

For further information on what's happening in school please go to our website [www.sandylands.lancs.sch.uk](http://www.sandylands.lancs.sch.uk)



01524 410286



[head@sandylands.lancs.sch.uk](mailto:head@sandylands.lancs.sch.uk)



Wk. beg 22.01.24

**Next holiday— After school Friday 9th Feb**

## Family of Sandylands School-F.O.S.S



Dear Parents/Carers,

We are re-starting the F.O.S.S (Family of Sandylands School) group. We are trying to create a more inclusive community environment around Sandylands School. So, we are inviting all Parents and Carers to come and join our group and help make a difference. All we are asking for is a bit of your time. We will be holding a short meeting once we have gaged interest in this venture, where suggestions of ideas for events can be put forward. We want to create inclusive activities and events for all our children.

We would also look at ways to support events that are already running and thriving. Creating a community environment can only improve a child's primary school experience. If you are interested and think you can help then please contact school by Monday 22nd January 2024 or email [FOSS@sandylands.lancs.sch.uk](mailto:FOSS@sandylands.lancs.sch.uk)

### 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.*

**GENIX**  
Healthcare



Genix Healthcare  
Dental practice at

Torrisholme are now accepting children under 18 on the NHS. For more information, please call 01524 239435 for information.

### Reception Stay & Play



We had great fun at the Stay and Play session at the Hub this week. We even got to play in the snow!



Watch out for more dates - all pre-school children welcome.



### Burns Night 25th Jan

We have just a few places left for Burns night! Book on Parentapp. See below for more info.



### Egyptian Workshop

Year 3 had an exciting day recently when they took part in an Egyptian workshop as part of their History theme about the ancient Egyptian civilization. The children even got to try out the ancient methods of mummification.



### Dates for the Diary

Burns night  
25th Jan

Next holiday after  
school 9th Feb  
Returning 19th Feb





Sandylands

# Burns Night

Thursday 25th Jan

First sitting 3-15pm - 4pm

Second sitting 4pm-4.45pm

You are invited to join us to celebrate a traditional Scottish Burns night in the school hall.

'Neeps & Tatties' with sausages (from our Farm shop)

will be on sale as well as music and some Scottish entertainment!

Book a table to avoid disappointment via Parentapp as they are limited for each sitting.

Just £3 per person for the full menu purchased on the evening takeaway style

(pay on the night)

## Main

Neeps & Tatties with Sausages

## Dessert

Cranachan

(Scottish pudding with cream/honey/oats &  
raspberries (bit like ice cream Sundae)



# What's On At Our Centres?

January - February 2024

## Lune Park

Ryelands 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

### Wednesday:

Baby & You  
9.30am - 10.30am

### Friday:

FAB  
(Breastfeeding  
Support Group)  
10.30am - 12.30pm



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





**More Music**

13-17 DEVONSHIRE RD  
 MORECAMBE LA3 1QT

10am to 1pm

Thursday  
 18th January



# 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

To book a place contact:

[chats\\_123@yahoo.com](mailto: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](mailto: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**.

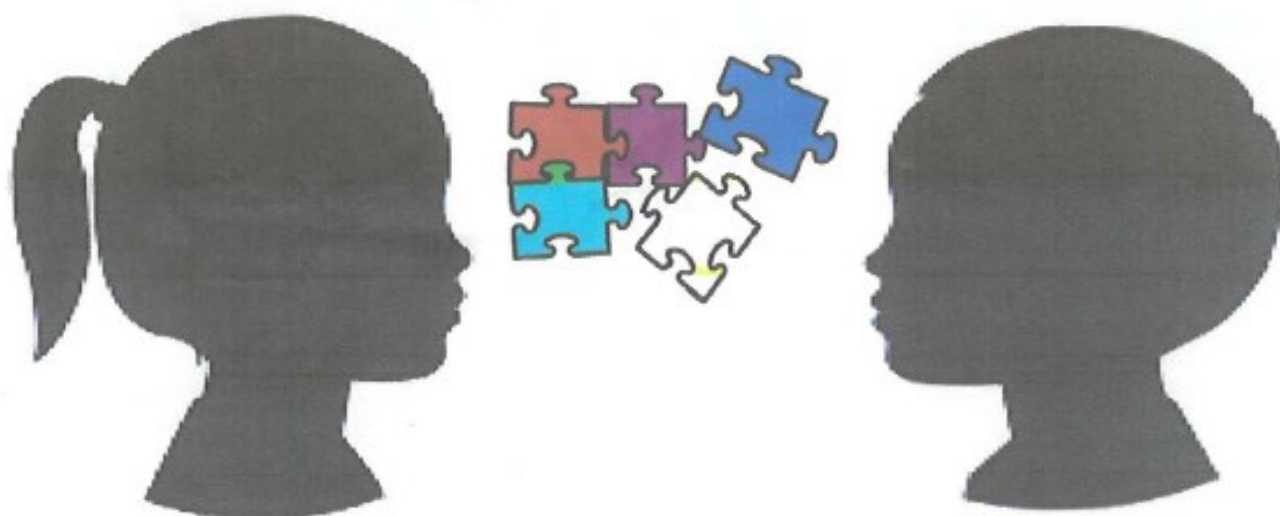
**Course Starts on Tuesday 9<sup>th</sup> January 2024. Runs from 9.30am to 11.30am**

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***

