

St Mary's, Isleworth

Newsletter for

Friday 9th February 2017



Half Term - Half Way!

Amazingly this half term holiday also marks the half way point of the school's academic year. Let's hope spring arrives soon so we can look forward to the second half of the spring and then summer terms!

I hope that the vast majority of you have been able to come in this week for parents' evenings. If you haven't managed it please arrange a mutually convenient time with the teacher so that you can see them and your child/ren's work soon.

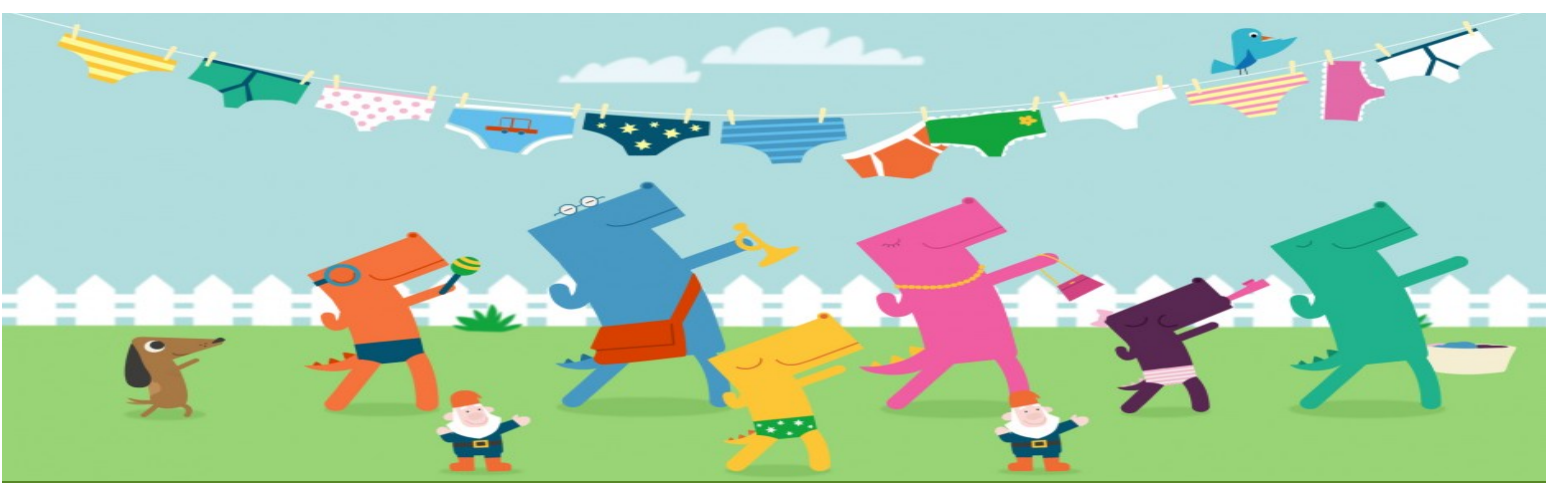
Monday 20th February is an INSET day for us so the school will be closed for children. On that day we'll be learning about the background and philosophy behind our new Singapore approach to maths teaching. Children in Y1 and Y5 are already using 'Maths No Problem!' and other years will start using it from September. For more information have a look on our website here: www.smi.hounslow.sch.uk/helping-at-home/maths-no-problem.html.

First Aid and Welfare

Our first aider, lead SMSA and TA, Mrs Squillaci is having a routine operation during half term. Whilst she is absent recuperating first aid duties will be covered by Mrs Bentley (1L) and Mrs Qaiser (2F). Please remember to pray for Mrs Squillaci's swift recovery.

Water Works update.

Thank you for your cooperation and understanding whilst works continue in the school car park. Last week I talked about delays which could arise from unexpected items in the ground. It may not surprise you to hear that Neilcott do expect the works to be extended. Fear not! There are no bodies under the car park but there is an issue with the sides on the trench which has necessitated extra steel covers. It's Neilcott's view that part of the car park will have to have a full re-tarmac towards the end of the work. This would involve digging down a layer or two before relaying new substrate and tarmac. It could well be that the main entrance and drive will be out of use for some time yet. Look out for updates in the newsletter.



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

PRIVATES ARE PRIVATE
ALWAYS REMEMBER YOUR BODY BELONGS TO YOU
NO MEANS NO
TALK ABOUT SECRETS THAT UPSET YOU
SPEAK UP, SOMEONE CAN HELP



NSPCC

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**London Borough
of Hounslow**

LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE

PRIVATES 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.

ALWAYS 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.

NO 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.

SPEAK 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.

TALK 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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Theatre Tots: Who was William Shakespeare?

Where? The National Archives, Kew, TW9 4DU.

When? Tuesday 14th February 2017.

Who? Families with children aged 2-6. However, older and younger siblings are also welcome.

Price: £5 per child aged 2-6, adults and younger children are FREE.

Blurb: Children have the opportunity to meet clowns Speare and Shake as they invite themselves to the birthday party of someone very special!

Take part in our interactive performance with music and props, as you find out about the incredible life and works of William Shakespeare. With a focus on imagination and sensory work, this exciting show will be followed by a short workshop and an opportunity to view original documents from Shakespeare's London.

This session is designed for 2-6 year olds, but older and younger siblings are also welcome. Adults do not need to book for themselves.

Booking here: <https://www.eventbrite.co.uk/e/theatre-tots-who-was-william-shakespeare-tickets-30073673166>

The National Archives is easily reachable by public transport. The nearest tube station is Kew Gardens and the nearest train station is Kew Bridge. The R68, 65, 267 and 391 all stop within a twenty-minute walk from our site. More information on transport can be found on our website.



Parent View
Your Child's School

Parent View

Thank you to the 61 parents who have given their view about St Mary's on the Parent View website. 61 parents represents a very small percentage of the number of

families in school. It would be great to have more of you respond so that when OfSTED visit they can really clearly see what a great community we have here. To give your view please visit:

<https://parentview.ofsted.gov.uk/login?destination=give-your-views>

CLASS ATTENDANCE

30th Jan – 3rd Feb 2017

| | | |
|------------|--------|---|
| SQUIRRELS | 91.54% | Top Class Y6 FANTASTIC! Our Attendance Target is 96% |
| BUMBLEBEES | 98.67% | |
| DOLPHINS | 94.14% | |
| 1L | 95.00% | |
| 1P | 97.59% | |
| 2C | 98.67% | |
| 2F | 99.00% | |
| 3L | 99.31% | |
| 3M | 95.17% | |
| 4E | 98.00% | |
| 4S | 97.42% | |
| YEAR 5 | 98.48% | |
| YEAR 6 | 99.37% | |

ST DAVID'S DAY MENU

Due to Ash Wednesday falling on St David's Day this year, we will celebrate St David's Day on Tuesday 28th February. We are unable to change the choices on ParentPay so when booking, please remember that the main meal (M) will be Chicken Goujon with Leek and Potato Mash and NOT Sadie's Chinese Noodles, the vegetarian option (V) will be Vegetarian Sausage, Leek and Potato Mash and NOT Red Onion, Spinach, Tomato and Cheese Tart and the alternative option (A) will be Cheese, Onion and Baked Bean Pastie and NOT Creamed Spinach Soup.



Dydd Dewi Sant hapus!

St David's Day Lunch

Tuesday 28th

February 2017

**Chicken Goujon with
Leek & Potato Mash (M)**

**Vegetarian Sausage,
Leek & Potato Mash (V)**

**Cheese, Onion & Baked Beans
Pastie (V)**

Welsh Cakes

Or

Ice Cream



Half Term

Cycle Courses

13th - 14th February
09:30 - 16:00
The Green School, TW7 5BB
£10 admin fee per child

- Strengthen Bikeability skills
- Improve cycle confidence
- Friendly & fun atmosphere
- Cycle games and more!



Check out our website for courses, venues & times
parkwoodoutdoors.co.uk/centre/hounslow-bikeability

LIFE'S BETTER ON TWO WHEELS

Learn to ride with

Change Gear

Our range of 4 week childrens cycling courses are designed to develop balance, improve coordination, gain confidence and learn to ride.

Mondays - Starting 20th February
3-5 Year olds - 16:00-17:00
6-10 Year olds - 17:00 : 18:00
The Green School, TW7 5BB



Check out our website for courses, venues & times
parkwoodoutdoors.co.uk/centre/hounslow-bikeability

LIFE'S BETTER ON TWO WHEELS

FEBRUARY/MARCH

| M | T | W | T | F | S | S |
|---|---|---|--|--|----|----|
| 13 HALF TERM | 14 HALF TERM | 15 HALF TERM | 16 HALF TERM | 17 HALF TERM | 18 | 19 |
| 20 INSET DAY SCHOOL CLOSED TO PUPILS | 21 Guitar lessons pm (small groups) Athlete London KS1 & KS2 Football 4E Parents' Meetings 3.30-6.00pm | 22 8am Selected Y4 Springboard Maths 9am Y4 Swimming Violin lessons pm (small groups) Professor Bubbleworks Science Club Italian Club Code Club | 23 8am Selected Y3 & Y6 Springboard Maths 9am 4S & 2C Mass in Church Guitar lessons pm (small groups) Y3 Class Violin (pm) Athlete London Olympic Sports Club 4E Parents' Meetings 3.30 – 6.00pm | 24 Y2 Class Violin (pm) | 25 | 26 |
| 27 8am Selected Y3 & Y4 Springboard Maths Piano lessons pm (small groups) Spanish Club (extended lesson to 4.45pm) Y1 & 2 Lego Club | 28 Guitar lessons pm (small groups) Athlete London KS1 & KS2 Football 6pm Y4 Parents' Meeting for PGL Marchants Hill Trip | 1 8am Selected Y4 Springboard Maths 9am Y4 Swimming Violin lessons pm (small groups) Professor Bubbleworks Science Club Italian Club Code Club | 2 8am Selected Y3 & Y6 Springboard Maths 9am 4E & 2F Mass in Church Guitar lessons pm (small groups) Y3 Class Violin (pm) Athlete London Olympic Sports Club | 3 Y2 Class Violin (pm) PTA Ladies' Night | 4 | 5 |
| 6 8am Selected Y3 & Y4 Springboard Maths Piano lessons pm (small groups) Spanish Club Y1 & 2 Lego Club | 7 Guitar lessons pm (small groups) Athlete London KS1 & KS2 Football | 8 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 | 9 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 | 10 Y2 Class Violin (pm) | 11 | 12 |
| 13 8am Selected Y3 & Y4 Springboard Maths Piano lessons pm (small groups) Spanish Club Y1 & 2 Lego Club | 14 Guitar lessons pm (small groups) Athlete London KS1 & KS2 Football | 15 8am Selected Y4 Springboard Maths 9am Y4 Swimming Violin lessons pm (small groups) Professor Bubbleworks Science Club Italian Club | 16 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 | 17 Y2 Class Violin (pm) | 18 | 19 |

HOLIDAY DATES FOR SCHOOL YEAR 2017 – 2018

**Revised Dates for
17-18**



Autumn Term begins

Monday 4th September 2017 INSET DAY

Return to school

Tuesday 5th September

Half Term Week

school closed Monday 23rd – Friday 27th October 2017

Return to school

Monday 30th October 2017

Christmas Holiday

School closes at 2 p.m. on **Wednesday 20th December 2017**



Spring Term begins

Friday 5th January 2018 INSET DAY

Return to school

Monday 8th January 2018

Half Term Week

school closed Monday 12th – Friday 16th February 2018

Return to school

Monday 19th February 2018

Spring Term Holidays

School closes at 2 p.m. on **Thursday 29th March 2018**



Summer Term begins

Monday 16th April 2018

National Bank Holiday

school closed

Monday 7th May 2018

National Bank Holiday

school closed

Monday 28th May 2018

Half Term week

school closed Tuesday 29th May – Friday 1st June 2018

Return to school

Monday 4th June 2018

End of school year

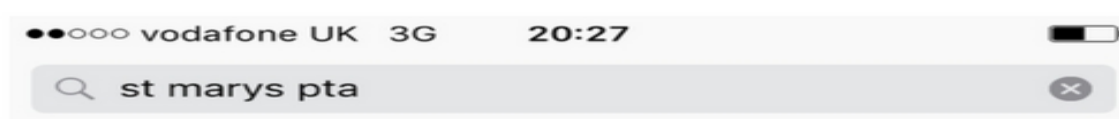
School closes at 2 pm on **Friday 20th July 2018**

Monday 23rd July – INSET Day

Keep up to date with all of the PTA activities by downloading the PTA app.



The New St Mary's School PTA Mobile App Available to download now



St.Marys Primary Catholic
School PTA Isleworth
Mobile App Design HQ

[+ GET](#)










Everything you need to know or do in connection with St Mary's School PTA is now available at your fingertips.
Please visit either, the App Store or Google Play Store, search '**st marys pta**' and download.



St Mary's Catholic Primary School Isleworth - PTA

How to use NHS services in Hounslow

The table below shows you the health services you can access in Hounslow for everything from treating a grazed knee, sprained ankle, chest pains or other ailments.

| | | |
|---|--|--|
| Self-Care  | Grazed knee Cough or cold Sore throat | Keep your cupboards stocked Make sure your medicine cupboard is stocked with over the counter remedies |
| NHS 111  | Unsure, unwell Need to know where to go? | Talk Before You Walk Call 111 When you need medical help fast but it's not life-threatening |
| Pharmacy  | Diarrhoea Runny nose Headache | Use your local pharmacist For advice on common illnesses such as coughs, colds and medicines to treat them |
| Your GP and Out of Hours GP  | Ear pain Backache Throat infection | For illnesses and injuries that are not urgent, make an appointment with your GP. If you do need a GP out of hours, call 111 and you will be directed to another GP, or the most appropriate service |
| Urgent Care Centre  | Strains Sprains Stitches | For more serious illnesses and minor injuries |
| A&E / 999  | Choking Chest pain Blackout / collapse Blood loss | Life threatening situations and emergencies |
| Mental Health  | Mental Health Crisis | For help in a mental health crisis, call West London Mental Health NHS Trust, single point of access on 030 0123 4244, 24 hours a day |

The NHS non - emergency number



STAY WELL THIS WINTER

NHS
Hounslow
Clinical Commissioning Group

How to access NHS services in Hounslow this Winter



The NHS non - emergency number



STAY WELL THIS WINTER

NHS
Hounslow
Clinical Commissioning Group

Stay Well – Top Tips – key messages Keeping warm and healthy during winter

Adults

- You can protect yourself against the flu by getting the flu jab. The flu jab is free if you're aged 65 or over, or if you have a long-term health condition. Make an appointment with your GP or pharmacy.
- Keep yourself warm – heat your home to at least 18 degrees C (or 65F) if you can.
- Keep your bedroom windows closed on cold nights.
- Keep active when you are indoors, wear several layers of light clothes rather than a few thick clothing items.
- Your body keeps warm by burning the food you've eaten, so make sure you have regular hot meals that contain carbohydrates, such as potatoes, pasta, bread and rice. Try porridge with hot milk for breakfast and soups and stews for lunch and dinner.
- Make sure you get your prescription medicines at least 1 week before you run out.
- Always take prescribed medicines as directed.
- If you are already taking prescribed medicine, be sure to check with a pharmacist that there will not be any side effects from taking another medicine.

Children

- In the Autumn/Winter of 2016-17, the flu vaccine will be available free on the NHS for eligible children.
 - children aged 2, 3 and 4 years on August 31 2016.
 - children in school years one, two and three.
 - children aged 2 to 17 years with long-term health conditions.

The NHS non - emergency number



STAY WELL THIS WINTER

NHS
Hounslow
Clinical Commissioning Group

Children continued

- A child with a minor cough or cold may attend school. If the cold is accompanied by a raised temperature, shivers or drowsiness, the child should stay off of school; consider a visit to the GP. The child can return to school 24 hours after the temperature has returned to normal and they start to feel better. If your child has a more severe and long-lasting cough, consult your GP.
- A child with a minor headache doesn't usually need to be kept off of school. If the headache is more severe or is accompanied by other symptoms, such as a raised temperature or drowsiness, then keep the child off of school and consult your GP.
- Children with diarrhoea and/or vomiting should be kept off of school and away from public places until at least 48 hours after their symptoms have gone. Most cases of diarrhoea and vomiting in children get better without treatment, but if symptoms persist consult your GP. Make sure your child is drinking plenty of fluids preferably water.
- A sore throat alone doesn't have to keep a child off school. But if it's accompanied by a raised temperature, your child should stay at home. Your pharmacist can assist with medicines for sore throats.
- If your child has chickenpox, keep them off school until all their spots have crusted over. Children with chickenpox should be kept at home, drinking plenty of fluids to stay hydrated and away from school and other public places. The use of calamine lotion, moisturising creams or cooling gels to ease itching are suggested and available from your local pharmacist.

The NHS non - emergency number



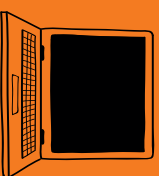
LOVE SCHOOL Meals



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. 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/>



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...

Wholemeal 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...

Silvertops Yummy Yoghurt with Melon & Peaches

Choose a main meal...

Spagheti Lamb Bolognaise (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 Cream

Week two

09/01 06/02 13/03

Choose a main meal...

Pork Sausage (M)
Vege Sausage v
Lightly Spiced Carrot Soup with Gherany 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...

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

on the side...

Casey Carrots
Cauliflower
for dessert...

Honey & Vanilla Millestrake

Choose a main meal...

BBQ Turkey Balls with Wholemeal 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 Steiv 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 Bolognaise 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...

Wholemeal Fruit Crumble & Custard

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 Wholemeal 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 Steiv 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 Bolognaise 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...

Wholemeal 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...

Silvertops 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, Sweetcorn, 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 & Wholemeal **Butter & 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

Friday

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

Thursday

Choose a main meal...

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

on the side...

Cabbage
Sweetcorn
for dessert...

Chocolate Sultana Crispe

Wednesday

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

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 Croutons (A)

on the side...

Casey Carrots
Cauliflower
for dessert...

Honey & Vanilla Millestrake

Choose a main meal...

Roast Beef, with Bud's Crispy Spuds & Gravy (M)
Sweet Potato and Squash Steiv 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 Bolognaise 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...

Wholemeal Fruit Crumble & Custard



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

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.



If Christ is the day that never fades,
Mary is its dawn, shining with beauty.

– Pope John Paul II
(December 8, 2003)

SAINT
JOHN PAUL II
NATIONAL SHRINE

Memorare

Remember, O most gracious Virgin Mary, that never was it known
that any one who fled to thy protection, implored thy help
or sought thy intercession, was left unaided.

Inspired by this confidence,

We fly unto thee, O Virgin of virgins my Mother; to thee do we come, before
thee we stand, sinful and sorrowful;

O Mother of the Word Incarnate, despise not our petitions,
but in thy mercy hear and answer them.

Amen.

mary's
meals
a simple solution
to world hunger

07 February 2017

Angela Scott
St Mary's Catholic Primary School
South Street
ISLEWORTH
Middlesex
TW7 7EE

Dear Staff and Pupils

Thank you so much for your generous donation of 136 backpacks and for supporting Mary's Meals.

For many of the children who receive a donated backpack, it will be the only gift they have ever been given.

We love The Backpack Project because it complements our school feeding programme by providing children with items that support their education.

Tadala, 12, from Malawi, tells us: "I'm very happy I'll be able to keep my exercise books and pens safely in my new bag. I'm going to cherish everything within my bag."

"It will all help me learn. It's like I have won a prize."

Mary's Meals is a simple idea that works. Through the provision of a daily meal in a place of education, chronically poor children are attracted to the classroom where they can gain a basic education that provides an escape route from poverty.

Our vision is that every child in the world receives a meal a day in their place of education.

Supporting Mary's Meals through The Backpack Project is a practical way to enable children to make the most of their education.

On behalf of the 1,187,104 children around the world receiving Mary's Meals every day, I thank you with all my heart for your kindness.

Yours sincerely,



Magnus MacFarlane-Barrow
Founder & CEO Mary's Meals

If you would like us to send updates by email rather than post to help us keep our costs down, please contact us on 01838 200605 or email info@marysmeals.org

Mary's Meals UK

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THE BACKPACK PROJECT

mary's
meals

a simple solution
to world hunger

This is to certify that:

St Mary's Catholic
Primary School

Collected:

136 Backpacks

Date:

January 2017.

THANK YOU!

Your gift will enable a child who
receives Mary's Meals to make the
most of their time in school.



Magnus MacFarlane-Barrow
Founder and Chief Executive

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