



# Weekly Newsletter

## HEADTEACHER UPDATE

As we reach the end of a busy and exciting term, it is an opportunity to reflect on how much has been achieved. I would like to extend my thanks to all those children that supported our open evening and open mornings as well as their parents. These events were busy and provided a wonderful opportunity for teachers and students to showcase our school community.

During this term, I have spoken at length to groups of students from across different school years. They all have assured me that they feel safe in our school and know who to speak to if there are ever any concerns. When asked about how they would improve the school, the most frequent responses include improved seating space around the playground and more to do at lunchtimes. In response, we will source more seating and have also started to widen the range of activities available for students to get involved in.

Our trips and visits calendar is beginning to get back to where it was before the pandemic. Just this week, for example, we have had a large group visit The Tower of London, supported by our school staff. It is these types of events that enrich students' school experience and that they will remember when they become adults.

Wishing everybody a restful and relaxing half-term.

**D R Speller**  
Headteacher

### Our Tower of London Diary

Last term, we managed to secure 30 tickets for the 'Superbloom Project' at the Tower of London. Sadly, due to a national rail strike and then the hottest day of the year, we had to postpone to this term. On Wednesday, and third time lucky, we had the most amazing day out exploring this iconic tower and learning about the important role it has played in history over the years. The students loved the experience and we all took hundreds of photos and videos - at one stage, we even witnessed one of the Tower's ravens stealing food from one of their bags! One of the students commented that "it was the best school trip ever, because there was lots of history and the teachers were awesome"! We would love to make this an annual rewards' event.



**Arrival in London**  
This first set of pics show our arrival at London Bridge, then taking the scenic



riverside walk along Tooley Street and crossing over the iconic Tower Bridge. The students found the juxtaposition between the medieval history and the contemporary architecture of the modern buildings really interesting.

### The White Tower

Once we entered the Tower grounds, we grabbed a quick bite to eat, entertained by a group (an 'unkindness') of ravens, followed by a wonderful tour of The White Tower – this was the highlight of the day with several students commenting:



"The best part of the day was taking loads of photos, especially inside the tower" – *Matthew, Y9*

"It was interesting seeing the engravings on the tower walls by prisoners"; *Albert Y9;*



"I really enjoyed seeing all the old guns and armour" *Ellis Y9*



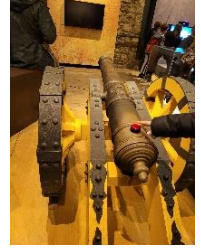
"One of my favourite parts of the day was when the raven stole my crisp packet!"

*Ruby Y8*



### Time for some fun stuff!

One of the floors within the Tower was devoted to interactive and fun stuff for the students to enjoy - everything from priming and firing cannons, testing their strength against the bow and arrow simulator, shooting medieval guns and listening to the sounds of the royal menagerie!



Finally, we had to pack up and set off back to London Bridge. This time, we walked along the opposite bank of the Thames, passing by the Monument to the Great Fire of London, paused to take photos of The Shard and HMS Belfast and ended the route by passing over London Bridge and back down Tooley Street.

## STAGGERED DISMISSAL TIMES w/c 31/10/2022

Day	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Mon, Tues, Wed, Fri	3.25	3.20	3.30	3.10	3.15	3.30	3.30
Thursday only	2.25	2.20	2.15	2.10	2.30	2.30	2.30

### Spotlight on...Student Success!

This term has been extremely busy, packed full of opportunities, events and trips out. So many in fact, that we felt that the last issue of the term should be used to acknowledge and celebrate our fantastic students.

#### Golden Ticket Winners Term 1

As you will be aware, for every golden ticket a student is awarded, the 'stub' is collected ready for Dr Speller to pick out 4 winning names at random. The winner receives a £10 Amazon voucher with the runners-up awarded canteen vouchers. This term our winners are:



Golden Ticket winners!

	Y7	Y8	Y9	Y10	Y11	6 <sup>th</sup>
Amazon Voucher	Michael Peckham	Essie Lennox	George Twyman	Britney Handy	Daisy Lumsdon	Tom Brisley
Canteen Voucher	Olivia Baldock	Ollie Pelling	Maddie Nicholls	Bel Carlile	Tia Love	Ethan Hickmott
Canteen Voucher	Caleb Mcvey	Isabelle Bungay	Abbie Pettitt	Ethan Knight	Leo Carley	Blaine Martin
Canteen Voucher	Henri Berney	Isla Hope	Noah Jennings	Paige Bottle	Lexie Coe	Joel-Michael Odeniran

#### House Points for Term 1

Sophie Walker	7	148
Izzy Johnson	7	154
Darcie Cook	7	157
Daisy Thorne	8	133
Andreas Kyriacou	8	143
Keira Jayes	8	157
Yvonne Brice	9	151
Ellie Richards	9	155
Rita-Mae Horgan-Burke	9	157
Daisy Joiner	10	135
Gemma Binder	10	135
Isabelle Barnes	10	138
Freya Sargant	11	146
Brooke Beale	11	149
Jessica Freelove	11	180

We also wish to celebrate those students who have accumulated the most House Points during Term 1. These hard-working students are the Top 3 in each year group.

(NB: these may differ slightly to the final totals per House as the collections were completed at slightly different times of the week!)



#### House Points Totals

The final totals for term 1 will be published first week back after the half term break. Although student totals have continued to accumulate over the last few days, the house totals will revert to 0 at the start of term and the competition will start all over again! The house with the highest number of house points at the end of term will have a non-uniform day ....so it is all to play for!

We are additionally seeing students creep closer to the first milestone of 200 points where they will earn bronze certificates so these will start to be presented from next term. We will continue to promote and award house points in all lessons, and outside class too, and in particular will look for opportunities to award to students who are below average or are still sat on 0 points. **For more individual successes, see our house point slides at the end of this newsletter.**



**House report**  
10th October 2022

**General house point stats:**

Criteria this term so far:	No. of students:
Average number of points achieved per student:	39
Number of students with 50 or more house points:	346
Number of students with 75 or more house points:	209
Number of students with 100 or more house points:	93
Number of students with 150 or more house points:	4
Number of students yet to achieve a house point:	87

**Which house will win...?**

*This term's winners to be announced at the start of term 2!*  
**NEXT TERM.... the house that collects the most house points in term 2 (this will be for points earned in term 2 only) to receive a non-uniform day at the end of term ....so it is all to play for!**

#### Upcoming Key Dates

HALF-TERM (Two Weeks)

Return to school for Term 2

Final Open Morning

Year 11 and Year 13 Mock Exam Week

Year 11 Kent Choices Week

Swale Youth Forum Day

6<sup>th</sup> Form Open Evening

Year 11 Consultation Evening

KS5 Business Studies Day, London

Mock Practical Art Exam Y11

Year 7, 8, 9 Flu Vaccinations

Y11 Big Interviews

Y11 Big Interviews

Y11 Big Interviews

Year 12/13 Consultation Evening

Year 9 Consultation Evening

Year 10 Consultation Evening

Year 8 Consultation Evening

Year 7 Consultation Evening

17<sup>th</sup> – 30<sup>th</sup> October

Monday 31<sup>st</sup> October

Monday 31<sup>st</sup> October

31<sup>st</sup> October – 4<sup>th</sup> November

Monday 7<sup>th</sup> November

Wednesday 9<sup>th</sup> October

Wednesday 16<sup>th</sup> November

Wednesday 23<sup>rd</sup> November

Tuesday 29<sup>th</sup> November

Wednesday 30<sup>th</sup> November

Monday 5<sup>th</sup> December

Wednesday 7<sup>th</sup> December

Thursday 8<sup>th</sup> December

Friday 9<sup>th</sup> December

Wednesday 11<sup>th</sup> January 2023

Wednesday 25<sup>th</sup> January 2023

Wednesday 1<sup>st</sup> March 2023


Wednesday 26<sup>th</sup> April 2023

Wednesday 17<sup>th</sup> May 2023

# Online Safety Course / Y11 & Y13 Mock Exams / EKST Generation Restoration

## Free Online Safety Course for Parents

National Online Safety have a whole school community approach to e-safety with comprehensive training and resources for teachers, parents and children..



**Free Online Safety Course for Parents & Carers**

Developed by safeguarding experts and presented by TV presenter, musician and passionate online safety advocate, Myleene Klass, this brand-new course takes you on a detailed journey through your child's digital habits, explaining the type of online world they're experiencing now, what risks they might be exposed to and what you can do to support them.

[Search our Online CPD Training \(nationalonlinesafety.com\)](https://www.nationalonlinesafety.com)

## Mock Exams for Year 11 and Y13

Just a reminder to parents and students of the Mock Exams that are scheduled for week commencing Monday 31<sup>st</sup> October:

**Mock Exam Timetable**

Year Group: 11 & 13      Week Beginning: 31 October 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
P1	French & Spanishs List & Read 1hr 25 Hall & Gym period 1-2	History & Geography 2 hrs    1hr 30 Hall & Gym & A18 period 1-2			
P2	Maths A level 2hr 15 Geography A level 1hr 30 A18 period 1-2	Science A level 2hr 30 Psychology 2hr English A level 1hr period 1-2	Science Paper 1 1hr 15 Hall Gym & A18 Business A Level 1hr 40 Period 3-5a	Science Paper 2 1hr 15 Hall Gym & A18 English A Level 1hr 40 Maths A level 2hr 15 Period 2-4a	Maths Paper 2 1hr 30 Hall Gym & A18 Geography A level 1hr 30 Biology/RE/EC 1hr 30 Period 2-3a
P3a					
P3b					
P4	Maths Paper 1 1hr 40 Hall & Gym & A18 History A Level 2hr 30 Applied Science 1hr 30	English Lang 1hr 15 Hall Gym & A18 History A level 1hr 30 Period 4-5	Business & Govt 1hr 30 Period 4-5	English Lit 1hr Hall Gym & A18 Period 4	Science Paper 1 1hr 15 Hall Gym & A18 Period 4-5
P5	Period 4-5	Period 4-5	Period 4-5	Period 4	Period 4-5

Pupils with access arrangements will complete their examinations in A18. Please contact Mrs Foranah if more details are required.

**Mock Exam Timetable**

Year Group: 11 & 13      Week Beginning: 7 November 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
P1					
P2	Drama 1hr 30 ICT room Period 3-4	History & Geography 55m    1hr 30 Hall Gym & A18 Period 1-2	RE & Core RE 1hr 45 Hall Gym & A18 Period 1-2		
P3a					
P3b					
P4			French & Spanishs Writing 1hr 15m		
P5		Food Technology* 1hr 15m Classroom	Gym Period 4-5		

\*Food Technology Paper 2 will take place on Monday 14<sup>th</sup> October during Period 2 in the usual lesson

Pupils with access arrangements will complete their examinations in A18. Please contact Mrs Foranah if more details are required.

## EKST Generation Restoration

Four of our Year 8s attended the EKST Generation Restoration – student launch event – on Tuesday 11<sup>th</sup> October at he Pines Calyx, in St Margaret’s Bay.

The 2021-2030 UN Decade of Regeneration focuses on restoring, at grassroots, local ecosystems. This launch event gives the innovative partnership an exciting role and enables our students to be part of a longer-term ecosystem regeneration project with tangible outcomes. Together with students from other local schools, our 4 year 8s participated in four different sessions:

**Biochar** – having the opportunity to create biochar by burning seasoned waste wood prunings in a kiln, learning how to improve soil texture and fertility and reduc8ing the effects of climate change.

**Soil Chromatography** – a cross between art and science, a creative workshop using soil samples combined with silver nitrate to create a light sensitive solution which formed a photographic record of the components held within each sample.

**A tour and explore of The Pines Generation Restoration Garden** – focusing on the development of the Garden site. Students were invited to think about the space and how to optimise it for ecosystem restoration.

**Designing change** – this design session draws on what had been learnt giving students the chance to work with peers from their own schools on designs and ideas for their own school sites and to plan their next steps.



*The Pines Calyx, St Margeter’s Bay – beautiful day for the event!*



## Outcome and Legacy

- Students will become ‘EKST Student Restoration Ambassadors’
- Students will develop problem solving and communication skills
- Students will understand more about local ecology and conservation and experience how creativity and innovation is central to sustainable design
- Students will take their learnings back to their own schools to create similar spaces
- Students will be invited to an annual event (over 3 years)
- Each year, new skills and knowledge will be developed.
- The focus in year one is soil; year two is oceans; year three TBC



# DOVER ATHLETIC FOOTBALL ACADEMY – CONTINUED SUCCESS



## FA Cup Win for the Academy!



Dover Athletic Football Academy have reached the first round of the FA Youth Cup after beating Walton and Hersham 6-2 on Tuesday evening. This means all the professional football clubs from league 1 and 2 come into the draw.

Archie Hatcher led the way with a hat-trick as the Academy won 6-2 at Walton & Hersham on Tuesday night to earn themselves a place in Friday's FA Youth Cup First Round proper draw. The young Whites led 3-1 at half-time in the Third Qualifying Round tie in Surrey after a double from Hatcher and one from Mohammed Ali.

The hosts reduced the deficit after the break before Hatcher completed his treble to make it 4-2. Leo Dodds, who scored a hat-trick in the 5-1 win against Ebbsfleet United in the previous round, made it 5-2 before Tim Marapara added a sixth in front of watching first-team manager Andy Hessenthaler and his assistant Mitch Brundle.

After the game, Academy manager Mike Sandmann said: "To be honest, I think we made hard work of it, but I am really pleased for the boys. "They have been excellent so far in the competition and you have to give credit to Walton & Hersham who made it difficult on the night for us. "I thought we looked extremely dangerous going forward and scored some good goals. In crucial moments of the game, we need to be taking our chances and taking any belief away from the opposition. "Now we can all look forward to the draw and I really hope that the players will get another opportunity to showcase themselves again in front of a big crowd under the lights at Crabble."

## DAFA Success Stories from 2022

### Luke Baptiste 2019-2022



Luke joined the Academy in 2019 and progressed into the Dover Athletic first team in 2022 signing a contract for the 2022/23 season. In the 2022 season Luke made 12 National League appearances for Dover Athletic First Team.

### George Wilkinson



George joined the Academy in 2020 spending two years developing before signing a contract for Dover Athletic in 2022. George made 22 National League appearances including a debut wonder-goal away to Wrexham.

### George Nikaj

George Nikaj joined the Academy in 2019 spending 3 years before signing a contract with Dover Athletic in 2022. George made 5 National League appearances and scoring his first senior goal at home to Kings Lynn.



### Noah Carney

Noah Carney spent two years in the Academy before signing a professional contract with Dover Athletic in 2022. Noah made 9 National League appearances in the 2021/22. Noah was also selected for the England School Boys squad making him our third England International Football Academy player.



### Harrison Byford

Harrison Byford joined the Academy in 2020 spending two years before signing a contract for Dover Athletic in 2022. Harrison made 4 National League appearances in the 2021-22 season



### Jack Nelson



Jack Nelson joined the Academy in 2020 spending two years before gaining a full scholarship at Eastern Florida College in 2022. Jack also made 7 National League appearances in the 2021-22 season scoring his first senior goal at home against Weymouth.

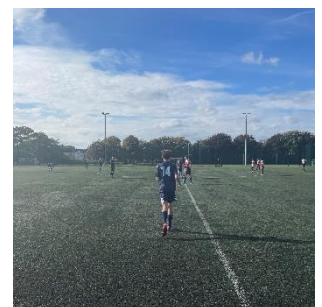
### Sonnie Hemmings

Earlier this week, one of our year 11 students, Sonnie Hemmings, made his debut for the Academy in a 3 - 1 win against Woking. Despite the players being 1-2 years older, Sonnie held his own and put in a solid performance for the majority of the second half.

Last year has been a very challenging year for Sonnie but he has shown that he thoroughly deserved this opportunity to shine. This year, there is still work to do and a way to go, but working with the academy and Mr Sandmann is having a massive impact on Sonnie - both in his academic studies and his behaviour.

Carry on the good work Sonnie

#bethebestyoucanbe





**DAFA Mission Statement**

To provide elite football coaching of a professional standard to young players with ambition of progressing in the game with Dover Athletic, or other senior clubs, along with a structured academic/vocational educational programme that meets their learning needs.

**What is an Academy?**

An opportunity to be coached and train full time with a National League Football Academy, whilst studying for A-Levels/BTEC level 3 courses or GCSE re-takes of your choice. This will give you opportunities to develop academically as well as working towards your dream of becoming a professional footballer. It is the closest you will get to an apprenticeship at a Professional club.

A significant number of the players in the Academy have signed professional terms for the club with Sean Raggett, now of Lincoln City, probably the most successful former player.

For more information about joining our Football Academy, why not pop along to our 6<sup>th</sup> Form Open Evening on Wednesday 16<sup>th</sup> November:

Sixth Form Open Evening 2022

**THE ABBEY SCHOOL**  
A BUSINESS & ENTERPRISE ACADEMY

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**6th Form**

**OPEN EVENING**

**5.00pm—7:00pm**

**Wednesday**

**16th November**

**Main Hall**  
Presentation—5:30pm or 6:30pm

**Dining Hall**  
Course Displays  
University Representatives  
CXK Advice

**Applications open November 14th**  
Visit [www.kentchoices.co.uk](http://www.kentchoices.co.uk) for more details

Join a 6th Form where you can be part of:

- A community school with student leadership opportunities and outstanding teaching from subject specialists
- A dedicated team that will support you to your destination whether that be Russell Group universities, high level apprenticeships or into the workplace
- A 6th Form where results have yet again been excellent in 2022 and where over 40% of students achieved A\*/A in their A-levels/BTECs.
- The most successful male football Academy in Kent affiliated with Dover Athletic FC

**RECORD-BREAKING A LEVEL RESULTS IN 2022**

**“Sixth Form provision is Good” Ofsted 2022**

The Abbey School, London Road, Faversham, Kent, ME13 8RZ.  
01795 532633 [www.abbeyschoolfaversham.co.uk](http://www.abbeyschoolfaversham.co.uk)

**Cadets Club coming soon!**

Are you looking for something different to do outside of school? Do you want Fun, Adventure, Friendship and Action? We are launching a Cadets' Club after school on Mondays from 3.30pm to 4.20pm, starting on Monday 31<sup>st</sup> October – first day back after half-term. The club will be run by Mr Afful, who is currently a reservist and has tons of experience. The club is open to all students in years 7-11. Come along after school on the 31<sup>st</sup> to hear what it's all about and maybe consider joining up!



**Catering Update**

**INDEPENDENT CATERING**  
**FRESH FOOD**

**Catering Update**

Students can choose from our main meal of the day which includes both a meat/fish and a vegetarian choice – all of which can be seen on the school's website.

**The main meal and dessert are available as a meal deal for £2.45 for all children including those entitled to a free school lunch.**

There is also a street food option available every day which can include Italian, Chinese and Indian dishes.

Panini and hot wraps are available from the deli bar along with homemade sandwiches, baguettes and a full salad bar.

A further meal deal consisting of a baguette/sandwich and a dessert is available for students entitled to a free school meal.

All the main choices can be supplemented with fresh fruit or a homemade bake.

**Allergies and special diets**  
Independent Catering will happily work with you to help provide special dietary requirements to children who suffer with allergies or medical conditions.

We have a Special Diet Referral Form for our catering team so we can better understand the child's dietary requirements. The form will be kept on file for the catering team's reference only. As our menu cycles change the catering manager will review the menus suitability for the child.

If required, parents can meet with the catering manager to discuss special dietary needs of their child.

The Catering Managers/Chefs are all trained and awarded with RSPH Level 2 Award in Identifying and Controlling Food Allergy Risks. They are competent in cooking/producing meals suitable for pupils with all types of allergies/intolerances and any other special dietary requirements.

All of our meals are freshly prepared in the school kitchen which means we know what goes into our dishes including any allergens.

**FRESH INGREDIENTS – FRESH FOOD**  
[www.independentcatering.co.uk](http://www.independentcatering.co.uk)

**Term 2 Lunch Menu**

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**MONDAY 31 OCTOBER**

MAIN Chicken Enchilada served with Chunky Potato Wedges and Slow  
MAIN Mixed Bean Quesadilla served with Chunky Potato Wedges and Slaw (VEGETARIAN)

STREET FOOD OF THE DAY  
DESSERT Peach and Apple Crumble with Custard

**TUESDAY 1 NOVEMBER**

MAIN Our Specialty Curries with a choice of Vegetable, Meat and Vegan Dishes served with Traditional Garnishes and Accompaniments

STREET FOOD OF THE DAY  
DESSERT Warm Chocolate Brownie

**WEDNESDAY 2 NOVEMBER**

MAIN British Slow Roast Pork Shoulder served with Roast Potatoes, Roasted Cauliflower,  
Apple Braised Red Cabbage and Sage and Onion Gravy  
MAIN Vegetable Sausage Toad In The Hole served with Roast Potatoes, Roasted Cauliflower,  
Apple Braised Red Cabbage and Sage and Onion Gravy (VEGETARIAN)

STREET FOOD OF THE DAY  
DESSERT Blueberry Sponge and Custard

**THURSDAY 3 NOVEMBER**

MAIN Sticky Thai Chicken Rice Noodles served with  
Garlic, Ginger and Lime Stir Fry Vegetables  
MAIN Butternut Squash, Pea and Leek Risotto  
served with Crunchy Steamed Broccoli (VEGETARIAN)

STREET FOOD OF THE DAY  
DESSERT Fresh Fruit Salad

**FRIDAY 4 NOVEMBER**

MAIN Classic Hamburger with Salad and Pickles served with Chips,  
Baked Beans, Garden Peas or Chef's Slaw and Salad  
MAIN Mac 'n' Cheese served with Chips, Baked Beans,  
Garden Peas or Chef's Slaw and Salad (VEGETARIAN)

STREET FOOD OF THE DAY  
DESSERT Choice of Home Bakes or Dessert Pots

**AVAILABLE DAILY FRESH CHEF'S SALAD - WHOLE GRAIN BREAD - GRAB AND GO POT MENU  
PLUS A PLANT-BASED MAIN COURSE EVERY DAY!**

**THE DELI** FRESH CUT SANDWICHES - ROLLS - WRAPS - PITTAS - BAGUETTES  
SEE THE BLACK BOARDS FOR SOUPS, THEME DAYS AND THE CHEF'S SPECIAL

IF YOU HAVE ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO OUR KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING.

INDEPENDENTCATERING.CO.UK  
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**DOVER ATHLETIC FC**  
ONE TOWN, ONE TEAM, ONE DOVER

<https://www.doverathletic.com/>

**INDEPENDENTCATERING | EDUCATER LIMITED** 2

**MONDAY 7 NOVEMBER**

MAIN Rich Beef Lasagne served with Garlic Ciabatta, Chef's Slaw and Salad  
 MAIN Penne Arrabiatta (Chilli, Garlic, Tomatoes and Fresh Basil) served with Garlic Ciabatta, Chef's Slaw and Salad (VEGETARIAN)  
 STREET FOOD OF THE DAY  
 DESSERT Raspberry Ripple Sponge and Custard

**TUESDAY 8 NOVEMBER**

MAIN Our Speciality Curries with a choice of Vegetable, Meat and Vegan Dishes served with Traditional Garnishes and Accompaniments  
 STREET FOOD OF THE DAY  
 DESSERT Lime Posset with Shortbread Biscuit

**WEDNESDAY 9 NOVEMBER**

MAIN British Roast Turkey with Sage and Onion Stuffing, Roast Potatoes, Seasonal Vegetables and Rich Gravy  
 MAIN Winter Vegetable, One Pot, Garlic and Herb Dumplings and Roast Potatoes and Seasonal Greens (VEGETARIAN)  
 STREET FOOD OF THE DAY  
 DESSERT Pineapple Upside Down Sponge and Custard

**THURSDAY 10 NOVEMBER**

MAIN Spaghetti Carbonara (Smoked Bacon, Eggs and Parmesan), served with Garlic Ciabatta, Chef's Slaw and Salad  
 MAIN Main Pesto Penne with Broccoli, Black Olives, Spinach And Feta served with Garlic Ciabatta, Chef's Slaw and Salad (VEGETARIAN)  
 STREET FOOD OF THE DAY  
 DESSERT Fresh Fruit Salad

**FRIDAY 11 NOVEMBER**

MAIN Peri Peri Chicken (Mild Herb and Lemon or Hot) served with Chips, Beans or Chef's Slaw and Salad  
 MAIN Handmade Margherita Pizza with Fresh Basil served with Chips, Beans or Chef's Slaw and Salad (VEGETARIAN)  
 STREET FOOD OF THE DAY  
 DESSERT Choice of Home Bakes or Dessert Pots

**AVAILABLE DAILY FRESH CHEF'S SALAD - WHOLE GRAIN BREAD - GRAB AND GO POT MENU PLUS A PLANT BASED MAIN COURSE EVERY DAY!**

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**MONDAY 21 NOVEMBER**

MAIN Sweet and Sour Vegetable Noodles served with Soy, Garlic and Ginger Pak Choi and Broccoli (VEGETARIAN)  
 MAIN Vegetable and Lentil Lasagne served with Garlic Ciabatta and Steamed Broccoli (VEGETARIAN)  
 STREET FOOD OF THE DAY  
 DESSERT Oat Topped Pear Crumble with Toffee Sauce

**TUESDAY 22 NOVEMBER**

MAIN Our Speciality Curries with a choice of Vegetable, Meat and Vegan Dishes served with Traditional Garnishes and Accompaniments  
 STREET FOOD OF THE DAY  
 DESSERT Chocolate Orange Mousse

**WEDNESDAY 23 NOVEMBER**

MAIN Honey and Thyme Roast Gammon served with Crispy Roast Potatoes, Seasonal Vegetables and Rich Gravy  
 MAIN Beetroot, Mushroom and Squash Wellington served with Crispy Roast Potatoes, Seasonal Vegetables and Rich Gravy (VEGETARIAN)  
 STREET FOOD OF THE DAY  
 DESSERT Marbled Chocolate and Vanilla Sponge with Custard

**THURSDAY 24 NOVEMBER**

MAIN Mexican Beef Burrito served with Sweet Potato Wedges, Corn and Chef's Slaw and Salad  
 MAIN Quorn Cottage Pie topped with Sweet Potato Mash, Seasonal Greens and Rich Gravy (VEGETARIAN)  
 STREET FOOD OF THE DAY  
 DESSERT Fresh Fruit Salad

**FRIDAY 25 NOVEMBER**

MAIN BBQ Pork Texan Style Ribs served with Chips Beans, Corn on the Cob or Chef's Slaw and Salad  
 MAIN Vegetable Tortilla served with Chips Beans, Corn on the Cob or Chef's Slaw and Salad (VEGETARIAN)  
 STREET FOOD OF THE DAY  
 DESSERT Choice of Home Bakes or Dessert Pots

**AVAILABLE DAILY FRESH CHEF'S SALAD - WHOLE GRAIN BREAD - GRAB AND GO POT MENU PLUS A PLANT BASED MAIN COURSE EVERY DAY!**

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**MONDAY 14 NOVEMBER**

MAIN Creamy Cajun Chicken and Sweet Pepper Pasta Bake served with Garlic Ciabatta and Green Beans  
 MAIN Moroccan Chickpea and Squash Tagine served with Spiced Vegetable Couscous and Green Beans (VEGETARIAN)  
 STREET FOOD OF THE DAY  
 DESSERT Apricot Slice

**TUESDAY 15 NOVEMBER**

MAIN Our Speciality Curries with a choice of Vegetable, Meat and Vegan Dishes served with Traditional Garnishes and Accompaniments  
 STREET FOOD OF THE DAY  
 DESSERT Chocolate Sponge and Chocolate Sauce

**WEDNESDAY 16 NOVEMBER**

MAIN Roast Garlic and Herb Chicken with Crispy Roast Potatoes, Seasonal Vegetables and Rich Gravy  
 MAIN Mushroom, Sweet Potato and Lentil Loaf, Crispy Roast Potatoes, Seasonal Vegetables and Rich Gravy (VEGETARIAN)  
 STREET FOOD OF THE DAY  
 DESSERT Jam Roly Poly and Custard

**THURSDAY 17 NOVEMBER**

MAIN Best British Sausages with Buttery Mashed Potatoes, Rich Onion Gravy and Seasonal Greens  
 MAIN Vegetarian Sausage with Buttery Mashed Potatoes, Rich Onion Gravy and Seasonal Greens (VEGETARIAN)  
 STREET FOOD OF THE DAY  
 DESSERT Fresh Fruit Salad

**FRIDAY 18 NOVEMBER**

MAIN Jumbo Cod Fish Fingers and Chips served with Baked Beans or Garden Peas or Chef's Salad  
 MAIN Spicy Bean Burger in a Bun with Salad and Pickles served with Chips, Baked Beans or Garden Peas or Chef's Salad (VEGETARIAN)  
 STREET FOOD OF THE DAY  
 DESSERT Choice of Home Bakes or Dessert Pots

**AVAILABLE DAILY FRESH CHEF'S SALAD - WHOLE GRAIN BREAD - GRAB AND GO POT MENU PLUS A PLANT BASED MAIN COURSE EVERY DAY!**

**THE DELI** FRESH CUT SANDWICHES - ROLLS - WRAPS - PITTAS - BAGUETTES  
 SEE THE BLACK BOARDS FOR SOUPS, THEME DAYS AND THE CHEF'S SPECIAL

IF YOU HAVE ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO OUR KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING


WE ONLY USE: INDEPENDENTCATERING.CO.UK EDUCATERLIMITED.COM

## Dance Club for Parents!

We've just been informed about a new dance club for 'frazzled parents' called '5Rhythms' that has been set up in Boughton starting 3rd November 2022.

The class will be meeting between 9.15 - 10.15am on Thursday mornings (term-time only) at Boughton-under-Blean Village Hall.

The class is "an invitation for us to reconnect with ourselves in a dynamic and enjoyable way, and in a supportive and non-judgemental space."



**SCHOOL DROP-OFF THEN DANCE!**

**Space to reconnect with You!**

**5Rhythms Class**

**9.15 – 10.15am Thursday Mornings (term-time)**

**Boughton Village Hall (Starting 3rd Nov. 2022)**

**Cost: £10**

**E: [bradley@movementformentalhealth.co.uk](mailto:bradley@movementformentalhealth.co.uk)**

**M: 07757 859650**

**movementformentalhealth.co.uk**

Space to reconnect with You!  
In those times, when every time we turn on the news it seems as though the world is going to hell in a hand cart, we need practices to remind ourselves of the positive, joyful and affirmative nature of life.

If you have not tried or hated it before, 5Rhythms is a life-affirming practice - it's basically dance, or maybe it's better to just say 'movement' because a lot of us think we can't dance but we can all move and if you can move then you are welcome in this practice.

With 5Rhythms there are no steps to follow and there is nothing to get wrong or right - it's all about you finding your own way of moving to the music. But don't worry! I don't just turn on the music and say, 'right, now let's dance!' We follow some gentle exercises that encourage us to move - and it's all done in a supportive and non-judgemental atmosphere.

So, kids dropped off at school, then why not come join us.

Men and Women welcome. Any age (16+) - and you don't need to have just done a School drop off or have children. All are welcome.

Whilst 5Rhythms is a great cardio workout, it is great for our mental health too. People often feel more balanced, more connected to themselves and others, more clear about what they want and need, and more settled. Worth a try?

Wear loose fitting layers. Dancing barefoot is best or wear shoes with non-marking soles - and you might want to bring a water bottle.

Bradley completed his 5Rhythms Teacher Training in 2014 and he is an accredited member of SRTA. He has been dancing the 5Rhythms for over 20 years and he is still amazed and inspired by how the pioneering 5Rhythms music can free us from limiting ways of being that we impose upon ourselves.

Bradley is a down to earth, practical and supportive people experience depths of themselves that before dancing the 5Rhythms they never knew existed. He loves teaching people who don't think of themselves as dancers and/or who think 'oh no that's not for me' and then fall in love with the practice after their first go.

Bradley is also a BACP accredited counsellor and he runs Favourite-based practice. The counselling shed. For more details please see: [thecounsellingshed.co.uk](http://thecounsellingshed.co.uk)

# Voyager



Voyager

*Ad meliora*



## House

House placing this week:	<b>FOURTH PLACE</b>
Top Voyager year 7 student:	Amelie Mitchell (128 points)
Top Voyager year 8 student:	Olivia Irving (108 points)
Top Voyager year 9 student:	Isabelle Hosking (121 points)
Top Voyager year 10 student:	Daisy Joiner (135 points)
Top Voyager year 11 student:	Brooke Beale (149 points)
Top Voyager 6th form student:	Lilly Denton (105 points)
Total house points that Voyager house has earned this week:	<b>9859 points</b>

# Endeavour



Endeavour

*Alis Aquilae*



## House

This week Endeavour House has knocked Discovery House off the top spot!

House placing this week:	<b>FIRST PLACE</b>
Top Endeavour year 7 student:	Darcie Cook (151 points)
Top Endeavour year 8 student:	Keira Jayes (115 points)
Top Endeavour year 9 student:	Ellie Richards (153 points)
Top Endeavour year 10 student:	Isabelle Barnes (131 points)
Top Endeavour year 11 student:	Harriet Wheeler (125 points)
Top Endeavour 6th form student:	Niamh Layzell (50 points)
Total house points that Endeavour house has earned this week:	<b>11778 points</b>

# Discovery



Discovery

*Provehito in altum*



House placing this week:	<b>SECOND PLACE</b>
Top Discovery year 7 student:	Julia Zubar (79 points)
Top Discovery year 8 student:	Andreas Kyriacou (142 points)
Top Discovery year 9 student:	Rita-Mae Horgan-Burke (157 points)
Top Discovery year 10 student:	Lilah Leggett (123 points)
Top Discovery year 11 student:	Freya Sargent (143 points)
Top Discovery 6th form student:	Anthony Stait (56 points)
Total house points that Discovery house has earned this week:	<b>11576 points</b>

# Pioneer



Pioneer

*Coniunctis viribus*



House placing this week:	<b>THIRD PLACE</b>
Top Pioneer year 7 student:	Oscar Cheeseman (129 points)
Top Pioneer year 8 student:	Katherine Penny (97 points)
Top Pioneer year 9 student:	Yvonne Brice (143 points)
Top Pioneer year 10 student:	Paige-Marie Russell (120 points)
Top Pioneer year 11 student:	Jessica Freelove (177 points)
Top Pioneer 6th form student:	Lucy Brimson / Ella Cutting (110 points)
Total house points that Pioneer house has earned this week:	<b>10940 points</b>