



## Welcome to our new fortnightly newsletter **Wanstead *intouch***

We are trialling and developing a new fortnightly newsletter to keep you updated with news and important messages. This will normally go out on a Monday once every two weeks. For each edition, I will ensure key updates are on the first pages so you can find information easily and can then choose whether to read the rest of the news if you are short of time and I will signpost you to what is inside. This bulletin includes the final extra-curricular timetable, school menus and some other key updates.

You can read more about these things on the socials on Facebook, Twitter and Insta - @WansteadHighE11 and in much more detail in the half-termly Heron Homelink, but we hope that this bulletin will combine important news and a taste of what is happening.

We will ask for feedback in the future as to whether this is useful.

Contents	Page
Important News	2
Message from the Headteacher	3
Achievement Assemblies	4
Wanstead News	5
Extra-curricular Opportunities for Pupils	6
The Governing Body at Wanstead High School	6
Pupil Lockers	7
Extra Curricular Clubs	8
TikTok	9
Redbridge School-aged Immunisations Clinics	10
School Menus	11 - 12

## Diary Dates 23<sup>rd</sup> January - 10<sup>th</sup> February

24 <sup>th</sup> - 27 <sup>th</sup> January	MFL speaking exams
24 <sup>th</sup> January	The Great Big Dance Off The Beck Theatre, Hayes
25 <sup>th</sup> January	Year 12 & 13 PE trip to University of Bedfordshire ZooNation Boys Dance Workshop
26 <sup>th</sup> January	Trip - To Kill a Mockingbird - Gielgud Theatre
31 <sup>st</sup> January	DofE Parent Information Meeting 6.00pm
2 <sup>nd</sup> February	Year 12/13 Parents' Evening
3 <sup>rd</sup> February	Year 11 English GCSE Poetry Live - Apollo Theatre
6 <sup>th</sup> February	Governor Committee Meeting (6.30pm—8.30pm)
9 <sup>th</sup> February	Details to follow - 6.00pm-8.00pm
10 <sup>th</sup> February	Years 10-13 Apprenticeship Fair - 9.00-12.30

## School Assemblies 23<sup>rd</sup> January - 10<sup>th</sup> February

School Week	Week Beginning/Date	Year 7 Wed	Year 8 Fri	Year 9 Mon	Year 10 Thurs	Year 11 Thurs	Year 12 Tues	Year 13 Mon
1	23 <sup>rd</sup>	Holocaust Memorial						
	27 <sup>th</sup>	Extra Assemblies - Personal Safety						
2	30 <sup>th</sup>	Online Safety (Link to Safer Internet Day 7 <sup>th</sup> Feb) Thinking, Judgement, Practical Wisdom						
1	6 <sup>th</sup>	Children's Mental Health Week						

# Important Information

## Strike Action

We will be risk assessing the possibility of opening the school on Wednesday next week and will update you with information. We have about 60-70 teachers in the NEU so the chances are that most years will be at home for the 4 days. We are considering some potential activities for some pupils (Year 11 and 13 would be a priority) and hope to provide some provision for any vulnerable pupils and children of key workers. This is unlikely to mean formal lessons but we will give you more details later in the week. Please complete the survey sent out today.

We will send further information about children who receive free school meals.

## Funds for Food

We have an increasing number of pupils where parents and carers have not topped up money for their lunch, leaving them embarrassed at the till when they have no money to pay. We will never let a child starve, but it is the responsibility of parents and carers to ensure there is enough credit. From next week, pupils with no money will be given a pasta meal to ensure they don't go hungry and we will ensure a call is made to remind you to top up. Other food will not be given out if there are no funds.

If you need support with the cost of feeding your child, please do contact the school so we can consider how we can help. We do appreciate things can be tough for families

## Vapes

An increasing number of young people are vaping which is a national problem not helped by the availability of vapes in shops. We will continue to consider education for our pupils on this subject but please do ensure that your child is not bringing these into school. This may mean checking bags and coats and talking to them about the dangers of vaping as well as ensuring you are clear about what they are spending their money on.

If you have concerns about your child vaping, please do contact Ms Cini and we will try and support – [d.cini@wansteadhigh.co.uk](mailto:d.cini@wansteadhigh.co.uk).

## Safety in the Community - Safe Spaces

Sadly, there was another mugging in the community last week involving children from other schools. We continue to liaise with the police and local agencies and key local people to consider how we can work together to support our pupils. MUST Wine Bar and Petty Son and Prestwich are both safe spaces for our pupils where they can go if they feel threatened or scared.

We hope to update you with more businesses who are prepared to help in the future.

All pupils will have an additional Personal Safety assembly on Friday 27<sup>th</sup> January.

## Uniform

A number of pupils are wearing hybrid shoe/trainers such as Vans or Nike Air Force. These are not allowed in school and pupils will be sent to Student Reception to address this if they come to school in these shoes. A reminder that jumpers must be black V-necked but do not need to have the Heron logo on to cut down on costs. Wearing a blazer is compulsory at all times until an announcement is made in the summer term.

## Building work

This has now started and pupils have followed the one-way systems very well in the main. The work will be a challenge for all of us but this community is positive and resilient. We will keep you updated and hopefully the end result will be worthwhile.

The photo below is the current panoramic view from my window.



# Message from Headteacher

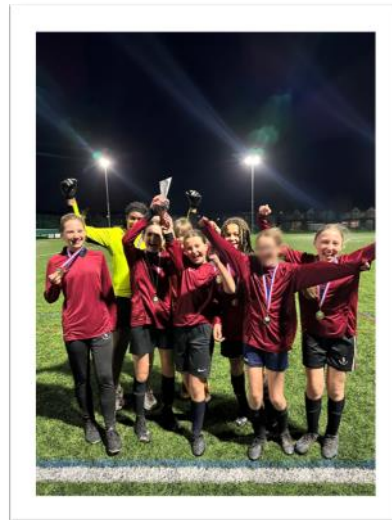
## What a start to term we have had!

The Year 11 Mock Results Day was a great occasion celebrating the hard work of the year group. There were some excellent results but also some reflection for those who had not performed as well as they could have done. We will support all pupils between now and the exams and will now start to analyse the data in more detail to target intervention etc. It was great to welcome external providers to support our pupils with post 16 pathways other than those at Wanstead High.



The Parents' Evening was also a great chance to speak to many parents and carers and one parent said, **'I have to say that the feedback we got this time was by far the best ever in terms of quality and our ability to help him put actions in place.'**

I would like to congratulate all the sports teams that have had such great results; our Year 7 and 8 girls won the Redbridge Football Final and our Year 9 and 10s came 3<sup>rd</sup>. Congratulations to all! We have some exciting news coming up about some opportunities



for girls rugby so watch this space...

A huge good luck to all the pupils taking part in the Great Big Dance Off in Hayes this week—we wish you well and are sure you will smash it.

Thanks to Year 9 parents/carers for completing the Options Form last week and we will soon provide further details.

It has been great to have Year 8 pupils starting as Office Helpers and we look forward to them contributing to the school over the next few months. We also have our first tranche of Pupil Supervisors, pictured below, who will be paid to supervise breakfast club and the Library before school.

Look out for more news about the Jack Petchey Speak Out Challenge in the Heron Homelink and some excerpts from the winning speeches.

Further details will follow about the PTA event in early February and we look forward to seeing many of you there. It will be great to see more of you in person; it is a little odd telling pupils how I met their parent on-line!! Awkward pause!



# Achievement Assemblies

These were postponed from last term due to the snow. Here is a taste of the events and the full list of winners will be in the Heron Homelink.



# Food to Indulge!

A shout out to the kitchen staff who cook up amazing meals every day. This was the Tandoori and Jerk Chicken last week and was truly delicious. Thank you to them for all they do in feeding our children!

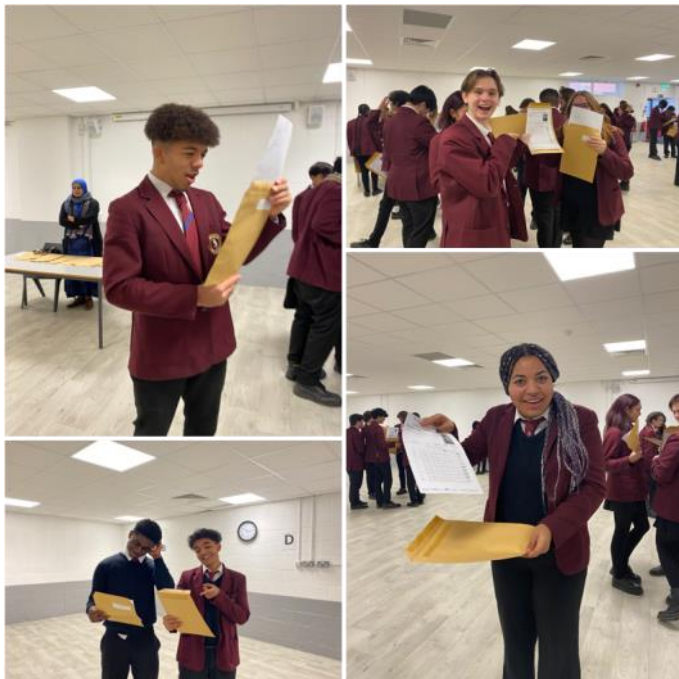


# Year 11 Mock Results Morning

On Thursday 19<sup>th</sup> our Year 11 pupils received their GCSE mock exam results. They collected these in envelopes from our invigilator team, and Mr Ali, Mr Carfrae and Mr Langford were on hand to provide further support. This included our Prospects Careers Advisor, and representatives from our sixth form, local colleges and Redbridge apprenticeships team.



We would like to congratulate our pupils on their performance, and in addition to academic support for their GCSE exams those that still need assistance in deciding their next steps will be supported across the course of the term.



## Pupil Helpers

Our pupil helper scheme is now up and running with our Year 8 pupils. Helpers are based in pairs in main reception, where they carry out various tasks that are essential to the running of the school. They are also provided with a Chrome Book so that they

can access subject work between tasks.

The helper rota will progress through each tutor group in order, and the experience will provide an excellent opportunity for pupils to build their skills and confidence and gain valuable workplace experience. Feedback gathered from the pupils so far has indicated that they have found it “really fun” and that it provided the opportunity to work with different people and experience what a work day would be like.

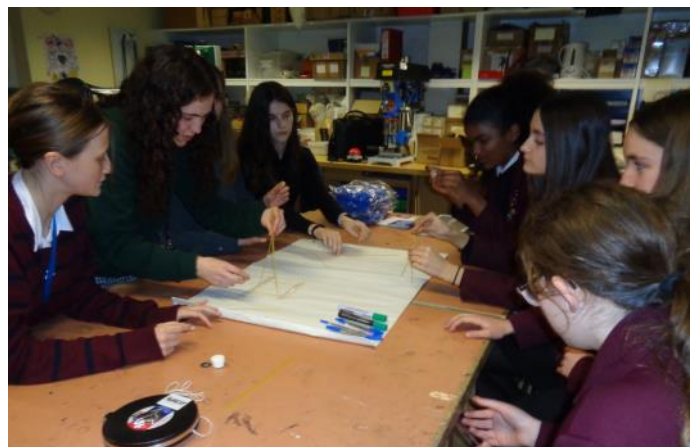
We will be using this feedback to make this experience even more impactful for our pupils.



## Haven House Enterprise Project

On Tuesday 10<sup>th</sup> January our team for the Haven House Enterprise Project, comprised of eight Year 9 and 12 pupils respectively, attended the Project launch event at Forest School. The team is given £50 starting capital, and needs to raise at least £1500 by the end of March. They meet each week to formulate and refine their strategy, and are provided with a mentor from the local business community.

The team are off to a strong start-winning the marshmallow challenge at the lunch event! Further details of fundraising activities will be provided in the coming weeks.



# Extra-curricular Opportunities for Pupils

This is a fantastic time of year for pupils to begin taking part in extra-curricular groups in the Music department, which are detailed on **Page 8**. All of these groups will be working on new material following their universally excellent performances at the winter concert last term.

In particular, all pupils are invited to take part in the Redbridge Choral Festival, which takes place at the Royal Albert Hall in the evening of Monday 13<sup>th</sup> March (there will be some rehearsals at the venue during the day).

The programme from this includes songs from the

Broadway show 'Hamilton' amongst others and the concert will involve almost every primary and secondary school in the borough.

**The choir will be rehearsing this on Mondays after school (3:00pm-3:50pm) and new members from all year groups are extremely welcome.**

All pupils who want to be involved in this should sign up to the following Google Classroom (Google Classroom code oprmd4z), where they'll find audio of all the songs as well as sheet music and lyrics.

**By Mr Sweet**

## THE GOVERNING BODY AT WANSTEAD HIGH SCHOOL



**Hannah Fisher**  
Co-opted Governor, Chair



**Emma Hillman**  
Headteacher



**Veronica Knock**  
Elected Staff Governor



**Donna Cini**  
Co-opted Governor, staff



**Maggie Leggett**  
Parent Governor



**Sara O'Donnell**  
Parent Governor



**David Wills**  
Co-opted Governor



**Liz Smith**  
Co-opted Governor



**Noreen Sarwar**  
Co-opted Governor



**Alison Tobe**  
Co-opted Governor



**Anya James**  
Co-opted Governor



**Ian Selby**  
Co-opted Governor

**Vacancies:**  
Local Authority Governor,  
2x Co-opted Governors



### **Dear Parent/Carer,**

The Governing Body has been busy during the Autumn Term recruiting governors to bring us back to full strength. We have made good progress and have 3 left to appoint.

In December, I joined the Governing Body of Wanstead High School as the new Chair along with other two new members, Alison Tobe and Ian Selby. Meet the full team [here](#)

We have had one full Governing Body Meeting together and we all agree on our commitment to improving openness, transparency and really getting to know the school.

Our plan for this month is to address some of the

basics, and we will soon be sharing a bit more about ourselves and what we do.

Alongside the remaining recruitment activities we will identify areas for improvement and put a plan together to make sure that we and the school continually improve.

We will share more on this in due course, but in the meantime we are looking forward to being part of the school community and working with you and Emma to make Wanstead a great place for the pupils to learn and excel.

Yours sincerely,

**Hannah Fisher**

*Chair of Governors*

# Pupil Lockers

If you have booked and paid for a locker for your child they should now be making full use of it. So far, the introduction of these has been very successful and pupils have been very grateful.

We still have lockers available. Please see below how to book.

If you have any questions please contact Sarah Williams on [s.williams@wansteadhigh.co.uk](mailto:s.williams@wansteadhigh.co.uk)

THE UK'S NO.1 SCHOOL LOCKER.

# Secure

LOCKER.RENTALS



## 2 SIMPLE WAYS TO RENT YOUR LOCKER.



Visit [www.locker.rentals](http://www.locker.rentals)



Scan this QR Code

### Once on the web app do the following:

- Enter your **LOCATION**
- Choose your **PREFERRED LOCKER AREA** from the drop down menu (if available)
- Click on **CHECK AVAILABILITY**
- Where prompted enter your details and read and agree to the terms and conditions
- Click on **RENT LOCKER** and follow the instructions for entering your payment details
- You will then be emailed a locker code and the number of your locker compartment.

### How to Access your Locker:

- Go to the locker number detailed on your confirmation email
- Enter the **4 digit code** detailed on your confirmation email and open the lock
- Should you forget your code it can be reissued by visiting [www.locker.rentals](http://www.locker.rentals) and clicking on the re-issue my locker code link.

# LUNCH TIME CLUBS & AFTER SCHOOL CLUBS

## Before School

Mon	Tues	Wed	Thurs	Fri
<b>Before School Breakfast Club Every morning</b>				
Library Year 7	Library Year 8	Library Year 9	Library Year 10	Library Year 11
	Years 7 & 8 Well-being morning Well-being room	Year 9 Well-being morning Well-being room	Years 10 & 11 Well-being morning - Well-being room	
Lunch Time Clubs Year 7-9 Lunch is 12.20-1.00pm; Year 11-13 is 1.20-2.00pm				
Mon	Tues	Wed	Thurs	Fri
Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1
Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2
Year 8 Textiles Club - Week 2 Only Pupils in 8W2 Tech Room 42	KS3 Year 7 - 9 Origami Club Room S2	Year 9 Dance Company Dance Studio	KS3 Year 7 - 9 Photography Club (Week 1) NB09	KS3 Year 7 - 9 Dance & Drama Open Studio
KS4 Year 10 & 11 Maths Homework Club	KS3 Years 7 & 8 Dance Company	KS3 Year 7 - 9 Maths Homework Club	KS4 Year 10 & 11 Maths Homework Club	KS4 Year 10 & 11 Dance & Drama Open Studio
	Week 2 – GCSE PE Revision Room S13	Week 2 KS3 Year 7 - 9 Board Game Club Room 14	KS4 Year 10 & 11 and KS5 Year 12 & 13 Choir - Room 36	Week 1 & 2 – GCSE PE Students - Badminton/Sports Hall
		Chess Club - LP1	KS4 Year 10 & 11 Dance & Drama	
		Week 1 & 2 – GCSE PE Students Badminton/Sports Hall	KS3 Year 7 - 9 LGBT+ Club - Room 15	
			KS3 Year 7 - 9 Maths Homework Club	
			KS4 Year 10 & 11 Spanish Conversation Club Room 19	
			Week 1 - GCSE PE Revision Room S13	
			LGBTQ+ Club KS3 Year 7 - 9 Room 15	

## After School Clubs

Mon	Tues	Wed	Thurs	Fri
Choir, 3.00-3.50 Room 36	New Views Script Writing KS5 Room 3/4	Orchestra, 3.00-3.50 Room 36	Steel Pans 3.00-3.50 - Room 36	Jazz Band Room 36
Brass Group 3.00-3.40 Room 37	Week 1 - Meteorological Society - 3.15 – 4pm Room NB1	Week 2 - KS3 Year 7 - 9 Geography Homework Support 3.15- 4.00pm - Room NB2		KS4 Year 10 & 11 KS5 Art Club Room NB11
KS5 Year 12 & 13 Film Club (Week 2) Room 25	KS3 Year 7 - 9 Board Game Club Room S3	KS4 Year 10 & 11 Dance Team Rehearsals Studio		
KS3 Year 7 - 9 & 4 Film Club (Week 1) Room 25	Band Rehearsals 3.00-3.50 Room 38 & Practice rooms	Robotics Club - Room IR1 Max number of students only 20 allowed		
New Views Script Writing Post 16 - Room 3/4	Wind Band 3.00-3.50 Room 37	Crochet Club - Room MA3		
KS3 Year 7 - 9 Creative Writing Club Room 1	KS4 Year 10 & 11 Coding Club - Room IR4	Year 11 Maths Homework Club Room MA6		
KS5 Year 12 & 13 Creative Art Club Room NB10	KS3 Year 7 - 9 Dance Team Rehearsals Studio	From March 2023 KS3 Year 7 - 9 Wanstead's London Geography Society - 3.15-5.15 pm Room NB3		
KS4 Year 10 & 11 Design & Tech. (Yr11 Only) - Room 44	Basketball Year 9, 10 & 11 Sports Hall	KS3 Year 7 - 9 Drama Club Theatre		
KS4 Year 10 & 11 D&T Technology Textiles Club (Yr11 only) - Room 42	Dodgeball - Gymnasium <a href="https://docs.google.com/forms/d/15bdEN9p9mR8-N6oTlo-nlGmg_hcb-cW0apzOkj1rU/edit">https://docs.google.com/forms/d/15bdEN9p9mR8-N6oTlo-nlGmg_hcb-cW0apzOkj1rU/edit</a>	New Views Script Writing class for KS5 Years 12 & 13 - Room 3		
Fitness Club - Gymnasium	KS4 - Year 11 History Interventions Room 13	Badminton <a href="https://docs.google.com/forms/d/11sq90uH3lTzcQ4nVTCyIt4CBRYOfxW20m_WGOMqHY/edit">https://docs.google.com/forms/d/11sq90uH3lTzcQ4nVTCyIt4CBRYOfxW20m_WGOMqHY/edit</a>		
KS5 Year 12 & 13 Philosophy & Ethics Essay Writing Clinic 3- 3.40pm - Room NB7		KS5 - Year 13 History Interventions Room 13		
Classics Club - Room 2				
KS5 - Year 13 Stem/TMUA/MAT Preparation - Room 22				
UK Maths Challenge Club Room 23				
Basketball KS3 Year 7 & 8 Sports Hall				
Food Tech Week 2 KS4 Year 10 & 11 Catch up session to support				

**JAN 2023**





# What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION

13+

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

## WHAT ARE THE RISKS?

### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18

CENSORED

### DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

### ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive: figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

### TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

## Advice for Parents & Carers

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

### MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

### LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

### DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS  
National  
Online  
Safety  
#WakeUpWednesday

Children and young people attending a Redbridge school will automatically be contacted through their schools with a link to consent when they are due for vaccinations for in-school offer. If your child has missed the school session and you would like to attend a clinic, please either email us at [appointments@v-uk.co.uk](mailto:appointments@v-uk.co.uk) or call on 0203 343 2400

- **Flu Vaccinations:** Reception – Year 9
- **HPV:** Year 8
- **DTP & MeningitisACWY:** Year 9

Date	Time	Venue
Tuesday 17 <sup>th</sup> January	3:30pm – 5:30pm	Rebridge Central Library
Thursday 2 <sup>nd</sup> February	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 14 <sup>th</sup> February	10:00am – 2:00pm	Loxford Children’s Centre
Thursday 16 <sup>th</sup> February	10:00am – 2:00pm	Fullwell Cross Library
Tuesday 28 <sup>th</sup> February	3:30pm – 5:30pm	Loxford Children’s Centre
Thursday 16 <sup>th</sup> March	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 28 <sup>th</sup> March	3:30pm – 5:30pm	Loxford Children’s Centre

Fullwell Cross Library 140 High Street Barkingside IG6 2EA	Redbridge Central Library  Clements Road Ilford IG1 1EA
---	---

## Week 1 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cottage Pie	Jerk Chicken with Rice and Peas	Chicken Roast: Lemon, Tikka, or Plain with Roast Potatoes, Gravy, and Seasonal Vegetables	Chicken Katsu Curry with Rice and Mixed Pepper Siracha Slaw	Fish and Chips with Peas and Baked Beans served with Ketchup, Tartar Sauce, or Curry Sauce
Option 2	Veggie Loaded Naan (like a pizza without saying pizza)	Vegetable Biryani	BBQ Quorn Fillet with Roast Potatoes and Gravy	Chickpea and Spinach Curry with Naan	Vegan Sausage Roll with Chips, Peas, and Baked Beans Served with Siracha, Ketchup or Curry Sauce
Option 3 (Grab and Go)	Quorn Fishless Fish Finger Wrap with Siracha Coleslaw	Grilled Chicken Ciabatta	BBQ or Hot and Spicy Chicken Wings with Wedges and Sweetcorn Salad	Veggie Noodle Pot	Fish Finger Bap with Chips, Peas, Baked Beans, Ketchup or Tartar Sauce
Dessert	Vegan Chocolate and Kale Brownie	Marble Berry Cake	Fruit Shortbread	Lemon Drizzle Cake	Fruit Muffin
Dessert	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly

## Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken and Vegetable Pie	Lasagne with Garlic Ciabatta Bread	Chicken Sausage and Mash with Roasted Veggies	Chicken Naandoori with Asian Slaw	Fish and Chips with Peas and Baked Beans served with Ketchup, Tartar Sauce, or Curry Sauce
Option 2	Bean and Cheese Burrito	Vegetable Spaghetti Bolognese	Vegan Sausage Yorkshire with Mash and Roasted Veggies	Teriyaki Noodles	Veggie Plait with Chips
Option 3 (Grab and Go)	5 Bean Chilli Nachos	Chicken Fajita	Sloppy Guseppe Open Sandwich with Wedges	Macaroni Cheese Pot	Fish Finger Bap with Chips, Peas, Baked Beans, Ketchup or Tartar Sauce
Dessert	Chocolate Crispy Cake	Flapjack	Autumn Iced Loaf	Banana Oatbar	Strawberry Mousse
Dessert	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly

## Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Burger	Sweet Chilli Chicken Noodle	Chicken Carvery Roast Done 3 Ways: Lemon, Tandoori, Plain with Roast Potatoes, Gravy, and Seasonal Vegetables	Chicken Jalfrezi with Rice	Fish and Chips with Peas and Baked Beans served with Ketchup, Tartar Sauce, or Curry Sauce
Option 2	Vegan Pad Thai	Spicy Falafel and Hummus Wrap	Cheesy Baked Mediterranean Gnocchi	Chickpea, Sweet Potato, and Spinach Curry with Brown Rice	Chickpea Masala Samosa with Chips
Option 3 (Grab and Go)	No Chicken Tikka Naan Wrap	Beef Bolognese and Pasta Pot	Sausage Roll with Spicy Wedges and Slaw	BBQ Chicken and Rice with Siracha Slaw	Fish Finger Tacos with Chips
Dessert	Carrot Cake	Apple Shortbread	Lime and Coconut Drizzle	Raspberry and Coconut Flapjack	Chocolate Custard Pot
Dessert	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly