



# Newsletter October 2020



Dear families and friends,

I hope you are all well?

Thank you so much for working so closely with us to ensure everyone in and around our school remains as safe as possible.

Remember to have your child's SeeSaw details at home. If there are any local lockdowns or we have to close a pod, work will be set via this platform.

### **Parent Teacher calls:**

Our parent teacher phone calls will take place this week and next week. Please make sure you have booked an appointment with your child's teacher. On Wednesday and Thursday this week and Tuesday next week, please be aware that the phone lines will be in use with teacher's calling parents. During this period, you may want to email school rather than phone. (office@wensum.norfolk.sch.uk OR office@nelson.norfolk.sch.uk)

### **Lunches:**

We are currently provided with meals from Norse. This contract has just been out to tender and from November 2nd, our meals will be provided by Aspens.

All Norse staff will be TUPE'd so your child will not see a change except in the menu. Please find attached a sample menu and information. I will be asking for feedback next half term.

On Tuesday 20th October, Nelson's menu is changing to Chicken Wrap with pasta salad & sweetcorn. Wensum's menu will remain the same (beef meatballs)

We break up for October half term on Wednesday 21st October. On this day, the kitchen are not offering the usual roast dinner but offering Friday's meal— either Fish Fingers or Vegetable goujons.

### **Pupil Council at Wensum:**

We feel very strongly about giving 'a strong voice to young people' (part of the Norwich 2040 vision) and as a school community, we are committed to this.

Every week, two class representatives attend a forum in which they have been set targets from our school improvement and development plan.

Their targets are:

- ◆ To look after and respect shared spaces.
- ◆ To ensure we are all physically healthy.

The children discuss problems and ideas in class then bring them to pupil council. These ideas will then help shape the future of our school journey.

*Best wishes,*

*Victoria McConnell*

**IMPORTANT:**

Our main aim is to keep everyone SAFE!

We have nearly 400 children coming into and leaving our two schools every single day. Please be respectful and do not drive and park in a way to compromise this.

I cannot be any clearer:

**DO NOT PARK ON THE ROADS DIRECTLY OUTSIDE SCHOOL.**

**PLEASE FOLLOW THE SPEED LIMIT OF 20MPH.**

**PLEASE USE THE CROSSINGS AT SCHOOL RATHER THAN ASK YOUR CHILD TO RUN ACROSS THE ROAD.**

**WHEN PARKING, DO NOT BLOCK THE PAVEMENT.**

**IF PARKING BY THE SWIMMING POOL, PLEASE TAKE CARE IN THE CAR PARK.**

There are no parking permit restrictions around our schools so there is no excuse not to park around the corner and walk a few meters to collect your child. We would rather you were two minutes late for collection than compromise the safety of someone else's child.

**Free School Meals?**

If your circumstances have changed, apply for Free School Meals. See our Webpage for information <http://www.norfolk.gov.uk/neo> or go straight to the council website <http://www.norfolk.gov.uk/neo>

**Reminders:**

Please try to book Opticians and Dentists appointments outside of school hours if possible. See attached a graph showing the impact that 'a few missed minutes' makes.

If the classroom gate or door is closed because your child has arrived too late, please tell them to go directly to reception.

Pupil Asset Parent App: As well as being able to book Parent Teacher Interviews, you can use it to check your details. You can update your contact details using the app. If you spot any other details that are incorrect, please let the office know.

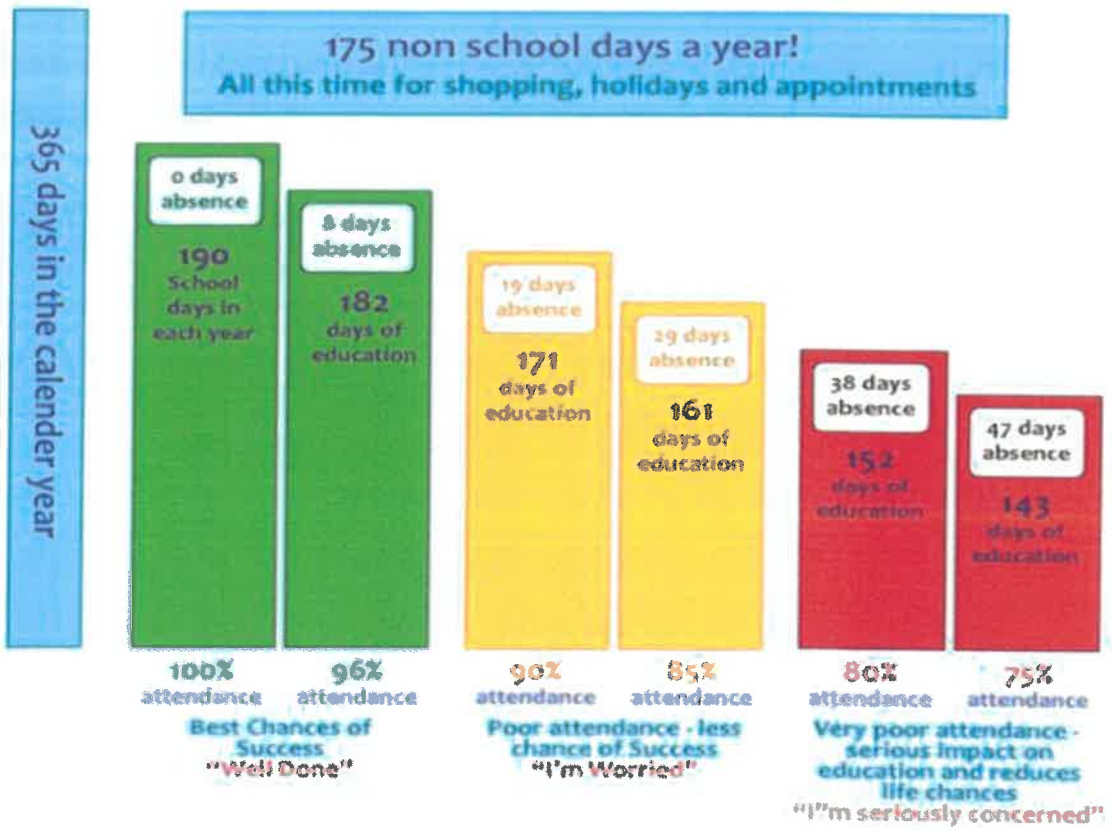
Please do not allow your child to bring in any personal belongings and toys from home. To try to limit the potential spread of COVID, we are asking for only lunch boxes, water bottles and spare shoes to come in.

The windows are open in school to increase ventilation. Please ensure your child is adequately dressed for this (you can provide an additional layer if you wish).

If you child cycles to school, their bike needs to be road worthy and they need to wear a helmet.

Please provide Slippers/Wellies in school so mud is not walked into the carpets.

If you need to change the collection arrangements at the end of the day, please give us as much notice as possible. Our office staff struggle to get messages to class if it is given too late.





Evolution Academy Trust are delighted to announce that after a tender exercise we have appointed a new catering provider across the Trust. The new catering contract will commence on the 2nd November.

**Great tasting food that your children will love**

Aspens is the company chosen by The Evolution Academy Trust to provide the meal service for its pupils. We specialise in providing catering to schools and colleges across the country.

The food children eat at school plays an important role in their wellbeing and eating a well-balanced diet will not only maintain and improve their health but will also set them on the right track for later life. We understand this and that's why we are passionate about serving fresh, high quality and locally sourced food that is cooked in our kitchen.

**Responsible catering**

At Aspens - we take our responsibility of catering for today's children and young adults seriously. All of our dishes are prepared everyday using quality, fresh and seasonal ingredients that are responsibly sourced.

As well as ensuring the food on the plate is healthy, we want our customers to understand the importance of eating the right foods and help them with their food and nutrition journey.

**Special diets and food allergens**

Don't think that your child can't enjoy our great food if they have a special diet - they are an important part of our catering service. We can provide food if they have an intolerance, an allergy, or require an alternative choice due to religious beliefs.

Legislation requires caterers to provide allergen information on food sold that is served 'unpacked'. Aspens already cater for lots of children with allergies and we regularly check the information from suppliers to see if there have been any ingredient changes. It is still important that our customers talk to us so we can work together and continue to provide meals that are safe for them to eat.

## Free School Meals

All children that are in Reception, Year 1 and Year 2 are entitled to receive UNIVERSAL FREE SCHOOL MEALS! We think it's a fantastic idea so please make sure you support this initiative. Not only will you be saving money, but you will also be giving your child a nutritionally balanced meal to fuel their bodies for the rest of their learning day.

Please note this is not to be confused with FREE SCHOOL MEALS which is an entitlement that some children can receive due to their parents/carer's circumstances. If you feel you may be entitled to receive FREE SCHOOL MEALS, you should request the relevant forms from your school office. [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)

## Sample Menu

September 2020

# FOOD FESTIVAL

By Aspens

7th Sept, 28th Sept, 19th Oct, 9th Nov, 30th Nov, 21st Dec

	MONDAY Family Faves	TUESDAY Authentic Italian	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
<b>WEEK ONE</b>					
<b>Main Event</b>	<b>Bangers &amp; Mash</b> Pork chipolata served with mash, green beans and gravy	<b>Margherita Pizza</b> Cheesy tomato topped pizza with seasonal salad and garlic slice	<b>Roast Chicken</b> Boneless chicken with crispy roasties fresh cauliflower and gravy	<b>Chicken Curry</b> Marinated chicken thigh pieces in a mild curry sauce with rice and fresh courgettes	<b>Fish Fingers</b> Golden breaded Pollock or Salmon fish fingers with chips and peas
<b>Vegetarian Section</b>	<b>Quorn Bangers</b> Quorn sausages with mash, green beans and gravy	<b>Pasta Napollian</b> Wholemeal Penne, tomato sauce seasonal salad and garlic slice	<b>Cheese Pinwheels</b> Toasty cheese spirals with crispy roasties and cauliflower	<b>Sweet Potato Balli</b> Lightly spiced sweet potato, chickpea and minty lentil curry with rice and fresh courgettes	<b>Picnic Pitta</b> Quorn dippers and potato, chickpea and minty cucumber salad with chips and pitta packet
<b>KS1 Pick n Mix</b>	<b>Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit Or Crispy Skin Jacket Potato with Toppings</b>				
<b>KS2 2 Go</b>	<b>Breakfast Quesadilla</b> Mexican style sausage, bacon, hash brown & beans in a multigrain wrap	<b>Falafel</b> Egyptian style falafel with Pitta & Hummus	<b>Hol Bap</b> Roast chicken, red onions & stuffing in wholemeal soft bap	<b>Bollywood Naan</b> Folded flatbread with tikka chicken or vegetables & mint yoghurt	<b>Street Pol</b> Pasta, rice or Noodle Pot with flavour inspirations from around the world
<b>The Finale</b>	<b>Tutti Frutti Sponge</b> Dried fruit and cherry cake served with custard	<b>Sticky Orange Cake</b> Zingy orange cake made with polenta	<b>Cheesecake</b> Biscuit base with salt cheese and fruity topping	<b>Chocolate Brownie</b> Served with Orange Slices	<b>Cookie and Shake</b> Oat Cooke & Chocolate Milkshake

▲ Meal    ▼ Veggie    ● Jacket Potato    ◆ Packed Lunch

## Get in touch

Aspens are experts in school catering and have years of experience when it comes to school food. If you have any questions about our service, or any special dietary requirements - please get in touch. You can contact us via email on [info@aspens-services.com](mailto:info@aspens-services.com) or call on 01905 759613. You will also find a host of information on our website – [www.aspens-services.co.uk](http://www.aspens-services.co.uk)

[WWW.ASPENS-SERVICES.CO.UK](http://WWW.ASPENS-SERVICES.CO.UK)

The way in which school meals are ordered and paid for, for the majority of our schools will not change; however, if your school is affected further information and guidance will be provided.