



Church of the Ascension
C.E. Primary School

Friday 12th January 2024

No 16



CHOICE MENUS
WEEK 2
£2.40 per day—please book and pay via School Money
(V) suitable for vegetarians
(FF) Fat Free
(GF) Gluten Free

MONDAY	Served with Herby Diced Potatoes, Spaghetti Hoops in Tomato Sauce, Mixed Vegetables Iced Sprinkle Sponge & Custard (Ve) Vegan Sausage Roll Salmon Bites
TUESDAY	Spaghetti Bolognaisse & Garlic Bread (V) Macaroni Cheese & Garlic Bread Battered Fish Served with Sautie Potatoes, Sweetcorn & Peas Fruity Muffin & Custard
WEDNESDAY	Traditional Roast Chicken Seasoning & Gravy (V) Quorn Chicken Filler Seasoning & Gravy Fish Goujons Served with Roast & Boiled Potatoes, Broccoli & Mixed Vegetables Shortcake Biscuit & Custard
THURSDAY	Served with potato Wedges, Baked Beans & Sweetcorn & Coleslaw Chocolate Crunch & Chocolate Sauce BBQ Chicken Wrap (V) Cheese & Onion Lattice Fish Bites
FRIDAY	(V) Cheese & Tomato Pizza Fish Fingers Served with Chipped Potatoes, Baked Beans & Peas Mousse & Fruit

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
Salad Bag
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

The children returned to school this week after their Christmas holidays and were keen to be reunited with their friends and teachers. We welcomed Mrs Clarke into her substantive post as a Year One class teacher in 1C - replacing Miss Vickery. She has already been overwhelmed by her first experiences of working at Ascension (in a good way!) I am confident that she will prove to be an excellent addition to our staff team and we have already assigned her a project for the coming months - more on that next week!

The children enjoyed their annual treat from the H.S.A yesterday as the theatre company came into school to perform their version of Sleeping Beauty. There was a lot of laughter and singing as well as Miss Slater getting some rather unwanted attention. At least she managed to narrowly avoid the shaving foam cake to the face gag! Thanks to the Home School Association for funding this tradition. We've already booked for Dick Whittington next year - I suspect that Miss Slater will try to sit a bit closer to the back during this performance!

MENU



The menu next week will be week 2.

MEASLES



There have been a rising number of cases of measles in the Black Country and parents and carers are being reminded to get their children vaccinated against measles, mumps and rubella (MMR) Measles is a highly infectious disease and if left unvaccinated nine out of ten children in a classroom can catch the disease if just one child is infectious. It can lead to serious complications if it is not treated, in the most severe cases it can develop into more threatening conditions such as severe lung infections, especially in those with a weakened immune system.

Symptoms of measles include:

- A high fever
- Rash
- Cough
- Runny nose
- Watery eyes

All children are invited for their first MMR vaccine on the NHS when they turn one. The second dose is given when they reach three years and four months of age. Having two doses of the vaccine provides the best protection against MMR. Parents who are unsure if their child is up to date with all their routine vaccinations should check their child's Red Book (personal child health record), the NHS App, or contact their GP practice. Adults and older children can also be vaccinated at any age if they have not been fully vaccinated before.

STAYING WELL THIS WINTER

Please find below important information from UKSHA on some of the seasonal illnesses that tend to peak during winter, as well as steps you can take now and throughout the coming term to help protect your family.

[A parent's guide to keeping kids healthy this school term](#)



BAGS2SCHOOL

The H.S.A have arranged a Bags2School collection on Tuesday 30th January to help raise funds for our school.

Your child should be bringing home a letter and a bag which explains what items can be accepted. You can also follow the link below to the website which gives more information:

<https://bag2school.com/what-we-collect>

Please **DO NOT** send bags in before this date as we are unable to store them.

We will advise of the collection point closer to the date. Thank you for your support.

CORE VALUE

Our core value that we are focussing on this half term is 'Respect'

ACTIVITIES AFTER SCHOOL



The following activities will be taking place after school next week:

Monday

Ace Coaching
(Pre-booked and prepaid activity)

Yrs 5 & 6 Sportshall Athletics

KS2 Choir

Tuesday

Church Club

Friday

Yrs 5 & 6 Gymnastics



PRAISE ASSEMBLY

The following children have received a certificate in Praise Assembly today:-

Jackson —RY
Noah —RH
Francesca —1C
Skylar —1/2B
Alfie —2S
Bella —3N
Isobel —3/4J
Freddie-Joe —4C
Laney —5CS
Jack —5/6M
Jacob —6P

Kindness award — Jenson (4C)
