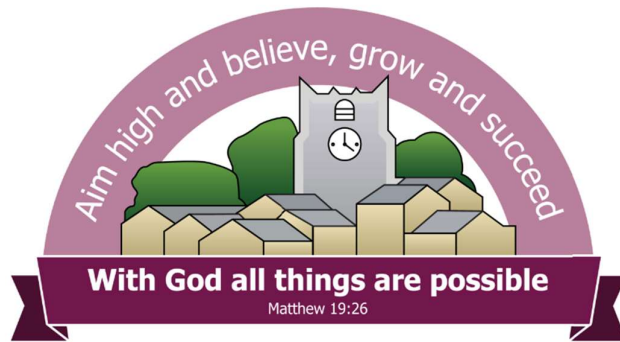




School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 4th November	• INSET Day- School closed
Tuesday 5th November	• Churchtown Tots- 9am- All welcome. • Junior's after school trampoline club- Please see Parentpay for info and bookings.
Wednesday 6th November	• Swimming- Class 2 • Flu immunisation programme
Thursday 7th November	• Infants after school trampoline club- Please see Parentpay for info and booking.
Friday 8th November	• Celebration Assembly- 3pm, you will receive an invitation if your child has been chosen to receive an award this week. • Class 1- Road safety talk with PCSO.
Monday 11th November	• KS2 Netball Club- Please see Parentpay for more information and to book a place.
Tuesday 12th November	• Churchtown Tots- 9am- All welcome. • Junior's after school trampoline club
Wednesday 13th November	• Swimming- Class 2 • PTA Film Club- Further information to follow.
Thursday 14th November	• Infants after school trampoline club • Handbell Club- Further information to follow
Friday 15th November	• Children in Need- Further details to follow

Other news:

- We still have places available for Breakfast club, please contact the school office for more information.
- Netball Club and Trampoline Club start after the half term break. Places are limited so please book via Parentpay. **These clubs are free of charge if you qualify for free school meals.**
- 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.
- Flu immunisations take place on 6th November, please follow this link opt in or out of the service for your child. <https://nhsImms.azurewebsites.net/session/f34f0808>
- Our Year 6s will be in the playground at the end of the day from Tuesday 5th November to support The Royal British Legion. Please send your child with a donation for a poppy, snap band, rubber bracelet etc. Thank you.
- Please ensure children have a water bottle in school every day.
- PE kits should be in school at all times.
- **Year 5 & 6- The third payment for Walesby Forest is due on Friday 25th October. Please contact the office if you have any questions or concerns.**
- **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.**
- Our **SENCO**, Sian Arnold, will be in school every Wednesday. She will be available for any Parents who wish to speak with her. Sian is contactable 5 days a week during school hours through the school office.

FURTHER DATES FOR YOUR DIARY	
27/11/2024	Coffee morning
28/11/2024	Thursday Church
10/12/2024	Whole school panto trip
12/12/2024	Christmas craft afternoon
12/12/2024	Christmas jumper day
13/12/2024	PTA non-uniform for Christmas hamper items
17/12/2024	PTA Christmas Bingo
19/12/2024	Christmas dinner day
19/12/2024	Christmas Church Service
20/12/2024	Last day of term
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	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 	Ve 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	Ve Dippers G with Homemade Sauce, Pasta G & Seasonal Vegetables 	Ve Veggie Breakfast G with a Hash Brown, Baked Beans & Tomatoes 	V Veggie Cottage Pie M/So with Seasonal Vegetables & Gravy	Ve Veggie Balls G in a homemade tomato sauce with Pasta G & Seasonal Vegetables 	Ve 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	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



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.



#WakeUp Wednesday

The National College