

# Information Newsletter

6<sup>th</sup> February 2026

## School Meals

Please find information regarding School Meals, Free School meals, Dietary requirements and Derbyshire Catering Service on our school website page. click link to find out more.

[newbolsover.derbyshire.sch.uk/parents/school-dinner-menu](http://newbolsover.derbyshire.sch.uk/parents/school-dinner-menu)



## Contact Details

Please can you update school on any changes to your contact details: Email addresses, Phone Numbers and Home Addresses.



## Headlice

Several cases of head lice have been reported. Please check your child's hair regularly to ensure no live lice are present. We depend on the support of all parents to overcome this problem.

Welcome to this week's Information Newsletter

If your child is off school, please can you call the school office  
**01246 823240.**

## Dates for Diary

Date	Event
<b>Friday 13<sup>th</sup> February</b>	<b>Inset Day</b>
<b>Monday 16<sup>th</sup> February- Friday 20<sup>th</sup> February</b>	<b>Half Term</b>
<b>Monday 9<sup>th</sup> March- Wednesday 11<sup>th</sup> March</b>	<b>Y5 PGL Residential</b>
<b>Monday 30<sup>th</sup> March- Friday 10<sup>th</sup> April</b>	<b>Easter Holidays</b>
<b>May</b>	<b>KS1 Tests</b>
<b>Monday 4<sup>th</sup> May</b>	<b>Bank Holiday</b>
<b>Monday 11<sup>th</sup> May- Thursday 14<sup>th</sup> May</b>	<b>KS2 SATs</b>
<b>Monday 1<sup>st</sup> June- Friday 12<sup>th</sup> June</b>	<b>Multiplication Tests</b>

## Wellbeing Session - Sleep and Rest



Join us for another Wellbeing session led by Nicole Woodcock (Hummingbird Hypnotherapy) A supportive and compassionate practitioner focused on parent/carer wellbeing.

### What the Session Covers

- Why sleep and rest matter for emotional and physical wellbeing
- Practical techniques to improve sleep quality
- Ways to calm the mind and body at the end of the day
- Small, manageable changes to boost your nightly routine
- A soothing guided relaxation led by Nicole (optional: bring a cosy blanket)

#### Workshop Details

- **Date:** Wednesday 25th February 2026
- **Time:** 12:30 pm – 2:00 pm
- **Location:** Online via Team

For more information and to book please visit  
<https://derbyshireparentforums.co.uk/>

## February Half Term Kids Activity Pack

Packed full of family friendly fun activities and challenges for everyone!



Trans Pennine Trail

[www.transpenninetrail.org.uk](http://www.transpenninetrail.org.uk)

### Trans Pennine Trail

Trans Pennine Trail are excited to share their brand-new **Kids' February Half Term Activity Pack**, filled with fun nature-themed activities, crafts, recipes and puzzles for families to enjoy during the holiday. It's a great way to inspire children to get creative, explore the outdoors, and learn more about the outdoors and the Trans Pennine Trail.

## Autumn & Winter Menu

Bolsover Junior School

### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
03.11.25 The Main Event	Beef Bolognese with Pasta & Seasonal Vegetables	Crispy Chicken or Quorn Burger in a Bun with Potato Wedges & Seasonal Vegetables	Pork Toad in the Hole with Mashed Potatoes, Seasonal Vegetables & Gravy	Sweet & Sour Quorn Diner with Mixed Rice & Seasonal Vegetables
24.11.25 Alternative Choice	Margherita Pizza & Seasonal Vegetables	Pasta with a Creamy Tomato Sauce & Seasonal Vegetables	Vegetarian Toad in the Hole with Mashed Potatoes, Seasonal Vegetables & Gravy	Golden Crumbed Fish Fingers with Chips, Baked Beans & Peas
15.12.25 19.01.26 09.02.26 09.03.26 Daily Choice	Pasta Pot, Filled Jacket Potato or a Sandwich meal. Please speak with your school for their selection.	Vegetarian Toad in the Hole with Mashed Potatoes, Seasonal Vegetables & Gravy	Vegetarian Mince Layered Tortilla Stack with Mixed Rice	Vegetable Fingers with Chips, Baked Beans & Peas
Dessert	Gingerbread Cookie	Chocolate Orange Muffin	Cornflake Bar	Lemon Sponge Tart & Custard
				Autumn Fruit Crumble with Custard

### Menu Change

On Tuesday 10<sup>th</sup> February 2026, the dessert will be a Tiramisu style dessert instead of the chocolate orange muffin.