



## Newsletter 06.02.2026



**Manston St James CE Primary Academy**

**Twitter:** [@msjprimary](https://twitter.com/msjprimary)

**Email:** [info@manstonstjames.co.uk](mailto:info@manstonstjames.co.uk)

**Website:** [www.manstonstjames.co.uk](http://www.manstonstjames.co.uk)



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*Another great half term at MSJ!*

*We have once again enjoyed sporting success, particularly in athletics, where we reached the final and hope to retain our trophy. We have also seen a huge uptake in the number of children attending our after-school clubs. A huge thank you to our staff for giving their time and enthusiasm to make these opportunities possible.*

*Our Year 5 pupils visited the Royal Armouries this week and were a real credit to our school. I am immensely proud of both our children and our staff.*

*The start of the spring term has been fantastic. Attendance rose significantly towards the end of last week and we hope this improvement continues. Our internal data shows that children with an attendance of 95% or above are significantly more likely to achieve age-related expectations.*

*Half term is fast approaching and all the staff and I hope you all enjoy a well-deserved break together. We would love to hear about how you spend your time, whether that's relaxing at home, getting outdoors, or enjoying special days out with family and friends.*

**Mr Biedka**



**"It's the small acts of parents, teachers, and friends — each one full of care — that light up our school and enrich our children's lives."**

**PTFA now has their own place on our school website. Please [PTFA](#) visit for any updates, upcoming events, or to connect.**

There are lots of ways to support the PTFA — and every little bit makes a big difference! You don't need to commit to every meeting or event; just getting involved when you can really helps.

**PTFA Facebook & Instagram Group**

<https://www.facebook.com/groups/199267443474410/>

PTFA Announcement

Manston St James P.T.F.A

# silent disco



Tickets £3.50/  
£3.00 for  
additional siblings  
tickets

RECEPTION 2:15-3PM  
KS1 3:15-4:15PM  
KS2 4:30-5:30PM

WEDNESDAY 11<sup>TH</sup> FEB 26



*MANSTON ST JAMES P.T.F.A*

We raised

**£283.22**



So we are doing it a bit different this year we are issuing physical tickets to attend the disco which will be given the week of the disco to bring home please keep these safe if they don't have these when they come to the disco they won't be allowed in

We will be selling tickets for the disco in the playground after school today **Friday 6th Feb Cash preferred but we will have a card machine.**

If your child goes to wraparound, childminder etc and want to go to the disco send the money in a envelope with BOTH name and class to the office so we can issue there ticket if both name and class aren't on we can't accept it and there ticket won't be issued. thanks.

Manston St James PTFA

Registered Charity No. 1146675

## Safeguarding

### Health and Safety

If you have any concerns or observations regarding **Health and Safety** please contact: **Mr Biedka**

### Child Protection

If you have any concerns or questions regarding **Child Protection** issues please contact: **Mrs Crabtree or Mrs Cliffe.**

### Absence Reporting

If you need to **report your child's absence**, please contact : **0113 8592081**

### Other

If you need further support regarding Mental Health, Domestic Violence or support accessing a Foodbank please see links on our Safeguarding page on our website.

## Who Can Collect My Child?

We appreciate that sometimes plans change. If someone who is not on your child's '**Who Can Collect**' list comes to collect your child, we will not release him/her unless you have specifically informed us in advance by emailing the school office at [info@manstonstjames.co.uk](mailto:info@manstonstjames.co.uk)

Please speak to your child's teacher if you are unsure of who is currently authorised to collect your child from school, and if you need to update this list, please complete a new **Who Can Collect Form** by following this link:

## Does your child play Games Online?



### **We have identified several risks that you should be aware of:**

**Talking to people online** Some games let players talk to each other using messages or chat. Sometimes people may use unkind or inappropriate language. Many games allow you to turn chat off or limit what can be said, so it's important to choose the right settings for your child. If your child is playing with people they don't know, there can be risks. Even if a game is set to "friends only," it's important to check that these friends are people your child knows in real life. Make sure your child knows how to block and report players if something makes them feel uncomfortable.

**Online bullying** When playing games, some children may say or do things online that they wouldn't do in person. This can include being unkind, leaving others out, or ganging up on someone. Encourage your child to be kind and respectful to others and to tell you if anyone is upsetting them while they play.

**Buying things in games** Some games allow players to buy extra items or subscriptions. To avoid surprise purchases, make sure payment details are not saved and that passwords or approvals are needed before anything can be bought.

### **What can I do to help?**

- Set up parental controls on the game and on the device your child is using.
- Check age ratings to make sure the game is right for your child's age.
- Talk to your child regularly about staying safe online and remind them they can always come to you or another trusted adult if something worries them.

Further information CEOP provides further guidance and support regarding this topic:

## We are a 'Nut Free' School



We currently have staff and pupils who have allergies, which require an epi-pen for treatment. People who suffer from nut allergies can develop a severe, potentially life threatening allergic reaction.

**So please can we ask that you have no nut products in lunch boxes or sent into the school as treats. This includes 'Nutella' and other unbranded chocolate spreads which usually include nuts or nut derivatives.**

## Healthy Lunchboxes



### What to include in your child's lunchbox

A healthier lunchbox should:

- be based on [starchy carbohydrates](#) (bread, potatoes, rice, pasta)
- include fresh fruit and vegetables/salad
- include a source of protein such as [beans and pulses](#), eggs, fish, meat, cheese (or dairy alternative)
- include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly

- include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added-sugar drinks

The [Eatwell Guide](#) shows you how to have a healthy balanced diet and can help you decide what to put in your child's lunchbox. Find healthy lunchbox ideas at [Change4Life](#).

### **Lunchbox tips**

- Keep them fuller for longer - base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.
- Mix your slices - if your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.
- DIY lunches - raps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.
- Less spread - cut down on the spread used and try to avoid using mayonnaise in sandwiches.
- Cut back on fat - pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.
- Ever green - always add salad to sandwiches – it all counts towards your child's 5 A DAY
- Always add veg - cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.
- Cut down on crisps - if your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.
- Add bite-size fruit - try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.
- Tinned fruit counts - a small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.
- Go low fat and lower sugar - go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.
- Get them involved - get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.

- Variety is the spice of lunchboxes! Be adventurous and get creative to mix up what goes in their lunchbox.

Read more at <https://www.nhs.uk/change4life-beta/recipes/healthier-lunchboxes#ZfH6v8YgO6XJADLg.99>

## Diary Dates

### February

- Mon 9th - Friday 15th - Children Mental Health Week - Importance of Belonging
- Tuesday 10th - Safer Internet Day
- Wed 11th - RE Coverage - sacred places, festivals and pilgrimage
- Wed 11th - PTFA Silent Disco
  - **Reception** - 2:15pm - 3:00pm
  - **KS1 (Y1 & Y2)** - 3:15pm - 4:15pm
  - **KS2 (Y3-Y6)** - 4:30pm - 5:30pm
- Friday 13th - Young Voices Concert - Manchester Arena
- Friday 13th - Last day of the Term

**School is closed - February half term Monday 16th - Friday 20th February 2026 and re-opens on Monday 23rd February 2026**

- Mon 23rd - Oracy Day
- Wed 25th - Pancake Pandemonium and after school events!

### March

- Mon 2nd - 9:00am - Worship in Church (**Parents Invited**)
- Wed 4th - 9:00am - 9:30am - Year 2 Learning Festival
- Thurs 5th - World Book Day
- Thurs 12th - PTFA 'Handpicked for Mum' and Mothers day gift wrapping - Reception and KS1
- Mon 16th - 9:00am - Worship in Church (**Parents Invited**)
- Wed 18th - 9:00am-10:00am - Oracy Open Morning (**Parents Invited**)
- Friday 20th - Red Nose Day

- Mon 23rd - Year 5 - Yorkshire Wildlife Park Trip
- Mon 23rd - Parent Drop ins **(Y1- Y6 ONLY)** 3:30pm-4:30pm
- Mon 23rd & Thurs 26th - Parents evening **(Reception ONLY)**
- Wed 25th - Year 1 - Abbey House Museum Trip

## **April**

- Wed 1st - Geography Day Yorkshire
- Thurs 2nd - 2:00pm - Service in Church
- Thurs 2nd - PTFA Break the rules day
- Thurs 2nd - Last day in School

**School is closed - Friday 3rd April for Bank Holiday and from Monday 6th April - Friday 17th April for Easter Break**

**School will re-opens on Monday 20th April 2026**

### **Manston St James C of E Primary Academy**

Sandbed Lane

Cross Gates

Leeds

LS15 8JH

**Tel:** 0113 859 2073

**Email:** [info@manstonstjames.co.uk](mailto:info@manstonstjames.co.uk)

### **Merlin's Wraparound Care Club**

**Tel:** 0113 8592074

**Email :** [msj-merlin@manstonstjames.co.uk](mailto:msj-merlin@manstonstjames.co.uk)

### **Headteacher**

Mr A Biedka

### **Deputy Headteacher**

Mrs E Caygill-Boothroyd

**Assistant Headteacher**

Mrs A Crabtree

**Assistant Headteacher/DSL**

Mrs C Cliffe

**SENCO**

Mrs L Bennett

Visit us on the web at [www.manstonstjames.co.uk](http://www.manstonstjames.co.uk)

*Thank you for reading our Newsletter*