

For further information on what's happening in school please go to our website www.sandylands.lancs.sch.uk



01524 410286



head@sandylands.lancs.sch.uk

Newsletter



Wk. beg 15.01.24

Next holiday— After school Friday 9th Feb

BE ON TIME



AT 5 TO 9

The 'Be On Time' Bunny would like to remind everyone to be on time at 5 to 9.

If your child is absent or going to be late please let school know on via the ParentApp, or telephone 01524 410286.

If your child is late, please come to the school office to sign your child in. Although we understand it can be difficult to get dentist, doctors appointments etc., we would appreciate it if you try to make these appointments outside of school time, or after morning and afternoon marks have been registered, please can you provide confirmation of the appointment



Sustainable Uniform Shop

Our Sandylands' Sustainable Uniform Shop was very popular! We are requesting for any pre-loved uniform in good condition to be donated to help re-stock our supplies.

We are especially short of boys uniform age 5-9. We'd be very grateful if you could bring your donations into school. Thank you.



After school clubs will be up and running from Monday 15th Jan.

You will receive confirmation via parent app if your child has been allocated a place. If you have any queries please contact the school office.

Music lessons yrs. 3 4 5 & 6



We still have a few places left for music lessons the fee for Spring term is £40.

Please fill in the Parentapp form or contact the school office for more Information.

Primary school applications closing date



Do you have a child starting primary school in September 2024 and living in Lancashire?

Apply now and check your eligibility for school transport at: www.lancashire.gov.uk/schools

Closing date: 15 January 2024



Zen Garden Renovations!



We are excited to announce we have secured funding from the 'Where the Wildings are' project and renovations have started on our very own Sandylands Zen garden - a place for the children to reflect and relax. Watch this space for more photos as our designs take shape.



Scouts gives young people #SkillsForLife.
Squirrels (4-6yrs)
Beavers (6-8yrs)
Cubs (8-10 ½)
Scouts (10 ½-14)
Explorers (14-18)

Want to try something new? Want to learn a new skill? Want to meet a new group of friends? Each week we help young people have fun, go on adventures and develop #SkillsForLife. Why not be one of them! For further information please contact jan.townley@westlancsscouts.org.uk lizzy.baker@westlancsscouts.org.uk

Sandylands Football Team



Congratulations to our Football team who took part in the first tournament of the year at Mossgate. We made it through to the quarter finals. Well done to all those who took part - a real credit to the school.

Dates for the Diary

Half term holiday
After school
Fri 9th Feb

What's On At Our Centres?

January - February 2024

Lune Park

Ryeland Park, Owen Road,
Lancaster, LA1 2LN

Monday:

Baby & You (0-pre walkers)
10am - 11am

Tuesday:

Infant Massage (B)
10am - 11am
11am - 12pm

Chat, Play & Read
1pm - 2.30pm

Wednesday:

Development Matters
9.30am - 10.30am

Chill & Chat
10.30am - 11.30am

Colourful Footsteps
1pm - 2.30pm

Thursday:

Triple P Group (B)
9.30am - 11.30am

Inside Out (8-11 years)
3.30pm - 4.30pm

Bump, Birth & Beyond (B)
5.30pm - 7.30pm

Friday:

Mini Move & Groove
9.30am - 11am



Do you want to know more information about the sessions, or have a general query about what else we offer?

Give us a call on
01524 581280

Poulton Sensory Room

Poulton Sensory Room is available to use **free** of charge at Poulton Neighbourhood Centre.

Use of the Sensory Room is subjected to availability.

The following sessions you need to book on to join in...

Infant Massage
Big Cook, Little Cook
Triple P Courses
Bump, Birth & Beyond Courses

Carnforth

Kellett Road, Carnforth, LA5 9LS

Monday:

FAB (Breastfeeding Support Group)
9.30am - 11am

Infant Massage (B) Starts Feb 2024
10am - 11am

Development Matters
1pm - 2.30pm

Inside Out
(8 - 11 years)
3.30pm - 4.45pm



Monday:

Special Guardianship
Stay & Play Group
9.30am - 11am
(1st Monday of the month)

Tuesday:

Baby & You (0 - pre walkers)
9.30am - 10.30am

Deaf Baby Group
1 - 2.30pm

Big Cook, Little Cook (B)
3.30pm - 4.45pm

Westgate

Langridge Way, Westgate,
Morecambe, LA4 6DF

Wednesday:

Teen Triple P (B)
1pm - 3pm

Bump, Birth & Beyond (B)
5.30pm - 7.30pm

Thursday:

Chat, Play & Read
9.30am - 11am

Infant Massage (B)
1pm - 2pm

Friday:

Development Matters
9.30am - 11am



Poulton

Clark Street, Morecambe,
LA4 5HR

Monday:

Development Matters
9.30am - 11am
Infant Massage
1pm - 2pm

Friday:

FAB
(Breastfeeding
Support Group)
10.30am - 12.30pm



Wednesday:

Baby & You
9.30am - 10.30am

The Community Midwives Team and HRCG (Health Visitors) hold clinics across all our centres Monday to Friday.

To book into these please contact them on the following numbers:

Midwives: 01524 583367
Health Visitors: 03002470040



Need advice/support? Citizen Advice and Smoking Cessation in pregnancy hold clinics at our centres.

To book on, please contact them on the following numbers:

Citizen Advice: 01524 581280
Smoking Cessation: 07811072610

Morecambe Library

Central Drive, Morecambe, LA4 5DL

Monday:

Move & Groove (8 - 11 years)
3.30pm - 4.45pm

Tuesday:

Young Parents to Be
1pm - 3pm

Inside Out (8 - 11 years)
3.30pm - 4.45pm



Lancaster and Morecambe Family Zone
For more information contact us on 01524 581280





IS YOUR CHILD SUFFERING WITH ANXIETY?

Join a free workshop
for parents by parents

- *Gain greater understanding of anxiety
- * Increase confidence/ability in supporting your child
- * Explore self-care strategies

More Music

13-17 DEVONSHIRE RD
MORECAMBE LA3 1QT

10am to 1pm

Thursday
18th January

To book a place contact:

chats_123@yahoo.com

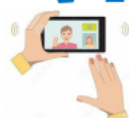
Rebecca 07950784015

Claire 07908452426

NHS
Lancashire &
South Cumbria
NHS Foundation Trust

COMMUNITY
FOUNDATION
For Lancashire
GROWING STRONGER COMMUNITIES TOGETHER

Virtual Drop



Every Thursday, 1-1.30pm

For information about what the Children & Family Wellbeing (CFW) service offer and what is available in the wider community.

We'll provide: a warm welcome & listening ear; informal advice; information about groups & CFW offer; signposting ... and much more!

Please contact us with any queries

cflancastercommunity@lancashire.gov.uk

[Click here to join the meeting](#)

Meeting ID: 362 226 377 186

Passcode: ySbzbj



INSIDE OUT

Come and make friends and have fun!

Children and Family
Wellbeing
Service

This group helps to support children who may be struggling to express and manage their emotions or are presenting with anxious behaviours and low self-confidence. (8-11 years - Key Stage 2)

In the sessions children will be able to:

- Explore wishes and feelings and understand worries.
- Look at ways to help manage strong emotions.
- Take part in creative and physical activities to encourage positive interaction with their peers.
- Build confidence and social skills.
- Meet new people and make new friends.
- Play games.

Most of all come along and have fun!!

Every Tuesday at Morecambe Library, Central Drive,
Morecambe LA4 4DW from 3.30pm to 4.45pm

FREE to attend.

Just turn up or ring

01524 581280

for more information.



HEALTHY RELATIONSHIPS

Children and Family
Wellbeing
Service

When we argue with our partner or our co-parents, we can easily get caught up in the heat of the moment.

At times like these its difficult to find a way forward.

Our Healthy Relationships Course can help. Learning about the stages of relationships, understanding each other and how to argue better. Remember that when you stay calm, your child feels the benefit.

The course runs for 4 weeks.

If you would like more information, or to book on please contact us on **01524 581280**.

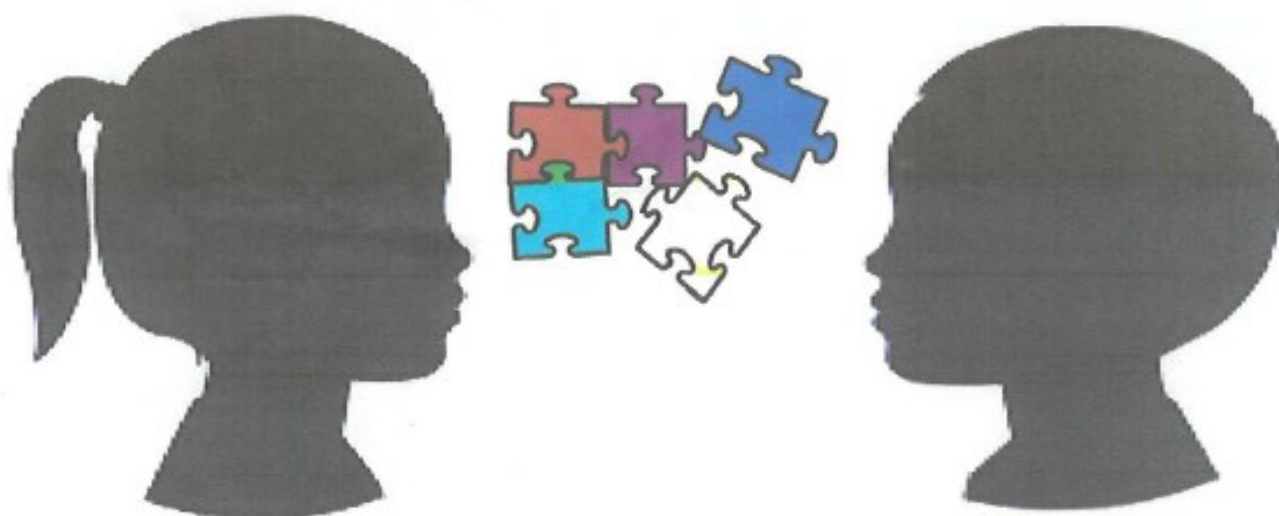
Course Starts on Tuesday 9th January 2024. Runs from 9.30am to 11.30am

Lune Park Family Hub

Owen Road, Lancaster, LA1 2LN



Autistic spectrum disorder



WANT HELP AND INFORMATION?

FEEL THAT NO ONE IS LISTENING?

NEED SOMEONE TO TALK TO?

***THEN COME ALONG TO OUR PEER SUPPORT DROP IN
FOR PARENTS/CARERS OF***

0 - 11 YEAR OLD CHILDREN WITH AUTISM

ON WEDNESDAYS 9.30 TO 11.30

Salvation Army

132, Balmoral Road Morecambe LA3 1HJ

Please ring 01524 415718 for more information

