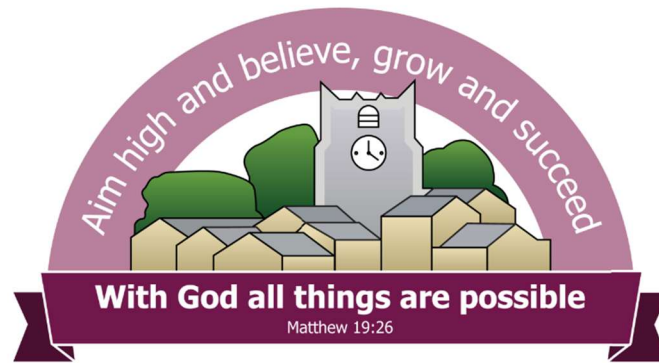




School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 17 th November	• Handbell Club- Please book via Arbor. • Scholastic Book Fair- last day.
Tuesday 18 th November	• Churchtown Tots- 9.30am-11am. All welcome. • Forest School- Class 2 & 3
Wednesday 19 th November	• Swimming- Class 2
Thursday 20 th November	• Manchester Museum- Class 2 & 3. Please see Arbor for info and consent. • Netball club- Please book via Arbor.
Friday 21 st November	• Celebration assembly. You will receive a message if your child has been chosen to receive an award this week.
Monday 24 th November	• Inset day
Tuesday 25 th November	• Churchtown Tots- 9.30am-11am. All welcome. • Forest School- Class 2 & 3
Wednesday 26 th November	• Swimming- Class 2
Thursday 27 th November	• Netball club- Class 2 and 3 after school club. Places available to book on Arbor.
Friday 28 th November	• Celebration assembly. You will receive a message if your child has been chosen to receive an award this week.

Other news:

- PE lessons for all classes are now on Thursdays. Please ensure all children have a PE kit in school. This should stay in school for half term and it will then be sent home for a wash.
- Please see Arbor for more information on our current after school clubs and to book a place for your child.
- If you need to apply for a medical diet for your child for this school year, please use the following link- <https://www.schoolmeals.derbyshire.gov.uk/allergies-and-special-diets/allergies-and-special-diets.aspx>
- Just to remind you, if you pay for your child's school lunches these should be paid in **advance** of the meal being taken where possible. Thank you.
- A reminder that breakfast club is now free to all children. Bookings are essential so we can ensure correct staff levels and breakfast supplies.
- The school provides all the equipment that children need for lessons and break times so they should not bring their own possessions to school. This includes pencil cases, stationary, games, playing cards or toys. This is to avoid the risk of potential upset caused if items are lost or broken and also ensures all children have access to the same resources. If parents feel that exceptions to this rule should be made for emotional or educational reasons then this should be agreed with the class teacher before items are brought in to school.
- Children are encouraged to bring a drinks bottle to school containing water. They are also allowed to bring a healthy snack for morning break. This should be either fruit or a plain biscuit. Fruit is provided for children in Class 1. Please do not send snacks that contain chocolate or have a high sugar content as these can make it difficult for children to concentrate in lessons.

FURTHER DATES FOR YOUR DIARY	
02/12/2025	Forest School
04/12/2025	PTA Christmas film club
05/12/2025	PTA non uniform day
09/12/2025	Class 1 Nativity
09/12/2025	Forest School
11/12/2025	Whole school pantomime trip
12/12/2025	Christmas jumper and craft day
16/12/2025	PTA Christmas bingo
16/12/2025	Churchtown Tots Christmas party
17/12/2025	Class Christmas parties
18/12/2025	Christmas dinner day
18/12/2025	Christmas church service
19/12/2025	Last day of term
30/01/2026	Young Voices
24/11/2025	Inset- School closed
23/02/2025	Inset- School closed
01/06/2025	Inset- School closed

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>

Please see our Attendance policy on our school website for more details.



Autumn & Winter Menu

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

CELEBRATING
120 YEARS
OF SCHOOL
MEALS

Week 1

	The Main Event	Beef Bolognese with Pasta & Seasonal Vegetables	Crispy Chicken or Quorn Burger V in a Bun with Potato Wedges & Seasonal Vegetables	Pork or Vegetarian V Toad in the Hole with Mashed Potatoes, Seasonal Vegetables & Gravy	Sweet & Sour Quorn Dippers Ve with Mixed Rice & Seasonal Vegetables	Golden Crumbed Fish Fingers with Chips, Baked Beans & Peas
03.11.25						
24.11.25	Alternative Choice	Margherita Pizza V & Seasonal Vegetables	Pasta with a Creamy Tomato Sauce V & Seasonal Vegetables	Creamy Cauliflower Bake V with Mashed Potatoes & Seasonal Vegetables	Vegetarian Mince Layered Tortilla Stack V with Mixed Rice & Seasonal Vegetables	Vegetable Fingers Ve with Chips, Baked Beans & Peas
15.12.25						
19.01.26						
09.02.26						
09.03.26	Daily Choice	Pasta Pot, Filled Jacket Potato or a Sandwich meal. - Please speak with your school for their selection.				
	Dessert	 Gingerbread Cookie	Chocolate Orange Muffin	 Bitesize Cornflake Bar with Fruit	 Lemon Sponge Tart	 Autumn Fruit Crumble with Custard

Week 2

	The Main Event	NEW Chicken Goujons with Homemade BBQ Sauce, Mixed Rice & Seasonal Vegetables	Margherita Pizza V with Seasonal Vegetables	Yorkshire Pudding with Beef Hot Pot / Roast Pork / Quorn Fillet V with Potatoes & Seasonal Vegetables	Big Breakfast with Sausage & Bacon or Vegan Breakfast Ve , Hash Browns, Baked Beans & Tomatoes	NEW Harry Ramsden's Battered Fish Fillet with Chips & Seasonal Vegetables
10.11.25						
01.12.25	Alternative Choice	Five Bean Chilli Taco Ve with Mixed Rice & Seasonal Vegetables	Veggie Bolognese Ve with Pasta, Seasonal Vegetables & Garlic Dough Balls	Cheese & Tomato Puff Pastry Swirl V with Seasonal Vegetables	Jacket Potato with Cook's Choice of Filling V & Seasonal Vegetables	Creamy Cheesy Pasta Bake V with Crusty Bread & Seasonal Vegetables
05.01.26						
26.01.26						
23.02.26						
16.03.26	Daily Choice	Pasta Pot, Filled Jacket Potato or a Sandwich meal. - Please speak with your school for their selection.				
	Dessert	Vanilla Shortbread Slice	Chocolate Cracknel	NEW Bitesize Sprinkle Cake with Fruit	NEW Jelly & Fruit	NEW Jam Roly Poly & Custard

Week 3

	The Main Event	Vegetarian Sausage Roll Ve , with Baked Beans, Herby Potatoes & Seasonal Vegetables	Pork or Vegan Meatball Sub Ve with a side of Pasta & Seasonal Vegetables	Roast of the Day or Quorn Fillet Ve with Stuffing, Mashed Potatoes, Seasonal Vegetables & Gravy	Chicken or Vegetable V Curry with Mixed Rice, Seasonal Vegetables & Flatbread	Golden Crumbed Fish Fingers with Chips, Peas & Sweetcorn
17.11.25						
08.12.25	Alternative Choice	Pasta with Homemade Tomato Sauce Ve & Seasonal Vegetables	Jacket Potato with Filling V & Seasonal Vegetables	Old School Cheesy Potato & Bean Pie V with Seasonal Vegetables	Mac & Cheese V with Seasonal Vegetables & Flatbread	Pizza Panini V with Chips, Peas & Sweetcorn
12.01.26						
02.02.26						
02.03.26						
23.03.26	Daily Choice	Pasta Pot, Filled Jacket Potato or a Sandwich meal. – Please speak with your school for their selection.				
	Dessert	NEW Toffee Apple Muffin	NEW Bitesize Chocolate Crunch with Fruit	NEW Cook's Choice of Mousse	NEW Carrot Cake Cookie	NEW Saucy Chocolate Fudding

CHRISTMAS LIGHTS SWITCH-ON

1:30PM AT HALL
LEYS PARK
BANDSTAND

22

Saturday November

PARADE AT
5:00PM FROM
TWIGGS

LIGHTS ON AT
5:30PM (APPROX)

**LIVE MUSIC, ENTERTAINMENT, SANTA'S GROTTO, HOT FOOD &
REFRESHMENTS, MULLED WINE, MINCE PIES, BAR & MUCH MORE!!!**

**CHALLENGE
YOURSELF**

FOR
BBC
CHILDREN
IN NEED

**WE'RE RAISING MONEY FOR
BBC CHILDREN IN NEED**

**SCAN TO
DONATE ONLINE**



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10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like 'It's not that bad' or 'You're okay' may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



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