

St. Andrew's C of E Junior School Newsletter



15th July 2022 Issue 19

Executive Head Teacher: Mrs K.Smith
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Diary Dates

Weds 20th July

Leavers Assembly—1.00pm
(Please note this is the new date due to the expected extreme heat)

Weds 20th July

Parent's Consultations
(by appointment only if required)

Thurs 21st July

Year 6 Leavers Party
6.30pm—8.00pm

Fri 22nd July

Always Assembly—2.30pm

School closes for Summer

Tues 6th September

SCHOOL REOPENS



Headteacher's Message

As we come to the end of this academic year, I would like to say how incredibly proud I am of all of the achievements the pupils have made. It's been a very successful year for St. Andrew's pupils. The children have been on wonderful trips this year, Golden Book is back up and running and the school feels like it's as busy and fun as we were pre-Covid!

The pupils have enjoyed their transition days last week and have met their new class teachers. The days have gone well and we hope that the children feel confident about moving up to their new class.

We will soon be saying farewell to our Year 6 pupils and I wish them every success for their transition to secondary school. The children have worked so hard this year and I am sure that they will continue to shine as they move on in their education.

Mrs Jocelyn, Head of School



Chat around the table

Please talk to your child about water safety. Remind them that water may look safe, but it can be dangerous. Discuss how to spot and keep away from dangers.

Stay together and stay safe

- It is always better to go to the water with an friend or family member.
- Children **should only** go near water with an **adult**.
- An adult can point out dangers or help if somebody gets into trouble.

Please see the links below for further guidance

<https://www.westyorksfire.gov.uk/safety/water-safety>

<https://www.nationalfirechiefs.org.uk/Be-Water-Aware>





Dear God,

Please give me the strength to endure this situation, and to find the blessings and lessons that it contains.

Please give me the endurance to continue ahead.

Please guide my thoughts, words and actions, so that I walk your path of peace and love.

Amen

Sports Day

Thank you to all the parents and family members who attended our Sports Day last week and for the lovely comments following the event.

It was a huge success and the pupils thoroughly enjoyed the day.



Covid

Our Covid cases are extremely high in school this week. Please keep this in mind if your child is feeling unwell and displaying Covid symptoms.

Please click on the link below for further information about what to do if you have Covid 19 or symptoms.

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/#:~:text=You%20should%3A,had%20a%20COVID%2D19%20vaccine>

Jubilee Book



All pupils should have received a special Jubilee book this week. If your child has not received a book, please speak to the school office. The book is beautiful and has some fascinating facts about British history and I am sure the children will enjoy taking the time to read it.

OUR SCHOOL VISION

Promoting excellence within a caring, Christian community

Confident - We embrace challenge and persevere

Aspire - We aim high

Respectful - We are friends and cherish God's world

Inclusive - We welcome everyone and are all of equal worth

Nurturing - We look after each other so we can all flourish

Generous - We give to each other and our community



"Love each other as I have loved you."

John 15:12

New Menu



Our new cook Mrs O'Neill has been trying out new items on the menu this term to see what the children like. Some of the meals such as her barbecue chicken have been a really big hit! You will find our new menu for September attached to this newsletter. Numerous studies have shown that it is beneficial for children to have a hot meal at lunchtime to help with their learning and concentration levels in the afternoon. As we move into the cold weather this is even more important.

Due to the rising cost of produce there will be a slight increase in the price of a school dinner to £2.30 from September. This does still represent excellent value as not only do the children receive a nutritious hot meal but there is also fresh fruit, salad and a dessert available daily. If you would like to increase or change the number of days that your child has a school meal please contact the school office.

Please see the new 3 week menu choices on the following pages.

Library Books

Can all school library books be returned to school by next Wednesday so that we can check what we have in school and which books are missing. Please can parents (and children) search their homes for school library books as we are missing a huge amount. Books can be dropped in the box in the library.



Toy Appeal



If your child has any unwanted (and in very good condition) Barbies, dolls or Lego and would not mind donating to our after school Kids Club, please drop off at the office. Donations will be very welcome.

Reports

The end of year reports are coming home with the children today. If you feel that you need to discuss something about the report please make an appointment to speak to the class teacher via the school office. This is not a parents evening but an appointment to discuss any concerns about the information given in the report.

Teaching staff will be happy to speak with parents / carers either face to face or via a telephone appointment but these must be booked via the office in advance. Appointments can be made for Wednesday 20th July from 3.30pm—4.50pm.



Hot Weather / Uniform



The weather forecast for Monday and Tuesday is predicting that temperatures will be incredibly high. On these two days, we will allow pupils to attend school in their school PE kit (plain white t-shirt with or without the logo and plain black or navy shorts). Pupils can of course still attend in their normal school uniform. Pupils will not be allowed to wear branded sportswear or non-uniform.

Please ensure your child comes to school with a sun hat and you have applied sun cream. They can bring sun cream to apply at lunchtime. Staff cannot apply sun cream to your child and your child cannot share sun cream with their friends due to the number of allergies we have in school.

If the weather is as hot as has been forecast, we will reduce the time spent outside. Children will spend half of the lunchtime in the classrooms. More classroom fans have been ordered in the hope that the rooms can be kept as cool as possible. PE will not take place on Monday or Tuesday to try to keep children as cool as possible.

Please see further information about staying safe in the sun / heatwave on pages 6 and 7.

Thank you for your support

Reminder

Due to the expected extreme heat on Tuesday the Year 6 Leaver's Assembly has been moved to Wednesday 20th July at 1pm to keep everyone safe. We do apologise if this has caused any inconvenience.

We keep our children safe by.....



..... insisting that our children wear a helmet if they travel to school on a bike or scooter and asking that our children dismount their bike/scooter in the playground to avoid banging into the many parents and children around.



Please can we also remind parents not to pull up or park on the yellow zig-zag lines outside the school gates as this obscures the view of the road. Please help keep our school community safe.

Summer Reading Challenge



The Summer Reading Challenge combines **FREE** access to books with fun, creative activities during the summer holidays. Throughout the Challenge, library staff and young volunteers support the children, helping them to discover new authors and illustrators and to explore a wide range of different types of books and ways of reading.

If your child would like to take part, visit your local library to sign up! For more information, visit the official Summer Reading Challenge website:

<https://summerreadingchallenge.org.uk/>

Free Meals in the Summer Holidays

Please see the information below for restaurants/cafes/shops that are providing free or discounted meals for children during the summer holidays. Please read the conditions carefully for each place as these are all different. This information can also be found on the link below.

<https://www.heart.co.uk/news/restaurants-cafes-kids-eat-free-summer-holidays/>

KIDS EAT FOR FREE OR LESS DURING SUMMER 2022



MORRISONS

Spend £4.99 to get a free kids meal after 3pm daily, normally all day during half term.

ASDA CAFE

Kids eat FREE every day with NO need for a paying adult from 25th July - 4th Sept, 2022.

DUNELM

One free mini main, two snacks and a drink for every £4 spent in the in-store cafe.

YO! Kids eat free from 3pm-5:30pm Mon-Thurs for every £10 spent on food.

BEEFEATER & BREWERS FAYRE

Free breakfast for two children under 16 with every paying adult.

HUNGRY HORSE

Free kids breakfast with an adults breakfast from 9am-12pm daily.

IKEA

Get TWO kids hot meals, fruit, drink and jelly for £5 in their Swedish restaurants (subject to availability).

BELLA ITALIA

Kids eat for £1 with each adult meal from 4-6pm on Mon-Thurs.

DOBBIES

Kids eat free with an adult main meal.

TABLE TABLE

Two children under 16 get a free breakfast with one paying adult every day.

CAFE ROUGE

Kids eat for £1 with an adult meal excluding Saturday.

MORE TO COME!!

M&S, TESCO and more expected soon, see websites for latest information.

Reminder—ROKT—Healthy Holidays Programme

ROKT Foundation is delighted to be running the 'Healthy Holidays' programme for three weeks over the summer holidays from 25th July to 12th August.

The programme is Government funded and is mostly targeted at children on '**free school meals**'. Each session will not only include lots of fun activities but snacks and a hot meal. The sessions are completely free, all the children need to do is turn up and have some fun.

Further information about the sessions can be found on our website. Please see the link below. Each child is entitled to attend one session per week over the three week period. Siblings are welcome but there is a minimum age of seven because of the types of activities the children will be doing. This will include, bouldering, rope climbing, indoor caving, indoor abseiling, harness swinging, Escape Rooms and drumming, plus outdoor climbing on the final week of the programme.

Parents/ carers do not have to stay with their children but need to complete a parental consent form on the first day for the children to climb. They must drop off and collect or make arrangements to get them to the ROKT climbing and activity centre.

Flyer link — <https://standrews.calderdale.sch.uk/wp-content/uploads/2022/06/ROKT-Foundation-Healthy-Holidays-schools-brochure-final.pdf>

Booking link — [Healthy Holidays Calderdale | Calderdale Council](#)



Staying Safe In The Sun

A heatwave warning has been issued for parts of England as temperatures are predicted to hit 30C (86F), higher than Los Angeles, Marbella and Santorini.

It is predicted that Friday will see the start of a run of days that will see consistently high temperatures in many regions.

Here's what you need to know about the effects of heat on the body and how to stay cool.

What does extreme heat do to our bodies?

As the body gets hotter, blood vessels open up. This leads to lower blood pressure and makes the heart work harder to push the blood around the body.

This can cause mild symptoms such as an itchy heat rash or swollen feet as blood vessels become leaky.

At the same time, sweating leads to the loss of fluids and salt and, crucially, the balance between them in the body changes.

This, combined with the lowered blood pressure, can lead to heat exhaustion. Symptoms include:

dizziness

nausea

fainting

confusion

muscle cramps

headaches

heavy sweating

tiredness

If blood pressure drops too far, the risk of heart attacks rises.

Why do our bodies react this way?

Our bodies strive to keep a core temperature of about 37C whether we're in a snowstorm or a heatwave.

It is the temperature our bodies have evolved to work at.

But as the weather gets hotter, the body has to work harder to keep its core temperature down.

It opens more blood vessels near the skin to lose heat to our surroundings and starts sweating.

As the sweat evaporates, it dramatically increases the heat lost from the skin.

How can I stay safe in the heat?

The UK Health Security Agency has some tips:

Look out for those who may struggle to keep cool, such as older people, those with underlying conditions and those who live alone

Stay cool indoors by closing curtains on rooms that face the sun

Drink plenty of fluids and don't drink too much alcohol

Don't leave anyone, especially babies, young children and animals, in a locked vehicle

Keep out of the sun between 11am and 3pm when the sun's rays are strongest

Keep in the shade, use sunscreen with a high SPF and UVA rating, and wear a wide-brimmed hat

Avoid physical exercise in the hottest part of the day

Take water with you if travelling

Be aware of hidden dangers in rivers and open water if tempted to cool off

How can I get a good night's sleep?

Use thin sheets, cool your socks in the fridge before putting them on and stick to your usual bedtime routine, experts say.

10 tips for sleeping in hot weather

Why does my hay fever seem so bad this year?

What should I do if I see someone with heat exhaustion?

If they can be cooled down within half an hour, then heat exhaustion is not normally serious.

NHS advice says:

Move them to a cool place.

Get them to lie down and raise their feet slightly

Get them to drink plenty of water - sports or rehydration drinks are also OK

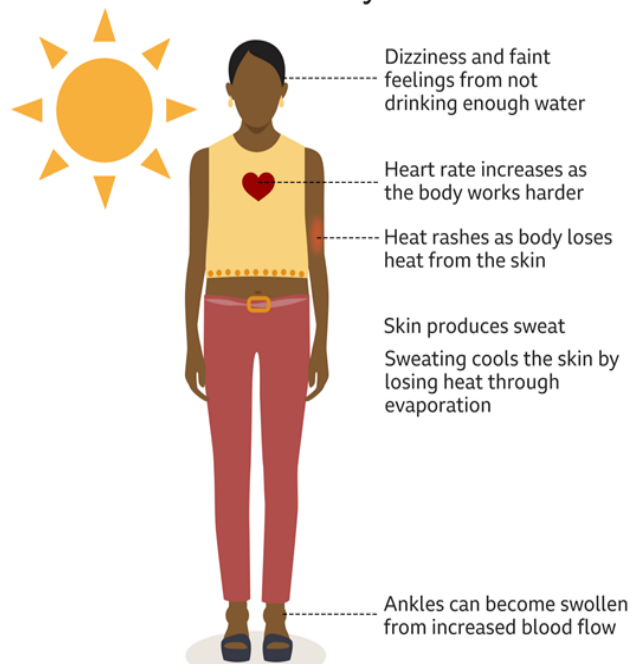
Cool their skin - spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good too

However, if they do not recover within 30 minutes, then what follows is heat stroke.

It is a medical emergency and you should call 999.

People with heat stroke may stop sweating even though they are too hot. Their temperature could go over 40C and they might have seizures or lose consciousness.

How heat affects the body



Source: Public Health England

BBC

Tips for staying cool and safe



Drink water and eat foods with high water content



Wear loose-fitting clothing in breathable fabrics and a hat



Stay in the shade and limit travel and exercise



Use fans, ice and cool showers to reduce your body temperature

BBC

Please click on the links below for access to the article above and further information on staying safe in the sun

<https://www.bbc.co.uk/news/health-49112807>

<https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids>








ST ANDREW'S JUNIOR SCHOOL

AUTUMN TERM 2022 – WEEK 1



w/c 5 September, 26th September, 17 October, 14 November & 5 December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Chicken Curry Rice Sweetcorn and peas	 Mince/Meat & potato pie Cabbage Carrot and swede mash	 Roast of the week Mashed potato Green beans and Cauliflower	 Pepperoni or Cheese Pizza Herby diced potatoes Baked beans	 Battered fish New potatoes Mushy peas Curry sauce
Vegetable Chilli Rice	Cheese and Potato Pie	Vegetable cottage pie	Macaroni cheese	Vegetable burger
Jacket potato with a variety of fillings	Jacket potato with a variety of fillings	Jacket potato with a variety of fillings	Jacket potato with a variety of fillings	Jacket potato with a variety of fillings
Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Choice of sandwiches	Choice of sandwiches	Choice of sandwiches	Choice of sandwiches	Choice of sandwiches
Fresh Fruit Yoghurt Iced ginger sponge and custard	Fresh Fruit Yoghurt Chocolate chip muffin	Fresh Fruit Yoghurt Chocolate sponge and custard	Fresh Fruit Yoghurt Vanilla ice cream	Fresh Fruit Yoghurt Flapjack

Please note that due to seasonal availability we may occasionally change the vegetables listed.
Please ensure you keep us informed of any dietary requirements or allergies for your child








ST ANDREW'S JUNIOR SCHOOL

AUTUMN TERM 2022 – WEEK 2



w/c 12 September, 3 October, 31 October, 21 November & 12 December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Chicken pasta bake Peas and sweetcorn	Chicken pie Mashed potato Cauliflower and broccoli	Roast of the week Roast potatoes Peas and carrots	Pepperoni or Cheese Pizza Herby diced potatoes Baked Beans	Fish fingers Potato croquettes Green beans and sweetcorn
Tomato pasta bake	Vegetable pie	Quorn hotpot	Macaroni cheese	Vegetable nuggets
Jacket potato with a variety of fillings	Jacket potato with a variety of fillings	Jacket potato with a variety of fillings	Jacket potato with a variety of fillings	Jacket potato with a variety of fillings
Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Choice of sandwiches	Choice of sandwiches	Choice of sandwiches	Choice of sandwiches	Choice of sandwiches
Fresh Fruit Yoghurt Apple crumble and custard	Fresh Fruit Yoghurt Cornflake buns	Fresh Fruit Yoghurt Ginger sponge and custard	Fresh Fruit Yoghurt Vanilla ice cream	Fresh Fruit Yoghurt Strawberry mousse

Please note that due to seasonal availability we may occasionally change the vegetables listed.

Please ensure you keep us informed of any dietary requirements or allergies for your child








ST ANDREW'S JUNIOR SCHOOL

AUTUMN TERM 2022 – WEEK 3



w/c 19 September, 10 October, 7 November & 28 November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Sausage and mash Yorkshire pudding Peas and sweetcorn	Spaghetti Bolognese Garlic bread Carrots and sweetcorn	Roast of the week New potatoes Cabbage and green beans	Pepperoni or Cheese Pizza Herby diced potatoes Baked beans	Chicken goujons Cajun wedges Peas and sweetcorn
Vegetable sausage	Vegetable lasagne	Cheese pastry	Macaroni cheese	Vegetable nuggets
Jacket potato with a variety of fillings	Jacket potato with a variety of fillings	Jacket potato with a variety of fillings	Jacket potato with a variety of fillings	Jacket potato with a variety of fillings
Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Choice of sandwiches	Choice of sandwiches	Choice of sandwiches	Choice of sandwiches	Choice of sandwiches
Fresh Fruit Yoghurt Syrup sponge and custard	Fresh Fruit Yoghurt Chocolate cookie	Fresh Fruit Yoghurt Jam sponge and custard	Fresh Fruit Yoghurt Vanilla ice cream	Fresh Fruit Yoghurt Chocolate brownie

Please note that due to seasonal availability we may occasionally change the vegetables listed.
Please ensure you keep us informed of any dietary requirements or allergies for your child

Bricktopia Events

Please click on the link for further information and to book a workshop.

www.clubbricktopia.co.uk



Bricktopia BUILDER CLUB FOR CHILDREN WITH AUTISM sessions (June-...

Square Chapel Arts Centre...



Bricktopia WEEKEND BUILDER CLUB sessions - July

Brick Shack • Brighthouse
Starts at £5.98



Summer BUILDER CLUB sessions

Brick Shack • Brighthouse
Starts at £5.98



THE MILL PLAYCAFE Summer BUILDER CLUB sessions

The Mill Playcafe • Halifax
Starts at £9.75



Summer Tennis Camps



Park Tennis Club are running four one day summer camps during the school holidays.

The days and times of these camps are as follows :-

Wednesday 27th July

Thursday 18th August

Wednesday 24th August

Wednesday 31st August

Full or half day options are available .

9.15am – 12.15pm (half day) 9.15 am – 3.15 pm (full day)

To book any of [these course](#) please visit our website

www.clubspark.lta.org.uk/parktennisclub/coaching

Kind regards

Kevin (07902794201) kevhartcoaching@sky.com

JOIN THE **FUN** THIS **SUMMER** AND ENJOY A **HEALTHY HOLIDAY!**

Keep the kids entertained in the Summer holidays with fun activities and fed with healthy meals.



The Healthy Holidays Calderdale Programme returns this Summer with thousands of places available for young people to access during the 2022 school holidays.

Activities are taking place throughout Calderdale and there is something for everyone, from archery, lego, drama, street surfing, and canoeing, to model building, drumming, bushcraft, climbing walls, and exploring nature, your kids will be kept entertained. Plus, everyone will receive a healthy and nutritious meal.

Places are free for school aged children Reception to Year 11 who are eligible for benefits related free school meals. There may also be sessions for fee-paying children who are not eligible for free school meals. Places will be available to book from the middle of June 2022 via the Healthy Holidays Calderdale website. Like and follow the @HealthyHolidaysCalderdale Facebook page to keep up to date and be notified when places are available for you to book.



“My children have been able to explore activities that I’d never be able to think of accessing”

Parent / Carer of children attending Healthy Holidays programme

“This has been the best week of my life. I have learnt so much about healthy eating and had fun with new friends”

Child, Age 10, attending the Healthy Holidays Programme



Parents and carers gave us feedback that as well as it is getting the kids out of the house and entertained for a few hours, it created an opportunity for their children to try new foods and be more adventurous with what they would eat. During the Spring programme, families were invited to join in with food education activities such as blindfolded food tasting, fruit kebab making any much more.

Make sure that you keep up to date and are the first to know when places are available to book for the Spring school holidays by following @HealthyHolidaysCalderdale on Facebook. Thousands of places will be available to book from the middle of June 2022.

Facebook: @HealthyHolidaysCalderdale

Website: www.calderdale.gov.uk/healthyholidays

Email: healthyholidays@calderdale.gov.uk

Call: 01422 288001

No Internet? Visit a local Calderdale Library and they will support you in registering your children onto available activities.

