



# Mrs Carr's Newsletter

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21<sup>st</sup> April 2025



# Our mission

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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

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Be ready



Be respectful



Be safe

# Safeguarding concerns















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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](mailto: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

# Absence requests



A reminder that due to statutory attendance regulations, Headteachers are unable to authorise holidays or other absence during term, unless there are exceptional circumstances. Any requests for term time absence should be made by completing an 'Absence Request Form' which is available from the school office. Absence Request Forms should be handed in at least 2 weeks before the first date of the requested absence, whenever possible. You must have received written authorisation before your child can be absent from school. If the absence is not authorised, schools are required to submit unauthorised absence information to the Local Authority, which may result in a fixed penalty notice.



Term dates for academic years up to 2029–30 are available on the Derbyshire County Council website to enable parents to plan ahead for holidays and INSET days are published on our website.

# Medical Appointments

Any non-urgent dental/doctor appointments should be made for after school or during school holidays wherever possible to avoid disruption to your child's valuable learning time.

If you do have to take your child out of class for an appointment, please inform the office prior to the appointment, including whether your child will miss having a school dinner.

Please collect them from the school office and sign them out on the electronic system.







# Week 1

## Spring & Summer Menu

Weeks Starting: 21.04.25 / 12.05.25 / 09.06.25  
30.06.25 / 21.07.25 / 15.09.25 / 06.10.25

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

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event	"Meal designed by pupils at Staveley Junior School" Crispy Beef Tacos with Sunshine Rice	V Creamy Tomato Lasagne G/M/Mu/So with Garlic Bread G & Side Salad	Roast of the Day with Stuffing G, Mashed Potatoes M, Seasonal Veg. & Gravy	Big Breakfast Sausage G/So/Su, Bacon, Hash Browns, Baked Beans & Tomatoes	Fish Fingers F/G with Chips, Carrots & Sweetcorn Young's
Alternative Choice	Ve Quorn Dippers G in a Homemade Sauce with Sunshine Rice Quorn PRO Tilda	V Margarita Pizza G/M with Herby Potatoes & Side Salad	V Cauliflower & Leek Cheese Bake G/M with Mashed Potatoes M & Seasonal Veg.	Big Breakfast Ve Veggie Sausage G with a Hash Browns, Baked Beans & Tomatoes Quorn PRO	V Summer Quiche E/G/M with Chips & Side Salad
Daily Choice	Pasta Pot, Filled Jacket Potato or a Sandwich meal – Please speak with your school for their selection				
Dessert	Chewy Cherry Cookie E/G NEW	Ice Cream M with Fruit 50% Fat	Flapjack G with Fruit 50% Fat	Jaffa Choc Pot M NEW	Strawberry Marbled Muffin E/G/M müller

Theme Days

**Fake Away Day**

(15th May)

**Let's Go Back In Time**

(17th September)



### 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 2 Spring & Summer Menu

Weeks Starting: 28.04.25 / 19.05.25 / 16.06.25  
07.07.25 / 01.09.25 / 22.09.25 / 13.10.25

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

## Monday

The  
Main  
Event

Golden Pastry Topped Pie  
**E/G/M**  
with New Potatoes,  
Seasonal Veg. & Gravy

Alternative  
Choice

**Ve** Vegan Sausage Roll **G**  
with New Potatoes,  
Seasonal Veg. & Gravy

Daily Choice

Dessert

Oaty Cookie **Su/G**

## Tuesday

**V** Cheese & Tomato Pizza  
**G/M**  
with Potato Wedges  
& Side Salad

**Ve** Tasty Kater Veg  
Bolognese **So**  
with Pasta **G**  
& Side Salad

Chocolate Pear Slice **E/G**



## Wednesday

Pork Sausages **G/So/Su** with  
Mashed Potatoes **M**,  
Seasonal Veg,  
Yorkshire Pudding **E/G/M**  
& Gravy

**Ve** Vegan Sausages **G**  
with Mashed Potatoes **M**,  
Yorkshire Pudding **E/G/M**  
& Gravy



Sprinkle Cake **E/G**

## Thursday

BBQ Chicken Fajita Wrap **G**  
with Sweetcorn Salsa,  
Oven Baked Potatoes &  
Seasonal Veg.



**V** Veggie Balls **G**  
in a Curry Sauce **M**  
with Rice

Strawberry Whip **M**



## Friday

Fish Stars **F/G**  
with Chips, Baked Beans  
& Peas



**V** Macaroni cheese  
**G/M/Mu**  
with Seasonal Veg.

Scrumble **G** with Fruit  
& Ice Cream **M**



Theme Days

Seaside  
Special

(18th July)

Space Day

(2nd October)



### 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 Spring & Summer Menu

Weeks Starting: 05.05.25 / 02.06.25 / 23.06.25  
14.07.25 / 08.09.25 / 29.09.25 / 20.10.25

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

## Monday

### The Main Event

Cheese & Bean Enchilada  
**G/M**  
with Mexican Rice & Salad

*Tilda*

### Alternative Choice

**V** Jacket Potato with filling  
& Side Salad

### Daily Choice

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

### Dessert

Chocolate Orange Cookie **G**

## Tuesday

Beef Burger **G** in a Bun **G**  
with Oven Baked Potatoes,  
Salad & Rainbow Slaw **E/Mu**

**Ve** Vegan Burger **G/So**  
in a Bun **G**  
with Oven Baked Potatoes,  
Salad & Rainbow Slaw **E/Mu**

*Linda*  
McCARTNEY

## Wednesday

Roast of the Day  
with Stuffing **G**,  
Mashed Potatoes **M**,  
Seasonal Veg. & Gravy

**Ve** Quorn Fillet **G**  
with Stuffing **G**,  
Mashed Potatoes **M**,  
Seasonal Veg. & Gravy

*Quorn* PRO

## Thursday

Chicken Curry **M**  
served with Rice &  
Homemade Flatbread **G/So**

*Tilda*

**Ve** Chinese Vegetable  
Chow Mein **E/G/So** &  
Homemade Flatbread **G/So**

**NEW**

## Friday

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

*Young's*

**V** Cheese Panini Melt **G/M**  
with Chips &  
Side Salad

**NEW**

Theme Days

**Get Ready  
For The Euros**

(26th June)

**Seaside  
Special**

(18th July)

**Space Day**

(2nd October)



### 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

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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.

# Summer Uniform (optional changes from after Easter holidays until October half-term holiday)

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White polo shirt (without a tie) can  
be worn in place of a shirt/blouse  
(if a shirt/ blouse is worn - a tie  
must also be worn)



*Nursery children - white polo shirt  
without a school tie*



Charcoal grey shorts



Red/white checked gingham  
dresses can be worn in place of a  
skirt/pinafore dress with white  
socks



Plain black shoes/plain black  
sandals

# PE Uniform

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Plain or school branded white t shirt

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

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Dark coloured trainers or black plimsols

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School jumper/cardigan/hoodie



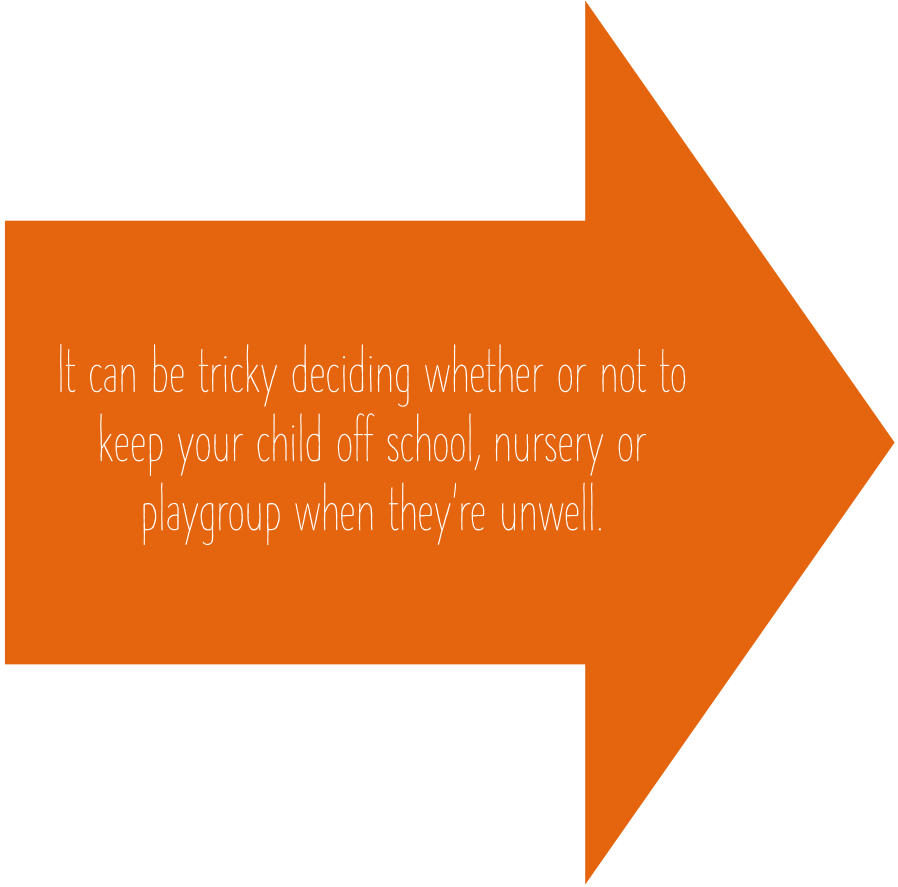


*All children need a  
pair of Wellies for  
OPAL please  
(named)*


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# Is my child too ill for school?

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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

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Please could I remind you that we are a healthy school

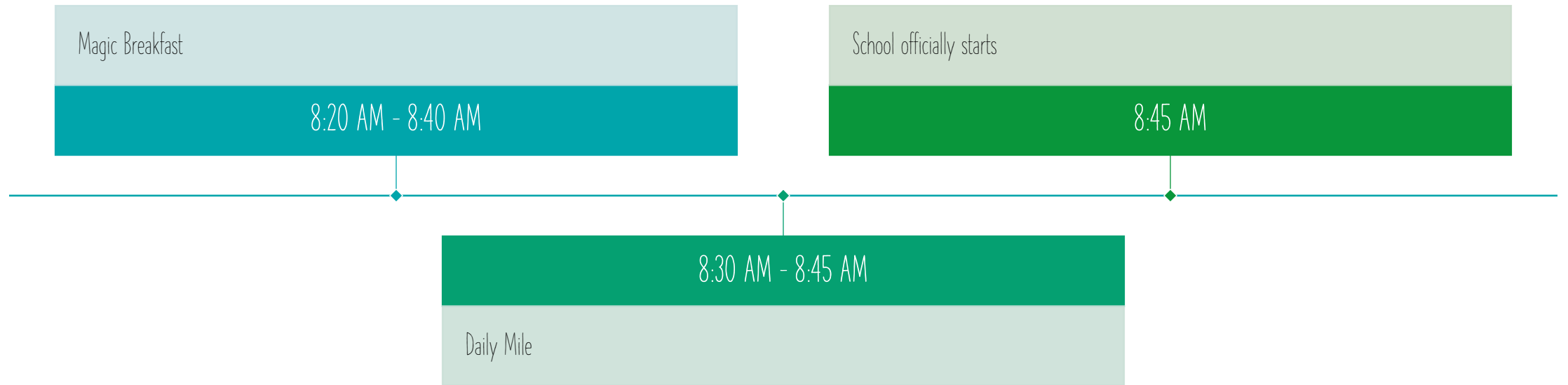


If your child brings a snack for break time it must be a healthy snack please (fruit, cereal bar/rice cakes, etc – not crisps or chocolate)



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

# Morning routine







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

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# How Does School Attendance Affect a Child's Learning?

365 Days in a Year  
190 School Days  
175 Non School Days

0 Days  
Absence

190  
Days  
in  
School



100%  
Attendance

Best chance of success

10 Days  
Absence

180  
Days  
in  
School



95%  
Attendance

19 Days  
Absence

171  
Days  
in  
School

90%  
Attendance

Less chance of success

29 Days  
Absence

161  
Days  
in  
School

85%  
Attendance

38 Days  
Absence

152  
Days  
in  
School

80%  
Attendance

Serious impact on  
education and  
reduced life chances

47 Days  
Absence

143  
Days  
in  
School

75%  
Attendance

Over half  
a term  
missed!

Having 90% Over 5 school  
years, is half a school  
year's work missed.

A 2 week holiday in term  
time, means that the  
highest attendance a child  
can achieve is 94.7%







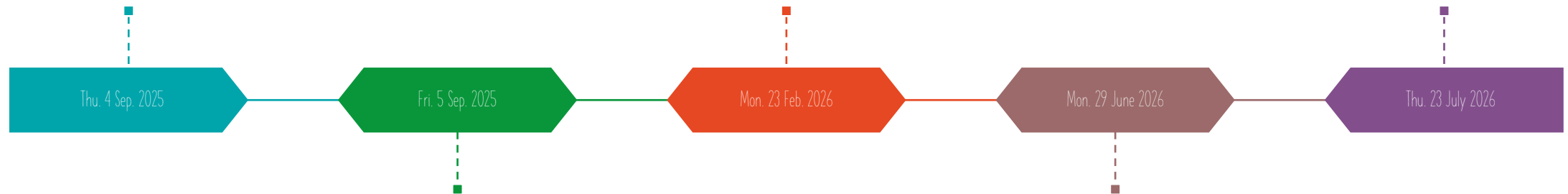
## Punctuality reminder

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.

# INSET Days next academic year (2025/26)

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# Homework

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

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

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

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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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Saint Joseph's CVA

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Matlock

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



*Inspire each other – Grow together!*