

Chief Executive Officer: Mrs Alison Nettleship
Head of School: Mrs Kathryn Catherwood
Assistant Head of School: Mrs Chelsea O'Brien &
Assistant Head of School: Mrs Becca Gleed.



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PL2 2EL

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Newsletter 27th March 2024

We have come to the end of another busy term! It only feels like it was February half-term a couple of weeks ago! The children have had a great week and have taken part in various exciting activities.

The smell of delicious brownies filled our school earlier this week when Year 3 baked brownies to share with their parents, as part of their final destination for their topic this term! I am sure they tasted as amazing as they smelled!

EYFS welcomed in parents to spend some time in the provision for an Easter themed stay and play! There were some fantastic activities set up for families to enjoy - I particularly liked the chocolate scented playdough! Families have also had time sharing stories in EYFS for their parent reading session this week.

Some children in KS2 went to the PSSP UKS2 Indoor Rowing Festival! Well done to all our athletes, they were fantastic! The school and some KS2 families watched our Spring Term Rock Steady Concert this week, where the children who have been learning some new skills this term, shared their amazing talents with us all. The children were incredible, and it was great to see the children having the confidence to stand up in front of the school and parents and perform in their bands - they made us all very proud!

Tamar House enjoyed their end of term treat after earning the most house points this term! They enjoyed a film and popcorn this afternoon which was enjoyed by all.

Today we say goodbye to two members of our staff team who will be hugely missed.

Mrs Searle has worked at Weston Mill for many, many years and has been an integral part of the smooth running of our school. She has worked tirelessly and even though she is not going far, but up the road to Oakwood, she will be greatly missed. Thank you for all that you have done for everyone at Weston Mill, Mrs Searle!

Mrs O'Brien is also leaving us today to move onto a new, exciting role at another school. Mrs O'Brien has worked tirelessly for our children over the last couple of years and has made a huge impact on our children. I know I can speak on behalf of parents, children and staff, that she will be hugely missed, and we wish her all the luck in the world as she moves on into her new role.

We hope you all have a wonderful Easter and look forward to welcoming you back on Monday 15th April.

Mrs Catherwood
Head of School.



Enter our Spring art competition to win some prizes!

You could....

paint



collage



print



draw

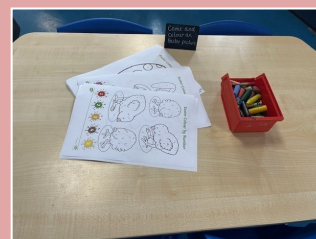
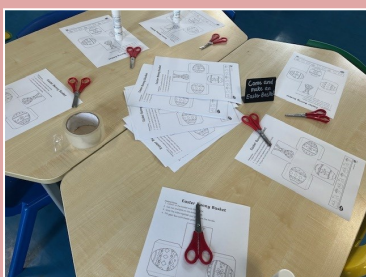


1st place and runner-up prize for Foundation,
Year 1/2, Year 3/4 and Year 5/6.

Please submit drawings to your class teacher.

**Deadline for submissions – Friday 19th
April**

Daley and Murray class had a wonderful time with their parents and carers at the Easter themed stay and play. We enjoyed lots of Easter activities creating decorations, cards and crafts and loved the chocolate playdough! We even had time to share juice and biscuits with him our friends and family. Happy Easter Everyone!





Daley class have been very busy over the last week creating a garden. Thanks to the PTFA's support we purchased some new plants when we visited the garden centre last week. The children have loved planting the herbs, flowers and mini trees that they chose. Today we also planted our beans we have been growing in the classroom. We hope they will continue to grow and create beanstalks up our pole!. A huge thank you to Mrs Prynne who has given up time to support the children to develop their green fingers and gardening skills!



Year 3's destination for our topic "Food and Farming" was to prepare and serve a fair-trade snack for parents. In our DT lessons we designed and prepared brownies and lemonade with fair-trade ingredients. We practiced our cutting, mixing and tasting skills but most importantly we worked collaboratively to ensure that we succeed.

We would like to thank all adults who came and tasted our snacks and from their feedback, the children had been successful! We even have been asked for the recipes of the brownies and the lemonade.





ARGYLE
COMMUNITY
TRUST



lewis.jenkins@pafc.co.uk

PLYMOUTH FIT AND FED

Easter 2024

Tuesday 2nd April - Friday 5th April

Brickfields Sports Centre
Salisbury Road Primary
Courtlands SEND
Lipson Vale Primary

Monday 8th April - Thursday 11th April

High View Primary
Prince Rock Primary
Woodfield Primary
Knowle Primary
Weston Mill Primary



Offering fun physical activities,
games & wider enrichments, plus a hot &
healthy meal for all children. Ages 5-16.



Book now 01752 562561 ext. 6

<https://officialsoccerschools.co.uk/argyle/courses>



www.argylecommunitytrust.co.uk

House Points



Earlier this term we relaunched our House Points system with our first House Assembly. Children in Key Stage 2 have been appointed as House Captains for their team. Your child may have shared that they have been awarded house points this term. These are awarded for:

- Positive behaviour at playtime
- Being a positive role model
- Being kind and helping others
- 100% attendance each week
- 96% or higher attendance each month
- 96% of higher attendance each term

This term, our winning house is: 271 house points this term!

Well done, Tamar House.



The children will continue to earn house points next term and the winning house at the end of the term will have a house reward.

FAMILY SUPPORT ADVISOR

ZOE LAVERS

SUNBEAMS



Group for the Under 5s

Wednesdays 9.10am

In the School Library



Omega Sportz
Easter Activity Camp
@ Morice Town Primary Academy,
Charlotte Street, Devonport
PL2 1RJ



Arts & Crafts

**Easter Fun for Children
Aged 5-12**

8th April - 11th April

Hot lunch Included



**9:00 – 13:00 £20 or free
for FSM**

Team Games

[Book Here:](#)
[Free spaces](#) for families who
qualify for benefits [Free School Meals:](#)
[Fit for Fed code required](#)

Science Experiments

Dance

Ball Sports

[Book Here for
paid spaces](#)

And sooo MUCH MORE!!!

Site Phone: 07762833602 (Camp Only)

Head Office: 07444592073

www.omegasportz.com

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Weston Mill Community Primary Academy



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TERM DATES



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**“THIS MORNING, HE
WAS WORRIED ABOUT
SCHOOL... BUT LOOK
AT HIM NOW!”**

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



HM Government

Head to the Education Hub to find out more.



**“THIS MORNING,
HE HAD A RUNNY
NOSE... BUT LOOK
AT HIM NOW!”**

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



HM Government

Head to the NHS website to find out more.



START OF THE SCHOOL DAY & ATTENDANCE

Our school gate leading to the playground will remain open until 9:10am every morning.

Please use this entrance only when bringing your child to school.

Reception entrance via the staff car park must not be used before this time. You will be asked to walk around, unless there has been an arrangement made with Mrs Catherwood or Mrs Powney.

In the unusual event of your child arriving extremely late for school, after 9:10am (gates closed), the reception entrance should be used **PLEASE SIGN YOUR CHILD IN, GIVE REASON FOR LATENESS AND ADD LUNCH CHOICE.**

Please be aware that crossing patrol is available for children arriving to school between 8:40 and 9.10am each morning. There will be no crossing patrol after 9.10am each morning.

Important reminder: the school register is taken at 08.55am!

BEING LATE AFFECTS YOUR CHILD'S ATTENDANCE

Children arriving after this time will be registered late, which has an enormous impact on attendance figures.

After 9.10am it is recorded as an **unauthorized** absence. By law we are required to register in this way. We must also report to the **Educational Welfare Officer** if your child has had over a certain amount of unauthorized absences

On average around 10% of our children are registered late everyday!

If your child is unwell please phone the school before **08.55am every day** that they are unwell. **Failure to do so will also result in an Unauthorized absence.**

Let's work on improving our attendance together!

If you need support with this, please let us know.

Please see our Attendance Policy

[Weston Mill Community Primary Academy - Policies](#)

WHY IS IT IMPORTANT FOR YOUR CHILD TO ARRIVE AT SCHOOL ON TIME?



There are many benefits your child will gain from arriving on time to school and class.

Did you know?

- ✚ The likelihood of success in learning is strongly linked to strong participation in school programs which is linked to arriving on time.
- ✚ It is very important for children to develop habits of arriving on time at an early age, beginning from the time they start school.

Some Gains for Your Child

Arriving On Time for School and Class:

- ✚ Makes sure that your child doesn't miss out on the important learning activities that happen early in the day when they are most alert.
- ✚ Early morning learning activity is often reading or writing your child can lose so many opportunities to learn these critical life skills.
- ✚ Helps your child to learn about routines and commitment.
- ✚ Gives your child time to greet their friends before class and this can reduce the possibility of disruptions in the classroom.
- ✚ Class disruption can make your child feel uncomfortable and can upset other children.
- ✚ Arriving on time every day makes children feel good about themselves

SCHOOL ATTENDANCE IS COOL!

HAVING PROBLEMS GETTING YOUR CHILD TO SCHOOL ON TIME?



Are these some reasons why your child does not get to school on time?

- ✚ Your child won't go to bed at night or get out of bed in the morning
- ✚ Your child can't find their clothes, books, homework, school bag....
- ✚ The school lunches are not ready
- ✚ Homework's not done
- ✚ Your child is slow to eat breakfast
- ✚ Your child is watching TV late at night or when they should be getting ready for school
- ✚ It's your child's or someone else's birthday
- ✚ There is a test or presentation at school today
- ✚ Your child is screaming or not letting go of you.

Things to Try

Here are some suggestions based on setting regular routines:

- ✚ Have a set time to go to bed
- ✚ Have a set time to be out of bed
- ✚ Have uniform and school bag ready the night before
- ✚ Make lunches the night before
- ✚ Have set time for starting and ending breakfast.
- ✚ Set a time each day for homework. Try straight after school with the TV off so your child can relax for the rest of the night and have a reward when finished.
- ✚ Turn the TV on for set times and only if appropriate.
- ✚ Be firm that children must go to school.
- ✚ Give your child lots of positive encouragement and acknowledge they are organized and get to school on time.
- ✚ Be firm; a birthday does not equal a holiday.
- ✚ On arrival look for some of your child's friends and encourage your child to go and play with their friends.
- ✚ Once settled leave quickly.

REGULAR ROUTINES ARE IMPORTANT

Why does attendance matter?

- You fall behind in work and lessons.
- You have lower motivation to be here at all.
- Your enjoyment of learning is less.
- You have less chance of achieving GCSEs.
- You're more likely to show poor behaviour
- You miss out on the social life of school and extra curricular opportunities and experiences.
- It effects your ability to have or keep friendships



LATE ARRIVAL AT SCHOOL

When your child arrives late at school, he/ she misses the teacher's instructions and the induction to the lesson. Your child may also feel embarrassed at having to enter the classroom late.



Minutes late per day during the school year	Equals days worth of teaching lost in a year
5 Minutes	3.4 Days
10 Minutes	6.9 Days
15 Minutes	10.3 Days
20 Minutes	13.8 Days
30 Minutes	20.7 Days

Frequent lateness can add up to a considerable amount of learning lost, and can seriously disadvantage your child.

Weekly attendance for 25th March - 28th March

The UK Government expectation is **96%**. We are striving for children to achieve this as there is a direct link between attendance and achievement .

This week, our whole school attendance is **89.5%**

This week's winners are : **DALEY Class** and
ADAMS Class



DALEY	89.2%
BOLT	87.5%
EVERSON	85.7%

WHITLOCK	92.4%
AINSLIE	86.6%
ADAMS	96.6%
BROWN	84.3%



Oak Villa Car Park

Please ensure any parents using the Oak Villa Car Park take care when driving and parking, and hold your child's hand, if appropriate, when walking through the car park. This is to ensure that all children remain safe whilst arriving and leaving school each day. We appreciate your continued support with this to support our school community.

OFFICIAL



Incredible Years

Autistic Spectrum and Language Delay

This 10-week programme is designed for parents/carers of children who *have* or *may have* special educational needs and/or disability. The programme will help you understand why your child behaves the way they do and give you tips and tricks to manage it.

Our programme is delivered as part of Plymouth Family Hubs and in partnership with the Edison Nurture Provision, Barnardo's and Plymouth Information, advice, and support for SEND.

RUNNING FACE TO FACE

WHO: Parents of children with SEND

WHERE: Beechwood Primary school

WHEN: Thursday 25/04/24- 11/07/24
9.30-11.30am

www.plymouthias.org.uk/parenting-programmes

FIT & FED FREE*

EASTER THEATRE CAMP



THE SOAPBOX THEATRE,
DEVONPORT PARK

*Free for children eligible for free school
meals (Paid option also available)
Book at www.stiltskin.org.uk

Fit and Fed

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, younger ones 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 become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE A 'DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can 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. It 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 fibre-optic lights. 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, so be patient. 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. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them 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 wise 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

Georgina Darnell is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares excellent advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

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NEW

Do you have a child with Special Educational Needs? Would you like to work as part of a team to review and improve our Inclusion policy. This will involve a virtual meeting (can be face to face if you would rather) and some reading at home. If you would like to be involved please email our Trust Inclusion Lead - l.cooper-smith@discoverymat.co.uk.

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THE COST OF LIVING AND PRICE INCREASES
HAVE BEEN DIFFICULT FOR EVERYONE.



THAT'S WHY WE'VE REDUCED

THE COST OF A HOT, FRESHLY
PREPARED SCHOOL DINNER TO

£2.75

FROM 15TH APRIL 2024



♡ **THANK YOU** ♡

FOR YOUR SUPPORT OVER THE LAST 3 YEARS



 <h1 style="text-align: center;">WEEK 1</h1> <p style="text-align: center;">W/C - MONDAY: 15TH APR, 6TH MAY, 3RD JUN, 24TH JUN, 15TH JUL, 9TH SEP, 30TH SEPT, 21ST OCT</p>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - N W Meatballs with tomato sauce & pasta Allergens: (Glu), (Wh)	CHOICE 1 - N Crispy coated chicken bites with seasoned jacket potato Allergens: (Glu), (Wh), (Mi), (E)	CHOICE 1 - N V Macaroni cheese with garlic bread Allergens: (Glu), (Wh), (Mu), (Mi)	CHOICE 1 - N Roast beef, Yorkshire Pudding, gravy, roast potatoes & vegetables Allergens: (Glu) (Wh) (Mi) (E)	CHOICE 1 Fish fingers & fresh chips Allergens: (Glu), (Wh), (F)
CHOICE 2 - N V VE Vegan sausage with jewelled cous cous Allergens: (Glu), (Wh), (Ce)	CHOICE 2 - N W V VE Vegetable and chickpea curry with rice & naan Allergens: (Glu), (Wh)	CHOICE 2 - N V Courgette burger in a roll served with diced potatoes Allergens: (Glu), (Wh), (Mi), (E), M/C: (R)(O), (B)(So)(Se) (Mu).	CHOICE 2 - N V VE Roasted Quorn fillet, gravy, roast potatoes and vegetables Allergens: (Glu), (Wh)	CHOICE 2 - N V Spanish omelette & fresh chips Allergens: (Mi), (E), (Mu)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY; BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
DESSERT - V Strawberry frozen yoghurt Allergens: (Mi)	DESSERT - V E Fruit Salad	DESSERT - N V Victoria Sponge Allergens: (Glu), (Mi), (E)	DESSERT - N V Fruit platter or Yoghurt Allergens: (Su)(Mi)	DESSERT - N V Chocolate beetroot brownie Allergens: (Glu) (Wh) (E)
AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT				
<small> Fresh Fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day. N = NONE MADE IN THE KITCHEN, W = WHOLE WHEAT INGREDIENTS, VE = VEGAN/OMNI V = VEGETARIAN, E = THE VEGETARIAN LINE. Allergen Key: Gluten (Glu), Dairy (Dai), Wheat (Wht), Eggs (Eg), Soy (So), Sesame (Ses), Nuts (Nu), Mustard (Mus), Molluscs (Mol), Milk (Mil), Fish (Fis), Shellfish (Shl), Peanuts (Pn), Lupin (Lup), MFC: May Contain </small>				

DID YOU KNOW?
 You can have meals of brown rice instead of potatoes!


WEEK 2

W/C - MONDAY: 22ND APR, 13TH MAY, 10TH JUN, 1ST JUL, 22ND JUL, 16TH SEP, 7TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H W Beef chilli, rice & nachos Allergens: (Glu), (Wh), (So), (Mi) M/C: (E)	CHOICE 1 - H V Cheese & tomato pizza with wedges Allergens: (Glu), (Wh), (So), (Mi) M/C: (E)	CHOICE 1 All day breakfast Allergens: (Glu), (Wh), (Mi), (E)	CHOICE 1 - H Roast chicken, Yorkshire pudding, gravy, roast potatoes & vegetables Allergens: (Glu), (Wh), (Mi), (E)	CHOICE 1 - H Locally caught breaded Haddock with fresh chips Allergens: (Glu), (Wh), (E), (F)
CHOICE 2 - V VE Vegan nuggets & lemon herb diced potatoes Allergens: (Glu), (Wh), (E)	CHOICE 2 - H V Vegetable cakes with tomato & vegetable cous cous Allergens: (Mi), (E), M/C: (Wh), (Bar)	CHOICE 2 - V VE Vegan all day breakfast Allergens: (Glu), (Wh), (Bar)	CHOICE 2 - H V Roasted vegetable plait/parcel with roast potatoes & vegetables Allergens: (Glu) (Wh) (Mi) (E)	CHOICE 2 - V VE Fishless fingers & fresh chips Allergens: (Glu), (Wh)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY; BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
DESSERT - V Ice cream & tinned fruit Allergens: (M)	DESSERT - H W V Fresh fruit platter or yoghurt Allergens: (Su) (M)	DESSERT - V VE Fruit salad	DESSERT - H W V VE Fruity flapjack Allergens: (Glu), (O), M/C: (Wh), (Bar)	DESSERT - H W V Iced blueberry & lemon tray bake Allergens: (Glu), (Wh), (E)

AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT

Fresh fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day.

H = HOME-MADE IN THE KITCHEN, W = WHOLE WHEAT INGREDIENTS, VE = VEGAN DIET, V = VEGETARIAN, Z = THE VEGETARIAN LINE.

Allergen Key: Gluten (Glu), Dairy (Dai), Eggs (Eg), Nuts (Nu), Soy (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (M), Fish (F), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L), M/C: May Contain



WEEK 3

W/C - MONDAY: 29TH APR, 20TH MAY, 17TH JUN, 8TH JUL, 2ND SEP, 23RD SEPT, 14TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H Beef burger in a roll with seasoned wedges Allergens: (Glu), (Wh), (Mi), (E), M/C: (R), (O), (B), (So), (Se), (Mu)	CHOICE 1 - H BBQ chicken with coleslaw & new potatoes Allergens: (E)	CHOICE 1 - H V Cheese wheels with herby wedges Allergens: (Glu), (Wh), (Mi)	CHOICE 1 - H Roast gammon, apple sauce, gravy, roast potatoes & vegetables	CHOICE 1 - H Homemade locally caught fish cakes with fresh chips Allergens: (Glu), (Wh), (F), (E)
CHOICE 2 - H W V VE Mixed bean chilli with rice	CHOICE 2 - H W V Cheese & tomato quiche served with new potatoes Allergens: (Glu), (Wh), (E), (Mi)	CHOICE 1 - V Vegan meatballs in tomato sauce served with pasta & garlic bread Allergens: (Glu), (Wh), (So), M/C: (Se)	CHOICE 2 - H V Vegetable crumble with roast potatoes, gravy & vegetables Allergens: (Glu), (Wh), (O), (Mi)	CHOICE 2 - V VE Vegan dippers with fresh chips Allergens: (Glu), (Wh)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY; BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
DESSERT - V Raspberry ripple ice cream roll Allergens: (Glu), (Wh), (E), (M), (So)	DESSERT - H V VE Custard biscuits & fruit Allergens: (Glu), (Wh)	DESSERT - H V VE Fruit Jelly	DESSERT - H V VE Chocolate shortcake with fruit Allergens: (Glu), (Wh)	DESSERT - V VE Fruit salad

AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT

Fresh fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day.

H = HOME-MADE IN THE KITCHEN, W = WHOLE WHEAT INGREDIENTS, VE = VEGAN DIET, V = VEGETARIAN, Z = THE VEGETARIAN LINE.

Allergen Key: Gluten (Glu), Dairy (Dai), Eggs (Eg), Nuts (Nu), Soy (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (M), Fish (F), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L), M/C: May Contain



ED'S SPECIAL EVENTS



MAY
WORLD FAIRTRADE DAY
 (MONDAY 13TH MAY)



JUNE
80TH D-DAY ANNIVERSARY
 (THURSDAY 6TH JUNE)



JULY
EURO'S 2024
 (WEDNESDAY 10TH JULY)



SEPTEMBER
NEW SCHOOL YEAR MENU
 (SEPTEMBER)



OCTOBER
WORLD FOOD DAY
 (WEDNESDAY 16TH OCTOBER)

STAY UP TO DATE:



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@cateredplymouth



At CATER^{ed}, we pride ourselves that the majority of the food we serve is cooked from scratch every day, making Ed's lunchtime menu truly awesome! Because we use fresh, local, seasonal and organic ingredients we're also supporting local growers, farmers and the regional economy whilst we keep an eye on our eco-footprint.

We use:-

- Locally caught and landed Pollock and Mackerel
- Free range eggs (including in our mayonnaise)
- Westcountry milk
- Westcountry yoghurts
- Organic herbs
- No fried food
- Fairtrade sugar
- Wholemeal flour
- Seasonal fresh vegetables and fruit (which may vary due to availability)

Please visit our pages at www.catered.org.uk

UFSM: All children in Reception, Year 1 and Year 2 are entitled to receive a **FREE** school meal every day regardless of household circumstances. This is called universal infant free school meals. So you can come in and have a great tasting meal every day and pay Ed nothing!

We encourage everyone to take up this free offer!

FSM: If you think you may be entitled to free school meals for your child under aged 7 and for older children, information about free school meals can be found by following the link to **Free** School Meals within the CATERed webpages or by calling the FSM team on 01752 307410. Eligibility for FSM also provides schools with additional income via the Pupil Premium.

We encourage everyone one who's eligible to take up this free offer!

If you are buying a meal, one of Ed's Super Fantastic two course meals including a drink currently costs £2.75.

For a full allergen breakdown please contact us at catering@catered.org.uk, let us know what school your child attends so we can talk through the menu offer currently at that school.

Mandatory Food Standards apply to all school lunches details can be found by following the link from our pages or by visiting <http://www.schoolfoodplan.com/actions/school-food-standards/>



CATERed
 NUTRITION & WELLBEING
 CATERING

is a company jointly owned by schools across the City and Plymouth City Council serving great tasting, freshly prepared food to children and young people every day.

Company No: 9355602 | VAT No: 208 5235 29



Tell Ed!

We want to know what you think about our food so if you have any questions, comments or want to send us some recipe ideas contact us on 01752 977166 or by email catering@catered.org.uk

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LACA
 Local Area Community Action

FOOD
 Plymouth

RESURGEAN
 CATERER

SUSTAINABLE
 FISHING

OPENING YOUR MIND
ORALANCE

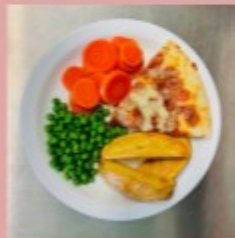
THE PLYMOUTH CITY COUNCIL
 SUPPORTS THE SCHOOL FOOD PLAN STRATEGY

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 SUPPORTS THE SCHOOL FOOD PLAN STRATEGY

SUGAR
SMART

It's all about
Living Wage
 by 2025





Nutrition Plan: S24 Full Summer 24

Legend
 ● Contains
 ◐ May Contain
 ○ Does Not Contain
 * No Information

Group	Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
	Quorn Fillet with Roast Potatoes & Grav	R01314	R01314	202.29	21.70g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Quorn fishless fillet with chips	R02764	R02764	82.08	25.36g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Quorn Nuggets with Diced Potatoes	R02760	R02760	92.80	21.04g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Quorn vegan dippers with chips & ketchi	R02770	R02770	215.00	68.77g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Raspberry ripple ice cream roll	R02766	R02766	0.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast beef and yorkshire pudding	R01304	R01304	257.96	24.58g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Chicken Fillet with R. Pots, YP & i	R01336	R01336	187.37	22.74g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Gammon with Roast Potatoes & (R01322	R01322	207.71	18.59g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Sliced carrots	R01346	R01346	60.00	4.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Spaghetti & Meatballs Winter 24	R02741	R02741	96.17	34.89g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Spanish omelette with chips	R01320	R01320	263.42	38.59g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Sweetcorn	R01347	R01347	60.00	4.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tinned Fruit salad	R02732	R02732	78.11	9.49g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Ubley Low Fat Strawberry Yoghurt	R02556	R02556	90.00	13.05g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
	Vegan All Day Breakfast (Summer 24)	R02552	R02552, R02634	198.24	16.53g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Vegan Balls with Pasta & G/Bread	R02619	R02619	150.42	38.01g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Vegan sausage with jewelled cous cous	R02759	R02759	85.33	16.18g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

Nutrition Plan: S24 Full Summer 24

Legend
 ● Contains
 ◐ May Contain
 ○ Does Not Contain
 * No Information

Group	Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
	All Day Breakfast (Summer 24)	R02622	R02622	209.93	2.46g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Baked Beans	R02634	R02634	100.00	11.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	BBQ chicken with new pots & coleslaw	R02767	R02767	253.13	28.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Beef burger, brioche bun & wedges	R02743	R02743	154.42	30.87g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Beef Chilli with Rice & Nachos	R01703	R01703	263.44	49.90g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Bread accompaniment	R01373	R01373	22.22	9.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cheese & tomato pizza with Jacket Wec	R02563	R02563	188.98	53.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cheese & Tomato Quiche with New pots	R02768	R02768	169.06	44.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cheese Wheels with Wedges	R01781	R01781	195.79	50.71g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chocolate brownie Winter 24	R02745	R02745	51.00	20.18g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cool Delight Frozen Yoghurt	R01897	R01897	0.00	22.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Courgette Burger with Diced Potatoes	R02620	R02620	222.75	69.26g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Crispy coated chicken bites with wedges	R02077	R02077	131.92	26.74g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Custard Biscuit with fruit portion	R01406	R01406, R01916	77.51	21.49g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Drinking milk	R01371	R01371	79.17	3.72g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	EvFav baked beans	R02733	R02733	130.00	16.68g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Farmhouse Vegetable Portion	R02071	R02071	60.00	3.42g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Menu: S24W1D1

Summer 24 Week 1 Monday

Item	Description	Amount
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R02741 Spaghetti & Meatballs Winter 24 Ptn Each Spaghetti & Meatballs Winter 24 (96.1667g) contains

Energy 715kJ 171kcal	Fat 0.7g	Saturates 0.1g	Sugars 4.1g	Salt 0.37g
9%	1%	1%	5%	6%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 744kJ / 178kcal

R02759 Vegan sausage with jewelled cous cous Ptn Each Vegan sausage with jewelled cous cous (Ptn) contains

Energy kJ 362.5	Energy 86.6	Fat 0.6	Saturates 0.2	Carbohydr: 16.2
4%	4%	1%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01356 Green beans Ptn Each Green beans (60g) contains

Energy 78kJ 19kcal	Fat <0.5g	Saturates <0.1g	Sugars 1.4g	Salt <0.01g
1%	0%	0%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 130kJ / 31kcal

R01346 Sliced carrots Ptn Each Sliced carrots (60g) contains

Energy 108kJ 26kcal	Fat <0.5g	Saturates <0.1g	Sugars 4.2g	Salt 0.04g
1%	0%	0%	5%	1%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 180kJ / 43kcal

R01357 Jacket potato with cheese Ptn Each Jacket potato with cheese (215g) contains

Energy 1515kJ 362kcal	Fat 8.9g	Saturates 5.3g	Sugars 2.3g	Salt 0.52g
18%	13%	27%	3%	9%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 705kJ / 168kcal

CATERed Spring Summer Menu 24 – Nutritional data for individual products



Red Apple

Nutrition Information		FoP Nutrition						
Nutrition Information (per 100g)								
Nutrient	Description	Unit Measure	Accuracy	Value	Std	Status	Original	
Energy (kj)	Energy (KJoules)	kJ	True Value	213.38	✓	Calculated		
Energy (kc)	Energy (kcal)	kcal	True Value	51.00	✓			
Fat	Fat	g	True Value	0.10	✓			
Satd FA /1	Satd FA /100g fd	g	Trace	0.00	✓			
Carbohydra	Carbohydrate	g	True Value	13.00	✓			
NME Sugar	Non Milk Extrinsic Sugar	g	Estimate	0.00	✓			
NSP	NSP (Fibre)	g	True Value	1.90	✓			
Protein	Protein	g	True Value	0.30	✓			
Iron	Iron	mg	True Value	0.10	✓			
Zinc	Zinc	mg	Trace	0.00	✓			
Calcium	Calcium	mg	True Value	4.00	✓			
Vitamin A	Vitamin A	µg	Estimate	2.50	✓			
Vitamin C	Vitamin C	mg	True Value	3.00	✓			
Folate	Folate	µg	True Value	1.00	✓			
Sodium	Sodium	mg	True Value	1.00	✓			
Salt	Salt	g	True Value	0.00	✓	Calculated		
Total suga	Total sugars	g	True Value	13.00	✓			

Green Apple

Nutrition Information		FoP Nutrition						
Nutrition Information (per 100g)								
Nutrient	Description	Unit Measure	Accuracy	Value	Std	Status	Original	
Energy (kj)	Energy (KJoules)	kJ	True Value	175.73	✓	Calculated		
Energy (kc)	Energy (kcal)	kcal	True Value	42.00	✓			
Fat	Fat	g	True Value	0.10	✓			
Satd FA /1	Satd FA /100g fd	g	Trace	0.00	✓			
Carbohydra	Carbohydrate	g	True Value	10.50	✓			
NME Sugar	Non Milk Extrinsic Sugar	g	Estimate	0.00	✓			
NSP	NSP (Fibre)	g	True Value	1.60	✓			
Protein	Protein	g	True Value	0.40	✓			
Iron	Iron	mg	True Value	0.10	✓			
Zinc	Zinc	mg	True Value	0.10	✓			
Calcium	Calcium	mg	True Value	4.00	✓			
Vitamin A	Vitamin A	µg	Estimate	2.67	✓			
Vitamin C	Vitamin C	mg	True Value	5.00	✓			
Folate	Folate	µg	True Value	1.00	✓			
Sodium	Sodium	mg	True Value	3.00	✓			
Salt	Salt	g	True Value	0.01	✓	Calculated		
Total suga	Total sugars	g	True Value	10.50	✓			

EDIQM

"Congratulations to you and your team at Discovery Multi Academy Trust, your work towards addressing inequality has been formally recognised and you have been awarded the **Equality, Diversity, and Inclusion** Quality Mark.

It is noted that;

- EDI is championed throughout the schools.
- There is a strong team which supports an inclusive approach for all pupils.
- Discovery Multi Academy Trust is promoting multiculturalism by celebrating differences through planning lessons that reflect the diversity of the community.
- Staff feel safe to have open and transparent conversations on EDI."

A **special thank you** to the parents who were involved in this project.