



4 February 2022

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Message from Gyles

To me it feels strange that we are only one week from half term, as it doesn't feel like we have actually been back very long at all. It has been a very bitty half term with both staff and children being in and out of school, but hopefully after the break, we will find that we are able to really get on and do all the things we want to. I've heard talk of some trips being organised and there are also some other dates being put in the diary for events taking place later in the term.

Reading Challenge:

Attached is a poster from the Friends who are running an Extreme Reading Challenge! Please encourage your child to take part, it would be great to have a contribution from every child to display and will also raise funds for our non-fiction section of the library.

Test and Trace contact:

If your child does test positive for Covid-19 and you are contacted by Test and Trace to confirm close contacts, please only inform them of the school name and not individual children and staff member's names. They will contact us to discuss any contacts if they feel necessary.

Dates for your diary

16 March 2022	Year 6 Korfball – UEA (School collection at 4pm)
23 March 2022	Maths Challenge morning, Year 5 Team, Norwich Lower School
25 March 2022	Maths Challenge morning, Year 6 Team, Norwich Lower School
30 March 2022	Year 5 Korfball- UEA (School collection at 4pm)
30 March 2022	Re-Scheduled Reception Screening 9.15am
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

THE FRETtenham FEBRUARY READ-A-THON

Challenge 1 - Extreme reading

Take a photo of yourself reading in an exciting place, daring position or luxurious location.

Pay £1 to enter the competition to win an exciting prize and the chance to be the first to read our new library books.

E-mail entries to office@frettenham.norfolk.sch.uk by 25th February and pay £1 at the school gate.

All proceeds will go to buying new library books.



Norse

World Book Day

Thursday 3rd March

'Royal Beast of a Feast' Meatballs in Tomato Sauce

Inspired by 'Beast of Buckingham Palace' by David Walliams
with

'Blow Away Bows' Pasta Bows

Inspired by 'Room on the Broom' by Julia Donaldson

OR

'Spaghetti with the Yeti' Vegemince Bolognese (v)

Inspired by 'Spaghetti with the Yeti' by Adam Guillain

Garden Peas

Inspired by 'Daisy Eat your Peas' by Kes Gray and Nick Sharratt

Five Salad Items

Inspired by 'The Very Hungry Caterpillar' by Eric Carle

Chocolate Crunch

Inspired by 'McTavish takes the Biscuit' by Meg Roscoff





Active Canaries

Health Month



Dear Parent/Guardian,

Norse Catering are proud to be supporting Norwich City Community Sports Foundation's Active Canaries Health Month! Every Thursday between 7 March and 31 March 2022, we will be offering a very special menu. The recipes have been developed by Daniel Savage, head executive chef for the first team at Norwich City Football Club in collaboration with Norse Catering's menu development team.

Each week the menu will focus on a first team player linking with their nationality and the various food types that help power them on the pitch. There will be fun food facts around health and nutrition plus some exciting collectable player cards for children taking part with recipe information to take home. The Foundation will also be delivering online assemblies every Wednesday during the four weeks.

The menus are as follows:

Week One – Thursday 10 March

Dimitris Giannoulis' Menu

Greek Chicken Flatbread

Or

Greek Quorn Flatbread (v)

served with Cucumber and Yogurt Dip,
Salad and Mediterranean Couscous

Orange Drizzle Cake

Week Two – Thursday 17 March

Josh Sargent's Menu

American Mac 'n' Cheese (v)

Or

Baked Vegetable Risotto (v)

served with Homemade 50/50 Garlic Bread
and 'Norwich City' Peas and Sweetcorn

Fruit and Oat Energy Bar

Week Three – Thursday 24 March

Tim Krul's Menu

Vegetarian Sausage, Red Lentil and
Tomato Stew with Mashed Potatoes (v)

Or

Cheese and Potato Pie (v)

served with Broccoli and Sweetcorn

Dutch Apple Cake

Week Four – Thursday 31 March

Teemu Pukki's Menu

Finnish Fish Pie Pasta Bake

Or

Roasted Vegetable Pasta Bake (v)

served with a Vegetable Medley

Cocoa Banana Bread



Active Canaries

Health Month



The cost of these lunches for **Key Stage 2** children is as per your school's normal meal price. Please pay in the same way.

For **Key Stage 1** children these lunches are included in the Universal Free School Meal Allowance. If your child is entitled to have a free school meal then you will not need to pay any additional cost.

We hope your child/children enjoy trying these dishes and learning more about the positive impact food can have on health, nutrition, and wellbeing. We also hope you enjoy trying some of these recipes at home!

Many thanks,

The School Kitchen



Active Canaries Booking Form

I would like (Name:.....) to take part in the Active Canaries Health Month on the following dates:

- | | | |
|-------------------|--------------------------|--|
| Thursday 10 March | <input type="checkbox"/> | Greek Chicken ____ OR Greek Quorn (v) ____ |
| Thursday 17 March | <input type="checkbox"/> | Mac 'n' Cheese (v) ____ OR Vegetable Risotto (v) ____ |
| Thursday 24 March | <input type="checkbox"/> | Veggie Sausage Stew (v) ____ OR Cheese and Potato Pie (v) ____ |
| Thursday 31 March | <input type="checkbox"/> | Fish Pie Pasta ____ OR Vegetable Pasta Bake (v) ____ |

Class:.....

Signature:.....

Please return to the school office no later than: