



WEEK BEGINNING 14TH OCTOBER

Events this week:

Monday 14 th October	Year 3 & 4 football festival	
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Looking forwards: (dates/times may be subject to change)

Wednesday 23 rd October	Parents Evening
Thursday 24 th October	Individual school photos
	Year 5 & 6 Rugby festival
	Parents Evening
28 th October – 1 st November	HALF TERM WEEK
5 th November	Y6 Height and weight screening
7 th November	Remembrance Service – whole school
	School Discos
11 th November – 15 th November	Year 6 residential trip

A reminder that the back gate to the school is NOT in use between the hours of 9am and 3pm. Please report to the front gate on Crowthorne Road between these hours.



Dear families,

Thank you so much for your donations to the Foodbank collection this week, as always you have shown great generosity towards others. Thank you also to the many volunteers who accompanied the children to the church, it really does help us keep everything moving! We enjoyed a wonderful celebration of Harvest at the church on Thursday, led by Revd Morley and our year 6 children. The service was packed full of colour and song and the children reminded us of the bounty we share and helped us show our gratitude for God's wonderful world.

Today we have been talking about our mental health and wellbeing and the importance of paying attention to the emotions of ourselves and others. In assembly, Mrs Richardson reminded us to "Check-in" with our friends and families not just today but each day and to share our feelings or sad thoughts with someone we trust. We also looked at ways to keep ourselves healthy, emotionally and mentally. Please see below a link to the NHS webpage with some information on mental health.

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/health-topics/childrens-mental-health/)

I am pleased to report that our school attendance has been measured in the top 20% in the country - well done everyone! Hopefully we can continue to hit our target of 96%+ attendance across the year.

Just a reminder that our PE uniform requires the children to wear a plain t shirt, shorts or tracksuit bottoms and jackets. Football strips are beginning to creep back in and these are NOT school uniform.

Best wishes,

Caroline Johnson



Head Teacher Award Winners

- Year 1 - Azraria – Shining through during our harvest festival practice and aiming high in Church
- Year 2 - Imogen – For aiming high and putting fantastic effort into all of her work
- Year 3 - Chase – Aiming high on his maths learning this week
- Year 4 - Hannah – For consistently challenging herself by aiming high in maths
- Year 5 - Asle – For working hard in maths, English and for Harvest festival
- Year 6 - Tom – for being motivated to achieve when learning long division!
- The School Football team – for exception team work in their match yesterday



PE DAYS

Acorns	Monday and Wednesday
Year 1	Wednesday and Friday
Year 2	Monday and Thursday
Year 3	Wednesday
Year 4	Monday and Friday
Year 5	Tuesday and Friday
Year 6	Tuesday and Thursday

What is Thrive@StMichaels?

Every Wednesday 3-3:45pm in St Michael's Parish Centre (during the school term), we welcome any member of the Easthampstead community to donate, collect, share and reuse items so that all may thrive. **Come along for a brows and refreshments.**



Easthampstead
Parish Church

We will have tables for children's coats & shoes, St Michael's uniforms, toys, books and long-life food items.

We will be collecting donations on Wednesdays 3-3.30pm in the Parish Centre. Please make sure all donations are in good condition and clean.

Want to find out more? Think you can help? Speak to Helen in the Parish Office or Revd Gareth.

office@stmichaelsesthampstead.org.uk

Mothers' UNION
Christian care for families

PRESTIGE SPORTS COACHING

AGE 5-11 YEARS

SPORTS CAMP

28TH OCT-1ST NOV
9 AM - 3 PM

£20 PER DAY
£95 FOR 5 DAYS

WILDRIDINGS PRIMARY SCHOOL

ACTIVITIES

FOOTBALL
BASKETBALL
DODGEBALL
GYMNASTICS
MEDITATION
DANCE
and more!

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The advertisement features several illustrations: a girl with a cricket bat, a boy with a basketball, a boy with a soccer ball, and a girl with her hands on her head. There are also musical notes and clouds in the background.



Welcome to Therapeutic Coaching with NLP

Are you looking for change in your life?
Are you ready for your next best chapter?

Contact me at
frankie@chapterslifecoaching.com
to find out more



Partnerships for Inclusion of Neurodiversity in Schools (PINS)



Information webinar for parents/carers

Join us as we share

- How our school community and local parent/carer forum can work together to improve support for neurodivergent children
- How you can get involved in this exciting project

Thursday 17 Oct 12.30 - 1.15pm

[Click here
to book](#)



PINS is a national project funded by NHS England, in partnership with the Department for Education, Department of Health & Social Care & the National Network of Parent Carer Forums



You have been invited to Reading Football Club's 1st Schools and Grassroots Fixture of 2024-25!

When?

Reading vs Crawley Town
Saturday 19th October, 12.30pm kick off

Where?

Select Car Leasing Stadium

How to qualify for the discount and confirm your attendance?

To redeem, please visit <https://ticketing.readingfc.co.uk> and enter the following unique coupon code:
#StMichaelsEasthampstead in the basket once you have logged in and selected your tickets which will be discounted to the below prices:

13 and Under: £1

17 and Under: £4

18 to 24: £7

65 and over: £7

Adult: £10

How many tickets can we purchase?

There is no limit on the number of tickets you can buy using your unique code.

Important! This offer applies to tickets in the Eamonn Dolan Stand blocks and Y19/Y20 of the Sir John Madejski Stand. Coupon codes are valid up until 4 hours before kick-off.

Did you know it's illegal to ride a privately owned electric scooter (e-scooter) in public?



That's because e-scooters are classed as motor vehicles in law. So, in theory, this means that you need an MOT, road tax and insurance to use one, however it isn't currently possible to register e-scooters in this way.

Privately owned e-scooters can only be used on private land, with the permission of the landowner.

You cannot use a privately owned e-scooter on the road, pavement or in a public space. If you do then you risk receiving a large fine, points on your driving licence and your e-scooter could be seized.

Some parts of the UK are running government trials of rental e-scooters. If you're over 16 and have a full or provisional driving licence, then you can use these on public roads and cycle paths.

Just check that your driving licence covers categories AM, A or B.



NEW DISHES FOR 2024



Mega Mondays



WEEK 1
Weeks starting:
26th Aug, 16th Sep, 7th Oct
28th Oct, 18th Nov, 9th Dec

Hand Stretched Margherita Pizza with Garlic Slice (V)
 ✦ Spinach & Potato Curry (VQ) (CF) ✦
 Sandwich with a Choice of Fillings
 Steamed Rice, Broccoli, Sweetcorn
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Crispy Cake (VQ)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

WEEK 2
Weeks starting:
2nd Sep, 23rd Sep, 14th Oct
4th Nov, 25th Nov, 16th Dec

Hand Stretched Margherita or Pineapple Pizza (V)
 ✦ Mexican Plant Based Chili with Nachos & Rice (VQ)
 Jacket Potato & Fillings (including hot topper) (CF)
 Potato Wedges, Sweetcorn, Green Beans
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Lemon & Courgette Drizzle Cake (M)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

WEEK 3
Weeks starting:
9th Sep, 30th Sep
21st Oct, 11th Nov, 2nd Dec

Hand Stretched Margherita or Sweetcorn Pizza with Pasta Salad (V)
 ✦ Sweet & Sour Noodles (VQ) ✦
 Jacket Potato & Fillings (V) (CF)
 Green Beans, Sweetcorn
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Ice Cream & Fruit (V) (CF)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

School Favourites



Oven Baked Sausages
 Winter Vegetable Casserole (VQ)
 Jacket Potato & Fillings (including hot topper) (CF)
 Mashed Potatoes, Baked Beans, Carrots, Gravy
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Marble Sponge & Custard (V)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Macaroni Arrabbiata (A mildly spiced tomato sauce with optional added bacon) ✦
 ✦ Fisherman's Pie (CF) ✦
 ✦ New Hot Sandwich: Cheese & Tomato Melt (V) ✦
 Peas, Carrots
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Chocolate Sponge & Custard (V)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Mild Chili Con Carne with Nachos (CF) ✦
 Tomato & Herb Pasta Bake (V)
 ✦ New Hot Sandwich: Ham or Peppercorn Melt ✦
 Steamed Rice, Carrots, Broccoli
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Chocolate Cake with Peas & Chocolate Sauce (V)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Roast Wednesdays



Roast Chicken (CF)
 ✦ Ratatouille Pasta (VQ) ✦
 Sandwich with a Choice of Fillings
 Roast Potatoes, Carrots, Cabbage, Gravy
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Chocolate Cookie (VQ)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Slow Roast Pork or Chicken (CF)
 Italian Borsotti Bean Stew (VQ) (CF)
 Baguette with a Choice of Fillings
 Baked New Potatoes, Carrots, Cauliflower, Gravy
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Jelly & Fruit (VQ)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Roast Chicken (CF)
 Cheddar & Broccoli Quiche (V)
 Soft Roll with a Choice of Fillings
 Mashed Potatoes, Peas, Carrots, Gravy
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Ginger Cookie (VQ)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Tasty Thursdays



Macaroni Beef Bolognese
 ✦ Cheese & Potato Pie (V) ✦
 ✦ New Hot Sandwich: Tuna Melt ✦
 Green Beans, Cauliflower
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Apple Cake & Custard (V)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Roll Your Own Wrap (Chicken Dipper / Quorn Fajita) ✦
 ✦ Butternut Squash Hot Pot (VQ) (CF) ✦
 Jacket Potato & Fillings (V) (CF)
 Steamed Rice, Broccoli, Sweetcorn
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Peach Upside Down Cake & Custard (V)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Traditional All Day Breakfast
 All Day Veggie Breakfast (V)
 Soft Roll with a Choice of Fillings
 Hash Brown, Baked Beans, Sweetcorn
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Fruit Jelly (VQ) (CF)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Fishy Fridays



Breaded Fish Fingers
 Crispy Crumbed Vegetable Grill (VQ)
 Sandwich with a Choice of Fillings
 Chips, Peas, Baked Beans, Ketchup
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Fruits of the Forest Flapjack Cumble (VQ)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers
 ✦ Homemade Cheese Pasty (V) ✦
 Jacket Potato & Fillings (V) (CF)
 Chips, Peas, Baked Beans, Ketchup
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Vanilla Cookie (VQ)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers
 ✦ Moroccan Vegetable Tagine & Rice (VQ) (CF) ✦
 Jacket Potato & Fillings (including hot topper) (CF)
 Chips, Peas, Baked Beans, Ketchup
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Ice Sponge & Custard (V)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

CHOICE AUTUMN

V = Vegetarian, VC = Vegan, GF = Gluten Free | ✦ = NEW Dish for 2024
 For full allergen information please refer to your selected Cold Account, or view the ingredients list provided in a kitchen that applies to your selected account type.

Bread and salad bar available DAILY