



Mrs J's Kitchen

Fish Fingers

Chips and Beans
Poppy Seed Bread

Chewy Oat and Seed Bars
and Cheese
Fresh Fruit

Beef Lasagne

Mixed Salad
Garlic Bread

Vanilla Sponge
Fresh fruit

Roast Chicken, Stuffing & Gravy

Medley of vegetables
Roast Potatoes
Pitta Bread

Jam Sponge & Custard
Fresh Fruit

Meatballs in Creamy Tomato Sauce with Red Rice

Sweetcorn & Courgette
and Carrot Ribbon Salad
Cheese Corn Bread

Forest Fruit Flapjack
Fresh fruit

Baked Fish

Vegetable Sticks and Peas
Diced Potatoes
Apricot Seed Bread

Fruit Fool & Shortbread
Finger
Fresh Fruit

School meals cost £2.10 per day for each child. They are freshly cooked each day in our kitchen by Mrs. Johnson. Meals must be taken as a full week. With the exception of promotional meals (such as Christmas Dinner) we do not have the capacity to offer 'one off meals' For ordering purposes the school office requires one week's notice to change to/from school meals. **This is still the case even if your child has a free school meal in KS1.**



Y5 Science Morning.

On Thursday morning, Mr Willoughby (from South Craven) taught year 5 all about the heart.

Firstly, we all took our own pulse to find out our heart rate, then we all made our heart rate increase and checked it again.

After, he introduced year 5 to the four sections of the heart: right atrium, left atrium, right ventricle and the left ventricle. Using a giant diagram of the heart, we learnt about how blood moves around the heart by actually being the blood cells in our body.

Also we were shown a real heart of a sheep - it was really interesting! We even observed Mr Willoughby making incisions so that we could examine the heart more closely.

To finish the session, we made models of a heart out of cubes, which we had to make from nets. This part was difficult but everybody used their growth mind-set to overcome this. We had lots of fun learning about the heart. Written by Jacob and Brooke, Y5

Time is moving on...

We break up for half term holiday today. When we come back we are into the final half term of this academic year! This is traditionally our transition season. It all begins with a **New Starters Evening for Parents on Thursday 8 June at 6pm**. Parents will be introduced to the Early Years Curriculum well and find out a typical day in YR looks like before having a look around the YR classroom. The YR staff will then begin their home and preschool visits before the new YR class start their series of afternoon visits into school. It's all very exciting!

At the other end of school our Y6 are beginning their transition to KS3. With visits planned to their new schools our staff will be equipping them with the confidence to leave our school for their next steps in life. Time is put aside in the curriculum to cover a PSHCE transition programme. We also have their end of term assemblies to look forward to as well as a joint production with Y5 of 'Wind in The Willows' to be performed at the Fells Theatre at South Craven School. Whatever stage of school your child is in we look forward to welcoming them back into school after half term—let's hope the weather stays beautiful!

Martin House
hospice care for children
and young people

Gavin—you're a champion!

This morning, all of Sutton CP excitedly gathered at the park, lining the path to cheer on Gavin Phillis, who is taking part in a cycle challenge to raise money for Martin House. We



got to wear non uniform for the day and gave him a massive cheer to help him along the way. When he completes his challenge he will have cycled about 80 miles in total and visited 16 schools. It is a fabulous achievement for an amazing charity!

Written by Lewis and Jacob Y5



Bring a toothbrush to school! (Yes Really)

We know this a strange request but could you arrange for your child to bring a toothbrush to school on Thursday 8 June? We promise that the toothbrushes will have an exciting adventure in school for the day and will be (fingers crossed) returned to you safely in time for bedtime!



Social Media

Important message about children's safe use and parental responsibility

We have an increasing number of parents raising concerns about children's inappropriate use of mobile phones and other forms of social media messaging and usage. With half term holiday now upon us we wanted to bring the following to your attention.

When used correctly social media has many benefits. When used incorrectly social media can cause upset and anxiety for adults and for children. Research says that children can be affected in many ways - they feel unhappy, vulnerable, left out, bullied, can't sleep and lose confidence.

This is clearly something that we all want to protect our children from. Incorrect or inappropriate use is very often texting on mobile phones to individuals through group chats. We talk often about this in school but it remains the responsibility of ALL parents to manage and monitor their child's usage of mobile phones and wider internet usage. Many sites have age restrictions; e.g. Facebook, you tube, Instagram, snap chat, musical.ly - this is to prohibit and ultimately safeguard primary school children from having their own authorised use.

Often peer pressure persuades children that they must have a mobile phone "because everyone else has" OR to join a social network group. This pressure can equally persuade parents to buy children a mobile phone for their child or children. OR to overlook age restrictions on sites. As parents it is entirely appropriate to say "no". If your child does have a phone (or i pad or tablet or lap top) some simple but important safeguarding messages are:

- ◆ Set guidelines for when your child has use of their phone or device and what they can use it for
- ◆ check usage and messages for appropriateness
- ◆ restrict access to certain sites
- ◆ age restrictions on sites are there to protect and safeguard children, check and if in doubt say no!
- ◆ keep phones downstairs and not in bedrooms
- ◆ remove the privilege of a phone or device if it is used inappropriately
- ◆ Remind children that digital media leaves a digital footprint; this means that messages and images are stored and are traceable. Think what you say and post
- ◆ Use sensibly and safely - look after each other and yourself

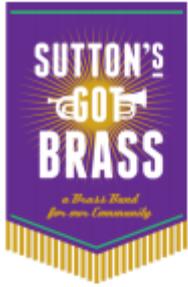


Sutton CP News...



www.wherelernersgrow.co.uk follow us on [twitter @ SuttonCPSchool](#)

26 May 17



SUTTON'S GOT BRASS

...is **your** local brass band - and we need more players - of any age and any ability - even if you have never played a brass instrument before.

We will teach you how to play and lend you a brass instrument of your choice for as long as you play with us.

We meet at 7.00pm every Wednesday at:

Sutton CP School
Bridge Road
Sutton-in-Craven

We have members of all kinds from 8 years old upwards and you will be sure of a friendly welcome.

Our Membership costs are less than £1 a week and includes the tuition and the musical instrument!

You may have seen us at local events - join us and you will never have had so much fun sitting down.

For more information contact:

Kevin Allack on
01535 605316



07958 011316

Or at

suttonsgotbrass@gmail.com



Rocket Launch Your Child's Musical Future at Launch Pad

We welcome absolute beginners (on any instrument)

Saturday mornings 11:00am at Ermysted's Grammar School, Skipton
www.skipton-music-centre.org.uk

For more information contact Pip Jopling
Skipton Music Centre Manager
pip-jopling@northyorkes.gov.uk
01609 534 795

part of Skipton Music Centre



ARTS COUNCIL ENGLAND



North Yorkshire County Council



Crosshills & District Fellowship of Churches present

Praise in the Park

Sunday 9th July, 3.00pm

in Sutton Park

Featuring: Your favourite hymns*
Sutton's Got Brass Chris Waddington
Local Schools' Choir & Friends Band



*Vote for your favourite hymn at:
local churches, Crosshills Library, Sutton Convenience Store,
or online at: <https://www.surveymonkey.co.uk/r/HS8JF66>.