



Dartmoor
MULTI ACADEMY TRUST



Nurture, Inspire, Achieve

A small school, learning together in the local community

5th March 2021

Dear parents/ carers,

We are very much looking forward to welcoming all pupils back on Monday 8th! This will be so crucial for their wellbeing, social interaction and education. The safety of staff, pupils and our whole school community is of huge importance as we move into this next stage of the Spring term. Our existing protective measures will be added to with lateral flow testing so that we can concentrate on safeguarding, wellbeing and teaching and learning in the safest possible environment. Please see the following link for a full risk assessment and details of our school's safety measures:

https://www.lydford-primary.co.uk/uploads/6/1/4/4/61443371/lydford_covid-19_risk_assessment_primary_full_return_v1.6.pdf

For the remaining 4 weeks of the spring term, we will not be running after school provision but this will be resuming after the Easter break. Details to follow for booking soon. At Lydford, we are able to provide Breakfast Club again from 8th March so **please ensure that you are booking your child(ren)'s sessions using School Gateway.**

Forest School

The benefits of Forest School are far-reaching. It will be so wonderful to see all children back again to enjoy our amazing outside space once again. We really are blessed with a beautiful outdoor space where pupils' positive mental health and wellbeing are fostered through hands on learning experiences in our natural environment. For the rest of the spring term, Mrs Waddington will run Class 2 forest school on a Thursday and Class 1 on a Friday afternoon. Please can all children come in with their forest school kit ready for outdoor sessions. Thank you for your support.

School Lunches

We will continue with the Autumn/Winter menu starting with week one. A copy of the menu is attached for your convenience. Please book via School Gateway.

If your circumstances have changed your child may be entitled to free school meals (FSM). You can find out more information on free school meals and how to apply here:

<https://www.devon.gov.uk/educationandfamilies/school-information/school-meals>

Reminder

Please remember to send your children to school with PE kits and water bottles on Monday and return any resources that have been issued for use at home during lockdown.

GALLERY





Dates for your diary:

March 8th All children return to school

April 1st Last day of Spring term

April 2nd Start of Easter Holidays (Good Friday)

April 19th Start of Summer term

May 2nd Bank holiday

31st May to 4th June Summer Half term

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Organic Beef Burger in Wholemeal Bap with Tomato Ketchup	Salmon and Sweet Chili Noodles	Roast Beef & Gravy	Pasta Bolognese	Mini Battered Fish Fillet
Option 2	Sweet Potato and Lentil Curry with Rice	Macaroni Cheese	Tomato Tumble	Cheese Wheel and Pasta	Vegetable Fingers
Served with	Wedges, Baked Beans or Sweetcorn	Crusty Bread, Carrots and Peas	Roast or Mashed Potato, Green Beans and Carrots	Roasted Vegetables	Chips, Pasta, Peas or Baked Beans
and for Pudding	Fruity Flap Jack	Devonshire Apple Cake and Custard	Fresh Fruit Platter	Sticky Chocolate Cake with Chocolate Sauce	Shortbread Biscuit
Jacket Potato	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
Available Each Day	Fresh Bread & Salad with a main meal. Fresh Fruit & Yoghurts are available as alternative puddings.				
Week starting:	02/11/20 23/11/20 14/12/20 18/01/21 08/02/21 08/03/21 29/03/21				

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Organic Pork Meatballs in Tomato Sauce	Cheese & Tomato Pizza	Roast Chicken & Stuffing with Gravy	Breakfast Brunch	Fish Fingers
Option 2	Cauliflower and Broccoli Cheesy Bake	Veggie Chili and Rice	Veggie Roast and Gravy	Veggie Burger and Wedges	Quorn Nuggets
Served with	Farmhouse Veg and Wholemeal Pasta	Wedges, Beans or Sweetcorn	Roast or Mashed Potato, Cabbage and Carrots	Baked Beans, Grilled Tomatoes and Mushrooms	Chips, Pasta, Peas or Baked Beans
and for Pudding	Apple and Cherry Crumble with Custard	Fresh Fruit Platter	Organic Pip Ice Lolly	Vanilla Cup Cake	Chocolate & Date Cookie
Jacket Potato	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
Available Each Day	Fresh Bread & Salad with a main meal. Fresh Fruit & Yoghurts are available as alternative puddings.				
Week starting:	09/11/20 30/11/20 04/01/21 25/01/21 22/02/21 15/03/21				

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	West Country Sausage with Gravy or Tomato Ketchup	Lasagne	Roast Pork, Apple Sauce and Gravy	Hunters Chicken and Rice	Mini Battered Fish Fillet
Option 2	Vegetable Lasagne	Veggie Sausage Roll and Wholemeal Pasta	Lentil Loaf and Gravy	Cheesy Pizza Mullin and Wedges	Quorn Sticky Sausages
Served with	Mashed Potato, Baked Beans or Sweetcorn	Peas and Green Beans	Roast or Mashed Potato, Cauliflower and Carrots	Broccoli and Sweetcorn	Chips, Pasta, Peas or Baked Beans
and for Pudding	Chocolate Cracknel	Carrot Cake	Fruit Jelly and Langage Farm Ice Cream	Fresh Fruit Platter	Oat Cookie
Jacket Potato	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
Available Each Day	Fresh Bread & Salad with a main meal. Fresh Fruit & Yoghurts are available as alternative puddings.				
Week starting:	16/11/20 07/12/20 11/01/21 01/02/21 01/03/21 22/03/21				



ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture & smell of your food

15 Stop, breathe and just notice. Repeat regularly during the day

22 Walk a different route today and see what you notice

29 Notice what is working today and be thankful that this is so

TUESDAY

2 Notice five things that are beautiful in the world outside

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune in to your feelings, without judging or trying to change

30 Mentally scan down your body and notice what it is feeling

WEDNESDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot 3 things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Notice the joy to be found in the simple things of life

THURSDAY

4 Notice how you speak to yourself. Try to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 If you find yourself rushing, make an effort to slow down

25 Focus your attention on the good things you take for granted

FRIDAY

5 Take three calm breaths at regular intervals during your day

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Notice when you're tired and take a break as soon as possible

SATURDAY

6 Bring to mind people you care about and send love to them

13 Pause to just watch the sky or clouds for a few minutes today

20 Celebrate the International Day of Happiness dayofhappiness.net

27 Have a device-free day and enjoy the space it offers

SUNDAY

7 Have a 'no plans' day and notice how that feels

14 Find ways to enjoy any chores or tasks that need doing

21 Listen to a piece of music without doing anything else

28 Appreciate nature around you, wherever you are

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

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