



# 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 delivered 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 2011/2012

September 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	

October 2011						
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23	24	25	26	27	28	29
30	31					

November 2011						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30			

December 2011						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2012						
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 2012						
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			

March 2012						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
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18	19	20	21	22	23	24
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April 2012						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May 2012						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		


June 2012						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July 2012						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				


August 2012						
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 16 September 2011 – Secondary School application packs are distributed

 Friday 18 November 2011 – Primary School application packs are distributed

 Monday 31 October 2011 - closing date for Secondary School applications

 Sunday 15 January 2012 - closing date for Primary School applications



**If you love where you live, then join our campaign now. We want to inspire everyone to take action and reduce litter in the spaces we live and places we visit, to make them even lovelier.**

The campaign is about everyone taking responsibility to change the way people think and act about littering. We all love something about where we live and this campaign is about everyone working together to make change happen. However you get stuck in, by getting behind us you'll have joined the thousands of people who want to look after the place we all call home.

To get involved with Love Where You Live or find out more about the campaign visit our Facebook page or follow us on Twitter.

**Email: [lovewhereyoulive@keepbritaintidy.org](mailto:lovewhereyoulive@keepbritaintidy.org)**

**Facebook: [facebook.com/lovewhereyoulive](https://facebook.com/lovewhereyoulive)**

## Extended Services (in and around schools)

Some 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.

Some 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@qsunderland.gov.uk](mailto:fis@qsunderland.gov.uk)





## Families Information Service

Whether you're a parent or grandparent the Families Information Service can provide information on all aspects of family life. From family activities and events, childcare options, health, education and other services for families. Telephone the team and they will be happy to help, or if you prefer ring to make an appointment.

You can also view the information on the Families Services Directory. It's simple to use – search by subject, area of the city or click a date on the calendar to find out what's on. Visit [www.familiesinfoservice.com](http://www.familiesinfoservice.com)

Telephone: 0191 520 5505

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

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

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

# Find everything for families in one tidy place...

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

The Sunderland Families Information Service Directory is great place to start looking for all kinds of useful family information.

Simply visit the website and search for childcare, activities, events and services by postcode, date or even by category, for example 'toddlers' or 'teenagers'.

**Telephone: 0191 520 5505**

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

**Visit today and see  
how simple and useful  
it really is.**

  
**Sunderland**  
Families info service

## 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.



**Save**  
**10%**  
off your next holiday...

...when you travel during the correct school term breaks.

Sunderland City Council

Hays Travel  
PROTECTING YOUR HOLIDAY



## 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. Call into your local leisure centre for Learn to swim enrolment dates.

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

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 visit the library 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 15 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.



# Parenting programmes

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

Programmes are available for parents with children aged from birth to 12 years. These include Family Nurturing which can help with 'time-out' and positive discipline and Triple P, helping parents to manage challenging behaviour. Programmes for parents with children 12 years plus include Teen Triple P, which helps parents to communicate with their teenager, resolve problems together and set consistent boundaries.

Telephone: 0191 520 5505

Email: [fis@sunderland.gov.uk](mailto:fis@sunderland.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, zip wires 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 520 5555

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

# Your blue bin fits all your recycling in...

**Paper, glass,  
cardboard, plastic  
bottles & tin —  
they all go in!**

 **recycle for Sunderland**



## Recycling at home

Taking care of our environment is really important and the more you recycle in your blue bin, the less waste goes to landfill.

Did you know that aerosols take up to 100 years to de-grade in landfill and glass never degrades?

As well as using your blue bin, you can reduce your family's waste by buying food with less packaging, re-using items such as jam jars and planning your shopping list to minimise food waste.

Always remember the three R's - Reduce, Re-use and Recycle for Sunderland.

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 520 5505

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, costing only £1.80 a day.

## Primary menu

Week commencing - <b>05.09.11, 26.09.11, 17.10.11, 31.10.11, 21.11.11, 12.12.11, 02.01.12, 23.01.12, 20.02.12, 12.03.12, 16.04.12, 07.05.12, 28.05.12, 11.06.12, 02.07.12</b>					
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Sausage & tomato sauce Vegetarian sausage & tomato sauce	Roast beef, yorkshire pudding & gravy Macaroni cheese	Chicken curry & rice Vegetable turnover	Savoury mince & dumplings Savoury cheese quiche	Breaded fish Cheese & tomato pizza
<b>Vegetables</b>	Peas Sweetcorn	Swede Broccoli	Green beans Carrots	Savoy cabbage Tomatoes	Baked beans Courgettes
<b>Carbohydrates</b>	Potato & root vegetable mash Noodles	Boiled potatoes Tomato bread	Naan bread Chips	Creamed potatoes Herby diced potatoes	Jacket potato Baby new potatoes
<b>Desserts</b>	Chocolate surprise cake & custard	Rice pudding & flapjack finger	Fruity jelly & ice cream	Fruity cornflake cookie & milk	Vanilla syrup cake & custard
<b>Drinks</b>	Also available daily fresh fruit or yogurt Selection of milk/fruit juice/water/milk shake				
Week commencing - <b>12.09.11, 03.10.11, 07.11.11, 28.11.11, 09.01.12, 30.01.12, 27.02.12, 19.03.12, 23.04.12, 14.05.12, 18.06.12, 09.07.12</b>					
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Lasagne (beef) Tuna & sweetcorn wrap	Turkey burger in a bun Vegetable curry	Roast chicken, stuffing & gravy Vegetable risotto	Mince & vegetable pie & gravy Cauliflower & broccoli bake	Home made fish & tomato cakes Loaded vegetable pizza
<b>Vegetables</b>	Mixed vegetables Carrots	Peas Beetroot	Broccoli Swede	Savoy cabbage Sweetcorn	Baked beans Sliced green beans
<b>Carbohydrates</b>	Herby diced potatoes Garlic bread	Potato wedges Rice	Baby roast potatoes Pasta	Mashed potatoes Tomato bread	Chips Savoury rice
<b>Desserts</b>	Cherry fruit pie & custard	Dutch apple crumble & custard	Marbled sponge & custard	Fruit layered whip	Ginger & pear sponge & custard
<b>Drinks</b>	Also available daily fresh fruit or yogurt Selection of milk/fruit juice/water/milk shake				
Week commencing - <b>19.09.11, 10.10.11, 14.11.11, 05.12.11, 16.01.12, 06.02.12, 05.03.12, 26.03.12, 30.04.12, 21.05.12, 25.06.12, 16.07.12</b>					
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Pasta bolognese Vegetable chow mein	Savoury mince & yorkshire pudding Cheese & tomato pinwheel	Salmon fish fingers Leek & potato soup & bread (soup & snake)	Ham & peaase pudding Vegetarian cottage pie	Chicken turnover & gravy Cheese savoury wrap
<b>Vegetables</b>	Sweetcorn Savoy cabbage	Peas Swede	Baked beans	Carrots Green beans	Broccoli Tomatoes
<b>Carbohydrates</b>	Rice Garlic bread	Creamed potatoes Herby bread	Chips Pasta	Parsley potatoes Croquet potatoes	Jacket potato Herby diced potatoes
<b>Desserts</b>	Chocolate krispie crunch	Lumpy bumpy biscuit & milk	Feathered iced square & custard	Squiggy chocolate square & custard	Oaty fruit crumble & custard
<b>Drinks</b>	Also available daily fresh fruit or yogurt Selection of milk/fruit juice/water/milk shake				

Also available daily salad, vegetables and bread basket.

## Nursery and infant menu

**Week commencing - 05.09.11, 26.09.11, 17.10.11, 31.10.11, 21.11.11, 12.12.11, 02.01.12, 23.01.12, 20.02.12, 12.03.12, 16.04.12, 07.05.12, 28.05.12, 11.06.12, 02.07.12**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Sausage & tomato sauce	Roast beef, gravy & yorkshire pudding	Chicken casserole	Savoury mince & dumplings	Breaded fish
<b>Vegetables</b>	Peas	Broccoli	Carrots	Savoy cabbage	Baked beans
<b>Carbohydrates</b>	Noodles	Boiled potatoes	Baby new potatoes	Creamed potatoes	Chips
<b>Desserts</b>	Chocolate surprise cake & custard	Rice pudding & flapjack finger	Fruity jelly & ice cream	Fruity cornflake cookie & milk	Vanilla syrup cake & custard
Also available daily fresh fruit or yogurt					

**Week commencing - 12.09.11, 03.10.11, 07.11.11, 28.11.11, 09.01.12, 30.01.12, 27.02.12, 19.03.12, 23.04.12, 14.05.12, 18.06.12, 09.07.12**

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Lasagne	Turkey burger in a bun	Roast chicken	Mince pie & gravy	Fish cakes
<b>Vegetables</b>	Mixed vegetables	Peas	Broccoli	Savoy cabbage	Baked beans
<b>Carbohydrates</b>	Garlic bread	Potato wedges	Baby roast potatoes	Mashed potatoes	Chips
<b>Desserts</b>	Cherry fruit pie & custard	Dutch apple crumble & custard	Marbled sponge & custard	Yoghurt	Ginger & pear sponge & custard
Also available daily fresh fruit or yogurt					

**Week commencing - 19.09.11, 10.10.11, 14.11.11, 05.12.11, 16.01.12, 06.02.12, 05.03.12, 26.03.12, 30.04.12, 21.05.12, 25.06.12, 16.07.12**

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Pasta bolognese	Savoury mince & yorkshire pudding	Salmon fish fingers	Ham & pease pudding	Chicken turnover & gravy
<b>Vegetables</b>	Sweetcorn	Peas	Baked beans		Broccoli
<b>Carbohydrates</b>	Garlic bread	Creamed potatoes	Chips	Parsley potatoes	Creamed potatoes
<b>Desserts</b>	Chocolate krispie crunch	Lumpy bumpy biscuit & milk	Feathered iced square & custard	Squiggy chocolate square & custard	Oaty fruit crumble & custard
Also available daily fresh fruit or yogurt					

Also available daily salad, vegetables and bread basket.

Delicious, nutritious and tasty lunches are also available in Secondary school and at £1.90 a meal deal they really are great value.

### 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](https://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, speak to your child's headteacher or ask for the Area Coordinator at your local Children's Centre.

This information can be made available in large print, Braille, audio and other languages. Please telephone Communications on 0191 520 5505 or email [communications@sunderland.gov.uk](mailto:communications@sunderland.gov.uk) for help.

All information correct at time of going to press.

Published August 2011.

# There's loads happening in Sunderland...

## **Washington Heritage Festival**

**Saturday 17 September 2011**

**10.30am to 4pm**

*Albany Park, Washington*

Enjoy live music, a traditional march, classic cars and much more!

## **Farmers' Markets**

**Fridays 23 September, 21 October, 25 November, 16 December**

*Park Lane Interchange, Sunderland*

Park Lane will host the popular farmers' markets with traders offering local produce including cheese, jams, cakes, free range poultry and game.

## **Houghton Feast**

**Friday 7 October to Sunday 16 October**

*Houghton-le-Spring*

Myths and legends will be the theme at this year's ancient festival that dates back to the 1100s. The festival will feature ten days of fun including a carnival parade, community events, exhibitions, roasting of the Ox, fireworks and much more!

## **Festival of Remembrance**

A weekend of commemoration and reflection

## **Concert of Remembrance**

**Saturday 12 November**

*Seaburn Centre, Sunderland*

The evening will feature a march, musical performances and a poignant poppy drop in memory of all those who have died in conflicts past and present. Ticket details will be released closer to the event.

## **Remembrance Parade and Service**

**Sunday 13 November**

*Burdon Road, Sunderland city centre*

Veterans join serving soldiers and emergency services to march to Sunderland city centre's War Memorial in the biggest parade outside of London, in commemoration of our fallen heroes. The parade will be followed by the annual Service of Remembrance and wreath laying.

## **Christmas lights switch on**

**Thursday 17 November**

*Civic Centre, Sunderland*

The traditional switch on event will launch Sunderland's Christmas Festival illuminating the city centre and Mowbray Park with sparkling Christmas lights. The night will feature a programme of free entertainment and a stunning firework display that will light up the city's skyline.

## **Christmas Festival**

**Thursday 17 November 2011 to  
6 January 2012**

*Citywide*

There promises to be a whole host of events as Sunderland celebrates the magic of Christmas. The Magic Tree will feature as part of the Mowbray Park illuminations and there will be themed weekends leading up to Christmas with festive fun for all the family.

**To find out about these events and more visit  
[www.sunderlandlive.co.uk](http://www.sunderlandlive.co.uk)**



Brought to you by   
**Sunderland  
City Council**