

### All Saints' CE Junior School Newsletter

February 2023

Dear Parents and Carers,

Please read on to find out more about some exciting things which have been going on in school recently. Just a reminder that our website has more information about whole school/ year group news, along with lots of information about our curriculum and ways you can support your child. https://emscote-infant-all-saints-junior.eschools.co.uk/web/curriculum/363556

We look forward to seeing some of you next week for in-person parents' evening appointments and I'm sure many of you for the Valentine's Bake-off cake sale on Thursday after school - there are always some amazing cakes produced for the competition! We then hope that you all have a lovely half term break.

Kind regards,

Mrs Sutherland

Dates for the			
diary			
Mon 13 <sup>th</sup> Feb	3.30-6.30pm	Parents Evening	Face to Face Appointments
Wed 15 <sup>th</sup> Feb	3.30-6.30pm	Parents Evening	Virtual Appointments – links for appointments will be sent on Monday 13 <sup>th</sup> Feb
Thurs 16 <sup>th</sup> Feb		PTA Valentines Bake Off	See more info further in newsletter
Mon 20 <sup>th</sup> – Fri 24 <sup>th</sup> Feb		Half Term Holiday	
Mon 27 <sup>th</sup> Feb		Inset Day	
Tues 28 <sup>th</sup> Feb		Children return to school	
Tues 28 <sup>th</sup> Feb	1-3pm	Year 6 to Warwick Town Pancake Races	
Thurs 2 <sup>nd</sup> March		World Book Day	Please see info later on in newsletter
Thurs 9 <sup>th</sup> March		Year 5 Viking Day	Please make your payment on www.eduspot.co.uk by 6 <sup>th</sup> March
Mon 13 <sup>th</sup> – Thurs 16 <sup>th</sup> March		Year 5 Bikeability Sessions	Specific days will be given later
Thurs 16 <sup>th</sup> March		Mother's Day Afternoon Tea	More info to follow
			Continued over

Fri 17 <sup>th</sup> March		Red Nose Day	More info to follow	
Tues 21 <sup>st</sup> March		Year 3 Egyptians Day TBC	Year 3 classes will have a day each	
Thurs 23rd March		Non- Uniform Day	In exchange for a donation to the PTA Easter Egg Tombola/ Bingo	
20 <sup>th</sup> -24 <sup>th</sup> March		Big Walk and Wheel Week	The UK's biggest Walk, wheel, scoot and ride to school competition	
Fri 24 <sup>th</sup> March		PTA Easter Egg Bingo at Emscote Infant School	Times TBC	
Tues 28 <sup>th</sup> March		Year 4 Fire of Warwick Trip	Please make your payment by 21 <sup>st</sup> March at <u>www.eduspot.co.uk</u>	
Tues 28 <sup>th</sup> March		Year 3 Egyptians Day TBC	Year 3 Classes will have a day each	
Wed 29 <sup>th</sup> March	9.30am	All Saints' Easter Church Service	All Welcome	
Thurs 30th March	After school	Easter Egg Tombola		
Fri 30 <sup>th</sup> March	All Day	Year 4 Bikeability Session	Please ensure consent forms are returned by Fri 10 <sup>th</sup> Feb	
Mon 3 <sup>rd</sup> – Fri 14 <sup>th</sup> April		Easter Holiday		
Tues 25 <sup>th</sup> April	2.15pm	Year 4 Learning Afternoon	All Welcome	
Thurs 27 <sup>th</sup> April	2.15pm	Year 3 Learning Afternoon	All Welcome	
Fri 28 <sup>th</sup> April	2.15pm	Year 5 Learning Afternoon	All Welcome	
Mon 8 <sup>th</sup> May	Bank Holiday			
Tues 9 <sup>th</sup> – Fri 12 <sup>th</sup> May		Year 6 SATS testing		
Wed 17 <sup>th</sup> May		Year 6 Learning Afternoon All Welcome		
Thurs 18 <sup>th</sup> May		Class and Leavers Photographs		

### Calling all bakers!

The PTA are thrilled to be bringing back the Valentine's Bake Off to All Saints AND Emscote. To enter your bakes into this exciting event please bring them into the school office on the morning of Thursday 16th February. Our special guest judges will be sampling your creations through the day, and prizes will be awarded at both schools.

We are looking for:

friendship-themed bakes

- Iove-themed bakes
- creative cakes
- beautiful biscuits

Cake sales will be held after school - if you are able to help run these, please let the PTA know.

### Parents Evening Reminder

Parents Evenings will be taking place on Monday 13<sup>th</sup> and Wednesday 15<sup>th</sup> February. Monday will consist of face to face appointments in school, Wednesday will be via virtual appointments. Links for online appointments will be sent on Monday 13<sup>th</sup>.

### Severn Trent Assembly and Workshops

On the 7<sup>th</sup> February, Severn Trent came in to talk about the importance water. In the workshop, the children measured the amount of water that was needed for different activities- having a four minute shower or having a bath. Then, they discussed different solutions on how we can all save in everyday life.





### Educaterers New Menu

Educaterers launch their new menu week commencing 13<sup>th</sup> March, a copy of which is attached at the end of this newsletter.

### It's Children's Mental Health Week!

In order to support parents and carers, Coventry and Warwickshire Mind are offering a free webinar, 'How to talk to your child about mental health'. The zoom session has weekend, afternoon and evening timeslots and covers topics such as; starting a conversation, what to do if your child doesn't want to talk and self-care.

If you live in Coventry and Warwickshire, sign up is free via

Eventbrite <u>https://www.eventbrite.co.uk/e/parentcarer-workshop-how-to-talk-to-your-child-about-mental-health-tickets-524653702347</u>

### Sustrans Big Walk and Wheel 2023

Join Sustrans Big Walk and Wheel 2023 - the UK's largest walking, wheeling, scooting and cycling to school competition. Between 20 and 31 March 2023, Sustrans Big Walk and Wheel will encourage students to walk or cycle to school, improving air quality in their neighbourhoods, and exploring how these changes can benefit their communities.

1 in 4 cars on the road during the morning peak are on the school run and, a quarter of UK pupils (3.4m) attend schools where air pollution is over World Health Organisation limit.

More than 2million active journeys to 1,519 participating schools took place during the 2022 challenge, saving 1,335 tonnes of CO2 and 2,984kg NOx emissions if the journeys logged had otherwise been made by car.

### **Connect for Health Newsletter**

Family Health and Wellbeing Service https://www.compass-uk.org/wp-content/uploads/2023/01/February-2023-Newsletter.pdf

### Latest Family Information Service Newsletter

https://mailchi.mp/warwickshire/family-information-service-newsletter-1210512?e=819c8cf1fc



### **Magistrates' Court**

On 25<sup>th</sup> January, Year 6 were visited by the High Sheriff of Warwickshire (David <u>Kelham</u>) and four magistrates from our local <u>magistrates</u> court.

We started the day by completing a 'Crime, law and consequences' workshop. We learnt about what happens in court, the people who work in court, skills required to be a magistrate and consequences of breaking the law.

The second part of the session consisted of a 'Mock Trial'. Year 6 pupils became members of the court (witnesses, usher, magistrates, court solicitors and local police etc). The rest of the year group acted as 'Court Reporters' and 'Court artists'. We all followed the trial carefully and considered the evidence.

In this case, Sam Little was found guilty of cyber bullying!





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### **Royal Institute of Science day**

We had an amazing day in school on 18<sup>th</sup> January when we were visited by Zane from the Royal institute of Science. The day started with a whole school assembly and then Years 5 and 6 had a workshop in the morning, with years 3 and 4 having their workshop in the afternoon. Later that afternoon, Zane led a community Science show for our parents and children; we had around 100 people attending, and it was an exciting event with lots of amazing demonstrations, bangs and fire, as you can see in the photos!











WORLD BOOK DAY 2 MARCH 2023 ALL SAINTS' C OF E JUNIOR SCHOOL

NELSON AVENUE • WARWICK • CV34 5LY

TELEPHONE: (01926) 492991 E-MAIL: admin3154@welearn365.com www.allsaintsemscotefederation.co.uk

Executive Headteacher: Mrs Debi Cossins Associate Headteacher: Mrs Sandra Sutherland

Dear Parents and Carers,

World Book Day is coming up on Thursday 2<sup>nd</sup> March and we're keen to use it to help encourage reading for pleasure amongst our children. We are promoting a range of activities and competitions linked to this special day. We'd love all children to take part in one of the dressing up options on the actual day and we'd love to see as many children as possible participating in the other challenges. (See the end of this letter for prizes!)

### Dressing up:

Research shows that children see each other's costumes as a book recommendation tool so these suggestions might help us to promote and encourage reading for pleasure:

- Children can come dressed as their favourite book character, bringing their chosen book if possible
- Some children may prefer not to come fully dressed up but come with props which represent their favourite book
- Children who prefer non-fiction books may like to use tabards or T-shirts with top facts or illustrations **or** might dress up as the subject of the non-fiction book
- Those who don't like dressing up can come in non-uniform but preferably still bring a book of their choice

### **Extreme Reading:**

Where's the strangest place you've ever read a book? What wonderful thing could you do whilst reading your favourite book? Send us a photograph of you reading a book in unusual circumstances and show everyone how reading can be done anywhere and anytime! Get your book, get someone to take a photograph and get caught reading! e-mail your photograph and a caption to the address below and join the Extreme Reading Challenge.

Remember to stay safe - reading is meant to be fun, not dangerous!! Send your pictures to... <u>admin3154@welearn365.com</u>

### Book in a Jar:

We are running a 'Book in a jar' competition after half term again this year to celebrate World Book Day. Children are invited to think about how a favourite book could be represented in a simple jar. Any clear jar can be used, a coffee jar, jam jar or other. You can put carefully chosen items to represent your book into your jar, selected quotes from your book, perhaps even clues about its characters or setting. If you are stuck for ideas, you can google 'Book in a jar' for some inspiration.

Please make sure that any 'Book in a jar' competition entries are clearly labelled with the book that is being represented, your <u>child's full name and class</u>.

All entries must be in school on the morning of <u>Thursday 2<sup>nd</sup> March</u> for judging. Winners will be announced at the end of the week and the jars will be available for viewing by the whole school as part of our ongoing celebration of reading.

### Prizes:

### Book vouchers will be awarded for:

- The best costume in each year group
- The best overall book in a jar and the runner-up (across school)

Certificates will be awarded for the best costume or jar in each class and to those who enter the Extreme Reading challenge.

Many thanks for your support and good luck! We can't wait to see them all!

Kind regards,

Mrs Sutherland and Mrs King (English Leader)



### WWW.APPLYFORJUNIORBAKEOFF.CO.UK

Enquiries: applyforjuniorbakeoff@loveproductions.co.uk





### JOIN OUR

FABULOUS AFTER SCHOOL BRICKS CLUB

Every Tuesday 3:15-4:15 (open to Years 3-6)

All clubs can take part in our exciting national inter school building competition

For more information or to book a place

please visit our website www.kidswithbricks.com



### Warwick School FEBRUARY HOLIDAY ACTION 2023 is now open!

- Cygnets available for children in Reception and Year 1
- Fun Short Courses available for children in Years 2 to 7
- NEW Train like a Pro 3-day Rugby Camp available for boys in Year 7 and 8

Please see below and follow the link to see what exciting activities we have on offer!

https://www.warwickschool.org/february-holiday-action-2023

Course	Date	Courses available
Cygnets	Mon 20 <sup>th</sup> – Fri 24 <sup>th</sup> February	Cygnets Multi-Activities (Rec & Y1)
Fun Short Courses	Mon 20 <sup>th</sup> – Fri 24 <sup>th</sup> February	NEW FOR 2023 – Aerial Acrobatics (Y2-7) Multi-Sport (Y2-7) Art & Craft (Y2-7) Mad Science (Y2-7) Squash (Y4-7) Fun Activities (Y2-7) Animation (Y2-7) Badminton and Table Tennis (Y4-7) Fun with Felt (Y2-7) Fun Cookery (Y2-7) Wall Climbing (Y2-7) Fun Football (Y2-3) Interior Design (Y4-7) Jewellery Making (Y2-7) Kayaking (Y4-7) Net & Wall Games (Y2-3)
Train like a Pro	Tues 21 <sup>st</sup> – Thurs 23 <sup>rd</sup> February	Bounce, Build and Play (Y2-3) Specialist Rugby Camp for Y7-8 boys
3-day Rugby Camp		

### <u>Train like a Pro</u>

Warwick Rugby Camps give players the opportunity to be coached by highly qualified and accomplished coaches at world class facilities. Each day will be filled with fun and engaging 'skill blocks' including:

- Attack & Defence Drills
- Tackle/Ruck Technique
- Kicking & Passing Sessions
- Age-appropriate Strength & Conditioning
- Classroom Based Video Analysis
- Indoor/Off Grass sessions
- Pre & Post Stretching

We aim to create a fun and safe environment for players to develop their physical and mental skills. Whether you dream of becoming an elite player or just love spending time being active, this camp is for you.

### Making a booking

For more information and to make your booking, please visit our website: <u>https://www.warwickschool.org/february-holiday-action-2023</u>

### Working Together, Valuing Everyone, Learning for Life' Luke 10:25-37; The Parable of the Good Samaritan

This parable underpins our ethos of love, respect, acceptance, religious tolerance, attitudes towards people who are 'different', compassion, consideration of what makes a 'neighbour' (including our global neighbours) and how we should we treat others.

Addit and Community Learning Family Learning Book Making Workship Degue want to a free Family Learning Workship Degue want to learn to make simple books To you want to create your own journals, photo books and much Friday 17 <sup>th</sup> March and/or Friday 31 <sup>st</sup> March Dound Lane Learning Centre 10:00-11:30 This for parents and carers who would like the opportunity to report which sing to purpose within family US. This for workshop is for parents and carers who would like the opportunity to report the fir for parents and carers who would like the opportunity to report the for adults only. All resources are provided fire. This course is for adults only. All resources are provided firent book designs end time! For more information, or to book your place, email Tanya DayaSpeirs@warwickshire.gov.uk	Warwickshire County Council
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For more information on Cost of Living support visit:

www.costoflivingwarwickshire.co.uk/home/ Find your nearest Warm Welcome location:

a bag do not need to speak to a member of staff.

Bags are available, for free, while stocks last. Customers collecting

Bag 3 - Toiletry products for adults - toothpaste, toothbrush, deodorant, shower gel and soap

Warm bags contain:
 Blanket

Three different toiletry bags are available:

Bag 1 - Sanitary towels Bag 2 - Toiletry products for children - toothpaste (3 - 8 years), toothbrush (6+ years), shampoo and bubble bath

and toiletry bags

Free warm bags

**awarwickshire Libraries** 

 Gloves • Scarf Hat

Hot water bottle

warm-welcome-locations

Warwickshire Council





Or scan the QR code

www.costoflivingwarwickshire.co.uk

Welfare Scheme, funded by the Household Support Fund This offer is in partnership with the Warwickshire Local

The American & State Control Agency A

### **CLOTHES LABELS**



Iron On

- 15 Name Labels £ 2.25
- 25 Name Labels £ 3.25
- 50 Name Labels £ 5.25



### **Peel & Stick Labels**

- 5 Name Labels £ 1.00
- 10 Name Labels £ 1.75
- 15 Name Labels £ 2.50



### Sew On

10 Labels	£ 2.00
20 Labels	£ 3.50
30 Labels	£ 5.00



### **Peel & Stick Shoe Labels**

5 pairs for £1.50

Order From - <u>www.labelcreating.co.uk</u>

Email - <u>labelcreating@gmail.com</u>



### UNIVERSAL INFANT FREE SCHOOL MEALS - IS MY CHILD ELIGIBLE?

If you have a child in Reception or Key Stage 1, your child is entitled to a free lunch every day. By offoring so much great choice, we're confident your choice. we're confident your combination they enjoy from our menu to help thom develop and excel during school time.

Please contact your child's school for more information.





Find out more about Saffron, Iris, Reece and Doug, our NUTRIGANG at www.educaterers.co.uk

## INGREDIENTS

### IT ALL BEGINS WITH OUR PASSION FOR FANTASTIC FOOD!

When we source our ingredients, we seek out trusted suppliers to provide the freshest, most nutritious and highest quality produce possiblo. Our suppliers put sustainability, animal welfare and othical trading at the heart of their businesses. As a result, we know with confidence, the food we serve is wholesome, safe and fully traceable.





## LOOK OUT FOR OUR CALENDAR OF EXCITING THEMED MENUS AND PROMOTIONS INCLUDING

Easter Lunch - March

Coronation Celebration - May Day at the Beach - Census Day 18th May

Sports Day - end of Summer Term

Please note not all schools participate in all thremed events checks with your child's school for more details...



# Join and TEAM

facts about

Jour lunch.

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# Are you passionate about food?

Could you help us serve healthy lunches to local schoolchildren?

At least 75% of our menu is freshly prepared everyday by

our professional kitchen teams.

We are the school meal specialists serving over 130,000

meals every week.

Fact

All our staff are trained in allergy awareness to provide menu advice and support for customers with food

allergies and intolerances.

Would you like to work achool hours, term time only? Then why not join one of our friendly school based teams? Full training package offered with apportunities for career progression.

Find us on Facebook at Educaterers Join Our Toam or via the link on our website

Most importantly, we love what we do and we are always

on a mission to create fun at lunchtime.

we work with NHS dietetics teams across the region to

support customers with special dietary needs



www.educaterers.co.uk Email: contactusDeducaterers.co.uk



Menu may change to meet customer preferences

March 23 March 23 March 23 March 24 Marwickehlre, Coventry and Oxfordshire: 27/3, 17/4, 8/5, 13/6, 3/07 Leicesterehlre: 27/3, 17/4, 8/5, 13/6, 10/7	Choose a main meel Gutten Free Britsh Port Meatballs in a Rustic Tomato Sauce with Pasta Rustic Tomato Sauce with Rust Rustic Posto – (v) Cheese, Tuna or (v) Yoghurt or Fresh Fruit	Choose a main meat Choose a main meat Chicken Korma Curry with Wholegrain or White Rice – med and creamy (v) Cheese and Tomato Pizza Wedge with Italian Henty Potatoes Jacket Potato - (v) Cheese, Tuna Wedge with Italian Henty Potatoes Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans or (v) Baked Beans	Choose a main meal wEDMESDAY British Roast Beer, with Traditional Yorkshire Pudding and Gravy (v) Vegge Toad in the Hole with Gravy Crispy Roast Potatoes Jacket Potato – (v) Cheese, Tuna or (v) Baked Beans (v) Yoghurt or Fresh Frutt	Choose a main meal Homemade Britsh Chioken Ple with Gravy and Creamy Mash (vg) Breaded Vegetablie Fingers and Crispy Diced Potaboes and Crispy Diced Potaboes Tuna or (v) Baked Beans Tuna or (v) Baked Beans (v) Yoghurt or Fresh Fruit	Choose a main meal Frent Rendary (msc), Breaded Filer, Fingers with Chipped Potatoes (vg) Veggle Sausage Hot Dog with Ketchup and Chipped Potatoes Jacket Potato – (v) Cheese, Tuna or (v) Baked Beans (v) Dinky Doughnuts/Chocotate Sauce (v) Dinky Doughnuts/Chocotate Sauce (v) Yoghurt or Fresh Fruit	Please contact your school cook for information regarding the content of dishes and products on our menu.
A FOOD STORY Warwickshire, Coventry and Oxfordshire: 2013, 115, 2215, 1216, 317 and 247 Leicestershire: 2013, 115, 2215, 1216, 377 and 247	Choose a main meat <b>MEAT FREE MONDAY</b> (vg) Guorn Dippers with Rainbow Rice and Sweet Chill Dipping Sauce or Ketchup Ketchup (v) Homemade Mac 'n' Cheese (v) Homemade Mac 'n' Cheese (v) Homemade Mac 'n' Cheese (v) Homemade Chenty Cookle (v) Baked Beans (v) Baked Beans (v) Baked Beans (v) Sauce (v) Cheese, Tuna or (v) Baked Beans (v) Baked Beans (v) Sauce (v) Cheese, Tuna or (v) Sauce (v) Cheese, Tuna or (v) Baked Beans (v) Sauce (v) Cheese, Tuna or (v)	Choose a main meat Entitish Chicken Fillet in Wrap, Salad Mayonnaise or Ketchup and Owen Eased Polato Wedges vogi Plant Power 'Mearbails with Noodles and a Sweet and Sour Saude Noodles and a Sweet and Sour Saude Jacket Polato – (v) Cheese, Tuna or (v) Baked Beans (v) Baked Beans	Choose a main meatwEDMESDAY Entiten Roast Gammon Steak with Gravy (vg) Quom Roast with Gravy Crispy Roast Potatoes U Baked Beans (v) Yoghurt or Fresh Fruit	Choose a main meat Entitish Beer Grill Burger In a High Flore Bun with Ketchup and Crispy Diced, Potatoes (vg) Veggle Burger In a High Freen Saad Bar Vegetables of the Day With Ketchup and Crispy Diced, Potatoes (vg) Veggle Burger In a High Freen Saad Bar Vegetables of the Day For dessent (v) Yoghurt or Fresh Fruit	Choose a main meat Fisht Frilder (mes.) Gluten Free Breaded Fish Fillet with Chipped Potatoes (v) Homemade Tomato Pasta Bake with Freshiy Baked Wholegrain Baguette Jacket Polato – (v) Cheese, U) loc Cream (v) loc Cream (v) Yoghurt or Fresh Fruit	(va) Vegan (v) Vegenarian Option (h) Homemade (msc) Certified Sustainable Seafood
A vegan meet is available an request on days when (vg) is not shown as a choice on the menu. All our fish is natural whole fillet and although great care has been taken to remove all bones, some may remain. <b>Week one</b> Warwickshire, Coventry and Oxfordshire: 133, 244, 1515, 516, 2616 and 1717 Leicestershire: 133, 244, 1515, 516, 2616 and 1717	Choose a main meat Best of British Pork Sausages with Gravy and Creamy Mashed Potatoes (v) Veggie Korma Curry with Wholegrain or While Rice mid and creamy Jacket Potato – (v) Cheese, Tuna of (v) Baked Beans (v) Yoghurt or Fresh Fruit.	Choose a main meat Homemade Cheesy Pasta with Peas, Bacon, and Freshly Baked With Peas, Bacon, and Freshly Baked Wholegrain Baguette (v) Veggie Breaktast Pattle in a Kovergie Breaktast Pattle in a Wholegrain Baguette (v) Veggie Breaktast Pattle in a Baked Bears Fred Bears For dessent (v) Homemade Critispy Jacket Potato Jacket Potato (v) Yoghurt or Fresh Fruit	Choose a main meai webwesteav roxist British Roast Chicken Joint of Fillet, Sage and Onion Stuffing and Gravy (vg) Quom Roast In Gravy with Sage and Onion Stuffing Crispy Roast Potatoes Jacket Potato – (v) Cheese, Tuna or (v) Baked Beans (v) Yoghurt of Fresh Fhult	Choose a majg meal Homemade British Beer Bolognaise with Pasta and Garto Bread (v)Homemade Vegetable Burnto Bake with Cristy Dioed Potatoes Mils Mexican favoured vegples and cheese, Bake with Cristy Dioed Potatoes Mils Mexican favoured vegples and cheese, Bake with Cristy Dioed Potatoes Mils Mexican favoured vegples and cheese, Bake with Cristy Dioed Potatoes Mils Mexican favoured vegples and cheese, Bake with Cristy Dioed Potatoes Mils Mexican favoured vegples and cheese, Bake with Cristy Dioed Potatoes Mils Mexican favoured vegples and cheese, Bake with Cristy Dioed Potatoes Mils Mexican favoured vegples and cheese, Bake with Cristy Dioed Potatoes Mils Mexican favoured vegples and cheese, Bake with Cristy Dioed Potatoes Mils Mexican favoured vegples and cheese, Bake with Cristy Dioed Potatoes Mils Mexican favoured vegples and cheese, Mils Mexican favoured vegples and cheese, Bake with Cristy Dioed Potatoes Mils Mexican favoured vegples and cheese, Diod Cheese, Mils Mexican favoured vegples and cheese, Bake with Cristo Potatoes Mils Mexican favoured vegples and cheese, Mils Mexican favoured vegples and cheese, Mils Mexican favoured vegples and cheese, Diod Potatoe Mils Mils Mexican favoured vegples and cheese, Mils Mexican	Choose a main meat FISH FRIDAY (msc) Hany Ramsden's Crispy Samon and Sweet Potato Fishoake (v) Humemercheese and Tomato Pizza Chipped Potatoes Jacket Potato – (v) Cheese, Tuna or (v) Baked Beans (v) Hoedean (v) Humemercheese and Tomato (v) Humemercheese and Tomato (v) Humemercheese and Tomato (v) Humemercheese and Tomato Pizza Jacket Potato – (v) Cheese, Tuna or (v) (v) Humemercheese, Tuna or (v)	Fruit Cordial or Fruity Water from the Hydration Station, Semi Strimmed Milk & Fresh Bread are also offered daily Vegetable accompaniments change to reflect seasanal availability.