



# MALET LAMBERT

## WEEKLY NEWSLETTER

Friday 20<sup>th</sup> October

Issue 141



## WHOLE SCHOOL INFORMATION

### Flu Vaccinations

Please see links below to information on Flu Vaccinations which will be held at the school on 23<sup>rd</sup> and 24<sup>th</sup> November.

🔗 [Information Leaflet and Link to Consent](#)

🔗 [Full Information Leaflet](#)

### Staff Training Day

As a reminder, the school is closed on Friday 27<sup>th</sup> October 2023 due to a staff training day. We look forward to welcoming pupils back after half term on Monday 6<sup>th</sup> November and hope everyone has a lovely break.



## SAFEGUARDING CORNER

### Sleep Matters

This week we are revisiting the idea that quality sleep in the right quantity really does matter.

As parents, we all know that secondary aged children in particular "quite like" their sleep. We also know that for some children this can be problematic for all kinds of reasons. This week, we simply want to promote a discussion around the importance of quality sleep on keeping pupils safe and healthy. As adults, we know that just a small amount of poor-quality sleep can lead to poor and/or unsafe decision making. In the longer term it can lead to underlying issues around physical and mental health. Below is a great link from the NHS around "sleep hygiene". Whilst it is unlikely to tell you anything you will not already know it does work well to remind and to bring all the "obvious points" into one short document.

Try this quick question yourself as a starter for ten and then **click the link below to reveal the answer** which is at the top of the article.

What is the recommended amount of sleep within a 24 hour period for a 13 to 18 year?

A) 6 to 8    B) 8 to 9    C) 9 to 12.    D) 8 to 10

🔗 <https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/>

## USEFUL INFORMATION & LINKS

Access the Malet Lambert website:

 [maletlambert.co.uk](https://maletlambert.co.uk)

General enquiries email:

 [enquiries@maletlambert.hull.sch.uk](mailto:enquiries@maletlambert.hull.sch.uk)

Report a pupil absence or appointment:

 [attendance@maletlambert.hull.sch.uk](mailto:attendance@maletlambert.hull.sch.uk)

Purchase school items, including planners:

 [shop.maletlambert.co.uk](https://shop.maletlambert.co.uk)

Follow us on Facebook:

 [facebook.com/maletlambertofficial](https://facebook.com/maletlambertofficial)

Follow us on Twitter:

 [twitter.com/maletlambert](https://twitter.com/maletlambert)

Form Tutor email addresses:

 [Form Tutors](#)

House Team email addresses:

 [Contacts](#)

Important letters & copies of the newsletter:

 [Important Letters/Newsletters](#)

School Year with Key Dates, 2023-2024:

 [Term Dates 2023-2024](#)

School Year with Key Dates, 2024-2025:

 [Term Dates 2024-2025](#)

Pastoral and Well-being Support (PAWS):

 [P.A.W.S for Thought](#)

PE After School Clubs

 [PE Clubs Term 1](#)

- ▶ If you cannot access the ParentApp, please contact reception
- ▶ If you need a copy of your ParentPay activation code, please contact reception
- ▶ If you need a hard copy of any of the items in this newsletter, please contact reception
- ▶ To inform us that your child will be absent from school, please text: 📱 **07860 055658** (you may wish to save this number into your phone as *Malet Lambert Absence*).  
Alternatively:
  - call the Attendance Office, ☎ **374211** (option 1)
  - or
  - email ✉ [attendance@maletlambert.hull.sch.uk](mailto:attendance@maletlambert.hull.sch.uk)
- ▶ The school can be emailed via: [enquiries@maletlambert.hull.sch.uk](mailto:enquiries@maletlambert.hull.sch.uk)
- ▶ If you change your email address or any contact details, please let us know as soon as possible by emailing [enquiries@maletlambert.hull.sch.uk](mailto:enquiries@maletlambert.hull.sch.uk)

## THINGS TO REMEMBER

### COLLECTING PUPILS FROM SCHOOL

If you are collecting your child from school, for whatever reason, you must bring ID, if someone else is collecting your child on your behalf, they must also bring ID and must be an emergency contact on our SIMS record.

### MALET LAMBERT SHOP

If you wish to purchase a pupil planner or revision guides please remember these are available via the [Malet Lambert Shop](#) and not your individual ParentPay account.

### FIZZY AND ENERGY DRINKS

Please be reminded that pupils are not permitted to bring Energy and fizzy drinks into school, this now also includes the new PRIME drink. Any pupils found with any types of these drinks will have them confiscated and disposed of.

### LUNCHTIME

You must ensure that your children have money in their ParentPay accounts to pay for their lunch each day.



# DATES FOR YOUR DIARY

Date	Item
Friday 27 <sup>th</sup> October 23	Staff Training Day – <b>SCHOOL CLOSED TO PUPILS</b>
Friday 27 <sup>th</sup> Oct – Fri 3 <sup>rd</sup> Nov 2023	Half term
Monday 6 <sup>th</sup> November 23	Pupils return to school after half term
Thursday 9 <sup>th</sup> November 23	Year 10 Band A Progress Evening
Wednesday 15 <sup>th</sup> November 23	Year 10 Band B Progress Evening
Thursday 23 <sup>rd</sup> November 23	Flu Vaccinations (Full details to be confirmed)
Friday 24 <sup>th</sup> November 23	Flu Vaccination (Full details to be confirmed)
Tuesday 28 <sup>th</sup> November 23	Ski Trip Information Evening
Thursday 30 <sup>th</sup> November 23	Year 9 Options Evening
Thursday 7 <sup>th</sup> December 23	Achievement Evening
Thursday 14 <sup>th</sup> December 23	Christmas Concert
Thursday 14 <sup>th</sup> December 23	Christmas Lunch
Friday 22 December 23	End of Term
Monday 25 <sup>th</sup> Dec 23 – Fri 5 <sup>th</sup> Jan 24	Christmas Holidays
Monday 8 January 24	Staff Training Day
Tuesday 9 <sup>th</sup> January 24	Pupils return after Christmas Break
Thursday 11 <sup>th</sup> January 24	Year 9 Band A/B Progress Evening
Wednesday 17 <sup>th</sup> January 24	Year 9 Band C/D Progress Evening
Thursday 1 <sup>st</sup> February 24	Year 11 Band A Progress Evening
Wednesday 7 <sup>th</sup> February 24	Year 11 Band B Progress Evening
Friday 9 <sup>th</sup> Feb 24 – Sat 17 <sup>th</sup> Feb 24	Ski Trip
Mon 12 <sup>th</sup> Feb 24 – Fri 16 <sup>th</sup> Feb 24	Spring Half Term
Monday 19 <sup>th</sup> Feb 23	Pupils return to school
Wednesday 28 <sup>th</sup> February 2024	Year 9 & Year 11 Sociology Groups Prison Me No Way (NRI)
Thursday 7 <sup>th</sup> March 24	Year 7 Band A/B Progress Evening
Wednesday 13 <sup>th</sup> March 24	Year 7 Band C/D Progress Evening
Thursday 21 March 2024	End of Term
Friday 22 March 2024	Staff training
Monday 25 <sup>th</sup> March – Friday 5 <sup>th</sup> April 24	Easter Holidays
Monday 8 April 2024	Pupils return to school after half term
Thursday 18 <sup>th</sup> April 24	Year 8 Band A/B Progress Evening
Wednesday 24 <sup>th</sup> April 24	Year 8 Band C/D Progress Evening
Monday 6 May 2024	May Day Bank Holiday
Monday 13 <sup>th</sup> May – Friday 17 <sup>th</sup> May 24	Year 10 Work Experience Week
Monday 27 May – Friday 31 May 2024	Summer Half Term
Monday 3 <sup>rd</sup> June 24	Pupil return to school
Thursday 20 <sup>th</sup> June 24	Sports Day Trials
Thursday 27 <sup>th</sup> June 24	Year 11 Prom
Thursday 4 <sup>th</sup> July 24	Sports Day
Thursday 11 <sup>th</sup> July 24	Transition Event
Friday 19 <sup>th</sup> July 24	Last Day of Term