



More News 13th October 2023

[St Thomas More Catholic Primary School Newsletter](#)



Praying the Rosary in October

October is traditionally a time when we focus our prayer through saying the Rosary.

If you want to find out more, or pray together at home, there is lots of information and guidance [here](#).

Our GIFT Team will be explaining how to pray the rosary to other classes next week. We will also be praying a decade of the rosary on Wednesday for peace and unity. Each year group will choose a world location to hold in their prayers as part of the Aid to the Church In Need Campaign "[one million children praying the rosary](#)" effort.



Living in a faith-filled way

We are always proud and inspired when someone in our school shows just how faith-filled they are. Today in our Wow Assembly, we celebrated Zara's achievement of reading the whole Qur'an. What an inspiration to all of us to dedicate our time to learning more about our faith! Well done, Zara

RISE - God's Planet

On Monday 23rd October, we will have a theatre group running workshops and a performance on God's Planet. Children will spend the day working on activities reflecting on how we can look after God's creation, our common home.

Children can purchase a Planet Hero badge as a memento of the day and to encourage everyone to keep up the 'Planet Hero' stewardship. The cost of the badges are £1 each. Each 45mm badge is made from recycled plastic + metal pin which can be fully recycled at recycling centres.

All proceeds of this initiative will help RISE to continue to deliver tours like God's Planet in schools as a not-for-profit Community Interest Company and will support the future work of RISE Theatre




Secondary School Admissions



The closing date for secondary school admissions applications is fast approaching! It is vitally important that, if your child is in Year 6, you have submitted an application! Please make sure you have done this before the closing date of 31st October via the [online application process](#)

Secondary Education 2024
in Coventry

INFORMATION FOR PARENTS



Apply by
31 October
2023

  www.coventry.gov.uk/schooladmissions

Mental Health Day - Tuesday 10th October

Mental Health Day was on Tuesday 10th October.

In our Collective Worship on Monday, children reflected on how we can offer our worries to God, but that it's very important that we share our worries with a trusted adult as well. We are inviting all our parents and carers to talk with their children and regularly ask them 'what's on your mind?' as a way of opening up conversation about worries. It's often a good idea to have conversations like this when you're both busy (and side-by-side, rather than face to face) as children are usually more open in this kind of situation. Good times to chat might include when you're travelling in the car together, washing and drying up together or even both colouring, drawing or doing a jigsaw/other playful activity.

Click [here](#) to find out more. There is a very short video that you can share with your family and will be shared in Mission Assembly on Monday about how it is good to share our worries.

Children have been asked to complete a homework task where they are encouraged to talk about their worries with someone at home. There is also a sheet (at the end of the newsletter) for children to complete that can be used to frame the conversation.

Information about how social media can affect mental health can be found further on in the newsletter.

Can you help us? Volunteers needed!

We are always in need of extra help in school. From changing reading books, to hearing children read, to supporting with cooking activities, there are always things we want to do more of, that we just don't have enough adults for! If you, or an appropriate adult in your family, is able to offer some regular time each week that they can come into school to help, please do let us know.

All volunteers must complete a DBS check before beginning (this is a safeguarding check that is free for volunteers and school will organise).

Y4 get active in PE

Year 4 have been getting active in PE. The children were playing netball, handball and basketball mini games.





Safe water bottles and food containers

Over the last couple of weeks, we have seen children bringing water bottles and food containers into school that have not been safe for use in school. This includes glass food containers and water bottles and metal water bottles with sharp edges. Please can all parents and carers check their child's water bottles, fruit containers and lunch box containers for safety. Staff will remove any water bottles/food containers they see that are not safe.

Non-uniform day - Friday 20th October

Next Friday will be a non-uniform day. Children are invited to come to school in their own appropriate choice of clothing (no heels, wheelies or exposed torsos please). We are asking those children who wear non-uniform to bring in £1 as a donation. All the money raised will go towards covering the cost of a range of events that enhance the curriculum in school.



Help us keep autumn illnesses away

With autumn approaching, we know that the presence of colds and other viruses increase. We encourage children to use a tissue so that the spread of germs is minimised. As you can imagine, each class gets through boxes of tissues very quickly.

If you are able to, we are asking each child to bring in a box of tissues that will then be kept as part of their class stock and will be used during the autumn and winter months to help everyone reduce the spread of germs.

County Lines Week - do you know the signs?

This week is County Lines Week. County lines is a form of criminal exploitation. It is when criminals befriend children, either online or offline, and then manipulate them into drug dealing. The 'lines' refer to mobile phones that are used to control a young person who is delivering drugs, often to towns outside their home county. More information can be found from the [Children's Society](#).

West Midlands Police have asked the following information be shared with parents and carers.

West Midlands Police have partnered with The Children's Society and British Transport Police to help raise awareness of exploitation. We are working hard with our specialist teams and community partners to disrupt and prosecute criminal gangs exploiting young people.

Do you know the signs of child exploitation? Would you know where to report exploitation if you spotted the signs?

Exploitation can happen anywhere. It happens online and offline. Children are being targeted outside fast food outlets, at shopping centres, through online games, and social media. There are many types of child exploitation including money laundering, stealing from shops, transporting drugs via trains and bus routes.

Signs of child exploitation:

Ask yourself, is a young person:

- Travelling alone, particularly in school hours, late at night or frequently?
- Looking lost or in unfamiliar surroundings?
- Anxious, frightened, angry or displaying other behaviours that make you worried about them?
- In possession of more than one phone?
- Carrying lots of cash?
- Potentially under the influence of drugs or alcohol?
- Being instructed or controlled by another individual?
- Accompanied by individuals who are older than them?
- Seen begging in a public space?

You can find out more information from the #LookCloser campaign website here [#LookCloser To Spot Exploitation | The Children's Society \(childrenssociety.org.uk\)](https://www.childrenssociety.org.uk/lookcloser)

If something doesn't feel right, don't wait, report it:

Call the police on 101 or 999 in an emergency

Text the British Transport Police on 61016

Call Crimestoppers on 0800 555 111

Call the NSPCC on 0808 800 5000

If you would like to talk to your schools officer about exploitation or your concerns, please get in touch with your local police team today [Your Local Police | West Midlands Police \(west-midlands.police.uk\)](https://www.west-midlands.police.uk/)

Thank you,

West Midlands Police

Christmas Bazaar

While it might seem far away, Christmas is fast approaching!

The Parish/School Christmas Bazaar will be held on Friday 8th December in the school hall. Plans are already underway to make this year's Bazaar as much fun as last year's was. If you would like to buy a stall for the evening, please contact Mary at mandjhulme1@gmail.com

There will be lots of opportunities for you to support in making the bazaar great, so watch this space for more information over the coming weeks!

Christmas Bazaar

Family Fast Day

Thank you for your generous donations to mark [Cafod Family Fast Day](#). The food has been collected and is being delivered to Coventry Foodbank.

PRAYER: SEEDS OF HOPE



Above: Meera's home was destroyed by floods the night her baby was born.

Generous God, we thank you,
for the gifts you have given
for all people to share.
We plant seeds of hope
and nurture them as we seek
a harvest of plenty for all.

Forgive us for the times these seeds
fail to take root in our hearts.
We grieve when homes and crops
are washed away by floods,
when lives are uprooted by disaster,
or trampled by fear and greed.

Living God, you lead us
to a new way of being.
Move us to help one another
in our times of need,
to care for the earth and
to love one another,
sharing your harvest with all.

Amen.

CAFOD
Catholic Agency for
Overseas Development

CHILDREN'S PRAYER



Above: People set up temporary shelters away from flood waters in Pakistan.

Generous God, we thank you
for the gifts you have given
for all people to share.
Sometimes things go wrong.
Floods wash away
homes and crops.

Living God, move us
to help one another
in times of need,
to care for the earth
and love one another
sharing your harvest with all.

Amen.

Charity no 1160384 and a company
limited by guarantee no 09387398.
Prayer and photos: CAFOD. Printed
on paper from well-managed forests.
CAF7126

CAFOD
Catholic Agency for
Overseas Development

Apply for a Blue Peter Book Badge

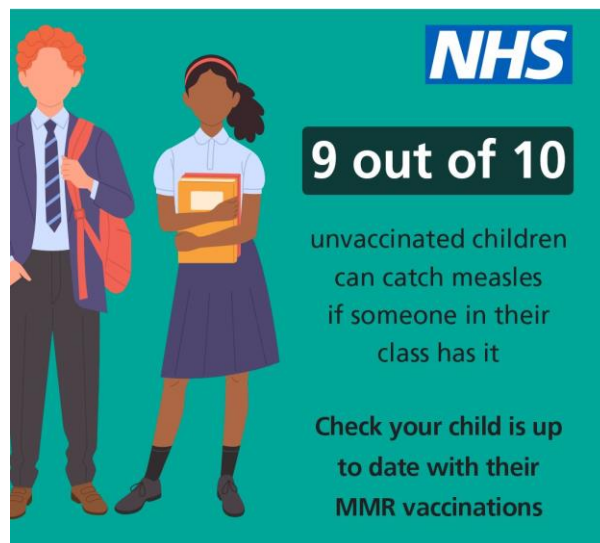
The new reading gazebo has proved to be a big hit with our children and we are always looking for ways to celebrate our love of reading.

Children can now apply for a Blue Peter Book Badge, which they can earn by applying online and sharing their thoughts on a recently read book.

Find out more [here](#).



Protect your child against serious childhood illnesses



Measles cases are rising across the country, with over 102,000 children starting primary school in England being at risk of catching the disease. The Department for Education is asking schools to share key messages from the NHS about MMR / measles and how to get vaccinated. Measles is highly infectious and if left unvaccinated nine out of ten children in a classroom can catch the disease if just one child is infectious. More information about protecting your child has been sent out via Arbor.



Online safety parent/carer information - Social Media and Mental Health

Taken from [National Online Safety](https://www.nationalonlinesafety.com/):

This free online safety guide focuses on social media and mental health. It highlights a number of tips such as how to hide content, setting daily limits and discussing what children have seen online.

At National Online Safety, we believe in empowering parents, carers and trained adults with the information to hold an informed conversation about online safety with their children, should they feel the need. This guide focuses on one of many issues which we believe involved adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, facts and for advice.

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 interaction they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As patterns grow up with managing such 'safe but harmful' content, lives are being impacted... sometimes to tragic effect. We might be stunned by the scale of the tech giants and their content which so entrains young people, 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.

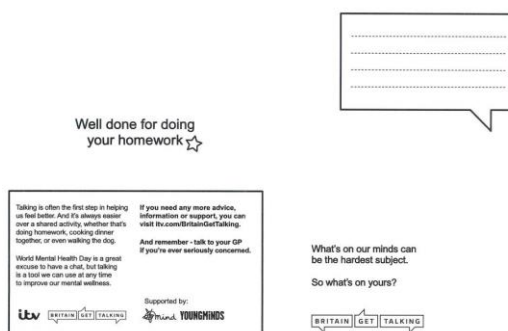
- 1. UNDERSTAND THE ALGORITHM**
Algorithms rank content by user interest, sometimes also by popularity. Interestingly, the more you see, the more the algorithm will show you. If a user sees content that can cause harm, there's a risk it will be recommended to them. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- 2. AVOID THE MAIN FEEDS**
Avoiding the default feeds on social media platforms limits the amount of recommended content shown. Users can opt to only see content from people they follow, use restricted modes, or highlight posts that they don't want to see. It's important to explore the platform's safety settings to see how you can take control of what your child's phone shows them when they open the app.
- 3. DISCUSS WHAT THEY'VE SEEN**
Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material for ever. If you're feeling worried about what your child has seen, it's important to talk to them about it. It could be the best way to help them to feel safe and secure.
- 4. LEARN HOW TO HIDE CONTENT**
If your child stumbles across unsuitable content on social media, there's a button to hide that post or even an option to report it. If you're worried about what your child has seen, it's important to talk to them about it. It could be the best way to help them to feel safe and secure.
- 5. SET DAILY LIMITS**
Phones and most apps can tell you how much time is being spent on each app. Setting a limit on how much time can be spent on each app can help to reduce the time spent on each app. It's important to talk to your child about this and to set a limit that is realistic for them.
- 6. MONITOR THEIR ACTIVITY**
Keeping a discreet eye on how your child is using social media can help to ensure they're not in contact with anyone who might be a risk to their safety. It's important to talk to your child about this and to set a limit that is realistic for them.
- 7. TURN OFF PUSH NOTIFICATIONS**
Even for adults, it's tempting to check on email or messages as soon as the alert sound rings. Push notifications encourage people to open their apps and spend time on their devices, so turning them off will help your child to spend more time doing other things that are good for them. It's important to talk to your child about this and to set a limit that is realistic for them.
- 8. USE DEVICES TOGETHER**
Giving children internet-enabled devices and complete freedom to explore platforms on their own can lead to exposure to harmful content. It's important to talk to your child about this and to set a limit that is realistic for them.
- 9. ENCOURAGE OTHER ACTIVITIES**
Mental health professionals often highlight the importance of exercise, quality time with loved ones, and having a hobby. It's important to talk to your child about this and to set a limit that is realistic for them.
- 10. TALK ABOUT PEER PRESSURE**
Most platforms default children's accounts to be public. This means that anyone can see what your child has posted. It's important to talk to your child about this and to set a limit that is realistic for them.

Meet Our Expert
Shirley Barton, a specialist primary school teacher, works with school leaders to focus on the UK's mental health and wellbeing. She is a member of the National College of Teaching and the author of the book 'Mental Health in Schools'.

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.11.2022



What's on our minds can be the hardest subject.

So what's on yours?

Sometimes, the world can feel like a scary place.

That's why this World Mental Health Day, we've set the nation a different kind of homework.

Because talking about the hardest subjects on our mind can help ease our stress, and reduce our anxiety.

And working on a shared task like this one is a brilliant way to start a proper chat if you need a hand.

Get talking

1 Ask your parent, carer, or an adult you trust if they'll help you with your homework.

Tell them not to worry - nothing will be marked, and they won't even need a calculator!

2 If you're not sure where to start, try writing or drawing your worries or fears on the front cover of this exercise.

You can use the box or go outside the lines. Remember, there are no right or wrong answers.

3 Now, spend time together talking through any worries one by one. Discuss questions such as:

How does it make you feel?

What are you most afraid might happen?

Would it help if you had more information?

Get listening

Even if we're used to talking together, it can be hard to open up about our worries or fears, particularly the more serious or scary ones. Perhaps you're afraid that talking about them might make you both worry more,

but the reality is the opposite is more likely to be true. When we talk about the hardest subjects, we don't have to have all the answers. The important thing is to listen without judgment, and try not to rush to resolve the problem.

Half Term Activities

There are lots of half term activities that being delivered by the Outdoor Education Service (Coventry Outdoors) this October at Coombe Abbey Country Park.

Coventry Outdoors will be running a series of outdoor activity days aimed for children and young people who are aged 9-13 years old. Coventry Outdoors Activity Camps gets children and young people into the wild, where they will learn and experience an unforgettable adventure, from survival techniques to all sorts of outdoor activities and challenges, whilst making new friends and having lots of fun!

We strongly believe that being outdoors fully-immersed in the natural environment helps children and young people explore different ways to boost self-awareness and confidence, cultivate greater happiness and find greater wellbeing.

Dates:

Monday 30th October, 10am – 3pm

Tuesday 31st October, 10am – 3pm

Wednesday 1st November, 10am – 3pm

Activities include:

- Combat Archery
- Laser Tag

- Bushcraft
- Survival Skills

To book on to our Outdoor Activity Camps please visit www.coventry.gov.uk/coventryoutdoors or contact us outdooreducation@coventry.gov.uk



October half term Activity Camp '23

Coombe Abbey Park, Brinklow Rd,
Coventry CV3 2AB

Experience an unforgettable adventure, from survival techniques to outdoor activities and challenges, whilst making new friends and having lots of fun!

Have a go at:

- ✓ Combat Archery
- ✓ Laser Tag
- ✓ Bushcraft
- ✓ Survival Skills

30 Oct 31 Oct 1 Nov

9-13 years 10am - 3pm £25pp per day

Book your place online:
www.coventry.gov.uk/coventryoutdoors




For more information, call 024 7538 1277
email: OutdoorEducation@coventry.gov.uk
CovOutdoors coventryoutdoors #CovOutdoors

Coventry City Council

Support for families with children with SEND

There are lots of places families with children with SEND can find support, advice and a listening ear.

[Contact For Families With Disabled Children](#) offers advice on all sorts of issues from financial support to workshops and get togethers. Please do take a look as this is a site rich in information and avenues of help.

We wanted to make you aware of some opportunities and sessions you may be interested in...

SENDIASS Coffee Morning (face to face) – Tuesday 17th October 2023

This is a face to face session for Parents/Carers of Children or Young People with Special Educational Needs or Disabilities (SEND). The session offers a **great way to meet other parents/carers who may be in a similar situation**, and an opportunity to share with others in a **friendly, non-judgemental environment**, together with a member of staff from SENDIASS.

When: Tuesday 17th October 2023, 10am – 12pm

Venue: Metropolis Restaurant, Upstairs Community Room, Earl Street, Coventry, CV1 5RU

Free tea and coffee will be provided 😊

Please see the leaflet below (and attached) for more information. If you would like to come along please let us know so we have an idea of numbers. Contact us via email: iass@coventry.gov.uk or TEL: 024 7669 4307.



DOES YOUR CHILD OR YOUNG PERSON HAVE SPECIAL EDUCATIONAL NEEDS?

Get in touch with us if you would like to join our next SENDIASS Coffee Morning. Meet other parents in a similar situation. Share with others in a friendly, non-judgemental environment, together with a member of staff from SENDIASS.

COFFEE MORNING
TUESDAY 17TH OCTOBER 2023
(10AM - 12PM)

Venue: Metropolis Restaurant
Upstairs Community Room,
Earl Street, Coventry, CV1 5RU

To book your place contact:
SEND Information, Advice and Support Service (SENDIASS)
Tel: 024 7669 4307 or email: iass@coventry.gov.uk

Family Thrive for Parents and Carers

A six-week course to introduce you to the fundamentals of Thrive and how it works in practice

Come on this course to find out about:

- the Thrive Approach
- how our brains develop
- how your right brain talks to your left brain!
- why play and creativity are so important to you and your child
- how to support your child at times of change and difficulty
- everyday trigger times and how to keep calm
- how to be a behaviour detective.



Where and when:

Parkgate Key Intervention,
Accessed via Berkett Road Coventry CV6 4PU
6 Fridays 10am-12pm October 13th - November 24th
2023

Learn about the amazing growth of your child's brain through childhood and help support their emotional development.

To book your place or find out more:


The course is run by a Thrive-approved course leader who is an experienced licensed practitioner. It is suitable for you if your child attends a setting that embraces a whole setting approach to Thrive. To book your place or to find out more, please contact:

Telephone Bev Kelly on 07983545269 or 02476972775

(you can leave a message)

Free Course – Keys Parents get priority (spaces are limited)


To find out more about Thrive and other courses on offer, please visit:
www.thriveapproach.co.uk



‘Reading With Your Child & A Multi-Sensory Approach to Spelling’

Information and Discussion Session for Parents/Carers

In partnership with Coventry Social, Emotional, Mental Health and Learning Team (SEMHL)




Key areas we will explore in this session

- ‘Paired Reading’ as a helpful approach
- How to make reading fun at home
- Support with learning spellings in a fun multi-sensory way
- Opportunity to share ideas and to answer your questions

Tuesday 24th October 2023 - 10am - 12pm
 Coventry Council House, Committee Room 2, Earl Street, CV1 5RR

Book now by contacting Coventry SENDIASS Team
Tel: 024 7669 4307 or email: iass@coventry.gov.uk

QUOTE: ‘SEMHL’





Community Short Breaks October Half Term Activities 2023

Dear Parents and Carers

The Booking Hotline for October Half Term Activities will be open from **Monday 9th October 2023** until **Wednesday 11th October 2023** from **09.00am** until **4.00pm**.

Please call **024 76 975464** to book. Bookings can also be made online at www.coventry.gov.uk/bookashortbreak during this period.

Bookings either online or by telephone that are outside of the dates and times stated will not be processed.

Please note places in sessions are limited; you will be able to select **one** venue for your child or young person to attend across the week as part of your ‘activity’, you can also select **one** venue as a second option if the first choice is not available. If you do not require an activity select ‘not required’.

All children attending Short Breaks Family Swim (aged 5 – 11years) must be listed on the booking form to confirm individual places. Please refer to Public pool rules outlined below before booking.



Sessions will be delivered for children and young people registered with Community Short Breaks unless stated otherwise. Please find this information below the named activity.

If your child or young person has never attended a Community Short Breaks activity, we will require a completed Short Breaks passport and supporting letter.

An induction visit is required prior to attending an activity this will be arranged by Development Officer. Please let us know at the point of booking if you require this information.

Please note we cannot support siblings in activities unless stated.

Please Read: Important information about activities and venues

<p>Thursday 2nd November 2023</p>	<p>One Body One Life (5 – 13 years) 12:00pm – 1:30pm</p> <p>This is a healthy lifestyle programme consisting of healthy eating advice and exercise. The activity will be a fun physical activity session using balls, parachute, skittles, and other interests.</p> <p>Firework Salt Painting (12 - 17 years) 2:00pm – 3:30pm</p> 	<p>Families For All 454 Foleshill Road Foleshill Coventry CV6 5LB</p> <p>Families For All 454 Foleshill Road Foleshill Coventry CV6 5LB</p>
<p>Friday 3rd November 2023</p>	<p>Caramel or Chocolate dipped apple treats (5 – 11 years) 09:30am – 11:00am</p> 	<p>Pathways Family Hub Lawrence Saunders Road Coventry CV6 1HD</p> <p>Please inform Development Officer in advance of any allergies or food intolerances.</p>

	 <p>Caramel or Chocolate dipped apple treats (12 – 17 years) 11:30pm – 1:00pm</p>  	<p>Pathways Family Hub Lawrence Saunders Road Coventry CV6 1HD</p> <p>Please inform Development Officer in advance of any allergies or food intolerances.</p>
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Safety before school starts

Staff have reported children being left unsupervised in the school car park at very early times. Please note that children must be supervised before school and parents/carers should ensure their children have entered safely through the gate before leaving the premises.



Listening to your views

You will remember completing a parent/carer survey in the summer term last year.

The results of the survey were overwhelmingly positive - thank you for your support and letting us know when we do well. There are always things we can improve, and you have let us know where those areas are too. Your thoughts are always appreciated as they help us to improve the school for you and our children.

Each week over the next few weeks, we'll share your feedback and let you know how the school will respond.



You told us: that you would like to have a better understanding of what the expected standard of work in each year group is so you can understand how well your child is doing.

What we're doing: in the Meet the Teacher meetings, a piece of writing that is at the 'expected standard' for the end of that year group was shared. You can see how your child is progressing toward that end goal as the year goes on. These are also available on the year group pages of the [school website](#).

Late Collection

School finishes at 3.20pm, and you are expected to collect your child/ren at 3.20pm. We do understand some families have logistical difficulties but collecting an older child from secondary school first is not an acceptable reason for delay, and primary children should be prioritised.

Our expectation is that on a **rare** occasion, when you may be unavoidably late due to an unforeseen emergency situation, you would contact the school office to inform us what arrangements you have made before 3.20pm. In cases where a child is not collected within 10 minutes of the school day (3.30pm) or after school activity, without reasonable excuse, a charge of £3.00 will be payable for each child. At 3.40pm the full Care Club fee becomes payable.

Please keep in mind that Care Club do not always have availability especially at late notice and this after school club should only be available to children who have registered. Please contact the Care Club Manager for an application form, should you decide to register with the provision:

charlotte.turner@st-thomasmore.coventry.sch.uk

Please access the attendance and late collection policy on our [website](#) for your information.

Attendance is important!

The Department for Education (DfE) has asked headteachers to remind parents of the importance of good attendance.

The DfE say:

It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above. If you are unsure whether your child is too ill for school, you can check this NHS guidance: [is my child too ill for school?](#)

They also say:

In addition to respiratory illnesses, we are aware that more children may be absent from school due to symptoms of anxiety than before the pandemic. Worry and mild or moderate anxiety, whilst sometimes difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. A prolonged period of absence is likely to heighten a child's anxiety about attending in the future, rather than reduce it.

If your child is having difficulty in coming to school, please contact us (your child's class teacher should be the first port of call for most communication).

We monitor all pupils' attendance and will contact you (often by letter) if their attendance is getting lower than we'd expect. Please don't be offended if you receive a letter - we have a duty to keep you informed of things that can affect your child's progress and/or wellbeing.

Lastly, please remember that term-time holidays will not be authorised and, in many cases, will result in a Fixed Penalty Notice (fine) being issued.

Whole school attendance this year - 96.0%

Year R	99.0%
Year 01	94.7%
Year 02	98.1%
Year 03	95.9%
Year 04	96.7%
Year 05	96.7%
Year 06	93.8%

Help available for children struggling with emotions

Is your child struggling with their emotions and feelings? Compass Shine deliver workshops covering various topics and offer 10 minute consultations for parents and carers to get advice. Please see the flyer below for more information.



Lunch

The kitchen have confirmed that the school dinner menu is remaining the same until October half term.

Please note some children in our school have airborne nut allergies. Therefore, our school is a 'Nut Free School'

For those children on packed lunches no nuts, sweets, chocolates or fizzy drinks are allowed. Instead, we encourage fruit, vegetables and water to drink

MENU CYCLE WEEK THREE

SPRING TERM
March-July 2023

13/03/23, 17/04/23, 8/06/23, 05/06/23, 26/06/23, 17/07/23

	Vegetarian MONDAY	Around the World TUESDAY	Theme Day WEDNESDAY	Classic THURSDAY	Treat FRIDAY
MAIN COURSE	Cheese & Tomato Pasta Bake	Sausage Roll	Roast Chicken with Sage & Onion Stuffing	Spaghetti Bolognese	Salmon Fish Cakes or Fish Fingers
VEGETARIAN	Cheese & Tomato Pizza	Vegetable Sausage Roll	Vegetable Sausage and Gravy	Vegetable Lasagne	Cheese & Onion Pinwheel
STARCHY FOOD	Baked Wedges	Diced Potatoes	Roast Potatoes	Garlic Bread	Chips
VEGETABLE	Sweetcorn	Green Beans	Selection of Vegetables	Sweetcorn	Baked Beans or Peas
AVAILABLE DAILY	Jacket Potatoes, range of sandwiches and Pasta with Roasted Tomato Sauce				
DESSERT	A selection of home bakes, jelly and fresh fruit available daily.				

MENU CYCLE WEEK ONE

SPRING TERM
March-July 2023

27/02/23, 20/03/23, 24/04/23, 15/05/23, 12/06/23, 03/07/23

	Vegetarian MONDAY	Around the World TUESDAY	Roast WEDNESDAY	Classic THURSDAY	Treat FRIDAY
MAIN COURSE	Italian Quorn Meatball Pasta Bake	Chicken Tikka Curry	Roast Chicken with Sage & Onion Stuffing	Sausages & Mash	Fish Fingers
VEGETARIAN	Cheese & Tomato Pizza	Vegetable Tikka Curry	Cheese and Onion Pie	Quorn Sausages & Mash	Vegetable Fingers
STARCHY FOOD	Baked Wedges	Wholegrain Rice	Roast Potatoes	Mashed Potatoes	Chips
VEGETABLE	Sweetcorn	Green Beans	Selection of Vegetables	Broccoli	Baked Beans or Peas
AVAILABLE DAILY	Jacket Potatoes, range of sandwiches and Pasta with Roasted Tomato Sauce				
DESSERT	A selection of home bakes, jelly and fresh fruit available daily.				

<div>  <div> <div>MENU CYCLE</div> <div>WEEK TWO</div> </div> <div> <div>SPRING TERM</div> <div>March-July 2023</div> </div> </div>					
06/03/23, 27/03/23, 01/05/23, 22/05/23, 19/06/23, 10/07/23					
	Vegetarian MONDAY	Around the World TUESDAY	Roast WEDNESDAY	Classic THURSDAY	Treat FRIDAY
MAIN COURSE	Mac & Cheese	Mexican Chilli & Nacho Bake	Roast Chicken with Sage & Onion Stuffing	Chicken Wraps	Fish Fingers
VEGETARIAN	Cheese & Tomato Pizza	Vegetable Chilli	Veggie Toad in the Hole	Vegetable Quesadilla	Vegetable Fingers
STARCHY FOOD	Garlic Slice or Wedges	Wholegrain Rice	Roast Potatoes	Wedges	Chips
VEGETABLE	Sweetcorn	Broccoli	Cauliflower & Carrots	Sweetcorn	Baked Beans or Peas
AVAILABLE DAILY	Jacket Potatoes, range of sandwiches and Pasta with Roasted Tomato Sauce				
DESSERT AVAILABLE DAILY	A selection of home bakes, jelly and fresh fruit available daily.				



Parish facilities

Planning a party/event? Looking for a Venue?

The Margaret Roper Room at Church is available for hire for parties and events. It is in high demand, so enquire early about dates. Excellent kitchen facilities available. Holds approximately 80 guests. Hire charge £25 per hour. Please enquire to: admin.stm.covty@rcaob.org.uk



Important Dates

- Friday 20th October - Non-uniform day. Please bring in £1.
- Tuesday 24th October: Parent Consultation Nursery to Year 6
- Wednesday 25th October: Parent Consultation Year 1
- Thursday 26th October: Parent Consultation Nursery, Reception, Years 2 to 6
- Thursday 26th October, 4-6pm Community Room: PTFA Pre-loved Uniform Sale
- Thursday 9th November: Reception to Yr6 flu vaccine (if consent given)
- Friday 10th November Disco: 5:15-6:15pm EYFS and KS1
- Friday 10th November Disco: 6:30-7:30pm Year 3 and 4
- Friday 10th November Disco: 7:45-8:45pm Year 5 and 6
- Monday 13th November: School Photographer: Individual and STM sibling photo's

