the Nasal spray, the injectable flu vaccine is available, and you will be able to choose that method on the consent form.

If you **DO NOT** wish for your child to have a flu vaccination, please complete a **NO** consent via the same link.

#### https://yny.schoolvaccination.uk/flu/2024/northyorkshire

Please ensure you have completed the form by Thursday 17 October 2024 at the latest. Please complete the form even if you do not wish your child to receive the vaccination or if they have received it elsewhere.

#### Parent Consultations ~ Tuesday 19 November & Thursday 21 November 2024



A letter was emailed to all parents/carers on Thursday regarding this term's Parent Consultations. Please complete the online form to indicate a convenient block of time and submit by <u>Wednesday 16 October 2024</u>. We will allocate appointments received in date order and will try our best to meet requests. Confirmation of your appointment date/time will be sent

out prior to the half-term break. As always, parents/carers are most welcome to contact school at any time to make an appointment to discuss their child's progress or any concerns with the class teacher.



#### School Term Dates ~ Academic Year 2025-2026

Please find attached copy of the school term dates for the academic year 2025/2026 for your information.

Ensuring your child's regular attendance at school is your legal responsibility and permitting absences from school without a good reason causes an offence in law which may result in prosecution. Please remember that Leave of Absence in Term Time is not a 'right' and all requests for leave in term time must be made in advance of confirming any arrangements. Schools can only authorise leave in term time if the circumstances surrounding the request are considered to be exceptional



Terms	Last Day of School	First Day Back at School	
Autumn Term 2025 starts	-	Tuesday 2 September 2025	
October Half-Term	Friday 24 October 2025	Monday 3 November 2025	
Christmas	Friday 19 December 2025	Tuesday 6 January 2026	
February Half-Term	Friday 13 February 2026	Tuesday 24 February 2026	
Easter	Friday 27 March 2026	Monday 13 April 2026	
May Day Bank Holiday	Friday 1 May 2026	Tuesday 5 May 2026	
Spring Half-Term	Friday 22 May 2026	Tuesday 2 June 2026	
Summer Term 2026 Ends	Friday 17 July 2026	-	

Five Staff Training Days are included in these dates:

Monday 1 September 2025

Monday 5 January 2026

Monday 23 February 2026

Monday 1 June 2026

Monday 20 July 2026

#### North Yorkshire Healthy Schools ~ Healthy Packed Lunch

Please find advice below from North Yorkshire Public Health & Healthy Schools Teams on encouraging a healthy, balanced packed lunch with ideas or what to and not to include.



## Healthy Packed Lunch Guidance for Parents/ Carers with Children at Primary School



A healthy packed lunch will give children the energy and nutrition they need to get the most from their school day – helping them to stay healthy, feel good and be ready and able to learn. Just like school meals, packed lunches should be made up of foods from the main food groups in the Eatwell Guide <a href="https://www.nhs.uk/live-well/eat-well/the-eatwell-guide">well/the-eatwell-guide</a> and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.

#### What should I include in my healthy packed lunch?

## Please try to include ONE of each of the following in your lunch each day:



#### STARCHY CARBOHYDRATE

- ✓ bread, wrap, pitta, bagel, rolls, baguette
   ✓ rice or couscous
- ✓ noodles or plain pastaavoid flavoured instant packet products and limit canned pasta
- ✓ potatoes
- ✓ oatcakes, rice cakes or crackers

Wholemeal/wholegrain options contain more fibre and keep you fuller for longer

Gives you energy for the day ahead!



#### DAIRY FOOD (or non-dairy alternative)

- ✓ cheese hard, soft, spread
- ✓ yoghurt or fromage frais
  ✓ milk
- ✓ custard
- Choose low fat, low sugar options where possible

Good for healthy



## FRUIT (fresh, frozen, tinned or dried)

- ✓ apple
- ✓ banana ✓ satsuma
- ✓ pear ✓ plum ✓ mango
- ✓ melon
  ✓ dried fruit e.g. raisins,
  apricots, dates. Add to
  meals and not as a snack
- ✓ cherry tomatoes (chopped)
  ✓ handful of grapes (halved)
- ✓ fruit salad or kebab

  Wash fruit and vegetables prior to preparing.

  Ensure canned fruit is

in juice not syrup.

Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'
How much? A portion is one child-sized handful.

#### VEGETABLES OR SALAD

- ✓ chopped vegetable sticks (e.g. carrot, cucumber, pepper)
- ✓ salad in sandwiches
- √ vegetable soup
- ✓ Baked beans count as a vegetable but only once during a week. Ensure beans are reduced in salt and sugar

If you are using canned products, choose those without added sugar and salt.



#### PROTEIN

- ✓ meat e.g. sliced lean ham, chicken or bee in a sandwich
- √ fish preferably try to include oily fish such as salmon, tinned mackerel, sardines and pilchards. Aim to have one portion a week
- √ eggs
- ✓ lentils, beans, chickpeas
- ✓ alternative meat free option Try to limit processed foods e.g. sausages, meatballs. fishfingers, fishcakes, sausage rolls

Helps your body to grow and develop

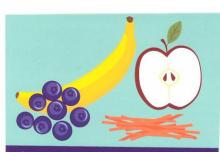
**PRINKS** – plain tap water is the best option, especially for teeth. Please send your child to school with their own named, clean water bottle each day.

Drinking enough each day helps keep your body working well and your skin looking healthy!



#### Me-sized meals

Young children don't need as much food as teenagers and adults. When they eat more than they need, the excess energy is stored as fat in their bodies.



### What about snacks for break time?

## The best options for breaktime snacks are:

- Portion of fresh fruit (no dried fruit as snacks please as the sugar can stick in teeth).
- Vegetable sticks.
- Other ideas for healthy snacks could be rice cakes, bread sticks, bag of plain popcorn.

Please check your school's policy on snacks

#### What should I NOT bring to school?

Please do NOT include the following items:

- Sweets and chocolate bars these foods are high in sugar and calories, low in goodness, and are harmful for teeth.
- Squash or fizzy drinks water is best for teeth.
- Other items e.g. nuts, sesame, fish please check your school's allergy policy.

#### Thank you!



#### 5 top tips for your packed lunch

- Freezer packs can keep food cool. Freeze a (reusable) bottle of water which will be ready to drink by lunchtime.
- Get your child to help pack their lunch box – they are more likely to enjoy it.
- Love to dip?- cut up pitta bread or veg sticks to have with a dip.
- Use pastry cutters to cut funnyshaped sandwiches.
- Protect your fruit by putting it in a small plastic container e.g. apple/banana guard



## Get more vegetables in your lunches!

Here are some GREAT ideas for upping the veg content in your lunchboxes https://simplyveg.org.uk/lunchboxes

#### Be safe!

- Please cut up food into small sizes for young children. Cut grapes and cherry tomatoes in half (lengthways if oblong).
- Be aware of allergies please check your school's allergies guidance.

### School dinners are best!

Making packed lunches can be time consuming and expensive – why not try school dinners?

School meals provide your child with a nutritionally-balanced variety of foods. Every infant child (aged 5-7) is entitled to a FREE school lunch.

Also, **FREE school meals** for all age groups are provided

to families who receive qualifying incomes such as income support and universal credit. Ask your school office how to order yours. More information is available from your school's website or the North Yorkshire Council website

www.northyorks.gov.uk/educationand-learning/school-meals

www.northyorks.gov.uk/free-school-meals

Here are some websites with more information to help your family to stay healthy, happy and well:

healthyschoolsnorthyorks.org/healthy-food www.nhs.uk/healthier-families

www.nhs.uk/start4life

And some information on saving money, local food

healthyschoolsnorthyorks.org/costsaving





Leaflet developed by Public Health, North Yorkshire Council and the North Yorkshire Healthy Schools Programme.



#### **Forthcoming Events**

LSA Bag2School Collection LSA Christmas Fair LSA Christmas Bingo

More details will follow nearer the time



#### LSA Movie Night ~ Wednesday 23 October 2024

The LSA Movie Night is taking place on Wednesday 23 October 2024 after school. The movie, Inside Out 2, is a PG rating.

If your child would like to come along, please ensure payment is made via the School Gateway app by Monday 21 October 2024. In order to confirm the booking, you will need to tick the consent form to confirm you are happy for your child to watch this movie.

In the past, we have had communication from parents/carers indicating that they cannot remember if they have paid. We can confirm that the payment is removed from your App, once payment has been made, <u>unless</u> the deadline has passed. If you therefore cannot see the payment on the App prior to the deadline, then payment has been made. You can double check this on your App by looking at your transaction history.

#### LSA Vacancy ~ Treasurer

We are now recruiting a new Treasurer for the LSA. If anyone would like to find out more about being Treasurer, please contact a member of the LSA (Donna Laycock, Katie Lubomski-Wiggan or Anna Chapman). Whilst it is a key role for all committee members to manage and control the funds the LSA raises, the Treasurer plays an important part in helping the committee carry out these duties properly. The main purpose of the role is to maintain up-to-date records of all the LSA's financial transactions.

#### BAG 2 SCHOOL

#### FREE FUNDRAISING FOR SCHOOLS

In partnership with your school or organisation



Lothersdale Primary School



Bag 2 School is a company that specialises in the reuse and recycling of good quality secondhand clothing and we have arranged to make a collection from your school. All the bags will be weighed and you will be paid for the total weight collected. Remember, the more you collect the greater the benefit to your school.



By using this paper leaflet we are helping to reduce unnecessary extra plastic. Please use your own bag or bags (there is no limit). The leaflet is FSC accredited, please recycle it.

When the clothes have been removed from the bag the plastic will be packed and sent for recycling.

We are collecting good quality items for RE-USE:

Men's, ladies' & children's clothing, paired shoes, handbags, belts & accessories.

(No uniforms, workwear, pillows, duvets or pieces of fabric please)

The more we weigh the more we pay! Extra bags are welcome - there's no limit

Please return your Bag2School on:



WEDNESDAY 20 NOVEMBER 2024 in the Parent Shelter before 9.30am



01609 780 222

www.bag2school.com



#### BAG2SCHOOL COLLECTION ~ WEDNESDAY 20 NOVEMBER 2024

The next Bag2School Collection will be held on Wednesday, 20 November 2024. Please start collecting 'good quality' unwanted items for re-use to raise money for school. Bags will be issued shortly but please use bin bags too.

Remember the more bags you send to school, the more the school will earn!

#### They accept the following 'good quality' items for RE-USE:

- ✓ Men's, Ladies' and Children's clothing
- ✓ Paired shoes (tied together/elastic) band around)
- ✓ Handbags / hats / bags
- √ Scarves and ties
- Jewellerv
- ✓ Lingerie
- √ Socks
- Belts
- ✓ Soft toys
- ✓ Household linen / curtains / towels
- ✓ Household bedding (sheets, pillow) cases and duvet covers)

#### They DO NOT accept:

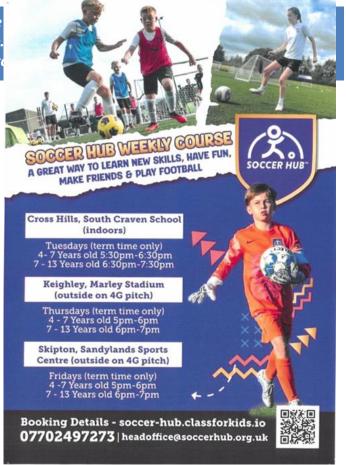
- x Duvets and blankets
- X Pillows and cushions
- X Carpets, rugs and mats (including bath, shower and toilet mats)
- x Soiled, painted, ripped or wet clothing
- X School uniforms with and without logo
- X Corporate clothing and workwear
- X Textile off cuts, yarns or threaded material



**COMMUNITY NOTICEBOARD** 

We are delighted to be able to promote community events in our Friday News that may be of interest to our families and friends. If you would like us to promote a local event, please pass the details to the school office by Wednesday to be included in the Friday News of that week.





DIARY OF EVENTS

If you wish to promote a community event in our diary below, please contact the school office. Please note there may be circumstances in which these dates are subject to change:

#### **School Events:**

Mon 14 Oct 2024 - Class 4 Marrick Priory Parent Information Evening

w/c 21 Oct 2024 - Magnificent Me Week

**Tue 22 Oct 2024** - Whole School Flu Immunisations

Wed 23 Oct 2024 - Y5/6 South Craven Cluster Boys Football Tournament at South Craven School

**Thu 23 Oct 2024** - LSA Movie Night (3:15pm to 5:30pm)

Fri 25 Oct 2024 - School breaks up at 3:15pm for the October half-term

Thu 31 Oct 2024 - Deadline for online submission for a secondary school place

Fri 1 Nov 2024 - Diwali

Mon 4 Nov 2024 - School re-opens for Autumn 2<sup>nd</sup> Half
 Wed 6 Nov 2024 - Winston Plowes (Poet) in school pm

Sun 10 Nov 2024 - Remembrance Sunday at the Village Cenotaph (School Council pupils)

w/c 10 Nov 2024 - Inter Faith Week
Mon 11 Nov 2024 - Remembrance Day

w/c 11 Nov 2024 - Class 4 residential visit to Marrick Priory

w/c 11 Nov 2024 - Anti-Bullying Week
Tue 12 Nov 2024 - Odd Socks Day
Wed 13 Nov 2024 - World Kindness Day

Wed 13 Nov 2024 - Winston Plowes (Poet) in school pm

Wed 13 Nov 2024 - Y5/6 South Craven Cluster Girls Football Tournament at South Craven School

Fri 15 Nov 2024 - BBC Children in Need w/c 18 Nov 2024 - Road Safety Week

Tue 19 Nov 2024 - Parent Consultations (2.15pm to 6pm)
 Wed 20 Nov 2024 - Y5/6 South Craven Cluster Clay Workshop

Wed 20 Nov 2024 - LSA Bag2School collection

**Thu 21 Nov 2024** - Parent Consultations (2.15pm to 6.30pm)

Sat 30 Nov 2024 - LSA Christmas Fair Tue 10 Dec 2024 - Human Rights Day

Wed 11 Dec 2024 - LSA Christmas Bingo (3:15pm to 5:30pm)
Fri 13 Dec 2024 - Last Autumn Class 3 swimming lesson

Tue 17 Dec 2024 - Whole School Christmas Concert at Skipton Town Hall
 Wed 18 Dec 2024 - John Froud: Whole school 'Christmas in a Day' workshops

Wed 18 Dec 2024 - Christmas Lunch
Thu 19 Dec 2024 - Christmas Party Day

Fri 20 Dec 2024 - School breaks up at 3:15pm for the Christmas break



# Lothersdale Primary School



a Yorkshire Collaborative Academy Trust School



ensuring all pupils achieve their full potential