

Emscote Express

Issue 11, June 2025



Welcome back to our final half term of this academic year and what a busy one it is going to be!

Yesterday we welcomed our new EYFS children into school with their parents for their first transition activity, a Stay and Play. It was wonderful to see how excited the children were and we look forward to welcoming them into our community.

Next Monday evening we welcome the new EYFS parents into school where they can learn about the day to day life and meet the staff.

On Tuesday next week we have an exciting Federation assembly, these are always joyous occasions where both schools are able to join together and we know how much the children enjoy seeing each other.

As is tradition in the second half of the Summer term, the Wednesday lunch option becomes a packed lunch picnic on the field, let's keep our fingers crossed for sunny weather for the next few weeks.

Children's Self Evaluation Form – based on the children's feedback we have planned for their requested Pizza Party and Ice Cream treat on Monday 16th June. Thank you to those parents who have made their contribution to this fund so far and many thanks to those who have contributed some extra to support all of our families. We are hoping to have another fun surprise for our children on this day also ... watch this space!

Phonics Screening – Year One/Year Two

Next week Year One children and some Year Two children will take part on the DFE's statutory Phonics Screening check. You will have been told if your child will not take this check. Year Two children who did not pass this last year are required to take the check. Please continue to read at home with your child and practise their real and alien words. A good night sleep and a healthy breakfast all help for them to be ready for the day. The children are used to practising this, so it will not be any different for them. You will be informed of your child's result in their school report in July.

Sports Day

Our annual sports morning has been scheduled (weather permitting) for Friday 4th July 2025. Please see below the arrangements to help the morning run smoothly and so our school community can have a safe and fun time! The event will be held at All Saints' Junior School, using their track and playing fields.

8.35am Children come to Emscote as normal, dressed in PE kit

9.20am Parents arrive at All Saints' Junior School & stand by the track in coned area.

Spectators are welcome to bring their own refreshments and a picnic blanket/rug/deck chair to sit on.

9.30am Children arrive in their classes and the fun field activities begin. This year Reception will be organised in their class colour groups and will enjoy their own fun events in a coned area separate to year 1 & 2. Ks1 children will be organised into classes and will stay with their teachers. They will rotate around four different activity stations with stickers awarded to team players, most enthusiastic athlete and to children demonstrating positive mind sets.

10.30am Track events begin.

12noon Finish, children to walk back to Emscote in their class teams with staff.

12.30pm Picnic lunch at Emscote, outside on playground weather permitting.

1.15-2.00pm Look at your children's work in their classroom and then when ready, you are more than welcome to take your child home early, **please sign your child out so their class teacher is aware you have left safely.**

Please send your child to school wearing their school PE kit:

They need a white t-shirt, dark coloured shorts and trainers. Depending on how warm/cool the day is, also send your child in wearing their jumper/cardigan and leggings/tracksuit bottoms. Please ensure that your child has had sun cream applied and they also have a named water bottle and hat.

Children can choose to have a picnic lunch made by and eaten with parents. **Alternatively, you can order a deli lunch bag provided by the kitchen for your child. Please look out for an online order form and ensure you complete this by Wednesday 25th June.**

If the weather is inclement on the day, we will postpone the event. Please look out for a text alert if this is the case. Reserve Date- Friday 11th June 2025

If you have any queries, please don't hesitate to get in touch with Mrs Vallins (PE lead)

Please do keep an eye on the dates below as we have a very busy half term!

Mrs Nicol

Staffing update

I am saddened to announce that Miss Rushall will be leaving us at the end of this half term. This decision has been made for personal reasons and I know that you will all wish her the best of luck with whatever adventures come next.

It's been clear throughout Miss Rushall's time here that she is a dedicated and compassionate teacher. The children have benefitted greatly from her care and consistency, and her commitment to them has been tireless.

We are so grateful for the positive contribution Miss Rushall has made to the school during her time with us.

We have therefore advertised a full time EYFS/KS1 teacher position which will initially be in Reception in September.

Car Seat Smarter

In the UK, child car seat laws are designed to prioritize the safety of young passengers. By law, all children must use an appropriate car seat or booster seat until they are 12 years old or reach a height of 135 cm (whichever comes first). The car seat used must meet European Union safety standards (marked with "E" in a circle on the label) and be correctly installed. Rear-facing car seats are mandatory for infants up to at least 15 months, as they provide significantly better protection for a child's head, neck, and spine in the event of a collision. Research indicates that in frontal collisions, rear-facing seats help distribute the force across the child's entire body, reducing the risk of serious injury. After the age of 15 months, children can transition to forward-facing seats, we recommend keeping children in rear-facing seats for as long as possible, as this positioning has been shown to reduce the risk of injury in a crash.

For more information on choosing and installing the right car seat, visit [Car Seat Smarter](https://www.carseatsmarter.co.uk/).
<https://www.carseatsmarter.co.uk/>

Car Seat Smarter is a UK-based resource dedicated to educating parents and caregivers on car seat safety. The site offers practical, expert advice on selecting, installing, and correctly using car seats to ensure children's safety on the road. It covers topics like choosing the right type of seat for each age and size, the benefits of extended rear-facing seats, and tips on securing car seats for optimal protection. Car Seat Smarter also provides access to certified Child Passenger Safety Technicians for personalized guidance and support.

4 Week Course for Parents and Carers of Autistic Children

Four three-hour sessions over a four-week period, aimed at parents/carers of autistic children awaiting a diagnosis. Please note, you are required to attend all sessions.

https://www.eventbrite.com/e/four-week-workshop-for-parentscarers-of-autistic-children-casp-tickets-1267118508569?aff=odcleoeventsincollection&keep_tld=1

Dates for the Diary 2025		
Fri 13th June	Father's Day Breakfast	This event has now sold out
Thurs 19th June	Oak Sharing Assembly	
Fri 20th June	Chestnut Sharing Assembly	
Fri 20th June	Year 2 Trip to Warwick Castle	Please make payment at www.eduspot.co.uk
Wed 25th June	PTA non uniform day	Children to bring in a prize for the summer fayre tombola
Fri 26th June	Cherry Sharing Assembly	
Fri 27th June	Willow Sharing Assembly	
Fri 27th June	PTA Summer Fayre	To be held at All Saints Junior School 4-6pm
Thurs 3rd July	Class group photographs	
Fri 4th July	Emscote Sports Day	
Tues 8th July	Year 1 and Year 2 trip to All Things Wild	More info to follow. Any parent helpers will require an Enhanced DBS check, please contact the school office if you would like to arrange this.
Wed 9th July	Year 2 Leavers Play	More info to follow
Thurs 10th July	Year 2 Leavers Play	More info to follow
Thurs 10th July	Reception Year trip to Atwell Farm	More info to follow
Fri 11th July	Reserve Emscote Sports Day	This is a reserve date in case of poor weather on 4th July.
Fri 11th July	School reports out	
Tues 15th July	PTA summer disco	
Fri 18th July	Last Day of Term	



Helping SEND & EBSA parents feel overwhelmed, feel calm & regain your spark!



Are you a stressed, exhausted, parent of a child or young person with SEND and/or EBSA?



Are you running on empty with no time to shout "HELP!", let alone step off the hamster wheel, to recharge?



I GET IT! And That's why I created The SHARE Project...

Quick and Simple strategies to strengthen your coping skills, overcome overwhelm, feel calm & regain your spark in just a few minutes each day!

PARENT FEEDBACK:

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

"I can honestly say it's the best thing I have done for myself in a long time!"

"I feel stronger, more capable and more confident. These session left me feeling empowered and supported to make simple changes which benefitted everyone in our household."

*** [CLICK HERE](#) * for more info and to book your place**
or email: hello@suejoneswellbeing.co.uk

* Daytime and evening workshops available *

The 10-week Nurturing Programme

Kingsway Children and Families Centre.

12.45pm-2.45pm

Tuesday 6th May to Tuesday 15th July.

**A FREE programme for parents and carers in
Warwickshire**

How to get the best out of family life.

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

To book use the QR code or go to

<https://www.eventbrite.co.uk/e/10-week-nurture-programme-for-parents-and-carers-learnington-spa-tickets-1269071650469?aff=oddtcreator>



If you have any queries, please contact:

ehparenttrainers@warwickshire.gov.uk



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An online talk by Jane Keyworth



Supporting a Child with ADHD

Challenging the stereotypes, offering practical support and explaining more about this condition

June 23rd 7 - 8:30pm

Talks are recorded and available to watch for up to 48hrs after the session £24



Book online
facefamilyadvice.co.uk
go to **PARENTS**
on the **Homepage**





We are delighted to inform you that booking for **MAY HOLIDAY ACTION 2025** is now open!

What we are running

WARWICK SCHOOL

- Butterflies – available for children who attend WPS or Kingsley Nurseries
- Cygnets - available for children in Reception and Year 1
- Fun Short Courses - available for children in Years 2 to 7

KINGSLEY SCHOOL

- Kingsley Kookaburras - available for children in Years 2 to 7

Please see below and follow the link to see what exciting activities we have on offer!

<https://www.warwickschool.org/may-holiday-action-2025>

The Croft

Preparatory School



2025 EVENTER CHALLENGE SERIES

A fully supportive & competitive training event for children of all abilities, aged 2-18.

11th May

8th June

27th July

7th Sept
Championships



Team Pickles Equestrian,
The Lodge, Alcester Road,
Stratford-upon-Avon
CV37 9DF.



Classes

- 30cm - 60cm
- 40cm - 70cm
- 50cm - 80cm

Individuals & teams

Entries now open

Points
accumulator
throughout the
series

Fabulous prizes



[Bit.ly/CroftEC11thMay](https://bit.ly/CroftEC11thMay)



CroftSchoolEventerChallenge@hotmail.com



Scan QR
for full
info

Saturday 14th June, 2025
11:00am and 4:00pm
Hill Close Gardens, Warwick



Reg charity: 1085278



Bee Wild

- Come along to learn about the bats, wild bees, butterflies, hedgehogs living in our area and, how you can help them to survive and thrive!
- Find out what plants are good for pollinators and about wild bee houses
 - See a display of local insects
- Have a go at weaving and see some wood-working!
- Hear some poetry about bees, veg and gardening
- Find out about the book about Fletcher and the Bee
 - Search for insects in Hill Gardens
 - Follow a mystery trail with clues to letters
 - Paint a rock, make a seed bomb and do some **crafting**
- Listen to music and enjoy the Cafe



Bee
Friendly



Warwick

SCHOOL RUN - TRAVELLING TO SCHOOL SAFELY

Is your child about to start school?

As children transition from pre-school to 'big school' at the age of 4 years, they are often at the height in which their toddler seat ends (approx. 105cm tall/18kg).

Here are a few things to check:

- Children up to 135cm or 12 years of age (whichever comes first) have to be restrained in a child car seat by UK law.
- Booster cushions can not be used until a child reaches 125cm in height. It is worth noting however that high back boosters will offer far more protection in a crash than a simple booster cushion.
- Choose a car seat suitable for your car and the child's age/size.
- Fit the seat properly in the car.
- Make sure the child is strapped in correctly for every journey (Most accidents happen within 5 minutes from home)
- It is advisable that children are seated in the rear of the car, where possible.
- Keep your child rear facing for as long as possible (some rear facing car seats accommodate children up to 125cm/36kg)



If you need any help or advice on car seats, please mention it at your shoe fitting appointment or book a free 1 hour consultation to try seats in your car.



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April 1st & 15th
May 6th & 20th
June 3rd & 17th
July 1st & 8th

Join us in the Coffee Room

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E.g. Mindfulness Colouring,
Communal Activities etc

*Pre-school children welcome
(Please bring something to keep little ones
occupied so you can enjoy the session)*

Feel free to pop by

✉ info@womensteppingout.co.uk

www.womensteppingout.co.uk

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ALL SAINTS EMSCOTE

Little Saints



Praise and play,
with stories, singing,
simple crafts, toys & refreshments.
For babies, toddlers & their
parents / carers.

Come and join us!
Mondays 9.00am – 11.00am
(Term time only)

MessyMASS

Family-friendly worship with
the children taking part

Includes special set-aside activities for the children
led by our Family Link Worker, Ania, and volunteers

Story, songs, crafts
prayer & refreshments

The Next Messy Mass Dates are:

19 January, 16 February, 16 March,

4th May, 15 June,

NO MESSY MASS during April or July

COME AND SEE!
3rd Sunday of the month

10.30am - 11.30am.

Contact Ania for more details:

07546390555





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 or a residence order

Or

- if either parent is in the Armed Forces

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: helo@ausomemums.com
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Mental Health in Schools Team Tips For Wellness



Listening

Listening is an important skill that helps us to feel connected to others and the world around us. When we listen, we can learn new things, solve problems and interact with people around us. This is great for our mental health as we are using our minds and connecting with people.



Try out these games to test your listening skills:

1 - Sound hunt!

Close your eyes and listen carefully to the sounds around you. See how many sounds you can identify in a minute.

This type of listening activity helps us to connect with the world around us, which can help us to feel calm.

2 – Weekend catch up

In pairs, partners should take it in turns to talk for 1 minute about their weekend. The children should then ask each other questions about their weekend, to see if the listener could remember what they did. Each partner can score points for each question they answered correctly.

3 – I went to the supermarket, and I bought a...

As a class, sit in a circle. The first person says, "I went to the supermarket, and I bought a..." and they choose an item, for example an apple. The next person has to repeat that sentence and choose their own item to add. For example, "I went to the supermarket, and I bought an apple and a book". Keep going around the circle adding items. If someone forgets an item, you move onto the next player. It gets harder as you go!

These two games encourage 'active listening', where you are taking in the information you are hearing. This is a useful skill to practice. You can also practice this at home, trying to remember what you have heard on a programme or video!

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



Supporting your Child at School

Young people can feel anxious about school for lots of different reasons. They might be worried about making friends or fitting in, find schoolwork or lessons confusing, feel pressured to learn in a certain way or find their relationships with teachers difficult. Sometimes, going through difficult experiences outside of school – such as a death or an illness in the family can also make it harder for a child to feel settled at school.

For some young people, the school environment can feel really difficult, and trying to fit into it can create a huge amount of stress. This might be the case if they are struggling with their mental health or have a neurodiverse condition such as autism or ADHD. This can make the school environment anxiety-provoking and exhausting, especially if their condition or need is undiagnosed or they are not currently accessing the support/ strategies they need.

Our Top Tips For Supporting your Child at School:

Create a morning routine or timetable. A routine can create a sense of security and reduce stress for your child and for you too. Try to prepare things like packing bags and laying out clothes the night before.

Think together about how your child can manage their anxiety. Younger children might like to use a [worry box](#) at home to help contain their anxieties. Teenagers might like to fill a box with things that help them feel calm using our [guide to making a self-soothe box](#). Scan the QR codes below to find instructions:

Worry Box:



Self-Sooth Box:



Encourage them to do things that help them relax. Having time to unwind after school can be important. This could be spending time with friends and family, listening to music, going for a walk or run, playing sport, baking, drawing or watching a favourite film.

Recognise small achievements. Notice small successes such as getting out of bed at the right time or handing work in at school – and tell your child how proud you are of them.

Try to take the pressure off. On some days your child may not be able to manage schoolwork or homework. Remember their mood will go up and down and you can always try again the next day.

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



Mental Health in Schools Team Tips For Wellness



Friendship

Friendships are so important for our mental health, as they help to build our self-esteem, give us a sense of belonging and give us opportunities to share fun and happy experiences with others. We can also speak to our friends for support, or they can help to distract us through tougher times. Connecting with others is one of the NHS 5 ways to wellbeing; the 5 types of activities we need to be doing to promote our wellbeing!

Our tips for friendship:

- **Listen and pay attention** – this makes others feel valued and heard.
- **Celebrate their wins** – be happy for your friend when they succeed and celebrate with them, this makes them feel loved.
- **Support them** – this may be by just listening to them or helping them to find solutions to their problems.
- **Have fun together!** – making memories together makes friendships stronger, maybe try out a new hobby together!



*Scan QR code
to find out more
about
connecting with
others*

This week is also 'Loneliness Awareness Week'. Use this week to connect with others and make new friendships. You can do this by:

- Saying 'Hello' to a new person in the playground.
- Letting a new person join in with your game.
- Sharing something about yourself to start a conversation.
- Offering to help someone with something.

**Loneliness
Awareness
week 9th-15th
June**

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



Caring

Caring is about looking after the needs of yourself and others. There are lots of ways you can show others that you care, showing kindness, compassion, love, support and being thoughtful. It is equally important to take time to care for ourselves, sometimes termed 'self-care'. This 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. These things are 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



Coventry Young Carers
Support

Our tips for being caring:

1. **Caring Chain** - 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.

What to do if you think a child is being privately fostered

Health, education and care professionals play an important role in safeguarding and promoting the welfare of privately fostered children as they are often the first people to become aware of such arrangements.

If you think that a child is being privately fostered, please encourage the parent or carer to notify social services. If you feel the arrangement has not been, or will not be notified, you should contact Warwickshire Family Connect directly.

You will not be breaching confidentiality and you may help to safeguard the welfare of the child(ren) concerned.

Social care can only work to protect privately fostered children if they know about them. It is vital that they are made aware of private fostering arrangements so that they can promote and safeguard the welfare of the children involved.

Social care responsibilities

Once social care have been told about the arrangement, they have a legal duty to check if it is suitable and the child is safe. A social care worker will visit the carer, and discuss the plan with the child's parents, check the carer's suitability and where the child will be living.

Social care will provide advice and support to parents, private foster carers and the child who is being privately fostered. They have the power to prevent a person from acting as a private foster carer if the care (or the accommodation) they provide is not considered suitable, or if they refuse to comply with the requirements set out in the

regulations. Social care have a designated team with responsibility for private fostering in each area who can offer advice to professionals concerned about a child.

Next steps

Contact Warwickshire Family Connect on **01926 414144** and ask to speak to someone about a private fostering arrangement if

- advise about a proposed private fostering arrangement
- advise that you suspect a child may be living in a private fostering arrangement
- get advice on private fostering.

Further information is available at:
www.warwickshire.gov.uk/privatefostering
www.privatefostering.org.uk



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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



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

CHOICE / JKT
April 2025

Week one

Warwickshire, Coventry: 0505, 02/06, 23/06, 14/07, 08/05, 25/05, 20/10
Oxfordshire: 0505, 02/06, 23/06, 14/07, 08/05, 25/05, 20/10

MONDAY

Choose a main meal...
Melting Pork Meatball Pasta Bake with Cheese served with Crusty Bread (G.D)
(v)(h) Vegetable Enchilada (Wrap filled with vegetables, sprinkled with cheese) served with Herby Diced Potatoes (G.D)
Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v)(h) 'School Favourite' Sprinkles Sponge Cake (G.E.)
(v) Yoghurt (D.SB)
Fresh Fruit

TUESDAY

Choose a main meal...
(n) Chicken Curry (mildly spiced) served with Rice (D)
(v) Cheese and Tomato Pizza Wedge served with Potato Wedges (G.D)
Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v)(h) Chocolate Cracknel (G)
(v) Yoghurt (D.SB)
Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST
British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)
(vg) Classic Quorn Roast in Gravy with (v) Yorkshire Pudding (D.E.G)
Crispy Roast Potatoes
Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v)(h) Raspberry & Apple Sponge with Custard (D.G.E.)
(v) Yoghurt (D.SB)
Fresh Fruit

THURSDAY

Choose a main meal...
(vg) Crispy Quorn Dippers in a Wrap with Tomato Salsa served with Crispy Diced Potatoes (G)
(v)(h) Cheese and Potato Pasty served with Crispy Diced Potatoes (G.D.E)
Jacket Potato - (v) Cheese (D), or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v)(h) Melting Moment Biscuit (G.SU)
(v) Yoghurt (D.SB)
Fresh Fruit

FRIDAY

Choose a main meal... FISHY FRIDAY
(msc) Battered Fish Fillet (G.F) served with Chipped Potatoes
(v)(h) Texan Sausage & Bean Bake with Baked Beans served with Garlic Bread Roll (G.D)
Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Peas or Baked Beans
For dessert...
(vg) Jelly with Fruit
(v) Yoghurt (D.SB)
Fresh Fruit

Week two

Warwickshire, Coventry: 12/05, 05/06, 30/06, 15/05, 06/10
Oxfordshire: 21/04, 12/05, 05/06, 30/06, 21/07, 15/05, 06/10

MONDAY

Choose a main meal...
(h) Moroccan Chicken Pasta (Mildly spiced) served with Freshly Baked Malted Wheat Baguette (G)
(vg) Breaded Golden Vegetable Fingers served with Crispy Diced Potatoes (G)
Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(vg)(h) Flapjack (G)
(v) Yoghurt (D.SB)
Fresh Fruit

TUESDAY

Choose a main meal...
(v)(h) Rustic Pizza Wedge served with Crispy Diced Potatoes (G.D.SB)
(v)(h) Roasted Vegetable Frittata served with Crispy Diced Potatoes (D.E)
Jacket Potato - (v) Cheese (D), or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(vg)(h) Shortbread (G)
(v) Yoghurt (D.SB)
Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST
British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)
(vg) Classic Quorn Roast in Gravy with Sage and Onion Stuffing (G)
Crispy Roast Potatoes
Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v) Ice Cream (D)
(v) Yoghurt (D.SB)
Fresh Fruit

THURSDAY

Choose a main meal...
British Pork Sausages served with Mashed Potatoes (G.SU.SB.D)
(v) Sweet 'n' Sour Quorn served with Rice (E)
Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v)(h) Peach Melba Sponge (G.E)
(v) Yoghurt (D.SB)
Fresh Fruit

FRIDAY

Choose a main meal... FISHY FRIDAY
(msc) Salmon Fish Cake served with Chipped Potatoes (G.F)
(vg) Plant power Burger in a Bun served with Chipped Potatoes (G)
Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Peas or Baked Beans
For dessert...
(vg) Jelly with Fruit
(v) Yoghurt (D.SB)
Fresh Fruit

Week three

Warwickshire, Coventry: 28/04, 13/05, 13/06, 07/07, 01/05, 22/05, 13/10
Oxfordshire: 28/04, 13/05, 13/06, 07/07, 01/05, 22/05, 13/10

MONDAY

Choose a main meal...
(v) Cheese and Tomato Pizza Wedge served with Seasoned Potato Wedges (G.D)
(vg)(h) Quorn and Bean Tostada (Toasted Tortilla topped with Quorn Pieces and Kidney beans mildly spiced) served with Seasoned Potato Wedges (G)
Jacket Potato - (v) Cheese (D), or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v)(h) Crunch Cookie (G)
(v) Yoghurt (D.SB)
Fresh Fruit

TUESDAY

Choose a main meal...
(h) British Beef Bolognese served with Garlic Bread (G) cheese (D)
(vg) Plant power Hotdog served with Herby Diced Potatoes (G)
Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v)(h) Lemon / Orange Drizzle Cake (G.E)
(v) Yoghurt (D.SB)
Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST
British Roast Pork Slice, Apple Sauce and Gravy
(vg) Classic Quorn Roast with Gravy (G)
Crispy Roast Potatoes
Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v) Strawberry Whip with Fruit (D)
(v) Yoghurt (D.SB)
Fresh Fruit

THURSDAY

Choose a main meal...
Beef Burger in a Bun served with Crispy Diced Potatoes (G.SB.SU)
(vg)(h) Chunky Vegetable Curry served with Rice
Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v)(h) Chocolate Frosted Sponge (G.E.D)
(v) Yoghurt (D.SB)
Fresh Fruit

FRIDAY

Choose a main meal... FISHY FRIDAY
(msc) Fish Fillet Fingers (G.F) served with Chipped Potatoes
(v)(h) Tomato Pasta Bake served with Freshly Baked Malted Wheat Baguette (G.D)
Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Peas or Baked Beans
For dessert...
(v) Ice Cream (D)
(v) Yoghurt (D.SB)
Fresh Fruit

Fruit Cordial or Fruit Water from the Hydration Station, (v) Semi Skimmed Milk & (vg) Homemade fresh Bread are also offered daily

ALLERGEN KEY
vg = Vegan
v = Vegetarian
h = Homemade

G = Gluten / Wheat
C = Celiac
D = Dairy

F = Fish
M = Mustard
SU = Sulfur
SB = Soya



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

Aug-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	

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					

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				

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

M T W T F S S

Sep-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						

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		

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	

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					

M T W T F S S

Oct-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			

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		

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						

M T W T F S S

Nov-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	

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						

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			

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



Secondary School Induction Day

OFFICIAL