

Emscote Express

Issue 13, 19th April 2024



Dear parents and carers

Welcome to the Summer term!

We are thrilled to share the amazing news that we have been chosen to be on BBC Radio Coventry and Warwickshire next week as their 'Star School'. They have visited school this morning to interview some of our lovely staff and children about their learning. They will play sections of the interviews each day next week, around 8.25am, but you can listen later on BBC Sounds. If you check their Facebook Page - BBC CWR Radio - they should be adding information from Sunday afternoon onwards.

The radio show would love to give parents, carers and children a mention on the school run throughout the week on the show. To get a shoutout, text 81333, starting the message with CWR Star School, don't forget to add your first name and class, saying that you are from Emscote Infant School in Warwick.

<https://www.bbc.co.uk/programmes/articles/3JbrKN2fw81cs6plzJ71xqd/star-school>

Reception Year Trip to Ryton Pools

EYFS visited Ryton Pools this week to learn about mini beasts and exploring the woods. The children were wonderful ambassadors for the school and we were delighted to receive an email from the Ryton Pools team praising the children for their behaviour and attitude to learning.

Festival of Fun

Such a fantastically fit and fun day was had by all on Wednesday. KS1 children were treated to a day of many different activities centred around having fun whilst being active.

Ali Knight and Year 9 sport leaders set up the hall with 8 new sporting activities to work on a carousel basis. Each class spent an hour with the CWSSP team learning new sports, following instructions, rules and tactics, improving teamwork skills and most importantly enjoying the fun element that physical activity can deliver!

The staff loved being involved too and we have all experienced new sporting challenges that we will definitely enjoy repeating as part of our PE curriculum. The experiences included Boccia, Curling, seated hockey, Poly bat and skittles, with the firm favourite being the speed stacking competition! The feedback from staff and children was super positive with the quote of the day being, " The BEST day, please can everyday day be like this!"

Governors have spent time in school this week, talking to the children and exploring the learning. They were impressed with the calm and purposeful atmosphere and children happily sharing their learning. They wished to thank the hard working teachers and teaching assistants with a particular nod to our wonderful admin team, Mrs Tracey and Mrs Sargeant, who we all know keep the school running smoothly, thank you ladies!

During the Easter break we gave the children the opportunity to tell us what they like about our school and what they feel we could do better. Thank you to all of the children who shared their views, we will be discussing their thoughts with the children during assembly. It was wonderful to read that the overwhelming feeling is that children feel that Emscote is a happy, safe place where the children make friends, enjoy their learning and sport and build good relationships with their teachers. We have taken onboard areas for improvement, such as lighting in the toilets and will be discussing what we can do to make improvements.

Wishing everyone a lovely weekend (I'll be at Wembley, good luck Coventry City)!

Mrs Nicol





Thank you to all the parents and grandparents who volunteered to help our year 1 children with their sewing activity this morning. We appreciate your time and support and hope you enjoyed the session as much as the children did!

Dates for the Diary 2024

| | | |
|-------------------------|---|--|
| Tues 30th April | Year 1 trip to Mary Arden's Farm | Payment can now be made at www.eduspot.co.uk |
| Mon 6th May | Bank Holiday | |
| Wed 8th May | Class Photos | |
| Mon 13th May | Reception Vision Screening | More info to follow w/c 22nd April |
| Thurs 16th May | Cherry Sharing Assembly | Parents welcome to join us in the school hall at 9am |
| Fri 17th May | Willow Sharing Assembly | Parents welcome to join us in the school hall at 9am |
| Mon 27th – Fri 31st May | May Half Term Holiday | |
| Mon 3rd June | Inset Day | |
| Tues 4th June | Children return to school | |
| Wed 5th June | Whole School Picnic at All Saints' | Both the Infant and Junior children will enjoy a picnic together on the field at All Saints' Junior School. Parents not invited on this occasion. |
| Fri 28th June | Sports Day | 9.00-11.30am on the field at All Saints' Junior School. Parents welcome to join us and cheer the children on for the morning followed by a picnic lunch with the children at Emscote Infant School. There will also be the opportunity to look through children's books in the classroom. You are welcome to take your children home early on the day. |
| Fri 28th June | PTA Summer Fayre | 3.30-5.30pm in the playground |
| Tues 2nd July | Whole School Picnic at All Saints' | Both the Infant and Junior children will enjoy a picnic together on the field at All Saints' Junior School. Parents not invited on this occasion. |
| Mon 8th July | Whole School Trip to Cotswold Wildlife Park | More details to follow soon |
| Wed 10th July | Transition Day | Children spend the day in their new year groups/ schools |
| Mon 15th July | PTA summer disco | TBC |
| Tues 16th July | Year 2 Leavers Play 2pm | Performance for grandparents |
| Wed 17th July | Year 2 Leavers Play 3.30pm | Performance for parents |
| Thurs 18th July | End of term church service | |
| Fri 19th July | Last day of term | |

How non-fiction can grip child readers

Our Writer in Residence Rashmi Sirdeshpande explains why non-fiction is such a powerful form of storytelling and is crucial to share with children.



Welcome to Connect for Health's April health and well-being update

This month's newsletter highlights the need to look after your health. World Health Day focuses on the right of everyone, everywhere to have access to quality health services, education and information. Our service is here for all Warwickshire school-aged children and their parent/carers. Support can be provided in a way that suits you, including: individually face to face or over the phone, in group workshops or via our confidential messaging services. Also, within the newsletter you can learn about World Immunisations Week and the importance of being up to date with vaccinations. Download the newsletter to find out more. [Download Newsletter](#)

Parental Resources

SSS Learning recognise that as primary carers, parents and guardians have an important part to play in keeping their children safe. To support them in doing this we have created a range of free resources which you can make available via a link on your school website.

<https://ssslearning.co.uk/parentsandguardians>

Warwickshire Music Spring Term Newsletter 2024

https://www.warwickshiremusichub.org/cms/pages/files/wm_spring_term_1705669079.pdf



29th April 7-8pm

Come and join us online, we're talking about

Helping kids back into school



Book online facefamilyadvice.co.uk
go to the PARENT page



Mental Health in Schools Team Tips For Wellness



Be active

Being physically active is not only good for our fitness, but evidence shows that it's also great for our mental wellbeing. Did you know physical activity can actually send positive signals to our brains, making us feel uplifted?

Being active might be new to you, or you may already exercise regularly. Either way, finding something you enjoy and want to do can be a good start. It's okay if you aren't sure what this is yet, have a go at experimenting and finding out how you like to get moving!

Our tips for being active:

- Create a playlist of all the songs that make you feel like you want to dance! You could dance around in your bedroom or have a dance party with your friends.
- Travel to school in different ways, you could walk, skip, cycle, or even use your scooter!
- Hula hoop – you could do this to keep moving whilst also watching your favourite TV programme!
- Joining a sports team or club is a great way to be active and also have fun with friends. Your school may have sports teams you can join, so this is a good place to start.
- Play a game with your friends in the playground. This could be a well-known game, or you could get creative and make up your own rules!
- As we move into spring (and hopefully some warmer weather!) you could help a family member or neighbour out in the garden.

Whatever you choose to do, make sure it is something you are keen to do and keep at it... once it becomes part of your routine, there will be no stopping you!

For more information about 'being active', follow the QR code below:



#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

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



Sleep & Rest

Getting enough sleep and making time to rest is so important for our bodies and brains. Sleep helps our bodies in being able to repair and regenerate, gives us energy and supports motivation. It helps our brains with cognitive function, learning and problem solving. It also improves memory and concentration and is vital for our mental wellbeing in regulating our emotions and mood.

It is also important to find time to rest, to take some time out of our busy day to stop, take a break and do something that promotes our wellbeing!

Our tips for sleep and rest:

We all have a morning routine that helps us get ready for the day! Let's think about a night-time routine to help us wind-down and get ready for a good night's sleep.

Routine - Aim to go to sleep and wake up at the same time each day and try to follow your night-time routine in the same order each evening too. Having a good routine helps to regulate our body clock and supports the production of the sleep hormone melatonin, which helps us to feel sleepy

Environment - Dim the lights an hour before bed. Keep the room dark, if possible, try using an eye mask or black out blinds. A cool bedroom and slight drop in body temperature can help us to go to sleep. Think about reducing distractions, the blue light emitted by our TV's, consoles, phones and iPads can trick our brains into thinking it is daytime, turn on night mode and turn off tech at least an hour before bed.

Calming - Create a cosy, calm bedroom, snuggle up with a soft blanket or favourite cuddly toy. Avoid caffeine and fizzy drinks, maybe have a warm milky drink or herbal tea. Listen to calming music, read a book or try some mindfulness colouring to help wind-down.

Relax - Take a warm bubble bath or shower before bed, this can help our bodies to relax. Meditation, gentle yoga, breathing exercises and progressive muscle relaxation are great ways to relax too. Try the relaxing body scan video below.

Rest - Mindfulness breaks help us to rest and recharge within busy schedules. Having a movement break can help if you have been sitting for a long time. Look away from screens for a few moments. Maybe have break/lunch outside or take a walk in nature. Take time to focus on your breathing or try meditation. Taking regular short breaks can support concentration, boost our creativity and reduce stress!



More sleep tips and
information!



Body scan video

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSstars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

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.

Anxiety Explained

Do you, or your children (especially your teens) suffer from anxiety?
Would you like to know what anxiety is and gain some understanding on how to manage it?



A two-hour online talk delivered by
Jane Keyworth, Lead Facilitator at **FACE**

THURSDAY 2nd MAY 7-9PM £24

Available to book now facefamilyadvice.co.uk

Supporting a Child with ADHD

Thursday 25th April



Join Jane Keyworth, Lead Facilitator at FACE for an online session
that explores this topic and challenges stereotypes.

facefamilyadvice.co.uk

(7pm to 9pm) £24

Book now via the website

Understanding your Child

Family Learning



Running **Tuesdays 12:30-14:30 for 10 weeks**

Starting 16th April 2024, with a break for half term

At Chase Meadow Community Centre, Warwick, CV34 6BT

Join us for a **FREE** Family Learning course

Learn how to use The Solihull Approach
to understand your child's thoughts, feelings and behaviours in
a supportive group.

This course is suitable for parents and carers of
all ages of children.

For more information or to book your place
email TanyaSpeirs@warwickshire.gov.uk

(or just come along in week one!)



 www.facebook.com/warksacl

 www.twitter.com/warksacl

 www.instagram.com/warksacl

CONNECT FOR HEALTH

Your School Nursing Service in Warwickshire

WHO WE ARE

Connect for Health is a school nurse-led service that support children, young people and their families in Warwickshire. We delivery key element of the Healthy Child programme, working to identify and meet the health and wellbeing needs of the school-age population and give individuals the best possible start in life.



HEALTH SUPPORT FOR FAMILIES

Our service is here for all school-aged children (aged 5 to 19, or up to 25 for individuals with SEND) and their parent/carers - regardless of whether they attend a mainstream school.

Support can be provided in a way that suits you, including: individually face-to-face or over the phone, in group workshops or via our confidential messaging services.

WHAT WE CAN SUPPORT WITH...

- Healthy eating
- Dental health
- Friendships and relationships
- Body image
- Bullying
- School anxiety
- Fussy eating
- Sleep
- Continence
- Mental health
- Sexual health
- Long-term medical conditions
- Gender and sexuality
- Parenting
- Behaviour
- Refer to additional service

Do you want to work for the
School Nursing service?
View our Stratford team
vacancies...

Why not read our monthly
newsletters online!

TURN
OVER



We are **HIRING**

Are you a registered nurse?
Join the Warwickshire school nursing team!

APPLY ONLINE

Connect for Health is the School Nursing service in Warwickshire. We give school-aged children, young people and their families the tools to lead healthy, happy lives.



School Staff Nurse

Full time role
Stratford, Cygnet Court
£28,395 - £35,126 p.a.

School Nurse (SCPHN)

Full time role
Stratford, Cygnet Court
£35,665 - £43,603 p.a.

Candidates will need to have the relevant nursing qualifications and experience for the role selected.

Scan the QR code to see our organisations vacancies and to view the roles in more detail.

If you wish to contact a member of our service leadership team for an informal chat about the role, please contact:

 **03300 245 204**

 **connectforhealth@compass-uk.org**

SCAN ME





**Stratford
Literary
Festival**

4th-5th May 2024

stratlitfest.co.uk



Events for Families

Michael Rosen
Bear Hunt Workshop
Neill Cameron
The Brothers McLeod
Julian Sedgwick
and Chie Kutsuwada



Bee Friendly Warwick presents

A Celebration Of Bees!

Sat 18 and Sun 19 May, 2024 from 11am to 4pm

At Hill Close Gardens:

Go on an 'Is it a Bee Safari?'
Follow the treasure trail
Come in fancy dress
Paint rocks and do some crafting

Warwickshire Wildlife Trust
Bees of Hill Close display
Bee Friendly Warwick

Bee-friendly plants
Honey for sale and gift stalls
Hot drinks, hot food and cakes

At Guy's Cliffe Walled Garden:

Warwick & Leamington Beekeepers
Bee Friendly Kenilworth & Leamington
Bee and Butterfly face painting
Enjoy story time with the Bees

Warwickshire Wildlife Trust
Find out about moths & pollinators
See the artist in residence

Find out about the social gardening project

Bee-friendly plants and gift stalls
Hot drinks and cakes



beefriendlywarwick@gmail.com

Entry to Hill
Close Gardens is:
Free to Under 5s;
£6 for Adults;
£1 for 5-17 year olds

Entry to Guy's Cliffe
Walled Garden is
£3 for adults and free for
children

From
£12
per day

6 Great
Locations!

KA
KITS ACADEMY

Whitsun Half Term

Get Your Kids Active
28th - 31st May 2024

Years 1 to 8

All Saints Junior School

Warwick, CV34 5NH

Dance, Multi Sports



Early Drop-off
8:30am
Just £27 extra

Normal Drop-off
9:00am - 9:30am

Pick-up
3:00pm - 3:30pm

Late Pick-up
4:30pm
Just £100 extra



BOOK NOW!

online at
www.kitsacademy.com

for more information

Call us on 07772 873271

Email us at bookings@kitsacademy.com



Please ensure your child has two
refillable drink bottles and a lunch.

KA Kits Academy CIC No: 10585516

Inspiring young minds to think BIG!

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

★★★★★ RATED 5 STARS ON GOOGLE

GO GO GO
MAKERS
INSPIRING YOUNG MINDS TO THINK BIG!

FOR 4 TO 12 YEAR OLDS
4 YEAR OLDS MUST CURRENTLY BE IN RECEPTION

28TH-31ST
MAY

FUTURISTIC HOLIDAY CAMP



JNR
4-7 YEARS



FENCING

PAPER MACHE

FRISBEE GOLF

PLUS S.T.E.A.M., DANCE, KARAOKE, TALENT SHOWS & MORE!!!

OUR VENUES

EMSCOTE INFANT SCHOOL, WARWICK
PRIORS FIELD PRIMARY SCHOOL, KENILWORTH
FINHAM PRIMARY SCHOOL, COVENTRY
HEATHCOTE PRIMARY SCHOOL, WARWICK GATES

£34.50
FOR A STANDARD DAYS CARE
FROM 9AM - 3.30PM
EARLY 8AM DROP OFF AND LATE 5.30PM PICK UP
AVAILABLE WITH A SURPLUS FEE

OFSTED REGISTERED

CHILDCARE VOUCHERS

SNR
8-12 YEARS

A Parent's Guide to Safety and Privacy Settings



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online

When you give a child access to the Internet, you give them access to the adult world.

The Internet treats everyone as adults and there are many things, they are not yet ready to know, which is why it is vital that some form of safety settings are in place. Doing something is better than doing nothing.

What happens online has an effect to what happens offline and what happens offline has an effect to what happens online.



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941

Developed in partnership with



FREE SCHOOL MEALS



School meals are free for lots of families, check if you are eligible to apply!

So much more than lunch...

A free school meal:

- creates healthy eating habits
- improves learning and behaviour
- saves money and time
- helps schools get extra funding

Did you know that claiming free school meals means that your child will get access to free school holiday activities and food?



To find out more and for help to apply for free school meals, please contact: freemeals@warwickshire.gov.uk or call 01926 359189



Can I apply?

Your child could be eligible for free school meals if you get any of the following:

- Income Support or Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support from National Asylum Support Service (NASS)
- Guarantee Pension Credit
- Child Tax Credit (with no Working Tax Credit) with an annual 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)

You should still apply if your child is aged 4-7 and receives a universal free school meal

Find out more and apply at www.warwickshire.gov.uk/fsm



**FREE
ENTRY**

TENNIS KIDS

Indoor tennis
sessions &
matches every
week!

ONLY
£8
per week

- ✓ Beginners welcome
- ✓ Pay as you play
- ✓ Warm indoor courts
- ✓ Learn quicker with more match play
- ✓ Fun interactive player cards



WEEKEND MORNINGS ONLY

Register online @ TENNISKIDS.CO.UK

Find your nearest venue on tenniskids.co.uk

- ✓ Alcester
- ✓ Burton Upon Trent
- ✓ Leamington Spa
- ✓ Lichfield
- ✓ Market Harborough
- ✓ Northampton
- ✓ Redditch
- ✓ Rugby
- ✓ Rugby
- ✓ Solihull
- ✓ Stratford-Upon-Avon
- ✓ Studley
- ✓ Leicester
- ✓ Warwick
- ✓ West Bromwich
- ✓ Worcester

League
Tables

WHY US?

1 DIVISIONS

Your child can settle in a division playing other children of the same ability.

3 SCORING

We score like proper tennis which will teach your child to understand tennis scoring.

2 MATCHES

We play matches because your child will hit the ball 10 times more than standard coaching. Your child can enjoy playing different people. Only by playing matches will your child improve more quickly.

4 MINI TENNIS

Playing with a sponge ball gets it over the net and makes rallying easier. Your child can hit harder and develop shots quicker.



5 PAY AS YOU PLAY

No fixed payment terms, you won't lose out if you miss a week due to illness or holiday.



Register today to book a no obligation call back

INFO@TENNISKIDS.CO.UK TENNISKIDS.CO.UK

Schembri's Schools OF TAEKWONDO



**FREE
TRIAL
CLASS**

Masters/Instructors:

Cassie & Joe Schembri

4th Dan

6th Dan

www.cotkd.co.uk

WARWICK • LEAMINGTON • WELLESBOURNE • SOUTHAM

Join the largest and most successful
Tae Kwon-Do Association **TODAY!!!**
NEW CLASSES START SOON
GET FIT, BE HEALTHY, FEEL SAFE

Monday & Wednesday
Heathcote Primary School
Vickers Way, Warwick,
CV34 7AP

Thursday
Southam Club

Friday

Wellesbourne Primary School
Mountford Close,
Wellesbourne,
CV35 9QG

Tuesday
Lillington Free Church
Cubbington Road,
Leamington Spa,
CV32 7AL



Call for
further details:

07850 327 507

cassieoury@hotmail.co.uk

www.cotkd.co.uk



clubmark



A Member of the British Tae Kwon-Do Council
Recognised by Sport UK as the only
governing body for Tae Kwon-Do.

**ADULTS &
JUNIORS**

isinging iDance iAct Theatre School

★ Specialising in personal, professional ★
and FUN Performing Arts classes!

★ Weekly classes and holiday camps ★
now running near you!



★ Weekly classes ★

Term time Thursdays, Warwick

4.30pm - 5.30pm, Ages 3 - 6

5.30pm - 7.45pm, Ages 6+

 isDATheatreSchool@hotmail.com

 isDATheatreSchool  [isingdanceacttheatreschool](https://www.instagram.com/isingdanceacttheatreschool)

Contact us for a

FREE trial!



Other venues include:
Warwick,
Leamington
& Coventry!

NETBALL FOR PRIMARY SCHOOL CHILDREN

**Brand new weekly netball sessions at Kenilworth School
for children aged Reception to Year 6.**

Launching in January 2024, our weekly netball sessions on a
Thursday evening are aimed at 4 to 11 year-olds.

Session 1 (Reception / Year 1/ Year 2 / Year 3) 6:00-6:45pm

Session 2 (Year 4 / Year 5 / Year 6) 6:00-7:00pm

First session for free, sign up now!



What parents say about Kid Squad...

"My daughter is having an amazing time with Kid Squad Warwickshire. She loves her netball training. Can't speak highly enough of the coaches, they are empathetic to the kids for sure. Highly recommended for anyone looking to start a journey in netball."

"This is such a fantastic club. My daughter absolutely loves the training sessions and the league matches. Her knowledge, skills and confidence have improved significantly since joining and this is all down to the quality teaching and care from the wonderful coaches!"

"Kid Squad is the netball club that every primary-aged Kid needs in their life!"

"My daughter LOVES going to Kid Squad Warwickshire. Kid Squad is a fantastic introduction to netball for primary age school children - something that seemed to be lacking in typical girls team sports in the area. The sessions are run by coaches who are clearly passionate about netball and sport in general. A great opportunity for children to make friends, keep fit & agile, develop hand/eye coordination skills, learn drills & new skills and play together as a team."

"This has been a fantastic group for my daughter to join. Learning netball skills, gaining confidence and playing with girls from all different schools. The coaches are fun, always developing them and making them feel special."

www.kidsquadwarwickshire.co.uk/Kenilworth

 @kidsquadwarwickshire



@kidsquadwarwickshire



WARWICKSHIRE

PARENT CARER VOICE

JOIN YOUR LOCAL PARENT CARER FORUM

Are you a parent or carer of a child or young person aged 0-25 with special educational needs and/or disability (SEND)?



YOUR VIEWS AND EXPERIENCES MATTER

Warwickshire Parent Carer Voice is a **parent carer led organisation** working to ensure that every parent carer in Warwickshire feels that their views and experiences matter, and gets their voice heard to develop and improve services for children and young people with special educational needs and/or SEND.

We welcome any parent carer who lives (or uses services) in Warwickshire, with a child or young person (aged 0-25) regardless of their disabilities (no diagnosis necessary) to join us.

Tell us your experiences | Fill in our surveys | Join our meetings
Spread the word | Join us as a Member

Visit our website: www.warwickshireparentcarervoice.org
or email hello@warwickshireparentcarervoice.org for more information



WARWICKSHIRE

PARENT CARER VOICE

WHAT IS A PARENT CARER FORUM?

A parent carer forum is a group of parents and carers of disabled children. Their aim is to make sure the services in their area meet the needs of disabled children and their families. Warwickshire Parent Carer Voice is the recognised forum for Warwickshire. We are completely independent of Warwickshire County Council and the local health services.

WHAT DO PARENT CARER FORUMS DO?

We work with organisations that provide services for our families. We gather the views of local families and then work in partnership with local authorities, education settings, health providers and other providers to highlight where local services, processes and commissioners are working well, or challenge when changes or improvements need to be made.



Follow us on social media!
Facebook: [@Warksparentcarervoice](https://www.facebook.com/Warksparentcarervoice)
Twitter: [@WarkspCarerV](https://twitter.com/WarkspCarerV)

GET INVOLVED - YOUR VOICE IS KEY TO OUR SUCCESS!

Visit our website: www.warwickshireparentcarervoice.org
or email hello@warwickshireparentcarervoice.org for more information



Help to pay your household bills

Are you, or is anyone you know, struggling to pay energy bills?

If you or someone you know are struggling financially and unable to afford to pay their gas or electricity bill, please call the Local Welfare Scheme in confidence.

Call **0800 408 1448** between 4 and 22 April 2022.

www.warwickshire.gov.uk/localwelfarescheme



The Household Support Fund can help households in need of support



Do you need help to access food and manage your money?

www.warwickshire.gov.uk/facinghardship

Warwickshire Local Welfare Scheme

The Warwickshire Local Welfare Scheme helps the most vulnerable residents at times of unavoidable crisis when they have no other means of help.

It also administers the Household Support Fund, which provides one-off financial support for people in need as the country continues its recovery from the pandemic. It can help families with children, other vulnerable households and individuals facing hardship this winter, to ensure that they have the support they need to afford food, energy, water bills and associated costs. To enquire or apply call the Local Welfare Scheme.

Visit: www.warwickshire.gov.uk/localwelfarescheme
Call: **0800 408 1448**
or **01926 359182**



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: 8/4, 29/4, 15/5, 10/6, 1/7, 16/9, 7/10
Oxfordshire: 29/4, 20/5, 10/6, 1/7, 22/7, 16/9, 7/10

Choose a main meal... MONDAY

- Gluten Free Pork Meatballs in Tomato Sauce with Pasta (SB, S, U, G)
- (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) Chocolate Whip with Orange Wedge (D) (v) Yoghurt (D) or Fresh Fruit

Choose a main meal... TUESDAY

- (h) Chicken Taco with Potato Wedges (D)
- (v) Cheese and Tomato Pizza Wedge with Potato Wedges (G, D)
- On the side... Fresh Salad Bar Vegetables of the Day
- For dessert... (v) Pancakes with Fruit (G, D, E) (vg)(h) Ginger Cookie (G) (v) Yoghurt (D) or Fresh Fruit

Choose a main meal... WEDNESDAY

- 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) Jam Sponge (G, E) (v) Ice Cream (D) Fresh Fruit

Choose a main meal... THURSDAY

- (h) Chicken Chow Mein (chicken with noodles) (G)
- (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) Chocolate Cracknel (G) (v) Yoghurt (D) or Fresh Fruit

Choose a main meal... FRIDAY

- (msc) Gluten Free Breaded Fish Fillet (F) with Chipped Potatoes
- (vg) Vegetable Hotdog with Chipped Potatoes (G)
- On the side... Fresh Salad Bar Peas or Baked Beans
- For dessert... (v) Jelly with Fruit (v) Ice Cream (D) Fresh Fruit

Week two

Warwickshire, Coventry: 15/4, 6/5, 17/6, 8/7, 29, 23/9, 14/10
Oxfordshire: 15/4, 6/5, 17/6, 8/7, 29, 23/9, 14/10

Choose a main meal... MONDAY

- British Pork Sausages with Potato Wedges (G, S, U)
- (h)(v) Vegetable Burrito with Potato Wedges (G, D)
- On the side... Fresh Salad Bar Vegetables of the Day
- For dessert... (vg)(h) Flapjack with Fresh Fruit Wedges (G) (v) Strawberry Whip (D) Fresh Fruit

Choose a main meal... TUESDAY

- (h) Italian Chicken Pasta (chicken and pasta in a tomato sauce) with Freshly Baked Wholegrain Baguette (G)
- (vg) Veggie Plant burger in a High Fibre Bun with Herby Diced Potatoes (G)
- On the side... Fresh Salad Bar Vegetables of the Day
- For dessert... (v)(h) Chocolate Frosted Sponge (G, D, E) (v) Yoghurt (D) or Fresh Fruit

Choose a main meal... WEDNESDAY

- 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) Strawberry and Apple Crumble with Custard (D, G) (v) Ice Cream (D) Fresh Fruit

Choose a main meal... THURSDAY

- (h) British Beef Bolognese with Garlic Bread (G/ cheese D)
- (vg) Veggie Sausage with Diced Potatoes
- On the side... Fresh Salad Bar Vegetables of the Day
- For dessert... (vg)(h) Crunchy Cookie (G) (v) Yoghurt (D) or Fresh Fruit

Choose a main meal... FRIDAY

- (msc) Salmon Star with Chipped Potatoes (G, F)
- (v)(h) Rustic Pizza Wedge with Chipped Potatoes (G, D)
- On the side... Fresh Salad Bar Peas or Baked Beans
- For dessert... (v) Jelly with Fruit (v) Cheese Crackers and Apple Wedge (G, D) Fresh Fruit

Week three

Warwickshire, Coventry: 22/4, 13/5, 3/6, 24/6, 15/7, 9/9, 30/9, 21/10
Oxfordshire: 22/4, 13/5, 3/6, 24/6, 15/7, 9/9, 30/9, 21/10

Choose a main meal... MONDAY

- Southern Style Chicken Strips in a Wrap with Potato Wedges (G)
- (h)(v) Mac 'n' cheese with Freshly Baked Wholegrain Baguette (D, G)
- On the side... Fresh Salad Bar Vegetables of the Day
- For dessert... (vg)(h) Vanilla Cookie (G) (v) Ice Cream (D) or Fresh Fruit

Choose a main meal... TUESDAY

- (h) Minced Beef Pie with Crispy Diced Potatoes (G)
- (vg) Quorn Dippers with Rainbow Rice and Dipping Sauce (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

- 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) Toffee Apple Sponge (G, D, E) (v) Yoghurt (D) or Fresh Fruit

Choose a main meal... THURSDAY

- Beef Burger in a High Fibre Bun with Potato Wedges (G, S, B, C)
- (h)(vg) Beany Pasty (kidney & baked beans with vegetables in pastry) with Potato Wedges (G)
- On the side... Fresh Salad Bar Vegetables of the Day
- For dessert... (vg)(h) Honey and Raisin Bar (G) (v) Chocolate Swirl Mousse (D) (v) Yoghurt (D) or Fresh Fruit

Choose a main meal... FRIDAY

- (msc) Gluten Free Fish Fillet Fingers (F) with Chipped Potatoes
- (v) Plantain Pitta Pocket - (plantain in a pitta with salad, mint & mayonnaise dressing) served with Chipped Potatoes (G, E)
- On the side... Fresh Salad Bar Peas or Baked Beans
- For dessert... (v)(h) Lemon/ Orange Drizzle Cake (G, E) (v) Yoghurt (D) Fresh Fruit

Warwickshire School Term and Holiday Dates - 2023/24

| M | T | W | T | F | S | S |
|--------|----|----|----|----|----|----|
| Aug-23 | | | | | | |
| | | | | | | |
| 31 | 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-23 | | | | | | |
| | | | | 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-23 | | | | | | |
| | | | | | | 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 |
|--------|----|----|----|----|----|----|
| Nov-23 | | | | | | |
| | | 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 |
|--------|----|----|----|----|----|----|
| Dec-23 | | | | | | |
| | | | | 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 |
|--------|----|----|----|----|----|----|
| Jan-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 | | | | |

| M | T | W | T | F | S | S |
|--------|----|----|----|----|----|----|
| Feb-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 | | | |

| M | T | W | T | F | S | S |
|--------|----|----|----|----|----|----|
| Mar-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 |

| M | T | W | T | F | S | S |
|--------|----|----|----|----|----|----|
| Apr-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 | | | | | |

| M | T | W | T | F | S | S |
|--------|----|----|----|----|----|----|
| May-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 | | |

| M | T | W | T | F | S | S |
|--------|----|----|----|----|----|----|
| Jun-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 |

| M | T | W | T | F | S | S |
|--------|----|----|----|----|----|----|
| Jul-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 | | | | |

| 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 | |

| 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 | | | | | | |

| Half Term | Days |
|-----------|------|
| 1 | 41 |
| 2 | 35 |
| 3 | 25 |
| 4 | 25 |
| 5 | 34 |
| 6 | 35 |
| Total | 195 |

| | Total days |
|-------------|------------|
| Autumn Term | 76 |
| Spring Term | 50 |
| Summer Term | 69 |

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

Secondary School Induction Day

