

Emscote Express

Issue 5, 17th January 2025



Welcome back to a new term at Emscote Infant School! I hope you all had a wonderful break and are ready for an exciting New Year.

This week our Year 2 children were treated to a captivating Planetarium visit, igniting their curiosity about the wonders of space. We also had the pleasure of welcoming Ruth Payne from the Local Authority, who led an engaging assembly on recycling, reinforcing our commitment to environmental awareness.

Yesterday our school choir participated in the Young Voices event, showcasing their talent and representing our school with pride. Their dedication and enthusiasm are truly inspiring. Thank you to Mrs Cartledge and the All Saints' staff who accompanied the children.

Bo Trip: Excitingly, Mrs Garrett, who teaches at All Saints' is going to visit our link school in Bo, Sierra Leone, in early February. As you may be aware, the Junior school have a 'Friends of Bo' club and they would like to run a fundraiser to send a gift to the school and children there. We are therefore going to hold a 'Bo Day' on Thursday 30th January and invite children to come in dressed in green, white or blue (the colours of the flag of Sierra Leone) for a donation. Our link is very important to us and we look forward to an assembly from Mrs Garrett upon her return from Sierra Leone.

EYFS are running a Cake Sale next Thursday 23rd January after school to raise money for a sofa for their cosy reading nook.

World Book Day Thursday 6th March - "Bedtime Story" we are following the theme of bedtime stories and will be inviting children to come into school in their Pyjamas and Dressing Gowns and to bring their favourite bed time story (please name any books brought in). Children may also bring in slippers to change into (please name and arrive in outdoor shoes for playtimes).

Please continue to be courteous to our neighbours and park considerately when dropping off and collecting children from school. The grassed area of the turning circle should not be used for parking please. We have been in touch with the Highways Agency to ask them to re-paint the yellow zig zags that are faded outside school, they do still demarcate 'no parking' zone.

Lastly, a further reminder that registers are taken at 8.40 a.m. This is the start of the school day. Children arriving after this time are marked as late by teachers and the office. The minutes late are calculated for each child and we will be in touch with families where we believe there is a cause for concern. Learning begins at 8.40 and we are still having many children arrive at 8.45 and beyond. For the safety of all children we need children to be walking through the gate independently and adults should not be entering the building in the morning other than via the main office. We are aware of traffic challenges in the area and would encourage families to plan accordingly.

Kind regards,

Laura Nicol, Head of School

Year 1 Science Week



14.1.25 We created umbrellas from different materials for Incy Wincy to find out which material is the most waterproof .

PIC•COLLAGE

Dates for the Diary 2025

Thurs 23rd Jan	Reception Year Cake Sale 3.10pm	EYFS are running a Cake Sale next Thursday 23rd January after school to raise money for a sofa for their cosy reading nook. Please bring any cake donations to the school office.
Thurs 30th Jan	Bo Day	More info to follow. Children can wear non uniform and dress in green, white or blue (colours of the Sierra Leone flag).
Mon 3rd Feb	Y1 Phonics Meeting	2.30pm in the school hall on Monday 3rd February 2025.
Mon 10th Feb	PTA Valentine's Disco	All year groups. Time TBC
Tues 11th Feb	Parent's Evening	Booking invitations will be sent w/c 27th Jan
Wed 12th Feb	Parent's Evening	Booking invitations will be sent w/c 27th Jan
Mon 17th - 21st Feb	Half Term Holiday	
Mon 24th Feb	Children Return to School	
Wed 5th March	Reception Year Trip to St John's Museum	Further details to follow
Thurs 6th March	World Book Day, "Bedtime Story" theme	Children are invited to come into school in their Pyjamas and Dressing Gowns and to bring their favourite bedtime story (please name any books brought in). Children may also bring in slippers to change into (please name and arrive in outdoor shoes for playtimes).
Fri 7th March	Sycamore Sharing Assembly	
Fri 14th March	Cherry Sharing Assembly	
Fri 14th March	School Council Trip to the Houses of Parliament	Further details to follow
Fri 21st March	Willow Sharing Assembly	
Thurs 27th March	Oak Sharing Assembly	
Fri 28th March	Chestnut Sharing Assembly	
Fri 4th April	Maple Sharing Assembly	
Wed 2nd April	Easter Church Service	Parents welcome
Mon 14th - Fri 25th April	Easter Holidays	
Mon 28th April	Children return to school	

Staffing News

Mrs Hart will be leaving us this Friday 17th January, having secured a new job just before the Christmas holidays. We are very sorry to lose her as she has been an incredible member of our team, at both schools and in running our federation choir and organising all of their performances. I'm sure that many of you will join us in wishing her lots of luck and happiness in her new role, which is outside of education.

Coat Donations

There is an urgent need for coats of any kind for locally housed refugees.

There are three drop off points, but the main one is here at All Saints' Church, Emscote.

The dates are from now until 16 January, to the church office 8.15am – 13.15pm.

Other collections points are at:

The Sydni Centre, Leamington Spa, Monday – Friday 9am – 5pm.

Sainsbury's at Leamington Spa Shopping Park, taking your donations to the Customer Service point mentioning the coat or coats are for Ian.

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)

Messy MASS

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



Our service explained

For parents/carers

Connect for Health is a school nurse-led service that supports children, young people and parents/carers. Warwickshire families with a school age child (aged 5-19, or up to 25 for people with SEND) can get in touch with any concerns related to health and wellbeing.

The support we offer includes one-to-one advice, parent/carer workshops on key topics such as sleep and continence, resilience workshops for children, a healthy lifestyles programme, and specialist support such as healthcare plans for children with medical conditions that affect their school day.

Our team also carry out the National Child Measurement Programme and Health Needs Assessments in schools; you'll receive a full description of these initiatives if your child is invited to take part.



What can Connect for Health help with?

- Contenance.
- Sleep.
- Behaviour.
- Healthy eating & physical activity.
- Oral health.
- Friendships and relationships.
- Bullying.
- Changing school.
- Parenting.
- Mental health & emotional wellbeing.
- Many other health & wellbeing topics.



If you would like help with any of these topics, please don't hesitate to get in touch using the details below. Our office hours are Monday - Thursday 9 am - 5 pm and 9 - 4.30 on a Friday. If your child is age 11-19, please pass on the details of our ChatHealth text messaging service which they can access for friendly advice from a nurse.

Learn more on our website & download our referral form - scan here or visit compass-uk.org/c4h



Text Parentline (parents/carers): **07520 619 376**
Text ChatHealth (young people 11-19): **07507 331 525**
Call us: **03300 245 204**
Email us: connectforhealth@compass-uk.org



@schoolhealthC4H



@compassc4h



@c4hwarwickshire





Mental Health in Schools Team Tips For Wellness



Happy New Year

As we welcome the New Year, many of us will focus on resolutions, which may include to become healthier, more active, or learn a new skill. New Year's resolutions are generally seen as promises we make to ourselves to achieve or improve an aspect of our life. Some people can stick to their goals easily, while others may find it more of a challenge. Setting goals can make us feel motivated and inspired, but if everything does not go to plan, it can leave us feeling disheartened. This can happen if we are unsure about how to get started on our goals, or if they feel too big to achieve.

For that reason, this year, take a moment to create **SMART** goals that focus on small steps. SMART goals are specific, measurable, achievable, realistic and time based.

Our top tips:

1. Focus on your strengths and interests, perhaps there is something you are already doing that you want to do more of. Setting small, strength-based goals will create hope and build your self-confidence, empowering you to accomplish new things that make you feel happy and healthy.
2. Think about setting a mentally healthy goal this year:
 - Find new ways to get active. Maybe you could join a new club or after-school activity.
 - Make time for self-care and relaxation, such as participating in some mindfulness activities.
 - Learn more about something you are interested in. Perhaps you could put more time into a particular skill or hobby you are already doing.
 - Practice being kind to yourself. Positive self-talk is a simple way to achieve this – try saying positive statements such as "I am kind" or "I am on the right track".
 - Establish a good sleep routine. Try going to bed and waking up at the same time every day, even at the weekend!
 - Limit your screen time. By setting boundaries for your usage, you may have more time for other activities.
3. Remember, goals can change! Especially if they are not giving us or teaching us what we need, so be kind to yourself.

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



Bouncing Back

Bouncing back is all about 'having another go' after we are faced with challenges, this is also called resilience! There are times when things will not go how we planned, so being resilient will help us keep going and try again. We can all develop our ability to bounce back, so it is important to maintain a growth mindset and practise this skill by trying the following tips:

Our tips for bouncing back:

1. Watch this short video introducing resilience and 'bouncebackability'. Scan the QR code to load the video and other lesson resources:



Young Minds resources

2. Practise problem solving as a strategy to overcome practical difficulties and help you bounce back! Follow the steps below, you may want to write the answers down to help you:

1. What is the problem?
2. How does it make you feel?
3. What are the possible solutions?
4. What are the positives and negatives of each solution?
5. Select the best solution and make a plan to try out!

3. Think about a time when you have faced a challenge in the past...how did you overcome it? Would you do anything differently if you came across the same challenge again? You could discuss this with a friend to share ideas.

4. Build your support network. Having people that you trust around you through difficult times can help you to bounce back! Try to share how you are feeling with friends, family, teachers and other trusted adults in your life. You can also contact the services below if you struggle talking to people you know:



Young Minds



Samaritans

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Mental Health in Schools Team Tips For Wellness





Learning

We are always learning new things – often without realising it! Learning can include developing skills as well as developing knowledge. Learning something new can help to improve our mental wellbeing, as it gives us a sense of achievement and purpose. We can challenge ourselves to build new skills or develop skills that we already have. It can help to build motivation, confidence, and self-esteem too.

To help us to learn something new, we can set ourselves a challenge or a goal to work towards. Can you think of a new challenge or goal to try?

Learning can be fun! Studies show that learning can help us to enjoy life more! Can you find a new activity that you enjoy and make it part of your life?

Our tips for learning:

1. Learn a new word each day! Can you use the new word in your schoolwork? Can you teach this new word to a friend?
2. Get creative! Try a new craft activity or write a story or song. Have a look at some ideas for craft activities here: 
3. Try a new hobby, such as a new sport, learning to paint or join a new after-school club.
4. Try a new food or learn to cook a new recipe. Could you share this experience with someone? For example, could you bake a cake with a friend, or cook a meal for your family?
5. Learn a new language. Try and learn simple words and phrases, such as "hello", "how are you?" and "my name is...". You could use online resources or apps, such as Duolingo, to help you.
6. Try a new sport or class. Could you help others to learn by becoming a coach for a junior team?
7. Start a craft project! You could do this independently, or together with a friend. Remember to ask an adult for help if you need to! Follow the QR code for some project ideas: 

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Mental Health in Schools Team Tips For Wellness



Online Safety

With lots of our young people accessing different online platforms, it is important we are making sure this online activity is accessed in a safe and positive way. Online activity is a big part of day-to-day life and for young people is the norm. This may involve watching YouTube videos, online gaming, having social media accounts (e.g. Instagram, TikTok) or using the internet to support completing homework tasks. As a parent/ caregiver, this can at times be difficult to navigate and stay on top of these ever-evolving platforms.

It is good to remember that online activity can be positive: there are lots of opportunities to learn new things, spread joy and positivity, connect with others and show creativity.

Our Top Tips For Online Safety:

1. **Have regular conversations about online safety-** Making communication about online activity a normal part of the conversation will create an open and more relaxed dialogue around what your young person is accessing online. This can also make it easier for your young person to come and speak to you if they do have any worries.
2. **Encourage time away from devices-** Spending too much time online and looking at a device can begin to blur the lines between the online world and what is happening right in front of us. Encourage regular screen time breaks. This could be by completing an activity which the whole family can get involved in e.g. playing a board game or going for a walk. There are also wellbeing setting on apps, including Instagram and Tik Tok to support setting these boundaries.
3. **Keeping it real-** It can be useful to remind our young people that not everything they see online is real. Some of this content may have a negative impact on how they feel about themselves and what they are doing. It can be useful to remind young people that an online post is only one snapshot of time. Encourage your young person to take control of what they are looking at and help them to feel empowered to choose to access online content that encourages positivity and makes them feel good.

Online safety is an ongoing conversation. By setting boundaries, providing guidance and being open, this encourages young people to navigate the online world safely and responsibly.



NSPCC- Talking to your child about online safety



Barnardo's- Keeping children safe online

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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





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."

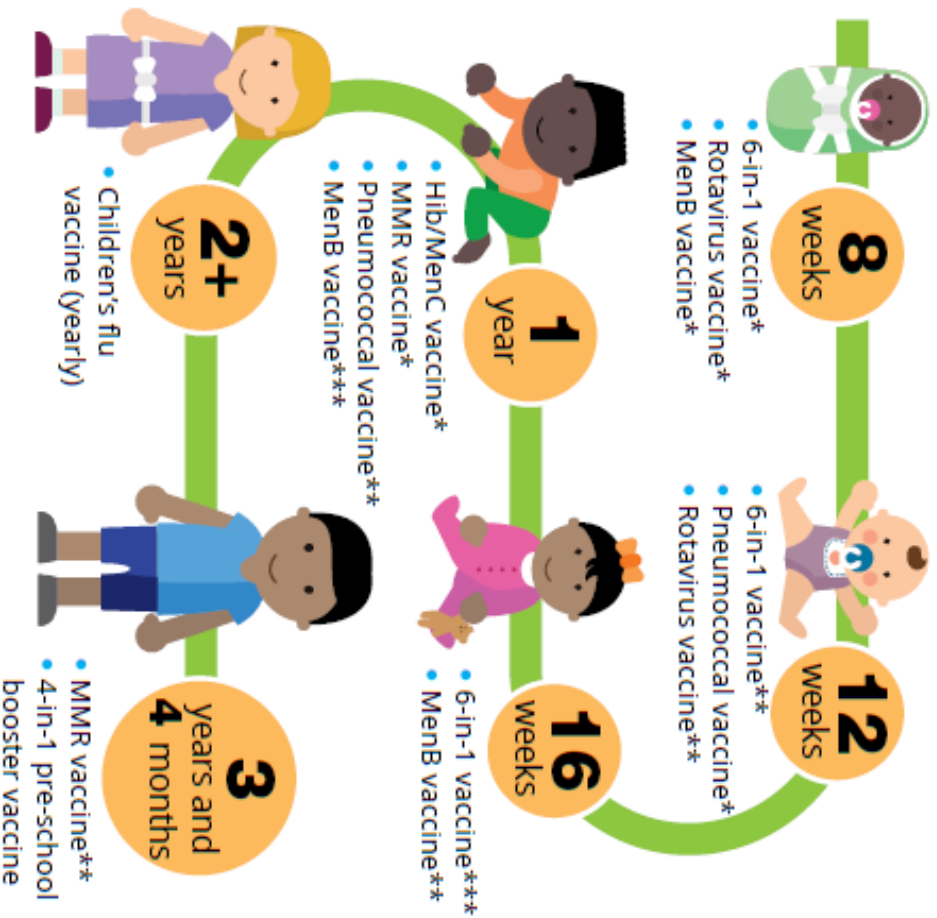
CLICK HERE for more info and to book your place

or email: hello@ausomemums.com

Evening and daytime sessions available



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

DROP-IN SESSIONS

**WEDNESDAY,
15 JANUARY**

**11:30AM -
1:30PM**



**FREE ENERGY
ADVICE TO HELP
WITH APPLYING FOR
GRANTS AND
FUNDING FOR
ENERGY EFFICIENCY
MEASURES.**

**AT THE GAP COMMUNITY
CENTRE
39 OAKWOOD GROVE
WARWICK, CV34 5TD**

DURING OUR FOOD PANTRY

DROP-IN SESSION

**WEDNESDAY
22 JANUARY**

12 - 2:00 PM

**MEET LEANNE
AND CLARE,
YOUR LOCAL
SOCIAL
PRESCRIBERS**



**AT THE GAP COMMUNITY
CENTRE
39 OAKWOOD GROVE
WARWICK, CV34 5TD**

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





WE ARE HIRING!

Early Years Practitioner

We are looking for a Level 3 Early Years Practitioner to join our small and friendly pre-school.

- Monday to Friday
- Term time only
- 12.5 hrs per week
- 1:00pm - 3:30pm
- £13.10 per hour pay rate



For more information, please contact our pre-school manager.

E: emscotepreschool@gmail.com

www.emscotepreschool.co.uk



KINGSLEY SCHOOL

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

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
- Action Plus – available for 12-14 year olds

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

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

Course	School Years	Dates
Kingsley Kookaburras	Y2-7	Tues 18 th to Thurs 20 th Feb
Butterflies	Nursery	Mon 17 th to Thurs 20 th Feb
Cygnets	Rec & Y1	Mon 17 th to Fri 21 st Feb
Fun Short Courses	Y2-7	Mon 17 th to Fri 21 st Feb
Action Plus Half-Day Courses	12-14 year olds	Mon 17 th and Wed 19 th Feb

The following additional services are also available at **WARWICK**:

- Early Birds Swim (8.00am – 9.00am) for children in school years 2 to 7
- Early Risers (8.00am – 9.00am) for children in Reception and Year 1
- Night Owls (16.30pm – 18.00pm) for children in Reception to Year 7, including tea

Warwick School - Butterflies (Nursery Group)

Each week will be based around a particular theme and will include a variety of outdoor, free play, sporting, creative and relaxing activities. All activities will be planned in accordance with the EYFS framework.

Our Butterflies program is based at Warwick Prep School Nursery (Squirrels) and day activities will operate between 9.00am and 16.30pm daily.

PLEASE NOTE - our Butterflies group is for children who attend Warwick Prep and Kingsley Nurseries only.

Warwick School - Cygnets

Our Cygnets group is open to boys and girls from Reception and School Year 1.

Led by our experienced Early Years Practitioner, children will experience a number of different exciting activities each day, including: Art and Craft / Fun Cookery / Multi-Sport / Indoor and Outdoor play / Bouncy Castle / Kapla & Unu / Mini Basketball Nature Trails / plus much more!

Please note that our Cygnets group is only available at **WARWICK**, and activities will be running on specific days only.

Warwick School – Fun Short Courses

Our Fun Short Courses for the Christmas holidays include:

Animation / Art & Craft / Badminton & Table Tennis / Curious Creatures / Drama with Lizzie / Fun Activities / Fun Ball Games / Fun Cookery / Fun with Felt / Jewellery Making / Junior Medics / Magic with Paul / Multi-Sports / NERF Wars / Pottery / Robot Wars Experience / Striking and Fielding Games / Target Games / Team Games / Wall Climbing. And **NEW FOR FEBRUARY 2025** – Fizz Pop Science!

Please note – activities will vary from day to day and are subject to change.

Warwick School - Action Plus

This February Half-Term, we are running the following half-day courses for 12-14 year olds:

Monday 17th February	NERF Wars	9.00am - 12.15pm
	Bootcamp & Badminton	1.15pm - 4.30pm
Wednesday 19th February	Dungeons and Dragons	9.00am - 12.15pm
	Badminton & Table Tennis	9.00am - 12.15pm
	Animation	1.15pm - 4.30pm

For more details, please check our website.

Making a booking

For more information and to make your booking, please visit our website: <https://www.warwickschool.org/february-holiday-action-2025>



CAMP FANTASY

THIS FEB HALF TERM

17TH - 21ST FEBRUARY

OUR AGE SPECIFIC ACTIVITIES

MINI'S RECEPTION

- GO GO CREATORS
- GO GO GROOVERS
- GO GO ACTIVE
- GO GO EINSTEIN'S
- PLUS FREE PLAY
- SMALLER GR.OUPS (RATIO 1:8)
- DAILY FEEDBACK

JNR'S 5-7 YEARS

- ART
- DANCE
- STEM
- SPORT
- ARCHERY

SNR'S 8-12 YEARS

- CR8TIVES
- BATTLE SESSIONS
- SPORTS SKILLS
- SCIENCE LAB
- FUTURE STARS (DANCE)
- + MORE!

NEW IMPROVED PROGRAM FOR RECEPTION YEARS!!!

ACTIVITIES CAN VARY AT VENUES & ON DAYS

WE ARE BACK!

FINHAM PARK SCHOOL, COVENTRY
NEW LOCATION

EMASCOTE INFANT SCHOOL, WARWICK

PRIORS FIELD PRIMARY SCHOOL, KENT/WORTH

HEATHCOTE PRIMARY SCHOOL, WARWICK GATES

10% EARLY BIRD DISCOUNT AVAILABLE
PLUS 10% SIBLINGS DISCOUNT & PAYMENT INSTALLMENTS

£34.50 FOR A STANDARD DAYS CARE FROM 9AM - 3.30PM
EARLY BIRD DROP OFF AND LATE 5.30PM PICK UP AVAILABLE WITH A SURPLUS FEE

W: www.gogomakers.co.uk | E: hello@gogomakers.co.uk | T: 01926 935377

WE ACCEPT CHILD CARE VOUCHERS

OFSTED REGISTERED

★ ★ ★ ★ ★ RATED 5 STARS ON GOOGLE



JAZZ DANCE 4-7 yrs

KEY STAGE 1

10-30 am SAT

In this playful and lively class, children will explore the basics of jazz dance through exciting movements, catchy music, and imaginative games. With a focus on developing coordination, balance, and rhythm, young dancers will gain confidence while having a blast! Perfect for beginners, this class is designed to spark creativity and foster a love of movement in a supportive, age-appropriate setting.



SOLE 2 SOUL MOVEMENT DANCE & FITNESS



All classes will start with an invigorating warm up, travelling steps from the corner or the room and learning a routine or short phrase with a certain skill focus.
At the end of both the summer and winter terms we will put together a sharing for parents to see what we have been working on!

At the end of both the Summer and Winter terms, we will work towards a sharing of a routine or exercises that we have been working on to Parents and Caregivers.

www.sole2soul.club

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.

educateres™

A FOOD STORY

Weekly Menu

CHOICE / JKT water only
September 2024

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

MONDAY

Choose a main meal...
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...
(h) Chicken and Country Vegetable Pie with Potato Wedges (G)

(v) Cheese and Tomato Pizza Wedge with Potato Wedges (G.D)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

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

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

Choose a main meal...
Chicken Fillet Wrap and Sweetcorn Salsa Dip with Diced Potatoes (G)

(v)(h) Mac 'n' cheese with Freshly Baked Crusty Bread (D.G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

Choose a main meal... **FISHY FRIDAY**
(msc) Battered Fish Fillet (G.F) with Chipped Potatoes

(vg) Vegetarian Holdog with Chipped Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

Week two

Warwickshire, Coventry: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 20/1/25, 10/2, 10/3, 31/3
Oxfordshire: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 20/1/25, 10/2, 10/3, 31/3

MONDAY

Choose a main meal...
British Pork Sausages with Gravy & Mashed Potatoes (G.SU.SB)

(v)(h) Cheese and Potato Pie served with Vegetables of the day (D.E)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

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...
(h) British Beef Bolognese with Garlic Bread (G/cheese D)

(vg) Veggie Plant burger in a High Fibre Bun with Crispy Diced Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

TUESDAY

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

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

WEDNESDAY

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...
(h) Italian Chicken Pasta (chicken and pasta in a tomato sauce) with Freshly Baked Wholegrain Baguette (G)

(vg) Veggie Sausage with Herby Diced Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

THURSDAY

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)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

FRIDAY

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

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

Week three

Warwickshire, Coventry: 9/9, 30/9, 21/10, 11/11, 2/12, 6/1/25, 27/1, 24/2, 17/3, 7/4
Oxfordshire: 9/9, 30/9, 21/10, 11/11, 2/12, 6/1/25, 27/1, 24/2, 17/3, 7/4

MONDAY

Choose a main meal...
Southern Style Chicken Strips in a Wrap with Potato Wedges (G)

(v)(h) Cheese and Baked Bean Pasty with Potato Wedges (G.D)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

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...
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)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

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

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

WEDNESDAY

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...
(h) Mild and Creamy Chicken Korma with Wholegrain rice (D)

(vg) Quorn Dippers with Seasoned Wedges (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

THURSDAY

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 Melt with Chipped Potatoes plus balls in a finger roll topped with rustic tomato sauce and grated cheese (G.D)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

FRIDAY

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

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

WCC School Term and Holiday Dates - 2024/25

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

