



Church of the Ascension
C.E. Primary School

Friday 25th January 2019

No 18



CHOICE MENUS
WEEKLY
£2.30 per day
Menus are available
to Dudley MISC please

(V) suitable for vegetarians
(FF) Fat Free
(GF) Gluten Free

MONDAY	Sausage or (V) Quorn Sausage in Onion Gravy Mediterranean Chicken Served with Carrots, Broccoli Sweet Potato Mash Fresh Fruit Salad
TUESDAY	Cottage Pie (V) Tomato & Basil Penne Served with Baked Beans Wedges Fruit Sponge & Custard Fresh Fruit Salad
WEDNESDAY	Roast Beef & Yorkshire Pudding (V) Pasta Bake Served with Cauliflower, Cabbage (FF) Roast Potatoes & Creamed Potatoes Chocolate Surprise with Chocolate Sauce Fresh Fruit Salad
THURSDAY	Love Joes Marinated Chicken Wrap Meat or (V) Quorn Lasagne Served with Chicken Pie Carrots Boiled Potatoes, Savoury Rice Fruity Cheesecake Fresh Fruit Salad
FRIDAY	(V) Cheese & Tomato Pizza Battered Fish/Salmon Served with Baked Beans, Spaggetti, Sweetcorn Chipped Potatoes Fruit Crumble & Custard Fresh Fruit Salad

Daily Items also available during lunch service – Jacket Potato
with choice of fillings/ Cheese and Biscuits/ Salad/ Fruit Yoghurt/
Fresh Fruit/Water/Variety of Bread
* Not suitable for vegetarians
Milkshakes 25p



'GRAB BAG' MENU



MONDAY
Ham Sandwich or
(V) Cheese Wrap
Salad Bag
Yoghurt or Fruit
Fruit Juice



TUESDAY
Ham Sandwich or
(V) Cheese Wrap
Salad Bag
Yoghurt or Fruit
Fruit Juice

**Grab Bags
must be
ordered at
morning
registration**

WEDNESDAY
Ham Sandwich or
(V) Cheese Wrap
Salad Bag
Yoghurt or Fruit
Fruit Juice



THURSDAY
Ham Sandwich or
(V) Cheese Wrap
Salad Bag
Yoghurt or Fruit
Fruit Juice



FRIDAY
Sausage Roll or
(V) Cheese & Tomato
Pizza
Salad Bag
Cake of the day
Fruit Juice



MESSAGE FROM THE HEAD

This week has seen our football teams in action. The girls' team competed in the Dudley Schools' Tournament and narrowly lost 1-0 in the final. Our boys' team competed in the West Bromwich Albion Tournament held in the club's training dome. Happily, the boys topped their group and have progressed to the next round of the competition. Well done to all concerned.

The school debating team have visited the Council House to take part in the Dudley debates. They opposed the motion, "This house believes that we should only eat food grown locally." They conjured up a vision of a country without chocolate in order to make their point!

It is with great sadness that I report that our Site Manager, Mr Deacon, will be leaving us at the end of this month. John has accepted a post at a larger school as of 1st February. I'm sure that you will join me in thanking him for his dedication to our school and in wishing him all the best for the future.

Finally, can I remind parents once again about showing courtesy to our neighbours when parking around the beginning and end of the school day. This week I was contacted by a very cross lady who was unable to get off her drive because one of our parents had blocked it off. The police have been contacted about the incident and I would be extremely grateful if

people could be more considerate when they park. Thanks for your assistance on this matter.

MENUS



The menu for next week is week 1.

SUMMERHILL SCHOOL PRODUCTION



SISTER ACT

6th-8th February
Doors open 6.30pm
Tickets £10

Purchase from the school reception or online at:
buytickets.at/summerhillschoolsisteract

CHURCH CLUB



Games, Bible stories, craft and drama for all ages. After school until 4.15pm in the Reception library/spare classroom on alternate Tuesdays:
29 January
12 February
5 and 19 March
2 April.

Permission slips are available from school to complete if your child(ren) would like to attend without you.

Please collect children from the Key Stage 1 playground at 4.15pm.



FIZZ FREE FEBRUARY

'Fizz Free February is coming to Dudley for the first time, will you be making the pledge to #gofizzfree?

Could you and your family give up fizzy drinks for February? Taking part in Fizz Free February is a great way to reduce your sugar intake by cutting out fizzy drinks. It can also help you on your way to drinking fewer sugary drinks for the rest of the year.

Three great reasons to go Fizz Free

- you can save £438 a year if you stop drinking one bottle of soft drink, per day, for a year
- drinking just one 330ml can of fizzy drink a day could add up to over a stone weight gain per year
- tooth decay is the leading cause for hospitalisation among five to nine year olds in the UK

Make your pledge by tweeting @dudleymbc or @LetsgethealthyD using #gofizzfree or sign up at www.lets-get.com

FORTNITE

Can we remind parents that the game 'Fortnite' has a 12 rating. As such it is not deemed suitable for primary school children.

Thank you.

AFTER SCHOOL ACTIVITIES



The following activities are taking place after school next week:-

Monday

Ace Coaching
(This is a pre-booked activity)

KS2 Music Club
(finishes 4.15pm)

Tuesday

Yrs 5 & 6 Football
(finishes 4.30pm)

Wednesday

Dance Club Yrs 5 & 6
(to be collected from Church Hall at 4.20pm)
This is a paid activity.

Yrs 5 & 6 Netball
(finishes 4.30pm)

Friday

Yr 6 Football Cup Match
v Christchurch (a)

UNIFORM

We currently have a good stock of uniform; if anyone would like to place an order please collect a form from the school office. Please be aware that next time we order from our supplier we have been advised there will be a price increase, so get in now while the price is right!
