



Istead Rise Primary Celebration Newsletter

Friday 15th November 2024



Headteacher Mr S Payne

Acting Head of School: Mrs M Clark

Telephone: 01474 833177

Email: irpoffice@swale.at

Website: www.isteadrise.org.uk

Twitter: [@IsteadRisePS](https://twitter.com/IsteadRisePS)

Facebook: [Facebook](https://www.facebook.com/IsteadRisePS)

Christmas Performances

Wednesday 11th December

Years 5-6 10.30am &

Years 3-4 1.30pm,

Thursday 12th

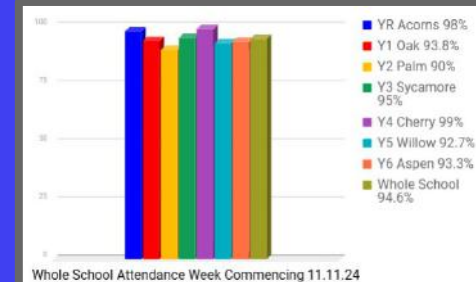
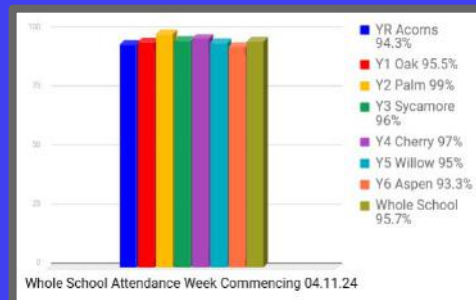
December Year R,

Friday 13th

December Years 1-2



**JUST A REMINDER TO
PLEASE SEND YOUR CHILD
INTO SCHOOL WEARING
THE CORRECT PE KIT
MANY THANKS**



If you would like your child to have guitar lessons in school on a Friday, please contact Chris on 07940 046124 Years 3 - 6 only.

Cost per lesson £10 (new starters) for 30 minutes. Lessons available acoustic/bass guitar or ukulele.



Punctuality

Arriving at school on time is vital to your child having a positive start to their school day. It ensures they are settled with their peers and do not miss any of their learning. We appreciate that on occasion you may be delayed for reasons out of your control. If you arrive late for school, you must accompany your child to the school office.

Thank you.

Parent Consultations Thursday 28th November



Parent Consultations

Attendance Class Awards

W/C 04.11.24

KS1 - Palm

KS2 - Cherry



W/C 11.11.24

KS1 - Acorns

KS2 - Cherry

Thursday 28th November
1:15pm - 7:00pm
Parent Consultations

Wednesday 11th December
KS2 Christmas Performances
Years 5/6 - 10.30am
Years 3/4 - 1.30pm

Thursday 12th December
Year R
Christmas Performance

Friday 13th December
KS1 Christmas Play

Details of all performances to follow

Wednesday 18th December
Christmas Dinner & Jumper Day

Friday 20th December
End of Term 2



Monday 6th January 2025
INSET Day - School Closed

Tuesday 7th January
Term 3 Begins



Children In Need 2024





Children In Need 2024

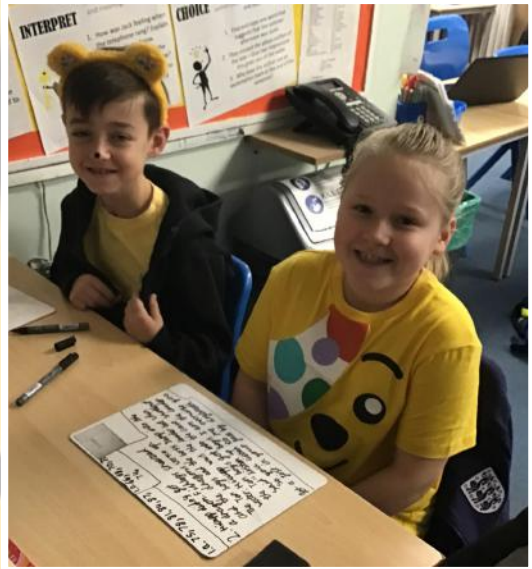


Year R and Year 2 joined in with Dance with Darcey for Children in Need





Children In Need 2024



In Maths, Year 6 have been busy with fractions. So far, we have learnt how to convert between mixed numbers and improper fractions, as well as find a common denominator to add and subtract fractions. Year 6 have persevered with this and their work has been super! Well done!

In English, Year 6 have been busy working on writing different descriptions. We have been sourcing high level vocabulary as well as practising using different sentence starters to add variation to our writing. We will also be practising how to use speech and dialogue in these sequence.

Year 6 have enjoyed lacrosse and basketball for PE so far this term and are working hard to build on their skills each week.

Mrs Claus
Kitchen
Form

Emile

Congratulations to Years 2-6 who took part in the regional leagues of the Spelling World Cup this week. Our school came 3rd in the leagues and have qualified for the National Finals next week!



Well done!



FIRPS ARE EXCITED TO INVITE
THE CHILDREN OF
ISTEAD RISE PRIMARY SCHOOL
TO VISIT

Mrs Claus' Kitchen

VISIT MRS CLAUS' KITCHEN TO DECORATE
A CHRISTMAS PLATE PERFECT TO POP
THOSE TREATS FOR SANTA ON

£3.50 PER CHILD

RESERVE YOUR CHILD'S PLACE
BY COMPLETING THE GOOGLE
FORM AND PAY VIA ONLINE
BANKING BY 29TH NOVEMBER

FRIENDS OF ISTEAD RISE
PRIMARY SCHOOL
ACC: 67317325
SC: 08-92-99



FRIDAY 6TH DECEMBER
DURING SCHOOL HOURS

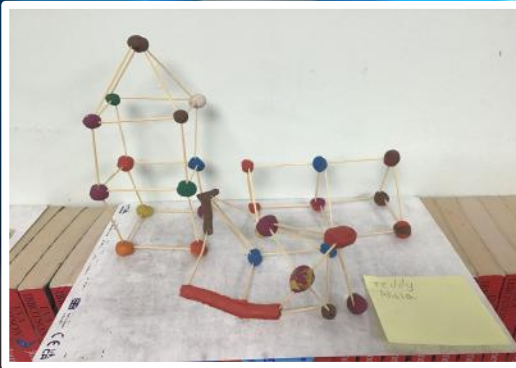
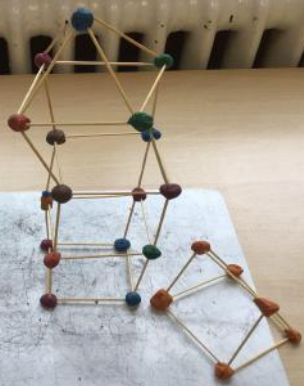
Willow



At the end of term 1, Willow Class had a great time visiting Gravesend Gurdwara. All pupils were extremely respectful, listening and taking in all the new information about Sikhism. They made us feel very proud. A highlight for most of the children was trying new foods, so much so they ended up having seconds and thirds. Last week we took a trip to the Tower of London to learn more about this term's history topic, Tudors. We enjoyed visiting the torture chamber, where Anne Boleyn was held before her execution and admiring the crown jewels. We now have our own class raven, Rex, who watches over us. In English we have begun our diary learning sequence, taking on the role of Anne Boleyn as she was sent to the Tower of London on charges of treason. In maths, we are continuing our learning on multiplication and division, this week focusing on cubed and square numbers. In history this week we learnt about Henry VIII's reign. The class found it extremely interesting finding out all about each wife.

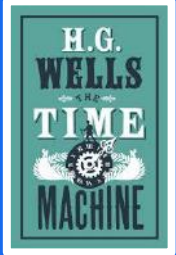


Cherry



It's been a great start to the new term!

In English, we are writing a narrative based on the Time Machine by HG Wells, focusing on using dialogue to move the plot forward. This has included revisiting the correct way to punctuate direct speech using text messages from Dog.



In Maths, we have started our unit on multiplication and division, which has included looking for patterns in the multiples of the times tables.

In Science we have started our learning on electricity, looking so far at how the movement of electrons allows an electrical charge to flow around a complete circuit and why batteries run out of power.

This term we have DT instead of Art and are looking at designing and creating pavilions, starting last week with creating simple structures.

In RE we have started looking at the theme of pilgrimage in Christianity, starting with Rome and St Peter's Square.

In Music this term we have a glockenspiel unit, looking at the notes on a stave and the timing of the different notes and rests that we are playing.





It has been a fantastic start to term 2.

The children have been learning the skills to write an imaginative story using simple dialogue. So far they have a basic story plan and have practised using inverted commas.

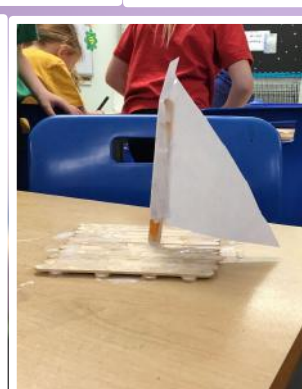
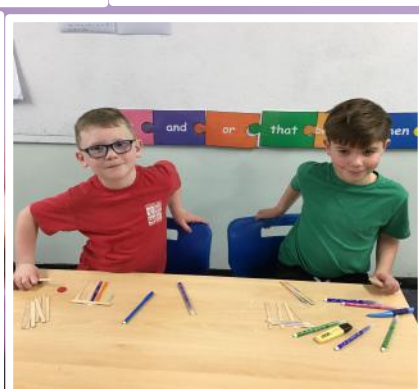
In maths we have just finished our topic on addition and subtraction and are going on to learn skills for multiplication and division.

History this term focuses on the Stone Age and the children so far have learned that this period of time was divided into three periods: the Palaeolithic (early Stone Age), Mesolithic (middle Stone Age) and Neolithic (late Stone Age).

Science this term is forces and magnetism. We have explored all the different ways that forces can make things happen by using our scientific skills to investigate the processes required to change an object's shape, speed and direction.

In D.T. this term we are looking at seasonal food. We used atlases to identify countries where different fruits and vegetables grow.

Palm



Palm class has worked so hard since the start of term 2. They have been learning how to add/ subtract 2 digit numbers by making an 'exchange'. Although they've found this tricky, they've persevered well. We've also been busy designing and making boats in science. They also had their Superclass afternoon last term, which was a lot of fun!



This week in art, Oak class has been learning which two primary colours they can mix together to make secondary colours. They had so much fun learning how they can make orange, purple and green!

In Maths, they have been having fun recognising 3-D shapes! They're getting better at confidently naming the shapes and counting their sides with precision.

Acorns



During maths this week, the children have been looking at shapes and prepositions. They built houses and then placed their animal using prepositions.



The children really enjoyed the Attendance Shop where they chose a prize for regular attendance. Fantastic job Acorns, keep it up!!



We went out in the environment to see what shapes we could see.



Acorns



During Continuous Provision, the children have been practising using their phonic sounds to write CVC words.

The Tiger Who Came to Tea



Judith Kerr



During our PE lessons, the children have been practising hopping, skipping, jumping, walking backwards and side stepping to support them in being multi-skilled





Core Values Congratulations To All Our Winners



Week Ending 08.11

Acorns Class

Isaac for Self Reflection, Tyrell for Perseverance & Noah for Independence

Oak Class

Melissa & Piper for Independence, Vinnie for Perseverance

Palm Class

Louie for Self Reflection, Jacob for Perseverance & Jujhar for Respect

Sycamore Class

Zachary for Perseverance, lyla for Independence & Tyler for Self Reflection

Cherry Class

Henry, William & Sujaan for Independence

Willow Class

Elvie for Independence, Oliver F & Louie for Respect

Aspen Class

Charlie for Perseverance, Brody & Finn for Independence

Week Ending 15.11

Acorns Class

Cruze for Independence, Max & Billy for Respect

Oak Class

Oliver for Independence, Willow for Perseverance, & Evie for Respect

Palm Class

Oscar for Independence, Seren for Self Reflection & Adriana for Perseverance

Sycamore Class

Felix for Self Reflection, Emily for Perseverance & Mary Kate for Respect

Cherry Class

Teddy for Perseverance, Ella for Independence & Harry for Self Reflection

Willow Class

Katelyn & Edward for Respect, Arabella for Independence

Aspen Class

Jacob & Molly for Perseverance, Molly for Independence



W/E 08.11

Tyler, Khenyang, Sophie, Pixie, Leo D, Amber, Eliza, Charlie, Carter, Ava, Nathan, Jacob F Oscar, Adriana, Ellie, Jaxon & Seren of Palm, Abril, Kai, Leah, Martin, Oliver M & Ruby H of Willow, Stanley, Nevaeh, Lyla, Henry, George, Elliott, Constance & Bobby of Cherry

W/E 15.11

Saskia & Margaret of Cherry, Samantha, Ronnie, Henry, Devan, Darcy & Florence of Sycamore Louie, Archie & Annalise of Palm



W/E 08.11

Most Valuable Player
1st Edward of Willow
2nd Rajan of Willow
3rd Charlie S of Cherry

W/E 08.11

Winning Class
1st Willow
2nd Cherry
3rd Sycamore

W/E 15.11

Most Valuable Player
1st Rajan of Willow
2nd Samuel Yanis of Willow
3rd Tyler G of Sycamore

W/E 15.11

Winning Class
1st Cherry
2nd Willow
3rd Sycamore

*Rock Hero Status
Week Ending 08.11*

*Rajan of Willow
0.99 Seconds*



Gold Mathletics

W/E 08.11

Nathan of Palm

W/E 15.11

Nathan & Oscar of Palm,
Charlie of Cherry

Platinum Mathletics

W/E 15.11

Nathan of Palm

IRCA PRESENTS...



CHRISTMAS MARKET

SUNDAY 24TH NOVEMBER
12PM TILL 4PM

ISTEAD RISE COMMUNITY CENTRE

FOOD AND DRINK
GIFT STALLS

POP UP TEA ROOM
FACE PAINTING



FREE ENTRY

EVENTS@ISTEADRISECC.CO.UK

WE ACCEPT CHILDCARE
VOUCHERS & OFFER
TAX-FREE CHILDCARE!

MEGA CAMPS

KIDS DAY ACTIVITY CAMPS

CHILDCARE FROM
8am - 6pm

AGES
4-14

CHRISTMAS CAMP 2024

CHECK OUR WEBSITE FOR DISCOUNTS AND OFFERS

INFLATABLE FOOT DARTS



KIDS FAVOURITE



AXE THROWING

INFLATABLE FUN



NERF GAMES



DIFFERENT MEGA ACTIVITIES, ARTS & CRAFTS AND
SPORTS AVAILABLE EACH DAY

CHECK OUR WEBSITE FOR
CHRISTMAS DATES & VENUES

Ofsted
Registered

BOOK ONLINE NOW!
WWW.MEGACAMPS.NET

OR CALL 0333 012 4378

ALL OUR
STAFF ARE



ellenor.⁺
hospice care in your home or ours

Christmas Wreath Making Workshop

Unleash your creativity this holiday season!
Join us for a fun and festive
Christmas Wreath Making Workshop where you'll craft your
own beautiful wreath to take home!

Wednesday 27 November at 7pm
Coldharbour Road - Northfleet, Gravesend - Kent - DA11 7HQ

Tickets are £50pp and include all materials to create your wreath, a glass of wine or a soft drink and a delicious cheese board to enjoy while you craft.

We have a limit on tickets and they must be booked in advance via the website - tickets will not be available on the door. Make sure to book soon to secure your spot and avoid disappointment!



SCAN
ME!

ellenor.⁺
hospice care in your home or ours

Ellenor Events & Challenges



Santa's Grotto

Bring your little ones to our magical Santa's Grotto this festive season!

**Saturday 21
and Sunday 22
December**

VARIOUS TIME SLOTS AVAILABLE

BOOK NOW!

ellenor.org/grotto

Price: £10 per child to include a gift from Santa!
Coldharbour Road - Northfleet - Gravesend - Kent - DA11 7HQ

PROUDLY SPONSORED BY
sicame
LTD



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hospice care in your home or ours

Christmas Fair

FREE ENTRY
Saturday 30 November 2024

ellenor
Coldharbour Road
DA11 7HQ

Crafts & Games
Unique Christmas Gifts
Santa's Grotto
Refreshments
Sale of REAL Christmas Trees
(pre order for guaranteed
collection)
Entertainment

Questions and stall enquiries to
events@ellenor.org



Carol Concert



BOOK NOW!

ellenor.org/carolconcert

Wednesday 11 December
Pre book in advance: £10pp

IT'S FREE!!!

CHANCE TO SHINE

- TAPE BALL CRICKET
- FREE COACHING!
- NO EQUIPMENT NEEDED!
- WEAR WHAT YOU LIKE!
- ALL GENDERS & ABILITIES WELCOME



GRAVESEND STREET CRICKET CLUB
AGE 8-16 | EVERY TUESDAY | 5:00PM - 6:00PM
NORTHFLEET FAMILY HUB, HALL RD, DA11 8AJ

FOR MORE INFO CONTACT WARREN BULL
 EMAIL: WARREN.BULL@KENTCRICKET.CO.UK
 TEL OR WHATSAPP: 07956438473



<<< REGISTER DIRECT



REGISTER DIRECT >>>



Online Safety Newsletter

NOV 2024

How can I find age-appropriate games?

Do you need suggestions on age-appropriate games? You could use either of the following websites to search suitable games.

Remember, PEGI rates the gameplay so whilst it is important to review age ratings, you must also check if it has a communication feature as this might mean you decide a game is not suitable for your child.

- <https://www.askaboutgames.com/find-the-right-game>
- <https://www.familygamingdatabase.com/home>



How to Remove Social Media Access After Granting It

Have you given your child access to social media but are now regretting that decision? Bark have published this article to help you take back control by removing social media:

<https://www.bark.us/blog/removing-social-media/>

WhatsApp

Users should be at least 13 years old to use WhatsApp. We frequently receive reports of children not using WhatsApp appropriately, such as sharing images to embarrass others, sending hurtful messages, spreading rumours, or excluding people from group chats to make them feel left out.



Since WhatsApp lacks parental controls, it is important to think about whether it is really the right platform for your child. For example, you should consider if your child has the critical thinking skills to recognise bullying. Furthermore, do they understand how to manage peer pressure and refrain from joining in on harmful behaviour?

If your child is using WhatsApp, it is crucial to have regular conversations with them. Talk about who they are chatting with, encourage them to think carefully about the messages they send and how they might be perceived by others. Finally, make sure to model good digital behaviour yourself, as children often learn by observing the adults around them.

What should I be aware of if my child is using WhatsApp?

• **Group chats:** Everyone within a group, even if they are not one of your child's contacts, will be able to see all messages within that group. If your child is added to a group with someone that they have previously blocked, that person can still see their messages and send them messages within the group chat. If your child is using WhatsApp, check their group privacy settings to see who can add them to groups. Ensure your child understands that they can leave a chat at any time, and they know how to report users. Find out more here: <https://faq.whatsapp.com/424124173736394>

- **Inappropriate content:** users can be exposed to content that is not suitable for their age.
- **Location sharing:** talk to your child about when this would be appropriate to use and the potential danger of sharing their location.
- **Chat lock/secret code:** users can lock chats as well as apply a secret code setting so a chat does not appear in the main chat.
- **Blocking/Reporting:** Show your child how to block and report other users. Find out how here: <https://faq.whatsapp.com/13>

Further information

Internet Matters have produced a how to guide <https://www.internetmatters.org/resources/guide-for-parents/>

Users of this guide do so at their own discretion. Current as of the date released



Admission to

Primary school in Kent 2025

Apply online at

kent.gov.uk/primaryadmissions

Opens Tuesday 5 November 2024 and closes at
midnight on Wednesday 15 January 2025

For children born between
1 September 2020
and 31 August 2021,
Transferring to Primary school
in September 2025

What to do

Choose a school

It's important to find out more about the schools you are interested in before you decide to name them on the application form.

Read the guide to Primary admissions at www.kent.gov.uk/primaryadmissions.

You can name up to three Primary schools, inside or outside of Kent, but you must name them all on the same application.

Apply for a school place

A simple, fast, convenient process which opens Tuesday 5 November 2024 and closes at midnight on Wednesday 15 January 2025.

You will first need to set up an online account. The applicant is you, the parent/carer; you will then need to add your child's details before starting an application. You will receive a confirmation email that your application has been correctly submitted.

You can log back in at any time to view the information submitted.

Receiving your offer

On offer day (Wednesday 16 April 2025) an email will be sent after 4pm informing you of your offer.

You must accept or decline the school place you have been offered by Wednesday 30 April 2025.

A link to a guide with information you will need to provide the school with will be in your offer email.

If it has not been possible to offer your child a place in your preferred school, you have the right to appeal. You can also add their name to the school's waiting list.

Moving house during the application window will likely complicate your application and we therefore advise you to pay special attention to key dates in the admissions process. KCC has no discretionary authority to vary the process for parents who cannot complete address moves in time to make use of them for admissions purposes. If you have queries relating to this, please email the team on one of the email addresses below.

Key dates

Tuesday 5 November 2024	Online application process opens. Go to www.kent.gov.uk/primaryadmissions to register and apply.
Wednesday 15 January 2025	Online application process closes for the main round. Any amendments after this date must be emailed to kentonlineadmissions@kent.gov.uk
Wednesday 16 April 2025	Offers of school places sent to parents via email after 4pm.
Wednesday 30 April 2025	Parents should contact the school to accept/refuse the place that has been offered and can use the link in the offer email to ask for their child to be added to the waiting list of schools named on the original application.
Tuesday 20 May 2025	Appeals need to be lodged by this date to be heard before September – appeals information can be found at www.kent.gov.uk/schoolappeals . You can only appeal for schools that were named on the application form.

Need help?

Email primaryadmissions@kent.gov.uk

Full information booklet can also be viewed online at kent.gov.uk/primaryadmissions

Only one application per pupil will be accepted. If you apply online, do not complete any other form of application. Keep your login details safe and use your registered email address for all communication with the team.

The confirmation email may go to your junk/spam folder of your email – please check here before contacting our team for confirmation.

Please note applications can only be made via Kent County Council if the child resides at a Kent address. If your child does not reside at a Kent address, you must make an application via your Local Authority.



D&S Swim School Ltd

Love to Swim Learn to Swim

Lessons for All



6 WEEK SWIMMING COURSE AT COBHAM HALL (DA12 3BL)

TUESDAY BETWEEN 4-7.30PM & FRIDAYS BETWEEN 4.50-6.50PM &
SUNDAY BETWEEN 12-2.45PM (30 MINUTES AND 40 MINUTES A
WEEK) LIMITED SPACE SO CONTACT US ASAP

WE HAVE A 6 WEEK INTRODUCTORY OFFER WHICH IS FROM £25 A
MONTH

PER CHILD OVER 2 MONTHLY INSTALMENTS

YOU WILL REALLY SEE A DIFFERENCE, The teachers are great at
confidence building, improving technique and stamina.

We teach from 3 Years upwards, our classes only have maximum of 4
children in them for individual attention and to bring on their swimming
ability. We have had amazing feedback.

WE ALSO TEACH & HELP CHILDREN WITH AUTISM & ASTHMA

dandsswimschool@gmail.com

WEEKLY MENU

LOOK OUT FOR
OUR THEMED DAYS!

WEEK ONE

- 4TH NOVEMBER
- 2ND DECEMBER
- 6TH JANUARY
- 3RD FEBRUARY
- 10TH MARCH

WEEK TWO

- 11TH NOVEMBER
- 9TH DECEMBER
- 13TH JANUARY
- 10TH FEBRUARY
- 17TH MARCH

WEEK THREE

- 18TH NOVEMBER
- 16TH DECEMBER
- 20TH JANUARY
- 24TH FEBRUARY
- 24TH MARCH

WEEK FOUR

- 25TH NOVEMBER
- 6TH JANUARY
- 27TH JANUARY
- 3RD MARCH
- 31ST MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese & Bean Lasagne 1,3,4,7,9 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9 Rice, Sweetcorn, Peppers Rice Pudding & Syrup 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Beef Stew & Dumpling 1 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9 Herby Bread 1,3,7,9, Green Beans, Carrots Apple Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Turkey & Gravy Falafel Burger 1,5 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Cauliflower, Broccoli Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Chicken Arrabiatta Pasta 1 Biryani Balls in a Curry Sauce 1 VG Jackets with a Choice of Toppings 7,8,9 Seasonal Vegetables Chocolate & Vanilla Cake 1,7 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Fish Fingers 1,8 Cheese & Tomato Puff 1,7 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Coleslaw 9 Ginger Biscuit 1,15 VG Yoghurt 3,7 Fruit Pots VG
Chicken & Sweetcorn Pie 1 Herby Tomato Pasta Twists 1 VG Jackets with a Choice of Toppings 7,8,9 New Potatoes, Carrots, Peas Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Mild Chilli 4 Pesto & Pea Penne 1,7 V Jackets with a Choice of Toppings 7,8,9 Rice, Seasonal Vegetables Toffee Apple Pudding 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Chicken & Gravy Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Cabbage, Sweetcorn Chocolate Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Macaroni Cheese 1,7 V Rice & Bean Burrito 1 VG Jackets with a Choice of Toppings 7,8,9 Baked Wedges, Green Beans, Cauliflower Fruit Loaf 1,3,7,9 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Salmon Fish Cake 1,7,8 Margherita Pizza 1,3,7,9 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Carrot Sticks Jaffa Biscuit 1 VG Yoghurt 3,7 Fruit Pots VG
Katsu Chicken Nugget 1 Cheesy Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9 Rice, Sweetcorn, Peppers Chocolate Whip 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Cheese & Onion Pinwheel 1,7 V Spaghetti Vegetable Bolognese 1 VG Jackets with a Choice of Toppings 7,8,9 New Potatoes, Green Beans, Carrots Syrup Sponge 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Savoury Mince & Yorkshire Puddings 1,7,9 Samosa Puff 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Cabbage, Peas Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Sweet Chilli Chicken Noodles 1,3,16 Potato & Vegetable Cake with Tomato Sauce VG Jackets with a Choice of Toppings 7,8,9 Garlic Bread 1,3,7,9, Seasonal Vegetables Cinnamon Roll 1,3,7,9 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Sausages 1,6 Quorn Sausage 1 VG Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Roasted Onions Apple Flapjack 1,15 VG Yoghurt 3,7, Fruit Pots VG
Margherita Pizza 1,3,7,9 V Meatfree Meatballs in Tomato Sauce VG Jackets with a Choice of Toppings 7,8,9 Rainbow Pasta 1 VG, Sweetcorn, Peppers Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Chicken Curry Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9 Rice, Seasonal Vegetables Banana Loaf 1 VG & Chocolate Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Chicken & Gravy Chinese Tofu wrap 1,3,16 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Green Beans, Carrots Ice Cream 7 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Bolognese Penne Pasta 1 Cheesy Cajun Wedges 4,7 V Jackets with a Choice of Toppings 7,8,9 Cauliflower, Broccoli Jam & Vanilla Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Fish Fingers 1,8 Bruschetta 1,7 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Coleslaw 9 Coconut Cookie 1,7 Yoghurt 3,7 Fruit Pots VG

AVAILABLE DAILY: Selection of Salads 9, Homemade Bread 1,3,7,9. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

VG Vegan V Vegetarian
 1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk
 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten



EAT YOUR VEGGIES!