



# Back to school

A quick guide to services for families living in Sunderland

# Welcome to your back to school guide

Inside you will find all kinds of useful information on things like school meals, family activities, holiday discounts and where to find advice on family benefits and childcare.

You'll find a brief description of each service along with the details of where you can find out more, either by telephone, email or online. Having all the information in one place will make the return to school that little bit easier. Keep this guide handy for when you need it.

For more information on the facilities and services run by Sunderland City Council go to [www.sunderland.gov.uk](http://www.sunderland.gov.uk) or call 0191 520 5555.

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# School calendar 2010/2011

September 2010						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2010						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2010						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2010						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2011						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2011						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2011						
S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2011						
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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2011						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			


June 2011						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		


July 2011						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						


August 2011						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			


 School holidays

 Bank holidays

 Friday 17 September 2010 - Secondary Schools applications packs are distributed

 Friday 19 November 2010 - Primary School application packs are distributed

 Sunday 31 October 2010 - closing date for Secondary School applications

 Saturday 15 January 2011 - closing date for Primary School applications



## **Extended Services (in and around schools)**

Schools provide a wide range of additional services and activities outside of normal school hours. Breakfast and after school clubs can help your children with their studies and give them a broader range of experiences and interests, while you can rest in the knowledge that they are safe and having fun.

Schools also open their doors to the community for sports activities and courses ranging from cheerleading and cake decorating, to First Aid and tea dances.

Ask at your child's school about the variety of services and activities taking place at schools in your local area.

Telephone: 0191 520 5505

Email: [fis@sunderland.gov.uk](mailto:fis@sunderland.gov.uk)

# Families Information Service

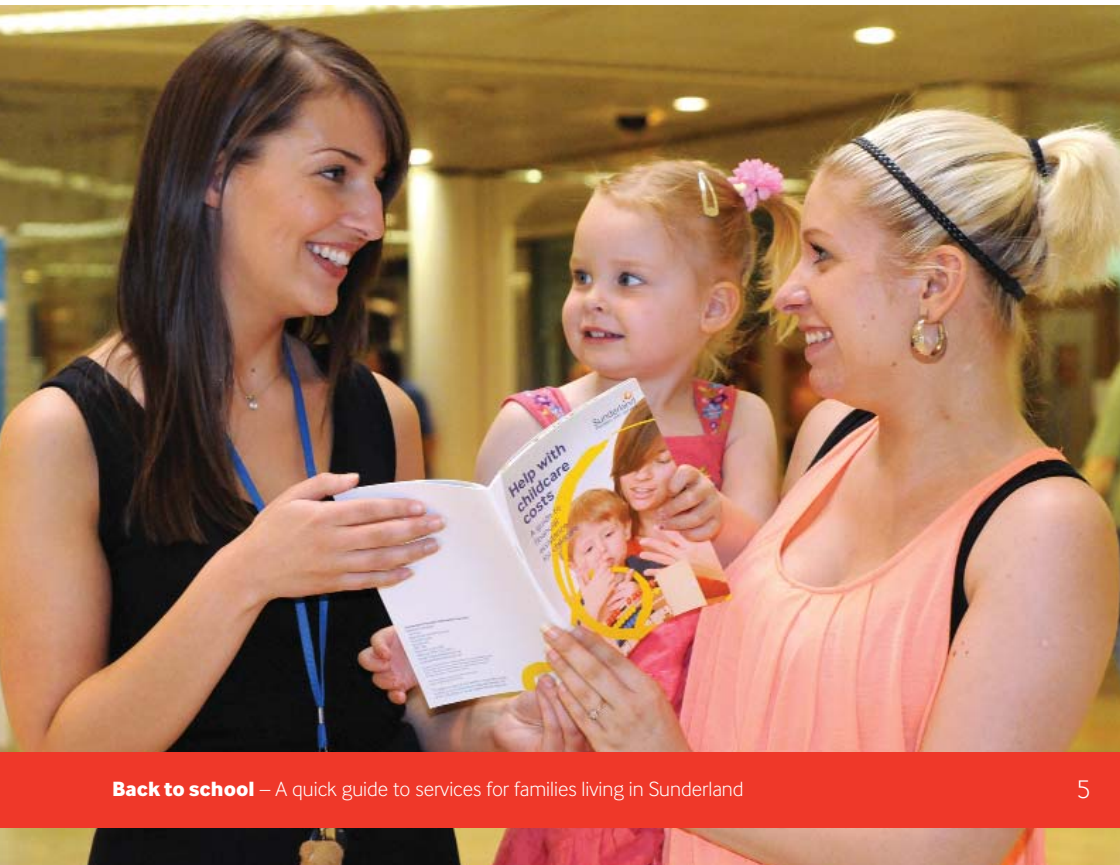
Whether you're a parent or grandparent the Families Information Service can provide advice on all aspects of family life. From school choice advice and information on family activities, to childcare options and working with children, telephone the team and they will be happy to help.

If you prefer to talk to someone face-to-face, why not call into your local Sunderland Children's Centre where a member of the Families Information Service team can answer your questions in person.

Telephone: 0191 520 5505

Email [fis@sunderland.gov.uk](mailto:fis@sunderland.gov.uk)

Website: [www.familiesinfoservice.com](http://www.familiesinfoservice.com)



## Holiday discount scheme

Sunderland City Council has teamed up with Hays Travel to reduce the cost of family holidays when taken outside of term time. Whether it's a holiday within the UK or abroad – as long as it's during your child's correct school breaks you can save 10% off the cost.

Visit [www.sunderland.gov.uk/schoolholidays](http://www.sunderland.gov.uk/schoolholidays) for more information or to print a discount voucher. Alternatively pick up a voucher at your child's school.

Terms and conditions apply.

## Leisure Centres

Sunderland Leisure Centres offer a wide range of sports and recreational activities for children and young people living in the city.

Children can learn to swim at pools throughout the city while having fun, keeping active and even meeting new friends. There are swimming courses to suit all capabilities, starting with Ducklings swim sessions for babies and moving through to accredited swimming and diving clubs for more confident swimmers.

As well as swimming, children and young people can try their hand at other fun sports like tennis, skiing, gymnastics, snowboarding, junior bowls and even dance mat sessions. Many leisure centres also host themed children's birthday parties. Ask a member of staff for details.

Telephone: 0191 561 6161

Email: [sports.leisure@sunderland.gov.uk](mailto:sports.leisure@sunderland.gov.uk)

Website: [www.sunderland.gov.uk/leisure](http://www.sunderland.gov.uk/leisure)





## Libraries

Throughout Sunderland there are 20 libraries and two mobile libraries that you can join, for free, at any age and no fines are charged for children under 14 years when books are returned late. There's something for all the family - you can borrow books and music, access computers and enjoy children's story time sessions.

Your children may also like to join their local reading group, get help with homework or pay the library a visit during school holidays when all kinds of additional activities, such as art and craft sessions, take place.

Telephone: 0191 561 1235

Email: [libraries@sunderland.gov.uk](mailto:libraries@sunderland.gov.uk)

Website: [www.sunderland.gov.uk/libraries](http://www.sunderland.gov.uk/libraries)

## Lifestyle, Activity and Food (LAF) Programme

Sunderland's LAF Programme encourages and supports children and families to adopt and maintain healthy lifestyle choices. It is available to children 5 to 16 years old and delivered in venues throughout the city.

If you think your family could benefit from the free fun and interactive sessions contact your GP, school nurse or health visitor and they will advise you whether the programme is right for your family.

For more information on the programme please call 0191 561 4682.



## Moving from primary to secondary school

Moving from primary to secondary school can be an exciting, yet challenging time for both you and your child. To understand more about the changes your child will go through when they move into secondary school, join one of the free transition groups for parents taking place across the city.

Parents meet once a week for eight weeks to talk about topics such as how communication between you and your child may change, managing your child's changing behaviour and how secondary school is different to primary school.

Telephone: 0191 561 5601

Email: [attendanceteam@sunderland.gov.uk](mailto:attendanceteam@sunderland.gov.uk)

# Parenting programmes

Babies, children and young people don't come with instruction booklets but short parenting programmes can help you to manage your child's behaviour and build positive family relationships.

Programmes include Family Nurturing which can help with 'time-out' and positive discipline, and Parent Factor – a short programme for parents/carers whose children have been diagnosed with Attention Deficit Hyperactive Disorder (ADHD).

Telephone: 0191 443 2908

Email: [FamilyParentingTeam@qsunderland.gov.uk](mailto:FamilyParentingTeam@qsunderland.gov.uk)

Website: [www.familiesinfoservice.com](http://www.familiesinfoservice.com)





## Play parks

Indoor and outdoor play parks are springing up all over the city. Children with a sense of adventure can enjoy free play with ropes, climbing nets, 3D mazes and the like, whatever the weather. Play not only boosts children's confidence and social skills, but also gets them fitter and healthier, while having fun.

Telephone: 0191 561 4590

Website: [www.sunderland.gov.uk/leisure](http://www.sunderland.gov.uk/leisure)

## Recycling at home

Sunderland City Council is introducing a new recycling system to make it easier for you and your family to recycle more of your waste, direct from your doorstep. Look out for your new blue recycling bin.

As well as using your new bin, you can reduce your family's waste by buying food with less packaging or creating tasty meals with your left-overs. You can also encourage your children to recycle their rubbish at school.

Telephone: 0191 520 5503

Email: [recycling@sunderland.gov.uk](mailto:recycling@sunderland.gov.uk)

Website: [www.sunderland.gov.uk/recycling](http://www.sunderland.gov.uk/recycling)



## School attendance

The Attendance Team 'Every Schoolday Counts' works with families and schools in Sunderland to improve attendance, so that every pupil has the opportunity to enjoy school and achieve as much as they can.

Spike, the familiar character mascot plays an important role in encouraging children to attend school more often.

If your child is reluctant to attend school, or if you need advice on bullying, holidays, transferring schools or taking part in performances during school time, the team can help.

Telephone: 0191 561 5601

Email: [attendanceteam@sunderland.gov.uk](mailto:attendanceteam@sunderland.gov.uk)

# School meals

Today's school lunches are nutritious and tasty, and meet the National Nutritional Standards for school food.

## Primary menu

Week Commencing - 06.09.10, 27.09.10, 18.10.10, 08.11.10, 29.11.10, 03.01.11, 24.01.11, 14.02.11, 07.03.11, 28.03.11, 02.05.11, 23.05.11, 13.06.11, 04.07.11

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Homemade sausage roll Vegetarian sweet & sour Garlic chicken wrap	Meat balls Cheese & pepper quiche Stir fry vegetable noodles	Chicken pie Vegetable bolognaise Soft roll sandwich selection	Roast beef & Yorkshire pudding Veggie chilli Tuna & ham deli	Fish fingers Vegetable hot pot Cheese savoury jacket
<b>Vegetables</b>	Baked beans Mixed vegetables	Swede Peas	Carrots Savoy cabbage	Roast parsnip Broccoli & cauliflower	Tomatoes Sweetcorn
<b>Carbohydrates</b>	Seasoned wedges noodles	Tagliatelle Baby new potatoes	Parsley potatoes Pasta	Cream potatoes Rice	Chips Sliced potatoes
<b>Desserts</b>	Apple & blackberry crumble & custard Fruit ice cream	Fruit cookie Melon & grape mix up	Chocolate surprise cake Fruit yoghurt	Pear & ginger sponge & custard 4 quarter fruit selection	Flapjack finger & warm cocoa drink Fruit salad
<b>Drinks</b>	Selection of milk/fruit juice/milk shake				

Week Commencing - 13.09.10, 04.10.10, 15.11.10, 06.12.10, 10.01.11, 21.02.11, 14.03.10, 04.04.11, 09.05.11, 20.06.11, 11.07.11

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Spaghetti bolognaise Savoury cheese flan Chicken fried rice	Assorted pizza Veggie curry Beaney jacket	Roast pork Vegetable enchiladas Rustic sandwich selection	Crunchy shepherd's pie Macaroni cheese Egg & ham deli	Fish cakes Mediterranean pasta Ham & coleslaw wrap
<b>Vegetables</b>	Broccoli Plum tomatoes	Baked beans Courgettes	Green beans Sweetcorn	Carrots Peas	Beetroot Mixed vegetables
<b>Carbohydrates</b>	Garlic bread Parsley potatoes	Jacket wedges Rice	Creamed potatoes Baby new potatoes	Herby garlic diced potatoes	Chips Tomato bread
<b>Desserts</b>	Lemon sponge & custard Apple & orange mix up	Chocolate crispie cake & kiwi/orange slice Fruit yoghurt	Banana muffin Fruit salad	Rice pudding & orange slice Grape & pear mix up	Oaty fruit crumble & custard Fruit mousse
<b>Drinks</b>	Selection of milk/fruit juice/milk shake				

Week Commencing - 20.09.10, 11.10.10, 01.11.10, 22.11.10, 13.12.10, 17.01.11, 07.02.11, 28.02.11, 21.03.11, 11.04.11, 16.05.11, 06.06.11, 27.06.11, 18.07.11

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Chicken or pork & pineapple curry Tomato soup Tuna Wrap	Mince pie Vegetable frittata Sandwich selection	Homemade beef burger Cheesy pasta bake Chicken risotto	Roast chicken Sweet potato & leek pattie Coleslaw jacket	Fish pie French bread pizza Cheese & chicken deli
<b>Vegetables</b>	Peas Tomatoes	Carrots Cauliflower	Baked beans Savoy cabbage	Green beans Roast parsnips	Broccoli Mixed vegetables
<b>Carbohydrates</b>	Rice Naan bread	Creamed potatoes Herby bread	Jacket wedges Sliced potatoes	Croquette potatoes Noodles	Chips Duchess potato
<b>Desserts</b>	Cherry pie & custard Fruit Ice cream	Apricot sponge & custard Fruit yoghurt	Marble shortcake biscuit Peach & pear slices	Carrot cake Fruit salad	Feather iced cake Grape & orange mix up
<b>Drinks</b>	Selection of milk/fruit juice/milk shake				

This menu is subject to seasonal adjustments. Also available daily: salad, bread basket selection and fresh drinking water



**PRICE FREEZE!**  
No increase since 2009, all meals still **£1.70**

## Nursery and infant menu

Week Commencing - 06.09.10, 27.09.10, 18.10.10, 08.11.10, 29.11.10, 03.01.11, 24.01.11, 14.02.11, 07.03.11, 28.03.11, 02.05.11, 23.05.11, 13.06.11, 04.07.11

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Homemade sausage roll	Meat balls	Chicken pie	Roast beef & Yorkshire pudding	Fish fingers
<b>Vegetables</b>	Baked beans Mixed vegetables	Swede Peas	Carrots Savoy cabbage	Roast parsnip Broccoli & cauliflower	Plum tomatoes Sweetcorn
<b>Carbohydrates</b>	Seasoned wedges	Tagliatelle	Parsley potatoes	Creamed potatoes	Chips
<b>Desserts</b>	Apple & blackberry crumble & custard	Fruit yoghurt	Chocolate surprise cake & custard	Pear & ginger sponge & custard	Fruit salad & milk

Week Commencing - 13.09.10, 04.10.10, 15.11.10, 06.12.10, 10.01.11, 21.02.11, 14.03.10, 04.04.11, 09.05.11, 20.06.11, 11.07.11

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Spaghetti bolognaise	Assorted pizza	Roast pork	Crunchy shepherd's pie	Fish cakes
<b>Vegetables</b>	Broccoli Plum tomatoes	Baked beans Courgettes	Green beans Sweetcorn	Carrots Peas	Beetroot Mixed vegetables
<b>Carbohydrates</b>	Tomato bread	Jacket wedges	Creamed potatoes Baby new potatoes	Herby garlic diced potatoes	Chips
<b>Desserts</b>	Fruit yoghurt	Chocolate crispie cake & milk	Banana muffin & milk	Rice pudding & orange slice	Fruit mousse

Week Commencing - 20.09.10, 11.10.10, 01.11.10, 22.11.10, 13.12.10, 17.01.11, 07.02.11, 28.02.11, 21.03.11, 11.04.11, 16.05.11, 06.06.11, 27.06.11, 18.07.11

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Chicken or pork & pineapple curry	Mince pie	Homemade beefburger	Roast chicken	Fish pie
<b>Vegetables</b>	Peas Tomatoes	Carrots Cauliflower	Baked beans Savoy cabbage	Green beans Roast parsnips	Broccoli Mixed vegetables
<b>Carbohydrates</b>	Rice/naan bread Chips	Creamed potatoes	Jacket wedges	Croquette potatoes	Roast potatoes
<b>Desserts</b>	Fruit ice cream & milk	Apricot sponge & custard	Marble shortcake biscuit & milk	Fruit yoghurt	Feather iced cake & custard

This menu is subject to seasonal adjustments. Also available daily: salad, bread basket selection and fresh drinking water

Find out if you qualify for free school meals:

Telephone: 0191 520 5505

Email: [school.meals@sunderland.gov.uk](mailto:school.meals@sunderland.gov.uk)

Website: [www.sunderland.gov.uk/schoolmeals](http://www.sunderland.gov.uk/schoolmeals)



## Sunderland Children's Centres

Sunderland Children's Centres are exciting places for parents-to-be, children 0 to 5 years and their mams, dads, carers, grandparents and childminders.

Children can make friends and learn as they play, while adults can find out about topics such as breastfeeding and other family matters, or even register on a course and get help to find work. What's more, all play activities, courses and family support services are free.

Telephone: 0191 520 5505

Email: [childrenscentres@sunderland.gov.uk](mailto:childrenscentres@sunderland.gov.uk)

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

Facebook: [www.facebook.com/sunderlandchildrenscentres](http://www.facebook.com/sunderlandchildrenscentres)

# Travel information

By using public transport to and from school you will help the environment, and also have the opportunity to spend some quality time with your children.

Your journey can be made easier by planning ahead. For current bus and rail timetables visit the following websites or telephone Traveline on 0871 200 22 33.

Tyne and Wear Metro – [www.nexus.org.uk/metro](http://www.nexus.org.uk/metro)

Simply go buses – [www.simplygo.com](http://www.simplygo.com)

Stagecoach buses – [www.stagecoachbus.com/sunderland](http://www.stagecoachbus.com/sunderland)

## Keeping children and young people safe is everybody's business...

Sunderland City Council is committed to safeguarding and promoting the welfare of children and young people. Staff and volunteers share this commitment, and consider the safety of all children to be paramount and central to their work.

If you have concerns about a child's safety or well-being please telephone the Initial Response Team on 0191 566 1500 or speak to your child's headteacher.

This information can be made available in large print, Braille, audio and other languages. Please contact Communications on 0191 561 5627 or email [marketing@sunderland.gov.uk](mailto:marketing@sunderland.gov.uk) for help.

All information correct at time of going to press.

Published September 2010.



# Free Microsoft IT training for everyone



If you live or work in or around Sunderland, the **smile** programme can provide you with free online training to help you improve your IT skills.

Registration is simple, visit [www.sunderland.gov.uk/smile](http://www.sunderland.gov.uk/smile) or call 0191 520 5518 to find your nearest **smile** venue.

## smile

Sunderland Microsoft IT Learning  
and Employment Programme

Registration must be completed by the end of November 2010

Don't miss your chance to get into IT!



**Microsoft**

**BRITAIN WORKS**



A community IT project  
brought to you by

**Sunderland  
City Council**

