

Issue No 6 - 22nd October 2021

This week's year group news...

Reception On returning from a well-earned half-term break, the children will have one more week with the book, 'Shhh' by Sally Grindley as a focus. They will be building on junk modelling skills as they demonstrate their understanding of creating a 'flange' attachment which might come in handy when creating castles with towers. The mud kitchen will be up and running with the children making and comparing measurements, creating weird and wonderful recipes for things such as a 'giant's broth' and selecting and using real life resources such as kettles, saucepans and frying pans. Enhanced activity will include using a range of resources to create repeating patterns with varying complexity and being able to explain their ideas. The children will continue on their phonics journey but at varying stages depending on confidence levels. They will be taught in smaller groups with a more specific focus for their ability level. In maths, the children will be introduced to numbers 1 and 2. They will look at formation, counting, ordering, grouping, subitising and exploring these numbers in different forms and contexts. Thank you for all of your support this term and for allowing us to spend so much time with your lovely children. Have a super half-term break.

Year 1 This week we have been rounding up our Enchanted Woodland topic. The children made some wonderful posters to tell everyone what they had learnt over the term. We were amazed by how much we could all remember. What a fantastic topic it has been! In maths we have continued our addition work looking at number bonds for different numbers and in writing we have been independently choosing our own animal to write a fact card on. This week some children have moved phonics groups. Please have a look and see which group your child is now in as their book change day may be different. Please remember that all children are individuals, we are so proud of everyone's progress. It is not a race to complete the colours, it is about developing confident and fluent children who love to read! Please enjoy some time over half term to read together. Please bring reading packets everyday as when we can we like to listen to everyone in our class read, which is not on set days.

Over half term please take the time to make sure all items of clothing are named. Some may have been washed away over the past few weeks. We can not return lost jumpers to children if their full name is not clearly visible. Have a lovely restful break!

Year 2 We've had a very busy week to end a very busy term. We enjoyed making our own Royal crowns on Tuesday as inspiration for our instruction writing. We have all worked hard to include imperative verbs and time connectives in our writing which help others to make crowns as good as ours. We have drawn our towers, tunnels and turrets learning to a close by constructing our own bridges from pasta and marshmallows- this involved a lot of imagination and teamwork. As we look ahead to next term, we will begin our new learning around Marvelous Monarchs. Within this topic we will explore different monarchs and the way they have ruled. Initially, our English learning will focus on the story of 'Katie in London' where Katie visits Buckingham Palace. We will be writing our own version where our main character visits a different royal residence. Our Maths learning will move on to focus on addition and subtraction. We would like to take this opportunity to give a big well done to all the children for settling into Year 2 so well and thank everyone at home for all your support.



More year group news...

Year 3 Year 3 have worked incredibly hard during Term 1. We are looking forward to starting our new topic called Scrumdiddlyumptious! We will be exploring food groups, looking at food labelling, design a healthy packed lunch, explore food advertising and will also create our own healthy fruit smoothie. We hope you and your families have a wonderful term break.

Year 4 Let's get ready to rumble..!!! Year 4 start term 2 with an extra special visitor from Plymouth University to talk about the rocks our Earth is made from. The topic of 'Tremors' will look at the exciting but unstable nature of our planet. The children will explore such natural disasters as earthquakes and volcanoes as well as the geology of our planet. In English, Year 4 will open the term looking at a fiction block using Philip Pullman's novel 'The Firework-maker's Daughter'. Initially, tasks will see the children 'immersing' themselves into the style of the writing in readiness for creating their very own exciting stories! In mathematics, there will be particular focus on subtraction. We will review the basic mechanics of taking away and then consider how complicated calculations can become if exchanging is required. The children will need to ensure they use their place value knowledge to keep their calculations accurate!

We hope you have a restful break and we look forward to seeing Year 4 back for November ready for an explosive term – just in time for November 5th!

Year 5 What a way to end the term in Year 5! We all had a fantastic day with Clive Pig yesterday where we learnt about mummification, farming and tomb building through drama. Everybody had a role to play and it was wonderful to see how captivated the children were by Clive Pig, who is a wonderful storyteller! The end of term has also seen the completion of our newspaper articles, where the children have imagined they were news reporters who attended the palace the day after Tutankhamun was pronounced dead. The children were great at using formal sentence stems in addition to including direct and reported speech. In Maths, we are currently working on a Statistics block which has involved interpreting data from line graphs and drawing our own line graphs. We are looking forward to sharing the outcomes which have been produced at home for the termly topic homework assignment. Thank you all for your continued support this term and we wish you all a relaxing term break before we rocket our way into Term 2 and our Stargazers topic.

Year 6 This week, year 6 have worked hard on completing their design and technology projects. They have developed their sewing skills throughout the week to produce a bag which represent them and their personality. Well done for persevering with threading those needles! The children have also designed their own avatars in their computing lesson. In maths, we have continued to embed our understanding of long division and started to look at the method with decimal remainders. The children completed their autobiographies this week to complete our English ID learning and the teachers have all thoroughly enjoyed reading them and learning more about the children in their class. We are looking forward to our 'Frozen Kingdoms' topic next term, especially our 'Polar Fun Day' in our first week back - please make sure you consent to your children taking part in this activity via the form sent this week. We hope you all have a well deserved half term break and we look forward to seeing you on your return.



Headteacher: James Gentile
Goosewell Road, Plymouth PL9 9HD
Tel: 01752 482960

This week's highlights & reminders:

Parent Support Advisor - Jo Penk

Don't forget to look at the PSA section of the Goosewell Academy website, for information on ideas, support and activities for families. Your children can also use the [Worry Box](#) link if they have a worry that they would like some help with. By clicking on the link, Mrs Penk can talk to your child about their worry and together they can work out how to make that worry shrink when we return in September. Click [PSA](#) to keep informed of all the most recent updates from [Plymouth Information Advice & Support for SEND](#) and [Routeways](#).

Warm Home Discount

You should qualify for a warm home discount under the 'broader group' of vulnerable customers if you fall into one of the following groups:

- Parents who get either income support, income based job seekers allowance or income related employment and support allowance and who receive a disabled child premium in their award.
- Parents who either get income support, income based job seekers allowance or income related employment and support allowance and who receive a disabled child premium in their child tax credit award.
- Parents who don't get one of the means-tested benefits mentioned above, but whose child tax credit award includes a disabled child element and whose tax credit award is based on an income for tax credits of £16,190 or less.
- Parents on [Universal Credit](#) whose award includes a disabled child addition and who either have no earnings or whose earnings have been below £1,349 in at least one month within the previous 6 months.

The number of discounts each company gives to customers in the 'broader group' is usually limited, so discounts tend to be awarded on a first-come-first-served basis. Please check with your supplier or on www.gov.uk website to see if you qualify, there is a full list of suppliers who are part of this scheme on the gov website. If you need support to access please contact Jo Penk PSA for more information.

Free School Meals - Qualifying Benefits

If you are in receipt of the following support payments, your child will be entitled to receive free school meals:

[Free school meals | PLYMOUTH.GOV.UK](#)

- ✦ Universal Credit – from 1 April 2018 provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods
- ✦ Income Support (IS)
- ✦ Income-based Jobseekers Allowance (IBJA)
- ✦ Income-related Employment and Support Allowance (IRESA)
- ✦ The guaranteed element of Pension Credit
- ✦ Support under Part VI of the Immigration and Asylum Act 1999
- ✦ Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income as assessed by Her Majesty's Revenue and Customs, that does not exceed £16,190)
- ✦ Working Tax Credit run-on (the payment someone receives for a further four weeks after they stop qualifying for Working Tax Credit)

Children who receive a qualifying benefit in their own right are also allowed to receive free school meals.

During the coronavirus (COVID-19) outbreak, free school meal eligibility will **temporarily** include some children of groups who have no recourse to public funds (NRPF). These groups are:

- ✦ Children of Zambrano carers.
- ✦ Children of families with no recourse to public funds with a right to remain in the UK on ground of private and family life under Article 8 of the European Convention on Human Rights.
- ✦ Children of families receiving support under Section 17 of the children Act 1989 **who are also** subject to a no recourse to public funds restriction.

If you are in one of these groups and wish to apply you must seek advice through the school your child attends. We cannot determine eligibility through our checking system therefore these applications will need to be completed with school.



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This week's highlights & reminders:

Parenting Smart - a new site for parents/carers of 4-11 year olds

A Place2Be survey found that around half (52%) of parents of 4-11-year-olds have felt isolated during the pandemic, and almost half (48%) of parents felt they would have benefitted from advice about how to manage their children's behaviour during the pandemic. Place2Be developed Parenting Smart to help parents and carers support their children and manage their behaviour. It's completely free to use and access.

Developed by Place2Be's parenting experts, the site is full of tips and advice on a range of topics including transition to secondary school, meltdowns, and sleep difficulties.

[Place2Be: Parenting Smart: Articles](#)

Squid Game

We are asking all parents/carers to be aware that many of our children are talking about watching 'Squid Game', which is currently being aired on Netflix. Please be aware of what your children are watching and be reminded that the recommended age for this programme is 15. Clips of this programme are also being shared on various social media platforms, so please also talk with your child about the material they are viewing online.

Year 6 - Secondary School Applications Deadline 31st October 2021

*****If your child is in Year 6, please click on the link below for details of the Secondary School Application process with Plymouth City Council. The deadline to apply for your child's secondary school place is **31st October 2021**.*****

[Secondary School Applications](#)

Childhood Flu Immunisations

The School Immunisations team at Virgin Care are due to be delivering the childhood flu immunisations to all year groups on **12th November 2021**. This week, you should have received a link from Virgin Care to give consent for your child to receive a nasal flu immunisation. Immunisations will only be administered by the team to children for whom consent has been received - the consent window will close on **3rd November 2021**. Once you receive the link, any questions or queries can be raised with the team at Virgin Care. If you would like to know more about Flu Immunisation in England, further details can be found [here](#)

School Photographs

Rise To Greatness

The School Photographer will be here on 11th & 12th November for individual photos. Make a note on your calendars for brushed hair and best smiles!

Lost Property

If your child has lost a personal belonging, please check with your child's year group as lost property will now be kept within their Key Stage Phase. It would be very helpful if all belongings could be marked clearly with their full names, to enable us to reunite lost items quickly. This includes drink bottles, lunch boxes & coats. As there is a crossover of year groups at lunchtime, if your child has lost an item in the dinner hall, please ask them to check with the school office, as unnamed items are kept there until claimed. Your cooperation is appreciated.



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This week's highlights & reminders:



Goosewell
Primary Academy
Rise To Greatness



Thank you, Thank you, Thank you!

Thank you to everyone who contributed to our 2021 Harvest collection for the local foodbank. Your generous contributions have now been collected. It took two cars, two strong children from the Hub, three adults and six enthusiastic Year 5 children to sort, pack and carry! The foodbank have contacted me to say how overwhelmed and delighted they were by Goosewell's generosity and will soon be sending school a letter and certificate. Well done everyone.



Thank you so much for supporting your local community.



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This week's highlights & reminders:

Royal British Legion Poppy Appeal 2021

We will once again be supporting the Royal British Legion Poppy Appeal at Goosewell Primary Academy. After half term, poppies and merchandise will be available to buy at a suggested minimum donation of 50p. Year 6 will visit each class throughout the week to allow children to buy their poppies.



Plymouth Schools Sports Partnership Cross Country Event 21/10/21

Well done to our wonderful KS2 children who did Goosewell proud at the PSSP Cross Country Event at Staddiscombe playing fields on Thursday 21st October. Twenty schools competed in the event so most children raced against sixty others in their age group. Every one of our twenty-four runners completed the course with a smile on their face. We'd like to give a particular well done to Constantin in Year 4 who finished in fourth place in his race. Mrs Thorne and Mrs Oliver were proud of the way all of the children conducted themselves whilst representing their school.



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This week’s highlights & reminders:

Half Term Activities and Events



Plymouth Science

Spooky Science Camp

Venue: St Peters Primary School, Brentford Ave, Plymouth PL5 4HD
Days: Mon 25th - Fri 29th
Timings: 9am-3pm
Age: 6-11 years

£20 per day
(bring your own lunch)
£23 per day
(lunch provided)

QR code: Scan here to book your place

Activities: Bat Rockets, Screaming Chomls, Steaming Cauldron, Fiery Jack O' Lantern, Flaming Ghosts, Melting Brains, Potions, Disappearing Ghosts, Critter Robots

To book your place visit our website. For any questions, please email us.
Web: www.plymouthscience.co.uk Email: plymouthscienceteam@gmail.com

SA SINGING AND ACTING GROUP CLASSES

Every Saturday at Elburton Village Hall

- Musical Theatre class: 10-11am
- LAMDA group class: 11-12pm

£5 per person

Book a taster today!

Build confidence, perform in shows and have fun!

Email: savoiceworks@outlook.com
Insta: [singingandactingcoach](https://www.instagram.com/singingandactingcoach)
Facebook: SA Singing and Acting Coach

Plymouth Science

Lego Robotics

Venue: St Peters Primary School, Brentford Ave, Plymouth PL5 4HD
Days: Mon 25th, Tues 26th, Fri 29th
Timings: 9am-3pm
Age: 7-11 years

£20 per day
(bring your own lunch)
£23 per day
(lunch provided)

QR code: Scan here to book your place

Design Make Programme Create

To book your place visit our website. For any questions, please email us.
Web: www.plymouthscience.co.uk Email: plymouthscienceteam@gmail.com



Pomphlett First Touch Football Camps

Following discussions with Pomphlett Primary School, High 5 are excited to announce a brand-new football camp piloting at Pomphlett Primary on Thursday 28th & Friday 29th October.

Run under the guidance of elite football / S&C Coach **Charlie Legg**.

Using the High 5 formula to deliver engaging, confidence-building sessions, we can't wait to get started!

The First Touch Football Camps are focused on supporting each individual player's needs to help them get the best out of themselves.

A day at camp is based around the four key foundations of the game:

Players will all receive a daily masterclass in **passing, dribbling, and shooting** as well as **football fitness** to boost their confidence and knowledge. They will play **daily matches** and **mini tournaments** as well as getting the chance to test their accuracy and power of shots with our daily challenges.

The camps are headed up by UEFA B Qualified **Charlie Legg** who has an unbelievable wealth of qualifications and experience. Having worked with Exeter City, Swindon Town and Plymouth Argyle as well as Plymouth Raiders & Plymouth Albion we are very excited to have him leading the programme.

Charlie will be supported by an awesome team of coaches who will be using state-of-the-art technology and coaching methods to help your child track their progress and reach their full potential. Plus, as with all things 'High 5' we have a range of football-based inflatables which we know the kids will absolutely love.

First Touch Football remains independent of team affiliations, ensuring that we can deliver coaching focused on the individual's needs.

Spots are limited to 20 players per day so if you would like to book a place, please follow the booking link below.

<https://campscul.active.com/orgs/High5SportsCamps?season=3064542>

Mellow Mums Group

Being a mum can be tough and Home-Start's aim is to be there for parents when they need us.

Mellow Mums is an informal, one-hour session, via Zoom, each week to give mums a chance to meet others and feel less isolated. It is an opportunity to chat but with no pressure to share anything that you don't want to. We want the group to be led by Mums and so each week you will have a chance to tell us what you would like. It could be videos, guest speakers, information or just to chat with other people who know what you are going through.

It will be facilitated by a Home Start Co-ordinator for eight weeks and there will be no more than 10 attendees each week.

The group is suitable for mums with a child under 2 years old.

The next group starts on Thursday 28th October, 9.30am – 10.30am.

If you are interested in attending or would like to know more contact us at homestart.spt@gmail.com and we will send you a link to access the group via Zoom using your phone, tablet, laptop or computer.



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Celebration Assembly:

Goosewell Primary Academy's Rise to Greatness, Writing, Maths & Reading Awards

Every Friday afternoon we look forward to our celebration assembly when children from across the entire school join together via MS Teams to participate in Mr Gentile's whole school assembly. This week's assembly saw winners collecting their Rise to Greatness, Writing, Maths and Reading awards in each phase, with our Reading award winners able to choose a winning book from our new book vending machine. Well done to the following children for receiving their well deserved awards:

	Reception	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Maths Award	Louie REH <i>For super subitising skills</i>	Harry B 2K <i>For superb effort in completing our daily maths starters each morning.</i>	Pixie 4G <i>Her clever use of place value counters helped her successfully complete a huge range of addition problems - well done!</i>	Harry M 6WS <i>He has persevered with long division for over a week and is now feeling confident with each step of the method.</i>
Writing Award	Hadi RWH <i>For making great progress with hearing and writing sounds in words</i>	Darcie-Lee 2MB <i>For superb instruction writing including use time connectives.</i>	Rocco 3OC <i>For an amazing effort and showing brilliant progress when writing his NCR, especially for his lovely neat presentation! He should be very proud...</i>	Arria 5C <i>Arria has a wonderful way with words. This week, she has written a fantastic newspaper article about the death of Tutankhamun.</i>
Reading Award	James B RWH <i>For great progress with 'Fred talk' when reading words</i>	Jasmin 1BC <i>For superb reading and phonics. Jasmine is such a hard worker and helps her peers when they are struggling with reading.</i>	Beatrix 4L <i>For smashing her HALF A MILLION word count in AR...what a stunning effort!</i>	Mailys 6WS <i>She has already scored 3.5 x her year 5 word count in term 1. Well done Mailys - keep it up.</i>

This week's **Rise to Greatness Award** goes to:

Stanley - RWH

Stanley gave up his weekend to support a homeless charity by buying, sorting and delivering food donations with his family. Well done Stanley, we are very proud of you for your kindness.



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Medical Tracker

We will be implementing a new electronic system to record all our medical and first aid activities. Medical Tracker will go live on the **8th November 2021**. Medical Tracker will allow us to ensure all incidents, medication and medical conditions are managed more efficiently. Like any new system, it will take a little while to embed the service completely.

What will change

First Aid incidents will be recorded electronically. You will receive a notification email alert once first aid has been administered at the time of the incident. This will replace the letter your child would normally give you at the end of the school day. No further action is required.

A direct phone call will be made by a member of staff to a priority contact for any injuries that may require additional medical treatment or closely monitoring.

Medication administered at school.

A Medicine Form is still required. All medication will be recorded on the system and once the medication is administered an email alert will be sent. As you are aware all medication requires a dispensing label displaying all required details such as the name of the medication, medical condition, dispensing and expiry date.

Your cooperation will be appreciated as we implement this new system.

Literacy at Goosewell Primary Academy

Oracy

Good oracy skills can help children in every subject that they learn in school. It enables them to express their thoughts and opinions about what they are learning and interact with others thoughtfully and productively. Communicating effectively also means that children will be able to express themselves when they do not understand something or perhaps need a little more support with a specific topic. With good oracy skills, they can reach out and explain what they are thinking and what they need help with. We develop our children's oracy skills on a daily basis through our informal conversations, class discussions, the use of sentence stems, our discussions around vocabulary and more. On the newsletter each week, we will be providing a stimulus for you to be talking about at home as a family. Here is this week's for half term.....

Oracy Activity

Here is a simple discussion activity that you can do together as a family. The aim is to get children sharing ideas with their families and developing their vocabulary and imagination.



**How would the world be different
if animals could talk?**

Remember you need to explain your ideas clearly to your family. You can discuss it with them and you may even change your mind!



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Literacy at Goosewell Primary Academy

Book Reviews

We are going to be including book reviews on the newsletter each week, which we would love you to encourage your child to read. The book reviews will be written by children for children. Here are some reviews for this week written by children in 3Y

Tell Me a Dragon by Jackie Morris

You should read Jackie Morris's book because the illustrations are extraordinary, and you should read it because it is really good and she has looked after her paintings.

Recommended by Sophie in 3Y

You should read this book because it is very interesting and fun to read. It is about boys and girls talking about dragons and telling you what their dragons do or have. It has great drawings and words that are really good for kids.

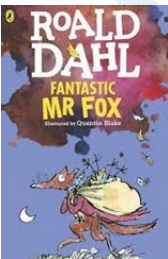
Recommended by Maria in 3Y



Something About a Bear by Jackie Morris

You should read this book because it has amazing facts about every bear you can think of and the illustrations are absolutely amazing.

Recommended by Joey in 3Y



Fantastic Mr Fox by Roald Dahl

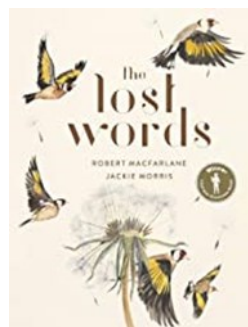
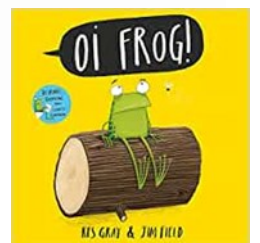
You should read this book because it is an amazing book. I would recommend it because some of the words are tricky, something funny happens at the end and it is super funny!!!!

Recommended by Spirit in 3Y

Oi Frog by Kes Gray

You should read this book because it has rhyming words and it has some funny pictures.

Recommended by Elliot in 3Y



The Lost Words by Jackie Morris

You should read this book because it has the most beautiful poems in the world. You really should read this because it is b-e-a-utiful.

Recommended by Robert in 3Y



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CaterEd Winter Menu 2021

The new winter menu will commence with Menu 1 when we return on 1st November 2021. The menu can also be found on the school website under the 'Parents' tab

CaterEd Winter Menu 2021

ed's AWESOME LUNCHTIME MENU

WEEK 01
WEEK BEGINNING: 1st NOVEMBER • 22nd NOVEMBER • 13th DECEMBER
17th JANUARY • 7th FEBRUARY • 7th MARCH • 28th MARCH • 4th APRIL

CHOICE 1	CHOICE 2
MONDAY Jumbo sausage and mash with onion gravy H PUDDING: Peach muffin, H, yoghurt and fresh fruit	MONDAY Vegan bolognese with garlic bread H/V/VE
TUESDAY Home-made pizza cheese and tomato, pepperoni H/W PUDDING: Fresh fruit or yoghurt	TUESDAY Veggie burger with seasoned wedges H/V
WEDNESDAY Pasta bolognese and garlic bread H/W PUDDING: Carrot cake, H, yoghurt and fresh fruit	WEDNESDAY Beanz cottage pie H/V/VE
THURSDAY Roast gammon, with roast potatoes and gravy H PUDDING: Fresh fruit platter, yoghurt and fresh fruit	THURSDAY Roast with stuffing, roast potatoes and gravy H/V
FRIDAY Breaded fish fillet with chips or pasta H PUDDING: Crispy crunch H, yoghurt and fresh fruit	FRIDAY Spanish omelette with chips or pasta H/V

WEEK 02
WEEK BEGINNING: 8th NOVEMBER • 29th NOVEMBER • 3rd JANUARY
24th JANUARY • 14th FEBRUARY • 14th MARCH • 11th APRIL

CHOICE 1	CHOICE 2
MONDAY Homemade meatballs in tomato sauce with seasoned wedges H PUDDING: Apple flapjack, H, yoghurt and fresh fruit	MONDAY Vegan balls in tomato sauce with pasta V/VE
TUESDAY Vegan nuggets served with seasoned wedges V/VE PUDDING: Fruit and yoghurt	TUESDAY Vegetable moussaka H/V
WEDNESDAY Gammon steak and pineapple with sauté potatoes H PUDDING: Custard biscuits with fruit wedges, H, yoghurt and fresh fruit	WEDNESDAY Bean casserole H/V/VE
THURSDAY Roast chicken, stuffing, roast potatoes and gravy H PUDDING: Fruit platter, yoghurt and fresh fruit	THURSDAY Courgette sausages with roast potatoes and gravy H/V
FRIDAY Fish fingers with chips or pasta H PUDDING: Frozen Yoghurt, yoghurt and fresh fruit	FRIDAY Roasted pepper quiche with chips or pasta H/V

WEEK 03
WEEK BEGINNING: 15th NOVEMBER • 6th DECEMBER • 10th JANUARY
31st JANUARY • 28th FEBRUARY • 21st MARCH

CHOICE 1	CHOICE 2
MONDAY Cottage pie H/W PUDDING: Pear flapjack, H, yoghurt and fresh fruit	MONDAY Vegan hot dogs with waffles W/V/VE
TUESDAY Cheese wheels with waffles H/V PUDDING: Fruit segments or yoghurt	TUESDAY Vegan pasties with herby diced potatoes V/VE
WEDNESDAY All day breakfast H PUDDING: Chocolate brownie and ice cream, H, yoghurt and fresh fruit	WEDNESDAY All day veggie breakfast V/VE
THURSDAY Roast beef, Yorkshire pudding, with roast potatoes and gravy H PUDDING: Fruit salad, yoghurt and fresh fruit	THURSDAY Savoury mince with roast potatoes and gravy H/V
FRIDAY Crispy coated local pollock with chips and pasta H/W PUDDING: Shortbread fingers and fruit, H, yoghurt and fresh fruit	FRIDAY Macaroni cheese served with garlic bread H/V

CATE'S CORNER
Q: How do you make a milk drink?
A: Skim it!

FRESH FRUIT, LOCAL WESTCOUNTRY YOGHURT AND WEST COUNTRY MILK AVAILABLE DAILY. FRESH DRINKING WATER IS AVAILABLE THROUGHOUT THE LUNCH TIME PERIOD. ALL MEALS SERVED WITH SEASONAL VEGETABLES. CHICKEN ALTERNATIVES TO KEEP AND PORK UPON REQUEST. ONE MEAT FREE DAY.

H - HOME MADE IN THE KITCHEN.
W - WHOLE WHEAT BREAD/CRISPERS.
V - VEGAN DISH.
VE - THE VEGETARIAN LINE.

ed's REGULARS
Alphabet Potatoes with Beans / Cheese / Pasta / Mayonnaise & Cress
Fresh Salad Bar
Sandwiches available on request
AVAILABLE DAILY

DID YOU KNOW?
You can have a bowl of porridge if you eat a potato!

MAKING A DIFFERENCE. EVERY CHILD EVERY TIME.

Jacket Potato choice each day: Tuna, Cheese or Beans
Lighter Choice: Mon – Tuna sandwich, Tues – Ham wrap, Wed – Cheese sandwich, Thurs – Tuna wrap, Fri – Ham sandwich

SPECIAL EVENTS WILL BE HELD IN YOUR SCHOOL

PLEASE SPEAK TO YOUR CATERING MANAGER ABOUT HOW WE CAN RUN SPECIFIC THEME DAYS IN YOUR SCHOOL THIS YEAR.



STAY UP TO DATE

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At CATER^{ed}, we pride ourselves that the majority of the food we serve is cooked from scratch every day, making Ed's lunchtime menu truly awesome! Because we use fresh, local, seasonal and organic ingredients we're also supporting local growers, farmers and the regional economy whilst we keep an eye on our eco-footprint.

We use:-

- Locally caught and landed Pollock
- Free range eggs (including in our mayonnaise)
- Westcountry milk
- Local 'Made for Us' yoghurts
- Organic herbs
- No fried food
- Fairtrade sugar
- Organic wholemeal flour
- Seasonal fresh vegetables and fruit (which may vary due to availability)

SUGAR SMART

We are reducing sugar and replacing it by using fruits and vegetables to add sweetness to the dishes. We are founding partners in 'Sugar Smart Plymouth'.

For more information about school food in Plymouth please visit our pages at www.catered.org.uk

Did you know, all children in Reception, Year 1 and Year 2 are entitled to receive a school meal every day? This is called universal infant free school meals.

So you can come in and have a great tasting meal every day and pay Ed nothing!

For older children, information about free school meals can be found by following the link to Free School Meals within the CATER^{ed} webpages or by calling the FSM team on 01752 307410. If you are buying a meal, one of Ed's Super Fantastic two course meals including a drink currently costs £2.20.

For a full allergen breakdown please contact us at catering@catered.org.uk let us know what school your child attends so we can talk through the menu offer currently at that school.

Food Standards for school lunches came in to effect on 01 January 2015 - details can be found by following the link from our pages or by visiting <http://www.schoolfoodplan.com/actions/school-food-standards/>







CATER^{ed}
Plymouth City Council
Company No 9355912 | VAT No 208 5215 29

Tell Ed!
We want to know what you think about our food so if you have any questions, comments or want to send us some recipe ideas contact us on 01752 97166 or by email catering@catered.org.uk

ed's SUPER FANTASTIC SCHOOL MEALS

November 2021 to April 2022



Message from Cook:

We will be having a Mexican Themed Lunch on **9th November**. The menu on this day will be:

Chicken Enchilladas/ Vegetable Burritos Served with Savoury Rice and Corn on the Cob. Jacket potato and Light choice as normal. Puddings will be Chocolate and orange Muffins / Fruit or Yoghurt



Headteacher: James Gentile
Goosewell Road, Plymouth PL9 9HD
Tel: 01752 482960
Email: admin@goosewell.plymouth.sch.uk
Website: www.goosewell.plymouth.sch.uk