



Ladywood

Primary School



## Ladywood Weekly News

**Issue 9**

**Friday 8th November 2024**

Dear Parents and Carers,

I hope you have all had a lovely half term break and enjoyed Halloween and Bonfire Night with your families. The children all seem to have had a good break and have spoken excitedly about what they have been getting up to upon their return to school.

A few quick reminders from me today regarding dates for the coming half term. On Monday 11th November at 3.15pm we will be holding our annual **Remembrance Poppy Art Sale in the school hall** to raise funds for the poppy charity. Please collect your child(ren) and pop along to view and purchase their poppy art work.

Pupil **flu vaccinations** are due to take place on Tuesday next week, please ensure you have completed the consent forms. **Children in Need Day** is on Friday next week and we are asking children to come to school in their pjs and donate £1 for the Children in Need Charity. We will be having a relaxed afternoon. Further in to the term we have **parents evenings** scheduled for Wednesday 20th November and letters will be going out next week for you to select your preferred time slots. Please return them promptly to ensure you receive the time slots that you require. Finally **Christmas concerts and activities** start on Wednesday 11th December and take place in the last week and half of the Autumn Term. Full details of all dates are available at the end of the newsletter.

Have a lovely weekend.

Yours sincerely,

***Mrs CL Grainger-Roystone***

***Headteacher***

## Attendance

Our attendance target is 96%. Each week the class with the highest attendance receives an award and £5 credit towards an end of year treat. On the last week of term, **Year 2** achieved the highest attendance of 98.8%. **WELL DONE!**

### Lates

Polite reminder that if your child/ren arrive between 8.55am and 9.15am they will receive a late mark (L) code. If your child/ren arrive after 9.15am they will receive a (U) code which is also an unauthorised late mark. Absences, whether authorised or unauthorised will bring your child/ren's attendance down.

### Illnesses

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell. Please follow the link for useful information from the NHS

[Is my child too ill for school? - NHS](#)

Polite reminder that if your child/ren are unwell, please ensure contact is made to the office, via the app or leaving a voicemail on 01226 711488. Please ensure a reason for absence is provided.

## Class Weekly Attendance

Classes with the best weekly attendance receive a £5 credit in the attendance 'pot' to spend how the class chooses at the end of the year

**Week Ending: 24<sup>th</sup> October 2024**

Class	% Attendance	Class	% Attendance
Nursery	97.7%	Year 3	94.5%
Reception	93.5%	Year 4	97.7%
Year 1	95.4%	Year 5	94.8%
Year 2	98.8%	Year 6	97.5%





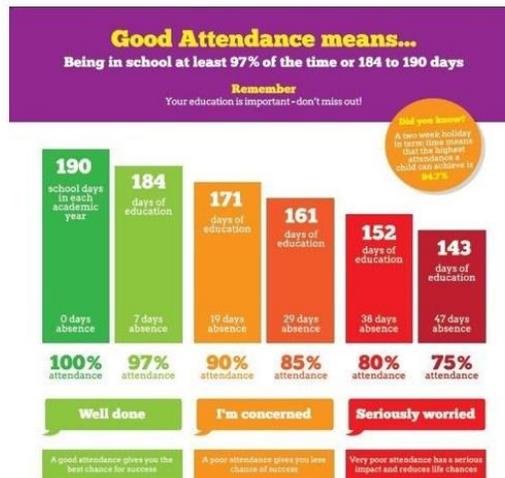





**Ladywood Primary Attendance Awards September 2024-July 2025**

**Individual awards**

- If your child/ren achieve 96% or above for 1 school term they will receive their **Bronze** attendance award
- If your child/ren achieve 96% or above for 2 consecutive school terms they will receive their **Silver** attendance award
- If your child/ren achieve 96% or above for more than 2 school terms they will receive their **Gold** attendance award
- Any child/ren with 100% attendance by the end of the academic year will receive a special award



## Before & After School Clubs

### Breakfast club

Breakfast Club is available daily from 8.00am and the cost of this is £2.50 per session. Sessions can be booked via the school gateway app.

## **Youth Club**

Youth Club is available daily from 3.15pm to 5.00pm for children aged 5 years and over and the cost of this is £5.00 per session. Sessions can be booked via the school gateway app.

## **After School Clubs**

After school clubs available for this term are now live for booking on the school gateway app. These are free of charge. After school club information is as follows:

- Every Monday 3.15pm - 4.15pm Volleyball (KS2, Y3-Y6)
- Every Tuesday 3.15pm - 4.15pm Benchball/Dodgeball (KS2, Y3-Y6)
- Every Wednesday 3.15pm - 4.15pm Art Club (KS1 & KS2 Y1 to Y6)

Places are limited.

## **Awards**







## School Gateway App



Ladywood Primary School  
 Nancy Road  
 Grimethorpe  
 Barrsley  
 S72 7JX  
 Headteacher: Miss C. Granger  
 Tel: 01226 711488  
 Web: www.ladywoodprimary.co.uk

Dear Parent/Carer,

The **Schoolcomms** gateway app is a payment and communication system used across school. Registering on the app will enable you to pay for school meals, trips, give consents, send and receive app messages etc. Please have a look and sign-up (Parents of new pupils will not be able to sign-up until their child starts school in September).

In order to register you will need to ensure that you have provided school with a valid email address and mobile contact number

To download the app on your **smartphone**, search **School Gateway** in your App store and download:

To use the online version on a **computer** go to: <https://schoolgateway.co.uk/get-started/>, click on the **web version** link and follow the instructions

**How to activate your account**

1. Download the Android or iPhone app.
2. Press 'Sign Up' then enter the email and mobile number your school has on record. If you're not sure if they have the right details, it's best to check and update first.
3. Press 'Send PIN'. You will receive a text message with your unique PIN.
4. You're now ready to log in and start using School Gateway.
5. If you don't have a smartphone or prefer to use a computer, you can set up your account using the web version of School Gateway.

When you do download the **app** you will receive a confirmation message from our unique **Schoolcomms** email/SMS addresses, please save these into your address book as this will **minimise** the risk of messages bouncing back or being marked as SPAM. If you are having problems registering or if you have any questions about this system, please speak to a member of the office staff.

Yours sincerely,  
 Mrs C Hodgson  
 Business Manager

Tel: 01226 711 488  
 Fax: 01226 781 677  
 Web: www.ladywoodprimary.co.uk



*1 - The Schoolcomms gateway app is a payment and communication system used across school. Registering on the app will enable you to pay for school meals, trips, give consents, send and receive app messages etc. In order to register you will need to ensure that you have provided school with a valid email address and mobile contact number.*

## Nursery

This week in Nursery, we have started our new topic of 'Celebrations'. We have spoken about Bonfire Night and the celebration of Diwali. We have spoken about our favourite types of fireworks that we have seen. In Maths, we have been practising recognising small amounts of objects without counting them.

Next week, we will continue to look at celebrations by talking about what we celebrate and our experiences of these celebrations

**Please note Nursery will be closed on Monday 25th November and Friday 6th December due to New Starter visits.**

## Reception

We have created some fabulous poppy art work this week. We have looked at pictures of poppies and have spoken of their significance. A big well done to some of our Reception children for helping with poppy sales in Grimethorpe.

We came back from our half term holiday to discover that our new mud kitchen has been completed. The children have loved playing in this area and have made some fabulous messy concoctions! We do always ensure that children wear waterproofs and wellingtons when playing in there (these are supplied by school).

We have started reading "Anansi the Spider" by Gerald McDermott this week. This is a traditional Ashanti tale about a character who sets out on a long and difficult journey. It is a story about perseverance and triumph.

Children have enjoyed joining in with the rhythm of the story and have used "call and response" really well when re-telling key parts.

In our Mathematics we have been recognising and ordering numbers. We have also been looking at the composition of numbers. We have been identifying the different ways of making 5.

We have spoken about celebrations this week. We have focussed on discussions on Bonfire night and Diwali. We will continue to work on Diwali celebrations next week.

## Picture of the week



## Year 1

It was lovely to welcome Year One back this week. It sounds like the children have had a great half term and were very excited to share their Halloween and Bonfire Night celebrations.

This week we have learned a little bit about Bonfire Night and why we have it. We also discussed Remembrance Day as we know this is an important time of year. The children were very respectful and are beginning to understand why we wear poppies. A big thank you for your donations to the poppy appeal, if your child has bought one this week.

**Year One have created some Poppy Art, this will be sold in the school hall on Monday 11th November – after school. The art work will cost £1.**

In Maths this week we have been learning about odd and even sets of numbers. The children have been skip counting and using their knowledge of number lines to place a number in the correct place.

In English, we have been creating ideas for a disgusting soup recipe based on our book "Billy and The Beast", where the beast makes a terrible soup!

We have been listening to some short Aesop Fable stories this week and reinforcing some school values such as respect and resilience.

In RE, we talked about special celebrations throughout the year and will be learning about the importance of Christmas in the coming weeks.

Have a lovely weekend all

Miss Adams and Mrs Wilson

## Year 2

A super busy first week back. This week we have been adding three 1 digit numbers. The children are becoming efficient with this looking for pairs of numbers that make ten to add first. In English we have been using subordinating conjunctions - that when if and because. The children have been practicing using these in their own sentences about our new focus text 'The bear under the stairs' by Helen Ward.

This week we have learnt all about Kenya and found some interesting facts about this county. Could you do some more research at home? We have also worked really hard on our art project for the remembrance art gallery on Monday. They look fabulous!

## Year 3

We have settled back into school after our half term holiday this week. We have started to read a new book in whole class reading called "The Lion and the Unicorn". It is set during the Second World War and we have used retrieval and inference skills to help us to answer comprehension questions about the story so far.

In English, we have looked at the same book but we have focussed on vocabulary and description. We have described an air raid scene and we have used expanded noun phrases to describe what we would have been able to see, hear, smell etc.

In maths, we have collected data about our foot lengths and then we had a go at putting this data into a bar graph to compare our results. We had to decide what equipment we would need to use and the unit of measure that would be the most appropriate. We decided to use a ruler and measure in cm.

In science, we have moved onto look at rocks. We have learned all about where rocks come from, where we see rocks in daily life and how some rocks are man-made and some are natural.

In P.E., we have started to practise rugby and dodgeball skills and in art we have made some beautiful poppies using the pointillism technique we practised before half term. These will be available for you to look at and purchase on Monday after school.

In French, we have been learning our colours and labelling the different colours of fireworks.

Have a lovely weekend everyone.

Mrs Lassu, Mrs Salter and Mrs Guy

## Year 4

A lovely first week back in year 4 where we have looked at the reasons, we celebrate Bonfire Night in whole class read as well as looking at the poem "The Undefeated". In English we have looked at the start of "The Iron Man" novel by Ted Hughes and written our own descriptions of him. Next week we will continue to use this novel to prepare for writing our own suspense story. In Maths we have been looking at rounding to the nearest 10, 100 and 1000. Next week we will be recapping adding and subtracting 4 digits and looking at different ways in which we could add and subtract them. In the wider curriculum, we have started our art unit of William Morris, looking at his work and sketching some designs. We have also completed our poppy artwork ready for the gallery next week. We have also practised our passing and restarting skills in Tag Rugby.

## Year 5

In Maths this week, we calculated with decimal numbers using column addition and subtraction. We solved real-life problems by finding the difference between two values and comparing them using bar models. After that, we looked at rounding decimal numbers with hundredths to the nearest tenth and to the nearest whole number. Next week, we will complete our unit on decimal fractions by writing numbers with up to 3 decimal places and then ordering them.

In English, we edited the expanded labels for our Mars rovers and published them on blueprint paper. We then looked at how cohesion is used within paragraphs and sentences to make the writing flow and created some of our own rhetorical questions, which could be included in our expanded explanation texts.

In Art, we used lino cutters to cut our geometric patterns into the lino. We will then use these to create prints and experiment with repeating patterns. We also created artwork based on Remembrance Day using the theme of poppies. We cut images into strips, removed sections and used shading pencils to fill in the missing sections. On Monday after school, these will be displayed in the hall.

## Year 6

It has been a great first week back and has been lovely to see everyone refreshed and ready to learn after a well-needed break.

In English and whole class read, we have started exploring our new text called 'Pig Heart Boy'. Everyone seems to be enjoying it so far and is allowing us to have some great discussions about the pro's and con's of having a pig's heart instead of a human one. We have been learning more about the main character Cameron and thinking about his thoughts and feelings during each chapter. We are building up to writing our own diary entry so we have learned about the features of a diary entry and started practising the grammar skills needed. Next week, we will practise more grammar skills such as past tense, first person, planning thoughts and feelings and moving onto writing our first diary entry.

In Maths, we have completed our unit in subtraction. We have been exploring how adjusting the subtrahend affects the difference. We have worked really hard at this and done a great job. In arithmetic practise, we have practising multiplying a two-digit number by a two-digit number.

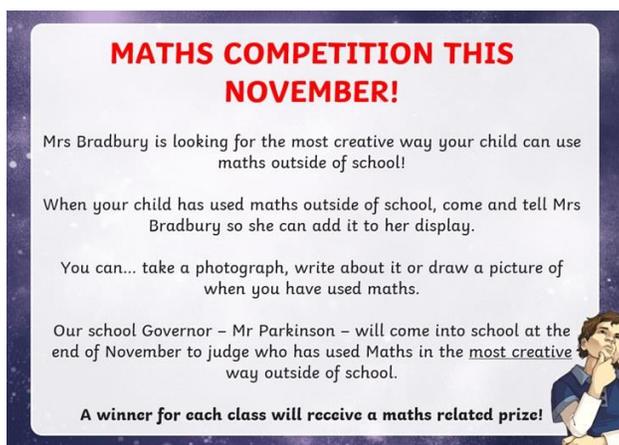
In the afternoons, we have been preparing and completing our poppy artwork ready for our Remembrance art gallery next Monday. Make sure you come along after school to purchase your child's artwork and help us raise money for Armistice Day.

On Friday, we attended an athletics competition at the Institute of Sport in Sheffield. We had a fantastic day and it was great to see every child take part in at least one event!

Have a great weekend.

Mrs Bradbury and Mrs Goulding

## Ladywood Maths Competition



## Ladywood's Remembrance Art Gallery

Please come and join us on **Monday 11th November at 3:15pm** to explore our annual Remembrance Art Gallery. This will be held inside the school hall which will be accessible through the main school entrance. You will have the opportunity to purchase your child's artwork for £1 which will go towards raising money for the Royal British Legion.

We can't wait to show you what we have all been working on. We look forward to seeing you!

## Ladywood Primary School Council

Children in Need day is **Friday 15th November**, children are welcome to come to school in their Pajamas. The children have decided to make and decorate paper aeroplanes for a whole school competition on the day. The children would also like to play games such as bingo for 1 hour at the end of the school day.

As this is a charitable event, we welcome a small donation.

A payment can be made via the school gateway app or by calling into the school office.

### ***Useful contacts:***

School Office Telephone: (01226) 711488

School Office Email: [LadywoodPrimary@ecmtrust.co.uk](mailto:LadywoodPrimary@ecmtrust.co.uk)

School website: [www.ladywoodprimary.co.uk](http://www.ladywoodprimary.co.uk)

School X/Twitter: @SchoolLadywood

### ***Useful dates***

**11/11/2024** - Y6 Crucial Crew

**12/11/2024** - Flu vaccinations

**15/11/2024** - Children in Need Day

**20/11/2024** - Parents Evening

**25/11/2024** - **Nursery closed to children due to new starter visits**

**27/11/2024** - No pens day, more information to follow

**30/11/2024** - Closing date for Secondary school applications

**04/12/2024** - Y3 trip to Cannon Hall Museum

**06/12/2024** - **Nursery closed to children due to new starters visiting Ladywood**

**11/12/2024** - KS2 5.00pm Christmas Performance

**12/12/2024** - KS2 9.30am Christmas Performance

**12/12/2024** - KS1 5.00pm Christmas Performance

**13/12/2024** - KS1 10.00am Christmas Performance

**13/12/2024** - Party in the Pole lunch, more information to follow

**16/12/2024** - EYFS 10.00am Christmas Performance

**16/12/2024** - EYFS 2.00pm Christmas Performance

**18/12/2024** - Y1 to Y6 Christmas Pantomime Trip PM

**18/12/2024** - EYFS Christmas Party PM

**19/12/2024** - Christmas Dinner day, more information to follow

**20/12/2024** - Last day of term

**23/12/2014** - Christmas holidays start

**06/01/2025** - School reopens to all children

**15/01/2025** - Closing date for Primary school applications

**27/01/2025** - Y5 Cober Hill Residential

**14/02/2025** - Young Voices

**BARNSELY METROPOLITAN BOROUGH COUNCIL**  
**SCHOOL CALENDAR FOR THE 2024/25 ACADEMIC YEAR**

For community and voluntary controlled primary, secondary and special schools

September (21 Days)	October (19 Days)	November (20 Days)
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
December (15 Days)	January (20 days)	February (15 days)
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28
March (21 Days)	April (11 Days)	May (16 Days)
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
June (21 Days)	July (16 Days)	August
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

 Bank Holidays  
 School Holidays

135 days – including 5 days to be taken as professional development days for teaching staff

2 - Term dates 2024 2025



**It is time for your child's  
yearly flu vaccination!**

Please complete one consent form for each of your children here:

[www.barnsleysais.co.uk/Forms/Flu](http://www.barnsleysais.co.uk/Forms/Flu)



Your unique code for LADYWOOD PRIMARY SCHOOL is  
BN106618

Please complete the form even if you do not want your child to have the vaccination.

3 - Flu vaccinations

*Please complete the form even if you do not want your child to have the vaccination.*

If you experience any problems, please contact the team on [barnsleysais@swyt.nhs.uk](mailto:barnsleysais@swyt.nhs.uk)

## Barnsley Schools Catering

Welcome Back - Autumn 2024

# Parent update

**Welcome to our Winter term parent update.** We circulate these newsletters once a term via your school, here we aim to provide you with information about our healthy nutritious school lunches as well as useful updates from behind the scenes and things to keep an eye out for.

**Are you or is someone you know looking for work?**

Barnsley schools catering are hiring! No experience is necessary, and all training will be given on the job. Receive competitive rates of pay, term time work and working hours during the school day – perfect for dropping off and picking up children at school! We have various vacancies located across the borough, apply now at <https://barnsley.engageats.co.uk/>

**Parents Evenings**

Did you know that we attend your children's parents evening to showcase the work we do and support we offer in schools.

When Parents evenings take place why not come and say hello.

**Did you know**

When creating meals and looking at products we use, where possible we obtain these from local butchers and suppliers.

Where this is not possible we look to utilise and work with brand names such as Harry Ramsdens, Quorn, Birdssey and Waffelmeister, which are popular household names and tastes children will be familiar with.

On our social media pages we share information relating to our meals and the accreditations we hold which is maintained by upholding to such standards.

**Social Media**

Barnsley Schools Catering provide updates, celebrations and fun food facts each week via our social media platforms. You can find us on Facebook, Twitter (X) and Instagram at the pages below.

So why not give us a follow!

@barnsleyschoolscatering  
 @barnsleyschoolscatering  
 @BarnsleySC

**Theme Days**

Throughout the Year we like to provide fun theme menus for children to celebrate. Take a look at the calendar below that showcases what's on offer over the next 12 months. Keep your eyes peeled with communications from your school so your child can get involved.

**National School Meals Week**

In November, all across the country caterers and schools will be celebrating National School Meals Week, during this time each day has a specific theme that is celebrated with fun tasty food and resources so school can take part in activities with the children. Keep an eye on our social media pages where we will be bringing the occasion to life!

**Have you checked to see if your child is eligible for free school meals?**

Could your child be eligible for free school meals? Applying is important, even if your child is in reception, year 1 or year 2 and currently gets Universal Infant Free School Meals. When you apply, your school receives extra funding to support your child's education. Check if you are eligible now over at [www.barnsley.gov.uk/free-school-meals](http://www.barnsley.gov.uk/free-school-meals). Free school meals are a great way to ensure your child eats well at lunchtime.

The below highlights some of the wider benefits of accessing school meals:

- Meals are packed full of goodness, with at least 2 of your child's 5-a-day
- Helps to develop your children's social skills and table manners
- Evidence demonstrates that regular consumption of school dinners can improve educational attainment
- Saves you time (and money)! No shopping for sandwiches or preparing packed lunches
- Peace of mind knowing your child is getting a healthy nutritious cooked meal

4 - The menu for school lunches is changing from Monday 11th November. Please familiarise yourselves with the new menus below.

## Autumn / Winter Term (Week 1)

All our kitchens operate under a Nut-free environment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Southern style burger with diced potatoes (V)	Traditional all day breakfast	Chicken fillet with Yorkshire pudding and roast potatoes	Meat and potato pie with mashed potatoes	Fish fingers with chips or salmon fingers
Pizza pin wheel with diced potatoes (V)	Hearty breakfast (V)	Quorn fillet with Yorkshire pudding and roast potatoes (V)	Wholesome Cottage pie (V)	Crispy fingers and chips (V)
Jacket potato with a choice of cheese (V), beans (VE), coleslaw (V)	Jacket potato with a choice of cheese (V), beans (VE), coleslaw (V) or tuna mayonnaise	Jacket potato with a choice of cheese (V), beans (VE), coleslaw (V) or tuna mayonnaise	Jacket potato with a choice of cheese (V), beans (VE), coleslaw (V) or tuna mayonnaise	Jacket potato with a choice of cheese (V), beans (VE), coleslaw (V) or tuna mayonnaise
Served with a choice of seasonal vegetables (VE)	Served with beans, mushrooms and tomatoes (VE)	Served with a choice of seasonal vegetables (VE)	Served with a choice of seasonal vegetables (VE)	Served with beans or peas (VE)
Chocolate sponge with chocolate custard (V)	Fruity Flapjack (V)	Fruit and Jelly (V) or Biscuits (V)	Shortbread Biscuit (V)	Fruity Friday (VE) or Yoghurt (V)

Please be aware that we cannot guarantee a completely food allergen-free environment, as foods containing allergens are used in our kitchens.

Weeks Commencing: 11th Nov / 02nd Dec / 13th Jan / 03rd Feb / 24th Feb / 17th Mar

Available daily: Unlimited vegetables (VE)  
Unlimited fresh water. Selection of fruit (VE).  
Bread basket (V).  
V indicates vegetarian and VE for vegan option

## Autumn / Winter Term (Week 2)

All our kitchens operate under a Nut-free environment.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
One-pot chilli mac (V)	Pulled pork slider with herbbed diced potatoes	Sausage and Yorkshire pudding with mash potatoes	Chicken curry and rice with naan	Harry Ramsdens fish and chips
Calzone with new potatoes (V)	Layered Vegetable Lasagne (V)	Quorn sausage and Yorkshire pudding with mash potatoes (V)	Mild Arrabbiata pasta (V)	Golden Cheese and onion roll with chips (V)
Jacket potato with a choice of cheese (V), beans (VE) or coleslaw (V)	Jacket potato with a choice of cheese (V), beans (VE), coleslaw (V) or tuna mayonnaise	Jacket potato with a choice of cheese (V), beans (VE), coleslaw (V) or tuna mayonnaise	Jacket potato with a choice of cheese (V), beans (VE), coleslaw (V) or tuna mayonnaise	Jacket potato with a choice of cheese (V), beans (VE), coleslaw (V) or tuna mayonnaise
Served with a choice of seasonal vegetables (VE)	Served with a choice of seasonal vegetables (VE)	Served with a choice of seasonal vegetables (VE)	Served with a choice of seasonal vegetables (VE)	Served with a choice of Peas or beans (VE)
Apple sponge with custard (V)	Ginger biscuit (V)	Fruit Jelly (V) or Yoghurt (V)	Fruity wheel (V)	Fruity Friday (VE) or Yoghurt (V)

Please be aware that we are unable to guarantee a completely food allergen-free environment, as foods containing allergens are used in our kitchens.

## Autumn / Winter Term (Week 3)

All our kitchens operate under a Nut-free environment.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese and tomato pizza (V)	Spaghetti and meatballs with garlic bread	Pork dinner and Yorkshire pudding with roast potatoes	Crispy chicken burger with diced potatoes	Bubble crumb fish bites and chips
Creamy Cheese and broccoli pasta (V)	Curry and rice with a naan (V)	Sausage casserole with roast potatoes (V)	Cheesy bean enchiladas with diced potatoes (V)	Quornish pasty and chips (V)
Jacket potato with a choice of cheese (V), beans (VE) or coleslaw (V)	Jacket potato with a choice of cheese (V), beans (VE), coleslaw (V) or tuna mayonnaise	Jacket potato with a choice of cheese (V), beans (VE), coleslaw (V) or tuna mayonnaise	Jacket potato with a choice of cheese (V), beans (VE), coleslaw (V) or tuna mayonnaise	Jacket potato with a choice of cheese (V), beans (VE), coleslaw (V) or tuna mayonnaise
Served with a choice of seasonal vegetables (VE)	Served with a choice of seasonal vegetables (VE)	Served with a choice of seasonal vegetables or salad (VE)	Served with a choice of seasonal vegetables or salad (VE)	Served with a choice of seasonal vegetables or salad (VE)
Angel Cake and custard (V)	Waffles with banana and chocolate sauce (V)	Fruit Jelly (V) or Yoghurt (V)	Raspberry buns (V)	Fruity Friday (VE) or Yoghurt (V)

Please be aware that we are unable to guarantee a completely food allergen-free environment, as foods containing allergens are used in our kitchens.

Weeks Commencing: 22nd Nov / 16th Dec / 9th Jan / 27th Jan / 10th Mar / 31st Mar / 21st Apr / Available daily: Unlimited vegetables (VE), Unlimited fresh water, Selection of fruit (VE), Bread basket (V), V indicates vegetarian and VE for vegan option



# BARNSELY'S PACKED LUNCH TOOLKIT

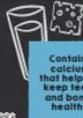
By choosing the recommended portions from each of the 4 main Food groups will ensure your child has a tasty, well-balanced packed lunch to keep them focussed and maximise their learning.

5-11 YEARS

## DAIRY & DAIRY FREE ALTERNATIVES

### Choose 1 portion

- Small glass = 150ml semi skimmed milk or dairy free alternatives (with added calcium & unsweetened)
- 1 small pot of yogurt or unsweetened custard
- Match box size (30g) of cheese



Contains calcium that helps to keep teeth and bones healthy

## CARBOHYDRATES

### Choose 1 portion

- 1-2 slices of bread
- Small bread roll
- Pitta bread
- 1 dinner plate sized wrap
- 2-3 tablespoons rice, pasta or other grains
- 2 egg sized potatoes



Provides lots of energy

## FRUIT & VEGETABLES

Contains vitamins & minerals which are needed for good health

- Apple
- Banana
- Pear
- Strawberries
- Carrot sticks
- Tomatoes
- Peppers

A portion is a medium sized piece of fruit, or a child's handful of chopped fruit or veg



## PROTEIN

Needed for growth & repair of muscles

### Choose 1 portion

- Eggs
- Poultry: chicken or turkey
- Lean meat: beef, pork or lamb
- Fish: salmon, tuna or sardines
- Non-meat protein: humous, lentils, beans or pulses



A portion is the size of your child's palm

- 1 Choose a main course which contains 1 portion of carbohydrate and 1 portion of protein, use ideas from above.
- 2 Add some salad or vegetables using frozen veg or cooking extra the night before are quick and cost effective options.
- 3 Add a little something else: Fruit, yogurt, low sugar jelly, rice cakes, malt loaf or plain popcorn are healthy options.

## HEALTHY DRINKS

- 1 Remember to pack a drink. Tap water is the cheapest way to keep your child hydrated. Other alternatives that are healthy & less damaging to health are low fat milk or sugar free fruit squash.
- 2 Fruit juice is another option and will count towards 1 of their 5 a day. Limit to 150ml a day due to the sugar content.

## TASTY TRADES

- 1 Swap crisps for plain popcorn or plain rice cakes.
- 2 Swap the sweets, cakes, cereal bars and chocolate for fruit cakes, malt loaf or fresh, tinned or frozen fruit.
- 3 Cut back on fat by using reduced fat spread, low fat yogurt & cheese.
- 4 Swap white bread and pasta for brown versions to keep little tummies fuller for longer.



# Community Notice Board



## Cutting the cost of keeping warm

We understand how difficult it can be when energy bills start to rise. By making some small, simple changes we can all save money while staying safe and well.

### Save money when cooking

When cooking, put a lid on your pan as this can save you money on your energy bill. Putting a lid on your pan allows water to boil faster and the lid keeps the heat in the pan, rather than letting it escape, speeding up cooking time and helping you use less energy.

Slow cookers save money! Slow cookers are an extremely efficient way to cook, you can batch cook meals. Likewise, microwaves and air fryers are also great alternatives to using ovens.

### Switch off your appliances

Turning off lights and switching appliances off standby when not in use can save £52 a year on energy bills.



### Do not over fill

Only boil as much as you need, overfilling your kettle wastes energy.



### Turn down your thermostat



By turning down your thermostat from 22°C to 21°C, you could save £90 on your energy bills.

Wash on eco or 30°C or cooler cycles when you can. Washing at 30°C rather than higher temperatures could save £12 a year.

### LED lights

Switch your lights to energy-friendly LED light bulbs. If you are able to replace your old light bulbs with LEDs, you could save around £40<sup>5</sup> a year and as a bonus, they last five times longer.



### Full load

Only wash with a full load, cutting back on just one washing cycle a week can save you an additional £12 a year and further savings on metered water bills.



### Use a washing bowl

Using a bowl to wash up rather than a running tap can save you money on your energy and water bills if you have a water meter. You only need to run a typical tap for 95 seconds before you would have filled a washing up bowl<sup>5</sup>.

### Take shorter showers

Spending just one minute less in the shower can save £16 a year in a typical household and uses far less energy than taking a bath. Sticking to 4-minute showers could save a typical household £60 on energy bills and around £75 on metered water bills every year.<sup>6</sup>

Replacing an inefficient shower head with a water-efficient one can reduce your yearly gas bill by £25. If you have a water meter as well, you can save another £35 - that's a total saving of £60 each year.<sup>7</sup>



### Maximise your income

Every year, millions of households miss out on thousands of pounds worth of benefits, that they are entitled to. Turn2us's benefit calculator easily and quickly identifies any benefits you are entitled to claim to increase your income.

Visit: [benefits-calculator.turn2us.org.uk/](https://benefits-calculator.turn2us.org.uk/)

We're committed to helping our customers keep safe and well. We work with a number of services and organisations that can provide help and support on energy fuel efficiency.



### Safer Homes Carbon Monoxide Alarms

Fitting a carbon monoxide (CO) alarm in your home is a great way of keeping you and your family safe from the dangers of (CO). CO is an odourless, tasteless, and invisible gas that is dangerous, and can be created from faulty gas appliances.

The Safe Homes programme offers households a free CO alarm (maximum of one per household). Scan the QR code to request an alarm or visit: [element.safelythankyou.co.uk/so2neutral/login.php](https://element.safelythankyou.co.uk/so2neutral/login.php)

Please use the below details when requesting your free CO alarm:  
Username = coalarms Password = Safehomest23



### Help and support with energy bills



#### National Energy Action (NEA)

If you need advice and support on your energy bills, please visit: [nea.org.uk/get-help](https://nea.org.uk/get-help)



#### Citizens Advice

If you need information on grants and benefits to help you pay your energy bills, please visit: [citizensadvice.org.uk/consumers/energy/energy-supply/](https://citizensadvice.org.uk/consumers/energy/energy-supply/)



#### Groundwork

If you need help with saving money on your energy bills or improving efficiency within your home, please visit: [groundwork.org.uk/energy-efficiency-and-fuel-poverty/](https://groundwork.org.uk/energy-efficiency-and-fuel-poverty/)



#### The Priority Services Register

The Priority Services Register (PSR) is a free service that helps energy companies to look after customers who have extra communication, access, or safety needs. It helps us tailor our services to support households who need extra help with everyday energy matters like bills, and also in the unlikely event of a power cut or gas supply interruption.

Find out if you are eligible and register at: [thePSR.co.uk](https://thePSR.co.uk)

