

The Parish Post

20th June 2022

Welcome to our newsletter 'The Parish Post'.

The focus will be to share aspects of the children's learning journeys each week across the different Phases and Year Groups. This may be subject specific or across the curriculum. We will also celebrate 'proud moments' across school alongside sharing general updates with parents/carers - #proudtobeParish.

We are keen to receive any feedback regarding your thoughts and also with regards to the content you would like to see included each week. Please get in touch at feedback@spaldingparish.lincs.sch.uk.

At the heart of our diverse community, striving for excellence, enabling all to achieve their highest potential.

'Start by doing what's necessary, then do what's possible; and suddenly you are doing the impossible.'

In this week's Parish Post



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- Curriculum Corner
- Let's Pause for Thought...
- General Updates
- Local Council Update
- Online Safety Update
- Community Corner
- Weekly Awards
- Phase Learning Journeys
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Read all about it...



SPCEDS Transition Day - Reminder

As you will no doubt be aware we are getting to the time of year when we are starting to look to the next academic year and the transition of pupils from one Year Group to the next with our annual transition day a key part of these - although this has looked somewhat different over the last two years.

We normally fall in line with the local secondary schools for this and you will see from the key dates sent at the beginning of the academic year that the original date was planned for Friday 1st July. However myself and Emily Hill, our Deputy Head, are involved in Trust training on 1st July so we have made the decision that the transition day for pupils in EYFS to Year 5 will now take place on Friday 8th July. Year 6 children should come to school as normal on this day and they will then spend their day with other school adults.

Date for the Diary - Transition Day Friday 8th July

Reports/Assessment Information - Reminder

Details re new class and new class teacher will be sent home to parents/carers prior to the transition day during the week beginning 4th July.

Class teachers are all very busy currently finalising termly reports for all pupils and I am busy reading all of them and commenting on the Year Groups scheduled for this term. You will also know that

many Year Groups have also been very busy undertaking statutory assessments over the course of Terms 5 and 6 which will also be used to inform your child's report.

As such parents/carers will also receive their child's termly report alongside any outcomes from statutory assessments (EYFS, Year 1 Phonics, Year 2 and Year 6). This will be prior to the open evening on Thursday 7th July (4pm-6pm) where parents/carers can drop in at any point between 4pm and 6pm to see class teachers to follow up on any queries from the report or to meet the new class teacher.



National Sports Week

The first week of our Sports fortnight is now complete. However we are very excited to continue this next week with more opportunities for the children in school.

Over the 2nd week of our sports fortnight, children will continue to take part in sessions delivered by a number of local clubs and we will again be encouraging children to join the clubs outside of school if they enjoy taking part in their taster session. We cannot wait to invite next week's visitors into school, get outside in the sunshine and drive health at the heart of SPCEDS. There has been some fantastic PE happening across school both over the past few months and over the last week and we cannot wait to continue to see how the children's sportsmanship and skills have developed.

Below is an outline of the sessions each year group will be taking part in; please ensure your child comes dressed appropriately in their school PE Kit with a sun hat and access to sun cream as these sessions will be outdoors.

As with any other day, please make sure your child brings their drinks bottle. This can be refilled during the day as and when needed.

F52	Year I	Year 2	Year 3	Year 4	Year 5	Year 6
Sports Day	Sports Day	Sports Day	Sports Day	Sports Day	Gridat	Gridet
Tues 21 st June	Tues 21th June	Tues 27" June	Thur 25" Jane	Thur 23th June	No. 20 th June	Mrs. 20th Jane
Malta-Skille	Tag Ragby	Tag Ragby	Tag Ragby	Tag Rugby	Sports Day	Sports Day
Weds 22 rd Jana	Weds 22° Jane	Weds 22" Jane	Fix 24th Jane		Thur 23" Jane	Thur 23th Jane
Yoga	Gymnarika	Gridet	Gridat	Feetball.	Tag Rugby	Tag Rugby
Data TBC	Fri 24 th June	Wed 24th Jane	Well 29th Jane	Thur 30th June	Fri 24th June	Fri 24th June
	Football Tax 28th Janu		Forball Thur 30° June		Besing Thur 30 th Jane	

Parent Pay - Reminder

As you will be aware, Spalding Parish is part of the Lincoln Anglican Academies Trust (LAAT) family of schools. Whilst we have maintained our uniqueness in terms of curriculum, systems and procedures within school are regularly reviewed to ensure consistency within the Trust.

As a result of this, we are changing our lunch ordering, payment and communication system from Wisepay to ParentPay with immediate effect. We hope that this will only enhance the school systems in terms of ordering, payments and communication. You should have received an Activation Letter which also includes your User Name and Password. If we could please ask that you login to ParentPay as soon as possible to ensure that your account is up and running for when you need to order lunches, pay for trips and receive communications from us.

Payments for lunches, trips etc from 4th July onwards can be made through ParentPay in the same way as previously undertaken on Wisepay.

· Lunches for the 4th July onwards will be available to order on ParentPay. If you would like to order lunches for your child for 4th July onwards, you will need to book these through ParentPay. The last date for ordering meals for week commencing 11th July is 5th July.

If you have any queries with the process or have not received your Activation Letter, please contact the school office - office@spaldingparish.lincs.sch.uk.

School Office

For parents/carers information the office opening hours are as follows:

Monday: 8am to 4pm

Tuesday: 8am to 4pm

Wednesday: 8am to 4pm

Thursday: 8am to 4pm

Friday: 8am to 3.30pm

I'm sure you will appreciate that the admin team do a fantastic job in what is a very busy office. Whilst we do endeavour to keep the office manned during these times, there are times over the course of the school day when staff need to pop out of the office, e.g. to take late children to the classroom or collect children where there may be medical appointments.

Where this is the case, this is often only for a matter of minutes so we really do appreciate your support and patience if no one is available. On very rare occasions, the answer machine may be used so important messages are not missed. Again this is likely to only be for a short period so if you do need to speak to someone regarding your query and the answer machine is on, we would advise trying again. Thank you in anticipation of your continued support.

Diary Dates

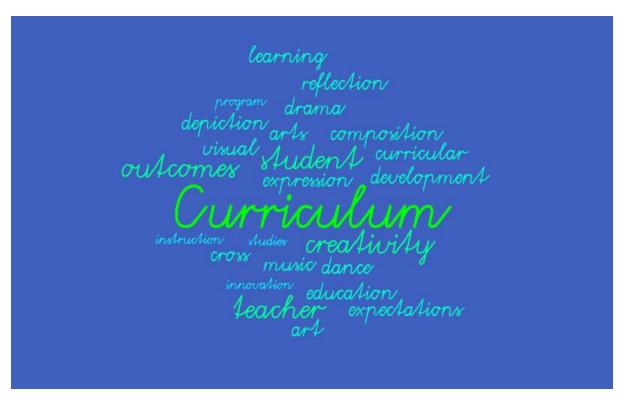
Just a quick update re diary dates. The key dates for the next academic year will be sent out at the beginning of the year in September. We will send a paper copy for all children so this can easily be accessed throughout the course of the year. We will then also continue to put key dates in the

Parish Post alongside a termly update as, whilst we do try to plan all dates at the beginning of the year, some dates do change or get added, e.g. in the case of trips.

Key dates will also be on the website for information. All letters to parents/carers re school events, trips etc. can also be found on the school website via the Parents/Carers link followed by the Newsletters and Information tab.

If you do have any questions re dates, letters or anything else please get in touch with the school office wis office @spaldingparish.lincs.sch.uk and they will be able to support you in your query.

Curriculum Corner



Well what another fabulous week we have had at Spalding Parish with the start of our National Sport Fortnight.

Our celebrations were launched on Monday with our opening ceremony. Each class team are representing a Commonwealth country, given our Jubilee celebration and the Commonwealth Games being held in Birmingham later this year. Countries were shared and flags paraded and waved - it really was a fabulous affair.

Over the course of the week we then undertook our Sports Day with each of the Year Groups - our first with an audience since 2019. Each of the sessions were absolutely brilliant, the children cheered and encouraged each other. They all had a go and really had an amazing time. It was great to welcome parents/carers into school too to join us for this special event - thank you so much for taking the time to join us. It has been a real pleasure to have you join us in school for a number of special events over the last two terms and we look forward to continuing this over the year ahead. Please look out for the diary dates in September so you can get these in the diary.

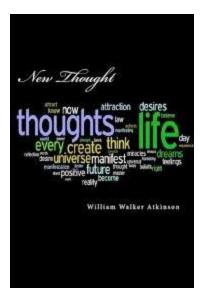
Finally a number of Year Groups have also had the opportunity to take part in a range of sports over the course of the week including rugby, multi-skills, cricket and gymnastics. The children have loved

having the opportunity to try new things and over the course of the week we have seen a huge amount of talent across the different areas. This will continue over the course of this week including cricket, football and boxing.

If your child has shown an interest in any of the sports they have had the opportunity to try and you would like any information re any of the sports, please do not he sitate to get in touch and we can let you have further details. We know all of the community clubs represented are keen to welcome new members.



Let's Pause for Thought...



The Value of Honesty

A young boy and girl were enjoying a pleasant afternoon playing outside in their neighbourhood together.

The boy showed the girl his collection of beautiful, unique marbles. In turn, the girl showed the boy the handful of candy that she had just gotten for her birthday.

The boy proposed that the two of them switch – he would give her all of his marbles if she handed over all of her candy.

The girl agreed, as she found the marbles to be beautiful as well.

The boy handed over all of his marbles, but kept one – the most exquisite one of them all – in his pocket.

The girl kept her promise and gave the boy all of her candy.

That night, the girl was happy with the exchange and peacefully went to sleep.

The boy, however, couldn't sleep, as he was up wondering if the girl had secretly kept some of her candy, just like he did with the marble.

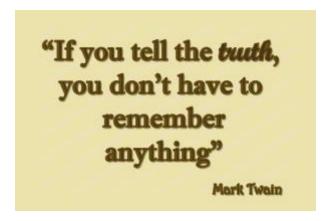
Moral of the story:

If you don't give 100% in your relationships, you will always assume your partner isn't giving 100% either.

If you want your relationships to be built on trust, you have to be a participating factor in that.

Honesty grows your character.

By being honest in relationships, you're holding your partner accountable to do the same. It allows both you and your partner to continuously think about your choices and how you can help (or hurt) your partner and your relationship.



General Updates



From 1st April 2022 the guidance around COVID and testing has been amended, as was previously outlined on the COVID road map and our transition into 'Living with COVID'.

Covid is now specifically referenced in the guidance around the control of infectious diseases and there is no separate COVID guidance. Section 3 is related to management of infectious diseases, COVID being detailed within the section about Respiratory Infections. Section 4 of this guidance references actions to be taken should there be an 'outbreak'.

For ease, the link to the document is below with the guidance being as follows.

https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/chapter-3-public-health-management-of-specific-infectious-diseases

Essentially – COVID will be treated as we would any other infectious illness. Staff and children will be encouraged to stay at home if they are unwell. Where there is a positive COVID test, the timescales as below are advised:

- 5 days for staff and
- 3 days for pupils.

Further to the above, children/staff with a temperature, should not return to work/school whilst they still have a temperature, but can return with mild cold symptoms and if they are otherwise well enough to be at work/school.

If you do have any questions or queries, please do no hesitate to get in touch.

Start and End of Day Routines - Reminder

Thank you for your support in ensuring pupils are at school on time, it is very much appreciated and does ensure pupils are ready for the start of the day. There does seem to have been some confusion around timings for the beginning and end of day which are as follows:

FS2: Start of Day 8.50am (doors open from 8.40am) End of Day 3.10pm

KS1 (Year 1 - 2): Start of Day 8.50am (doors open from 8.40am) End of Day 3.10pm

KS2 (Year 3 - 6): Start of Day 8.45am (doors open from 8.35am) End of Day 3.20pm

In a morning the gates will open at 8.30am on a morning to allow time to get onto site ready for doors opening at 8.35am (KS2) and close at 8.55am.

Similarly, on an afternoon, the gates at the end of the day will open at 3.05pm ready for end of day at 3.10pm (KS1) and close at 3.30pm.

These timings do need to be adhered to at the beginning and end of day to ensure our safeguarding requirements are met so we would appreciate your support with this. If you do have any concerns, please speak to a member of the Senior Leadership Team.

When on the site please be courteous and stand away from the classroom windows and doors as pupils will still be learning until the end of the school day.

If we could also please ask that school equipment, including the gym equipment on the playgrounds, is not used at the beginning or end of the day. We appreciate that this is very tempting but use needs to be supervised by school adults so if you could please ensure your children do not use. This will ensure that pupils and families are able to stay safe.



Attendance - a further reminder

As we continue the return towards normality, attendance continues to be closely monitored, particularly given current absences.

Please remember if your child is unwell and unable to attend school, you should inform school by 9.30am that day in line with our school procedures. Please contact school on each day of absence unless otherwise agreed.

Also please remember that routine dental and medical appointments should not be made during school time. It is preferable and much more beneficial for pupils if appointments can be made either at the end of the school day or during school holidays. If you do have to make an appointment for during the school day, and we do appreciate that there are times when this may be necessary, please bring the appointment letter to the school office. Without this letter the absence will not be authorised.

We are also seeing an increase in leave of absence requests. Current Government regulations mean that absence from school can only be authorised for "exceptional circumstances" for which there is very clear established criteria, again set by the Government.

It is therefore highly unlikely that time off school will be authorised during term time.

Requests for term time absence, for any reason, must be made at least 10 days before the absence, except in emergencies, by booking an appointment with a member of the Senior Leadership Team.

Should an appointment not be made, and in line with our safeguarding procedures and Government regulations, we will contact you with regards to your child's absence in order to clarify fully the reasons for absence. Your child's education is our primary focus and given the extensive research proving a direct link between good attendance and good outcomes, alongside the national attendance guidance for schools, we do follow all absences up. This is not about singling anybody out but simply carrying out our statutory duty as a school and as such I would ask for your support in communicating with us in a positive way. Thank you in anticipation of your continued support.



Safeguarding

Safeguarding is an important part of our work with children and young adults so we will keep this reminder in each edition of the Parish Post. Safeguarding is the responsibility of all of us.

If you have concerns about the safety of any child, please let somebody know.

Diane Mulley and Emily Hill are the designated safeguarding officers within the school. Similarly if you do require any support, please do not hesitate to get in touch.



A Plea to Parents/Carers...

SPCEDS is a large and busy school community and we know that parents and carers will sometimes have questions about school and school life. As you will hopefully know, we are keen to support parents/carers with any questions, worries or concerns.

We also know that many of you do follow the Parish Parents page on Facebook and use this as a source of information - for many it is invaluable. Whilst the page has no direct link to school we understand that parents and carers are always very supportive of each other through this page answering questions and sharing information. As such I just wanted to remind parents and carers that if you do have any questions, you can always contact the school with the feedback@spaldingparish.lincs.sch.uk email regularly monitored. Similarly if you do need to speak to a member of the staff team, please contact the school office and one of us will be in touch to answer your queries.

School Uniform

As we head into the summer months, a reminder for parents/carers of expectations regarding school uniform. We are all very proud of our school uniform and as such, we would ask for the support of parents/carers in ensuring correct uniform is worn. This includes footwear and school shoes should be worn on all days other than PE days. Please be aware that open toed shoes or sandals are not appropriate for school.

Boys and Girls

Purple Sweatshirt or Cardigan

Purple or White Polo Shirt

Grey Trousers, Dress or Skirt

Purple, Red or Yellow Gingham Summer Dress

Plain Grey, Black or White Socks or Tights

Flat Black Shoes - No trainers or heels

No nail varnish

Jewellery – only stud earrings or small objects of religious significance (these must be removed on PE days).

All items to be clearly named.

It is a fantastic sight to see the children so smart in their uniforms. As part of this we also encourage the children to wear their uniforms with pride with t-shirts tucked in and jumpers either worn properly (and not tied round the waist) and again thank you for your support with this.





PE KIT

Navy Blue / Black Shorts

Purple T-Shirt

Tracksuit

Plimsolls or Trainers

No earrings or jewellery to be worn on PE days

Please support children to be independent when getting changed. Ensure they can recognise their name and items of clothing.

For the time being pupils are still asked to wear PE kit on their PE days (see below for details). We have maintained this to maximise learning time in this area. However, PE kit worn on these days should be in line with our PE kit expectations. Should this not be the case a member of staff will speak to you with regards to this.

Again, we would please ask that all parents/carers ensure pupils are wearing appropriate uniform colours and not anything other than those stated above. Please also ensure no logoed items as these are not in line with our uniform expectations and so should not be worn.

	INDOORS	OUTDOORS	
FS2		Thursday	
Year 1 Friday		Wednesday	
Year 2	Thursday	Tuesday	
Year 3	Wednesday	Thursday	
Year 4	Monday	Wednesday	
Year 5	Wednesday	Tuesday	
Year 6	Friday	Wednesday	



Local Council Update



Local Council

Our next article from the Local Council is from Heather Bafico, one of our parents who is also a member of our Local Council.

Heather Bafico

The Local Council were lucky enough to spend a whole day in school last week. We had presentations from the Core Subject Leaders around the curriculum in focus, we then got to see the curriculum in action in the classrooms. It was great to see the cohesion across all year groups and to see some incredible work across the school.

A highlight for me was having discussions with the pupils about the school. They were all incredibly positive about the grown-ups in school, describing them as 'kind, caring and fun'.

Some of their favourite things about school are the school lunches, learning, exercise and experimenting. They also love the clubs that they take part in such as choir, sports and quiz club.

It was clear to see the fantastic community spirit where everyone supports each other to be their best and are proud of what they achieve. On behalf of the Local Council, I would like to thank everyone in school who was part of our day.



Online Safety Update



A regular addition to our weekly Parish Post is the Online Safety Update. Each week we will post some tips and suggestions just to support keeping children safe online. For this we will also share key tips from National Online Safety and their Wake Up Wednesday materials. If you do want any further details with regards to this or would like any further support please speak to your child's class teacher or a member of the Senior Leadership Team.

Loneliness Online

Loneliness online is on the increase. This week's #WakeUpWednesday suggest strategies for parents, carers and educators to support this if this is becoming an issue. Have a read, it might just help.

https://nationalonlinesafety.com/guides/lonelinessonline?utm_source=twitter&utm_campaign=nos-wakeupwednesday-lonelinessmhweek

Community Corner



With the continued relaxation and removal of restrictions, life is slowly but surely returning to normal. This includes activities within the school but also activities within the local community.

As such, via the Community Corner, we will aim to share different activities/events happening within the local community that may be of interest to pupils and families of Spalding Parish.

This week it is the turn of the St Mary and St Nicolas Church Choir. Boys aged 7 and over are invited to give Choir Club a try. It is held every Wednesday during term time at St Nicolas Church Hall from the end of the school day until 6pm. Many boys from SPCEDS already attend and have a great time so if you think this might be for you, give it a try.

Spalding Parish Church Choir Club

You are invited to become a member of Spalding Parish Church Choir for boys aged 7 years and over.

Who knows ... you could be a future 'Britain's Got Talent' winner, or the next Ed Sheeran



Our Choir has sung in many famous venues including St. Paul's Cathedral and Westminster Abbey in 2019

On Wednesday afternoons we have Choir Club, where boys can play football, snooker, table football, cricket in the summer, and other games. There is a tuck shop, and also free refreshments. We have outings throughout the year, including ten pin bowling and swimming. All completely free.

Initially we invite you to come along and 'have a go' ...

Invitation to Choir Club on a Wednesday after school

We hope that you will come along to see if you enjoy our Choir Club - with the added advantage that there is no cost at all, unlike most clubs!

We look forward to seeing you on a Wednesday, during term time, after school, (until 6pm) in the St. Nicolas Church Hall, next to Spalding Parish Church, near Ayscoughfee.

Contact Nick Pitts - Tel: 01775 766081 for more information

Weekly Awards



Head Teacher Awards

Each week pupils in school are nominated for Head Teacher Awards celebrating their achievements be it academic success, sporting success, fantastic manners, role model behaviour or indeed anything else worthy of note. Well done to all award winners!

EYFS: Isabella (FS2LM), Esther and Adelina (FS2LH), Ethan, Tajus, Roberto, Joshua and Jakub(FS2Y1AC)

Year 1: George (Y1EW), Jason (Y1HH)

Year 2: Dominik (Y2SD), Milana (Y2AR), Teegan (Y2DO)

Year 3: Elise (Y3NPSE), Oscar (Y3SH), Anna-Belle (Y3EP)

Year 4: Milana (Y4CH), Kayen (Y4RW)

Year 5: Vidyha (Y5KB), Isabella (Y5IN), Kristian (Y5EW)

Year 6: Abi (Y6CC), Deimant (Y6KR), Karol (Y6AS)





Attendance Awards

Attendance and punctuality are attributes that are essential as children grow up and this is the time of their lives when they learn them.

A number of weekly and termly incentives and awards are in place to reward pupils who attend regularly and who are punctual for school at the start of the school day.

Our weekly attendance awards celebrate the class with the highest attendance in each Phase.

FS2: FS2LH (96.3%) - FS2LM are our best attender in FS2 this week, well done!

KS1: Y2DO (95.5%) – New winners in KS1 with Y2DO highest this week in KS1!

LKS2: Y3EP (100.0%) – Highest in LKS2 for Y3EP for the third week running, and highest in school this week with 100%, great work!

UKS2: Y5KB (98.5%) – Y5KB are the winners in UKS2 this week, fantastic!

School: 94.7% - We've sustained the improvement from last week. Thanks you so much for working hard to ensure we are all in school and moving towards the Government target of 97.0%. Let's keep trying.

House Points

Each week pupils are awarded house points as a reward, with a weekly winner from our 6 SPCEDS House Teams:

Spiritual Solvers

Positive Promoters

Challenging Challengers

Exciting Experts

Dynamic **D**ynamos

Supportive Supporters.

This week's winners are **Dynamic Dynamos with 392 points.**



Phase Learning Journeys



Key Stage 1

We're back in Year 2 this week to hear all about their learning over the last fortnight.

Year 2

Year 2 really enjoyed their first proper Sports Day last week and it was lovely to see so many supporters. All the children performed well and were eagerly cheering on their classmates showing fantastic sportsmanship.

As part of National School Sports fortnight we were also lucky to have Spalding Rugby Club visit us and carry out a training session. This was a great opportunity to introduce the children to a new sport that they had never tried before. This week we are going to be having a go at cricket!

Also after creating out dragon eyes out of modelling clay in Art last term we have now been able to finish them off.



Lower Key Stage 2

A week in focus for Year 4 this week.

Year 4

Year 4 have had a very busy couple of weeks, celebrating our local History and Geography study followed by Science week and being Environmental Explorers. We enjoyed thinking about what we would put into a garden to encourage wildlife to visit and have designed some beautiful spaces. We learned lots about the environment and what we can do to take care of it. In Year 4, we learned of ways we can nurture and protect our local environments, like our back gardens, by understanding what we could include to encourage wildlife and help them thrive.

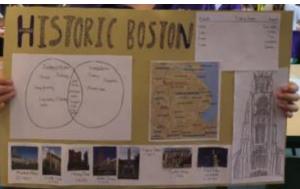
We also thought about our global environment and learned the importance of saving water for future generations and changes we can make to our daily lives in order to help cut down the production of greenhouse gases and production of plastic and waste. It was an inspiring week for us all! And has planted lots of food for thought.

We had an amazing afternoon with our families making something useful out of things that would have been thrown away.

In our local study, we enjoyed a walk to see what Spalding would have been like in the 1700s when it was a busy port. We compared it to Boston, which was the second most important port in the country at the time.







Upper Key Stage 2

Year 6's learning is the focus of the Parish Post this week.

Year 6

In Year 6, we have been getting stuck into story writing over the past two weeks. Pi Corbett inspired our writing of Portal Stories where children used their imagination to transport us into another universe through an unusually placed portal. Here's an extract from one story; where do you think Sage ended up?

"Head-first, Sage plummeted down into the shadowy void. His thoughts raced around his head like ants fighting for crumbs. Panicked, he couldn't make out where the floor was or if one even existed. He squinted his eyes as he adjusted himself to the eerie darkness. The endless shadows hugged his body tightly as he scanned the dark realm for a glimmer of light."

After the excitement of portals, we continued exploring our imaginative sides and wrote short narratives based on the video "Road's End" (https://www.youtube.com/watch?v=XQN-KvFvTJg). Children had us gripping on to the edge of our seats as we waited to find out what the red-bandana wearing man did next...





Diary Dates



WB 27th June

Monday 27th June - Whole School Collective Worship

Year 6 return from Caythorpe

Lincoln Castle Trip (Y2SD/half of Y2DO)

Tuesday 28th June - Lincoln Castle Trip (Y2AR/half of Y2DO)

Closing date for hot meals WB 4th July (remember to use ParentPay)

Year 1 Football

Wednesday 29th June - Whole School Collective Worship

Family Games (after school)

Thursday 30th June - Year 6 Theatre Trip

Year 3/4 Football

Year 5 Boxing

Year 4 Chocolate Workshop

KS2 Cricket

Friday 1st July - Year 6 Transition Day

Week Beginning 4th July

Monday 4th July - Whole School Collective Worship

Tuesday 5th July - Closing date for hot meals WB 11th July

Wednesday 6th July - Whole School Collective Worship

Family Games (after school)

Thursday 7th July - Parent/Carer Open Evening 4pm-6pm (Drop in session, no appointment required)

Friday 8th July - School Transition Day (current EYFS - Year 5)

And Finally...

Please remember if you do have any queries or concerns to come and speak to one of us, either the class teacher on the door or a member of the SLT on the playground each morning and afternoon.

You can also get in touch via email, using <u>feedback@spaldingparish.lincs.sch.uk</u> or the Year Group emails.

EYFS - FS2@spaldingparish.lincs.sch.uk

Key Stage 1 - Y1@spaldingparish.lincs.sch.uk or Y2@spaldingparish.lincs.sch.uk

Lower Key Stage 2 - Y3@spaldingparish.lincs.sch.uk or Y4@spaldingparish.lincs.sch.uk

Upper Key Stage 2 - Y5@spaldingparish.lincs.sch.uk or Y6@spaldingparish.lincs.sch.uk