



Church of the Ascension
C.E. Primary School

Friday 9th February 2024

No 20



HAPPY HALF TERM
CHILDREN RETURN
MONDAY 19TH FEBRUARY



CHOICE MENUS
WEEK 1
£2.40 per day—please book and
pay via School Money

MONDAY	<p>Cheese & Tomato Pasta Bake (V) Quorn Nuggets Salmon Nibbles Served with Baby New Potato, Sweetcorn Fruity Flapjack & Custard</p>	(V) suitable for vegetarians (FF) Fat Free (GF) Gluten Free
TUESDAY	<p>BBO Chicken Wrap (V) Cheese & Onion Lattice Fish Finger Served with Baked Potato Wedges, Carrots & Peas Fruit Crumble & Custard</p>	
WEDNESDAY	<p>Traditional Roast, Chicken Seasoning & Gravy (V) Quorn Chicken, Fillet Seasoning and Gravy Fish Goujons Served with Roast & Boiled Potatoes, Peas/Carrots & Green Beans Chocolate Surprise Cake & Chocolate Sauce</p>	
THURSDAY	<p>Chicken Curry, Rice & Naan Bread (V) Cheese & Potato Pie Fish Nuggets Served with saute potatoes, Broccoli & Carrots Lemon Drizzle & Custard</p>	
FRIDAY	<p>(V) Cheese & Tomato Pizza Battered Fish Served with Chipped Potatoes, Baked Beans & Sweetcorn Arctic Roll & Fruit</p>	

Daily Items also available during lunch service — Jacket Potato
with a variety of fillings, Salad, Bread, Fresh Fruit, Yoghurt, Fruit
Jelly, Cheese & Biscuits
* Not suitable for vegetarians



'GRAB BAG' MENU



MONDAY
Ham/Tuna
Sandwich or
Cheese Wrap
Salad Bag
Yoghurt or Fruit
Fruit Juice



TUESDAY
Ham/Tuna
Sandwich or
Cheese Wrap
Salad Bag
Yoghurt or Fruit
Fruit Juice

**Grab Bags
must be
ordered on
Eduspot at
least 24 hours
before**

WEDNESDAY
Ham/Tuna Sandwich
Or Cheese Wrap
Yoghurt or Fruit
Fruit Juice



THURSDAY
Ham/Tuna
Sandwich
Or Cheese Wrap
Salad Bag
Yoghurt or Fruit
Fruit Juice



FRIDAY
Ham/Tuna
Sandwich/Cheese Wrap
or Pizza
Salad Bag
Yoghurt or Fruit
Fruit Juice



MESSAGE FROM THE HEAD

This week has seen our annual Good Health Week complete with a whole range of visitors and activities. The children studied healthy eating, tooth brushing, first aid, hygiene and "growing up." We welcomed the Fire Service, many nurses and even our very own England Lioness, former pupil and women's international Ebony Salmon who returned to her old school to talk to the pupils about the need for resilience and perseverance to make it to the top of any sport. As always, thanks to Mr Bradley for co-ordinating this fixture on our school calendar.

Last Saturday a working party was held to start the ground work for the setting up of our new forest school area. The old adventure trail was removed - eventually! - as were a whole range of things that had somehow found their way under the trees over the years! The first skip was soon filled and a second one was needed in order to try to dispose of the unwanted items. A huge thank you to everyone who helped. News on forest school will follow next half term!



MENU

The menu for the week after half term will be week 1.



CHILDREN'S BOOKS

If you are thinking of having a clear-out, we are looking for donations of good condition fiction books for all ages to help restock our libraries. Unfortunately, pop-up type books are not suitable as they tend to get damaged easily! Thank you for your support.

CLOTHING COLLECTION

Thank you for your donations for the recent clothing collection. We are pleased to say we have received £355 from the company! Great news!

FOSTERING

Dudley Council are looking to recruit foster carers across the Dudley Borough. Foster care plays a vital part in so many children's and young people's lives. In Dudley, the need for foster carers is greater than ever. Please see the attached leaflet regarding taking the first steps into becoming a foster carer.

WALL HEATH PARK



We were joined by Claire and Kerry from the Wall Heath Park Group this week who shared with us the fantastic news that work will be starting on the play area on 19th February. Well done to all involved!

CHILDREN'S MENTAL HEALTH WEEK

As part of our Good Health Week, we have been looking at opportunities to help our mental health as well as our physical health. Research has also shown that when we're kind, when someone is kind to us or even if we just witness kindness, our bodies release feel-good hormones which lift our mood, giving us what's known as a 'Helper's High'. It's also been shown that people who are kind have much lower stress levels, age more slowly and have healthier hearts. Kindness isn't just a nice thing to do, but can help us improve our own well-being, while helping others at the same time. And Children's Mental Health Week is a perfect time to start! Please see attached a kindness calendar!

SUMMERHILL SCHOOL FOSSTOBERFEST

March 15th 2024
7pm till late
Dust off your Dirndls and Lederhosen!
Early bird tickets £15.50pp throughout February, then £20pp in March.
Food and oompah band included in the price
For more info and to book your tickets, visit
<https://www.ticketsource.co.uk/fosevents/t-gaegejv>

ACTIVITIES AFTER SCHOOL



The following activities will be taking place after school the week after half term:

Monday
Ace Coaching
(Pre-booked and prepaid activity)

KS2 Choir

Yrs 5 & 6 Gymnastics

Tuesday
Yrs 3 & 4 Gymnastics

Church Club

Thursday
Yr6 Netball



PRAISE ASSEMBLY

The following children have received a certificate in Praise Assembly today for our core value of 'Respect':-

Elijah —RY
Imoden —RH
Imelda —1C
Ivy-Rose —1/2B
Theo —2S
Hari —3N
Zeke —3/4J
Theo —4C
Nathaniel —5CS
Joey —5/6M
Ilona —6P

Kindness award — Harper (1/2B)
