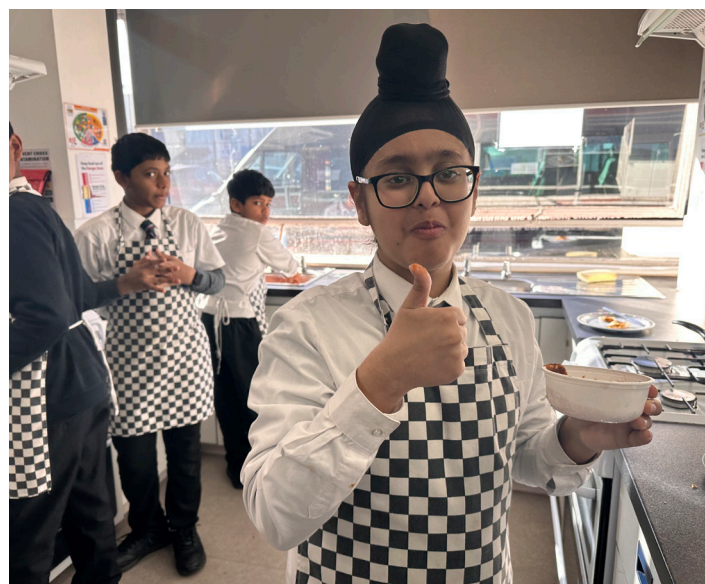


## TIK TOK Wraps

Year 8 got to experiment with different spices and herbs to enhance the flavour of basic food. They used a variety of cheese in the tortilla wrap which was folded and placed in the pan with butter lightly fried until the cheese melted which allowed the flavours to merge into the wrap. Students were very excited about it as they had seen this on tik tok and were





## Year 9 Immunisations – Monday 11th March


Your child will be offered a Diphtheria, Tetanus and Polio Booster and Meningitis ACWY vaccination. The teenage booster, also known as the 3-in-1 or the Td/IPV vaccine, is given to boost protection against 3 separate diseases: tetanus, diphtheria and polio. It's a single injection given into the muscle of the upper arm. The 3-in-1 teenage booster is free on the NHS for all young people aged 14, as part of the national immunisation programme. It's routinely given at secondary school (in school year 9) at the same time as the MenACWY vaccine. The MenACWY vaccine is also routinely offered to teenagers in school Years 9 and protects against serious infections like meningitis. Meningococcal disease (meningitis and septicaemia) is a rare but life-threatening disease caused by meningococcal bacteria. Anyone who is eligible for the MenACWY vaccine should have it, even if they have previously had the MenC vaccine. We believe your child should be vaccinated and we are now inviting parents/guardians to consent for the above vaccinations. The School Health Service are now using an electronic method of communication which is a faster, more efficient and a safer way to deliver your child's health information. We have developed a secure online link that parents/guardians can use to register consent for the vaccination. The process is quick and easy to use. Please click on the link to access the eConsent

<https://app.schoolscreener.com/Portal/#/CNWLLon/pr/CNWLi2324/13707>

Please see the information below about consent

1. It is vital that the consent form is completed as soon as possible. Do ensure that you have your child's NHS number when completing the online form. Make sure to click 'Submit' button to submit the questionnaire. Once submitted, the status will update on the 'Submissions' screen and you will receive an email confirmation.
2. The consent form allows you to refuse this vaccine for your child. If you are thinking about this step, please talk to your GP or ask to speak to your child's school nurse first. It is very important that you take this opportunity to protect your child against this very serious disease.
3. Changed your mind or you need to amend your submitted consent form? Please contact the School Aged Immunisation Team. Do not submit another consent form.

Please contact the Immunisation team if you require any further assistance.

 <h1>March 2024</h1>	
February	
Monday 4th	Year 8 Army Visit
Monday 11th	Immunisation

		<b>Week Commencing: Monday 4th March</b>	
<b>MENU 1</b>			
<b>MONDAY</b>			
Meal Choice 1	Lamb Curry with Rice	Halal	
Meal Choice 2	Teriyaki Chicken with Rice	Halal	
Meal Choice 3	Teriyaki Chicken with Rice	Non Halal	
Meal Choice 4	Baked Jacket Potato with Various Fillings	Vegetarian	
Meal Choice 5	Gluten free Chicken Goujons with Potatoes and Beans	Gluten/ Dairy Free	
Vegetables	Sweetcorn and Green Beans		
Dessert Choice	Strawberry Ice Cream and Fresh Strawberries	Fresh Fruit and Yoghurts	
<b>TUESDAY</b>			
Meal Choice 1	Spaghetti Bolognese	Halal	
Meal Choice 2	Tandoori Chicken Breast with White Rice	Halal	
Meal Choice 3	Tandoori Chicken Breast with White Rice	Non Halal	
Meal Choice 4	Ratatouille Spaghetti	Vegetarian	
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/ Dairy Free	
Vegetables	Carrots, Peas and White Cabbage		
Dessert Choice	Jam Sponge	Fresh Fruit and Yoghurts	
<b>WEDNESDAY</b>			
Meal Choice 1	Tuna Pasta Bake		
Meal Choice 2	Chicken Tikka Masala with Rice	Halal	
Meal Choice 3	Chicken Tikka Masala with Rice	Non Halal	
Meal Choice 4	Macaroni Cheese	Vegetarian	
Meal Choice 5	Lightly Spiced Chicken Breast with Rice	Gluten/ Dairy Free	
Vegetables	Broccoli and Cauliflower Florets		
Dessert Choice	Lemon Tart	Fresh Fruit and Yoghurts	
<b>THURSDAY</b>			
Meal Choice 1	Mexican Chilli Mince Wraps	Halal	
Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Halal	
Meal Choice 3	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Non Halal	
Meal Choice 4	Cauliflower and Broccoli Cheese Bake	Vegetarian	
Meal Choice 5	Turkey Escalope with Potatoes and Gluten free Gravy	Gluten/ Dairy Free	
Vegetables	Mushy Peas and Sweetcorn		
Dessert Choice	Strawberry Jelly	Fresh Fruit and Yoghurts	
<b>FRIDAY</b>			
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges		
Meal Choice 2	Tomato Pasta Bake	Vegetarian	
Meal Choice 3	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/ Dairy Free	
Vegetables	Baby Carrots and Peas		
Dessert Choice	Fresh Fruit Salad	Fresh Fruit and Yoghurts	
<i>Please note that all main meals are served with Fresh Vegetables of the Day. Homemade Soup of the Day and Baked Jacket Potato with Filling, are available daily</i>			

## Bedrock Learning

We have invested in a wonderful online programme called Bedrock. This is an online programme where your child can access both non-fiction and fiction texts to improve their reading skills and learn new vocabulary that will enhance the way they read, speak and write across all of their subjects. As your child progresses through the Bedrock curriculum, they will study hundreds of new words. Research has shown that there is a direct link between a student's vocabulary size and their academic achievement. Children with a wider vocabulary make faster progress at school, in further education and beyond. Narrow vocabularies affect directly students' grades. The Bedrock core curriculum is accessed by every year 7 and 8 student during their weekly English lesson. Parents, guardians and carers of Year 7 and 8 will shortly be receiving a letter with their child's log in details. For extra information visit the Bedrock website:

[Bedrock Learning | The award-winning literacy resource for schools | Bedrock Learning](#)