

Emscote Express

Issue 4, 11th December 2024



Welcome to our December newsletter! As we embrace the festive season, I'm delighted to share with you the wonderful experiences and upcoming events that are making this time of year truly special for our pupils.

On Monday 2nd December, our entire school embarked on a magical journey to Warwick Arts Centre, where we were treated to a delightful performance of Julia Donaldson's "The Smeds and The Smoos". The children were absolutely captivated by the show, and it was heartwarming to see their faces light up with joy and wonder.

I'd like to extend a heartfelt thank you to all the parents and staff who contributed to the success of our PTA Christmas Fayre. Your dedication and support are truly appreciated. Remember, there's still time to purchase raffle tickets before the draw at the end of term – don't miss out on your chance to win! I would like to also say a huge thank you to the PTA, on behalf of the staff and children at Emscote, for their recent purchase of new rugs for each classroom. The children and staff are extremely grateful.

Our youngest pupils in EYFS and Year 1 have already spread Christmas cheer with their delightful performances to pre-school children, parents, and carers. Their enthusiasm and hard work were evident in every moment of their show. Thank you to the staff for working so hard to support the children. We collected donations afterwards for Myton Hospice and if anyone would like to add to these donations, please see the link below.

<https://www.mytonhospice.org/how-you-can-support-us-2/donate/>

This week we have enjoyed some wonderful musical performances. Parents of our talented violinists were invited this week to join us for a special Christmas assembly on Monday and Year Two hosted their carol service at the church on Tuesday evening. These events were truly wonderful celebrations of our pupils' talents and the spirit of the season.

Last week, our pupils participated in a Santa Dash, combining festive fun with physical activity – a perfect way to channel their excitement as we approach the holidays.

On a more serious note, I must address two important matters. Firstly, we continue to receive reports of dangerous and obstructive parking outside the school. Please refrain from parking on the yellow zigzags or double parking in the lay-by. The safety of our pupils is paramount, and we appreciate your cooperation in this matter.

Secondly, a reminder about punctuality: **our school gate opens at 8:35, with registration at 8:40.** Pupils arriving after this time will be marked as late, and their dinners must be ordered via the office. If you have an urgent message for the same day, please contact the school office or speak to a member of SLT at the gate, as teachers are unavailable in the mornings but are available after school.

As we continue through this festive period, let's work together to ensure it's a safe, joyous, and memorable time for all our pupils. Your support and engagement in our school community are invaluable, and we're grateful for your continued partnership.

Mrs Nicol
Head of School

Dates for the Diary 2024/5

Wec 11th Dec	Year 1 Christmas Production	10am and 2pm
Fri 13th Dec	Reception Year Christmas Craft Day	Parents welcome to join us for 9.30am or 1.30pm session. Please indicate via T2P form which session you will be attending.
Mon 16th Dec	Christmas Church Service	Parents welcome to join us in at All Saints Church from 9.15am
Mon 16th Dec	Book Share Afternoon	Parents welcome to join us from 2.30pm before collecting children to have a look through their child's work
Wed 18th Dec	Christmas Lunch and Christmas Jumper Day	Children can wear their Christmas jumpers to school. £1 donation to Save the Children.
Fri 20th Dec	Last Day of Term	
Mon 6th Jan	Inset Day	
Tues 7th Jan	Children return to school	
Mon 3rd Feb	Y1 Phonics Meeting	2.30pm in the school hall on Monday 3rd February 2025.
Mon 17th - 21st Feb	Half Term Holiday	
Mon 24th Feb	Children Return to School	



Reception and Junior School Applications 2025

Just a reminder that the deadline for parents and carers to submit their application for a Reception or a Year 3 Junior School place in September next year is 15 January 2025. Please visit the link if you are yet to apply
<https://www.warwickshire.gov.uk/primaryplace>

Job Vacancy - Relief Group Leader based at St John's House

Warwick Closing Date: 7 Jan 2025

Salary: £15.58 per hour Brief details: Work with Heritage and Culture Warwickshire's (HCW) Learning and Community

Engagement Team on a zero hours contract basis to deliver their school workshop programme. HCW is looking for individuals who enjoy working with people and are friendly and welcoming. Good organisational and time keeping skills will help you succeed in this role. Teamworking and communication is key to this role. Willingness to deliver workshops in schools around the county is key for this round of recruitment.

For more information please visit Relief Group Leader - School Workshop Delivery job with Warwickshire County Council | 216535 or search for Relief Group Leader, ref 0860268dwp, on WM Jobs (wmjobs.co.uk)

Connect for Health – Warwickshire School Nursing Service Newsletter

As we move into the colder months, we're sharing information about flu vaccines for children, ice safety and winter water safety reminders, and toy safety during gifting season. Following a recent inquest, we have also included some vital information for schools regarding their auto-injector policies for children and young people.

If your school or your family needs further support with any of the information raised in this newsletter, please contact your school nursing service or make a referral.

https://www.compass-uk.org/wp-content/uploads/2024/12/C4H-Parent-and-Schools-Newsletter.-December-2024_compressed.pdf



Welcome to your early years newsletter

In this issue, we have lots of books recommendations from our Writer in Residence Patrice Lawrence, plus ideas about what to read after *Winnie the Witch*. You can find out how a librarian creates positive reading moments... and more!

<https://elinkeu.clickdimensions.com/m/1/11332944/p1-b24331-0b9552451bf94188afb28d98ace3ebb7/1/412/443502ad-67bc-4cc6-91bf-2f3e42f34d1b>



Mental Health in Schools Team Tips For Wellness



Thoughtful

Being thoughtful is when we think about not only our needs and feelings, but also the needs and feelings of other people. There are lots of ways we can brighten up someone else's day by being thoughtful. Small things, such as being kind and helpful, can really make a positive impact on those around us. Thoughtfulness can spread happiness and help to encourage positive thinking.

Try to reflect on as many times as you can when people have been thoughtful towards you over the past week. There will have been more times than you think! How did it make you feel? Is there a way you could be thoughtful towards these people over the next week?

Our tips for being thoughtful:

1. Say 'hello' to a friend or teacher.
2. Ask a friend or teacher if you can help them.
3. If somebody needs a friend, be there to listen.
4. Do something kind for somebody else.
5. Think about other people and what they would like or need.
6. Smile at others to make them feel happy and relaxed.
7. Do something considerate for others, such as offering to help.
8. Speak kind or comforting words.
9. Show the person who is speaking to you that you are really interested by asking questions and listening carefully to the answers.
10. Hold the door open for the person behind you.
11. Give someone a compliment.
12. Listen to other people's ideas and thoughts.
13. If you see someone struggling, ask if you can do anything to help them.
14. Tidy up after yourself, both at home and at school!

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

Digital Detox

The use of technology in our day to day lives has become a normal part of today's society and has many benefits, including staying connected with friends and family, accessing information and providing support for learning. However, research suggests that the prolonged use of technology can increase stress levels and have a negative impact on our mental health.

A digital detox is a time when a person does not use devices such as smartphones, televisions, computers, tablets, and social media sites. "Detoxing" from digital devices is often seen as a way to focus on real-life social interactions without distractions.

Some of the benefits include reducing stress, improving sleep patterns, encouraging more face-to-face social interactions, reducing 'fear of missing out (FOMO)', improving attention span, freeing up time for other/new interests and activities, creating a better work-life balance, and encouraging physical exercise.

Our tips for having a digital detox:

1. Set a realistic time limit for your daily screen time/device usage.
2. Participate in other activities instead of screen time (e.g., go for a walk with a friend/join a new club).
3. Create routines for 'device-free times' (e.g., at mealtimes or 30 minutes before bed).
4. Agree to leave your phone downstairs overnight to reduce temptation to scroll in bed!
5. Let your friends and family know you are on a digital detox so they can support you.
6. Delete social media apps on your phone to remove temptation and easy access.
7. Create a list of activities you can do when you have an urge to use a digital device. Make sure you include a balance of quick activities you can do in the moment, as well as activities that may take more time and planning.



Scan for information on social media
and mental health – Young Minds

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Mental Health in Schools Team Tips For Wellness



Laughter

“Laughter is the shortest distance between two people” – Victor Borge

Laughter is often described as a ‘natural medicine’ and can help us connect with other people, interests, and memories. Laughing can benefit our well-being by building and strengthening social connections and releasing stress. It can also have short-term benefits, such as improving sleep, memory and stress. Laughter can also support us in the long term by improving our immune system, relieving pain, and improving our self-esteem.

Can you remember the last time you laughed? Have a go at one or more of the tips below for this week.

Our tips for laughter:

1. Find a video, picture or film that never fails to make you laugh. Why not share this with a friend or family member so you can laugh together?
2. Can you think of a memory that made you laugh? This funny memory might have been with a friend, pet, or family member. Remind this person of the memory and see if this makes you both laugh again!
3. It can be difficult to know where to start, so try preparing to laugh. Create a collection of funny movies, TV shows, funny photos and videos for when you need a humour boost.
4. Try laughing yoga! To do this, take a deep breath in and then as you breathe out start laughing. The first few breaths and laughs might feel forced but the more times you do it, the more genuine your laughing can become. This can help to induce all the positive benefits which laughter gives us.

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Mental Health in Schools Team Tips For Wellness




Appreciation

Appreciation is a feeling of **thankfulness** or an act of recognising something that is important or meaningful to you.

We can appreciate or recognise another person through complementing them and sharing what you like about them. We can say 'thank you' to others when someone is helpful or supportive. This has benefits for both our mental health and for the people around us. We can also appreciate ourselves – you are important and unique! Remember to celebrate when you achieve big and small things and stop to appreciate what you have done.

Learning to appreciate others and ourselves can improve our self-esteem, improve our mood and improve our relationships with others.

Our tips for appreciation:

1. **Give a compliment** - think about a person who is important to you and tell them 3 things that you like about them. You could write a letter or a small note to let them know how much you appreciate them. Use these sentence starters to help you:
 - I like how you...
 - You are...
 - Thank you for...
2. **Say 'thank you'** – remember to thank other people throughout the day, to show them you appreciate what they do for you. If you have a friend who speaks another language, you could learn to say 'thank you' in the language that they speak. You could also learn to say 'thank you' in Makaton (sign language) too! Have a look at the video here to help you:  *Makaton video*
3. **Self-appreciation** - think of something small that you have achieved this week. Pause and take a minute to appreciate what you have done. Which of your positive qualities did you use? Kindness, thoughtfulness, curiosity, creativity?

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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."



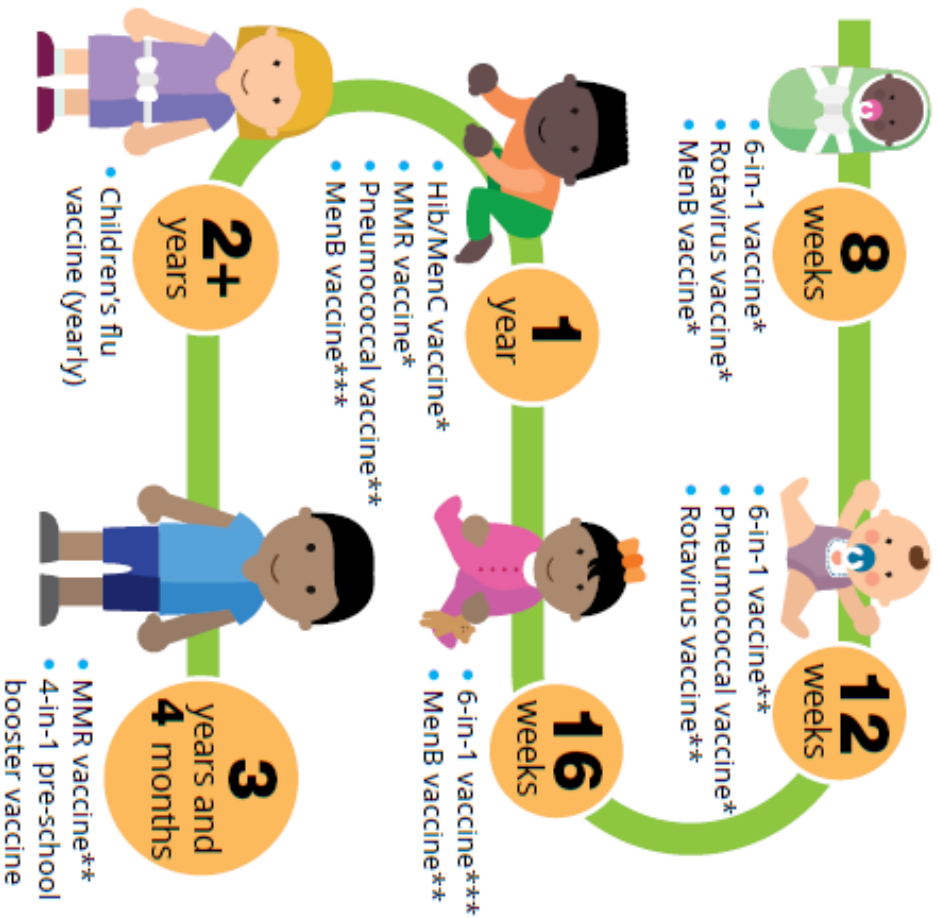
CLICK HERE for more info and to book your place

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

Christmas Camp

HAF

Active Kids



COURSE TIMES 9.30am to 3.30pm

CHRISTMAS | **HEALTHY LUNCH** | **2 DAYS**
2nd & 3rd | PROVIDED | **FREE**
January 2025

WL Woodloes

Woodloes Primary School
Deansway, Woodloes Park, Warwick, CV34 5DF

For more information go to haf.onsidelive.co.uk

CHRISTMAS ACTIVITY CAMP

MULTI SPORTS

ARTS, CRAFTS & LEGO



Brookhurst Primary School

Ullswater Avenue, Leamington Spa CV32 6NH

Week 1: 23rd Dec & 27th Dec

Week 2: 30th Dec & 2nd Jan

8:45AM - 3:15PM

Early drop off & late pick up available

£84 FOR FULL WEEK

CHILDCARE VOUCHERS ACCEPTED

£21 PER DAY

4 YEAR OLDS ARE WELCOME TO JOIN US FOR 4 HOURS



FREE spaces for children who are entitled to benefit related free school meals.
Text 07963 324 799 to book your place

To Book: DBS CHECKED, NO NUT POLICY

Visit www.superstarsport.co.uk & click 'Book Now'
For more information: Call 0116 3971176



Christmas Camp!



ONLY **£20** per day

Thursday 2nd & Friday 3rd January 2025

COURSE TIMES
9.30am to 3.30pm

Early Drop off 8.30 to 9.30am
Late Pick up 3.30 to 4.30pm

+£3.50 Each

WL Woodloes

Woodloes Primary School
Deansway, Woodloes Park, Warwick, CV34 5DF

Book now at onsidecoaching.co.uk

CHRISTMAS CAMP @ KIDSGCLUB BT

Reception to Y6

There's something for everyone this Winter!

Monday 23rd December 2024

Thursday 2nd & Friday 3rd January 2025

COURSE TIMES 9.30am to 3.30pm

Early Drop off & Late Pick up available +£3.50 each

Only **£20** Per day

BT Bishop's Tachbrook

Bishop's Tachbrook C of E Primary School
Kingsley Road, Bishop's Tachbrook, Royal Leamington Spa, CV33 9RY

To book visit btkidsclub.onsidelive.co.uk

'Nativity Live'

Saturday 14th December

1-2pm

Warwick Market Square

Come play your part in telling the story of the first Christmas through Carols and nativity fancy dress!



Coolsportz Xmas & January Camps

Mon 23rd Dec, Thurs 2nd Jan

& Fri 3rd Jan

8.30-3.30pm or 8.30-12pm

@ Warwick Tc

Ages 4-16 years

Childcare/Tax Free Vouchers
accepted and HAF codes

Tennis - Football - Hockey -
Rounders - Cricket - & more

Book online www.coolsportz.co.uk

10% OFF IF BOOKED BY 10TH DEC

HAF



BLYTHE LIGGINS SOLICITORS

Colour in this Leamington Spa Christmas scene for the chance to
win a £50 book voucher for your school
and a £20 shopping voucher for you!

For a chance to win:

- Get creative and colour in the picture
- Ask your parent, guardian or teacher to fill in the form
- Return your colouring sheet by **Wednesday 18th December** by post or by dropping it off at Blythe Liggins Solicitors (FAO Donna Bothamley), Edmund House, Rugby Road, Leamington Spa, CV32 6EL
- Entries can also be emailed by scanning both sides and emailing it to dmb@blytheliggins.co.uk

The competition is open to children aged 4 to 11 and the prizes are:
Foundation/reception class, Years 1 and 2 – A £20 shopping voucher for the winning entry and a £50 book voucher for their school.
Years 3, 4, 5 and 6 – a £20 shopping voucher for the winning entry and a £50 book voucher for their school.

Competition winners will be contacted in January.

Good luck, everyone!

Please complete the details below to be entered into the competition:

Name: _____

Year: _____ Name of school: _____

Name of parent, guardian or teacher (delete as appropriate): _____

Contact telephone number or email address: _____

The competition is open to children aged 4 to 11. Competition entries will be put on display in reception at Blythe Liggins, in a digital gallery at www.blytheliggins.co.uk, and posted on Blythe Liggins' social media pages.

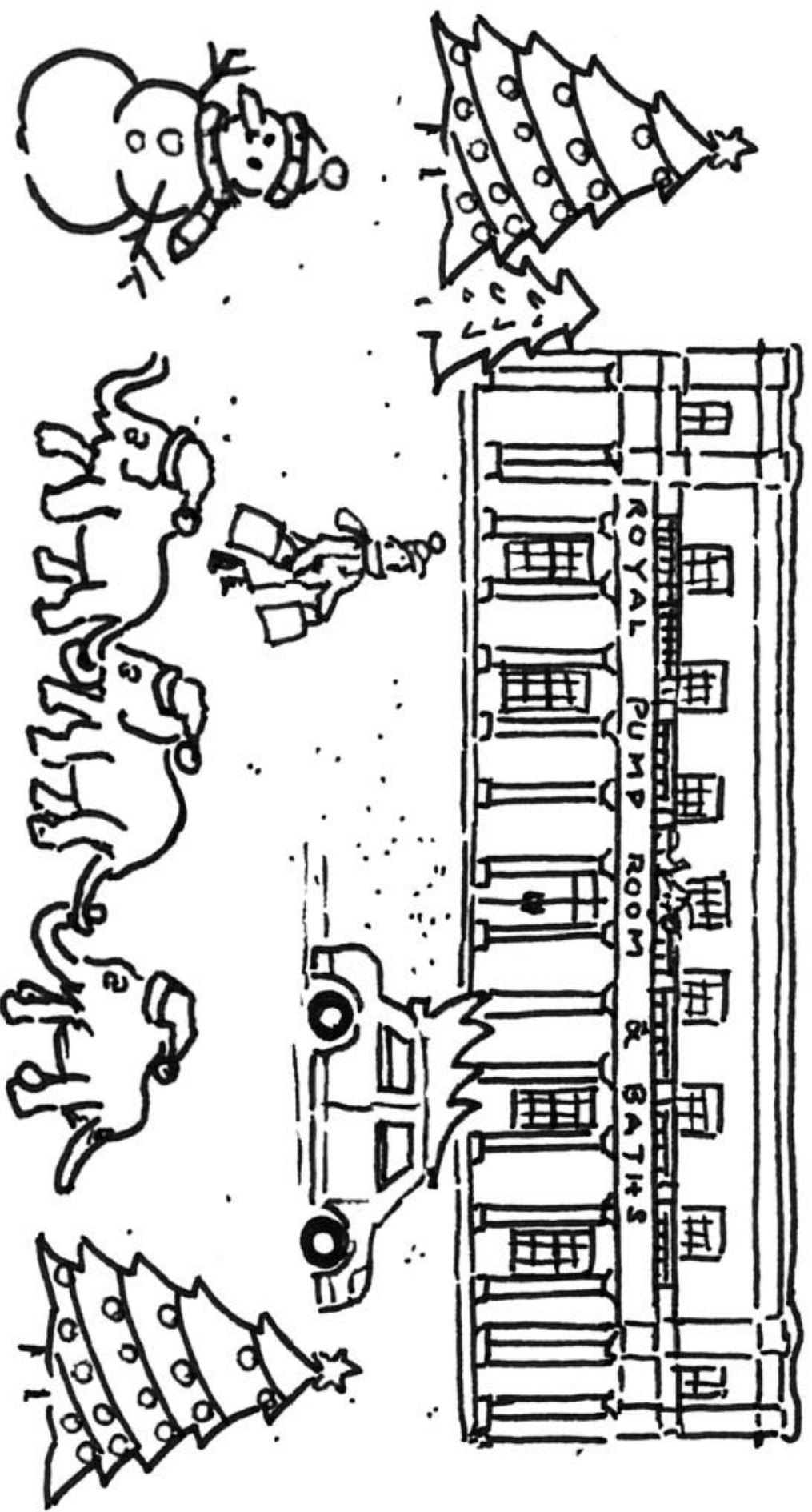
By entering the competition, you agree that this completed colouring sheet can be used by Blythe Liggins on the company website and social media pages.

Parent, guardian or teacher named above – please tick below to confirm:

- This child's completed colouring sheet can be displayed on the Blythe Liggins website, labelled with their name, year and school
- This child's completed colouring sheet can be displayed on Blythe Liggins' social media pages, labelled with their name, year and school
- This child has permission to take part in publicity, if they were to be named as a competition winner

The judges' decision is final. The prize is non-transferable, non-refundable and cannot be exchanged for any cash alternatives in whole or in part. For full terms and conditions, visit www.blytheliggins.co.uk

MERRY CHRISTMAS



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





Information Sessions for Warwickshire Parents and Carers

Courses available online – via Zoom

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

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



Primary Mental Health

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

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

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

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



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

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

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



You have what it takes for a rewarding career in fostering

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

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

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



Weekly Menu

Week one

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

Choose a main meal... MONDAY

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... TUESDAY

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

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

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

Choose a main meal... WEDNESDAY ROAST

Choose a main meal...
British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)

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

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

Choose a main meal... THURSDAY

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

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

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

Choose a main meal... FISHY FRIDAY

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

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

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

Week two

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

Choose a main meal... MONDAY

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

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

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

Choose a main meal... TUESDAY

Choose a main meal...
(h) British Beef Bolognese with Garlic Bread (G/cheese D)

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

Choose a main meal...
British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)

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

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

Choose a main meal... THURSDAY

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

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

Choose a main meal...
(msc) Salmon Fish Cake with Chipped Potatoes (G.F)

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

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

Week three

Warwickshire, Coventry: 9/9, 30/9, 21/10, 11/11, 2/12, 21/125, 27/1, 24/2, 17/3, 7/4
Oxfordshire: 9/9, 30/9, 21/10, 11/11, 2/12, 21/125, 27/1, 24/2, 17/3, 7/4

Choose a main meal... MONDAY

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

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

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

Choose a main meal... TUESDAY

Choose a main meal...
Beef Burger in a High Fibre Bun with Crispy Diced Potatoes (G.SB.SU)

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

Choose a main meal...
British Roast Pork Loin, Apple Sauce and Gravy

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

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

Choose a main meal... THURSDAY

Choose a main meal...
(h) Mild and Creamy Chicken Korma with Wholegrain rice (D)

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

Choose a main meal...
(msc) Fish Fillet Fingers (G.F) with Chipped Potatoes

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

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

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

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



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

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

M	T	W	T	F	S	S
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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
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18	19	20	21	22	23	24
25	26	27	28	29	30	

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

M	T	W	T	F	S	S
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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		

M	T	W	T	F	S	S
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
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19	20	21	22	23	24	25
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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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
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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					

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

