

Dear Parents and Carers,

There have been some wonderful activities taking place this week.

Monday morning saw our Y5 and Y6 pupils join with their peers across the federation at Wistanstow for an Olympic themed event which included local golf professional, Euan Muttit-Jones. They engaged with a range of sports events and were able to meet up with the friends they made at Oaker Wood in April.

Y5 Pupils attended a 'Crimebusters' event at Shrewsbury High School on Wednesday where they were super sleuths, experiencing a range of crime solving scientific techniques.

On Thursday, pupils from Y2 to Y6 took part in the annual WBS Primary Sports Day. Several of our pupils achieved podium places, with certificates and medals, but we are very proud of all our pupils who took part and the exemplary behaviour they demonstrated.

Next week we will see our Y6 pupils off on their transition days to their secondary schools. This is their opportunity to find out how 'big school' works in preparation for moving on in September. Our Y2 pupils will be trying out Severn Class, whilst our new Reception intake will be joining Cound.

Have a wonderful weekend,

Mrs Phillips



Dear Parents,

What a busy few weeks we've had - and we wouldn't have it any other way! The children have written some brilliant newspaper reports based on the upcoming Olympics. This was enriched by a wonderful visit from Chris Cannon of the Wenlock Olympian Society, who showed us our incredible local historic links to the Olympic Games. We even got to hold the real Olympic Torch from the 2021 games.

This week we were also visited by Reverend Steve Alston, who talked to us about Creation and Science. This enriched our Religious Education unit: Creation and Science - conflicting or complimentary? It was fascinating to listen to someone from our local community who help us to think about people's different beliefs. Reverend Steve helped us to answer some of our own questions and remember to keep asking them.

Science is one of our favourite areas of learning. This week we've been dissecting plants (Y3/4) and flowers (Y5/6) to learn the names and functions of different parts. Year 5 were also treated to a brilliant Crimebusters Day at Shrewsbury High School, solving crimes and applying our scientific skills to the field of forensic science.

A huge thank you to all parents who were able to attend the sports day at William Brookes School. It was a brilliant day of competition, with many Church Preen pupils on the podium!

Upcoming dates:

Friday 5th July: Move-Up morning

Thursday 18th July: Leavers' Lunch

Swimming and PE continue to take place every Tuesday at Williams Brooks School. Please ensure your child has their swimming kit, towel, and regular PE kit on Tuesdays for the rest of the term.

If you have any questions, please do not hesitate to contact the school to make an appointment, send me an email, or catch me on the playground at the end of the day. Thank you for your wonderful support.

Best wishes,

Mrs Williams



Dear parents/guardians,

First News is the leading source of news and news-based learning for children. It is age-appropriate (aimed at 7 to 14 year olds but accessible for all ages), impartial and helps keep kids reading and developing their critical literacy skills.

We love using First News in the classroom and are thrilled to offer all Church Preen Primary School students a free First News digital subscription over the summer holidays. It's packed with fun and educational content that will keep minds active and entertained all summer long.

First News digital is available via an app and includes:

- Daily news stories which children can read, listen and react to. These include reports on the Euros, the Summer Olympics, and the upcoming general election.
- The latest issue of the newspaper and many past issues
- Weekly polls to vote on
- The latest episodes of Sky Kids FYI weekly news show
- Fun puzzles and games: great for improving vocabulary
- Tips & Talking points for parents and carers to help you talk about tricky topics with your children

Click here for our school's unique access link: <https://subscribe.firstnews.co.uk/summer-reading-2024/?fn=ASS5XWQ0>

From,

Church Preen Primary School



Cound class had a wonderful time at Church Preen Manor this morning. They certainly have a fantastic variety of trees, plants and flowers. Thank you to Preen Manor Gardens for allowing our visit.



Thank you for your donation - you're a life changer!



Dear Nadine,

Thank you so much to you and Church Preen Primary School for your fabulous fundraising and kind donation - support such as yours will help to provide life-changing services to people with sight loss, now and in the future, just like Jess.

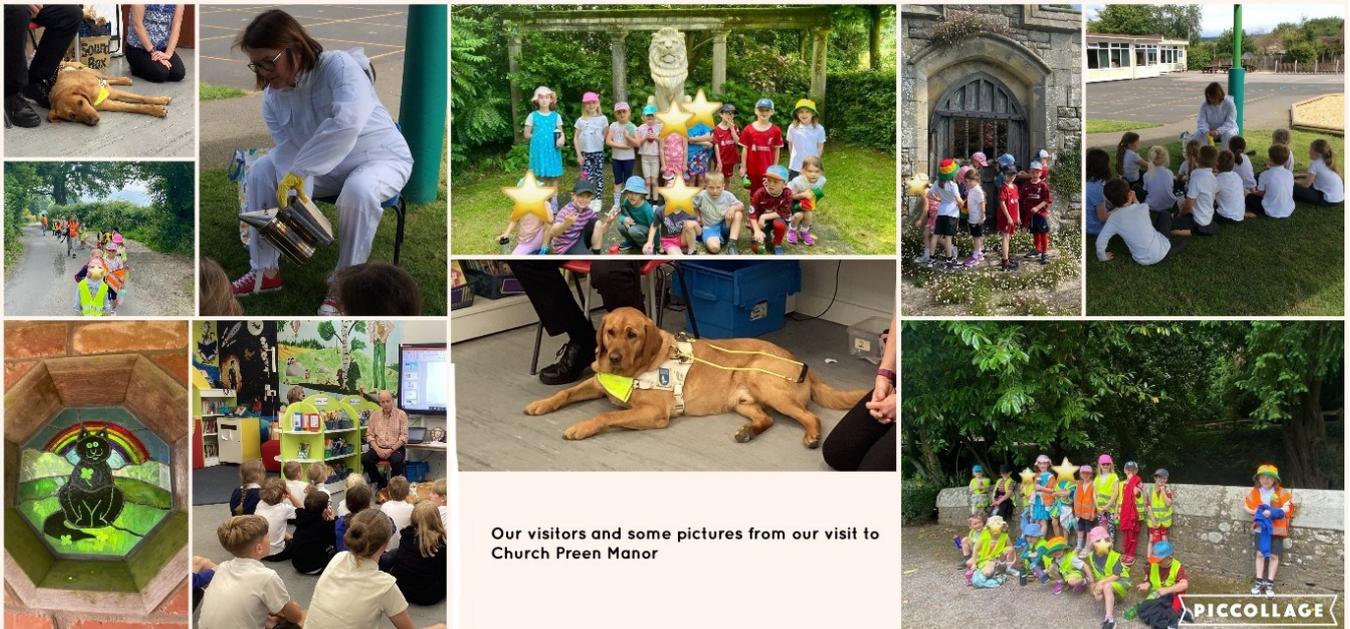
"Kenzie is my best friend and I couldn't imagine my life without her. We do everything together. I just don't think I would have ever had the confidence to cope with University and do all the amazing things I've done if she wasn't by my side" - Jess, guide dog owner.

Thank you Meredith for bringing your guide dog Jerry to school today. We were really interested to learn how much he helps you live a life just like ours.

Thank you to those that donated. A payment of £20 has been forwarded to the Guide Dogs for the Blind Association.



Thank you to Mrs Cowper from Brockton Primary School for coming to talk to Cound class about her hobby as a bee keeper. This rounded off nicely our work on pollination.



Our visitors and some pictures from our visit to Church Preen Manor

🎬 Lights, camera, action!

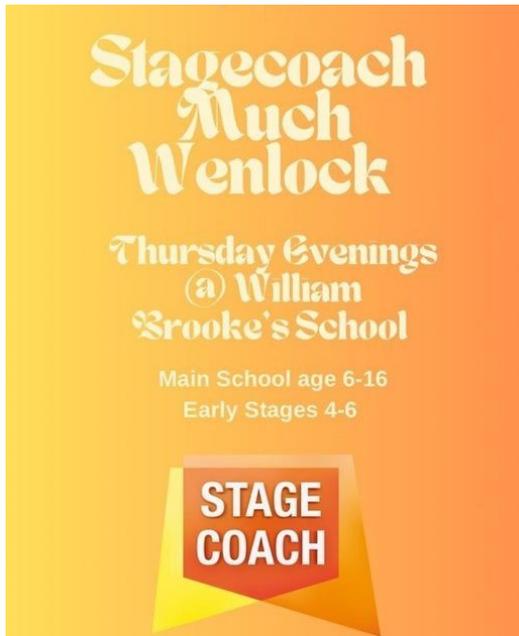
We've just opened our new school in Much Wenlock and would love to see your child at one of our workshops!

Our workshops are designed to ignite creativity, build confidence, and nurture talent in young performers.

If you think your child would enjoy putting on their dancing shoes, warming up their vocal cords, and bringing a character to life, we'd love to hear from you!

Find out more about our workshops by visiting our website:

<https://www.stagecoach.co.uk/shrewsbury>





Church Preen Primary School
is a small rural school
nestled in the heart of the Shropshire
countryside.

Join us at either our open morning or open afternoon, where you can meet our experienced teachers, tour our facilities and learn more about our approach to education.

'Dedicated teachers provide a well-rounded education in a close-knit school community where pupils flourish'

**OPEN
MORNING**

Wednesday 3rd July
9.30–10.30am

**OPEN
AFTERNOON**

Friday 12th July
2–3pm

Church Preen Primary School, Church Preen, SY6 7LH
01694 771359 admin@churchpreenschool.co.uk
www.churchpreenschool.org.uk



The Edge
Schools' Federation



New events (in bold) so please keep an eye on the diary

June

Tuesday 11th – 16th July SWIMMING & PE SEVERN CLASS

July

3rd July—Open Morning

10th - Y6 Puberty workshop - school nurse

12th July—Open afternoon

17th - Sports morning (parents welcome)

18th Leavers Lunch / Disco

Friday 19th July - End of Term



Girlguiding
Church Stretton

Rainbows
For ages 4 to 7

Rainbows welcomes all girls to come together to laugh, learn and have fun in a creative, safe space. It's a wonderful world of adventure, week after week, just for her.

Brownies
For ages 7 to 10

Brownies is full of firsts: she can explore her creative side, get out into the great outdoors, learn how to look after herself, others and the world we live in.

Guides
For ages 10 to 14

Guides is a fun-filled space, she'll have one big adventure with friends, learn how to be herself, explore the things she loves and do stuff she's never done before!

Rangers
For ages 14 to 18

Rangers is an open and relaxed space, where you can regularly meet up, go on trips at home and abroad, to help make a difference to the things you care about.

Find a group near you girlguiding.org.uk
Registered charity number: Exempted from registration



THE WIND IN THE WILLOWS

ACTON SCOTT HALL
CHURCH STRETTON SY6 6QQ
TUESDAY 6TH AUGUST
2:30PM
GATES OPEN AT 1:45PM

TICKETS START FROM JUST £10 AND CAN BE PURCHASED VIA:
WWW.STRETTONFESTIVAL.ORG.UK

REFRESHMENTS AVAILABLE
BRING SOMETHING TO SIT ON

AUDIENCE REVIEW: ★★★★★

Boxtree PRODUCTIONS PRESENTS

'GREAT, WHOLESOME FAMILY ENTERTAINMENT'
WEST END BEST FRIEND

SCAN HERE TO BOOK



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Are you following us on our social media platforms or missing out?

Twitter: @churchpreen

Facebook: @churchpreenprimaryschool



At The National College, our **WakeUpWednesday** guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalonline-safety.com

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

- 1. DESIGNATE A TRUSTED ADULT**
It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.
- 2. MEET CHILDREN HALFWAY**
Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, young boys and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.
- 3. FACTOR IN THEIR BASIC NEEDS**
Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.
- 4. REMAIN PATIENT**
If a child is struggling with their emotions, it can often be difficult to stay calm. Remember that dysregulation is a frustration or anger-based response, not an intention. Instead, children need to be met with comfort and understanding to help them manage these problems and feelings.
- 5. BE 'A DYSREGULATION DETECTIVE'**
While some children can tell you why they became dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child is calm and not dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, on their favourite toy, or something else entirely. Once you identify some triggers, you may help to avoid or overcome them.
- 6. USE SUITABLE LITERATURE**
There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content, ask questions about what feelings the characters had, why they felt that way and what strategies helped them. You can also be useful to refer back to snippets of these books at appropriate moments.
- 7. TRY SENSORY RESOURCES**
An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fidget toys. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.
- 8. NURTURE INDEPENDENCE**
If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, but encourage them to share any helpful strategies with a trusted adult.
- 9. MODEL GENUINE FEELINGS**
Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. When you're obviously overwhelmed, show them how you're experiencing and handling our own feelings. Children learn how to respond in a healthy manner.
- 10. FORMULATE A PLAN**
As much as we try to prevent children from experiencing dysregulation, it's always better to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one. It's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert
Dr Claire Sweeney is an online safety consultant, educational researcher and author of the award-winning SEN Resource Hub. She has written various educational papers and content for the Department for Education and is a leading authority on parents and teachers of children with SEND.

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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalonline-safety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about WHATSAPP

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients (not even WhatsApp can read them). Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp business features, not to personal messages.

WHAT ARE THE RISKS?

- SCAMS**
Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to claim their prize. Other common scams involve warning someone that their WhatsApp subscription has run out or urging to sign them into disclosing payment details or impersonating a friend or relative and asking for money to be transferred to help with an emergency.
- DISAPPEARING MESSAGES**
Users can set WhatsApp messages to disappear after 24 hours. They can't be deleted by either party and can also be instructed to disappear after 7 days. Messages can't be saved or forwarded – so if your child is in a group chat, it's important to be aware that if a message is sent, it would be difficult to prove if someone has seen it. However, a receiver can take a screenshot and save that as evidence.
- ENABLING FACE NEWS**
WhatsApp has unfortunately been linked to accelerating the spread of disinformation. In India in 2018, some outbreaks of measles were linked to WhatsApp messages that spread false allegations being shared on the app. WhatsApp has since taken steps to prevent its users circulating hazardous rumours and speculation in the wake of the Covid-19 pandemic.

Advice for Parents & Carers

- CREATE A SAFE PROFILE**
Even though someone would need a child's phone number to add them as a contact, it's also worth offering a young person a profile settings to restrict who can see their photos and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two options so your child's profile is better protected.
- EXPLAIN ABOUT BLOCKING**
If your child receives spam or offensive messages, calls or files from a contact, they should block them using settings in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.
- REPORT POTENTIAL SCAMS**
Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they should immediately report it as spam. If the sender claims to be a friend or family member, call that person on their usual number to verify it's them, or if a friend or family member, ask your child when they last spoke to them to see if the message was true or not.
- LEAVE A GROUP**
If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be in, they can leave the group. If they can't, they can ask the admin to remove them. If the group is a private one, the admin can do this. If it's a public group, the admin can do this. If it's a private group, the admin can do this. If it's a public group, the admin can do this.
- THINK ABOUT LOCATION**
If your child needs to use the 'live location' function to show you or one of their friends where they are, you should think about whether they need to share their location for as long as they need to. The location function is only available for a limited time, and your child should be aware that sharing their position as soon as it is no longer needed.
- DELETE ACCIDENTAL MESSAGES**
If your child posts a message they want to delete, WhatsApp allows the user to edit messages within 15 minutes of sending. To delete a message, tap and hold on the message, choose 'delete for everyone' and then confirm. However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.
- CHECK THE FACTS**
You can now fact-check text messages. You can now fact-check text messages. You can now fact-check text messages. You can now fact-check text messages.

Meet Our Expert
Parvina Khan is a social media expert and digital media specialist who has extensive experience in the social media arena and is the author of *Go Digital*, a book that provides a resource that helps parents and children thrive in a digital world.

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SMARTPHONE SAFETY TIPS for young people

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it's for your first phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

- NEVER SHARE YOUR PASSCODE**
Alongside face or fingerprint recognition, your passcode is a crucial element of your phone's security. Never share your passcode with anyone, including your parents or carers. If you're ever asked for your passcode, you should never give it out, even to close friends. After all, you wouldn't hand them a key to your house and let them go to your bedroom and look for a hidden treasure, would you? If a friend wants to see your phone, ask them why and make sure you can see what they're doing with it.
- RESPECT PARENTAL CONTROLS**
If you're allowed to have a smartphone, it's because your parents or carers feel that you're responsible and capable enough to use it safely. They might set controls and boundaries on your device, not to spoil your fun but to help you avoid being lured into scams or other costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.
- TALK TO A TRUSTED ADULT**
Whether it's to listen to music, play games, create content or chat with friends, a smartphone is a powerful tool. If you're ever feeling confused, worried or unsure about something on your phone, then something isn't right. It's important to talk to a trusted adult about what's happening and how it's making you feel.
- STAY ALERT**
Two words: look up. It might sound obvious, but it's so easy to get distracted by notifications or by listening to our phones that we can lose track of what we're doing. People often walk with their heads down, focusing on their phones, and forget to check for potholes in their path, cars at their pedestrian crossings or other safety hazards clearly designed.
- ONLY USE AGE-APPROPRIATE APPS**
Before downloading a new app or game, check what age rating it has. If you're under 18, you should only use apps that are suitable for your age. If you're older, you should check that the app is suitable for you. If you're unsure, ask a trusted adult for help. If you're using an app that is not suitable for you, you should delete it. If you're using an app that is not suitable for you, you should delete it.
- REMOVE TEMPTATION**
A good night's sleep is so important for your health and wellbeing. Unwinding properly before going to bed – which means not starting at a screen late at night – can help improve sleep quality. Put your phone on a charge overnight, but don't use it. If you're tempted to check your messages or get caught up scrolling on social media, you should avoid it.
- THINK ABOUT OTHERS**
Watching videos, listening to music or calling someone can all help to pass the time while you're on the bus, waiting in a queue or waiting for your friend. However, it's important to be mindful of other people, though. They might not be able to see what you're doing, but it's important to be respectful of their privacy. If you're calling someone, make sure you're not calling someone who is busy. If you're calling someone, make sure you're not calling someone who is busy.
- IGNORE UNKNOWN NUMBERS**
There are some scammers who might call or text asking you to share personal data or to click on a link which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting up your phone down for a while gives you more time to focus on what you're doing and something which helps keep us fit and healthy.
- SWITCH OFF GEOLOCATION**
In your phone's settings, you'll be able to disable location for individual apps and photos; this means that apps and photos (including strangers) can't see information about your location. If you're using an app that requires location, you should be aware that it's important to be mindful of your privacy. If you're using an app that requires location, you should be aware that it's important to be mindful of your privacy.

Meet Our Expert
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What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having on social media. It can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which is being shared, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**
Algorithmic content by user interest: someone who regularly interacts with a particular topic will see the latest results at the top of their feed. It's important to be aware of content that can cause harm, that's what will be recommended to them in the future. Someone who's had a bad day and looks for posts which lift their mood will find similar content being suggested to them more often.
- 2. AVOID THE MAIN FEEDS**
Limiting the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only follow selected accounts, or follow, save restricted modes, or use filters to limit the content they see. To avoid the main feeds, you should be aware of the platform's settings and how to use them. You should be aware of the platform's settings and how to use them.
- 3. DISCUSS WHAT THEY'VE SEEN**
Chatting about what your child's seen online can help to support them if they're interacting with, or don't assume that platforms are censoring out inappropriate material, or even that you're aware of what your child is seeing. Discuss what they've seen and how it's making them feel. If you're seeing something that's upsetting, you should be aware of the platform's settings and how to use them.
- 4. LEARN HOW TO HIDE CONTENT**
If your child stumbles across content that's upsetting, you should be aware of the platform's settings and how to use them. You should be aware of the platform's settings and how to use them.
- 5. SET DAILY LIMITS**
Phones and most apps can track your screen time. You can set daily limits on how long you can spend on certain apps. You should be aware of the platform's settings and how to use them.
- 6. MONITOR THEIR ACTIVITY**
Monitoring your child's activity on social media can help you to be aware of their mental wellness. You should be aware of the platform's settings and how to use them.
- 7. TURN OFF PUSH NOTIFICATIONS**
Even for adults, it's tempting to check an email or message or look on the alert sound pings. Push notifications encourage people to spend time and spend time on their device, but you should be aware of the platform's settings and how to use them.
- 8. USE DEVICES TOGETHER**
Giving children internet-enabled devices and complete freedom to explore platforms on their own can be a good idea, but you should be aware of the platform's settings and how to use them.
- 9. ENCOURAGE OTHER ACTIVITIES**
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and useful sleep for our mental wellness. Spending time on social media can be a distraction from these things, so you should be aware of the platform's settings and how to use them.
- 10. TALK ABOUT PEER PRESSURE**
Most platforms default children's accounts to private so only people they're approved to see can see their posts or send direct messages, but you should be aware of the platform's settings and how to use them.

Meet Our Expert
Dr Claire Sweeney is an online safety consultant, educational researcher and author of the award-winning SEN Resource Hub. She has written various educational papers and content for the Department for Education and is a leading authority on parents and teachers of children with SEND.

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Menu Weeks & Additional Information

WEEK 1

04/09/2023
25/09/2023
16/10/2023
13/11/2023
04/12/2023
01/01/2024
22/01/2024
19/02/2024
11/03/2024
15/04/2024
06/05/2024
03/06/2024
24/06/2024
15/07/2024

WEEK 2

11/09/2023
02/10/2023
23/10/2023
20/11/2023
11/12/2023
08/01/2024
29/01/2024
26/02/2024
18/03/2024
22/04/2024
13/05/2024
10/06/2024
01/07/2024

WEEK 3

18/09/2023
09/10/2023
06/11/2023
27/11/2023
18/12/2023
15/01/2024
05/02/2024
04/03/2024
08/04/2024
29/04/2024
20/05/2024
17/06/2024
08/07/2024

Each day your child can enjoy:

- A choice of main meals and seasonal vegetables.
- A dessert, piece of fresh fruit or yoghurt.
- Access to our salad bar, fresh bread and water station.

Free school meals:

Your child may be eligible for free school meals please contact your school for further information.

Theme day calendar

Look out for these fun menus throughout the year!



for further information
T: 01743 250250
www.shireservices.co.uk



Are you in receipt of any benefits?

Could you be entitled to Free School meals, Even parents of children in Reception, Year 1 and Year 2. Free school meals generates funding for your school so follow the link and see if you are entitled.

<https://shropshire.gov.uk/free-school-meals/>



Fresh DINING



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Everyday favourites

Mid-week roast

Take-away day

SAMMY SWEETCORN SAYS...

'Enjoy your lunch'

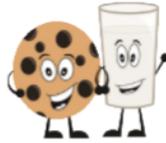


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Pork Sausages & Gravy	BBQ Chicken	Roast Chicken with Stuffing & Gravy	Spaghetti Bolognese	Chicken Nuggets
OPTION 2	Jacket Potato with Cheese & Baked Beans v	Vegetarian Sausage Roll v	Cheese & Potato Pie v	Vegetable Goujons v	Pizza Selection v
CARBS	Mashed Potatoes or Crusty Bread	Pasta or Diced Potatoes	Roast & New Potatoes	Garlic & Herb Bread or Potato Wedges	Potato Crunchies or Pasta
PUDDING	Mousse	Waffle	Iced Cake	Cookies	Fruity Friday A selection of chilled, frozen & fresh fruit desserts

ALL SERVED WITH - A choice of two vegetables, baked beans, freshly prepared seasonal salads, crusty bread, fresh fruit salad & yoghurts

WEEK 2

Fresh DINING



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Everyday favourites

Mid-week roast

Take-away day

SAMMY SWEETCORN SAYS...

'Enjoy your lunch'

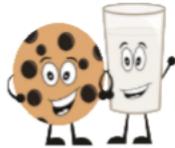


<p>OPTION 1</p> <p>OPTION 2</p> <p>CARBS</p> <p>PUDDING</p>	<p>Fish Finger Fish Cake or Fish Shape</p>	<p>Breaded Chicken Steak</p>	<p>Roast Beef Yorkshire Pudding & Gravy</p>	<p>Chicken Tikka Masala</p>	<p>Pizza Selection</p>
	<p>Mac 'n' Cheese v</p>	<p>Quorn Bolognese v</p>	<p>Roasted Quorn Fillet & Gravy v</p>	<p>Jacket Potato with Cheese & Baked Beans v</p>	<p>Nacho Bites v</p>
	<p>Diced Potatoes or Crusty Bread</p>	<p>Potato Crunchies or Garlic & Herb Bread</p>	<p>Roast & Mashed Potatoes</p>	<p>Rice or Potato Wedges</p>	<p>Chips</p>
	<p>Chocolate Crunch</p>	<p>Waffle</p>	<p>Ice-cream Tub</p>	<p>Toffee Apple Slice Custard</p>	<p>Fruity Friday A selection of chilled, frozen & fresh fruit desserts</p>

ALL SERVED WITH - A choice of two vegetables, baked beans, freshly prepared seasonal salads, crusty bread, fresh fruit salad & yoghurts

WEEK 3

Fresh DINING



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Everyday favourites

Mid-week roast

Take-away day

SAMMY SWEETCORN SAYS...

'Enjoy your lunch'



<p>OPTION 1</p> <p>OPTION 2</p> <p>CARBS</p> <p>PUDDING</p>	<p>Sweet & Sour Chicken</p>	<p>Beef Burger with tomato ketchup</p>	<p>Roast Pork Yorkshire Pudding & Gravy</p>	<p>Mac 'n' Cheese Chicken Bake</p>	<p>Shepherd's Pie</p>
	<p>BBQ Veggie Hot Dog v</p>	<p>Vegetable & Bean Burger v</p>	<p>Meat (free) Balls Yorkshire Pudding & Gravy v</p>	<p>Jacket Potato with Cheese & Baked Beans v</p>	<p>Pizza Selection v</p>
	<p>Pasta or Potato Crunchies</p>	<p>Diced Potatoes</p>	<p>Roast & New Potatoes</p>	<p>Potato Wedges or Garlic & Herb Bread</p>	<p>Chips</p>
	<p>Flapjacks</p>	<p>Iced Cake</p>	<p>Waffle</p>	<p>Apple Puff Slice Custard</p>	<p>Fruity Friday A selection of chilled, frozen & fresh fruit desserts</p>

ALL SERVED WITH - A choice of two vegetables, baked beans, freshly prepared seasonal salads, crusty bread, fresh fruit salad & yoghurts



TERM DATES 2023-24

Monday 4 th September	Training Day for school staff – school not open to pupils
Tuesday 5 th September – Thursday 26 th October	Pupil days
Friday 27 th October	Training day for school staff – school not open to pupils
Monday 30 th October – Friday 3 rd November	Half term holiday
Monday 6 th November – Wednesday 20 th December	Pupil days
Thursday 21 st December – Tuesday 2 nd January	Christmas holiday
Wednesday 3 rd January	Training day for school staff – school not open to pupils
Thursday 4 th January – Friday 9 th February	Pupil days
Monday 12 th February – Friday 16 th February	Half term holiday
Monday 19 th February – Friday 22 nd March	Pupil days
Monday 25 th March – Friday 5 th April	Easter holiday
Monday 8 th April – Friday 24 th May	Pupil days
Monday 6 th May	Bank Holiday - school not open to pupils
Monday 27 th May – Friday 31 st May	Half term holiday
Monday 3 rd June – Friday 19 th July	Pupil days