



# Istead Rise Primary Celebration Newsletter

Friday 29th November 2024



Headteacher Mr S Payne

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Thank you Mrs Green

We would like to take this opportunity to send a big thank you to Mrs Green (HLTA) who is leaving our school on Tuesday 3rd December to spend more time with her family and pursue other adventures. Mrs Green has been a hugely valuable member of our team over the past ten years. She has shown a high level of dedication and worked across the school in various year groups, supporting many of our staff members and so many children over the years.



We will miss her and wish her all the very best for the future.



The Istead Rise team

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

Thursday 12th December  
Year R  
Christmas Performance  
2.15pm-3.15pm

Friday 13th December  
KS1 Christmas Play  
9.30am-10.30am

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

## Attendance Class Awards

W/C 22.11.24

KS1 - Oak

KS2 - Sycamore



W/C 25.11.24

KS1 - Palm

KS2 - Sycamore & Aspen



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.

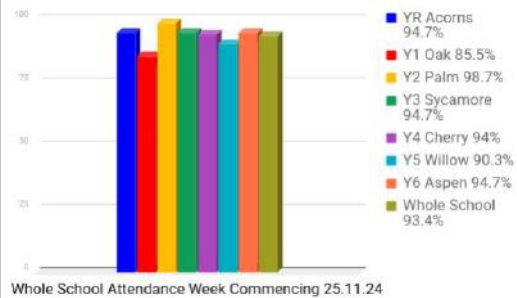
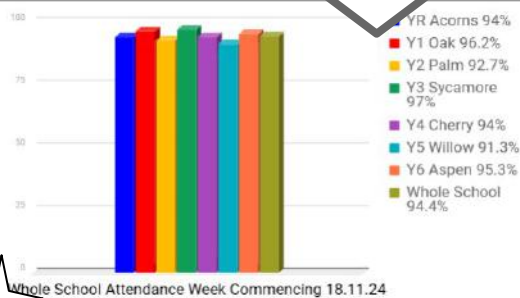
Cost per lesson £10 (new starters) for 30 minutes.

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.



# SEND & Inclusion



Thank you to all who were able to attend parent consultations. It was a pleasure to meet with so many of you and discuss your child's SEND provision here at Istead Rise. We are so pleased to have had such positive feedback.

Wednesday afternoon appointments continue to be available every week with Mrs Andreou (Inclusion Lead) to discuss anything SEND and Inclusion related. Please book an appointment via the school office.



In 2025, the week's focus will be Know Yourself, Grow Yourself. We want to equip and empower children, young people, and the adults who surround them to embrace self-awareness and explore what it means to them.

Each year, Place2Be experts create fun and engaging resources for families, parents and carers to take part in Children's Mental Health Week. This year we're *partnering with Here4You, supported by The Walt Disney Company* and the *Inside Out 2* characters to explore our theme Know Yourself, Grow Yourself.



## FREE Family Courses Available Through Kent Adult Education.

These courses aim to support the health and wellbeing of families, allowing them to learn together in a creative and stimulating environment.

[Managing Children's Behaviour](#)  
Online - 4 sessions - January 2025

[Supporting Your Child With Phonics](#)  
Online - 1 session - March 2025

[Supporting Your Family Through Our Screen Obsessed World](#)  
Online - 1 session - January 2025

[Autism Awareness](#)  
Online - 4 sessions - January 2025

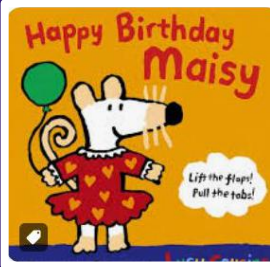
[Supporting ADHD In The Home](#)  
Online - 4 sessions - multiple start dates from January 2025

[Exploring Behaviour Strategies](#)  
Online - 1 session - March 2025

# Acorns



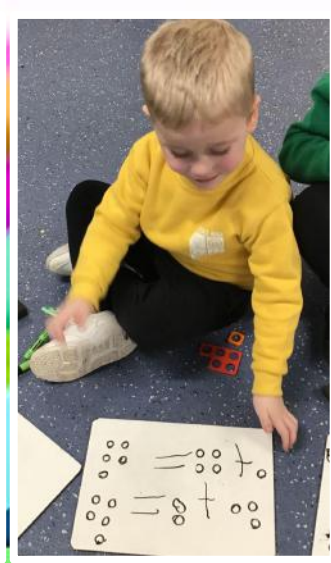
This week, we were learning all about birthdays, luckily for 2 children in Acorns class they had a special celebration to coincide. The children wrote invitations and birthday cards, planned their party food list and made candles for their cakes. They have had a very busy and fun time!



During continuous provision, the children have enjoyed exploring their surroundings while remembering to take turns and share with their friends.



# Acorns



The children have been very busy practising turn taking by playing games with adult support. During maths, we have been looking at different ways of making the same number and they have written their first number sentences.



The children behaved impeccably on their walk to the Post Box to post their letters to Father Christmas. They were very excited the whole way there and back but were also very sensible.

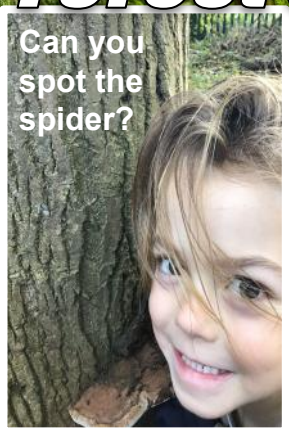




Year 1 have really enjoyed the last two weeks of Forest School. Our topic this term is 'What is a Forest?'. We have looked at fauna over the past two weeks - The animals that live in a forest. In week 1, Jackson found a mouse in the Elf House. The class listened to a story which included a mouse and then made a mouse using the clay. In week 2 we looked at other animals. Children went on a hunt to find bunting with animal pictures on before hanging them up on the forest washing line. We then discussed them looking at their characteristics. Mrs Cowell-Young found Santa in the Elf house and a letter which we read at basecamp. The objects found in the Elf house each week will lead up to our final forest Christmas story - I wonder what it could be? Other activities included - 'cooking' in the mud kitchen, laying in the hammock and building habitats.



# Forest School School Oak Class



# Oak



This term, Oak class started Forest School. They've embraced the outdoors building houses for insects using sticks and twigs, crafting clay mice, searching for things that live in the forest and getting mucky in the outdoor kitchen! To top it all off, they've warmed up with a cosy cup of hot chocolate, the perfect way to end a great afternoon.



# Palm



They've also been looking at 2D and 3D shapes. They've become better identifying shapes, counting sides and faces, and confidently naming them. The children have also had fun creating their own shape patterns, developing their understanding of sequences and logical thinking.



This week Palm class got to race the boats they made during science across the swimming pool. Congratulations to Daisy for winning!

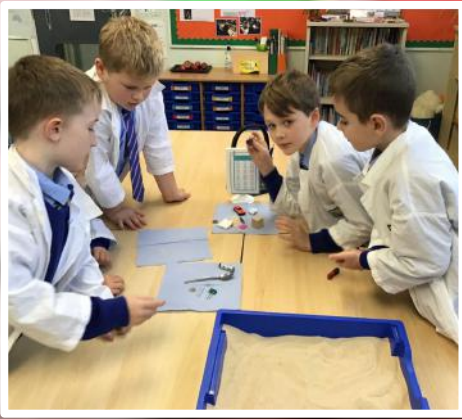
They also wrote some fantastic poems about the Great Fire of London and are continuing to learn about shapes in maths.

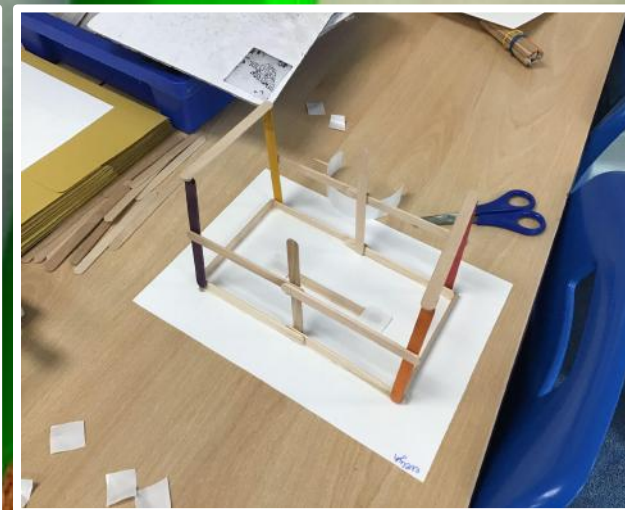
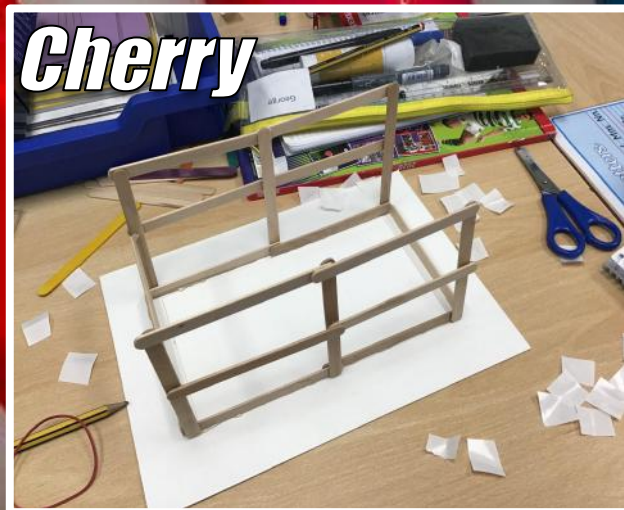


# Sycamore

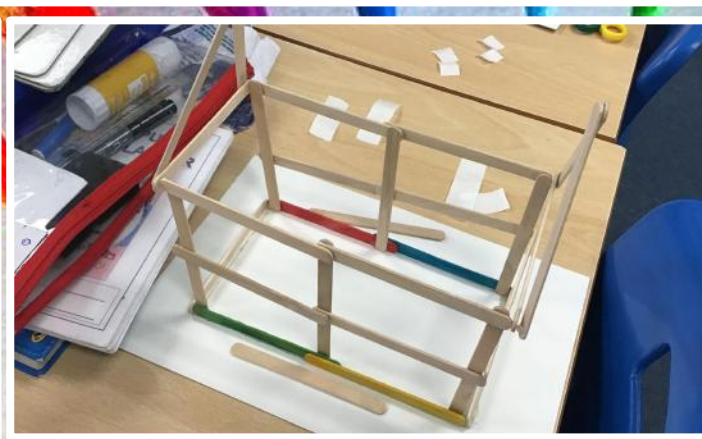


Sycamore Class has had a very busy couple of weeks. They finished writing their imaginative stories at the beginning of this week and have just started a new sequence of work in English learning about the life of Jacques Cousteau. In maths we are learning to multiply and divide with the 3 and 4 times tables using repeated addition, arrays and grouping as well as the correct symbols. The children are loving the D.T. unit on seasonal food. Last week we learned how to peel, cut and grate food as well as taste what was on offer, we even made chips in the airfryer! This week we discovered what flavour certain foods have by trying a range of vegetables. In History the children were fascinated to learn about Skara Brae a Prehistoric Village in the Orkney Islands (north of Scotland). In science we have compared and grouped everyday materials based on magnetism, the children enjoyed using magnets in the sand to find the treasures. They then classified the objects into whether they are magnetic or non-magnetic.





It's been another busy two weeks in Cherry!  
We completed our final redraft of our time machine story, based on the HG Wells story, and have now started our sequence on writing instructions, where the children have to write the instructions on how to operate the DeLorean to travel back in time! They have been asking for the past term when were we starting it, and now that we have it has caused great excitement!  
In Maths we have continued with looking at multiplying and dividing, looking in depth at the 9, 7 and 11 times tables, with how to use them and the patterns that each times table has. Hopefully your children have shown you how to quickly divide a 2-digit number by 11. If they haven't, please ask them to show you!  
In D.T. the planning stages of the design are complete and this week the children started constructing the frames for their building (which will become Santa's workshop). The children have showed great perseverance in making these and have used their planning elements well.  
In RE we have looked at the importance of the Vatican City in Rome as a place of pilgrimage; while in Music we have continued with our glockenspiel work and started to learn the songs for our upcoming carol concert.  
In Science we looked last week at electrical insulators and conductors and this week have moved onto creating switches for an electrical circuit.



# Willow



Year 5 have continued to make a great start to term 2 picking up where they left off in term 1. In English, we have just begun our learning sequence where we will be writing a biography about the famous Tudor King, Henry VIII. During our research we have discovered many things about Henry that came as a surprise such as, Henry was kept isolated as a child as his father feared for his only son. He was a talented musician. They all enjoyed their last swimming session, where they got to use sinkers and show off some of their skills including their dolphin skills. During our PE lessons we have been learning lacrosse, a new sport to us all, which we are finding both challenging and fun. We also took part in an anti-bullying workshop, discussing a range of scenarios and how to deal with them in a kind and respectful way.

Year 6 have been busy in English, writing a description about a beautiful winter scene. They worked very hard to describe the scene and used their five senses to imagine what it would be like to be there.

Our next sequence of learning links into our History topic of The Victorians. The children will be writing a diary entry from the point of view of a poor child in a Victorian workhouse.

In Maths, we have been working on fractions as well as our usual arithmetic practice. Year 6 have learnt how to convert between mixed numbers and improper fractions, multiply fractions and divide fractions. The class have worked very hard to learn these methods - well done!

In PE on a Tuesday, Year 6 are learning how to play lacrosse. They have been building on their skills each week and it's been great to see their confidence in this sport develop.

Well done to everyone who is regularly completing their homework each week. Every learning minute counts!



# Core Values Congratulations To All Our Winners



## Week Ending 22.11

### Acorns Class

Isabelle for Perseverance, Chantelle for Independence & Sophia for Respect

### Oak Class

Harper for Perseverance, Jeremias for Independence & Lilly for Respect

### Palm Class

Annalise for Perseverance, Valerie for Independence & Ava for Respect

### Sycamore Class

Amber for Perseverance, Ava for Independence & Theo B for Self Reflection

### Cherry Class

Jack E for Perseverance, Teddy & Dolly for Independence

### Willow Class

Matilda for Respect, Summer & Abril for Independence

### Aspen Class

Scarlett & Theo for Independence, Mila for Respect

## Week Ending 29.11

### Acorns Class

Tris & Dennie for Perseverance, William for Independence

### Oak Class

Ava, Amari & Mya for Respect

### Palm Class

Sybil Rose for Perseverance, Jaxon & Louie for Respect

### Sycamore Class

Rajah & Emilia for Independence, Annabelle for Respect

### Cherry Class

Alicia & Alf for Self Reflection, Cruz for Perseverance

### Willow Class

Martin & Emilia for Respect, Ruby H for Independence

### Aspen Class

Tommy for Perseverance, Grace for Independence & Ronak for Self Reflection



## Bronze Peg Up Points

W/E 22.11

Sujaan, Charlie, Amaia, Alicia, Jack L, Evelyn, Charlotte & Ella of Cherry Zachary, Theo H, Iyla & Emily of Sycamore

W/E 29.11

Sujaan, Samuel & Charlie of Cherry, Theo B, Mary Kate & Ava of Sycamore, Valerie, Sybil Rose & Jujhar of Palm

## Silver Peg Up Points

W/E 29.11

Sophia, Olivia, Ellie & Benjamin of Palm



W/E 22.11

Most Valuable Player  
1st Charlie S of Cherry  
2nd Leo D Sycamore  
3rd Martin W of Willow

W/E 22.11

Winning Class  
1st Willow  
2nd Cherry  
3rd Sycamore

W/E 29.11

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

W/E 29.11

Winning Class  
1st Willow  
2nd Sycamore  
3rd Cherry

*Rock Hero Status*  
*Week Ending 22.11*  
*Charlie S of Cherry*

*1 second*



Mathletics

## Gold Mathletics

W/E 22.11

Charlie of Cherry, Tyler of Sycamore, Otis & Nihaal of Willow, Seren, Neda, Oscar, Ellie & Jaxon of Palm

W/E 29.11

Leo D, Khenyang & Tyler of Sycamore, Samuel-Yanis, Arabella, Esme, Edward & Otis of Willow, Charlie, Henry & Jack L of Cherry, Ellie, Jaxon, Oscar & Neda of Palm

## Platinum Mathletics

W/E 22.11

Nathan of Palm

W/E 29.11

Nathan of Palm

WE ACCEPT CHILDCARE VOUCHERS & OFFER TAX-FREE CHILDCARE!

# MEGA CAMPS

KIDS DAY ACTIVITY CAMPS

AGES 4-14

CHILDCARE FROM 8am - 6pm

## CHRISTMAS CAMP 2024

CHECK OUR WEBSITE FOR DISCOUNTS AND OFFERS

**INFLATABLE FOOT DARTS**

**AXE THROWING**

**KIDS FAVOURITE**

**NERF GAMES**

**INFLATABLE FUN**

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

CHECK OUR WEBSITE FOR CHRISTMAS DATES & VENUES

BOOK ONLINE NOW! [WWW.MEGACAMPS.NET](http://WWW.MEGACAMPS.NET)

OR CALL 0533 012 4378

ALL OUR STAFF ARE REGISTERED

Ofsted Registered

DBS CHECKED

## Admission to Primary school in Kent 2025

Apply online at [kent.gov.uk/primaryadmissions](http://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 | Apply for a school place | Receiving your offer

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](http://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.

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.

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](http://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](mailto: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](http://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](mailto:primaryadmissions@kent.gov.uk)

Full information booklet can also be viewed online at [kent.gov.uk/primaryadmissions](http://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.

Kent County Council

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](mailto:WARREN.BULL@KENTCRICKET.CO.UK)

TEL OR WHATSAPP: 07956438473

<<< REGISTER DIRECT | REGISTER DIRECT >>>

# 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](http://ellenor.org/grotto)

Price: £10 per child to include a gift from Santa!

Coldharbour Road - Northfleet - Gravesend - Kent - DA11 7HQ

PRODUCED & CROWNED BY sicame

ellenor. people 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](mailto:events@ellenor.org)

# Carol Concert

BOOK NOW!

[ellenor.org/carolconcert](http://ellenor.org/carolconcert)

Wednesday 11 December

Pre book in advance: £10pp

# WEEKLY MENU

LOOK OUT FOR  
OUR THEMED DAYS!

## WEEK ONE

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

**MONDAY**

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

**TUESDAY**

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

**WEDNESDAY**

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

**THURSDAY**

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

**FRIDAY**

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

## WEEK TWO

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

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

## WEEK THREE

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

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

## WEEK FOUR

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

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 Out Gluten 16 Barley Gluten



**EAT YOUR VEGGIES!**