

GARSTANG ST THOMAS

CHURCH OF ENGLAND SCHOOL

NEWSLETTER

21st May 2021



Christian Focus this half term: **TRUST**

SUMMER TERM FOCUS: HEALTHY BODY, HEALTHY MIND

DIARY DATES

Fri 28th May: Year 5 Paddleboarding
Mon 31st May: – Mon 7th June: Half Term break
Tue 8th June: Return to school
Sun 13th June: PTFA 50 mile ride
W/c Mon 14th June: PTFA class 50 mile challenge (in school time)
Wed 16th June: Year 3 Brockhole trip
Fri 18th June: Year 6 Tower Wood and sleepover at school.
Mon 28th June: Year 4 Paddleboarding
Wed 7th July: Reception induction/ move up morning/ Bikeability (Y6)
Wed 14th July: Reception induction/ move up morning/ Bikeability (Y6)
Fri 16th July: Last day of term

HEALTHY BODY, HEALTHY MIND ASSEMBLY

On Wednesday, Dr Emma Bray led assembly and shared top tips for health as part of our Healthy Body, Healthy Mind focus. See page 2 of the newsletter for a summary of the top tips.

Over the next few weeks, we will be learning more about healthy eating. Change4Life have a website that offers lots of lunchbox easy-to-prepare ideas and information. Please click [here](#) to visit the website.

RECEPTION CLASS 2021 - INDUCTION

On Thursday, parents/carers have been sent the full induction plan by e-mail. If you have not received the e-mail, please contact Mrs Williams (office@garstang-st-thomas.lancs.sch.uk).

PTFA TOUR DE GARSTANG

Are you up for the 50 mile Tour de Garstang? There has been so much interest but not everyone has signed up yet. Please contact Oliver Burton on 07846 762001 to confirm a place. YOU CAN DO IT – nobody will be left behind. Further information is below.

Information on the Tour de Garstang for children is also below. Please note the day change for Year 3 due to a trip.

SWIMMING - WEDNESDAYS

Year 6 will continue to swim for two weeks after half term after which Year 5 will have the opportunity for the remainder of the year. A goggle letter will be sent out.

AFTER SCHOOL ACTIVITIES – SESSION INFORMATION

The after-school learning clubs for KS2 will continue to run for three weeks after half term.

Third Space Learning will continue until the end of the year. Football for Years 3 & 4 will continue until the penultimate week of term.

REMINDER: ROAD SAFETY

ROSPA have produced a parent guide on road safety. Please click [here](#) to view the guide. The guide contains helpful guidance for parents with children of all ages.

STAR OF THE WEEK AWARDS

SCARLETT WRIGHT

DANIEL SHANNON

IMOGEN BELL

MOLLY SOUTHWELL

FREDDIE OLIVER

RAFFY BURTON

ANGEL HOYLE

ALEX HOLME

JONPAUL MARCINKIW

EVA CLARKE

WILLIAM SPICER

CRUZ CUBBINS

MAGGIE HAYHURST

GRACIE WINSTANLEY

JACK DAVIES

DANIEL COOKSON

HATTIE ASKEW

COVID


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.

Please note: lateral flow tests are in use for asymptomatic testing. For children/ adults with symptoms, you are asked to get a PCR test: <https://www.gov.uk/get-coronavirus-test>

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](#)

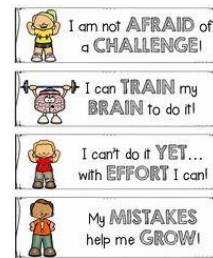







CORONAVIRUS
STAY ALERT TO THE SYMPTOMS

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

ASSEMBLY THIS WEEK: TOP TIPS AND A SECTION ON SLEEP FROM DR EMMA BRAY



-  Sleep helps every system in our body
-  Whilst you are asleep your brain sorts out all the information it received during the day
 - ✓ It links new with old information to make new memories and help you solve problems
 - ✓ It moves information from short term memory to long term memory which helps you with learning new skills
-  It helps protect against illness and disease
 - ✓ It helps us have a strong immune system
-  It helps us be in a better mood – we feel happier and have more energy
-  You'll have better concentration, and your brain will work better during the day



TOUR DE GST

W/C 13TH JUNE 2021

50 MILES PER CLASS, 350 TOTAL MILES
£3,500 SPONSORSHIP

SCHEDULE

13/06/21 – PTFA 50 MILE RIDE

14/06/21 - YEAR 6

15/06/21 - YEARS 5 & 4 & 3

16/06/21 – YEAR 2

17/06/21 – YEAR 1 & RECEPTION

- RECEPTION & YEAR 1 COMBINED
- BRING YOUR BIKE TO SCHOOL
- NO HELMET, NO RIDE
- FUNDS RAISED GO TOWARDS SUPPORTING SPORT AND FITNESS IN SCHOOL - HELPING TO PROMOTE A HEALTHY LIFESTYLE.



SPONSOR LINK:

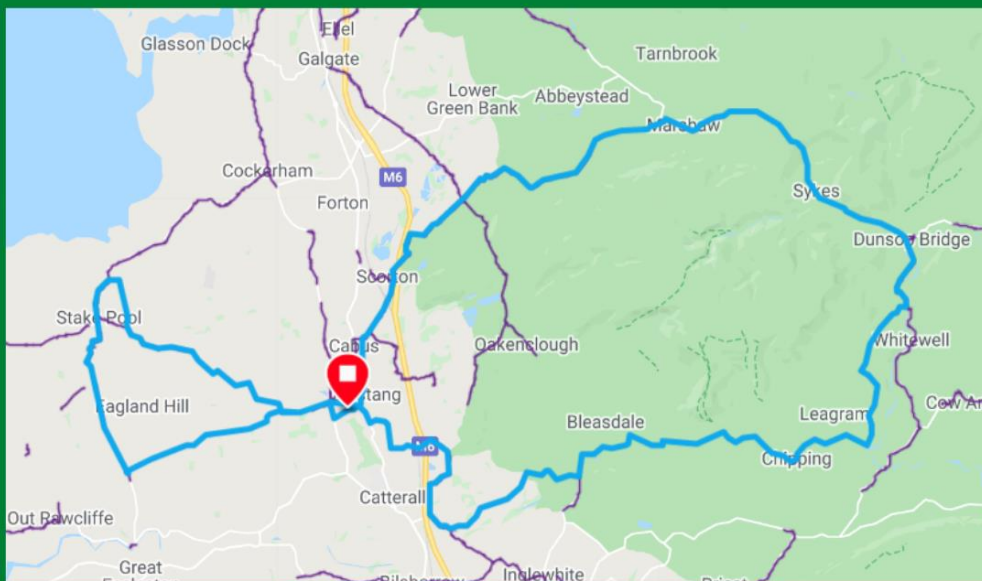
WWW.GOFUNDME.COM/F/TOUR-DE-GST

TOUR DE GST

SUN 13TH JUNE 2021

PTFA RIDE

- 50 MILES - RIDE ALL, PART 1 (35m) OR PART 2 (15m)
- RIDERS MUST BE OVER THE AGE OF 18 OR ACCOMPANIED BY AN ADULT
- SUPPORT CAR - REGULAR MEETING POINTS EN ROUTE
- MIXED ABILITY - NOBODY LEFT BEHIND
- NO HELMET, NO RIDE
- ROUTE MAY BE SUBJECT TO CHANGE



SCHEDULE (ALL TIMES ARE EST.)

8.00 - MEET AT GST
8.15 - SET OFF (PART 1)
11.45 - MEET AT GST FOR PART 2
12.30 - SET OFF (PART 2)
14:00 - ARRIVE BACK AT GST

CONTACT
OLIVER BURTON
TO CONFIRM YOUR PLACE ON
07846 762001

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