



St Mary's Catholic First School

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Head Teacher: Mrs Paula Fearn

29th June 2018

Dear Parents

Wow, what a week; thank you to all the parents who have given their time, knowledge and enthusiasm and been part of our International/Community Week this week.

The children have enjoyed painting, crafts, making friendship bracelets, cooking, making jelly, fitness, talks on health, Pilates, Irish dancing, wildlife and gardening, learning about other cultures and countries, singing, new languages to name just a few! The children also enjoyed a theatre performance of Alice in Wonderland on Thursday afternoon.

The children have had a brilliant week and we hope the parents who were involved enjoyed themselves too.

Year 3 pupils had their Ukulele concert on Thursday morning; we hope the parents were impressed by how much they have learnt in ten weeks of learning the Ukulele. The children have really enjoyed learning to play and enjoyed showing their skills off to their parents. Thank you for coming along and supporting the concert.

We have our **Sport's Week** next week with the following:

Monday 2nd July - KS1 (Yr 1 & Yr2) Swimming Gala at 9.20am.

Tuesday 3rd July - KS2 (Yr 3 & Yr 4) Swimming Gala at 9.20am.

Wednesday 4th July - Father's Assembly

Wednesday 4th July- Reception/Yr 1 & Yr 2 class based PE activities. (Please bring PE kits)

Thursday 5th July - School Transfer Day

Friday 6th July - School Sport's Day from 10:15 am

Summer Fair

Our PTA is running the School Summer Fair on Saturday 14th July between 1.00 pm and 4.00 pm. If you have clean/good quality uniform please bring this in at least a week beforehand to the office for our second-hand uniform stall. We will be washing any lost property that hasn't been claimed and putting this on the stall as well. Please check through the lost property over the next week to check your child doesn't have any items in there.

Road closure

Please note that next Tuesday and Wednesday South Court Avenue is closing 9.30am-3.30 pm. This will impact I'm sure on the school runs, so please be mindful of this on these days.



Dorchester Timber

A big thank you to Dorchester Timber who kindly donated to St Mary's a very large piece of marine ply so that during our Community Week we were able to create an Eco spotting board; it was painted by pupils from all our classes and will look amazing. It has pictures of birds, insects and animals on it for the wildlife wardens to spot and to use as part of our Forest Schools. Once it is finished it will go up in the playground.

Ice Creams/Ice Lollies

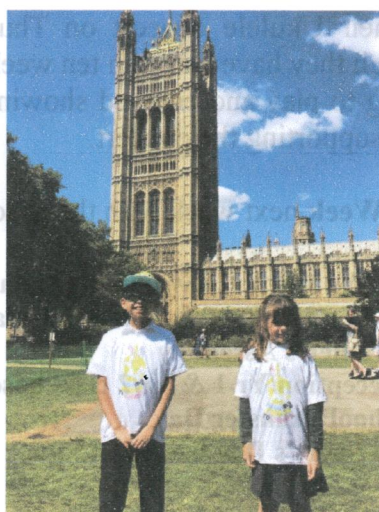
The PTA are selling ice creams and ice lollies every Friday after school until end of term, please come along and support the PTA and enjoy a treat.

Bag2School

Thank you to all the parents that brought in filled bags for our fundraising initiative, we raised an amazing £260.00.

Send a Friend to School Campaign

As part of this campaign, two of our Year 4 pupils who were voted for by their class went to the Houses of Parliament last Friday along with pupils from other schools around the country. They had an interesting and fun day.



NEWS - Changes to our Hot Meal Provider

Please note that from September we will have a new hot lunches provider. Food Links are a local well established company who source the food locally and responsibly and provide meals to a number of schools in our area.

Please see the sheets giving details about Food Links, you will receive your individual 10 digit activation code over the next two weeks, you will then be able to register your child to book lunches from September. I believe this will be a positive change at St Mary's.

Yours Sincerely

A handwritten signature in blue ink, appearing to read 'P Fearn'.

Mrs Paula Fearn
Head Teacher

LOCAL
FOOD
LINKS

Local Food Links

Fresh. Healthy. Tasty.

We are passionate about great food!



Welcome to Local Food Links school lunches! Local Food Links have been making delicious and nutritious school lunches since 2006. All our meals are freshly-prepared every day in local kitchen hubs using great quality ingredients that are locally sourced wherever possible.

We work hard to produce menus and meals that appeal to children and that are packed full of healthy goodness. Great for kids and great for parents!

School lunches are FREE for all children in Reception, Years 1 and 2 (and some older children whose families receive financial support). Meals are only £2.40 for children in Year 3 and above.

With 3 main course options every single day, followed by a pudding or piece of fruit, we're sure that your child will quickly find lots of meals they love.

To find out more about Local Food Links click here to watch our video or search Local Food Links Summer on YouTube.

We've made ordering school meals easy!

You'll receive our printed paper menus from your school every half-term. Use this menu to select your meal choices with your children and to keep a record of your choices.

You are able to order and manage your meal choices online but be aware that we do require 7-days' notice to order, change or cancel any meal. This is because we source ingredients from local suppliers, wherever possible, and our meals are then prepared from fresh every day.

To order online, register your details at myschoolmeals.co.uk. You will receive a 10-digit unique activation code from your school to activate each of your children and then be able to order school meals from Local Food Links.

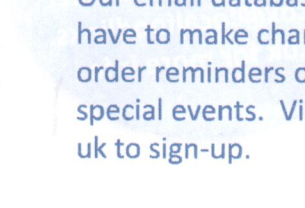
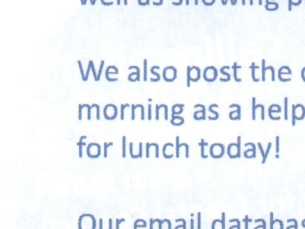
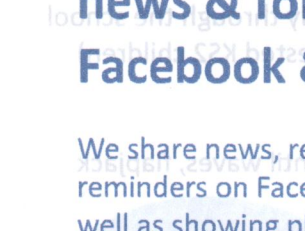
Online payment for KS2 meals can be made within myschoolmeals.co.uk using secure online payment processing.

KEEP IN TOUCH!
Sign-up for our email news & follow us on Facebook & Twitter

We share news, recipes and order reminders on Facebook and Twitter as well as showing photos of the meals.

We also post the day's menu every morning as a helpful reminder of what's for lunch today!

Our email database is used when we have to make changes to the menu, for order reminders or to share news or special events. Visit LocalFoodLinks.org.uk to sign-up.



Why our lunches are great for your kids!

- Research shows children can concentrate better and stay more focused after a hot school meal plus children enjoy the social experience of eating a meals with their peers and are often prepared to try new things.
- The nutritional benefits of a school meal far out weigh those of a packed lunch (only 1.6% of packed lunches meet the same nutritional values)
- All our meals meet strict school food standard guidelines.
- Our Meat is British and is certified as being from farms with high standards of animal welfare, all our Fish is from sustainable sources and all our Eggs are free range.
- All our meals are prepared in kitchens with the top, level 5 rating for Food Hygiene.
- What's more you could save money too! The average family can save over £450 a year by taking up their Universal Infant Free School Meal entitlement!

So, you'll know your children are well fed and fuelled for an afternoon of learning!

5 STAR!

All our kitchens are Rated 5 for Food Hygiene

FOOD HYGIENE RATING

0 1 2 3 4 **5**
VERY GOOD

Our ingredients are locally sourced (95% from Dorset/South West suppliers)

We use seasonal produce where possible and pack lots of extra vegetables into our meals.

We aim to make menus varied and interesting whilst ensuring reassuring family favourites are available



Food Allergies

We want to make sure all children, including those with Food Allergies, can benefit from a hot school meal.

We make it easy for you to check that our meals are suitable for your children by giving full details of the ingredients, dish by dish, within the myschoolmeals online ordering system. Simply click on any meal choice to bring up the list of ingredients. From September 2018 we will also mark the most common allergens on the paper menus.

For children with medically proven food allergies we can provide bespoke meals. You will need to complete an Allergy Form (available from the school office) and provide medical evidence (i.e. a copy of a Doctor's letter). Please contact Barry Dovell on 01308 428921 or email barry.dovell@localfoodlinks.org.uk to discuss your child's individual dietary requirements.

LFL Packed Lunches

Packed lunches are available for School Trips and event days. These can be ordered directly through the school and are Free for KS1 (and means tested KS2 children) and £2.30 for years 3 and above.

Our lunches contain a filled roll, lentil waves, flapjack and a piece of fruit.

When you have a letter home about an upcoming school trip you should also have the option to order a packed lunch... if not ask at the school office!

Calling all PTAs & Event Organisers!

LFL can offer a great Buffet Menu for Events! Contact laura.cox@localfoodlinks.org.uk for more info



Marble Cookie
or Fresh Fruit

Fresh Melon Wedge

Flapjack
or Fresh Fruit

Jelly
with Fruit

Jammy Cupcake
or Fresh Fruit

WEEK 2

MONDAY 23 APRIL

Spanish Style Chicken,
Couscous & Sweetcorn

Pesto Pasta, Grated Cheese
& Sweetcorn

Jacket Potato with
Cheese & Beans

Flapjack
or Fresh Fruit

TUESDAY 24 APRIL

Beef Bolognaise,
Pasta & Peas

Tomato Soup
& Homemade Cheese Scone

Tuna & Sweetcorn Wrap
with Veg Sticks

Summer Window Cake & Custard
or Fresh Fruit

WEDNESDAY 25 APRIL

Roast Chicken, Roast Potatoes,
Carrots, Green Beans & Gravy

Vegetable Gratin, Roast Potatoes,
Carrots, Green Beans & Gravy

Jacket Potato with
Ham & Salad

Mini Shortbread
& Peaches

THURSDAY 26 APRIL

Pork Sausage, Mashed Potato
& Baked Beans

Quorn Sausage, Mashed Potato
& Baked Beans

Jacket Potato with
Tuna Mayo & Cucumber

Dorset Apple Cake
or Fresh Fruit

FRIDAY 27 APRIL

Fish Fingers, Chips,
Peas & Ketchup

Macaroni Cheese
& Peas

Jacket Potato with
Cheese & Crudités

Fresh Fruit
Medley

WEEK 3

MONDAY 30 APRIL

Beef Lasagne
& Green Beans

Vegetable Soup
& Homemade Cheese Scone

Jacket Potato with
Cheese & Beans

Chocolate Brownie
or Fresh Fruit

TUESDAY 1 MAY

Cheese & Ham Pizza, Half a
Jacket Potato & Peas

Quorn Paella
& Peas

Jacket Potato with Tuna Mayo
& Cucumber

Lemon Drizzle Cake
or Fresh Fruit

WEDNESDAY 2 MAY

Roast Gammon, Roast Potatoes,
Carrots, Green Beans & Gravy

Vegetable Slice, Roast Potatoes,
Carrots, Green Beans & Gravy

Jacket Potato with
Cheese & Crudités

Fresh Melon Wedge

THURSDAY 3 MAY

Beef Burger in a Roll, Potato
Wedges & Sweetcorn

Cheese & Leek Burger in Wholemeal
Roll, Potato Wedges & Sweetcorn

Jacket Potato with (Vegetarian)
Three Bean Chilli & Salad

Apricot Crumble Slice
or Fresh Fruit

FRIDAY 4 MAY

Battered Fish, New Potatoes,
Peas & Ketchup

Mediterranean Quiche, New
Potatoes, Peas & Ketchup

Chicken and Mayonnaise
Wrap with Veg Sticks

Mini Shortbread &
Fresh Orange Wedge

WEEK 4

BANK
HOLIDAY

TUESDAY 8 MAY

Fishcake, Chips
& Baked Beans

Cheese & Leek Sausage,
Chips & Baked Beans

Jacket Potato with
Cheese & Beans

Ginger Biscuit
or Fresh Fruit

WEDNESDAY 9 MAY

Summer Roast Chicken, Layered
Potatoes, Vegetable Medley & Gravy

Courgette & Lentil Bake, Layered
Potatoes, Vegetable Medley & Gravy

Jacket Potato with
Ham & Crudités

Chocolate Crispy Cake
or Fresh Fruit

THURSDAY 10 MAY

Meatball Sub, Tomato Sauce,
Grated Cheese & Crudités

Quornball Sub, Tomato Sauce,
Grated Cheese & Crudités

Jacket Potato with
Tuna Mayo & Cucumber

Mango & Banana
Muffin

FRIDAY 11 MAY

Fish Fingers, Potato Wedges,
Peas & Ketchup

Tomato Soup
& Homemade Cheese Scone

Jacket Potato with
Cheese & Salad

Jelly & Mandarins

Paper orders for week commencing Mon 16th Apr should be handed to the school office by Mon 26th Mar or ordered online by Mon 9th Apr

NATIONAL
VEGETARIAN WEEK
14-20 MAY 2018
National Vegetarian Week

WEEK 5

MONDAY 14 MAY

Ham & Pineapple Pizza,
Half a Jacket Potato & Sweetcorn

Pesto Pasta, Grated Cheese
& Sweetcorn

Jacket Potato with
Cheese & Beans

Marble Cookie
or Fresh Fruit

TUESDAY 15 MAY

Cheese & Ham
Pasta Bake & Peas

Hummus Pita Platter,
Falafels & Crudités

Jacket Potato with
Tuna Mayo & Cucumber

Summer Window Cake & Custard
or Fresh Fruit

WEDNESDAY 16 MAY

Roast Beef, Roast Potatoes, Yorkshire
Pud, Carrots, Green Beans & Gravy

Vegetable Gratin, Roast Potatoes,
Carrots, Green Beans & Gravy

Jacket Potato with
Ham & Salad

Mini Shortbread
& Peaches

THURSDAY 17 MAY

Pork Sausage, Mashed Potato
& Baked Beans

Cheese & Onion Quiche, Half a
Jacket Potato & Baked Beans

Jacket Potato with
Vegetable Bolognaise & Peas

Fresh Fruit
Medley

FRIDAY 18 MAY

Fish Fingers in Roll,
Potato Wedges & Crudités

Ratatouille,
Rice & Crudités

Jacket Potato with
Cheese & Crudités

Celebration Cupcake
or Fresh Fruit

WEEK 6

MONDAY 21 MAY

Beef Lasagne
& Green Beans

Vegetable Soup
& Homemade Cheese Scone

Jacket Potato with
Cheese & Beans

Apricot Crumble Slice
or Fresh Fruit

TUESDAY 22 MAY

Pork & Apple Burger in a Roll,
Chips & Crudités

Quorn Burger in a Roll,
Chips & Crudités

Jacket Potato with
Ratatouille & Cheese

Lemon Shortbread
or Fresh Fruit

WEDNESDAY 23 MAY

Roast Pork, Roast Potatoes, Carrots,
Cabbage & Gravy

Vegetable Roast, Roast Potatoes,
Carrots, Cabbage & Gravy

Jacket Potato with
Cheese & Crudités

Fresh Melon Wedge

THURSDAY 24 MAY

Spanish Style Chicken,
Couscous & Sweetcorn

Macaroni Cheese
& Sweetcorn

Jacket Potato with
Tuna Mayo & Cucumber

Chocolate Brownie
or Fresh Fruit

FRIDAY 25 MAY

Battered Fish, New Potatoes,
Peas & Ketchup

Cheese & Courgette Sausage,
New Potatoes, Peas & Ketchup

Jacket Potato with
Ham & Crudités

Jelly & Mandarins

WEEK 7

MONDAY 4 JUNE

Fishcake, Chips

TUESDAY 5 JUNE

Meatball Sub, Tomato Sauce,

WEDNESDAY 6 JUNE

Summer Roast Chicken, Layered

THURSDAY 7 JUNE

Pork Sausage, Mashed Potato,

FRIDAY 8 JUNE

Battered Fish, Potato Wedges,

HALF TERM WEEK