

Emscote Express

Issue 2, 4th October 2024



We are now well into our Autumn term and it's wonderful to see our pupils settling in so well, especially our new EYFS children who are making a fantastic start to their school journey.

I'm delighted to announce the election of our new School Council and Eco Council representatives. These pupils will play a crucial role in shaping our school community and environmental initiatives. We're also pleased to welcome our new Teaching Assistants: Miss Walker, Miss Murphy, Miss Burniston, and Mrs Saul. We know they will be making a positive impact in our classrooms.

As we embrace the new term, I'd like to remind parents about a few important matters. For the safety of all our children, please encourage your little ones to walk from the gate into school independently. If you need to pass on a message to a teacher in the morning, kindly email the office instead. Our teachers are always available for conversations after school.

We have several exciting events coming up. On Tuesday 8th, we'll be having school photographs in the main hall. Siblings within Emscote Infant School will have their photo taken together. If you'd like a photo with younger siblings, please arrive at 8:15am and head to the school hall. Do remember that all children need to be in class for registration at 8:40am as usual.

Thursday 10th is our 'Hello Yellow' Day for mental health awareness - don't forget to wear something yellow! We're also looking forward to our Harvest Festival on 17th October in the church. Parents are welcome to join us after drop-off.

Parent evenings will be held in the week beginning 14th October. You will receive separate information about how to log in and book your slot.

I am delighted to say that we have planned to take all our Emscote children to Warwick Arts Centre in December to see their production of *The Smeds and The Smoos*, this will be instead of the visiting pantomime which has happened previously.

We sent a communication this week about DBS checks. If you do wish to be considered to help on trips or volunteer in school it is important that this is completed in advance. We would encourage you to do this now, ready for the rest of the year. There will be no cost for you to complete this.

Lastly, I'd like to celebrate the success of our recent McMillan Coffee morning. Thank you to everyone who contributed towards this worthy cause, either by donating cakes or attending.

Mrs Nicol
Head of School

Dates for the Diary 2024/5

Tues 8th Oct	Individual school photos	
Thurs 10th Oct	Wear it Yellow for World Mental Health Day	No donation required. Children can come in their own clothes and wear something yellow
Tues 15th Oct	Parents Evening	Please book your appointment online
Thurs 17th Oct	Parents Evening	Please book your appointment online
Thurs 17th Oct	Harvest Festival Church Service	Parents welcome to join us for our church service after morning drop off. Donation for our local foodbank would be very welcome on the day.
Mon 21st Oct	Reception Year Phonics and Maths Afternoon	Parents are invited to join us at 1.30pm for a workshop to learn more about how we teach phonics and maths. You are then encouraged to stay and play before home time.
28th Oct - 1st Nov	Half Term	
Mon 4th Nov	Growth Mindset Meeting	Mr Queralt is holding a talk on how to help your child develop a 'growth mindset'. All are welcome, especially reception year and anyone new to the school. Please join us in the hall at 4.30pm.
Wed 6th Nov	PTA Fireworks Event	To be held at All Saints' Junior School. Tickets to go on sale w/c 7/10/24
Fri 8th Nov	Grandparents afternoon tea	More details to follow
Fri 15th Nov	Children in Need	More details to follow
Fri 22nd Nov	Inset Day	School closed to pupils
Mon 2nd Dec	Whole school trip to Warwick Arts Centre	Smeds and The Smoos Production - more details to be issued at a later
Wed 4th Dec	Reception Year Christmas Production	10am and 2pm - more details to follow

Tues 10th Dec	Year 2 Carol Service	Year 2 parents welcome to join us at All Saints' Church at 4pm
Wed 11th Dec	Year 1 Christmas Production	10am and 2pm - more details to follow
Mon 16th Dec	Christmas Church Service	Parents welcome to join us in at All Saints Church from 9.15am
Mon 16th Dec	Book Share Afternoon	Parents welcome to join us before collecting children to have a look through their child's work
Wed 18th Dec	Christmas Jumper Day	Children can wear their christmas jumpers to school. £1 donation to Save the Children.
Fri 20th Dec	Last Day of Term	
Mon 6th Jan	Inset Day	
Tues 7th Jan	Children return to school	

School Photos Tues 8th October

Jane Stapleton Photography will be in school on Tues 8th October to take individual photos of all the children. Children will also have a photo with their sibling if they are both at Emscote Infant School.

If you wish to have a photo of them with a younger or older sibling, please arrive at 8.15am and make your way to the school hall.

Please note that all children will need to be in class for registration as normal at 8.40am.

All children to wear full school uniform, please do not send your child in PE kit on school photo day. PE will be carried out in regular school uniform on the day, there is no need to send children with separate kit.

Growth Mindset Parent Meeting – Mon 4th November 4.30pm

Mr Queralt is holding a talk on how to help your child develop a 'growth mindset'. All are welcome, especially reception year and anyone new to the school.

What is a Growth Mindset?

Children with a **fixed mindset** believe that they are born with their intelligence and talent and it can't change... Children with a **growth mindset** believe that ability can change as a result of effort, perseverance, and practice. You might hear them say, "Maths is hard, but if I keep trying, I can get better at it."



Macmillan Mighty Hike Challenge

Well done to our fabulous team who completed a 14 mile hike for the Macmillan charity raising £2,129. This is an amazing achievement! Thank you also to those who were able to attend our Macmillan Coffee Morning last week and help raise further funds.

Welcome to the Family Information Service Newsletter!

Welcome to the special edition of the Family Information Service newsletter. We understand that a lot of families are worried about the impact of the increasing cost of living, and we know that many might struggle to make their incomes stretch to cover the basics. Visit the Cost of Living website to find information and support to manage increased household costs. <https://www.costoflivingwarwickshire.co.uk/>

This month's special edition focuses on careers and employment support. Read on to learn more about what support is available to you and your family.

<https://us5.campaign-archive.com/?u=a24b439ef7022ae0d86f9ca6e&id=4a1adee5fb>

Trip Helpers

We have a number of exciting trips and experiences planned for the coming year that will support learning in school. Due to the number of adults required to support on trips, we often need family helpers. If you wish to be considered as a helper on a trip, or a volunteer in school, you will be required to have a valid DBS certificate (Disclosure and Barring Service check). This can be arranged via the school office. These can take many weeks to process, so we would encourage all parents and family members who may be interested in helping on trips and in school to complete this now and you will be added to a list of helpers that staff will consult as the need arises in the future.



Pupil Premium Funding

What is Pupil Premium funding?

Pupil Premium funding is additional financial support that is provided by the government and which is allocated to schools to meet the needs of certain pupils. For each pupil that qualifies the school receives a significant sum of money that is used to raise standards in the pupils who are eligible.

Does my child qualify for this additional support?

You may be eligible to apply for Pupil Premium funding if you receive any of the following...

- Income Support
- Income-Based Job Seeker's Allowance (JSA)
- Income-Related Employment and Support Allowance (ESA)
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Or if your child...

- has been looked after (their care is managed by the local authority) for 1 day or more
- was adopted from care on or after 30 December 2005, or left care under a special guardianship order a residence order

Or

- if either parent is in the Armed Forces



In association with

Sainsbury's

Argos

ESPO



Step 1

Visit myschoolfund.org to sign up for free and link to your child's school



Step 2

Register your credit/debit card to your account



Step 3

Spend at participating retailers



Step 4

Start receiving your eGift Cards!

We're part of the My School Fund initiative.

Together we can boost our school's budget, plus your own!

It's completely free to sign up and both you and your child's school will receive eGift Cards to be used at participating retailers based on a percentage of your spend.

Visit myschoolfund.org today!

SCAN FOR INFO





Mental Health in Schools Team Tips For Wellness



10th October –
World Mental
Health Day!

Caring

'Sometimes it only takes one act of kindness and caring to change a person's life' – Jackie Chan

Caring is about looking after the needs of yourself and others. It can include kindness, compassion, love, support and thoughtfulness. Taking time to care for ourselves, sometimes termed 'self-care' can help us to increase our resilience and sense of self-worth. Allowing yourself time to engage in activities you enjoy and make you feel good, along with recognising unkind thoughts and trying to replace these with kinder thoughts can be part of caring for yourself.

Caring for others can help us feel connected, purposeful, and close to those we care for. It can therefore be very positive for our mental wellbeing. Can you think of a way you've shown care for someone this week?

Everyday millions of people in the UK give additional care to people they know through helping with everyday living tasks. Young Carers may also be responsible for looking after younger brothers and sisters and doing household chores. If you are, or you support a Young Carer, you can find local carers support by following the QR code:



Warwickshire Young
Carers Project

Our tips for being caring:

1. **Caring Chain** - children could write down an act of caring they can do for another person or for themselves on a strip of paper. Create a paper chain with each of these strips, by folding and linking them together. This can then be displayed in the classroom and pupils can be encouraged to give a new act of caring a go each week.
2. Try to identify 3 ways you have been caring towards yourself and 3 ways you have been caring towards others. Then, set a goal for another caring act you can carry out over the following week.
3. Take time to practise self-care! Follow the QR code for some ideas of how you could be kinder to yourself:



Self-care ideas!

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



Mental Health in Schools Team Tips For Wellness



Friendship

Friends can be there for you and be an important source of mental health support and wellbeing. The 5 steps to wellbeing highlight the importance of connecting with others, whether that be friends, family or key important people in your life, it is important to stay connected!

Connecting with others can help us feel close to people and feel valued for who we are. Being social means different things for different people; you might prefer being in quieter situations with one other person, or you might like being in big groups. You might like to connect with people face-to-face, online, by sending letters, or talking on the phone!

Our tips for building friendships:

- If you feel comfortable, you could try speaking to someone new.
- Ask how someone's weekend was and really listen when they tell you.
- Walk to school with a friend or ask someone to play with you at breaktime.



5 steps to wellbeing

Friends can help you with your mental health in lots of different ways. They might check in with your feelings or simply make you laugh by sharing a video on TikTok. They might also help you by:

1. **Talking things through** - if you are finding things difficult, talking things through with a friend can help you understand how you feel and what support you might need. It might even be that they just sit and listen. A friend can also keep you company to remind you that you are not alone.
2. **Give practical support** - for example, if you are nervous about going to a party, friends can help you by going to the party with you, messaging you to see how you are getting on or helping you find a quiet space.
3. **Taking your mind off things** - they can distract you from what might be making you feel low or stressed and help you feel calmer through difficult times.
4. **Notice changes in your mood** - friends who know you well might recognise if you are struggling or not feeling your best and can check in to see if you need support.



Scan for the importance of friendships for our mental health



Remember, helping a friend is not all on you! (See video)

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Mental Health in Schools Team Tips For Wellness



7th to 13th October
- Dyslexia
Awareness Week!

Listening

Over 10% of the population has a story to share about dyslexia (that's more than 6.7 million stories!) Everyone is unique and their experience of this can be unique too, Dyslexia Awareness Week (7th-13th October) is a chance for us all to listen to these stories and learn more.

It's important to be aware of dyslexia, so that you can challenge misconceptions and promote a dyslexia friendly environment. Take time to learn about the facts online and promote awareness through supporting Dyslexia Awareness Week! You may make a big difference to someone's story.

Our tips for listening:

1. This year's theme for Dyslexia Awareness Week is *'What's Your Story?'* Find out how other people experience dyslexia by asking them if they feel comfortable to share their story. Ask them about the challenges they face and how they overcome them. Remember to be kind when people are talking and show active listening! Share your story here:



2. Listen to Sophie's story to hear about the struggles she faces with dyslexia and the strategies she uses to help her overcome her difficulties. Discuss as a class what children may find difficult themselves, as well as sharing their strengths and how they can support each other.



Sophie's story

3. Follow the QR code to some Twinkl resources that can be used in the classroom throughout Dyslexia Awareness Week:



Teacher resources

4. As a class, you could read *'Thunderboots'* by Naomi Jones to help children understand dyslexia (*suitable for primary-aged children*).

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Please contact your school's Mental Health Lead for information and advice.

COLLECTION POINT HERE

SHOPPING LIST MOST NEEDED

Squash
Fruit juice cartons
Tinned
peas/carrots/sweetcorn
Instant mash
Biscuits
Shower gel & deodorants
Razors & shaving foam
Washing up liquid
Laundry powder/tablets

DONATE NOW!

Help by donating an item or two from the list to support people facing hardship.

You can also donate money to help to cover the costs of storing and distributing emergency food as well as delivering additional support and advice.

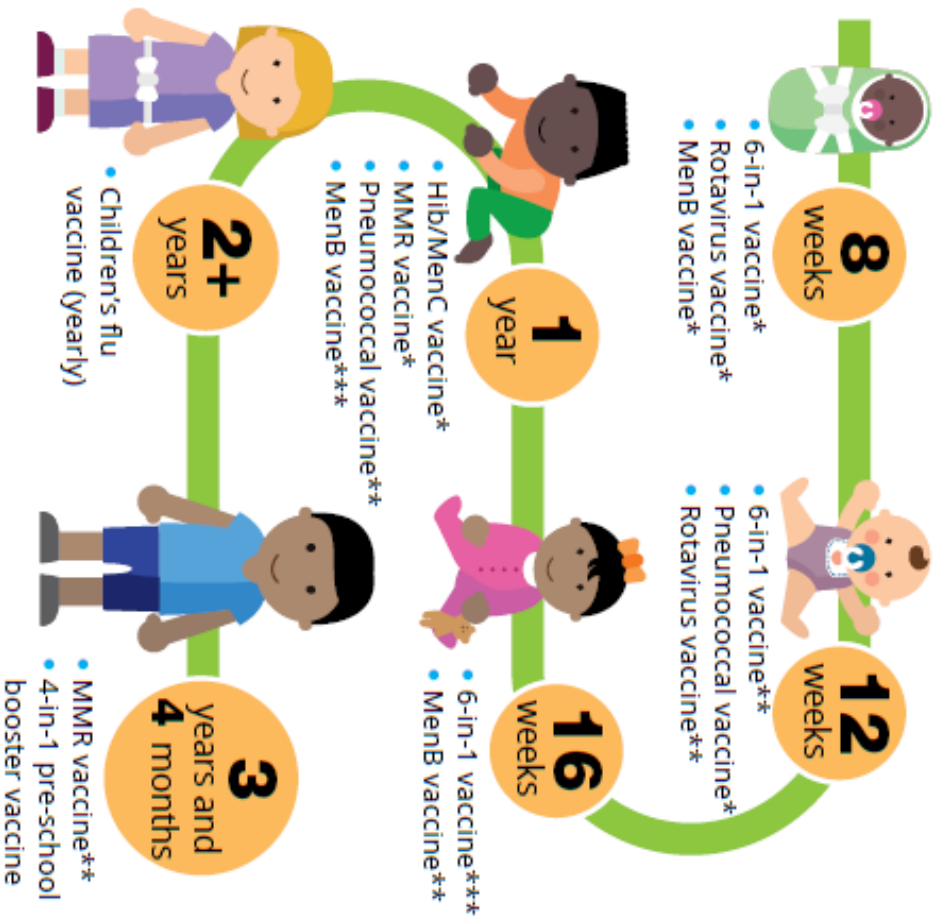


SCAN ME





Your child's vaccine schedule



* first dose, **second dose, *** third dose
 6-in-1 protects against diphtheria, tetanus, whooping cough, polio, Hib and hepatitis B
 4-in-1 protects against diphtheria, tetanus, whooping cough and polio

Follow your child's vaccine schedule to protect them against illnesses

Stick this timeline up as a useful reminder



- Childhood illnesses like measles and whooping cough are rising
- These illnesses can make children very sick, leading to hospital stays or lifelong problems
- If your child is not vaccinated, they are not protected
- It's important that vaccines are given on time for the best protection. Some need booster doses later too
- Check your child's red book or speak to your GP practice to see if they have missed any
- You can still catch up on most missed vaccines
- All the childhood vaccinations are free. As children grow up, they will be offered more vaccine appointments, right up until they are teenagers. Some vaccines are offered at school
- Vaccinations offered by the NHS are thoroughly tested to assess how safe and effective they are. All medicines can cause side effects, but vaccines are among the very safest.
- Research from around the world shows that immunisation is the safest way to protect our children's health

Are your child's vaccines up to date?
 Book now at their GP practice

Places still available!!!

OFSTED
APPROVED



Address

The Contact Centre
(Behind All Saints Church)
All Saints Road Warwick
CV34 5NJ

Clubs every day

Painting club
Arts & craft club
Multi sports club
Karaoke club
Darts club
(Clubs do change termly)

Contact Us

<https://scallywagskids.co.uk>
info@scallywagskids.co.uk
07834241414
Call us to book for a visit

Activities

Varied, planned activities
to suit all ages and needs.
Large outside area and
use of Green.
Range of play equipment.

Before and after school

Breakfast Available from
7:30
Afternoon snack varied
with healthy options





FA PARA TALENT HUB

WHO FOR?...

For players with cerebral palsy, hearing impairments or visual impairments who currently play for mainstream football teams, academies and school teams.

DETAILS...

Tuesday 1st October 2024

18.00 - 19.30pm

Age 7 - 16

Venue

The Place, Coventry University,
Westwood Heath Road CV4 8GN 3G pitch

FOR MORE INFORMATION AND TO REGISTER INTEREST PLEASE EMAIL
BALVINDER.SHEKHON@LEAMINGTONFC.CO.UK



OCTOBER HOLIDAY CLUB

FROM **£13** PER DAY

KA
KITS ACADEMY

28TH OCTOBER - 1ST NOVEMBER
RECEPTION TO YEAR 7

COVENTRY - CV6 2AH HOLLYFAST PRIMARY SCHOOL
TRAMPOLINING, MULTI SPORTS, LITTLE LACES

RUGBY - CV21 1AR RUGBY COLLEGE
DANCE, ARCHERY & FENCING, TRAMPOLINING & GYMNASTICS, LITTLE LACES, MULTI SPORTS

NUNEATON - CV10 8NL PARK LANE PRIMARY SCHOOL
OLYMPIC SPORTS, LITTLE LACES MULTI SPORTS

WARWICK - CV34 5LY ALL SAINTS JUNIOR SCHOOL
MULTI SPORTS

(CHILDREN CURRENTLY IN NURSERY AND RECEPTION ARE ELIGIBLE TO ATTEND LITTLE LACES BETWEEN 9AM-1PM EVERY DAY)

TIMINGS
EARLY DROP OFF - 8:30AM - 9:00AM - **£4.00 EXTRA (BREAKFAST INCLUDED)**
DROP OFF - 9:00AM - 9:30AM
PICK UP - 3:00PM - 3:30PM
LATE PICK UP - 3:30PM - 4:30PM - **£5.00 EXTRA**

THURSDAY 31ST OCTOBER ALL CHILDREN ARE WELCOME TO ATTEND IN FANCY DRESS

BOOK NOW

ONLINE AT
WWW.KITSACADEMY.COM
MORE INFO CALL
07772873271
BOOKINGS@KITSACADEMY.COM

Warwickshire Fire & Rescue Service

BONFIRE NIGHT COMPETITION 2024

WFRS invite you to design an original safety poster for Bonfire night

Your poster needs to be:

A4 size

Colourful and eye-catching

Giving safety advice to follow on Bonfire night

Name, age and school on back

A winner will be chosen from KS1, KS2, and KS3

Winners will receive a goody bag and have their poster design displayed in Warwickshire Fire Stations, on our social media posts and in schools across the County

CLOSING DATE FRIDAY 18TH OCTOBER

Please send all entries to:

Sara Beirne

Bedworth Fire Station

Park Road

Bedworth

CV12 8LB

or email entries to:

sarabeirne@warwickshire.gov.uk

GOOD LUCK!



Connect for Health

Your school nursing service

https://www.compass-uk.org/wp-content/uploads/2024/09/C4H-Parent-Schools-Newsletter-September-2024_compressed.pdf

What's in this month's issue?

With the start of a new academic year, we've promoted the support which Connect for Health can offer, and how professionals and parents/carers can access our service.

September is host to lots of national awareness campaigns that are great topics to advocate in school and at home.

This issue features information about asthma control, children's eye tests and promoting physical activity.

For education professionals there is also information about our free RSHE Network that you can access for support with safeguarding and your PSHE curriculum.

SEP/OCT TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each
 Book online at facefamilyadvice.co.uk

FREE SESSIONS	
Supporting Kids with School Anxiety	26 SEP
Introduction to Facing Defiance	24 OCT
Understanding Anger	23 SEP
Supporting a Child with ADHD	24 SEP
Understanding the Teenage Brain	7 OCT
Raising Self-Esteem	8 OCT
Decreasing Depression	15 OCT
Anxiety Explained	17 OCT
Understanding Anger	21 OCT
Drug Awareness for Parents	22 OCT
Autism: Improving Communication	28 OCT
Introduction to OCD	29 OCT
Understanding Addictive Behaviour	31 OCT
Improving Family Communication	4 NOV
Raising Self-Esteem	5 NOV

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

Supporting a Child with ADHD



Challenge the stereotypes and get practical help

Tuesday 24th Sept & Thur 10th Oct (7pm to 9pm) £24

Available to book now
facefamilyadvice.co.uk



FUN FOR FAMILIES



Please refer to our website for full terms and conditions

Box Office: 0333 666 3366 or online at stratlitfest.co.uk

Sat 26th October

10am-11.15am

Crowne Plaza Hotel

The Enchanted Cinema

£10 (adults £5) | Age 4+



Imagine going to the cinema and becoming part of a pop-up orchestra that creates every single sound effect and the musical score! Using your voice, hands and playing a range of unusual, delightful and ingenious instruments, you'll join in to create sound effects to excerpts from the enchanting animation, *My Neighbour Totoro*. A magical experience for children and parents alike.

Sponsored by:



Sat 26th October

2pm

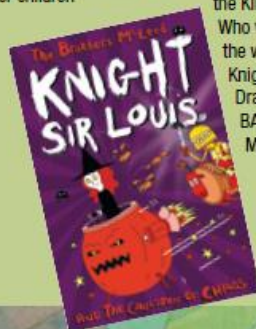
Crowne Plaza Hotel

The Brothers McLeod Knight Sir Louis and the Cauldron of Chaos

£8 (adults £5) | Age 8+



Get ready to laugh your socks off at the fifth Knight Sir Louis adventure! A powerful magical object has been rediscovered: the Cauldron of Chaos. A scheming witch finds the cursed pot and plans to make her fortune with it, even if it means the end of the Kingdom of Squirrel Helm. Who will rescue the land from the witch's dodgy deals? Knight Sir Louis, of course! Draw along with the BAFTA-winning Brothers McLeod, Greg and Myles.



Sun 27th October

9.30am

Crowne Plaza Hotel

Julie Tatchell and Amanda Middleditch Bartie Bristle and Other Stories

£8 (adults £5) | Age 3+



Step into the magical world of Bartie Bristle and friends in this stunning treasury written by the Teddy Bear Ladies, Julie Tatchell and Amanda Middleditch, best known as stars of the BBC's *The Repair Shop*. Set in a village in the heart of the Old Woods, enter the magical world of the teddy bear shop and the heart-warming stories of Bartie and his teddy bear friends. Bring a teddy from home for a fun, interactive event.



Sun 27th October

10.15am-11.15am

Crowne Plaza Hotel

Christopher Edge Black Hole Cinema Club

£8 (adults £5) | Age 8+



We welcome the award-winning author of *Escape Room* with another edge-of-your-seat adventure. When Lucas meets his friends at the local cinema - nicknamed 'The Black Hole' - they're excited about the movie marathon ahead. But as the lights go down, Lucas, Ash, Maya, Caitlin and Finn watch in disbelief as a jet-black tidal wave comes crashing out of the cinema screen and the five friends find themselves swept into an epic and perilous adventure. Can they save the day before the end credits roll? The fate of the world might just depend on it...



Sun 27th October

2pm - 4pm

Crowne Plaza Hotel

Halloween Craft with Becci Books

£8 (adults Free) | Age 4-7



It's time for spooktacular Halloween craft, with pumpkins and ghosties galore! Make flying bats and witches' hats, with pom poms, pipe cleaners and more... All materials and instructions provided. Book your slot between 2pm and 3pm, or 3pm and 4pm.



Please refer to our website for full terms and conditions

Box Office: 0333 666 3366 or online at stratlitfest.co.uk



Information Sessions for Warwickshire Parents and Carers

Courses available online – via Zoom

<p>Understanding and Supporting Children and Young People with Emotionally Based School Avoidance Thursday 26th September 2024, 9:30 am to 11:30 am</p>
<p>Understanding Emotion Regulation in School Aged Children Thursday 10th October 2024, 9:30 am to 11:30 am</p>
<p>Understanding and Supporting Children aged 3-11 Years with Anxiety Thursday 24th October 2024, 9:30 am to 11:30 am</p>
<p>Understanding and Supporting Children Aged 12+ Years Anxiety Thursday 7th November 2024, 9:30 am to 11:30 am</p>
<p>Understanding and Supporting School Aged Children Who Self-harm Thursday 21st November 2024, 9:30 am to 11:30 am</p>
<p>Understanding Sensory Needs in School Aged Children Thursday 5th December 2024, 9:30 am to 11:30 am</p>
<p>Understanding Low Mood in Children and Young People Thursday 9th January 2025, 9:30 am to 11:30 am</p>
<p>Understanding Self-esteem in Children and Young People Thursday 10th April 2025, 9:30 am to 11:30 am</p>

Places on our sessions are subject to availability. To book your place please email risecommunityoffer@covwarkol.nhs.uk

Please note: the sessions are available for Warwickshire residents only.



Primary Mental Health

Warwickshire's Primary Mental Health Team is providing **FREE** Mental Health Awareness Workshops for professionals working with children and young people in the county.

These introductory workshops aim to raise awareness around key areas of child and adolescent mental health:

- ☀️ Eating Disorders
- ☀️ Mood
- ☀️ Attachment
- ☀️ Self-Harm
- ☀️ Challenging Behaviours
- ☀️ Self-Esteem

- ☀️ We also offer:
- ☀️ the Boomerang Resilience Programme
- ☀️ Staff Wellbeing training



Please note: Our workshops are often over-subscribed. If you cannot attend, please send a delegate in your place or notify us 48 hours before the start time, so we can offer your place to someone else.

There will be a charge of £40 for non-attendance at our workshops without prior notification.

Places on the workshops are subject to availability. To book your place on a workshop or to discuss a bespoke workshop, please email Coventry.RISEWork@covwarkol.nhs.uk



You have what it takes for a rewarding career in fostering

- Your everyday experiences and skills are transferable into a foster carer role, from providing emotional support to teaching life skills.
- Our fostering roles are suitable for individuals, couples, or families from all walks of life. All children are different, so our foster carers are too.
- We offer many different types of fostering roles, including short-term, parent & child, therapeutic and long-term.
- Be part of our professional team and receive our ongoing comprehensive training.
- Receive generous fostering allowances, benefits and tax relief.

As a foster carer, you could provide a safe and stable home environment for a vulnerable child whilst enjoying a flexible and rewarding career that's literally life changing.

A vegan meal is available on request on days when (vg) is not shown as a choice on the menu.
All our fish is natural whole fillet and although great care has been taken to remove all bones, some may remain.



Weekly Menu

Week one

Warwickshire, Coventry: 16/9, 7/10, 18/11, 9/12, 13/1/25, 3/2, 3/3, 24/3
Oxfordshire: 16/9, 7/10, 18/11, 9/12, 13/1/25, 3/2, 3/3, 24/3

Choose a main meal... MONDAY

Pork Meatballs in Tomato Sauce with Noodles (G.E)
(vg) Breaded Vegetable Fingers with Herby Diced Potatoes (G)

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(vg) (h) Lemon Shortbread (G)
(v) Cheese Crackers and Apple Wedge (G.D)
Fresh Fruit

Choose a main meal... TUESDAY

(h) Chicken and Country Vegetable Pie with Potato Wedges (G)
(v) Cheese and Tomato Pizza Wedge with Potato Wedges (G.D)

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v) (h) Chocolate Cracknel (G)
(v) Yoghurt (D) or Fresh Fruit

Choose a main meal... WEDNESDAY ROAST

British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)
(vg) Quorn Roast in Gravy with (v) Yorkshire Pudding (D.E.G)
Crispy Roast Potatoes

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Syrup Sponge with Custard (D.G.E)
(v) Ice Cream (D)
Fresh Fruit

Choose a main meal... THURSDAY

Chicken Fillet Wrap and Sweetcorn Salsa Dip with Diced Potatoes (G)
(v)(h) Mac 'n' cheese with Freshly Baked Crusty Bread (D.G)

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v) Toffee Apple Donut (G.D.E.SB)
(v) Yoghurt (D) or Fresh Fruit

Choose a main meal... FISHY FRIDAY

(msc) Battered Fish Fillet (G.F) with Chipped Potatoes
(vg) Vegetarian Holdog with Chipped Potatoes (G)

On the side...
Fresh Salad Bar
Peas or Baked Beans

For dessert...
(vg) Jelly with Fruit
(v)(h) Crunch Cookie (G)
(v) Yoghurt (D) or Fresh Fruit

Week two

Warwickshire, Coventry: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 20/1/25, 10/2, 10/3, 3/3
Oxfordshire: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 20/1/25, 10/2, 10/3, 3/3

Choose a main meal... MONDAY

British Pork Sausages with Gravy & Mashed Potatoes (G.SU.SB)
(v)(h) Cheese and Potato Pie served with Vegetables of the day (D.E)

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(vg)(h) Flapjack (G)
(v) Yoghurt (D) or Fresh Fruit

Choose a main meal... TUESDAY

(h) British Beef Bolognese with Garlic Bread (G/cheese D)
(vg) Veggie Plant burger in a High Fibre Bun with Crispy Diced Potatoes (G)

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v) Strawberry Whip with Fruit (D)
(v) Cheese Crackers and Apple Wedge (G.D)
Fresh Fruit

Choose a main meal... WEDNESDAY ROAST

British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)
(vg) Quorn Roast in Gravy with Sage and Onion Stuffing (G)
Crispy Roast Potatoes

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Apple and Pear Crumble with Custard (G.D)
(v) Ice Cream (D)
Fresh Fruit

Choose a main meal... THURSDAY

(h) Italian Chicken Pasta (chicken and pasta in a tomato sauce) with Freshly Baked Wholegrain Baguette (G)
(vg) Veggie Sausage with Herby Diced Potatoes

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h)UP Beet Chocolate Cake (G.E)
(v) Yoghurt (D) or Fresh Fruit

Choose a main meal... FISHY FRIDAY

(msc) Salmon Fish Cake with Chipped Potatoes (G.F)
(v)(h) Rustic Pizza Wedge with Chipped Potatoes (G.D.SB)

On the side...
Fresh Salad Bar
Peas or Baked Beans

For dessert...
(v)(h) Ginger Cookie (G)
(v) Jelly with Fruit
(v) Yoghurt (D) or Fresh Fruit

Week three

Warwickshire, Coventry: 9/9, 30/9, 21/10, 11/11, 2/12, 21/12, 27/1, 24/2, 17/3, 7/4
Oxfordshire: 9/9, 30/9, 21/10, 11/11, 2/12, 21/12, 27/1, 24/2, 17/3, 7/4

Choose a main meal... MONDAY

Southern Style Chicken Strips in a Wrap with Potato Wedges (G)
(v)(h) Cheese and Baked Bean Pasty with Potato Wedges (G.D)

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Chocolate Orange Cookie with Orange Wedges (G)
(v) Yoghurt (D) or Fresh Fruit

Choose a main meal... TUESDAY

Beef Burger in a High Fibre Bun with Crispy Diced Potatoes (G.SB.SU)
(h)(v) Cheesy Tomato Pasta Bake with Freshly Baked Wholegrain Baguette (D.G)

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(vg)(h) Shortbread (G)
(v) Cheese Crackers and Apple Wedge (G.D)
Fresh Fruit

Choose a main meal... WEDNESDAY ROAST

British Roast Pork Loin, Apple Sauce and Gravy
(vg) Quorn Roast with Gravy (G)
Crispy Roast Potatoes

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Apple and Cinnamon Charlotte with Custard (G.SU.D)
(v) Strawberry Swirl Mousse (D)
Fresh Fruit

Choose a main meal... THURSDAY

(h) Mild and Creamy Chicken Korma with Wholegrain rice (D)
(vg) Quorn Dippers with Seasoned Wedges (G)

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v) Pancakes with Fruit (G.D.E)
(v) Yoghurt (D) or Fresh Fruit

Choose a main meal... FISHY FRIDAY

(msc) Fish Fillet Fingers (G.F) with Chipped Potatoes
(v) Plantball Meit with Chipped Potatoes, prawns in a finger roll topped with rustic tomato sauce and grated cheese (G.D)

On the side...
Fresh Salad Bar
Peas or Baked Beans

For dessert...
(v)(h) 'School Favourite' Sprinkles Sponge Cake (G.E.)
(v) Yoghurt (D) or Fresh Fruit

Fruit Cordial or Fruity Water from the Hydration Station, Semi Skimmed Milk & Fresh Bread are also offered daily
Vegetable accompaniments change to reflect seasonal availability.

ALLERGEN KEY
G = Gluten / Wheat
Vp = Vegan
V = Vegetarian
H = Halal
F = Fish
M = Mustard
S = Sulphites
D = Dairy
E = Egg
SU = Sulphites
SB = Soy



Allergies
Please contact your school cook for information regarding the content of dishes and products on our menu.

M	T	W	T	F	S	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	

M	T	W	T	F	S	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						

M	T	W	T	F	S	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			

M	T	W	T	F	S	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	

Dec-24						
						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					

Jan-25						
		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		

Feb-25						
					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		

Mar-25						
					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						

Apr-25						
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-25						
			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	

Jun-25						
						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						

Jul-25						
	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			

Aug-25						
			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

Sep-25						
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					

Half Term	Days
1	40
2	35
3	30
4	35
5	19
6	36
Total	195

	Total days
Autumn Term	75
Spring Term	65
Summer Term	55

School Holiday
 Public Holiday
 Teacher Training Day (+3 to be set by school)

Secondary School Induction Day

