



School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 9th December	• Junior Netball Club
Tuesday 10th December	• Churchtown Tots- 9am- All welcome. • Whole school pantomime trip- late collection at approx. 4.30pm. • No Junior trampoline club
Wednesday 11th December	• No swimming
Thursday 12th December	• Infants after school trampoline club • Handbell Club- last session • Christmas jumper day • Christmas craft afternoon- families welcome at 1.30pm.
Friday 13th December	• Celebration Assembly- 3pm, you will receive an invitation if your child has been chosen to receive an award this week. • PTA Non-uniform day- In return for hamper items.
Monday 16th December	• Junior Netball Club • Class 1 Nativity- 6pm. Children to be in school at 5.30pm.
Tuesday 17th December	• Churchtown Tots Christmas Party- 9am- All welcome. • PTA Christmas Bingo • Junior trampoline club
Wednesday 18th December	• No swimming • Christmas party afternoon- children can come to school in party clothes
Thursday 19th December	• Infants after school trampoline club • Handbell Club • Christmas dinner day • Christmas service and carols- 2.30pm at St Helens

Friday 20th December

- **Celebration Assembly- 3pm**, you will receive an invitation if your child has been chosen to receive an award this week.
- **Last day of term**

Other news:

- We still have places available for Breakfast club, please contact the school office for more information.
- **PTA Christmas bingo will take place at 6pm on Tuesday 17th December.** We have lots of prizes to be won so please join us for a great evening. Drinks and cakes will also be available. Families and friends welcome.
- We have lots of good quality, donated school uniform in school. Please contact the office if you need anything.
- 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.
- Please ensure children have a water bottle in school every day.
- **We still have a few children without a PE kit in school. Please make sure a full PE kit including trainers is kept in school at all times, these will be sent home every half term to be washed. PE days do change and kits are also needed for after school sports clubs. We have spare uniform available in school so please do ask if you need anything.**
- **Healthy Snacks-** Children are welcome to bring a healthy snack to school to eat at morning break. **Please ensure this does not include chocolate, cake or sweets.**
- **PTA Non-uniform day-** Categories have been assigned to each class, please bring the following in return for wearing non-uniform to school. Children are welcome to attend in uniform if they do not wish to take part. Thank you for your continued support.

Class 1- Chocolate

Class 2- Christmas items

Class 3- Smellies

- Our last swimming session for this year is on Wednesday 4th December, lessons will restart on Wednesday 15th January.

- **Churchtown Tots Christmas party** will be on Tuesday 17th December at the usual time of 9-10.30am. All welcome.
- Class 3 parents- The 4th instalment for our trip to Walesby is due on 31st January 2025. The first 3 instalments are still open so these can still be paid if you haven't already done so. If you have any questions or concerns regarding these payments please contact the office. Thank you.
- The final trampoline club sessions are on 17th and 19th December.
Sessions for January will be available to book next week via Parentpay. These will be gymnastics on Tuesdays and archery on Thursdays. Both sessions will both be open to all ages, numbers will be limited.

FURTHER DATES FOR YOUR DIARY	
22/01/2025	Class 3 Cross Country
29/01/2025	Class 1 Space Centre Trip
12/02/2025	Class 3 Young Voices
13/02/2025	PTA Disco
26/02/2025	Class 1 Fun Run event
06/03/2025	World Book Day
24/03/2025	Football league match
28/03/2025	PTA non uniform day
01/04/2025	PTA Easter Bingo
01/04/2025	Football league match
06/01/2025	School reopens
14/02/2025	Last day of term
24/02/2025	INSET
25/02/2025	School reopens
04/04/2025	Last day of term
22/04/2025	School reopens
05/05/2025	Bank holiday- School closed
23/05/2025	Last day of term
02/06/2025	INSET
03/06/2025	School reopens
24/07/2025	Last day of term

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.

Please do not hesitate to contact us on 01629 732236 or by email info@darleychurchtown.derbyshire.sch.uk with any questions or queries.



Autumn & Winter Menu



Allergen Key

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

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Curry G/M with Rice & homemade Flatbread G/So & Seasonal Vegetables 	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
Option 2	V Five Bean Chili with Rice & a homemade Flatbread G/So & Seasonal Vegetables	V Vegetable Tagine served with Pasta G & Seasonal Vegetables	V Veggie Sausage G served with a Yorkshire Pudding E/G/M Creamed Potatoes M. Seasonal Vegetables & Gravy 	V Vegan Burger G/So in a bun G with Homemade Potato Wedges & Seasonal Vegetables 	V Cheese & Tomato Piriouche 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 	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 Bolognese 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
Option 2	V Dippers G with Homemade Sauce, Pasta G & Seasonal Vegetables 	V Veggie Breakfast G with a Hash Brown, Baked Beans & Tomatoes 	V Veggie Cottage Pie M/So with Seasonal Vegetables & Gravy	V Veggie Balls G in a homemade tomato sauce with Pasta G & Seasonal Vegetables 	V Veggie Fingers G with Chips, Peas & Carrots
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 	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 	Sausages G/Su & Mashed Potatoes M. Seasonal Vegetables & Gravy	Cottage Pie M & Seasonal Vegetables	Fish Fingers F/G with Chips, Peas & Sweetcorn
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	V 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



Join our inclusion team for
hot chocolate and treats.



We will be in school on Christmas
craft afternoon to answer any questions
and offer advice and support.

Thursday 12th December
From 1.30pm

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required, is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

Source: See full reference list on guide page at <https://thenationalcollege.com/guides/mental-health-apps>



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