

Emscote Express

Issue 10, May 2025



Dear parents and carers,

Welcome back to the summer term, everyone! I hope you all had a wonderful Easter break and are ready for an exciting Summer term.

This week, we have some fantastic news to celebrate. Adhav from Year 2 has made us incredibly proud by winning the Warwick Community Flag competition. Not only did Adhav's design represent Emscote brilliantly, but our school emerged victorious among all the schools in Warwick! Adhav had the honour of meeting the Mayor and receiving a trophy on behalf of our school. As the winning school we also receive a prize of a visit from some Warwick Castle actors to entertain us. Well done, Adhav, and congratulations to all our pupils who participated!

Looking ahead, we have an important event on the horizon. On Thursday, 8th May, we'll be commemorating the 80th anniversary of VE Day and part of the special celebration will be a picnic at All Saints' Field. We invite all our pupils and parents to join in the festivities by wearing red, white, and blue. The event kicks off at 12:00, so don't forget to bring your picnic and rugs for a delightful community gathering. Emscote children will meet their parents at All Saints' at 12.00.

A reminder that even in the warmer weather, all children need to be wearing black school shoes with closed-toes (no sandals) unless it is their PE day when trainers are permitted.

Mrs Nicol
Head of School



The Mayor Of Warwick

Would like to extend his congratulations to
Emscole Infant School

To recognise your
Participation in the Warwick Town Centre
Summer Flag Project

Presented May the First Two Thousand and
Twenty Five

D. Skinner

Mr Dave Skinner
Mayor of Warwick, 2024-2025



Dates for the Diary 2025		
Wed 7th May	Year 2 Impact Workshop	9am and 1.45pm
Wed 7th May	Year 2 Impact Workshop	9am and 1.45pm
Thurs 8th May	VE Day Celebrations	Parents and carers welcome to join us at All Saints Junior School for a Federation Picnic Lunch. Children to dress in red, white and blue for the day.
Wed 14th May	Year 1 Mary Arden Farm Trip	Please pay at www.eduspot.co.uk
Wed 21st May	Reception Year Trip to Ryton Pools	Please pay at www.eduspot.co.uk . Any parent helpers will require an Enhanced DBS check, please contact the school office if you would like to arrange this.
26th - 30 th May	Half Term	
Mon 2nd June	Inset Day	Children not in school
Tues 3rd June	Children return to school	
Fri 13th June	Father's Day Breakfast	More info to follow
Thurs 19th June	Oak Sharing Assembly	
Fri 20th June	Chestnut Sharing Assembly	
Wed 25th June	PTA non uniform day	Children to bring in a prize for the summer fayre tombola
Fri 26th June	Cherry Sharing Assembly	
Fri 27th June	Willow Sharing Assembly	
Fri 27th June	PTA Summer Fayre	To be held at All Saints Junior School 4-6pm
Fri 4th July	Emscote Sports Day	More info to follow
Tues 8th July	Year 1 and Year 2 Trip to All Things Wild	More info to follow. Any parent helpers will require an Enhanced DBS check, please contact the school office if you would like to arrange this.
Wed 9th July	Year 2 Leavers Play	More info to follow
Thurs 10th July	Year 2 Leavers Play	More info to follow
Fri 11th July	Reserve Emscote Sports Day	Reserve date in case of poor weather on 4th July.
Fri 11th July	School reports out	
Fri 18th July	Last Day of Term	



Mental Health in Schools Team

Tips For Wellness





Being mindful

Being mindful is all about **taking notice** of what's around us, as well as our thoughts and how we are feeling. Mindfulness is a way to **focus on the present** moment and what is happening now, rather than thinking about the past and worrying about the future.

Learning how to be mindful can give us the tools we need to cope with stress, build confidence, and get through challenging times. The more we practise mindfulness, the more resilient we will be!

Our tips for being mindful:

1. **Tune into your senses (classroom activity)** – Teacher should choose a child (child A) to stand outside the classroom, they are the 'listener'. Choose another child (child B) in the class to be the 'speaker'. When child A comes back into the room, they should face the wall, then child B should say a pre-agreed sentence in an unusual or funny voice. Child A needs to pay attention, take notice and listen carefully, to guess who the speaker was! Children can take turns as the role of speaker/listener.
2. **Create a glitter jar** – use an old jar or bottle and add a variety of materials, such as glitter, water, different coloured beads, food colouring, oil, and rice. Shake the glitter jar and notice how the materials move. Do they all move together? Do any of the materials separate from each other? What sound does it make? You could make one with a friend and then swap jars!
3. **Cloud watching** – this activity is great for mindfulness and relaxation. Have a go by scanning the QR code: 
4. **Mindfulness video** – as a class, watch this mindfulness video from Children in Need, which includes 3 exercises to help you practise mindfulness: mindful looking, mindful listening, and mindful breathing. 

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



Empathy

Empathy means *feeling with* someone, not just *feeling sorry for* them. It is one of the best ways to be a kind friend and a good person. Empathy is not just noticing that someone is happy, sad, or hurt—you're trying to understand their feelings from their point of view and responding with kindness.

Examples of when you could be empathetic:

A friend is nervous before a test.

You might say: *"I get nervous too. We've got this!"*

Someone is sitting alone at lunch.

You might think: *"I would feel sad if I were alone."*

So, you could invite them to sit with you.

Our tips for empathy:

1. Pay attention to how people look and sound. Are they happy, sad, or upset? Look for clues in their body language to find out how they might be feeling.
2. Read a book or watch a TV show. Pick a character in the book or show and imagine how that character might feel. Do you think all the characters feel the same? Put yourself in their shoes!
3. Empathy drawing – if you like to get creative, you could try drawing a picture of how someone else might feel in a certain situation (e.g., "a child who has lost their favourite toy", "a child who is starting a new school").
4. Be kind with actions - even little things help - like sharing, listening, or giving a hug.
5. Include everyone - invite others to play, join in, or sit with you. Notice if someone is standing alone, sitting on a bench, or watching others play.
6. Kindness cards – consider making cards or notes for family, friends or classmates who might need a boost!

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Mental Health in Schools Team Tips For Wellness



Challenge

Throughout our lives we are going to experience different challenges, both big and small. There will be times where these challenges are exciting and maybe other times where challenges could feel scary and uncertain. These different challenges will push us to try new things, build our resilience and teach us new things about ourselves and the world around us.

When taking on challenges, we learn that we can work towards goals, overcome any obstacles and be resilient even when something is difficult. A **growth mindset** can help us take on new challenges, it builds our confidence to have a go at things, increases our self-esteem and encourages us to keep trying, even if something doesn't work out the first time!

Our top tips for challenging ourselves:

1. **Set yourself some goals** you would like to reach this time next year (long term goals). Perhaps these can be things you've always wanted to do but never tried before. Break your goals down into medium-term goals and short-term goals (goals you can set to work towards the long-term goal in a few weeks or months).
2. **Ask for help** when needed. Challenging ourselves is not about getting through difficult times alone...sometimes we need a helping hand and that is okay!
3. **Push yourself out of your comfort zone** this week. You might want to try a new food, learn a new hobby, start a conversation with a different friend, or put your hand up in a lesson at school. Can you think of a **SMART goal** you would like to challenge yourself with this week? Follow the QR code to learn more about SMART goals:



4. **Read books** with characters who overcome challenges. What strategies did the characters use to push through them? Follow the QR code to a list of books that help children face challenges:



#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.



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



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



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



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

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

PARENT FEEDBACK:

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

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

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

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

* Daytime and evening workshops available *



'Adolescence' TV show highlighted the issues



What is INCEL culture?
Isolation and rejection
Lack of positive role models
Over dependence on Smart phones
Screen addiction
Vulnerability to online bullying
Influenced by negative role models
Toxic websites
Violent behaviour & misogyny

Emotional Resilience for our Children Online Talk for Parents

from FACE Family Advice £24

email Jane Keyworth, FACE Lead Facilitator

info@facefamilyadvice.co.uk



Saturday 3rd May 10:00-11:30

Thursday 8th May 19:00-20:30



Talks are recorded and available for 48 hours after each talk

New improved delivery times!



Delivery on orders
for embroidered stock
items is now only
5-7 working days,
place your orders **now!**

Contact office for more info

E: sales@gooddies.co.uk

W: www.gooddies.co.uk





COME AND JOIN OUR MAY HALF TERM CAMPS!

WHEN?

**Tuesday 27th May -
Friday 30th May 2025**

9:00AM-16:00PM -
Early booking available from 8:00am

WHERE?

WELLESBOURNE PRIMARY SCHOOL, **WELLESBOURNE** 🏠
ST JOSEPHS PRIMARY SCHOOL, **WHITNASH** 🏠
ST JOHNS PRIMARY SCHOOL, **KENILWORTH** 🏠
HARBURY PRIMARY SCHOOL, **LEAMINGTON SPA** 🏠
WESTGATE PRIMARY SCHOOL, **WARWICK** 🏠
ALL SAINTS C OF E JUNIOR SCHOOL, **WARWICK** 🏠

WHATS ON?



MULTI SPORTS

NERF WARS

DODGEBALL

AXE THROWING

ARCHERY

MOVIE DAY

- **PENALTY SHOOTOUT**
- **CROSSBAR CHALLENGE**
- **AGILITY GOLF**
- **TOURNAMENTS**
- **& LOTS MORE FUN**



CONTACT US: Fitt4kids 01789339066 office@fitt4kids.org.uk
SECURE YOUR SPACE TODAY BY VISITING OUR WEBSITE- WWW.FITT4KIDS.ORG.UK



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

What we are running

WARWICK SCHOOL

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

KINGSLEY SCHOOL

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

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

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

The Croft

Preparatory School



2025 EVENTER CHALLENGE SERIES

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

11th May

8th June

27th July

7th Sept
Championships



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



Classes

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

Individuals & teams

Entries now open

Points
accumulator
throughout the
series

Fabulous prizes

Bit.ly/CroftEC11thMay

CroftSchoolEventChallenge@hotmail.com



Scan QR
for full
info

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

Reg charity: 1085278



Bee Wild

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



Bee
Friendly





ACCESS GRANTED
TO 4-12 YEAR OLDS

SPY CAMP

MAY HALF TERM

YOUR MISSION: INFILTRATE THE
AWARD-WINNING OFSTED APPROVED HOLIDAY CAMPS

MISSION DATES: 27-30th
MAY

MINI's RECEPTION

GO GO CREATORS
GO GO GROOVERS
GO GO ACTIVE
GO GO EINSTEIN'S

PLUS FREE PLAY
SMALLER GROUPS (RATIO 1:8)

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

EMSCOTE
INFANT SCHOOL
WARWICK

FINHAM PARK
SECONDARY SCHOOL
COVENTRY

PRIORS FIELD
PRIMARY SCHOOL
KENILWORTH

HEATHCOTE
PRIMARY SCHOOL
WARWICK GATES

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

See website for details. Offers can not be used in conjunction

£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

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

✓ **WE ACCEPT**
CHILDCARE VOUCHERS
& TAX FREE CHILDCARE

✓ **OFSTED**
REGISTERED

★★★★★
RATED 5 STARS ON GOOGLE

⚠ WARNING
EXTREME FUN!!

The 10-week Nurturing Programme

Kingsway Children and Families Centre.

12.45pm-2.45pm

Tuesday 6th May to Tuesday 15th July.

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

How to get the best out of family life.

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

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

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

To book use the QR code or go to

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



If you have any queries, please contact:

ehparenttrainers@warwickshire.gov.uk



STEP OUT - SPEAK UP - HAVE HOPE



FREE Chat, Craft & Companionship for Women 18+

**All Saints Church, All Saints Rd,
Warwick, CV34 5NL**

**Tuesdays,
9.15 - 11am**


**February 4th & 18th
March 4th & 18th
April 1st & 15th
May 6th & 20th
June 3rd & 17th
July 1st & 8th**

Join us in the Coffee Room

**Complimentary Light
Refreshments & Activity**
E.g. Mindfulness Colouring,
Communal Activities etc

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

Feel free to pop by

 **info@womensteppingout.co.uk**

www.womensteppingout.co.uk

Registered Charity No 1205138

ALL SAINTS EMSCOTE

Little Saints



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

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

MessyMASS

**Family-friendly worship with
the children taking part**

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

**Story, songs, crafts
prayer & refreshments**

The Next Messy Mass Dates are:

19 January, 16 February, 16 March,

4th May, 15 June,

NO MESSY MASS during April or July

COME AND SEE!
3rd Sunday of the month

10.30am - 11.30am.

Contact Ania for more details:

07546390555





Pupil Premium Funding

What is Pupil Premium funding?

Pupil Premium funding is additional financial support that is provided by the government and which is allocated to schools to meet the needs of certain pupils. For each pupil that qualifies the school receives a significant sum of money that is used to raise standards in the pupils who are eligible.

Does my child qualify for this additional support?

You may be eligible to apply for Pupil Premium funding if you receive any of the following...

- Income Support
- Income-Based Job Seeker's Allowance (JSA)
- Income-Related Employment and Support Allowance (ESA)
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Or if your child...

- has been looked after (their care is managed by the local authority) for 1 day or more
- was adopted from care on or after 30 December 2005, or left care under a special guardianship order or a residence order

Or

- if either parent is in the Armed Forces

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



I GET IT!

We face a **unique set of challenges** that not everyone understands.

After being on the **brink of burnout** myself I learned **quick, simple and impactful** ways to strengthen my coping skills, **feel** more **calm, resilient, hopeful and happy** and I'm **on a mission** to **help YOU** do the same!

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



PARTICIPANT FEEDBACK:

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

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

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



CLICK HERE for more info and to book your place
or email: helo@ausomemums.com
Evening and daytime sessions available

the mini movers

sporty fun for little ones



BIRTHDAY PARTIES FOR AGES 2 YEARS - 7 YEARS

PARTY
TIME!!



Themes include:
Superheroes
Princesses
Space
On the Farm
Fairies
and many more!

www.theminimovers.co.uk

Bubbles

Parachute Fun

Balloons

Obstacle Course

Themed Activities

Party Games

Follow us:



Call: Jo on 07850944690

Email: jo@theminimovers.co.uk



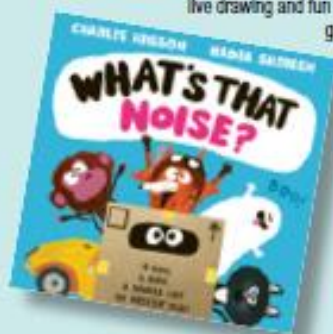
Events for Families

Saturday 10th May

**Nadia Shireen
and Charlie Higson**
What's That Noise?
£8 | 10-11am | Age 4+



Join author, actor and comedian Charlie Higson and award-winning illustrator Nadia Shireen for this fast and funny event based on their brand-new picture book, *What's That Noise?* Laughs, noisy games, live drawing and fun for all the family guaranteed!



Saturday 10th May

Dame Jacqueline Wilson
The Seaside Sleepover
£8 | 10-11am | Age 6+



One of the UK's bestselling children's authors (and a Festival Ambassador) brings you the latest in her hugely popular *Sleepovers* series featuring Daisy and her friends - and Daisy's sister Lily. The summer holidays have finally arrived, and Daisy longs for a proper holiday at the seaside, building sandcastles, eating lots of ice cream and maybe even spotting a mermaid in the sea. Daisy's sister, Lily, wants to come too, but she uses a wheelchair which can make trips to the seaside tricky. Especially with all that sand! Then Scruff arrives in their life...



Box Office: 0333 666 3366 or online at stratlitfest.co.uk

Saturday 10th May

Bunny vs Monkey Trail
FREE | All day

Can you find mischievous Bunny, Monkey and their friends around the Festival site? Go on a hunt for these beloved characters in this family-friendly trail created especially for us by *Bunny vs Monkey* author and illustrator Jamie Smart.



Saturday 10th May

**Superhero Drop-In and Do
Drawing, craft and games!**
FREE | 11am-1pm | Age 5+

Pop along and get creative with superhero craft and games, plus create your own character with *The Phoenix* comic artist Abby Bulmer.



In partnership with The Phoenix Comic

Saturday 10th May

Maz Evans
Oh What a Knight!
£8 | 11.30am-12.30pm | Age 7+



Embark on a madcap journey with superstar author Maz Evans - from the Maya Underworld, through Ancient Egypt and all the way to Camelot to find Excalibur and save the world. Join in the fun and games and discover ancient myths and Arthurian legend in this hilarious, energetic event.



Box Office: 0333 666 3366 or online at stratlitfest.co.uk



In association with

Sainsbury's

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Step 1

Visit myschoolfund.org to sign up for free and link to your child's school



Step 2

Register your credit/debit card to your account



Step 3

Spend at participating retailers



Step 4

Start receiving your eGift Cards!

We're part of the My School Fund initiative.

Together we can boost our school's budget, plus your own!

It's completely free to sign up and both you and your child's school will receive eGift Cards to be used at participating retailers based on a percentage of your spend.

Visit myschoolfund.org today!

SCAN FOR INFO



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



Weekly Menu

CHOICE / JKT
April 2025

Week one

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

MONDAY

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

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

TUESDAY

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

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

WEDNESDAY

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

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

THURSDAY

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

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

FRIDAY

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

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

Week two

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

MONDAY

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

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

TUESDAY

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

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

WEDNESDAY

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

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

THURSDAY

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

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

FRIDAY

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

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

Week three

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

MONDAY

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

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

TUESDAY

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

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

WEDNESDAY

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

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

THURSDAY

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

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

FRIDAY

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

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

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

ALLERGEN KEY
vg = Veggie
v = Vegetarian
h = Homemade

G = Gluten / Wheat
C = Celiac
D = Dairy

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



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

M T W T F S S

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

Dec-24

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

Apr-25

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

Aug-25

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

M T W T F S S

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

Jan-25

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

May-25

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

Sep-25

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

M T W T F S S

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

Feb-25

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

Jun-25

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

M T W T F S S

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

Mar-25

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

Jul-25

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

Half Term Days

Half Term	Days
1	40
2	35
3	30
4	35
5	19
6	36
Total	195

Total days

Term	Days
Autumn Term	75
Spring Term	65
Summer Term	55



Secondary School Induction Day