

Emscote Express

Issue 3, 7th November 2024



We hope all of our families had a restful half term. As we settle into the rhythm of the second half of the autumn term, I'm delighted to share with you the wonderful events and achievements that have been shaping our school community.

Our Federation Harvest assembly, held in collaboration with All Saints', was a heartwarming celebration of gratitude and community spirit. The pupils' enthusiasm during their singing was wonderful. We extended this celebration with our Harvest festival at church, where parents joined us in giving thanks for the food we share. These events not only reinforced our values but also strengthened the bonds within our school family.

Speaking of family, our Grandparent afternoon tea today was a delightful occasion. It was wonderful to see the joy on our pupils' faces as they shared their school experiences with their grandparents.

Our commitment to environmental awareness continues to flourish. Our dedicated Eco Team has been busy planting crocus bulbs, generously donated by The Rotary Club. This activity not only beautifies our grounds but also provides hands-on learning experiences about nature and sustainability for our young environmentalists. Thank you to Mr Green, our Site Manager for his help with this.

I'm thrilled to announce that our first Reading Champions have been selected and awarded their badges. This initiative encourages regular reading at home, a crucial factor in a child's educational journey. Remember, if your child reads their school books at least four times a week and returns their bookmark, they too could be in with a chance to become an Emscote Reading Champion!

Last Monday, we held an informative Growth Mindset meeting. This approach to learning is fundamental to our teaching philosophy, encouraging pupils to embrace challenges and persist in the face of setbacks. We believe that fostering this mindset will equip our children with the resilience and confidence they need to thrive.

This week we enjoyed our Federation Firework Night. This was a spectacular evening of celebration with fireworks lighting up the sky, delicious hotdogs and burgers and warming cups of hot chocolate for all our families. It's events like these that truly bring our school community together, creating lasting memories for our pupils and their families.

As always, I'm immensely proud of the enthusiasm and dedication shown by our pupils, staff, and families. Your continued support and engagement make Emscote Infant School a vibrant and nurturing place of learning.

Mrs Nicol
Head of School

Be Bright, Be Seen

Being visible to other road users is important all year round, whether walking, cycling, scooting or wheeling. However, it is especially important during the autumn and winter months when days are shorter and evenings longer.

We can improve our visibility and help drivers and other road users see us by wearing light, bright and fluorescent clothing or accessories in the day, and reflective clothing or accessories in the evening.

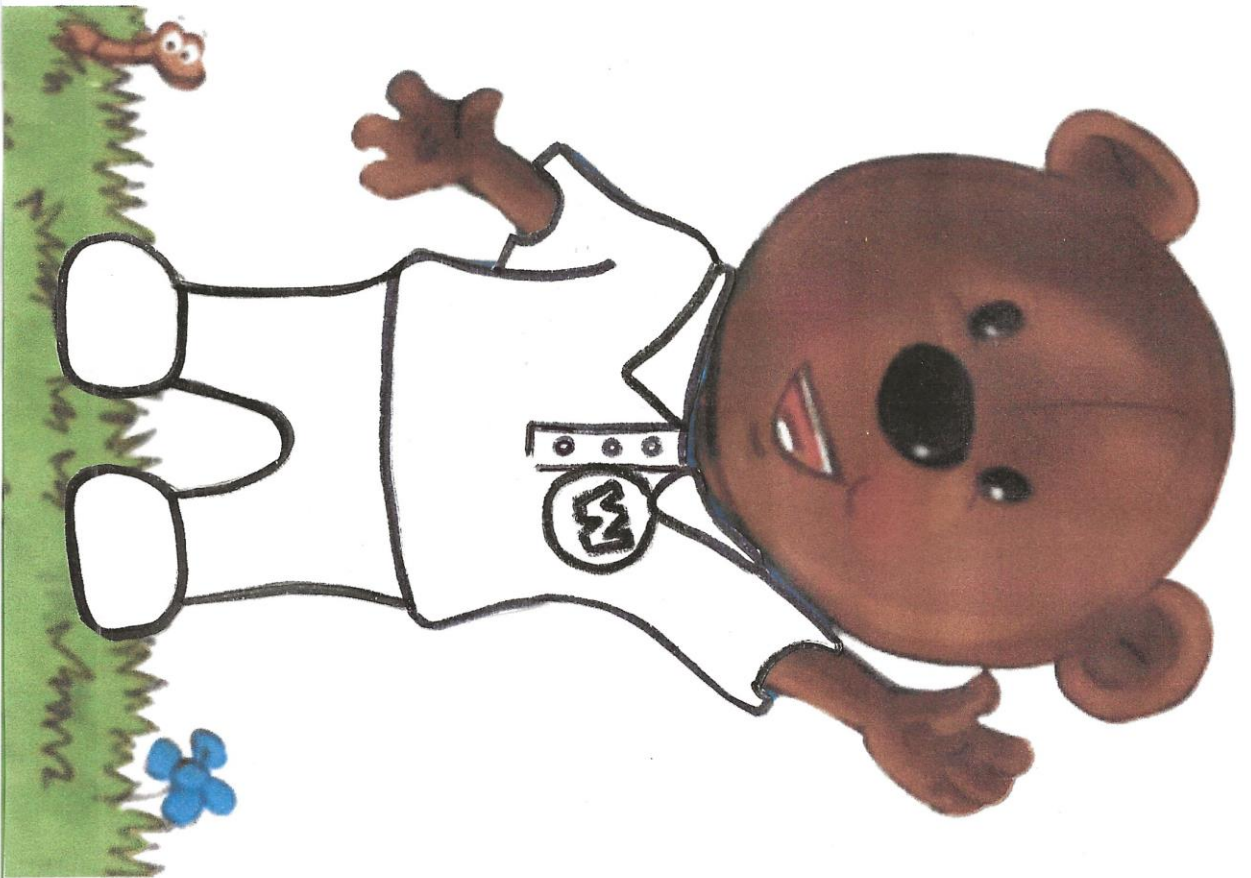
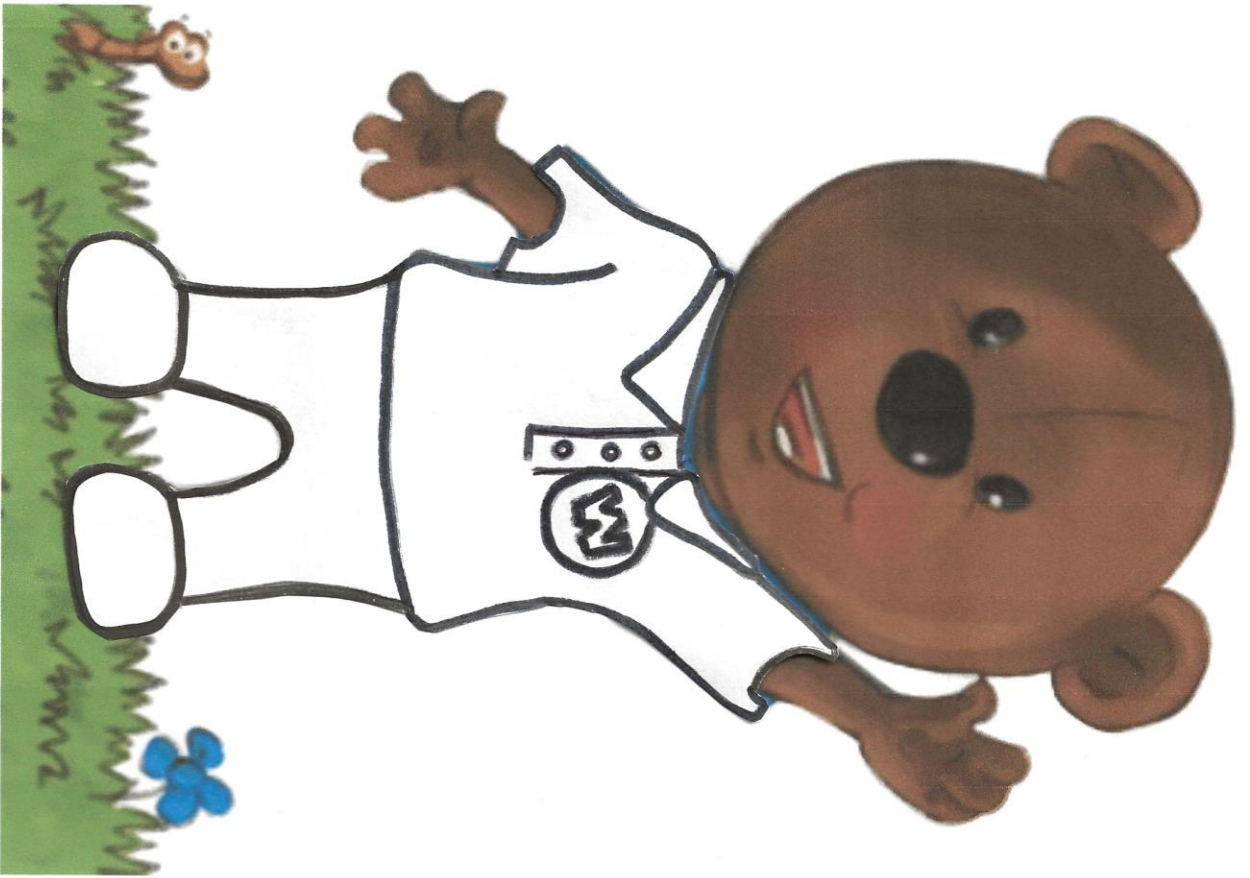
If cycling, we must make sure our bicycles have a working white front light, and red back light.

A simple message is to help us remember this is 'Be Bright Be Seen'.

Be Bright Be Seen Warwick Bear Competition

Using the template provided, children are invited to design an outfit for Warwick Bear to help him to 'Be Bright, Be Safe and Be Seen'. Add light, bright and reflective clothing, draw and stick on a helmet, and add anything else you think he needs. Please return entries by Wednesday 27th November.





Dates for the Diary 2024/5

Mon 11th Nov	Remembrance Day	To commemorate Remembrance Day, children are invited to wear uninform to school on this day if they attend Squirrels, Beavers, Rainbows, Brownies etc.
Tues 12th Nov	Odd Socks Day	Children invited to wear odd socks to celebrate individuality and our differences. No donation needed.
Fri 15th Nov	Children in Need	Great SPOTacular! Children can come dressed in spots for doination of £1
Fri 22nd Nov	Inset Day	School closed to pupils
Fri 29th Nov	PTA Christmas Fayre	3.30-5.30pm
Mon 2nd Dec	Whole school trip to Warwick Arts Centre	Please pay at www.eduspot.co.uk
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
Wec 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 Lunch and 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	
Mon 3rd Feb	Y1 Phonics Meeting	2.30pm in the school hall on Monday 3rd February 2025.

Activities this month including harvest festival, celebrating our reading champions, bulb planting, apple bobbing and sparklers!





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



Be You

'Be who you are and say what you feel because those who mind don't matter and those who matter don't mind' - Dr Seuss

Being You is about being comfortable with who you are. Everyone has different talents, interests and dreams and it's important to remember that we are all unique. Exploring your own interests can help you develop a sense of identity, which is essential to building on your confidence.

Our tips for 'being you':

- 1) **Do something you love.** Make sure, at least once a day, you have some time set aside to do something you love. Whether that's reading, drawing, listening to music or playing sports, it's important to do things for yourself to improve your wellbeing.
- 2) **Take time away from social media if you need to.** Try to keep your social media account a positive space that celebrates everyone's differences! If you need to take a step back from social media at times, that is okay.
- 3) **Embrace what you enjoy and follow your interests.** Listen to the music you love and watch the TV shows and Films you love, even if your friends like to watch different things.
- 4) **Positive Self-Talk.** It is normal to talk to ourselves in a negative way at times, instead, try to recognise and believe in your strengths and your abilities. Saying and doing kind things for yourself is an important part of 'being you'.

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



Connecting

Connecting with people and building good relationships is important for our mental wellbeing. We can connect with lots of people around us, such as family, friends, and neighbours, at home, school or in our local community.

Connecting with others can give you a **sense of belonging** and **self-worth**, an opportunity to share positive experiences, as well as providing emotional support.

We have so many ways to connect with each other by using technology; we can stay connected with family and friends who live further away by using video call, or we can message friends using apps and games which we play online. It is a great way to connect with others, but it is important not to rely on technology or social media alone...connecting with others in person is essential too!

Our tips for connecting:

1. Take a minute to name all the people you see or speak to in a normal week (from the postman to your teachers and family members). Next, pick out the people who help you the most and the ones who make you smile. Now, remember these people, as connecting with them is important to your happiness and wellbeing. Who can you talk to if you feel lonely, worried or upset?
2. Spend some time with a family member each day this week. You could eat a snack or meal together, help them with a task or play a game!
3. Arrange to meet a friend outside of school (don't forget to check with your parent or carer first). Could you go to the park together or have a sleepover? If you are not able to meet a friend, you could check in with them instead. Ask what they did at the weekend or how they are feeling, remember to listen carefully when they talk to you!
4. Connect with someone you have not spoken to in a while, maybe a friend from primary school or a family member who lives far away? Send them a message, have a video call, or write a letter to them!



5 ways to wellbeing

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Mental Health in Schools Team Tips For Wellness



Persistence

Persistence is a fancy way of describing our ability to stick with something until we achieve what we want to do and continue even if it doesn't quite work the first time. In fact, sometimes when things don't go as planned, it can help us learn what we do need to do.

Some people say that **FAIL** is the **F**irst **A**ction **I**n **L**earning and that mistakes are needed to help us work out what went wrong and where we need to go next. Persistence helps us to believe in ourselves and see that we can learn and grow!

Many famous faces we know and love had to show persistence to get where they are today...did you know? The 'Harry Potter' author, J.K. Rowling, had her first book rejected 12 times before it became published!

Our tips for persistence:

1. **The power of the word 'yet'** – when we are trying to persist at something we really want to do, we may have automatic thoughts that pop into our mind and make us believe we can't do it. Next time this happens, try adding 'yet' onto the end of your thought. For example, 'I can't do this...**YET!**'
2. **Trying something new!** The best way of learning persistence is to try something new; it could be a new sport you are interested in, or a hobby you would like to try out. It takes time and practice to develop new skills, just like persistence, and hopefully you have some fun too!
3. **Reflect on the journey you took when you learnt a new skill** - you could try keeping a diary or a journal as your skill develops, so you can see the steps you took to get there. This can help you to see how you persisted when things were feeling a bit harder. Being able to see your improvement from the beginning is also a powerful way of encouraging you to persist in the future!
4. **Create an achievement jar** - when you have achieved something that you really wanted to do and tried hard at, write it on paper and put it in the jar. On days where you feel like things are difficult, take one of the achievements out and remind yourself of how far you have come!

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Information Sessions for Warwickshire Parents and Carers

Courses available online – via Zoom

Understanding and Supporting Children and Young People with Emotionally Based School Avoidance

Thursday 26th September 2024, 9:30 am to 11:30 am

Understanding Emotion Regulation in School Aged Children

Thursday 10th October 2024, 9:30 am to 11:30 am

Understanding and Supporting Children aged 3-11 Years with Anxiety

Thursday 24th October 2024, 9:30 am to 11:30 am

Understanding and Supporting Children Aged 12+ Years Anxiety

Thursday 7th November 2024, 9:30 am to 11:30 am

Understanding and Supporting School Aged Children Who Self-harm

Thursday 21st November 2024, 9:30 am to 11:30 am

Understanding Sensory Needs in School Aged Children

Thursday 5th December 2024, 9:30 am to 11:30 am

Understanding Low Mood in Children and Young People

Thursday 9th January 2025, 9:30 am to 11:30 am

Understanding Self-esteem in Children and Young People

Thursday 10th April 2025, 9:30 am to 11:30 am

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

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



Are you an exhausted, **SEN** and/or **EBSA** parent carer?
Running on empty with **no time** to shout "HELP!" let alone **step off the hamster wheel** to **rest, relax or recharge?**



I GET IT!

We face a **unique set of challenges** that not everyone understands.
After being on the **brink of burnout** myself I learned **quick, simple and impactful** ways to strengthen my coping skills, **feel more calm, resilient, hopeful and happy** and I'm **on a mission to help YOU** do the same!



The SHARE Project Zoom workshops have been created to give you sustainable **strategies** to help **strengthen** your **copng skills, rebuild your resilience, boost your wellbeing** and **feel like YOU** again!

PARTICIPANT

FEEDBACK:

"The SHARE project helped me have a more positive outlook day-to-day and relaxation has helped with my sleep."

"I looked forward to the sessions each week, it gave me time to focus on myself for a change."

"The SHARE Project was a gentle, kind experience. The refocusing was extremely powerful and I felt nurtured by the sessions."



CLICK HERE for more info and to book your place

or email: hello@ausomemums.com

Evening and daytime sessions available



Kids 6-12

FREE!

Polish Club
Warwickshire

The Fun Factory

Sports
Activities

Boarding
Games



Arts
& Crafts

Skill
Building
Workshops

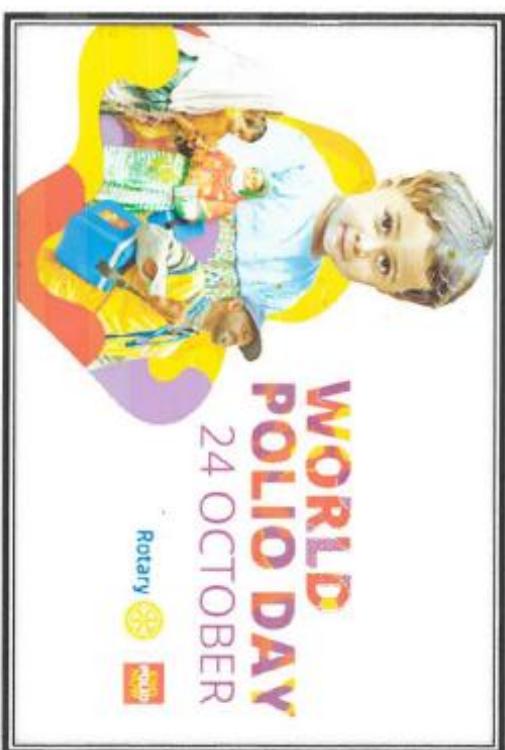
The Gap Community Centre

39 Oakwood Grove, Warwick CV34 5TD

Wednesdays, 5.15-6.45



ROTARY CLUB OF WARWICK



WWW.warwickrotary.org.uk

Rotary Foundation

For Further information please contact Past District Governor Bala Jaspal
email: bala.jas@hotmail.co.uk, Mobile 07814 439481.

If you can't make the date or time
all paid for talks are recorded and available for 48 hours afterwards

Monday
25th Nov

19:00 - 20:00
FREE



FREE SESSION

Decreasing Depression

A range of steps that can help to reduce the crippling impact of depression.

Thursday
7th Nov

19:00 - 21:00
£24



Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
12th Nov

19:00 - 21:00
£24



Anxiety-Based School Avoidance

Understanding and supporting children who are anxious about school. Steps you can take to help them back into the classroom.

Monday
18th Nov

19:00 - 21:00
£24



Understanding Anger: Yours and Theirs!

What is anger? Why do we have it? How do we manage it in ourselves and in our children?

Thursday
21st Nov

19:00 - 21:00
£24



Supporting Healthy Screen Use

Clarifying the difference between healthy screen use and unhealthy screen use. Addressing concerns about blue light and sedentary behaviour.

BE PREPARED

Winter *is* Coming



Act on Energy will be at:

THE SYDNI CENTRE, COTTAGE SQUARE,
SYDENHAM, LEAMINGTON SPA, CV31 1PT

Tuesday 22ND October 11:00a.m. - 3:00p.m.

We are offering:

- ▶ **FREE** energy saving advice and energy saving items
- ▶ **FREE** advice and support around the the cost of living
- ▶ **FREE** energy fuel vouchers* ▶ **FREE** food and refreshments
- ▶ **FREE** essential cooking & heating appliances*
- ▶ **FREE** advice how to make your home warmer (retrofit)



 @actonenergyuk

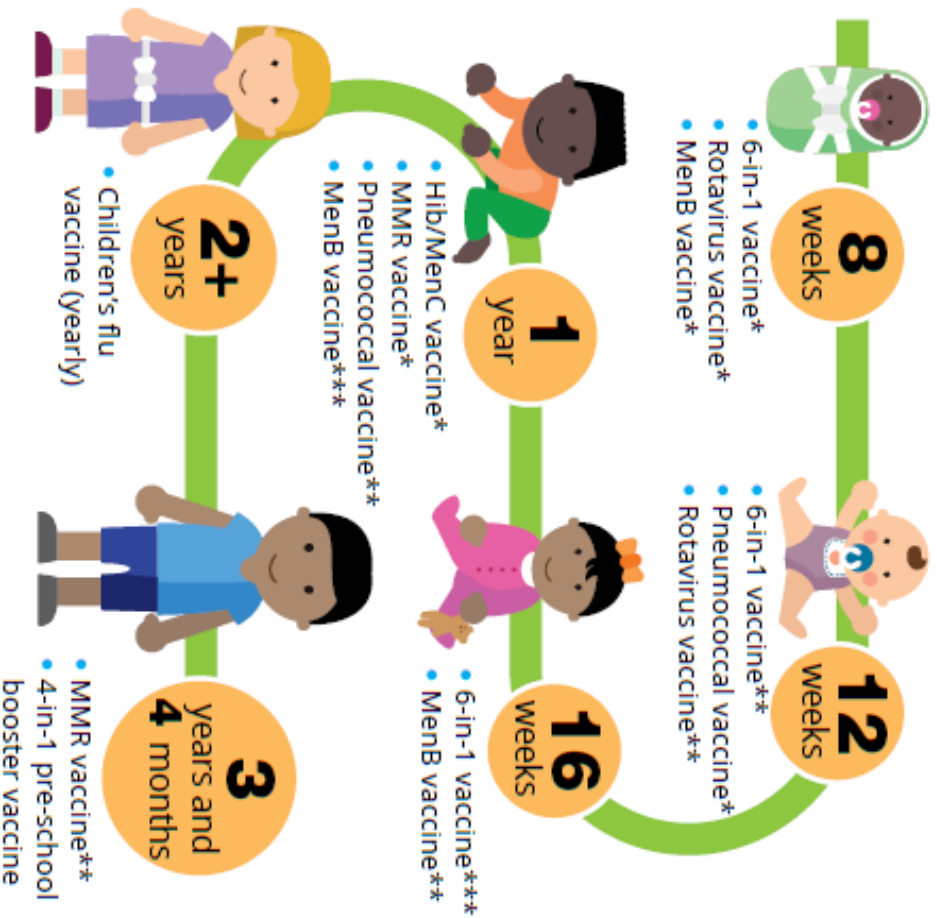
 @actonenergy

 @actonenergy_uk

www.actonenergy.org.uk



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





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

Choose a main meal... MONDAY

British Pork Sausages with Gravy & Mashiee 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: 9/5, 30/9, 21/10, 11/11, 2/12, 21/12, 27/1, 24/2, 17/3, 7/4
Oxfordshire: 9/5, 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 (pancakes 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.

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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

