

# Emscote Express

Issue 14, 3<sup>rd</sup> May 2024



Dear parents and carers

Year One have enjoyed a trip to Mary Arden Farm this week. The children travelled by coach and had a wonderful day learning about life on a farm during Tudor times. Thank you to the school staff and the parent helpers that make these experiences possible.

Today we had a visit from the Kukal string quartet, who came to share their instruments with children and perform for the school. It was a pleasure to welcome the musicians and for the week to end by listening to the beautiful music.

Our reading competition is in full swing, with many bookmarks evidencing reading already being brought in. Don't worry if you still have some at home as there are still two weeks to go! The last day to bring these in will be the morning of Monday 20<sup>th</sup> May. The prizes include Lego, an office experience and treats with different members of staff.

## **Kids' Bikeathon Sunday 19<sup>th</sup> May**

**Victoria Park, Leamington Spa**

**10am -12 noon**

**£8.50 for the first child and £5 for siblings.**

This sponsored event will be fun for children and help to raise money for Blood cancer UK; it's organised by Anne Oliver, whose granddaughter is in year 2.

Anne's daughter, Sophie (7) was a pupil at Emscote Infant school, she died of leukaemia in 1998 and the family have been raising money for the charity ever since.

Children can cycle or scoot around the tarmac track in Victoria Park as many times as they wish; it's NOT a race; all must wear a helmet.

For more information, and to register, please use this link, or the QR code on the poster:

<https://race-nation.co.uk/register/blood-cancer-uk/kids-bikeathon-leamington-spa-2024>

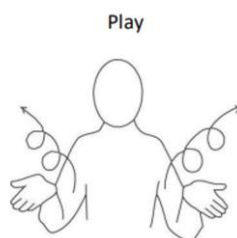
A reminder school is closed on Monday for the Bank holiday, fingers crossed for some sunshine.

Have a wonderful weekend.

Mrs Nicol

Makaton

We have learned **play**



## Dates for the Diary 2024

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
Fri 12th July	School reports out	
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	

We visited Mary Arden's Farm to learn about life on a farm in Tudor times. We started off by looking at what Tudor girls and boys would have worn and why.



We learnt about the importance of herbs, how to make a lavender bag and why Tudors liked things that smelt nice.



The children learnt about the types of fruit and vegetables that would have been available in Tudor times in England.

The farm had lots of different animals that we got to visit and learn about. We noticed that they didn't have any machinery at the farm to help them with any of the farming jobs. Most jobs would have been done by hand.



We enjoyed looking at a range of artefacts and we learnt that most of the items would have been made from the animals on the farm. We then pretended that we were buying things at a market and paid using real coins.

In the afternoon we got to play with some Tudor toys – some of them are similar to toys that we play with today.



We finished the day with some dancing – Tudor style!



Did you know that the phrase 'sleep tight' originates from when you had to tighten the rope on your bed to make it comfortable to sleep in.



Tudors would water their plants with a 'tinkler' which is where the phrase 'going for a tinkle' comes from!





# Mental Health in Schools Team Tips For Wellness



## Self-Care

Sometimes when we experience stress, worries and other mental health problems, we might stop looking after ourselves and this can make us feel worse.

Self-care is about taking time to **look after yourself**, and to make you feel grounded when life is getting too much. This involves putting yourself first, and knowing what helps you. Knowing this can have a positive impact on your mental health and wellbeing.

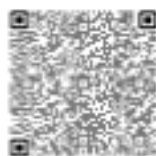
You might think that self-care is all about taking a bath or lighting a candle...and it might to some people, however, we need to understand that self-care looks different to everyone! What works for one individual may not work for another. It is all about how we listen to our bodies, our thoughts, and feelings and understanding what our needs are. Therefore, when you start to notice that you are feeling overwhelmed, you can do an activity that helps you to feel calmer.

### Tips for self-care:

1. Create a **hope box/happy box** – a place to put your special memories in such as trinkets, photos of special days out, or gifts from family and friends. Anything that helps you in the moment for when you are stressed can go in there, e.g., stress toys!
2. Tune into your mental health - tell people what helps you; spot your early warning signs and keep a mood diary.
3. Feeling connected with others can increase your confidence and can give you a different perspective on things.
4. **Peer support** - speaking with those who have had similar experiences, can help you feel accepted and challenge stigma.
5. **Therapeutic activities** such as relaxation, mindfulness, and nature-based activities. Scan the QR code below for some mindfulness videos!
6. Looking after your **physical health** by getting enough sleep, keeping active and eating healthily.
7. Ask a trusted adult to help you look into **specialist support** if you need it.



Mindfulness  
videos!



Lesson plan  
ideas for  
managing  
stress!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars 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](mailto: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.

# 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](mailto:TanyaSpeirs@warwickshire.gov.uk)

(or just come along in week one!)



Warwickshire  
County Council

[www.facebook.com/warksacl](https://www.facebook.com/warksacl)  
[www.twitter.com/warksacl](https://www.twitter.com/warksacl)  
[www.instagram.com/warksacl](https://www.instagram.com/warksacl)

Are you worried about how they are feeling?

## DECREASING DEPRESSION FREE TALK



May 14th 7-8pm

Jane Keyworth, Lead Facilitator at FACE gives a one hour online talk explaining what we can do to reduce the symptoms of depression.

Book online at [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk) go to **PARENT** page



## May 2024 Newsletter



CPD training for anyone who works with children or teenagers.

**National Standards CPD accredited sessions**

All sessions booked & delivered online via [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)

Thursday  
2 May

19:00 - 21:00  
£24



### Anxiety Explained

Anxiety, especially in our young is rising. This session explains what it is, why it happens and how you can help.

Monday  
13 May

19:00 - 21:00  
£24



### Autism: Improving Communication

Small changes can lead to huge improvements with your ability to communicate with someone on the spectrum.

Monday  
20 May

19:00 - 21:00  
£24



### Understanding the Teenage Brain

Improve your understanding and communication with your teen. Why they think, feel and behave very differently from adults.

Tuesday  
21 May

19:00 - 21:00  
£24



### Raising Self-Esteem

How to support healthy self-esteem in your children and yourself. Easy to apply interventions shared.

[facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)




**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!



# Warwick School May Holiday Action

## KINGSLEY SCHOOL

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

## WARWICK SCHOOL

- Cygnets - available for children in Reception and Year 1
- Fun Short Courses - available for children in Years 2 to 7
- Action Plus – available for 12-14 year olds

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

<https://www.warwickschool.org/may-holiday-action-2024>

Date	Courses available	Age (School Year Groups)
Tues 28 <sup>th</sup> to Fri 31 <sup>st</sup> May	KINGSLEY – Kingsley Kookaburras WARWICK – Fun Short Courses WARWICK - Cygnets	2 – 7 2 – 7 Reception – Year 1
Tues 28 <sup>th</sup> / Wed 29 <sup>th</sup> May	WARWICK – Action Plus	12-14 year olds

**OFSTED APPROVED**

**Sallywags Kids ACTIVITY CLUB**

**Address**  
The Contact Centre  
(Behind All Saints Church)  
All Saints Road Warwick  
CV34 5NJ

**Contact Us**  
<https://sallywagsKids.co.uk>  
[info@sallywagsKids.co.uk](mailto:info@sallywagsKids.co.uk)  
07834241414

**Clubs every day**  
Paper Mache club  
soft play club  
Footclub club  
playdough club  
clever Kids club  
(Clubs do change termly)

**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



**Stratford  
Literary  
Festival**

4<sup>th</sup>-5<sup>th</sup> 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 £2.00 extra

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

Pickup  
3:00pm - 3:30pm

Late Pickup  
4:30pm  
Just £3.00 extra



**BOOK NOW!**

online at  
[www.kitsacademy.com](http://www.kitsacademy.com)

for more information

Call us on 07772 873271

Email us at [bookings@kitsacademy.com](mailto: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](http://www.gogomakers.co.uk) | E: [hello@gogomakers.co.uk](mailto:hello@gogomakers.co.uk) | T: 01926 935377

★★★★★ RATED 5 STARS ON GOOGLE



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

# FUTURISTIC HOLIDAY CAMP

28TH-31ST  
MAY



**JNR**  
4-7 YEARS

TREASURE HUNTS

ART

DANCE

S.T.E.A.M

SPORT

ARCHERY

**FENCING**

**PAPER MACHE**

**FRISBEE GOLF**

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

**SNR**  
8-12 YEARS

**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





*Looking for Maths and English activities to enhance your child's learning?*



Our learning boxes are designed by educational experts and provide games and activities linked to key National Curriculum objectives.

All the activities are quick and easy to set up, fun to play and all the resources you need are included in your box.

Visit our website to view our full range of boxes, designed for children in Reception to Year 3.

For 25% off your first box use the code CFS25 at the checkout  
[www.coolforschoollearning.co.uk](http://www.coolforschoollearning.co.uk)

Telephone – 07874 255203



**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](http://TENNISKIDS.CO.UK)

Find your nearest venue on [tenniskids.co.uk](http://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](mailto:INFO@TENNISKIDS.CO.UK) [TENNISKIDS.CO.UK](http://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**

# is Sing 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](mailto:isDATheatreSchool@hotmail.com)

f [isDATheatreSchool](https://www.facebook.com/isDATheatreSchool)  [isingdanceiacttheatreschool](https://www.instagram.com/isingdanceiacttheatreschool)

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](http://www.kidsquadwarwickshire.co.uk/Kenilworth)

f @kidsquadwarwickshire



@kidsquadwarwickshire

# 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](mailto: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](http://www.warwickshire.gov.uk/fsm)





# 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](http://www.warwickshireparentcarervoice.org)  
or email [hello@warwickshireparentcarervoice.org](mailto: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](http://www.warwickshireparentcarervoice.org)  
or email [hello@warwickshireparentcarervoice.org](mailto: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](http://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](http://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](http://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, 20/5, 10/6, 1/7, 16/9, 27/10  
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, SU, 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
- (vg) Breaded Vegetable Fingers with Herby Diced Potatoes (G)**

### Choose a main meal... TUESDAY

- (h) Chicken Taco with Potato Wedges (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
- (v) Cheese and Tomato Pizza Wedge with Potato Wedges (G, D)**

### Choose a main meal... WEDNESDAY

- 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) Jam Sponge (G, E), (v) Ice Cream (D), Fresh Fruit
- (vg) Quorn Roast in Gravy with (v) Yorkshire Pudding (D, E, G) Crispy Roast Potatoes**

### Choose a main meal... THURSDAY

- (h) Chicken Chow Mein (chicken with noodles) (G)**  
**On the side...** Fresh Salad Bar, Vegetables of the Day  
**For dessert...** (vg)(h) Chocolate Cracknel (G), (v) Yoghurt (D) or Fresh Fruit
- (h)(v) Cheesy Tomato Pasta Bake with Freshly Baked Wholegrain Baguette (D, G)**

### Choose a main meal... FRIDAY

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

## 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, SU)**  
**On the side...** Fresh Salad Bar, Vegetables of the Day  
**For dessert...** (v)(h) Flagjack with Fresh Fruit Wedges (G), (v) Strawberry Whip (D), Fresh Fruit
- (h)(v) Vegetable Burrito with Potato Wedges (G, D)**

### Choose a main meal... TUESDAY

- (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) Chocolate Frosted Sponge (G, D, E), (v) Yoghurt (D) or Fresh Fruit
- (vg) Veggie Plant burger in a High Fibre Bun with Herby Diced Potatoes (G)**

### Choose a main meal... WEDNESDAY

- 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) Strawberry and Apple Crumble with Custard (D, G), (v) Ice Cream (D), Fresh Fruit
- (vg) Quorn Roast in Gravy with Sage and Onion Stuffing (G) Crispy Roast Potatoes**

### Choose a main meal... THURSDAY

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

### Choose a main meal... FRIDAY

- (msc) Salmon Star with Chipped Potatoes (G, F)**  
**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
- (v)(h) Rustic Pizza Wedge with Chipped Potatoes (G, D)**

## 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)**  
**On the side...** Fresh Salad Bar, Vegetables of the Day  
**For dessert...** (vg)(h) Vanilla Cookie (G), (v) Ice Cream (D) or Fresh Fruit
- (h)(v) Mac 'n' cheese with Freshly Baked Wholegrain Baguette (D, G)**

### Choose a main meal... TUESDAY

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

### Choose a main meal... WEDNESDAY

- British Roast Pork Loin, Apple Sauce and Gravy**  
**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
- (vg) Quorn Roast with Gravy (G) Crispy Roast Potatoes**

### Choose a main meal... THURSDAY

- Beef Burger in a High Fibre Bun with Potato Wedges (G, SB, C)**  
**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
- (h)(vg) Beany Pasty (kidney & baked beans with vegetables in pastry) with Potato Wedges (G)**

### Choose a main meal... FRIDAY

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

## 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

