



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 6 <sup>th</sup> January	<p><b>SCHOOL STARTS BACK AFTER THE CHRISTMAS BREAK</b></p> <ul style="list-style-type: none"><li>• 9.30 – 11am - Little Saints Parent and Toddler Group</li><li>• Infants Qualitas After School Dodgeball Club</li></ul>
Tuesday 7 <sup>th</sup> January	<ul style="list-style-type: none"><li>• Juniors Qualitas After School Dance Club</li></ul>
Wednesday 8 <sup>th</sup> January	<ul style="list-style-type: none"><li>• Juniors Qualitas After School Dodgeball Club</li></ul>
Thursday 9 <sup>th</sup> January	<ul style="list-style-type: none"><li>• Infants Qualitas After School Fundamentals Club</li></ul>
Friday 10 <sup>th</sup> January	<ul style="list-style-type: none"><li>• <b>Y6 Young Voices Trip</b> - Parent/Carer tickets for the Young Voices performance will be available to collect from the school office from Monday 6<sup>th</sup> January.</li><li>• Juniors Qualitas After School Handball</li></ul>

<b>Monday 13<sup>th</sup> January</b>	<ul style="list-style-type: none"> <li>• <b>9.30 – 11am - Little Saints Parent and Toddler Group</b></li> <li>• <b>Y1&amp;2 Singing After School Club</b></li> <li>• <b>Infants Qualitas After School Dodgeball Club</b></li> <li>• <b>Y4 &amp; 6 Homework Hangout</b></li> </ul>
<b>Tuesday 14<sup>th</sup> January</b>	<ul style="list-style-type: none"> <li>• <b>Y1 &amp; 2 Homework After School Clubs</b></li> <li>• <b>Y5 Swimming – Lime and Hawthorn</b></li> <li>• <b>Y3 &amp; 4 Craftastic Club</b></li> <li>• <b>Y5 &amp; 6 Art &amp; Sketch Club</b></li> <li>• <b>Y6 Maths Club</b></li> <li>• <b>Juniors Qualitas After School Dance Club</b></li> </ul>
<b>Wednesday 15<sup>th</sup> January</b>	<ul style="list-style-type: none"> <li>• <b>Y1 &amp; Y2 After School Craft Club.</b></li> <li>• <b>Y3 &amp; 5 Homework Hangout</b></li> <li>• <b>Juniors Qualitas After School Dodgeball Club</b></li> </ul>
<b>Thursday 16<sup>th</sup> January</b>	<ul style="list-style-type: none"> <li>• <b>Y4 Multiplication Tables Check (MTC) After School Club</b></li> <li>• <b>Y6 Tutoring – <i>You will have received a ParentMail if your child is involved.</i></b></li> <li>• <b>Infants Qualitas After School Fundamentals Club</b></li> </ul>
<b>Friday 17<sup>th</sup> January</b>	<ul style="list-style-type: none"> <li>• <b>Juniors Qualitas After School Handball</b></li> <li>• <b>Forest School – Larch Class</b></li> </ul>
<p><b>Please note:</b></p> <p style="text-align: center;"><b>You will have a received a Parentmail if your child is involved in any of the after school clubs.</b></p>	

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

<b>FURTHER DATES FOR YOUR DIARY</b>	
<b>Mon 24<sup>th</sup> February</b>	<b>INSET – School Closed for staff training</b>
<b>Mon 21<sup>st</sup> April</b>	<b>BANK HOLIDAY – School closed</b>
<b>Monday 5<sup>th</sup> May</b>	<b>BANK HOLIDAY – School closed</b>
<b>Mon 2<sup>nd</sup> June</b>	<b>INSET – School Closed for staff training</b>
<b>Wednesday 22<sup>nd</sup> January</b>	Cross Country Competition – Whitworth Park
<b>Friday 24<sup>th</sup> January</b>	Y4 Viking History Workshop
<b>Monday 27<sup>th</sup> January</b>	Y5 Steel Pan Performance - Lime Class
<b>Wednesday 29<sup>th</sup> January</b>	Y2 Trip to the National Space Centre
<b>Monday 3<sup>rd</sup> February</b>	Y5 Steel Pan Performance - Hawthorn Class
<b>Friday 14<sup>th</sup> February</b>	<b>LAST DAY BEFORE SCHOOL CLOSSES FOR HALF TERM</b>
<b>Tuesday 25<sup>th</sup> February</b>	<b>SCHOOL STARTS BACK AFTER HALF TERM</b>
<b>Wednesday 26<sup>th</sup> February</b>	Y1 Fun Run Event – All Saints’ Juniors - 9.30am -11.00am
<b>Thursday 6<sup>th</sup> March</b>	World Book Day
<b>Wednesday 26<sup>th</sup> March</b>	Y1 Trip to Crich Tramway Museum
<b>Friday 4<sup>th</sup> April</b>	<b>LAST DAY BEFORE SCHOOL CLOSSES FOR EASTER HOLIDAYS</b>
<b>Tuesday 22<sup>nd</sup> April</b>	<b>SCHOOL STARTS BACK AFTER EASTER BREAK</b>
<b>Wednesday 28<sup>th</sup> April</b>	<b>Class Photos - INFANTS</b>
<b>Thursday 29<sup>th</sup> April</b>	<b>Class Photos - JUNIORS</b>
<b>Wednesday 30<sup>th</sup> April</b>	<b>‘This Girl Can’ To inspire girls and give them confidence to try a range of sports.</b>
<b>Friday 2<sup>nd</sup> May</b>	Y4 Aclimatize Activity Day with sleepover at school
<b>Tuesday 6<sup>th</sup> May</b>	Y2 Trip to the Open Centre
<b>Wednesday 8<sup>th</sup> May</b>	Y5 Trip to Eyam
<b>Tuesday 20<sup>th</sup> May</b>	<b>PTFA School Disco</b> EYFS <b>3:30pm - 4:15pm</b> Yr1 & Yr2 <b>4:30pm - 5:15pm</b>
<b>Wednesday 21<sup>st</sup> May</b>	<b>PTFA School Disco</b> Y3 & Y4 <b>4:30pm - 5:15pm</b> Y5 & Y6 <b>5:45pm - 6:30pm</b>
<b>Thursday 22<sup>nd</sup> May</b>	The Bunting Cup
<b>Friday 23<sup>rd</sup> May</b>	Y3 & Y4 Sports Day <b>LAST DAY BEFORE SCHOOL CLOSSES FOR HALF TERM</b>
<b>Tuesday 3<sup>rd</sup> June</b>	<b>SCHOOL STARTS BACK AFTER HALF TERM</b>
<b>Thursday 5<sup>th</sup> June</b>	Y4 Trip to the Open Centre
<b>Thursday 12<sup>th</sup> June</b>	South Peak Sports
<b>Friday 13<sup>th</sup> June</b>	Infants Sports Day
<b>Friday 20<sup>th</sup> June</b>	Y5 & Y6 Sports Day
<b>Friday 27<sup>th</sup> June</b>	PTFA Summer Fayre
<b>Monday 30<sup>th</sup> June</b>	Y4 Djembe Drums Performance – Larch Class
<b>Tuesday 1<sup>st</sup> July</b>	<ul style="list-style-type: none"> <li>• Y6 Highfields Transition Day</li> <li>• Y6 Parents/Carers invited to meet the teachers in the evening – more details to follow</li> </ul>
<b>Wednesday 2<sup>nd</sup> July</b>	Y6 Residential Trip to Walesby
<b>Thursday 3<sup>rd</sup> July</b>	Y6 Residential Trip to Walesby
<b>Friday 4<sup>th</sup> July</b>	Y6 Residential Trip to Walesby
<b>Monday 7<sup>th</sup> July</b>	Y4 Djembe Drums Performance – Rowan Class
<b>Wednesday 9<sup>th</sup> July</b>	Y5 & Y6 Visit to Highfields Musical Performance
<b>Thursday 24<sup>th</sup> July</b>	<b>LAST DAY OF TERM BEFORE SUMMER BREAK</b>

**Club Timings: -**

**Maths Clubs – 3.30pm – 4.15pm**

**Homework Clubs – 3.30pm – 4.15pm**

**Art and Craft Clubs – 3.30pm – 4.15pm**

**Singing Club – 3.30pm – 4.15pm**

**Qualitas – 3.30pm – 4.30pm**

**Other News: -**

- ❖ **Young Voices Tickets** – Parent/Carer tickets for the Young Voices performance will be available to collect from the school office from Monday 6<sup>th</sup> January.
- ❖ **The National Child Measurement Programme** are planning to visit the school to see the **Year 6 pupils** on **17th January 2025**. 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](mailto: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**)
- ❖ **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](mailto:info@allsaintsfed.derbyshire.sch.uk).
- ❖ **Year 6 Residential Trip 2025 to Walesby** – A reminder of the instalment dates for this trip. You will note that the next instalment is due on 25<sup>th</sup> October: -
  - **Deposit – 26<sup>th</sup> July 24**
  - **Payment 2 – 27<sup>th</sup> July**
  - **Payment 3 – 25<sup>th</sup> October**
  - **Payment 4 – 31<sup>st</sup> January**
  - **Payment 5 – 28<sup>th</sup> February**

# 10 Top Tips for Parents and Educators

## SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

### 1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

### 2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

### 3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

### 4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

### 5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

### 6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to these tactics, simply turn off notifications for the app in their phone's settings.

### 7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

### 8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

### 9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

### 10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

### Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>



# 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	Ss
Milk	M	Sulphur Dioxide	Su

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Curry <b>G/M</b> with Rice & homemade Flatbread <b>G/So</b> & Seasonal Vegetables 	<b>V</b> Margarita Pizza <b>G/M</b> Served with Pasta <b>G</b> & Seasonal Vegetables	Roast of the Day with Yorkshire Pudding <b>E/G/M</b> Creamed Potatoes <b>M</b> , Seasonal Vegetables & Gravy	Beef Burger <b>G</b> in a Bun <b>G</b> with Potato Wedges & Baked Beans	Fish Fingers <b>F/G</b> with Chips, Carrots & Sweetcorn 
Option 2	<b>Ve</b> Five Bean Chili with Rice & a homemade Flatbread <b>G/So</b> & Seasonal Vegetables	<b>Ve</b> Vegetable Tagine served with Pasta <b>G</b> & Seasonal Vegetables	<b>Ve</b> Veggie Sausage <b>G</b> served with a Yorkshire Pudding <b>E/G/M</b> , Creamed Potatoes <b>M</b> , Seasonal Vegetables & Gravy 	<b>Ve</b> Vegan Burger <b>G/So</b> in a bun <b>G</b> with Homemade Potato Wedges & Seasonal Vegetables 	<b>V</b> Cheese & Tomato Pinwheel <b>E/G/M</b> 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 <b>G</b>	Chocolate Cracknel <b>G/M</b>	Honey Cake with Fresh Fruit <b>E/G/M</b> 	Banana & Strawberry Yoghurt Muffin <b>E/G/M</b> 	Fruit Crumble <b>G</b> with Custard <b>M</b> 

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 <b>G</b> Bolognese with French Stick <b>G</b> & Seasonal Vegetables	Big Breakfast <b>G/Su</b> with a Hash Brown, Baked Beans & Tomatoes	Roast of the Day with Stuffing <b>G</b> , Creamed Potatoes <b>M</b> , Seasonal Vegetables & Gravy	<b>V</b> Cheese & Tomato Pizza <b>G/M</b> with Pasta <b>G</b> & Seasonal Vegetables	Fish Stars <b>F/G</b> with Chips, Peas & Carrots 
Option 2	<b>Ve</b> Dippers <b>G</b> with Homemade Sauce, Pasta <b>G</b> & Seasonal Vegetables 	<b>Ve</b> Veggie Breakfast <b>G</b> with a Hash Brown, Baked Beans & Tomatoes 	<b>V</b> Veggie Cottage Pie <b>M/So</b> with Seasonal Vegetables & Gravy	<b>Ve</b> Veggie Balls <b>G</b> in a homemade tomato sauce with Pasta <b>G</b> & Seasonal Vegetables 	<b>Ve</b> Veggie Fingers <b>G</b> 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 <b>G</b>	Lemon Slice <b>E/G</b>	Jelly & Fresh Fruit 	Chocolate Crunch <b>E/G</b> & Fresh Fruit 	Cornflake Tart <b>G</b> with Custard <b>M</b>

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 <b>G/M</b> with Seasonal Vegetables & French Stick <b>G</b>	<b>V</b> Southern Style Burger in a bun <b>E/G/M</b> with Potato Wedges & Baked Beans 	Sausages <b>G/Su</b> & Mashed Potatoes <b>M</b> , Seasonal Vegetables & Gravy	Cottage Pie <b>M</b> & Seasonal Vegetables	Fish Fingers <b>F/G</b> with Chips, Peas & Sweetcorn 
Option 2	<b>V</b> Vegetable Pasta Bake <b>G/M</b> with Seasonal Vegetables & French Stick <b>G</b>	<b>V</b> Jacket Potato with Cheese <b>M</b> or Baked Beans & Seasonal Vegetables	<b>V</b> Broccoli & Cauliflower Cheesy Bake <b>G/M/Mu</b> with Seasonal Vegetables	<b>Ve</b> Vegan Sausage Roll <b>G</b> with Creamed Potatoes <b>M</b> , Seasonal Vegetables & Gravy	<b>V</b> Macaroni Cheese <b>G/M/Mu</b> 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 <b>G</b>	Flapjack <b>G</b>	Sprinkle Cake <b>E/G</b>	Beetroot Brownie <b>E/G</b> with Fruit	Sticky Toffee Apple Sponge <b>E/G</b> with Custard <b>M</b>

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