LUDDENDEN CE SCHOOL Newsletter Methods

Inspiration • Opportunity • Challenge

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w/c 10th February 2025

Luddenden <mark>CE</mark> School Dene View Luddendenfoot HX2 6PB

886353

SCHOOL STAFF

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Sharon Parker Special Educational Needs & Disabilities Co-ordinator Jess Collett

<u>Teachers</u> Elizabeth Stansfield - Acorns/

Michelle Ryan - Sycamore Jessica Collett—Elm Chris Charnley - Oak Support Staff

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pponte Cleaning Staff

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GOVERNORS

David Pegg (Chair) Christine Goodman, Jan Sparks, Rachel Pegg, Alison Lemen, Collette McCleod, Rebecca Holman, Nic Manning Clerk—Harvinder Chaggar



SCHOOL DINNERS Now £2.40 a day (£12 pw) Please pay in advance Via SchoolMoney Read on for menu...





Everyone had a great time at the Friendship Disco! As always Mrs Manning held a friendship themed Decorate a Heart competition. We are very pleased to announce the winners are Martha and Rae! Well done everyone.

As you all might know, we 🎔 maths here at Luddenden CE School. Mr Charnley had everyone's brains spinning full of all things Maths on Thursday to celebrate the NSPCC Number Day. As well as a non-uniform day & special assembly, all the classes enjoyed a number filled morning of fun, activities and challenges.



We have had a very successful visit from the CEO, Director of Academy Improvement and a Trustee from Learning Accord, who came to look at how we live out our school Vision and pupils' personal development. They said it was a pleasure to be in our school and summarized the following strengths;

- £ Pupils and parents speak positively about the school and feel loved and cared for; in a recent questionnaire 100% of parents said that the school looked after their child's personal development and would recommend this school.
- 6 Pupils are proud to be involved in the wider life of the school and spoke positively about future opportunities on the new Excellence Committee.
- 6 The RE curriculum is well planned and sequenced using a blend of Understanding Christianity and the locally agreed syllabus.
- 6 Leaders have carried out significant work to ensure equality for all pupils with a depth of care for individual pupils and their families; Luddenden CE School really is at the heart of the community.
- We had an Attendance Review by Calderdale's Education Welfare Officer. We already know that you all try to make sure your child attends school every day but this visit gave us more official confirmation that our attendance figures continue to be above local and national average. Well done everyone! Keep up the good work. We still have a small number of 'persistent absentees' (pupils with less than 90% attendance) but are hopeful that this will continue to improve. You can see more information about attendance on pages 3 & 4. If you have any questions please don't hesitate to shout.
- TREETOPS EXTENDED OPENING After half-term until Easter only, Treetops will be open until 5:55pm on most nights - all bookings for the extra time must be made through Sharon & you will be invoiced an additional £5 separately.



HAVE A WONDERFUL HALF TERM!

DON'T FORGET, CHILDREN **RETURN TO SCHOOL ON TUESDAY 25TH FEBRUARY**

Height & Weight Checks for Reception & Year 6 - Tuesday 25th Feb.



Letters have been emailed to families. See the end of the newsletter for more info.

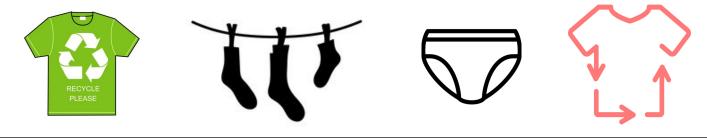
We hoped you all enjoyed our celebration worship at St Mary's.

The children all gave amazing performances in celebration of the end of term and St Valentine's day.



Don't forget we welcome donations of pre-loved and out-grown uniform!

Also, we are rapidly running out of **spare underwear & socks in Early Years**.... So... any donations, and returns of underwear sent home, to keep us going would be very gratefully received!



We have been asked, by Public Health, to share the following information....



Secondhand cannabis smoke

For years now we have been aware of the dangers to children from secondhand tobacco smoke. It makes asthma worse, increases the risk of respiratory and ear infections and there is an increased risk of sudden death in infants. There have been numerous successful around educating campaigns parents and caregivers around the risks associated with secondhand tobacco smoke, but now there is a new problem: secondhand cannabis smoke.





The risks...

- Tobacco smoke and cannabis smoke are chemically alike, therefore many of the harmful chemicals in cigarette smoke are also found in cannabis smoke. Breathing in secondhand cannabis smoke may cause as much damage as secondhand tobacco smoke, especially to blood vessels which can cause heart attacks in adulthood.
- A child who has exposure to high levels of cannabis smoke in a nonventilated area may experience impairments in their memory and motor skills.
- Research states that cannabinoids (the chemicals that cause the "high") can be absorbed into the bodies of people nearby – including children.
- Smoking cannabis around children normalises cannabis use.
- Inquisitive children may accidently ingest cannabis if they find it lying around in the home.



"This is not what we want for our children"

Protecting our children

- The best thing for you and your child is to not smoke cannabis at all. Talk to your doctor or Calderdale Recovery Steps about ways to quit.
- If you do smoke cannabis, smoke outside, away from windows, doors, and children.
- After you smoke, change your clothes and wash your hands. Model a cannabis and smokefree lifestyle. Smoke lingers.

Contact

- Calderdale Recovery Steps 10 Carlton Street, Halifax, HX1 2AL
- 01422 415550
- humankindcharity.org.uk

referrals_calderdale@calderdalerecoverysteps.org.uk

Working together to improve Attendance

Being in school and having the best attendance possible underpins all the many benefits of school for your child, such as their learning, wellbeing and wider development. Good school attendance is essential for our pupils to achieve their potential (as well as having a great time and having great friendships!).

Thanks to your support, at 95.4%, our current whole school attendance is above the local & national averages!

Parents' responsibilities

What are my responsibilities for my child's attendance?

As a parent, you are legally responsible for making sure your child gets a suitable full-time education, usually from the age of 5 to 16. For most parents, this will mean making sure your child is in school every day except when:

- Your child is too ill to go to school.
- You have permission for a leave of absence from your child's school for them not to attend. You should only ask for this in **exceptional circumstances.**
- Your religious body has a day especially for religious observance.

Whilst some absence is unavoidable, it is important that your child is in school every day they can be for their learning, wellbeing and development.

If my child needs to be absent from school, what do I need to do?

You should contact their school as early as possible on the first day of absence to explain why. If you do not, your child's school will contact you on the first morning of their absence to find out why your child is not in school. All parents can request a 'leave of absence' for their child which gives them permission to be absent from school. Your child's school has the final say over whether to approve the request and for how long your child can be absent.

Government regulations state that headteachers may not grant any leave of absence during term time unless there are **exceptional circumstances** - this means particular circumstances that are **'rare, significant, unavoidable and short'.**

My child has a short term illness. Do they have to go to school, and will I be penalised if they don't?

If your child is ill, read the <u>NHS advice</u> to help you decide whether they can go to school. If they are too ill to attend, you are not breaking the law and will not be penalised. You should let the school know as soon as possible on the first day of absence and schools must record such absences as authorised. If the absence due to illness is ongoing or frequent you should speak to child's school to see what support can be put in place.

What should I do if my child needs a dental or medical appointment in school time?

To avoid disruption to your child's attendance, medical and dental appointments should not be booked during the school day whenever reasonably possible. When they are, you should ask the school in advance for a leave of absence and collect them as close to the time of the appointment as possible and return them to school for the rest of the school day afterwards.

What about holidays in term-time?

Parents should plan their holidays around school breaks and avoid seeking permission from schools to take their children out of school during term time unless it is absolutely unavoidable. An application for leave of absence should not be granted unless it is made in advance by a parent the pupil normally lives with and the school is satisfied that there are **exceptional circumstances** based on the individual facts and circumstance of the case which justify the leave. Where a leave of absence is granted, the school will determine the number of days a pupil can be absent from school. A leave of absence is granted entirely at the headteacher's discretion. Leave of Absence application forms are available on request from the office.

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Thank you in advance for your help with this - as always, we will continue to support families in any way we can to maintain good levels of attendance.

Attendance Ladder



Respect Love Trust Friendship Endurance Compassion

It's AWARDS TIME! And the winners are.....

The Progress Award for Outstanding Improvement goes to



Year 6 - Joseph Year 5 - Mahmoud Year 4 - Khaled Year 3 - Martha Year 2 - Rose Year 1 - Ezra Reception - Elliot Nursery - Ember

The Outstanding Award for Outstanding Writing goes to.....

Year 6 - Charlie

- Year 5 Elsie
- Year 4 George
- Year 3 Lyan
- Year 2 Florence
- Year 1 Rosalina
- **Reception Chester**
- **Nursery Sylvie**



Respect Love Trust Friendship Endurance Compassion

TEAM POINTS

The Team Point Pixies have been flying round and adding up all the team points.

They have been counted and verified...

and the winner is...





WELL DONE TREASURES!!!

A P P Children can wear what they want for school on their birthday

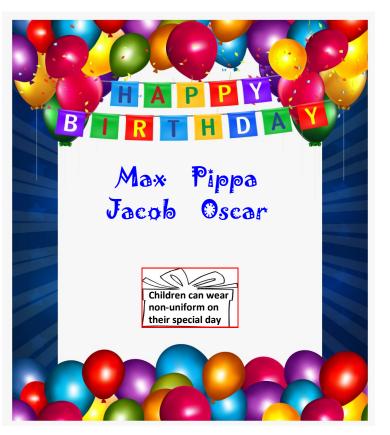
BRILLIANT BLUE PUPILS

Lilac, Rose,

Bobby, Isobel,

Abudi





THE PIECE HALL

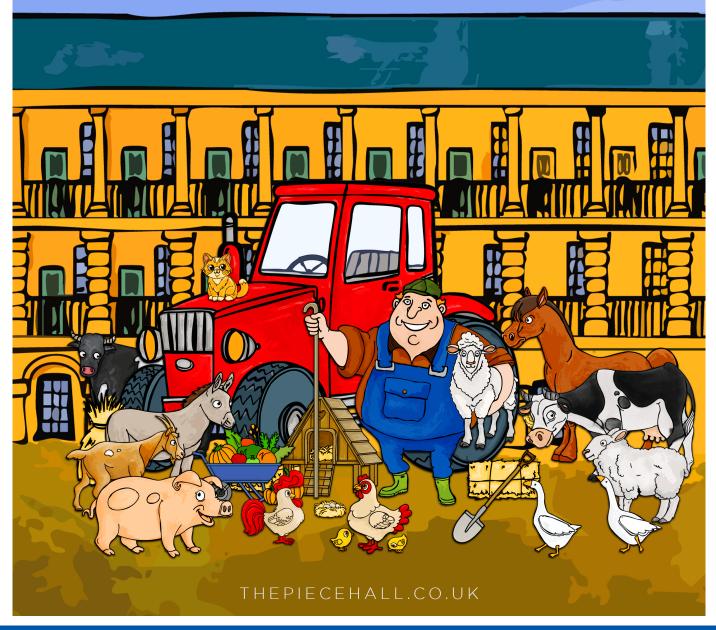


HELP, THE LOCAL FARMER'S ANIMALS ARE MISSING!

THEY HAVE ESCAPED FROM THEIR FIELDS AND BEEN SPOTTED TROTTING ROUND THE BALCONIES HERE AT THE PIECE HALL.

CAN YOU HELP US TRACK THEM DOWN?

HEAD TO THE VISITOR CENTRE TO COLLECT YOUR SHEET THEN SEARCH ALL THREE FLOORS AND JOT DOWN WHERE YOU SPOT THEM.



Respect Love Trust Friendship Endurance Compassion

LUDDENDEN CE FAMILY

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FEBRUARY Join the Princesses and Pirates this February half term at Whistlestop Valley for steam train rides, storytelling and lots more...

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Tickets on sale now

whistlestopvalley.co.uk

LUDDENDEN CE SCHOOL MEALS

WEEKLY MEAL PLANNER:

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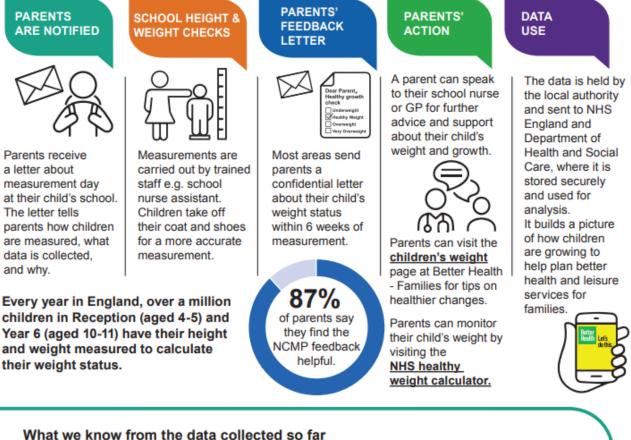
- All meal choices are **homemade**, from scratch by chefs using high quality raw ingredients that are unprocessed and where applicable, seasonal. All Milk products are made with organic milk
- All meat products are Red Tractor accredited
- All fish products are M.S.C accredited
- If you have any questions or special dietary requirements please don't hesitate to get in touch

WEEK 1	Main Course	Vegetarian Option	Served With	Dessert
MONDAY	Ham and pineap- ple panini pizza	Tomato and mascar- pone pasta bake with herb bread	Sliced potatoes Salad	Flapjack Fresh Fruit Yoghurt
TUESDAY	Sausage and York- shire pudding	Cheese Lattice	Roast potatoes and carrots	Eve's pudding and custard Fresh Fruit Yoghurt
WEDNESDAY	Burger in a Bun	Veggie Burger in a Bun	Wedges Salad	Cherry Shortbread Biscuit Fresh Fruit Yoghurt
THURSDAY	Minced Beef and Veg Pie with Gravy	Jacket Potato with Cheese and Beans	Duchess potatoes Beans	Rice Pudding Fresh Fruit Yoghurt
FRIDAY	Battered Fish	Fishless Fingers	Chips Peas	Parkin Fresh Fruit Yoghurt
WEEK 2	Main Course	Vegetarian Option	Served With	Dessert
MONDAY	Cheese and Pep- peroni Panini	Pesto Pasta with Garlic Slice	Herby Diced Potatoes Salad	Chocolate Cake Fresh Fruit Yoghurt
TUESDAY	Chicken Goujons	Veggie BBQ Steak Strips in a Wrap	Cous Cous Sweetcorn	Raspberry Surprise and Custard Fresh Fruit Yoghurt
WEDNESDAY	Pasta Bolognaise	Cheese and Tomato Puff	Paprika Wedges Salad	Lemon Drizzle Fresh Fruit Yoghurt
THURSDAY	BBQ Pulled Pork Sandwich	Vegan Southern Chick- en Goujons	Saute Potatoes Red Coleslaw	Mini Donuts Fresh Fruit Yoghurt
FRIDAY	Breaded Fish	Margarita Pizza Twist	Chips Peas	Muffin Fresh Fruit Yoghurt
WEEK 3	Main Course	Vegetarian Option	Served With	Dessert
MONDAY	Meatballs and Pasta in home- made tomato sauce	Quorn Dippers	Twister Fries Salad	Toffee Sponge and Custard Fresh Fruit Yoghurt
TUESDAY	Hot Dog	Cheese and Tomato Pizza	Wedges and Sweetcorn	Australian Crunch Fresh Fruit Yoghurt
WEDNESDAY	Chilli and Tortilla Chips	Macaroni and Cheese With Broccoli	Rice	Bakewell Tart and Custard Fresh Fruit Yoghurt
THURSDAY	Sausage Roll	Veg Hotdog	Potato Crunchies Spaghetti Hoops	Chocolate and Cranberry Cookie Fresh Fruit Yoghurt
FRIDAY	Fish Fingers	Quorn Southern Burg- er	Chips Peas	Chocolate and Raspberry Brownie Fresh Fruit Yoghurt

*The supplier reserves the right to change, modify, substitute or remove, without notice, any item on this menu as deemed necessary.

School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme



- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year
- · Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

Why achieving a healthy growth is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

23 Department of Health & Social Care

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For more information on helping your family lead a healthy life, please turn over.





Better Health Families is here to help your family be healthy and happy

Sign up for NHS Healthy Steps emails



Sign up for 8 weeks of Healthy Steps emails to help your family make small changes to make a big difference. We'll send you lots of budget-conscious, simple family recipes, fun games and healthy swaps!



Visit healthysteps.uk or scan the QR code to get started!

Be Sugar Smart

Kids are having over double the amount of sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.



Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.



Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 a Day by adding in chopped fruit.

Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.

See what's really inside your food and drink



Download the FREE NHS Food Scanner app to see how much sugar, salt and saturated fat are in your favourite food and drinks, and to find healthier swaps.

App Store Google Play

