



School Office
Friday Flyer!



All Saints'

family, faith, flourish

"God gave you that gift... Now let it flourish, as a small flame grows into a fire" (2 Timothy 1:6 - 1CB)

School Office Friday Flyer!

REMINDERS FOR THE WEEKS AHEAD

Monday 27th January	<ul style="list-style-type: none"> • 9.30 – 11am - Little Saints Parent and Toddler Group • Y1 & 2 Singing After School Club • Infants Qualitas After School Dodgeball Club • Y5 Steel Pan Performance - Lime Class – Junior School Hall - <i>Parents/relatives are invited to arrive at 2.15pm and the performance will start at 2.30pm.</i> • Y4 & 6 Homework Hangout
Tuesday 28th January	<ul style="list-style-type: none"> • Y1 Fundamentals Sports Festival – <i>Y1 Children to attend school in their PE kits please.</i> • Y1 & 2 Homework After School Clubs • Y5 Swimming – Lime and Hawthorn • Y3 & 4 Craftastic Club • Y5 & 6 Art & Sketch Club • Y6 Maths Club • Juniors Qualitas After School Dance Club
Wednesday 29th January	<ul style="list-style-type: none"> • Y2 Trip to the National Space Centre – <i>Y2 parents will have received a ParentMail with further details.</i> • Y1 & Y2 After School Craft Club. • Forest School – Larch Class • Y3 & 5 Homework Hangout • Juniors Qualitas After School Dodgeball Club
Thursday 30th January	<ul style="list-style-type: none"> • Infants Qualitas After School Fundamentals Club • Y4 Multiplication Tables Check (MTC) After School Club • Y6 Tutoring – <i>You will have received a ParentMail if your child is involved.</i>
Friday 31st January	<ul style="list-style-type: none"> • Juniors Qualitas After School Handball

<p>Monday 3rd February</p>	<ul style="list-style-type: none"> ● Children’s Mental Health Week – Children will be taking part in lots of activities. Please look out for pictures on the School Blog! ● 9.30 – 11am - Little Saints Parent and Toddler Group ● The National Child Measurement Programme are visiting the Infant school to see the pupils in Early Years. They have sent an email or letter to you in the post, please check your junk folders and post. If you have not received it, please contact lbd.ncmp@derbyshire.gov.uk to let them know that you have not received an email or letter. Include your child’s name, school, and date of birth. Alternatively, you can call them on 0800 085 2299 (option 2) ● Y1&2 Singing After School Club ● Infants Qualitas After School Dodgeball Club ● Y4 & 6 Homework Hangout
<p>Tuesday 4th February</p>	<ul style="list-style-type: none"> ● Y1 Fundamentals Sports Festival ● Y1 & 2 Homework After School Clubs ● World Book Day Costume Swap (see poster below) ● Y5 Swimming – Lime and Hawthorn ● Y3 & 4 Craftastic Club ● Y5 & 6 Art & Sketch Club ● Y6 Maths Club ● Juniors Qualitas After School Dance Club
<p>Wednesday 5th February</p>	<ul style="list-style-type: none"> ● Y1 & Y2 After School Craft Club. ● Forest School – Larch Class ● Y3 & 5 Homework Hangout ● Juniors Qualitas After School Dodgeball Club
<p>Thursday 6th February</p>	<ul style="list-style-type: none"> ● Infants Qualitas After School Fundamentals Club ● PARENTS EVENING – JUNIORS - LIME CLASS ONLY ● Y4 Multiplication Tables Check (MTC) After School Club ● Y6 Tutoring – You will have received a ParentMail if your child is involved.
<p>Friday 7th February</p>	<ul style="list-style-type: none"> ● Juniors Qualitas After School Handball
<p>Please note:</p> <p style="text-align: center;">You will have a received a Parentmail if your child is involved in any of the after school clubs.</p>	

Please do not hesitate to contact us on 01629 58293 or by email info@allsaintsfed.derbyshire.sch.uk with any questions or queries.

FURTHER DATES FOR YOUR DIARY	
Mon 24th February	INSET – School Closed for staff training
Mon 21st April	BANK HOLIDAY – School closed
Monday 5th May	BANK HOLIDAY – School closed
Mon 2nd June	INSET – School Closed for staff training
Monday 10th February	PARENTS EVENING - INFANTS
Tuesday 11th February	PARENTS EVENING - JUNIORS
Wednesday 12th February	PARENTS EVENING - INFANTS
Thursday 13th February	PARENTS EVENING – JUNIORS (NOT LIME CLASS)
Friday 14th February	LAST DAY BEFORE SCHOOL CLOSSES FOR HALF TERM
Tuesday 25th February	SCHOOL STARTS BACK AFTER HALF TERM
Wednesday 26th February	Y1 Fun Run Event – All Saints’ Juniors - 9.30am -11.00am
Thursday 6th March	World Book Day
Thursday 13th March	Primary Dance Day – Y6 to visit Highfields 9.30am – 12.30pm
Wednesday 26th March	Y1 Trip to Crich Tramway Museum
Friday 4th April	LAST DAY BEFORE SCHOOL CLOSSES FOR EASTER HOLIDAYS
Tuesday 22nd April	SCHOOL STARTS BACK AFTER EASTER BREAK
Wednesday 28th April	Class Photos - INFANTS
Thursday 29th April	Class Photos - JUNIORS
Wednesday 30th April	‘This Girl Can’ - To inspire girls and give them confidence to try a range of sports.
Friday 2nd May	Y4 Acclimatize Activity Day with sleepover at school
Tuesday 6th May	Y2 Trip to the Open Centre
Wednesday 8th May	Y5 Trip to Eyam
Tuesday 20th May	PTFA School Disco EYFS 3:30pm - 4:15pm Yr1 & Yr2 4:30pm - 5:15pm
Wednesday 21st May	PTFA School Disco Y3 & Y4 4:30pm - 5:15pm Y5 & Y6 5:45pm - 6:30pm
Thursday 22nd May	The Bunting Cup
Friday 23rd May	Y3 & Y4 Sports Day LAST DAY BEFORE SCHOOL CLOSSES FOR HALF TERM
Tuesday 3rd June	SCHOOL STARTS BACK AFTER HALF TERM
Thursday 5th June	Y4 Trip to the Open Centre
Thursday 12th June	South Peak Sports
Friday 13th June	Infants Sports Day
Friday 20th June	Y5 & Y6 Sports Day
Friday 27th June	PTFA Summer Fayre
Monday 30th June	Y4 Djembe Drums Performance – Larch Class
Tuesday 1st July	<ul style="list-style-type: none"> • Y6 Highfields Transition Day • Y6 Parents/Carers invited to meet the teachers in the evening – more details to follow
Wednesday 2nd July	Y6 Residential Trip to Walesby

Thursday 3rd July	Y6 Residential Trip to Walesby
Friday 4th July	Y6 Residential Trip to Walesby
Monday 7th July	Y4 Djembe Drums Performance – Rowan Class
Wednesday 9th July	Y5 & Y6 Visit to Highfields Musical Performance
Thursday 24th July	LAST DAY OF TERM BEFORE SUMMER BREAK

Club Timings: -

Maths Clubs – 3.30pm – 4.15pm

Tutoring Groups – 3.30pm – 4.30pm

Homework Clubs – 3.30pm – 4.15pm

Art and Craft Clubs – 3.30pm – 4.15pm

Singing Club – 3.30pm – 4.15pm

Qualitas Clubs – 3.30pm – 4.30pm

Other News: -

- ❖ **Lost Property** – Infants have a large amount of unnamed lost property that we are unable to return to its owners, please could parents have a look in the lost property box in the teaching block doorway if they are missing any items.
Lost property at Juniors can also be checked by parents at the beginning and the end of the day at the Y4 entrance (next to the hall) if your child is missing anything.
- ❖ **Parking at School** - Parking is always tricky at the school sites during drop-off and pick-up. Please allow yourself plenty of time as the area is likely to be busy. Please bear in mind our lovely neighbours' driveways and avoid blocking drives and access ways
- ❖ **Mystery Reader – All Saints Infants**

EYFS, Year 1 and Year 2 Mystery Reader – Spring Term

What is it?

We want to welcome parents, carers and grandparents into school at the end of the school day (2.45pm) to read to their child/s Year Group. Please feel free to bring your own book or we can provide you with one.

When?

We have a sign-up sheet in the office with available slots.

How?

Please come along to the office to sign up for a slot of your choice and the office will confirm if the date is available.

- ❖ **WE NEED YOU!** – We are very much looking forward to welcoming our wonderful volunteers into school! We would love to hear from parents/carers/grandparents who can spare a few hours a week to come into our **Junior school** and support our children with their reading. Please contact us either by popping into our school office or via email at info@allsaintsfed.derbyshire.sch.uk.
- ❖ **Year 6 Residential Trip 2025 to Walesby** A reminder that the next instalments are due on: -
 - **31st January - Payment 4**
 - **28th February - Payment 5**

WORLD
**BOOK
DAY**

JOIN US FOR WORLD BOOK DAY

COSTUME SWAP

PLEASE
DONATE YOUR
OLD COSTUMES



COSTUME GIVEAWAY EVENT TUESDAY 4TH FEBRUARY | 3.30PM

DONATIONS OF SPARE COSTUMES BROUGHT TO THE SCHOOL
OFFICE DURING JANUARY

ALL SAINTS' CE INFANT AND JUNIOR SCHOOL

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025



Autumn & Winter Menu

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

Allergen Key

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



School calendar 2024/25



August 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
31				1	2	3	4
32	5	6	7	8	9	10	11
33	12	13	14	15	16	17	18
34	19	20	21	22	23	24	25
35	26	27	28	29	30	31	

September 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
35							1
36	2	3	4	5	6	7	8
37	9	10	11	12	13	14	15
38	16	17	18	19	20	21	22
39	23	24	25	26	27	28	29
40	30						

October 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
40		1	2	3	4	5	6
41	7	8	9	10	11	12	13
42	14	15	16	17	18	19	20
43	21	22	23	24	25	26	27
44	28	29	30	31			
45							

November 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
44					1	2	3
45	4	5	6	7	8	9	10
46	11	12	13	14	15	16	17
47	18	19	20	21	22	23	24
48	25	26	27	28	29	30	

December 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
48							1
49	2	3	4	5	6	7	8
50	9	10	11	12	13	14	15
51	16	17	18	19	20	21	22
52	23	24	25	26	27	28	29
1	30	31					

January 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
1			1	2	3	4	5
2	6	7	8	9	10	11	12
3	13	14	15	16	17	18	19
4	20	21	22	23	24	25	26
5	27	28	29	30	31		

February 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
5						1	2
6	3	4	5	6	7	8	9
7	10	11	12	13	14	15	16
8	17	18	19	20	21	22	23
9	24	25	26	27	28		

March 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
9						1	2
10	3	4	5	6	7	8	9
11	10	11	12	13	14	15	16
12	17	18	19	20	21	22	23
13	24	25	26	27	28	29	30
14	31						

April 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
14		1	2	3	4	5	6
15	7	8	9	10	11	12	13
16	14	15	16	17	18	19	20
17	21	22	23	24	25	26	27
18	28	29	30				

May 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
18				1	2	3	4
19	5	6	7	8	9	10	11
20	12	13	14	15	16	17	18
21	19	20	21	22	23	24	25
22	26	27	28	29	30	31	

June 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
22							1
23	2	3	4	5	6	7	8
24	9	10	11	12	13	14	15
25	16	17	18	19	20	21	22
26	23	24	25	26	27	28	29
27	30						

July 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
27		1	2	3	4	5	6
28	7	8	9	10	11	12	13
29	14	15	16	17	18	19	20
30	21	22	23	24	25	26	27
31	28	29	30	31			

Denotes Bank holidays
 Denotes School holiday dates
 195 days – including up to 5 days to be taken