

# St Mary's, Isleworth

## Newsletter for

### Friday 3rd March 2017



## Lenten Reflection

The rigours of Lent are upon us once more. On Wednesday we were told the truth, nothing but the truth, but not the whole truth about our human nature: we are dust and to dust we shall return. But this is not the whole truth. That will be revealed when we come to the end of our Lenten observance. Then we shall be told that through water and the Holy Spirit we have been reborn as the sons and daughters of God.

The weeks of Lent take us on a journey from dust to resurrection, starting with the smearing of ashes and ending with those ashes washed away in the cleansing waters of baptism. This week in the gospel at Mass we hear of a man being tempted and resisting the devil. Next week we see that man revealed as God. We don't just watch though, we ourselves are caught up into the story because it is our story too. As we journey through Lent the other aspects of the mystery of salvation are revealed to us.

We proceed on our way with confidence and with hope. The penance we undertake is not because the body is evil but rather because our own wills leads us away from the truth and from life. By prayer, fasting and almsgiving we are purged and strengthened and renewed.

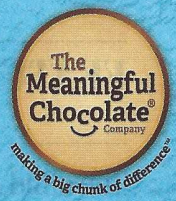
Reflection from the Catholic Teachers' Gazette 3<sup>rd</sup> March 2017







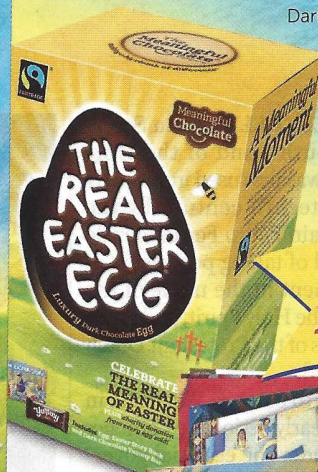
# The egg that shares the Easter story



Special Edition

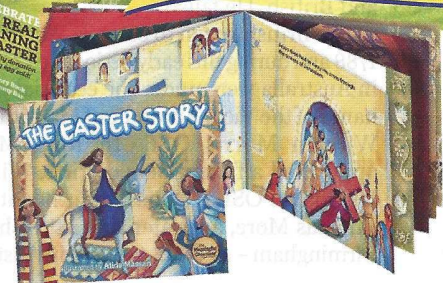


Original



Dark

This year's Easter story



## Original (RRP £3.99)

A fresh new redesign. Includes an Easter story activity book, illustrated by award winning artist, Alida Massari, a high quality milk chocolate egg (125g) & Yummy Bar (25g)

## Dark (RRP £5.50)

An egg made from premium dark Fairtrade chocolate (155g) with dark Yummy Bar (25g) and Easter story activity book.

## Special Edition (RRP £8.50)

Contains a high quality milk chocolate egg (200g), an Easter traditions booklet and orange milk chocolate bar (80g).



**TRAIDCRAFT**  
Fighting poverty through trade

A 24 page Easter story-activity book illustrated by Alida Massari is included in the Original and Dark eggs.

Out of the 80 million Easter eggs sold in this part of the world every year, The Real Easter Egg is the only one which has an Easter story book in the box, is made of Fairtrade chocolate and makes a donation to charity from its sales.\*\*

## The egg that shares the Easter story

The Real Easter Egg was launched in 2010. It was a real struggle as all the supermarkets turned it down at first. To date, we have sold more than one million eggs with 750,000 of these sent through the post directly to churches and schools. Not only has there been an increase in Fairtrade chocolate sales, but nearly £250,000 has been donated to charity.

To allow us to continue to make The Real Easter Egg, we need people to switch and buy. Don't forget, delivery is free if you spend more than £45 and order by 6th March 2017.

## How your church can be involved

Direct sales are very important for our company to trade. So we hope you will join the campaign and encourage people to buy directly from us. You can download resources or buy from us today by visiting our website [www.realeasteregg.co.uk](http://www.realeasteregg.co.uk)

\*\*There is a charitable donation for every 150g egg sold.

Download marketing resources or buy from our website at:

[www.realeasteregg.co.uk](http://www.realeasteregg.co.uk)



## How to order

**FREE DELIVERY**

if ordered before 6th March 2017\*

**Pay online by card** - The simplest way

to pay is to visit our online shop at [www.realeasteregg.co.uk](http://www.realeasteregg.co.uk)

**Payment by cheque** - Complete the form below and return to:

The Meaningful Chocolate Company, 11a Eagle Brow, Lymm, WA13 0LP.  
Cheques payable to 'The Meaningful Chocolate Company Ltd'.

Delivery Address:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Title: First Name: Surname:  
Tel. No: (Daytime) Email:

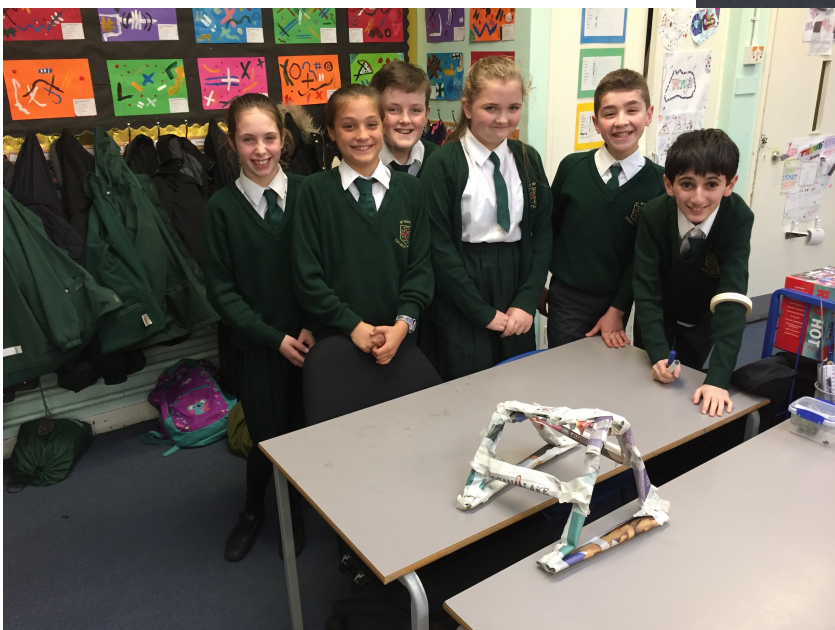
	No. of Eggs	Total
<b>Original Real Easter Egg (150g)</b> (£3.99 each must be ordered in multiples of 6) <b>£23.94</b>		
<b>Special Edition Real Easter Egg (280g)</b> Can be ordered in singles, each egg <b>£8.50</b>		
<b>Dark Real Easter Egg (180g)</b> (£5.50 each must be ordered in multiples of 6) <b>£33.00</b>		
Postage & Packaging See terms and conditions below		<b>FREE*</b> or £4.95
<b>Grand Total</b>		

\*Free delivery on orders over £45 and received by 6th March.





Last week, Year 6 were busy with their construction topic for the enterprise project. They started designing and making bridges with set time restrictions. Whilst some bridges weren't as stable as others, they had fun and were able to reflect on what they would like to improve for next time. Please enjoy the photos.  
Y6





ST MARY'S CATHOLIC  
PRIMARY SCHOOL

# LADIES NIGHT

3RD MARCH 2017, 7:30-10PM

*An informal night to socialise and catch-up over  
dinner and a glass of wine.*

Tickets now available via the PTA app:  
£15 with full curry meal and 1 drink  
£10 with 1 drink and no food

*This event will be held in the Main School Hall*

## LADIES NIGHT MENU

Samosa  
Authentic  
chicken curry  
Chickpea curry  
Rice  
Raita  
Chappatis





Work on the new building continues to be on time. In last week's newsletter I reported that the drive needed to be resurfaced. This work is now planned to take place over the Easter holiday.





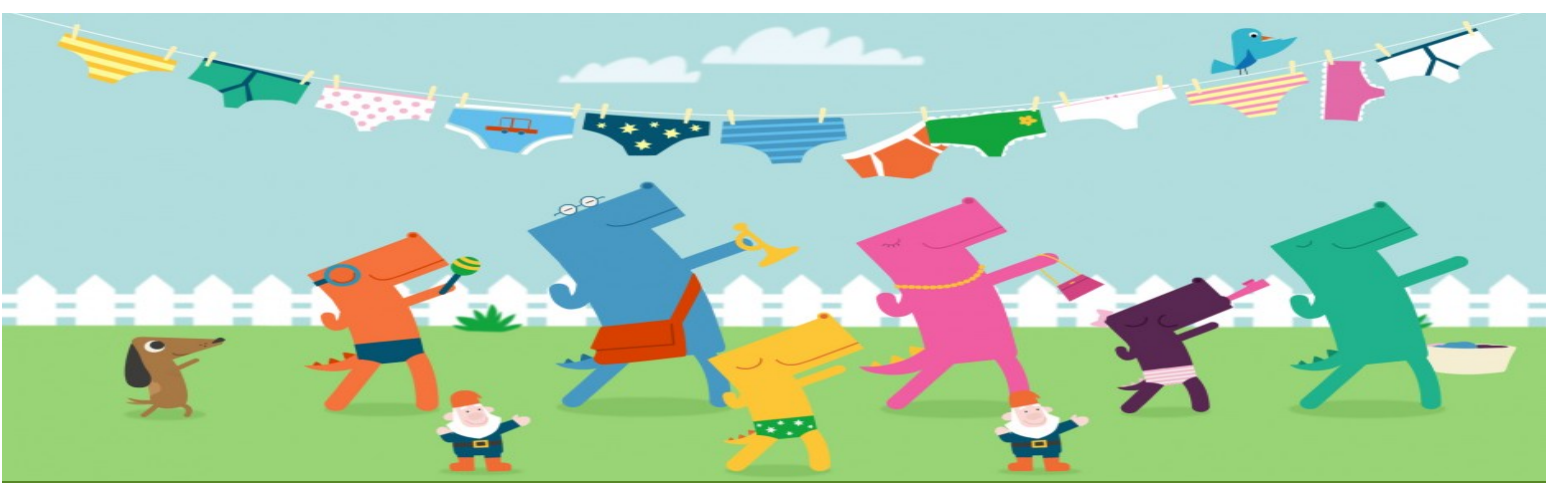
**St Mary's Catholic Primary School - New Junior Building**  
**Utilities work Programme March - April 2017**

<b>Weekly schedule</b>	<b>Activity</b>
	-
<b>Week commencing 27<sup>th</sup> February</b>	<ul style="list-style-type: none"> <li>- Install remainder of water mains and hydrant pipework</li> <li>- Thames Water Bye-Law inspection of pipework</li> <li>- Chlorination of all pipework</li> </ul>
<b>Week commencing 6<sup>th</sup> March</b>	<ul style="list-style-type: none"> <li>- New electrics main, installation of duct and cables</li> <li>- New gas main, installation of duct and pipework</li> <li>- Data, Intruder alarm &amp; Fire System links (cables) to main school building</li> </ul>
<b>Week commencing 13<sup>th</sup> March</b>	<ul style="list-style-type: none"> <li>- Backfill all trenches &amp; reinstate surfacing</li> </ul>
<b>Week commencing 3<sup>rd</sup> April</b>	<ul style="list-style-type: none"> <li>- Thames water connecting NEW water supply to school, digging of trench across road outside school and laying pipework, commissioning the whole system</li> <li>- Upgrade of existing gas meter to a larger one</li> </ul>
<b>Week commencing 10<sup>th</sup> April</b>	<ul style="list-style-type: none"> <li>- Disconnect old water supply</li> <li>- Adapt new water supply to church hall</li> <li>- Disconnect old water supply to school buildings and connect new supply</li> </ul>
<b>To be confirmed</b>	<ul style="list-style-type: none"> <li>- Resurfacing of the whole school Car Park</li> </ul>
	-
<p><b>There continues to be no parking during the work, there is only access for deliveries and emergency access. Pedestrian access for pupils and adults is via the small gate near the Church.</b></p>	



# MARCH

M	T	W	T	F	S	S
<b>6</b> 8am Selected Y3 & Y4 Springboard Maths  Piano lessons pm (small groups)  Spanish Club  Y1 & 2 Lego Club	<b>7</b> Guitar lessons pm (small groups)  Athlete London KS1 & KS2 Football	<b>8</b> 8am Selected Y4 Springboard Maths  9am Y4 Swimming  9.30-10.30am Nursery Open Morning  Violin lessons pm (small groups)  Professor Bubbleworks Science Club Italian Club Code Club	<b>9</b> 8am Selected Y3 & Y6 Springboard Maths  9am Y6 & 1P Mass in Church  Guitar lessons pm (small groups) Y3 Class Violin (pm)  Athlete London Olympic Sports Club  3.15-5.30pm PTA Film Night	<b>10</b> Y2 Class Violin (pm)	<b>11</b>	<b>12</b>
<b>13</b> 8am Selected Y3 & Y4 Springboard Maths  Piano lessons pm (small groups)  Spanish Club  Y1 & 2 Lego Club	<b>14</b> Guitar lessons pm (small groups)  Athlete London KS1 & KS2 Football	<b>15</b> 8am Selected Y4 Springboard Maths  9am Y4 Swimming  Violin lessons pm (small groups)  Professor Bubbleworks Science Club Italian Club Code Club	<b>16</b> 8am Selected Y3 & Y6 Springboard Maths  9am Y5 & 1L Mass in Church  Guitar lessons pm (small groups)  Y3 Class Violin (pm)  Athlete London Olympic Sports Club  3.15-5.30pm PTA Film Night	<b>17</b> Y2 Class Violin (pm)	<b>18</b>	<b>19</b>
<b>20</b> 8am Selected Y3 & Y4 Springboard Maths  9am 2C Visit to BFI Imax – ‘Fly Me to the Moon’  Piano lessons pm (small groups)  Spanish Club  Y1 & 2 Lego Club	<b>21</b> Last Guitar lessons pm (small groups)  Last Athlete London KS1 & KS2 Football	<b>22</b> 8am Selected Y4 Springboard Maths  9am Last Y4 Swimming  9am 2F Visit to BFI Imax – ‘Fly Me to the Moon’  Violin lessons pm (small groups)  Last Professor Bubbleworks Science Club Last Italian Club Last Code Club  8pm Y6 Parents’ Meeting for Rome Trip	<b>23</b> 8am Selected Y3 & Y6 Springboard Maths  9am 3L & 3M Mass in Church  Last Guitar lessons pm (small groups)  Y3 Class Violin (pm)  Last Athlete London Olympic Sports Club	<b>24</b> Y2 Class Violin (pm)  PTA International Runway Family Event (Time TBC)	<b>25</b>	<b>26</b>
<b>27</b> 8am Selected (Last Y3) & Y4 Springboard Maths  Last Piano lessons pm (small groups)  Last Spanish Club  Last Y1 & 2 Lego Club	<b>28</b> 9am NSPCC ‘Pants’ Presentation to Parents	<b>29</b> 8am Selected Y4 Springboard Maths (Last 4S)	<b>30</b> 8am Selected Y6 Springboard Maths  9.15am Y5 Easter Assembly (Y5 Parents welcome)	<b>31</b> <b>SCHOOL CLOSSES 2.00PM</b>	<b>1</b>	<b>2</b>



## Pantosaurus is coming to St Mary's!

All parents are invited to come and meet Pantosaurus and members of the NSPCC who will be in school on Tuesday 28th March. They will be running a session for parents from 8:55am in the school hall. All welcome!

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/underwear-rule-guide-for-parents.pdf>

As part of our focus on private parts you should expect and be prepared for your child to question you about their body and the different parts of their body. The best advice from experts is that even very young children learn and use the correct names for the parts of their bodies.

The NSPCC's advice is that you should weave conversations about keeping safe into everyday activities and bring up the topic often but a little at a time. In doing this, children get consistent messages which help them to keep themselves safe.

Have a look at the NSPCC resources and enjoy singing along to Pantosaurus too!  
You can find the song here:

<https://www.youtube.com/watch?v=fn6AVSZk008>



# TALK PANTS AND STAY SAFE

Join thousands of families talking PANTS –  
and help keep children safe

Talking PANTS is a simple and memorable way for families to teach children how to stay safe. There are child-friendly materials and guides for adults. There's even a song. You can find all you need at [nspcc.org.uk/pants](https://nspcc.org.uk/pants)

**P**RIVATES ARE PRIVATE  
**A**LWAYS REMEMBER YOUR BODY BELONGS TO YOU  
**N**O MEANS NO  
**T**ALK ABOUT SECRETS THAT UPSET YOU  
**S**PEAK UP, SOMEONE CAN HELP



**NSPCC**

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Supported by  
**London Borough  
of Hounslow**

## LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE

**P**RIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.

**A**LWAYS REMEMBER YOUR  
BODY BELONGS TO YOU

No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'NO' – and tell someone you trust and like to speak to.

**N**O MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.

**S**PEAK UP, SOMEONE  
CAN HELP

It's always good to talk about stuff that makes you upset. If you're worried, go and tell a grown up you trust – like a family member, teacher or one of your friend's parents. They'll say well done for speaking out and help make everything OK. You can also call Childline on **0800 1111** and someone will always be there to listen.

**T**ALK ABOUT SECRETS  
THAT UPSET YOU

There are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad – and you should tell an adult you trust about it straight away.

Remember all of these  
rules and they'll help  
you stay safe, just like  
Pantosaurus



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**HOLIDAY DATES FOR SCHOOL YEAR 2017 – 2018**

**Revised Dates for  
17-18**



**Autumn Term begins**

**Monday 4<sup>th</sup> September 2017 INSET DAY**

**Return to school**

Tuesday 5<sup>th</sup> September

**Half Term Week**

*school closed Monday 23<sup>rd</sup> – Friday 27<sup>th</sup> October 2017*

**Return to school**

Monday 30<sup>th</sup> October 2017

**Christmas Holiday**

School closes at 2 p.m. on **Wednesday 20<sup>th</sup> December 2017**



**Spring Term begins**

**Friday 5<sup>th</sup> January 2018 INSET DAY**

**Return to school**

Monday 8<sup>th</sup> January 2018

**Half Term Week**

*school closed Monday 12<sup>th</sup> – Friday 16<sup>th</sup> February 2018*

**Return to school**

Monday 19<sup>th</sup> February 2018

**Spring Term Holidays**

School closes at 2 p.m. on **Thursday 29<sup>th</sup> March 2018**



**Summer Term begins**

**Monday 16<sup>th</sup> April 2018**

**National Bank Holiday**

*school closed*

*Monday 7<sup>th</sup> May 2018*

**National Bank Holiday**

*school closed*

*Monday 28<sup>th</sup> May 2018*

**Half Term week**

*school closed Tuesday 29<sup>th</sup> May – Friday 1<sup>st</sup> June 2018*

**Return to school**

Monday 4<sup>th</sup> June 2018

**End of school year**

School closes at 2 pm on **Friday 20<sup>th</sup> July 2018**

**Monday 23<sup>rd</sup> July – INSET Day**





London Borough  
of Hounslow

Hounslow Adult  
and Community  
Education

# NEW Saturday Workshops

Choose from a menu of activities,  
take time out for yourself...

**INTRODUCTORY OFFER - flat fee of £10 for each full  
day workshop. Book now, places limited.**



## What's on and Where

All workshops will be held at our Meadowbank site,  
Community Close Cranford, TW5 9LT

Saturday 4 March	10am-3.30pm	Sewing - get to know your sewing machine
	10am-3.30pm	Jewellery - wire and bead work
	10am-3.30pm	Flower- arranging - table designs
	10am-12.30pm	Physical activity, exercise and health
	1pm-3.30pm	Healthy Eating and weight management
Saturday 11 March	10am-3.30pm	Sewing - embroidery techniques
	10am-3.30pm	Jewellery - make a chain
	10am-3.30pm	Flower arranging - balloon arranging
	10am-12.30pm	Stress and relaxation
	1pm-3.30pm	Accident prevention in the home
Saturday 18 March	10am-3.30pm	Sewing - embroider a cushion
	10am-3.30pm	Jewellery - stone setting
	10am-3.30pm	Flower arranging - wedding displays
Saturday 25 March	10am-3.30pm	Sewing - make a tote bag
	10am-3.30pm	Jewellery - make a ring
	10am-3.30pm	Flower arranging - hand ties and floral baskets

To book a place phone **020 8583 6000** or  
email: **[communitylearning@hounslow.gov.uk](mailto:communitylearning@hounslow.gov.uk)**





Dear parent and carers,

I met with Headteachers and Chairs of Governors from schools across the borough at the end of February, together with my colleague Seema Malhotra MP. Heads and governors are extremely concerned about the potential impact of the Government's future funding proposals for schools with the new National Funding Formula.

These new cuts will come on top of those that schools are already having to make this year to cope with a combination of frozen budgets and increased costs such as; the new curriculum materials, new charges, the new apprenticeship levy and pension commitments.

Should the Government decide to proceed with the future funding formula, there will be even harsher cuts in years to come because they plan to spread funding differently across the country whilst cutting the overall national spending amount per pupil by 8%.

We could stop this happening, with your help. The Government consultation period closes on the 22nd March and I urge you to give your opinion on the link below.

<https://consult.education.gov.uk/funding-policy-unit/schools-national-funding-formula2/>

I am also writing to the Secretary of State for Education, Justine Greening MP, to ask her to reconsider the Government's plans for the future funding changes. If you would like to add your name to this letter, a link can be found [here](#).

I would also appreciate hearing your views on local education, please click [here](#).

With best wishes

**Ruth Cadbury MP**

The Governing Body has begun the process of looking at what provisions we may have to cut in order to balance the budget. The Senior Leadership team of the school has decided that, sadly, we can no longer afford to continue with the Enabling Enterprise work. It's a great shame as the children really enjoyed the challenge days in school and the visits to places of work.

If your company could offer a replacement work place visit please contact Miss Dawson via the school office as we are hoping to try to carry on with aspects of the project in school with your help. The saving made by removing the Enabling Enterprise project is a drop in the ocean of the money that we need to save - it represents about 3% of the total.

Keep an eye on the newsletter for future news of further cuts to the budget and the services that we provide. If you haven't yet written to the Secretary of State please do so.



LET'S  
WALK TO  
SCHOOL

# WOW – the year-round walk to school challenge

**Badge design competition 2017**

**This year's theme is: Walk the Americas**

Join one of the UK's largest art competitions this winter. From the dramatic landscapes of Canadian national parks, through Brazilian rainforests teeming with life, down to the icy glaciers in Southern Argentina; the Americas have lots on offer. Help us celebrate the nature, culture and history of these continents by asking your pupils to design a badge that captures a specific feature of the region.

The 11 winning designs will be turned into more than 400,000 badges and feature across next year's WOW challenge. With more than 120,000 entries each year, will one of your pupils have a winning design?

## What is WOW?

Pupils who walk to school at least once a week are rewarded with a monthly badge, helping build healthy habits for a lifetime. The badges are made in the UK from recycled yoghurt pot material. For more information on how your school can get involved with WOW visit [www.livingstreets.org.uk/walktoschool](http://www.livingstreets.org.uk/walktoschool).

## HOW TO ENTER

**STEP 1:** Photocopy and give out copies of the template overleaf to each class.

**STEP 2:** Collate all of your pupils' entries and choose the **BEST THREE** designs to enter into the competition.

**STEP 3:** Send your best three designs to us via: **POST:** Walk to School, Living Streets, 4th Floor, Universal House, 88-94 Wentworth Street, London, E1 7SA  
**EMAIL:** [walktoschool@livingstreets.org.uk](mailto:walktoschool@livingstreets.org.uk) with the subject line: 'Badge competition entry 2017'.

## THE PRIZES

The 11 winning designs will be made into 2017-18 WOW badges and the winners will receive:

- A year's supply of WOW resources for their school, up to the value of £500.
- A WOW trophy and goody bag.
- Localised press coverage.

Terms and conditions apply. Please visit our website for more details.  
[www.livingstreets.org.uk/badgecomp2017](http://www.livingstreets.org.uk/badgecomp2017)



**We are Living Streets, the UK charity for everyday walking.**

**#WALKTOSCHOOL** **LIVINGSTREETS.ORG.UK/WALKTOSCHOOL** **f** **LIVINGSTREETSUK** **🐦** **@LIVINGSTREETS**

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**LIVING  
STREETS**

**LET'S  
WALK TO  
SCHOOL**

# WOW - the year-round walk to school challenge

**Badge design competition 2017**

**Design your own WOW badge.**

**This year's theme is: WALK THE AMERICAS**

**Top tips for your designs:**

- We are looking for big, bold and colourful designs.
- Avoid adding too much detail as the badges are less than 3cm high. Simple designs work best.
- Winning designs will be digitally recreated, so pupils can use pencil, crayons or pens.
- Avoid adding trademarks, logos, images of Strider or lots of people.

**Here are a few examples to get you started:**

- Animals (e.g. Alaskan brown bear, Peruvian llama).
- Manmade landmarks (e.g. Machu Picchu, Peru; Empire State Building, New York City).
- Natural landscapes (e.g. The Andes; Grand Canyon).
- Historical figures, events and civilisations (e.g. Aztecs, Mexico; Abraham Lincoln, American Civil War).
- Culture e.g. music and food (e.g. Maple syrup, Canada; Tango dancing, Argentina).
- Indigenous communities / peoples (e.g. Quechua, Peru, Bolivia, Ecuador; Mapuche, Chile).

For full details on how to enter the WOW badge design competition, visit [www.livingstreets.org.uk/badgecomp2017](http://www.livingstreets.org.uk/badgecomp2017)

**WIN**  
a year's supply  
of WOW resources  
for your school  
up to the value  
of £500

Where  
will the  
Americas  
take you?



Pupil name:

Age:

School name and address:

School email:

Where did you hear about the competition?

School telephone:

Local Authority/Academy trust:

Please tell us what you have drawn and why:

Which country does your design represent?



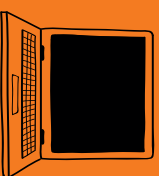
# LOVE SCHOOL Meals



Love School Meals is how you can keep up-to-date with everything you need to know about our delicious and nutritious school meals.

Our monthly e-newsletter provides information about what's new on the menu each term, tips on tackling fussy eaters, information about our Beyond the Kitchen educational activities and so much more. We even run competitions so you have a chance to win great prizes too!

## How do I sign up?



Register your details quickly and easily at [www.lovesschoolmeals.co.uk](http://www.lovesschoolmeals.co.uk). Oh, and don't forget to search **Love School Meals** on Facebook and like our page and follow us on Twitter **@lovesschoolmeals**



## Need more information?

If you would like more information on school meals please contact us on:



@LOVESCHOOLMEALS  
<http://lovesschoolmeals.co.uk/hounslow/>

**Chartwells**  
EAT LEARN LIVE



**Chartwells**  
EAT LEARN LIVE

## Here's the menu for the Spring Term.

All infant children have a free cooked school lunch everyday. Remember you still need to use ParentPay to record your child's choice.

Any Junior child can have a school dinner on any day they want.

Dinners cost £2.20 and you will need to make your child's choice using ParentPay and make sure that your account is in credit. You can choose a dinner for your child up to midnight on the evening before the meal is cooked. If your child normally has sandwiches they can still have a dinner on as many days a week as they want. We do not require any notice of the change over.



## Week one

02/01 30/01 06/03

**Choose a main meal...**

Beef Lasagne (M)  
Creamy Beefy Carbonara, Borlotti Beans & Mushroom with Sweetcorn v  
Bacon, Red Onion & Cheese Stuffed Jacket Skirts (A)

**on the side...**

Brains Broccoli  
Casey Carrot  
**for dessert...**  
Wholmeal Apple & Cinnamon Crumble & Custard

**Choose a main meal...**

Chicken, Tomato, Sweet Pepper and Vegetable Herby Pasta (M)  
Mozzarella & Tomato Pizza & Chop Chop  
Casey Carrot & Zingy Ginger Soup with **Choose both (A) meal...**

**on the side...**

Barry Baked Beans  
Chop Chop Salad  
**for dessert...**  
Silvertop's Yummy Yoghurt with Melon & Peaches

## Tuesday

**Choose a main meal...**

Roast Pork with Bud's Crispy Spuds & Gravy (M)  
Quorn Roast with Bud's Crispy Spuds & Gravy v  
Egg Mayo & Cress Petit Pain (A)

**on the side...**

Casey Carrots  
Braised Leeks  
**for dessert...**  
Boss Banana & Sticky Toffee Pudding

## Wednesday

**Choose a main meal...**

Shepherd's Pie (M)  
Vege Shepherdess Pie v  
Tomato & Basil Soup with Giant Herby Croustons v (A)

**on the side...**

Cabbage  
Sweetcorn  
**for dessert...**  
Chocolate Sultana Crispe

## Thursday

**Choose a main meal...**

Tuna Pasta Bake (M)  
Chicken & Vegetable Curry & Rice v  
Bud'n Judd Spud with a choice of fillings (A)

**on the side...**

Barry Baked Beans  
Garden Peas  
**for dessert...**  
Tutti Frutti Cake & Custard

## Friday

We have a fresh salad bar available daily

We Bake Bread Daily

If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us (M) Main Meal (V) Dishes Suitable for Vegetarians (A) Alternative Menu Choice



## Week two

09/01 06/02 13/03

**Choose a main meal...**

Pork Sausage (M)  
Vege Sausage v  
Lightly Spiced Carrot Soup with Cranberry Bread Sticks v (A)

**on the side...**

Home Baked Sweet Potato Wedges  
Barry Baked Beans  
**for dessert...**  
Silvertop's Cool Ice Cream

**Choose a main meal...**

Spagheti Lamb Bolognese (M)  
Mild Mexican Chili with Soft Taco v  
Bud'n Judd Spud with Tuna Mayo (A)

**on the side...**

Brains Broccoli  
Sadie Sweetcorn  
**for dessert...**  
Silvertop's Yummy layered Fruit Yoghurt

**Choose a main meal...**

Roast Chicken, Roast Potatoes & Gravy (M)  
Butterbean Crumble with Bud's Crispy Spuds v  
French style Onion Soup with a large Cheese Croustons (A)

**on the side...**

Casey Carrots  
Cauliflower  
**for dessert...**  
Honey & Vanilla Millestrake

**Choose a main meal...**

Sweet'n sour Chicken served on Wholmeal Rice (M)  
Mega Mozzarella Pizza with Red Cabbage Coleslaw on the side v  
Bud'n Judd Spud with Cheese & Baked Beans (A) **main meal...**

**on the side...**

Barry Baked Beans  
Green Beans  
**for dessert...**  
Creamy Rice Pudding with Sultanas

**Choose a main meal...**

Fish & Chips & Ketchup (M)  
Italian Style Vegetable Frittata, Herby Garlic Bread Wedge & Ketchup v  
Keema Matar (lightly spiced veggie mince with peas) on Basmati Rice v (A)

**on the side...**

Sweetcorn  
Chop Chop Crunchy Salad  
**for dessert...**  
Orange Chocolate Brownie

## Week three

16/01 20/02 20/03

**Choose a main meal...**

Pork Bangers on Mash Mountain & Gravy (M)  
Vege Bangers on Mash Mountain & Gravy v  
Bud'n Judd with a Choice of Fillings v (M)

**on the side...**

Barry Baked Beans  
Green Beans  
**for dessert...**  
St Clement's Cookie

**Choose a main meal...**

BBQ Turkey Balls with Wholmeal Rice (M)  
Pasta Pack's Mac'n Cheese Macaroni Cheese v  
Pea, Potato & Spinach Soup with an Oaty Roll v (A)

**on the side...**

Brains Broccoli  
**for dessert...**  
Silvertop's Yoghurt with a Warm Berry Compote

**Choose a main meal...**

Roast Beef, with Bud's Crispy Spuds & Gravy (M)  
Sweet Potato and Squash Stey served with Bud's Crispy Spuds v  
Tuna Sweetcorn Wrap (A)

**on the side...**

Mixed Fresh Vegetables  
**for dessert...**  
Fruit Jelly

**Choose a main meal...**

Chicken Tikka Massala & Basmati Rice (M)  
Vegetarian Pasta Bolognese v  
Spiced Chick Pea & Coconut Soup with Naan Bread (A)

**on the side...**

Green Beans  
Diced Carrots  
**for dessert...**  
Chocolate Cake & Chocolate Custard

**Choose a main meal...**

Fish Fingers, Chips & Ketchup (M)  
Chinese Vegetable Noodles v  
Bud'n Judd Spud with Grated Cheese (A)

**on the side...**

Barry Baked Beans  
Garden Peas  
**for dessert...**  
Wholmeal Fruit Crumble & Custard

## Week four

23/01 27/02 27/03

**Choose a main meal...**

Beef Burger in a Bun with Wedges (M)  
Vege Burger in a Bun with Wedges v  
Bud'n Judd Spud with a choice of fillings (A)

**on the side...**

Barry Baked Beans  
Garden Peas  
**for dessert...**  
Silvertop's Lemonicious Yoghurt with a Crunchy Biscuit Top

**Choose a main meal...**

Mince Lamb & Tomato Pasta (M)  
Vegetarian Lasagne v  
Sweet Potato & Casey Carrot Soup with Wholegrain Bread Fingers (A)

**on the side...**

Green Beans  
Broccoli  
**for dessert...**  
Chocolate Cookie

**Choose a main meal...**

Roast Turkey with Bud's Crispy Spuds & Gravy (M)  
Cauliflower, Potato Bake with Bud's Crispy Spuds v  
Crunchy Cheese Tortilla Wrap (A)

**on the side...**

Cabbage  
Cauliflower  
**for dessert...**  
Raisin & Apple Flapjack

**Choose a main meal...**

Sadie's Chinese Chicken Noodles (M)  
Caramelised Red Onion, Spinach, Tomato and Cheese Tart with Cous Cous v  
Creamed Spinach Soup & Wholmeal Bread (A) **main meal...**

**on the side...**

Casey Carrots  
Broccoli  
**for dessert...**  
Fresh Fruit Salad

**Choose a main meal...**

Salmon Goujons & Crushed New Potatoes (M)  
Mozzarella & Tomato Pizza with Pepper & Sweetcorn Topping with Apple Slaw v  
Dhal & Basmati Rice v (A)

**on the side...**

Baked Beans  
Sweetcorn  
**for dessert...**  
Pineapple & Carrot Cake & Custard

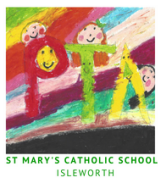
There is a vegetarian choice **every day**... and don't forget that salad is available **daily**.

Keep yourself topped up with water - it will help you concentrate **all day long**.

If you don't fancy dessert, you can **always** enjoy fresh fruit or yoghurt.





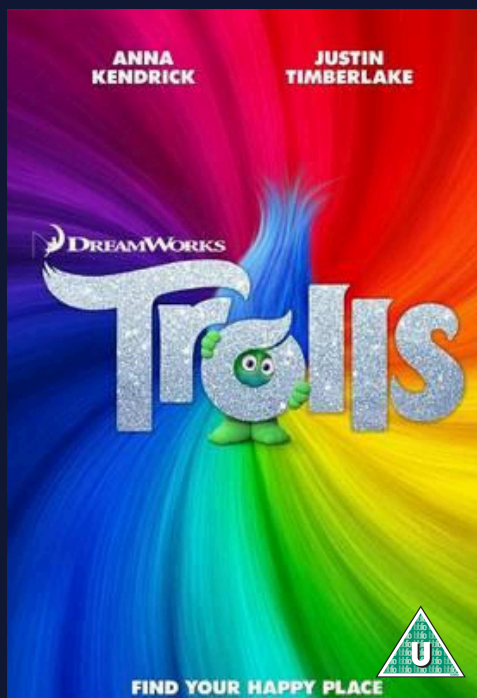


ST MARY'S CATHOLIC SCHOOL

# Movie Nights

After school for children from Nursery – Year 6

## INFANTS



Thursday  
9th

**MAR**

## TICKETS

£4 per person

Family ticket  
(3+ siblings only)  
£10

Price includes hot dog  
and a drink

## EXTRAS

Popcorn (50p)  
Crisps (50p)  
Drinks (50p)  
sold on the night

## JUNIORS



Thursday  
16th

**MAR**

Due to recent feedback we will be trialing separate Infants and Juniors Movie Nights. The Infants movie night for the first time will include Nursery children however they must be accompanied by a parent/carer who is willing to volunteer. We also understand that our Infant film goers may wish to have their sibling there too and they are welcome to join. Juniors will be Y3 - Y6 only due to the PG rating of the film.

Due to limited capacity in the school hall, we will be capping the numbers at 120 children per film. Children will be directed straight to the main school hall for the film at the end of the school day but would need to be collected from school promptly at 5:30pm.

Tickets will be available for purchase via the PTA App and the Box Office opens  
THURSDAY 23RD FEBRUARY at 6:30PM

As always, these events wouldn't be possible without some volunteers - please sign up on the Doodle Poll via the PTA App. This event is reserved for St. Mary's children only



## Will your car seat save your child's life?



More than 80% of child car seats are not fitted correctly, which can put your child at risk if your car is involved in a collision.

Get your car seat checked at our **FREE** child safety events  
taking place on:

**Monday 6 March 2017**  
**9am – 3pm**

Tesco car park  
Syon Lane  
Isleworth TW7 5NZ

**Tuesday 7 March**  
**9am – 3pm**

Sainsbury's car park  
31 Essex Place  
London W4 5UT

Visit [www.hounslow.gov.uk/info/20105/road\\_safety](http://www.hounslow.gov.uk/info/20105/road_safety)  
for details of other events and road safety advice

## CLASS ATTENDANCE

**20th Feb – 24th Feb 2017**

SQUIRRELS	98.08%	<p><b>Top Class 2C FANTASTIC!</b></p> <p><b>Our Attendance Target is 96%</b></p>
BUMBLEBEES	96.67%	
DOLPHINS	96.55%	
1L	97.50%	
1P	94.58%	
<b>2C</b>	<b>99.58%</b>	
2F	97.50%	
3L	96.55%	
3M	97.41%	
4E	98.33%	
4S	98.39%	
YEAR 5	96.97%	
YEAR 6	98.44%	

 **St Richard Reynolds hosts....**

# COFFEE WORKSHOP

with **KAREN GIBSON**



**SATURDAY 25th MARCH 2-4.30PM**

**at St Richard Reynolds Catholic**

**College**

Clifden Road, TW1 4LT

**ADULTS £4, CHILDREN GO FREE**

Reserve a place at [www.fosrr.org](http://www.fosrr.org)

# All welcome



  
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**children are treated to action-packed**  
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**order to cater for EVERY**  
**child's enjoyment!**



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London Borough  
of Hounslow

Hounslow Adult and  
Community Education

## Are you interested in trying out something new?

## Want to improve your skill level?

We have courses starting throughout the year, see inside for those starting from February 2017. Come along and join in.

Code	Title	Location	Day	Start Time	End Time	Start Date	End date	Weeks
<b>Performing arts classes</b>								
JZ308NPB	Drama to Develop Confidence	Feltham Library	Wed	0930	1130	22-Feb-17	22-Mar-17	5
JZ409IIB	Guitar - Beginners	United Reformed Church	Thu	1230	1345	23-Feb-17	23-Mar-17	5
JZ409IJB	Singing for Beginners	United Reformed Church	Thu	1400	1515	23-Feb-17	23-Mar-17	5
<b>Language classes</b>								
JJ122WSB	French - Beginners	Kingsley	Mon	1900	2100	20-Feb-17	27-Mar-17	6
JJ222WTB	French - Intermediate	Kingsley	Tue	1900	2100	21-Feb-17	28-Mar-17	6
JC122WUB	German - Beginners	Kingsley	Mon	1800	1930	20-Feb-17	27-Mar-17	6
JC122WVB	German - Intermediate	Kingsley	Mon	1930	2100	20-Feb-17	27-Mar-17	6
JJ122WQB	Italian - Beginners	Kingsley	Tue	1900	2100	21-Feb-17	28-Mar-17	6
<b>Exercise and well being classes</b>								
JJ208NRB	Lose those Calories	Kingsley	Tue	1800	1930	21-Feb-17	28-Mar-17	6
JZ308NSB	Lose those Calories	United Reformed Church	Wed	1400	1530	22-Feb-17	29-Mar-17	6
JV72EFB	Hand Massage	Beavers Lodge	Tue	10.00	1200	28-Feb-17	21-Mar-17	4
JV72ZEEB	Head Massage	Beavers Lodge	Tue	1300	1500	28-Feb-17	21-Mar-17	4
MM608NTB	Physical Activity, Exercise and Healthy Living	Meadowbank	Sat	1000	1230	04 Mar 17	04 Mar 17	1
MM608NUB	Healthy Eating and Weight Management	Meadowbank	Sat	1300	1530	04 Mar 17	04 Mar 17	1
MM608NVB	Stress and Relaxation	Meadowbank	Sat	1000	1230	11 Mar 17	11 Mar 17	1
MM608NWB	Accident Prevention in the Home	Meadowbank	Sat	1300	1530	11 Mar 17	11 Mar 17	1

Visit our website: [www.hounslow.gov.uk/adulteducation](http://www.hounslow.gov.uk/adulteducation)  
email: [communitylearning@hounslow.gov.uk](mailto:communitylearning@hounslow.gov.uk) or call 020 8583 6000



## Want to find out more?

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email: [communitylearning@hounslow.gov.uk](mailto:communitylearning@hounslow.gov.uk) or call 020 8583 6000

Code	Title	Location	Day	Start Time	End Time	Start Date	End date	Weeks
IT classes								
MM670CAB	Microsoft Word	Meadowbank	Sat	0930	1500	11-Feb-17	11-Feb-17	1
JZ119OZB	E-Photo Books	Feltham Library	Mon	1000	1130	20-Feb-17	20-Mar-17	5
JJ306YEB	Getting Online with Council Services - How to Access	Kingsley	Wed	1300	1500	22-Feb-17	22-Mar-17	5
JZ570BZB	CV and Cover Letter Writing	Hounslow Library	Fri	1330	1530	24-Feb-17	24-Mar-17	5
MM606YDB	IT - Getting Started	Meadowbank	Sat	1400	1600	25-Feb-17	25-Mar-17	5
MM670C CB	Microsoft Excel	Meadowbank	Sat	0930	1500	25-Feb-17	25-Feb-17	1
JZ270CEB	IT for Job Seekers	Hounslow Library	Tue & Thu	1100	1300	28-Feb-17	30-Mar-17	5
JJ629EIB	IPAD - Getting Started	Kingsley	Sat	0930	1230	04-Mar-17	04-Mar-17	1
MM506YFB	Publisher - Designing Newsletters	Meadowbank	Fri	0930	1230	10-Mar-17	10-Mar-17	1
JJ235JXB	Computers - What to buy	Kingsley	Tue	1800	2100	14-Mar-17	14-Mar-17	1
JZ335JZB	Computers - What to buy	Hounslow Library	Wed	1300	1600	15-Mar-17	15-Mar-17	1
JZ435YJB	Online Buying - How to Purchase Good Safely	Feltham Library	Thu	0930	1230	16-Mar-17	16-Mar-17	1
MM535JWB	Online Selling - How to Sell Good Safely	Meadowbank	Fri	0930	1230	17-Mar-17	17-Mar-17	1
JJ629EIB	Internet Safety	Kingsley	Sat	0930	1230	18-Mar-17	18-Mar-17	1
JJ206YGB	Indesign - Designing Newsletters	Kingsley	Tue	1800	2100	21-Mar-17	21-Mar-17	1
JZ306YIB	Microsoft Publisher	Hounslow Library	Wed	1300	1600	22-Mar-17	22-Mar-17	1
JZ406YHB	Microsoft Excel Next Step	Feltham Library	Thu	0930	1230	23-Mar-17	23-Mar-17	1
JJ629EKB	Social Media - Getting Started	Kingsley	Sat	0930	1230	25-Mar-17	25-Mar-17	1

Code	Title	Location	Day	Start Time	End Time	Start Date	End date	Weeks
Cooking classes								
MM517HUB	Healthy Cooking on a Budget	Meadowbank	Fri	1230	1500	21-Feb-17	31-Mar-17	6
MM617HZB	Baking Savoury Dishes (Quiches and Pastries)	Meadowbank	Sat	1300	1530	18-Feb-17	04-Mar-17	3
MM617HWB	Caribbean Cooking	Meadowbank	Sat	1000	1230	18-Feb-17	04-Mar-17	3
MM617HXB	Indian Cooking	Meadowbank	Sat	1000	1230	11-Mar-17	25-Mar-17	3
MM617IB	Mediterranean Cooking	Meadowbank	Sat	1300	1530	11-Mar-17	25-Mar-17	3

#### Arts and craft classes

JC219PLB	Jewellery - Mixed Level	Chiswick	Tue	1830	2100	21-Feb-17	21-Mar-17	5
JC219PQB	Stained Glass - Beginners	Chiswick	Tue	1830	2100	21-Feb-17	21-Mar-17	5
MM619PUB	Sewing - Get to know your Sewing Machine	Meadowbank	Sat	1000	1530	04 Mar 17	04 Mar 17	1
MM619PWB	Sewing - Embroidery Techniques	Meadowbank	Sat	1000	1530	11 Mar 17	11 Mar 17	1
MM619PXB	Sewing - Embroider a Cushion	Meadowbank	Sat	1000	1530	18 Mar 17	18 Mar 17	1
MM619PVB	Sewing - Making a Tote Bag	Meadowbank	Sat	1000	1530	25 Mar 17	25 Mar 17	1
MM619QB	Jewellery - Wire and Bead Work	Meadowbank	Sat	1000	1530	04 Mar 17	04 Mar 17	1
MM619PZB	Jewellery - Make a Chain	Meadowbank	Sat	1000	1530	11 Mar 17	11 Mar 17	1
MM619PYB	Jewellery - Learn to Set Stones	Meadowbank	Sat	1000	1530	18 Mar 17	18 Mar 17	1
MM619QAB	Jewellery - Make a Ring	Meadowbank	Sat	1000	1530	25 Mar 17	25 Mar 17	1
MM619QBB	Flower Arranging - Table Designs	Meadowbank	Sat	1000	1530	04 Mar 17	04 Mar 17	1
MM619QDB	Flower Arranging - Balloon Displays	Meadowbank	Sat	1000	1530	11 Mar 17	11 Mar 17	1
MM619QEB	Flower Arranging - Wedding Displays	Meadowbank	Sat	1000	1530	18 Mar 17	18 Mar 17	1
MM619QCB	Flower Arranging - Hand Ties	Meadowbank	Sat	1000	1530	25 Mar 17	25 Mar 17	1