

Weston Mill Community Primary Academy

Friday 25th April 2025

This week:

Attendance

Wellie Request

Celebrating Success

Our Learning

Important Dates

Email Addresses to Remember

NEW Lunch Menu

Family Support Team

Head Lice

Nasal Flu Vaccination

School Age Immunisation Service

ParentPay

Term Dates

Headteacher's update

Dear Parents and Carers,

Welcome back to the Summer Term. Hopefully you all enjoyed a restful and relaxing Easter Break. It really feels like we have been off to a flying start, with the four-day week, the weekend has arrived promptly. Indeed, this week has set a bit of a trend for what will be the shortest term of the year – just five weeks. It is also worth remembering that week three will also be a four-day week in lieu of the May Bank Holiday on Monday 5th **May**.

This week, Year Three have welcomed Blast from the Past into school to begin their exciting history theme related to the Ancient Egyptians. A visit from the great Howard Carter himself is sure to have piqued their interest. They have spent the day investigating the amazing discoveries made in the tombs of the ancient Pharos and have had the chance to explore the theme through a variety of games and activities.

Year Six have also “hit the ground running”. They are working as hard as they can as the week of their KS2 Assessments draw ever closer. The assessments commence Monday 12th **May**. Keep up the effort everyone, not long to go.

New clubs for the term will all be running as of next week (week two 28.4.25).

Next week is an exciting week for the school as we welcome the arrival of Mrs Lenszner, our new Head of School. Please do come and say hello and introduce yourselves as you will likely see her around on the playground either before or after school from next week.

Next week also sees some of our KS1 writers attending the Aim High writing workshop along with Miss Toner. We look forward to hearing about their experiences.

Thank you all for your ongoing support. We hope you have a wonderful weekend.

Best wishes,

Weston Mill Team

Attendance

We are continuing to strive for our attendance target of 96% and are making some progress to achieving this and ensuring our children regularly attend school to achieve success. If your child's attendance is less than 90%, you will be asked to attend an attendance meeting with Mrs Gleed. It is important that these meetings are attended to ensure that we are providing the right support for your child to continue to attend school regularly. Our attendance policy can be accessed using the following link:

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

A gentle reminder to parents that contact **must** be made with school on your child's first day of absence and each day until they return to school. If you do not provide a reason for your child's absence, this will be recorded as an unauthorised absence and could result in a penalty notice being issued by Plymouth City Council. Arriving late for school after 9.10am will also be recorded as an unauthorised absence.

Weekly attendance for 21st April to 25th April

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 **94.8%**

This week's winners are : **HOLST Class**, and **ZIMMER Class**.

MOZART	94.4%
PRICE	97.1%
ZIMMER	98.6%



BRITTEN	88.9%
DUN	91.8%
HOLST	95.7%
TCHAIKOVSKY	95.5%

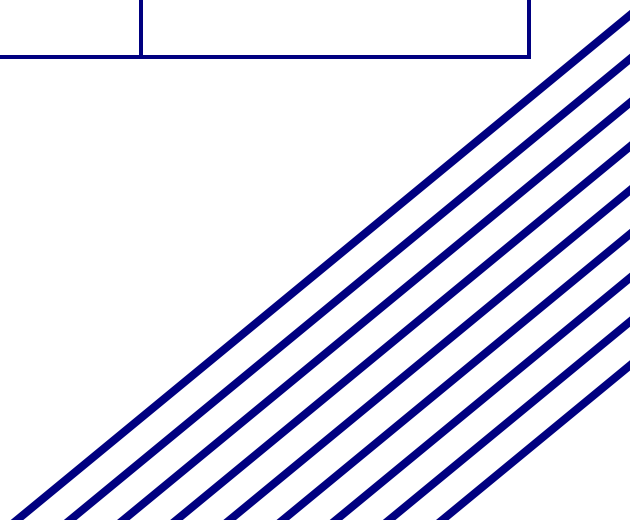
Wellie Request

We are looking for donations of old wellies so more children can access our Forest School. If you have any please they would be greatly appreciated



Celebrating Success

Year	Value awards	Star Learners
Nursery	Ayda	Thomas
Reception	Heerva	Oliver
Year 1	Jaxon	Luna
Year 2	Scotty	Leon
Year 3	Letti	Mason
Year 4	Lucas	Hunter
Year 5	Lacey	Paige
Year 6	Poppy	James



Our Learning

Year 3 Blast From the Past Visit.

The children appear to be enjoying their day as they explore Ancient Egypt with Howard Carter. They are gaining a deeper understanding of archaeology and have enjoyed playing a pyramid game as they learn more about Egyptian artefacts.



School Uniform

Please ensure that your child comes to school each day wearing the correct school uniform. If you require additional items of school uniform, please speak to Mrs Lavers who will be more than happy to help from our spare uniform.

here's a 10% discount code for your parents to save money on uniform from [MyClothing](#).

Code = **UNIFORM10%**

Expires = 31/03/2025

Compulsory Uniform Items

Navy school jumper or cardigan (with or without the school logo)



White or blue polo shirt (with or without the school logo)



Trousers or shorts, or skirt (mid grey)



School Uniform

Update Below!

Parents are reminded that their child should wear the correct PE uniform to school on their PE days. We ask that children wear their school jumper/cardigan as part of their PE kit only. **Hoodies are no longer permitted.** We appreciate your continued support and invite parents to speak with Mrs Lavers if they require any support for any items of uniform.

PE Kit

White polo shirt or t-shirt
(with or without logo)



Black shorts



Navy/Black jogging bottoms



Important Dates

Class Assembly Dates

**Year EYFS Thursday 22nd May 2025 @ 9.15
(New Date).**



Important Dates

Dates for your Diary

For all events and any changes click below:

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



Important Dates

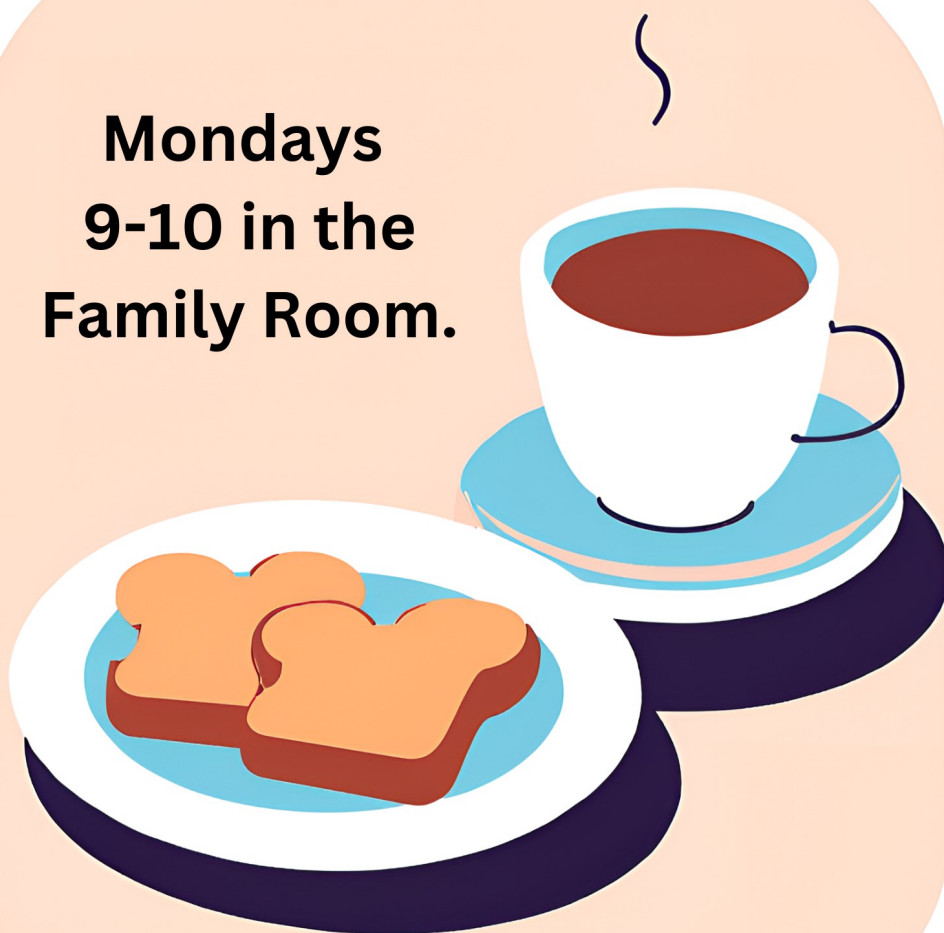


This year, as part of the **Year 6** leaver's production, we will be participating in the TRP Playhouse project. The performance date will be **Friday 11th July at 12pm**: the performance will take place at the Theatre Royal Plymouth. Further details and ticket information will follow nearer the time, but we wanted to ensure parents/carers had the date in advance.

Important Dates

Tea, Toast and Talk

**Mondays
9-10 in the
Family Room.**



**just pop in for a quick chat and
a cuppa**

Email Addresses to Remember

Email Addresses to Remember	
Nursery	j.bulley@discoverymat.co.uk
Reception	n.gray@discoverymat.co.uk
Year 1	j.gooding@discoverymat.co.uk
Year 1	l.field@discoverymat.co.uk
Year 2	k.kombostiotis@discoverymat.co.uk
Year 3	j.tumilty@discoverymat.co.uk
Year 4	j.butson@discoverymat.co.uk
Year 4	s.mann@discoverymat.co.uk
Year 5	a.hewlett@discoverymat.co.uk
Year 6	l.wallace@discoverymat.co.uk

Family Support Team

			
Mr Steve Mann Assistant Head of School Deputy Designated Lead for Safeguarding Safeguarding Behaviour Attendance Family Support	Mrs Zoe Lavers Family Support worker First Contact to Signpost Parents Foodbank Courses for parents/Carers Services Families Community Support School Life Parents Questions & Answers Local Issues Coffee mornings Under 5 Group	Mrs Becca Gleed Head of School Designated Lead for Safeguarding Education and Curriculum PTFA Contact Family Support	Mrs Laura Harris INCO SEND Support SEND and Behaviour Support for Parents School Nurse Referrals DLA Applications GP Letters

Lunch Menu

Wraps will be available Mondays and Wednesdays.

Cheese, Ham or Tuna.


There are no sandwiches.

Nursery Children can now choose from Red, Green and Blue Option.

NEW MENU



Lunch Menu



WEEK 1

W/C - MONDAY: 21ST APRIL, 12TH MAY, 9TH JUNE, 30TH JUNE, 21ST JULY, 15TH SEPT, 6TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H Pork hot dog with seasoned potato wedges Allergens: Glu W m/c Se, So	CHOICE 1 - H, V Cheese wheels with herby diced potatoes Allergens: Glu W Mu Mi	CHOICE 1 - H Chicken and veg meatballs served with mash and gravy Allergens: Glu W	CHOICE 1 - H Roast gammon loin with roast potatoes, seasonal vegetables and gravy	CHOICE 1 Fish fingers served with fresh chips Allergens: Glu, Wh, F
CHOICE 2 - H, W, V, VE Lentil spaghetti bolognese Allergens: Glu W m/c Bar	CHOICE 2 - H, W, V, VE Vegetable curry with rice	CHOICE 2 - H, V, VE Cheese and bean quesadilla Allergens: Glu W E	CHOICE 2 - H, W, V, VE Mediterranean vegetable tart, roast potatoes, seasonal vegetables and gravy Allergens: Glu W m/c Bar	CHOICE 2 - H, W, V Cheese and tomato quiche served with fresh chips or pasta Allergens: Glu W E Mi

SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE (MI) / TUNA MAYONNAISE (F E)

DESSERT - V, VE Pears and ice cream Allergens: Mi	DESSERT - H, W, V, VE Apricot flapjack Allergens: Glu O w/c Wh Bar	DESSERT - H, V, VE Custard biscuits served with fruit Allergens: Glu Wh	DESSERT - H, V, VE Fruit platter	DESSERT - H, W, V, VE Oat and date cookie Allergens: Glu Wh O m/c Bar
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AVAILABLE EVERY DAY: FRESH SALAD / SANDWICHES ON REQUEST / FRESH FRUIT AND YOGHURT

Fresh fruit, local Westcountry yoghurt 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 DASH V = VEGETARIAN

Allergen Key: Gluten (Glu), Barley (Bar), Wheat (Whe), Oats (O), Rice (R), Soya (So), Sunflower (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mc), Milk (Mi), Nuts (Nu), Eggs (E), Crustaceans (C), Dairy (Da), Fish (F), Lupin (L), m/c: May Contain


☀️ = Climate Friendly



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

Tilda

Lunch Menu



WEEK 2

W/C - MONDAY: 28TH APRIL, 19TH MAY, 16TH JUNE, 7TH JULY, 1ST SEPT, 22ND SEPT, 13TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H, W Beef burger with seasoned wedges Allergens: Glu Wh Su m/c Se	CHOICE 1 - H, W Pork sausage pasta bake Allergens: Glu Wh Ce m/c Mi	CHOICE 1 - H Homemade cheese & tomato pizza Allergens: Glu Wh So Mi	CHOICE 1 - H Roasted pork and beef meatloaf with roast potatoes, seasonal vegetables and gravy	CHOICE 1 - H Homemade breaded haddock fillet served with fresh chips Allergens: Glu Wh E F
CHOICE 2 - H, W, V, VE Vegetable pasta bake Allergens: Glu Wh Mi	CHOICE 2 - H, V Homemade cheese and onion roll served with homemade coleslaw Allergens: Glu Wh Mi E Mu	CHOICE 2 - H, W, V, VE Vegetable chilli served with rice Allergens: m/c Glu Wh Bar	CHOICE 2 - H, V, VE Butternut squash parcel with roast potatoes seasonal vegetables and gravy Allergens: Glu Wh	CHOICE 2 - V, VE Quorn nuggets served with fresh chips Allergens: Glu Wh

SELECTION OF JACKY POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE (Mi) / TUNA MAYONNAISE (F E)

DESSERT - V Peaches and ice cream Allergens: Mi	DESSERT - H, W, V, VE Oat biscuit bake with fruit Allergens: Glu Wh O m/c Bar	DESSERT - H, V, VE Fruit and Jelly	DESSERT - H, V, VE Fruit Platter	DESSERT - H, W, V Old school iced sponge Allergens: Glu Wh E m/c Bar
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AVAILABLE EVERY DAY: FRESH SALAD / SANDWICHES ON REQUEST / FRESH FRUIT AND YOGHURT

Fresh fruit, local Westcountry yoghurt 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 DISH, V = VEGETARIAN

Allergen Key: Gluten (Glu), Barley (Bar), Wheat (Wh), Cereals (Ce), Eggs (E), Soy (So), Sesame (Se), Peanuts (P), Mustard (Mu), Milk (Mi), Nuts (N), Fish (F), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L), m/c: May Contain

Climate Friendly

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

Tilda

Lunch Menu

CATERed
FEEDING AMBITION • LIVING IN DIFFERENCE
EVERY DAY EVERY TIME

WEEK 3

W/C - MONDAY: 5TH MAY, 2ND JUNE, 23RD JUNE, 14TH JULY, 8TH SEPT, 29TH SEPT, 20TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H, V Macaroni cheese with garlic bread Allergens: Glu Wh Mu Mi m/c Se	All day breakfast - choose from meat or climate friendly option Meat Option - H Allergens: Glu Wh E Mi Climate Friendly - V, VE Allergens: Glu Wh	CHOICE 1 - H, W Spaghetti bolognese Allergens: Glu Wh Ce m/c Bar	CHOICE 1 - H Roast turkey served with roast potatoes seasonal vegetables and gravy	CHOICE 1 Salmon bites served with fresh chips or wholemeal pasta Allergens: Glu Wh F
CHOICE 2 - H W V VE Courgette sausage in a hot dog roll with seasoned wedges		CHOICE 2 - H W V VE Quorn dippers served with tomato and vegetable rice Allergens: Glu Wh	CHOICE 2 - H W V VE Vegetable crumble, roast potatoes seasonal vegetables and gravy Allergens: O m/c Bar	CHOICE 2 - H, V French bread pizza served fresh chips or pasta Allergens: Glu Wh Mi m/c So

SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE (MI) / TUNA MAYONNAISE (F E)

DESSERT - H W V VE Oat biscuits with fruit Allergens: Glu Wh O Su m/c Bar	DESSERT - H, V Orange jelly and ice cream Allergens: Mi	DESSERT - H W V VE Lemon shortbread with fruit slices Allergens: Glu Wh m/c Bar	DESSERT - H W V VE Fruit Platter	DESSERT - H, W, V Orange drizzle cake Allergens: Glu Wh E Mi m/c Bar
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AVAILABLE EVERY DAY: FRESH SALAD / SANDWICHES ON REQUEST / FRESH FRUIT AND YOGHURT

Fresh fruit, local Westcountry yoghurt 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.

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Allergen Key: Gluten (Glu), Barley (Bar), Wheat (Wht), Oats (O), Rice (R), Soy (So), Sunflower (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Eggs (E), Nuts (N), Fish (F), Crustaceans (C), Celery (Ce), Lupin (L), Molluscs (Mo), May (M), Corn (Co)

= Climate Friendly

DID YOU KNOW
You can have
meat or brown rice
instead of potatoes!
Tilda

DID YOU KNOW
You can have
mayo or brown rice
instead of potatoes!

Tilda

Lunch Menu

ED'S SPECIAL EVENTS

APRIL

CATERed 10TH BIRTHDAY
(WEDNESDAY 23RD APRIL)

Homemade sausage rolls
or French bread pizza
served with crispy potato cubes
and vegetables

Dessert
Victoria Sponge
(H V) GCU WH M E

MAY

INTERNATIONAL FAMILY DAY
(THURSDAY 15TH MAY)

Roast chicken, mini sausages
& Yorkshire pudding (H) GCU WH M E
or Potato and broccoli bake (H V) M
served the roast potatoes gravy
and vegetables

Dessert
Trifle
(H V) GCU WH M

JUNE

WIMBLEDON
(MONDAY 30TH JUNE)

Tennis meatballs in tomato sauce
with net spaghetti (H W) GCU WH
or Centre court cheese pizza (H V) GCU WH M

Dessert
Scone and jam
(H) GCU WH M

JULY

SCHOOLS OUT FOR SUMMER
(VARIOUS DATES IN JULY)

Beef burger in a roll
(H) GCU WH, Su, M, C, Sa
with potatoes wedges
or Macaroni cheese (H V) GCU WH M, Mu

Dessert
Iced cake with sprinkles
(H V) GCU WH E

SEPTEMBER

ROALD DAHL DAY
(FRIDAY 12TH SEPTEMBER)

The Enormous Crocodile's
Crunchy Fish Fingers served
with The Twits Chips (H) GCU WH F
George's Marvellous Medicine
Vegetable Stir Fry (H V) GCU WH, Su, E, M, C, Mu, Sa

Dessert
Wonka bar
(H V) GCU WH

OCTOBER

HARVEST FESTIVAL DAY
(MONDAY 6TH OCTOBER)

Sausage and vegetable pizza slice
(H W) GCU WH M
with potato wedges or Lentil and
vegetable shepherd's pie
(H V) GCU WH, M, C, Mu, Sa

Dessert
Apple cake with custard
(H W V) GCU WH E

STAY UP TO DATE: [facebook.com/plymouthcatered](https://www.facebook.com/plymouthcatered) [@cateredplymouth](https://www.instagram.com/cateredplymouth) [@cateredplymouth](https://www.tiktok.com/@cateredplymouth)

Universal Infant

Free School Meals (UFSM):

All Reception, Year 1, and Year 2
children can enjoy a free school meal
daily, regardless of household income.

**We encourage everyone to take up
this free offer!**

Free School Meals (FSM):

If you think your child (any age) may
be eligible, visit the CATERed website
and follow the link to **Free School
Meals** or call 01752 307410 for details.
FSM eligibility also provides schools
with extra funding through the Pupil
Premium.

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

Ed's Super Fantastic two-course meal costs £2.75.

Need a full allergen breakdown?
Email catering@catered.org.uk with
your child's school name so we can
provide specific menu details.

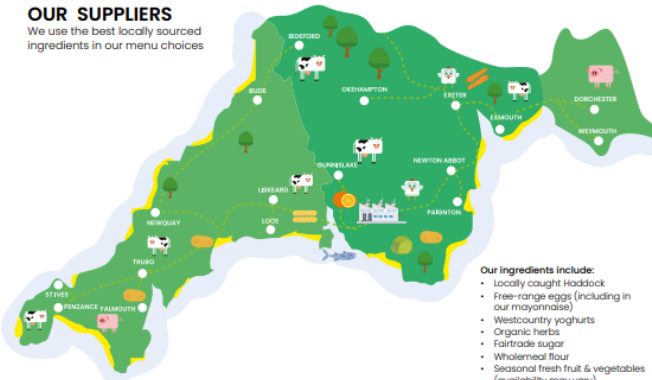
All school lunches meet the
Mandatory School Food Standards,
details can be found by following the
link from our pages or by visiting
[http://www.schoolfoodplan.com/
actions/school-food-standards/](http://www.schoolfoodplan.com/actions/school-food-standards/)

**We value your feedback! If you have
questions, comments, or recipe
ideas, call us at 01752 97766 or email
catering@catered.org.uk.**

At CATERed, we take pride in cooking the majority of our meals from scratch every
day! We have created a high-quality lunchtime menu using fresh, local and seasonal
ingredients. These delicious, healthy and affordable ingredients support local farmers,
growers and producers and reduces our eco-footprint.

OUR SUPPLIERS

We use the best locally sourced
ingredients in our menu choices



Our ingredients include:

- Locally caught Haddock
- Free-range eggs (including in
our mayonnaise)
- Westcountry yoghurts
- Organic herbs
- Fairtrade sugar
- Wholemeal flour
- Seasonal fresh fruit & vegetables
(availability may vary)
- No fried food



CATERed is a company jointly owned by schools across the City, surrounding areas and Plymouth City Council, serving great
tasting, freshly prepared food to children and young people every day. Company No. 9355982 | VAT No. 206 525 28
Design by www.churchcreative.co.uk

Head Lice

Dear Parents

RE: HEAD LICE

Following a few cases of head lice at school, please use the information on this sheet when you look through your child's hair.

FOR THE FOLLOWING TREATMENT OF HEAD LICE WE ADVISE THE FOLLOWING: -

IT IS MUCH EASIER TO CHECK FOR HEAD LICE IF YOU HAVE WET HAIR.

Wash your child's hair and rinse.

Put conditioner on the hair and comb through (roots to ends) with a head lice comb. Rinse off conditioner as normal.

If you find head lice, please repeat this every day for ten days. You should then get rid of all the lice.

Please repeat for each member of the family, if you find head lice.

If you have big problems please visit your GP surgery, where they may prescribe lotion to treat.

PLEASE NOTE THAT EGGS NEED TO BE TAKEN OUT ONE AT A TIME. COMBS OR LOTION DO NOT GET RID OF THEM BECAUSE THEY ARE GLUED TO THE HAIR.

Please see the NHS advice below for further information.

[Head lice and nits - NHS](#)

Nasal Flu Vaccination

Any parents who missed the consenting process and still wish their child to have the flu vaccine, please ask call 01392 342 678 and a consent form can be completed over the phone and you will be assisted with booking into one of our community clinics to have the vaccination done.

Anyone who has already completed a consent form and their child did not get the vaccine for any reason will automatically receive and email inviting them book into a community clinic.



NHS

flu: 5 reasons to vaccinate your child

- 1. Protect your child**
The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends**
Vaccinating your child will help protect more vulnerable friends and family
- 3. No injection needed**
The nasal spray is painless and easy to have
- 4. It's better than having flu**
The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs**
If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit
www.nhs.uk/child-flu

Flu 1mmunisation
Helping to protect children, every winter

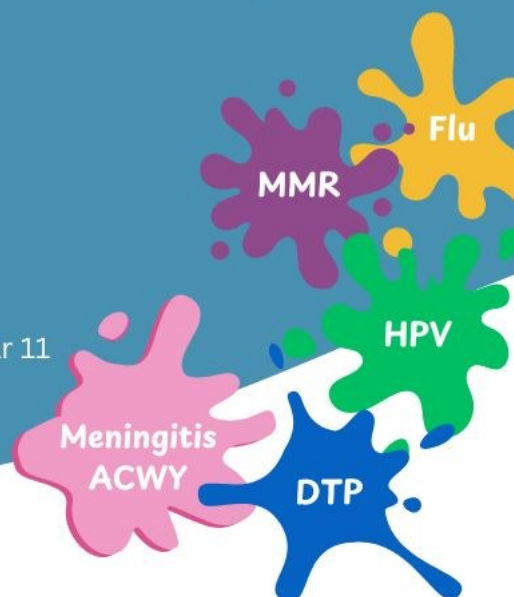
© Crown copyright 2021. Product code: 786210101. Public Health England gateway number: 2021108.
If you want to order more copies of this poster, please visit healthpublications.gov.uk/home.html or call 0200 123 1000.

School Age Immunisation Service

School aged vaccinations

Did you know children will be offered these routine vaccinations at school?

- ✓ Flu - reception - year 11
- ✓ MMR - catch up
- ✓ HPV - year 8 - year 11
- ✓ Meningitis ACWY - year 9 - year 11
- ✓ Diphtheria, Tetanus, Polio (DTP) - year 9 - year 11



Did you miss us?

We also have community clinics across Devon for:

- ✓ Home educated children
- ✓ Anxious children
- ✓ Children who missed the session at school

For more information, scan the QR code, or call us to speak with a member of our team



Call us on **01392 342678**



kernowhealthcic.schoolimmsdevon@nhs.net

PLEASE ENSURE THAT ALL YOUR PARENTPAY ACCOUNTS
ARE IN CREDIT.

WE ARE RUNNING A NO DEBT POLICY

PLEASE CLICK BELOW FOR FURTHER INFORMATION

[Weston Mill Community Primary Academy - Breakfast & After School Clubs](#)

[Weston Mill Community Primary Academy - School Meals](#)

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

PLEASE CLEAR ANY DEBT NOW

[ParentPay](#)



Term Dates

TERM DATES 2024/25

DISCOVERY

Teaching days (statutory)	190
Professional development days	5
Occasional days	5
Sub-total	200
School holidays	52
Bank holidays	8
Saturdays and Sundays	105
Total	365

Term	Start	End	Days
1	03-Sep-24	25-Oct-24	39
2	04-Nov-24	20-Dec-24	35
3	06-Jan-25	14-Feb-25	30
4	24-Feb-25	04-Apr-25	30
5	22-Apr-25	23-May-25	23
6	02-Jun-25	23-Jul-25	38
	Total		195

	SEPTEMBER				
Monday	2	9	16	23	30
Tuesday	3	10	17	24	
Wednesday	4	11	18	25	
Thursday	5	12	19	26	
Friday	6	13	20	27	

	OCTOBER				
	7	14	21	28	
1	8	15	22	29	
2	9	16	23	30	
3	10	17	24	31	
4	11	18	25		

	NOVEMBER				
	4	11	18	25	
	5	12	19	26	
	6	13	20	27	
	7	14	21	28	
1	8	15	22	29	

	DECEMBER				
2	9	16	23	30	
3	10	17	24	31	
4	11	18	25		
5	12	19	26		
6	13	20	27		

	JANUARY				
Monday		6	13	20	27
Tuesday		7	14	21	28
Wednesday	1	8	15	22	29
Thursday	2	9	16	23	30
Friday	3	10	17	24	31

	FEBRUARY				
3	10	17	24	30	
4	11	18	25		
5	12	19	26		
6	13	20	27		
7	14	21	28		

	MARCH				
3	10	17	24	31	
4	11	18	25		
5	12	19	26		
6	13	20	27		
7	14	21	28		

	APRIL				
	7	14	21	28	
1	8	15	22	29	
2	9	16	23	30	
3	10	17	24		
4	11	18	25		

	MAY				
Monday		5	12	19	26
Tuesday		6	13	20	27
Wednesday		7	14	21	28
Thursday	1	8	15	22	29
Friday	2	9	16	23	30

	JUNE				
2	9	16	23	30	
3	10	17	24		
4	11	18	25		
5	12	19	26		
6	13	20	27		

	JULY				
	7	14	21	28	
1	8	15	22	29	
2	9	16	23	30	
3	10	17	24	31	
4	11	18	25		

	AUGUST				
	4	11	18	25	
	5	12	19	26	
	6	13	20	27	
	7	14	21	28	
1	8	15	22	29	