



25 March 2022

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Hi all,

Next week is Norfolk Autism Acceptance Week. At Frettenham, children will be taking part in discussions and activities in each class across the week. Teachers will share stories with the children which celebrate a range of differences. We want to focus on how our different appearances, interests, personalities, skills and talents should all be invested in and supported in school and the wider world. Although it is Autism Acceptance Week, it is important for children to realise that whatever their differences, it is ok and good to be you!

Here is a link to a video which contains a simple explanation of autism:

<https://www.youtube.com/watch?v=6fy7gUlp8Ms>

There is information on CBeebies with some helpful video clips:

<https://www.bbc.co.uk/cbeebies/joinin/pablo-talking-to-your-child-about-autism>

The key message for Norfolk Autism Acceptance Week is that autism isn't a 'problem'. Autistic children and adults might have slightly different ways of doing things but that is ok as we are all different and need to help each other to feel happy, safe and enjoy our time in school! In a world where you can be anything, be accepting.

Thank you,

Mary

(SENDCo)

The background features a collection of colorful Easter eggs in shades of blue, gold, and white, some with patterns like stripes and polka dots. Golden confetti is scattered throughout the scene, particularly concentrated in the upper left and bottom areas. The text is overlaid on this festive background.

FRETtenham FRIENDS

EASTER DISCO!

Purchase the ticket from Melissa Flick and Kelly for £5 to help fundraise for the school

Wednesday 30th March 5.30pm-7pm
Frettenham Village Hall

We will look forward to seeing you all there!

Dates for your diary

| | |
|---------------|--|
| 30 March 2022 | Re-Scheduled Reception Screening 9.15am |
| 1 April 2022 | School Easter holiday starts at 3pm |
| 20 April 2022 | School re-opens at 8.30am |
| 11 May 2022 | Year 3/4 Cricket – Mill Lane, Horsford (all day, home packed lunch required) |
| 25 May 2022 | Year 5/6 Cricket - Mill Lane, Horsford (all day, home packed lunch required) |
| 6 June 2022 | Inset day – School closed |

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CATERING



Easter Lunch

Wednesday 30th March 2022

**Roast Chicken or Quorn Fillet (v)
served with Stuffing,
Yorkshire Pudding, Roast Potatoes,
Carrots, Cabbage and Gravy**

Rocky Road Krispie Cake
*Chocolate rice krispie cake with popcorn,
sultanas, cherries and mini marshmallows*





Norse



Fresh Ideas Feeding Minds

Wednesday 20th April 2022

School Lunch Menu

**Margherita Pizza (v)
with Potato Wedges and Sweetcorn**

Or

**Oriental Quorn (v)
with Noodles and Sweetcorn**

Vanilla Ice Cream



norsecatering.co.uk




Fresh Ideas Feeding Minds

Spring / Summer

Menu 2022

Introducing our Spring/Summer School Lunch Menu,
offering high quality, varied dishes using local
and seasonal ingredients where possible!



All poultry, pork and beef we
use are traceable right back
to the farm and, where
possible, sourced from
East Anglian suppliers.

A full allergen list for this menu
can be found on our website
www.norsecatering.co.uk

Should your child have a medically-diagnosed allergy or
health condition and needs an alternative menu, please
complete our **Allergen Aware Registration Form** which
can be found in the school office or on our website.



We use **wholewheat flour** in
our bread and pastry recipes!

In addition to this menu, we offer a
number of **themed menus** to
celebrate holidays and seasonal events —
please check details with your school.

If you think your
child/children may be
eligible for a
free school meal visit
www.gov.uk/apply-free-school-meals



Week One

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|---|---|--|---|--------------------------------------|
| Option 1 | (v) Margherita Pizza with Potato Wedges | NEW Spanish Chicken with Steamed Rice | Roast Chicken with Stuffing | Beef Bolognese with Pasta Twists | Breaded Fish Fingers |
| Option 2 (v) | Oriental Quorn with Noodles | Vegemince Bolognese with Pasta Twists | Quorn Fillet with Stuffing | Sweet Potato and Lentil Curry with Steamed Rice | Baked Tomato and Courgette Omelette |
| Served with | Sweetcorn | Mixed Salad | Roast Potatoes, Carrots, Green Beans and Gravy | Mixed Vegetables | Chips and Garden Peas or Baked Beans |
| And for pudding | Vanilla Ice Cream | Beetroot Brownie | Oaty Bar with Apple Wedges | NEW Banana Cupcake | Fresh Fruit Selection |

Week One: 18 Apr | 9 May | 6 June | 27 June | 18 July | 19 Sept | 10 Oct

Week Two

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|---------------------------------------|---|-----------------------------------|--------------------------------------|
| Option 1 | Breaded Chicken with Mayo and Lettuce in a Wrap with Potato Wedges | (v) Margherita Pizza with Pasta Salad | NEW Roast Beef with Yorkshire Pudding and Mashed Potato | Chicken Curry with Steamed Rice | Breaded Fish Fingers |
| Option 2 (v) | Quorn and Tomato Pasta Bake | Veggie Bean Chilli with Steamed Rice | Vegemince Cottage Pie | Italian Bean Bake | Cheese and Onion Pastry Pinwheel |
| Served with | Crunchy Vegetable Sticks | Sweetcorn | Carrots, Garden Peas and Gravy | Broccoli and Herby Bread | Chips and Garden Peas or Baked Beans |
| And for pudding | Apple Flapjack | Fruit Jelly | Fresh Fruit Selection | NEW Summer Berry Muffin | Cocoa Shortbread with a Melon Wedge |

Week Two: 25 Apr | 16 May | 13 June | 4 July | 5 Sept | 26 Sept | 17 Oct

Week Three

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|---|---|---|--|--|
| Option 1 | NEW All Day Breakfast Local Pork Sausages | (v) Mac 'n' Cheese | Roast Chicken with Stuffing | (v) Margherita Pizza | Breaded Fish Fingers or Salmon Fingers |
| Option 2 (v) | Vegetarian All Day Breakfast Vegetarian Sausage | BBQ Quorn Strips in a Wrap with Potato Wedges | Vegetarian Roast | Vegetarian Enchilada | Garden Vegetable Goujons |
| Served with | Hash Browns, Omelette and Baked Beans | Mixed Vegetables | Mashed Potato, Spring Greens, Carrots and Gravy | Sunshine Couscous and Mixed Salad | Chips and Garden Peas or Baked Beans |
| And for pudding | Iced Lemon Cupcake | Fresh Fruit Selection | NEW Marble Cake | NEW Fruit Smoothie Ice Cream | Cocoa Krisple Bar with Orange Wedges |

Week Three: 2 May | 23 May | 20 June | 11 July | 12 Sept | 3 Oct

Week
One

Spring/Summer Packed Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| <p>Cheese Sandwich Carrot Batons Sultanas Orange Wedges Ice Cream Tub</p> | <p>Ham Sandwich Cucumber Sticks Pizza Finger Melon Wedge Beetroot Brownie</p> | <p>Cheese and Tomato Pasta Pot Cucumber Sticks Sultanas Fresh Fruit Portion Oaty Bar</p> | <p>Egg Mayo Sandwich Carrot Batons Cheese Bar Orange Wedges Banana Cupcake</p> | <p>Ham Roll Carrot Batons Sultanas Fresh Fruit Portion Fruit Yogurt</p> |

Week One: 18 Apr | 9 May | 6 June | 27 June | 18 July | 19 Sept | 10 Oct

Week
Two

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| <p>Cheese Sandwich Carrot Batons Sultanas Apple Wedges Flapjack</p> | <p>Ham Sandwich Cucumber Sticks Cheese Bar Fresh Fruit Portion Fruit Jelly</p> | <p>Cheese and Tomato Pasta Pot Cucumber Sticks Sultanas Fresh Fruit Portion Fruit Yogurt</p> | <p>Egg Mayo Sandwich Carrot Batons Pizza Finger Orange Wedges Summer Berry Muffin</p> | <p>Ham Roll Cucumber Sticks Sultanas Melon Wedge Cocoa Shortbread</p> |

Week Two: 25 Apr | 16 May | 13 June | 4 July | 5 Sept | 26 Sept | 17 Oct

Week
Three

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| <p>Cheese Sandwich Carrot Batons Sultanas Fresh Fruit Portion Iced Lemon Cupcake</p> | <p>Ham Sandwich Cucumber Sticks Pizza Finger Fresh Fruit Portion Fruit Yogurt</p> | <p>Cheese and Tomato Pasta Pot Cucumber Sticks Sultanas Apple Wedges Marble Cake</p> | <p>Egg Mayo Sandwich Carrot Batons Cheese Bar Fresh Fruit Portion Fruit Smoothie Ice Cream</p> | <p>Ham Roll Cucumber Sticks Sultanas Orange Wedges Cocoa Krispie Bar</p> |

Week Three: 2 May | 23 May | 20 June | 11 July | 12 Sept | 3 Oct