

Chief Executive Officer: Mrs Alison Nettleship  
Head of School: Mrs Kathryn Catherwood  
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Assistant Head of School: Mrs Becca Gleed.



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## Newsletter 22nd March 2024

We received the amazing news this week that we have been awarded the Compassionate Schools award from St Luke's for the work we have done to support bereavement. We are really proud of this achievement and the work that our team do.

This week, KS2 attended a mental health assembly and Year 5 took part in a workshop called '**What's Your Genius**' to promote self-believe in themselves, understand what they are good at, build self-esteem and confidence, and feel inspired and motivated to pursue their passions and realise their potential.

EYFS enjoyed visiting Crownhill Garden Centre this week. They enjoyed being plant detectives and bought a range of plants that they have planted in their garden this week! The staff at the Garden Centre were really complimentary about the children, "The children have been absolute stars, well-behaved and so enthusiastic about their school garden. I really look forward to seeing the future development of it and all the sunflowers." The children were a real credit and represented our school beautifully.

We have another busy week next week including IEP meetings on Tuesday and Wednesday. Please follow the link as shared on ParentPay and Facebook to book your child's IEP appointment.

EYFS have their Stay and Play on Tuesday at 2pm and Year 3 have their Final Destination - Fairtrade Meal at 2.30pm on Wednesday.

Parents of children in Nursery and Foundation are invited in next Thursday, 29<sup>th</sup> at 2.45pm for their parent reading session. We look forward to seeing you then!

There will be a SATs meeting for parents in Year 6 on Thursday 18<sup>th</sup> April at 2.45pm in the school hall.

Year 4 have been ICT technicians this week, supporting KS1 children to get logged into the Chromebooks and onto Numbots, to practise their maths skills.

Following this, please remember that every child has a Numbots login where they can access this platform at home to support with their maths learning. If your child needs their login again, please see your child's class teacher.

Have a lovely weekend!

Mrs Catherwood  
Head of School.



Enter our Spring art competition to win some prizes!

You could....

paint



collage



print



draw



1<sup>st</sup> 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 19<sup>th</sup>  
April**

## DISCOVERY MAT



## SPRING INTO EASTER

**15 MARCH - 29 MARCH 2024**

\* ANSWER AS MANY QUESTIONS AS POSSIBLE \*  
PLAY IN ANY GAME TYPE \* THE WINNING CLASS WILL HAVE  
THE HIGHEST NUMBER OF CORRECT ANSWERS PER PUPIL \*  
ASK YOUR TEACHER FOR FULL DETAILS AND RULES \*



Attention all Mathematicians!

Following the recent request from children in KS2, we are pleased to announce the "Spring into Easter" Top of the Rock tournament on Timestable Rockstars. This competition will have several categories and run until the end of term.

Go Weston Mill, let's make sure we beat both Oakwood and Beechwood this time.



# Early Years Come & Play

Tuesday 26<sup>th</sup> March - 2pm

Join your child in our Foundation learning environment where there will be a selection of Easter arts and crafts activities for you to complete together.



This week Daley class loved visiting Crownhill Garden Centre. The children shared with staff what they had learnt about plants and enjoyed being plant detectives. With support from the PTFA we have purchased a range of plants to develop our garden. Thank you to the PTFA. We will be planting these tomorrow and learning more about how we care for them. We feel very proud of our children as we received an email from the Garden Centre praising their excellent behaviour and enthusiasm for learning. Well done Daley Class!



Year 3 has started a new Topic in Maths: Mass and Capacity. We started by practicing reading scales and yesterday we used scales to measure mass.



## 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**

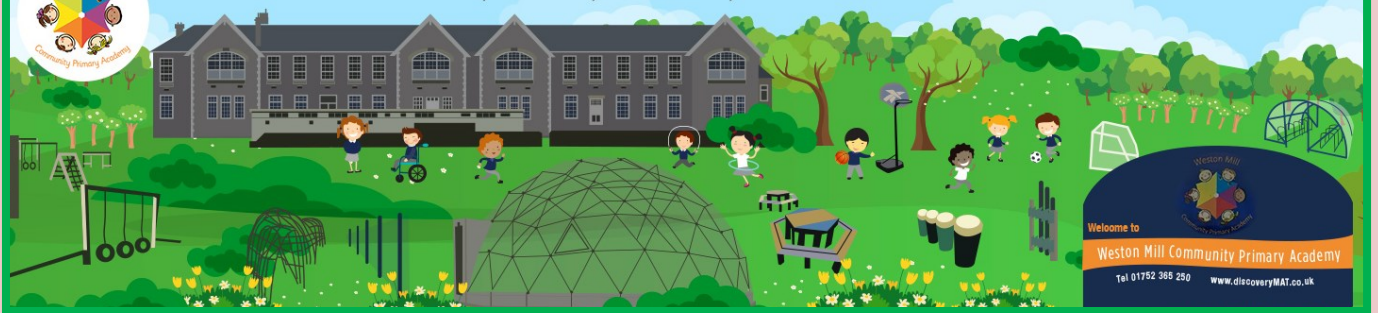
And sooo MUCH MORE!!!



Site Phone: 07762833602 (Camp Only)  
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[info@omegasportz.com](mailto:info@omegasportz.com)



# Weston Mill Community Primary Academy



## WEBSITE

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



## CALENDAR

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



## TERM DATES



[Weston Mill Community Primary Academy - Term Dates](#)

## IMPORTANT POLICIES



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



## NEWSLETTER

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

Please follow us on our Facebook

[\(1\) Facebook](#)





**“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 18th March - 22nd 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 **93.1%**

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



<b>DALEY</b>	<b>97.5%</b>
BOLT	<b>95.3%</b>
EVERSON	<b>83.7%</b>

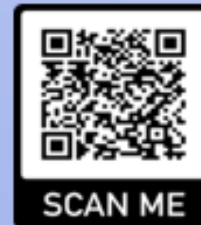
WHITLOCK	<b>95%</b>
AINSLIE	<b>90%</b>
<b>ADAMS</b>	<b>98%</b>
BROWN	<b>90.9%</b>



### 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](http://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](http://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 Dumort is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares advice, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

@nationalonsafety

NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

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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](mailto:l.cooper-smith@discoverymat.co.uk).



# WE UNDERSTAND...

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



 <b>WEEK 1</b>				
W/C - MONDAY: 15TH APR, 6TH MAY, 3RD JUN, 24TH JUN, 15TH JUL, 9TH SEP, 30TH SEPT, 21ST OCT				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE 1 - N W</b> Meatballs with tomato sauce & pasta <b>Allergens:</b> (Glu), (Wh)	<b>CHOICE 1 - N</b> Crispy coated chicken bites with seasoned jacket potato <b>Allergens:</b> (Glu), (Wh), (M), (E)	<b>CHOICE 1 - N V</b> Macaroni cheese with garlic bread <b>Allergens:</b> (Glu), (Wh), (Mu), (M)	<b>CHOICE 1 - N</b> Roast beef, Yorkshire Pudding, gravy, roast potatoes & vegetables <b>Allergens:</b> (Glu), (Wh), (M), (E)	<b>CHOICE 1</b> Fish fingers & fresh chips <b>Allergens:</b> (Glu), (Wh), (F)
<b>CHOICE 2 - N V VE</b> Vegan sausage with jewelled cous cous <b>Allergens:</b> (Glu), (Wh), (Ce)	<b>CHOICE 2 - N W V VE</b> Vegetable and chickpea curry with rice & naan <b>Allergens:</b> (Glu), (Wh)	<b>CHOICE 2 - N V</b> Courgette burger in a roll served with diced potatoes <b>Allergens:</b> (Glu), (Wh), (M), (E), M/C: (R)(O), (B)(So)(Se) (Mu)	<b>CHOICE 2 - N V VE</b> Roasted Quorn fillet, gravy, roast potatoes and vegetables <b>Allergens:</b> (Glu), (Wh)	<b>CHOICE 2 - N V</b> Spanish omelette & fresh chips <b>Allergens:</b> (M), (E), (Mu)
<b>SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW</b>				
<b>DESSERT - V</b> Strawberry frozen yoghurt <b>Allergens:</b> (M)	<b>DESSERT - V E</b> Fruit Salad	<b>DESSERT - N V</b> Victoria Sponge <b>Allergens:</b> (Glu), (M), (E)	<b>DESSERT - N V</b> Fruit platter or Yoghurt <b>Allergens:</b> (Su)(M)	<b>DESSERT - N V</b> Chocolate beetroot brownie <b>Allergens:</b> (Glu), (Wh), (E)
<b>AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT</b>				
<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.             * = SOY SAUCE IN THE KITCHEN. W = WHOLE WHEAT PASTA/NOODLES. VE = VEGAN/VEG V = VEGGIES/VEG. S = THE VEGETARIAN LINE.         </small>				



**DID YOU KNOW?**  
You can have meat or brown rice instead of potatoes.  
*Tilda*

# WEEK 2

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

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

Allergen Key: (Glu) Gluten, (So) Soy, (Wh) Wheat, (E) Eggs, (Mi) Milk, (Su) Sugar, (Se) Sesame, (Ce) Cereals, (Pe) Peanuts, (Mu) Mustard, (Ve) Vegetables, (Ma) Molluscs, (Fi) Fish, (Sh) Shellfish, (L) Lentils, (Lu) Lupin, (M) Mayonnaise, (C) Celery, (Ca) Cashew, (F) Fish, (S) Spices, (M) Mayonnaise

**DID YOU KNOW**  
 You can have instead of brown rice instead of potatoes  
 Tilda



# WEEK 3

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

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

Allergen Key: (Glu) Gluten, (So) Soy, (Wh) Wheat, (E) Eggs, (Mi) Milk, (Su) Sugar, (Se) Sesame, (Ce) Cereals, (Pe) Peanuts, (Mu) Mustard, (Ve) Vegetables, (Ma) Molluscs, (Fi) Fish, (Sh) Shellfish, (L) Lentils, (Lu) Lupin, (M) Mayonnaise, (C) Celery, (Ca) Cashew, (F) Fish, (S) Spices, (M) Mayonnaise

**DID YOU KNOW**  
 You can have instead of brown rice instead of potatoes  
 Tilda





# ED'S SPECIAL EVENTS



**MAY**  
**WORLD FAIRTRADE DAY**  
 (MONDAY 13TH MAY)



**JUNE**  
**80<sup>TH</sup> 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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At CATER<sup>ed</sup>, 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](http://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 CATER<sup>ed</sup> webpages or by calling the FSM team on 01752 30740. 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](mailto: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/>



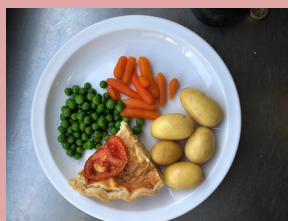
**CATER<sup>ed</sup>**  
 THE CITY AND PLYMOUTH CATERING SERVICES

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: 935692 | VAT No: 208 525 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](mailto:catering@catered.org.uk)





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.