



MALET LAMBERT

MALET LAMBERT WEEKLY NEWSLETTER – Friday 28th April 2023 – Issue 124

Whole School Information

Lunch Menu

Lunch menu for week commencing 01/05/2023 is Week 3;

https://www.maletlambert.co.uk/uploads/school_document/file/417/Lunch_Menu_Week_3.pdf

Year 10

Work Experience

Count-Down – 1 Week Remaining (Tuesday 09.05.23 – Friday 12.05.23)

All forms received have now been sent to Education 2 Work for them to complete their checks on the placements.

Once the placements have been approved we will prepare the Work Experience Packs and pupils will be notified via their Tutor when they can collect them from the Admin Office.

Year 11

Calculator Reminder

All Year 11 pupils will need to bring their calculator with them on May 2nd.

Safeguarding Corner

Sleep Matters

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

To access the Malet Lambert website:	maletlambert.co.uk
General enquiries email:	enquiries@maletlambert.hull.sch.uk
To report a pupil absence or appointment:	attendance@maletlambert.hull.sch.uk
To purchase school items, Inc. revision guides:	shop.maletlambert.co.uk
To follow us on Facebook:	facebook.com/maletlambertofficial
To follow us on Twitter:	twitter.com/maletlambert
Tutor email addresses:	maletlambert/form-tutors
House Teams email addresses:	maletlambert.co.uk/House Teams
To view important letters and copies of the newsletter:	Important Letters/Newsletters
School Year with Key Dates, 2022-2023:	School Year with Key Dates, 2022-2023
School Year with Key Dates, 2023-2024:	School Year with Key Dates, 2023-2024
Pastoral and Well-being Support (PAWS):	P.A.W.S for thought
After School PE Clubs	After School PE Clubs

- 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
- The school can be emailed via: 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

Things to Remember

Medication: If you bring in any medication during the school day, please ensure you put it in a clearly labelled container detailing your child's name, DOB and how the medication should be taken, please also ensure that it is in its original packaging. Malet Lambert will only accept medicines that have been prescribed by a doctor, dentist, nurse prescriber or pharmacist prescriber.

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 (link above) and not your individual ParentPay account. If you purchase a planner this will be passed to your child's form tutor to hand to them. Revision guide receipts are also passed to teachers for them to hand to the pupil so they can collect the guides from the relevant department/s.

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.

COVID-19 Results: Please remember to inform the school of any LFT's and results of PCR tests as soon as you receive them.

Dates for Your Diary

Date	Item	FAO
Monday 1 st May 2023	School Closed – Bank Holiday	Whole School
Wednesday 3 rd May 2023	Year 8 Progress Evening	Year 8 Parents/Carers
Thursday 11 th May	Year 8 Progress Evening	Year 8 Parents/Carers
Monday 8 th May 2023	Bank Holiday – Kings Charles’ Coronation	Whole School
Tuesday 9 th – Friday 12 th May 2023	Work Experience Week	Year 10
Monday 15 th May 2023	Exam Week 1 Commences	Year 11
Monday 22 nd May 2023	Exam Week 2 Commences	Year 11
Friday 26 th May 2023	Last Day of Term	Whole School
Monday 5 th June 2023	School Re-Opens	Whole School
Monday 5 th June 2023	Exam Week 3 Commences	Year 11
Monday 12 th June 2023	Exam Week 4 Commences	Year 11
Thursday 22 nd June 2023	Pre Sports Day Trials	Whole School
Thursday 22 nd June 2023	London History Trip	Year 9
Friday 23 rd June 2023	London History Trip	Year 9
Thursday 29 th June 2023	Year 11 Prom	Year 11
Thursday 29 th June 2023	London History Trip	Year 10
Friday 30 th June 2023	London History Trip	Year 10
Tuesday 4 th July 2023	School Production	Year 11
Wednesday 5 th July 2023	School Production	Year 11
Thursday 6 th July 2023	Sports Day	Years 7-10
Monday 10 th July 2023	Transition Week Commences	Year 6
Thursday 13 th July 2023	Year 6 Transition Evening	Year 6
Friday 21 st July 2023	Last Day of Term	Whole School