

GARSTANG ST THOMAS

CHURCH OF ENGLAND SCHOOL

NEWSLETTER

23rd April 2021



SINGING SEA SHANTIES ON A PADDLE BOARD

We are planning to give our children the opportunity to go paddle boarding through Garstang on the Lancaster Canal this term. Classes will be divided into groups and will be led by a qualified instructor plus members of the staff team from school. Further information and permission slip to follow. To begin, we are booking in a session for children in years 2-6. In time, Reception and Year 1 will also get the opportunity.

EARTH DAY

Earth Day took place on Thursday this week. Year 6 school councillors and ambassadors marked the occasion by planting over 100 trees on the bottom field. We still have plenty more trees to plant. Thank you to the Woodland Trust for their donation of trees for the school.

SPORTS DAY AND SUMMER EVENTS

We would normally send out dates as early as possible but we are holding back for news of changes to restrictions. We are really keen to welcome parents/carers to these events.

TOWER WOOD TRIP (FOR CURRENT YEAR 4 & 5)

We are planning a residential trip to Tower Wood (outdoor and adventurous activities on the shores of Lake Windermere) on 10th -12th November next year. Further information and permissions forms will be sent out shortly.

REMINDER: HEALTH, RELATIONSHIPS AND SEX EDUCATION

Early last year we ran consultation and developed our new policy for this area (ahead of government changes for September 2020). This term children in Years 4,5 & 6 will be covering topics in relation to puberty and sexual reproduction. As outlined in the policy, children will be encouraged to speak to their parents. Our policy is available [here](#). If you have any questions, please speak to Mr Blakely.

REMINDER: SCHOOL UNIFORM

As the shops are beginning to reopen, please can we ask that children are back to wearing full school uniform as soon as possible. Please find our information about [uniform, hair and jewellery here](#). Thank you.

STAFF VACANCY: PART-TIME CLEANER

We have a vacancy for a part-time cleaner. Click [here](#) for further information.

Christian Focus this half term: **TRUST**
Wednesday worship: **Moses - Exodus 14:21**

SUMMER TERM FOCUS:
HEALTHY BODY, HEALTHY MIND

REMINDERS DROP OFF & COLLECTION TIMES

School day:

8:40am-9am and 3pm-3:20pm

Breakfast club and after school club:

7:30am-8am and 4:30pm-5:45pm

DIARY DATES

Mon 3rd May: Bank Holiday Monday

Mon 10th May: Tempest class photographs

Mon 31st May: – Mon 7th June: Half Term break

Tue 8th June: Return to school

Fri 18th June: Year 6 Towerwood and sleepover at school.

Fri 16th July: Last day of term

Full term dates are available from our website:

<https://www.garstangstthomas.com/>

STAR OF THE WEEK AWARDS

Cordelia Hill

Matthew Thompson

Harry Leech

Reegan Brown

Lily Fairclough

Joseph Oliver

Esther Lowcock

Samuel Lockley

Zeren Idem

Harvey McQuilton-Hull

Lewis Hodgson

Lexi Walmsley

Charlie Murphy

Lexi Ellerton

Jamie Lloyd

William Oliver





COVID

This week, once again, we have been waiting for COVID test results from children/ staff. If there is a positive result, children may have to isolate and bubbles may close with very little notice.

If your child has symptoms, please do not send them to school. Please book a test and keep us informed. **Please send test results as soon as possible to:** head@garstang-st-thomas.lancs.sch.uk.

REMINDER OF COVID SYMPTOMS

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

**BOOK A [COVID TEST](#)
GUIDANCE ON [ISOLATION](#)**

FORTY FOOTBALLS

Thank you to the Uniform and Leisurewear Company for their kind donation of forty footballs for school.

**The
Uniform & Leisurewear
• COMPANY •**

MESSAGE TO A TEACHER

If you would like to send a message to a teacher, please visit our school website:

<https://www.garstangstthomas.com/>

If you need to pass an urgent message, please phone the school office on 01995 603454

HM Government



NHS

**CORONAVIRUS
STAY ALERT TO
THE SYMPTOMS**

**HIGH TEMPERATURE OR
NEW CONTINUOUS COUGH OR
LOSS OF TASTE OR SMELL?**

Find out how to get a test, and how long to isolate, at nhs.uk/coronavirus

**STAY ALERT
CONTROL
THE VIRUS
SAVE LIVES**



60-Second Vegtastic Lunchbox Hacks

Veg are a key part of a healthy diet but it can be a real struggle to get kids to eat enough of them. Adding an extra portion or two to their packed lunch will help to up their intake. Try these simple ideas to **veg-pack their lunchboxes** with limited faff.

The basic toolkit:

- 🍅 **Containers** (small and lidded for dips, leftovers and more)
- 🍅 **Cutlery** (if needed)
- 🍅 **Thermos** (any heat-retaining flask is great for soups, baked beans, leftovers, etc.)
- 🍅 **Bamboo kebab sticks** (optional, but helpful for making veggies more fun)



Top tip: Know your portions – a child's portion of veg is roughly 50g or what fits into a child's hand.



5 easy #LunchboxHacks to add more veg in 60 seconds or less:



1. The Salad-on-a-Stick



Get a bamboo kebab stick and thread on different veg such as cherry tomatoes, cubed cucumber, cubed cooked beetroot, chunks of peppers, raw button mushrooms, crunchy lettuce, etc) in fun colours. If your child isn't a fan of veg, try starting off by alternating veg with cooked meat, cubed cheese, etc to ease them into it.

My Favourite veg was:

2. The Lunch Crunch



1 carrot chopped into sticks (or pre-chopped carrot sticks) with a pot of hummus (or their favourite dip) adds a portion of veg.

I ate this many carrots:



3. The Sandwich Slice



Slice 5cm cucumber (about the length of a small egg) and add to a sandwich for an extra portion of veg with minimal effort.

I ate this much cucumber:



4. The Helpful Handful

Add a handful of ready-to-eat snacky veg to a container. Try cherry tomatoes, drained tinned sweetcorn, celery sticks, green beans, cucumber etc.



My Favourite veg was:

5. The Half-Baked Plan

Heat through half a tin of baked beans (ideally low sugar and salt) and stick in a heat-retaining flask for an easy veg portion win.

This week my rating is:

Top tip: Keep trying! If they are not used to veg in their packed lunch, it may be picked out and ignored on the first few days. The more they see it and interact with it, the more the veg becomes "normal".

For recipes, tips and free downloads visit: vegpower.org.uk



Lancashire
Adult Learning

 Family Learning

Family Learning - Online

The Family Learning team at Lancashire Adult Learning are once again offering a wide range of FREE courses this half term for Lancashire families... from after-school LEGO Clubs to Phonics and Early Reading Skills.

Parent/ Carer Courses:

Closing the Gap: Phonics and Early Reading Skills

Look Who's Talking: Speech and Language for EYFS/ YR1

You've Got This: Health & Wellbeing for 8-11yr Olds Catch Up...with English (Reception to Year 6)

Catch up with Maths (Reception to Year 6)

Family Courses: After School (*Free resource Packs)

Art Adventures: KS1*

Art Adventures: KS2*

Family STEM Club*

Family LEGO Club

Family Courses: Saturday (*Free resource Packs)

Family Yoga*

Summer Sow and Grow for Families*

Accredited Courses for Parents/ Carers

We have a range of courses for those looking to develop their knowledge in working with children, including Level 1 and Level 2 and flexible FAST TRACK options. FREE for those earning less than £17000 or on eligible benefits.

We have a number of dates available. Please contact us for a list of dates for you to share directly with your parents/ carers. Please contact Laura Myers for more information:

laura.myers@nelsongroup.ac.uk



 Family Learning

We look forward to meeting you!

For more information, please contact us



0333 003 1717



www.lal.ac.uk