



Mrs Carr's Newsletter

25th October 2024



Our mission

St Joseph's is a place of learning, where we grow in faith and feel safe, loved and encouraged each day.

We value everyone, knowing that we are stronger when we work together.

Through the virtues, we show care and respect for our families, friends, neighbours and our Common Home.

We try to live like Jesus, With God and Saint Joseph by our side.

School Rules



Be ready



Be respectful



Be safe

Highlights of Advent Term 1

90% of our pupils attend
Magic Breakfast

Y3/4 Residential

Football victories

Harvest appeal for
Farmer's Larder
Community Pantry

Y3/4 Egyptians Trip

Y5/6 Space Trip

Grandparents Afternoon

Urban Strides workshops

Kindness Week

HELLOYELLOW Mental
Health Day

Star Writes

Show Racism the Red
Card - Wear Red Day

Library visits

We opened to 2 year
olds!

Glow disco



Whole School Christmas Trip

Conkers Robins Winter Warmer Christmas
Adventure in Ashby-de-la-Zouch on Monday
9th December!

£15 (ParentPay)












Safeguarding concerns

If you have any safeguarding concerns regarding a child at St. Joseph's school (even during school holidays) please email safeguarding@joe.srscmat.co.uk.



Online Safety

APPS AND THEIR AGE RATINGS

13+		16+	
 Facebook	 Snapchat	 WhatsApp	
 Instagram	 Twitter	17+	18+
 TikTok	 Kik		
 YouNow	 Yubo		
 House Party	 Monkey	 Sarahah	 MeetMe
		 YOLO	 LiveMe



Week 1

Weeks Starting: 04.11.24 / 25.11.24 / 16.12.24
20.01.25 / 10.02.25 / 10.03.25 / 31.04.25



Available Daily:
Bread, Salad,
Fresh Fruit
müller Yoghurt &
Drinking
Water

Monday

Option 1

Chicken Curry **G/M**
with Rice & Homemade
flatbread **G/So** &
Seasonal Vegetables



Option 2

Ve Five Bean Chili with
Rice & a Homemade
flatbread **G/So**
& Seasonal Vegetables

Option 3

Pasta Pot, Filled Jacket Potato or a Sandwich meal – Please speak with your school for their selection

Dessert

Cooks choice of cookie **G**

Tuesday

V Margarita Pizza **G/M**
Served with Pasta **G**
& Seasonal Vegetables

Ve Vegetable Tagine
served with Pasta **G**
& Seasonal Vegetables

Wednesday

Roast of the Day with
Yorkshire Pudding **E/G/M**
Creamed Potatoes **M**,
Seasonal Vegetables & Gravy



Ve Veggie Sausage **G**
served with a
Yorkshire Pudding **E/G/M**,
Creamed Potatoes **M**,
Seasonal Vegetables & Gravy



Thursday

Beef Burger **G** in a Bun
G with Potato Wedges
& Baked Beans

Ve Vegan Burger **G/So**
in a bun **G** with
Homemade Potato Wedges
& Seasonal Vegetables



Friday

Fish Fingers **F/G**
with Chips, Carrots
& Sweetcorn



V Cheese & Tomato
Pinwheel **E/G/M**
with Chips, Carrots
& Sweetcorn

Fruit Crumble **G**
with Custard **M**



Theme Days

Christmas
Dinner
(December)

Christmas
Panto
(December)

If Music Be The
Food of Love...
(14th February)



Allergen Key

Celery	C	Lupin	L	Peanuts	P
Cereals	G	Milk	M	Sesame Seeds	Se
Crustaceans	Cr	Molluscs	Mo	Soya	So
Eggs	E	Mustard	Mu	Sulphur Dioxide	Su

Week 2

Weeks Starting: 11.11.24 / 02.12.24
06.01.25 / 27.01.25 / 24.02.24 / 17.03.25



Bread, Salad,
Fresh Fruit
müller Yoghurt &
Drinking
Water

Monday

Option 1

Pasta **G** Bolognese with
French Stick **G** &
Seasonal Vegetables

Option 2

Ve Dippers **G** with
Homemade Sauce, Pasta **G**
& Seasonal Vegetables

Quorn PRO

Option 3

Pasta Pot, Filled Jacket Potato or a Sandwich meal – Please speak with your school for their selection

Dessert

Shortbread **G**

Tuesday

Big Breakfast **G/Su**
with a Hash Brown,
Baked Beans & Tomatoes

Ve Veggie
Breakfast **G** with a
Hash Brown, Baked
Beans & Tomatoes

Quorn PRO

Wednesday

Roast of the Day with
Stuffing **G**,
Creamed Potatoes **M**,
Seasonal Vegetables & Gravy

V Veggie Cottage Pie **M/So**
with Seasonal
Vegetables & Gravy

Thursday

V Cheese & Tomato
Pizza **G/M** with Pasta **G**
& Seasonal Vegetables

Ve Veggie Balls **G**
in a homemade tomato
sauce with Pasta **G**
& Seasonal Vegetables

Quorn PRO

Friday

Fish Stars **F/G**
with Chips, Peas
& Carrots

Harry Ramsden's JUNIOR

Ve Veggie Fingers **G**
with Chips, Peas
& Carrots

BirdsEye

Theme Days

**National School
Meals Week**
(11th – 15th November)

**Christmas
Dinner**
(December)

**Christmas
Panto**
(December)



Allergen Key

Celery	C	Lupin	L	Peanuts	P
Cereals	G	Milk	M	Sesame Seeds	Se
Crustaceans	Cr	Molluscs	Mo	Soya	So
Eggs	E	Mustard	Mu	Sulphur Dioxide	Su
Fish	F	Nuts	N		



Week 3

Weeks Starting: 18.11.24 / 09.12.24
13.01.25 / 03.02.25 / 03.03.25 / 24.03.25



Bread, Salad,
Fresh Fruit
müller Yoghurt &
Drinking
Water

Monday

Option 1

Chicken Pasta Bake **G/M**
with Seasonal Vegetables
& French Stick **G**

Option 2

V Vegetable Pasta Bake **G/M**
with Seasonal Vegetables
& French Stick **G**

Option 3

Pasta Pot, Filled Jacket Potato or a Sandwich meal – Please speak with your school for their selection

Dessert

Cooks choice of Cookie **G**

Tuesday

V Southern Style
Burger in a bun **E/G/M**
with Potato Wedges
& Baked Beans



V Jacket Potato with
Cheese **M** or Baked Beans
& Seasonal Vegetables

Flapjack **G**

Wednesday

Sausages **G/Su** &
Mashed Potatoes **M**,
Seasonal Vegetables & Gravy

V Broccoli & Cauliflower
Cheesy Bake **G/M/Mu**
with Seasonal Vegetables

Sprinkle Cake **E/G**

Thursday

Cottage Pie **M**
& Seasonal Vegetables

Ve Vegan Sausage Roll **G**
with Creamed Potatoes **M**,
Seasonal Vegetables & Gravy

Beetroot Brownie **E/G**
with Fruit



Friday

Fish Fingers **F/G**
with Chips,
Peas & Sweetcorn



V Macaroni Cheese **G/M/Mu**
with Peas & Sweetcorn

Sticky Toffee Apple
Sponge **E/G** with Custard **M**



Theme Days

Christmas
Dinner
(December)

Christmas
Panto
(December)

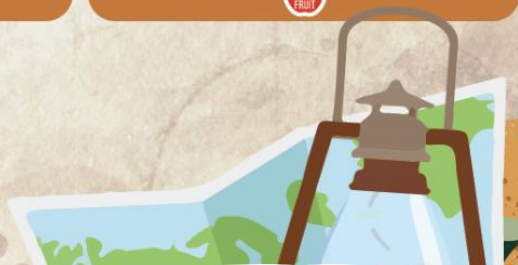
Around the
World In
80 days
(16th January)

World
Book Day
(6th March)



Allergen Key

Celery	C	Lupin	L	Peanuts	P
Cereals	G	Milk	M	Sesame Seeds	Se
Crustaceans	Cr	Molluscs	Mo	Soya	So
Eggs	E	Mustard	Mu	Sulphur Dioxide	Su
Fish	F	Nuts	N		



Uniform Policy

No jewellery should be worn other than a watch and stud earrings.

There should be no nail varnish or make-up.

Long hair should be tied back in a plain headband or bobble.

All children need to bring a coat to school when the weather is cold for play times.

Please make sure that all clothes are labelled.

Winter Uniform (after October half-term holiday until Easter holidays)

White shirt/blouse with a school tie

Nursery children - white polo shirt without a school tie

Mid-grey trousers/skirt/pinafore dress

School jumper/cardigan

With trousers – dark, plain socks

With skirt/dress – grey tights or socks

Plain black shoes/plain black, flat, ankle boots

PE Uniform

Plain or school branded white t shirt

Plain black shorts or joggers/plain black PE leggings/plain black tracksuit trousers

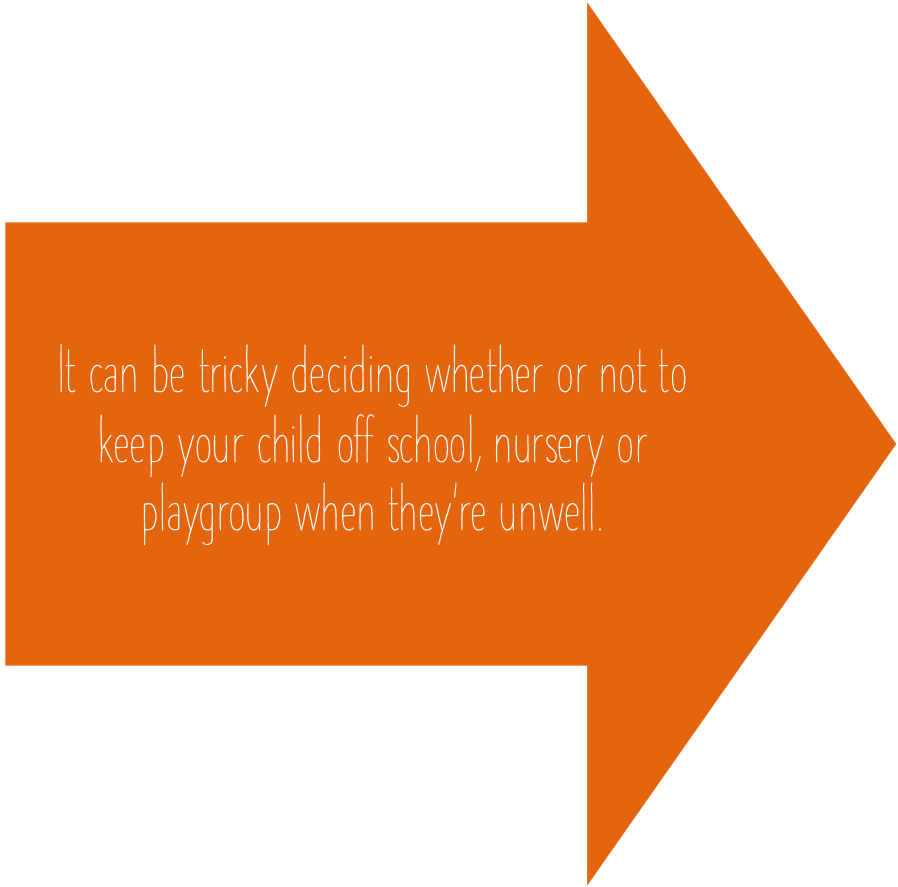
Dark coloured trainers or black plimsols

School jumper/cardigan/hoodie



*All children need a
pair of Wellies for
OPAL please
(named)*

Is my child too ill for school?



It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.



There are government guidelines for schools and nurseries about health protection and managing specific infectious diseases at GOV.UK. These say when children should be kept off school and when they shouldn't.

High temperature

If your child has a [high temperature](#), keep them off school until it goes away.

Feeling anxious or worried

It's normal for children to feel a little anxious sometimes. They may get a tummy ache or headache, or have problems eating or sleeping.

Avoiding school can make a child's anxiety about going to school worse. It's good to talk about any worries they may have such as bullying, friendship problems, school work or sensory problems. You can also work with the school to find ways to help them.

If your child is still struggling and it's affecting their everyday life, it might be good to talk to your GP or school nurse.

[Find information and advice about how to help children with anxiety](#)

Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a high temperature, keep them off school until it goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

Chickenpox

If your child has [chickenpox](#), keep them off school until all the spots have crusted over.

This is usually about 5 days after the spots first appeared.

Cold sores

There's no need to keep your child off school if they have a [cold sore](#).

Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

Conjunctivitis

You don't need to keep your child away from school if they have [conjunctivitis](#), unless they are feeling very unwell.

Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

Ear infection

If your child has an [ear infection](#) and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

Hand, foot and mouth disease

If your child has [hand, foot and mouth disease](#) but seems well enough to go to school, there's no need to keep them off.

Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Head lice and nits

There's no need to keep your child off school if they have head lice.

You can treat [head lice and nits](#) without seeing a GP.

Impetigo

If your child has [impetigo](#), they'll need treatment from a pharmacist or GP, often with antibiotics.

Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

Measles

If your child has [measles](#), they'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily.

Keep your child off school for at least 4 days from when the rash first appears.

They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

Ringworm

If your child has [ringworm](#), see your pharmacist unless it's on their scalp, in which case you should see a GP.

It's fine for your child to go to school once they have started treatment.

Scarlet fever

If your child has [scarlet fever](#), they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks.

Your child can go back to school 24 hours after starting antibiotics.

Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have [slapped cheek syndrome](#) because, once the rash appears, they're no longer infectious.

But let the school or teacher know if you think your child has slapped cheek syndrome.

Sore throat

You can still send your child to school if they have a [sore throat](#). But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of [tonsillitis](#).

Threadworms

You don't need to keep your child off school if they have [threadworms](#).

Speak to your pharmacist, who can recommend a treatment.

Vomiting and diarrhoea

Children with [diarrhoea or vomiting](#) should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

Reminders



Please could I remind you that we are a healthy school



If your child brings a snack for break time it must be a healthy snack please (fruit, cereal bar/rice cakes, etc – not crisps or chocolate)



Water in drinks bottles please (unless you have had a conversation with myself for alternative arrangements)



*All children must
be in school by
8:45am please*



Punctuality reminder

If your child arrives after the doors to school have closed (children in after the Daily Mile) they will need to be signed-in on the electronic system in the main entrance to school by an adult please.

This is to ensure the ultimate safety of our pupils as class registers will have closed by this point.

Homework

Parents who take a supportive role in their children's learning, make a difference in improving achievement and behaviour.

Please support and encourage your child to complete the weekly tasks/activities.

If you have any questions/need guidance or support, please just ask.

Homework will be given out on Friday and must be handed in by the following Tuesday please.



Social Media

Keep up-to-date with celebrations of the amazing things that are happening at Saint Joseph's via Facebook & Twitter



Contact Us

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Visit us on the web at <https://www.stjosephsmatlock.srscmat.co.uk>



Inspire each other – Grow together!