



Nebula
where stars are born

12 March 2021

Address: School Road, Frettenham, Norfolk, NR12 7LL

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Website: www.harnserfed.co.uk.

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Message from Gyles

I expect you will have some tired children this week. We have so much enjoyed having the children back in and once again they have shown themselves to be kind, patient and resilient as they settle back into their school learning. All the teachers have spoken to me over the week about how impressed they are and can see the impact of the remote learning has had too, so all your hard work working with your children really has been worth it!!! We have tried hard to settle them back into routines of the school day as we look to build up their stamina to cope with the full day again.

Thank you for being supportive of the change to the end of the day. It has made the pick-up time less hectic and certainly allowing more space for the children to leave and walk on the footpaths.

Next week we have Comic Relief on Friday 19th. For Class 2 and 3 there is a TTR school competition called Rock Down Relief until next Thursday where they are trying to earn as many points as possible. It is only open between 9:30am and 3pm each day, but some children might want to go on over the weekend and earn extra points. The points also will generate donations from TTR to Comic Relief. We are still rather restricted with what we can do in school, but will have a non-school uniform day on Friday and children can donate to Comic Relief. **We are asking that donations be made directly to Comic Relief and not to bring in cash to School.** The donation, if you would like to donate, can be made here:

<https://donation.comicrelief.com>

Celebration Assembly



	Star of the week	Value award
Class 1	Connor	Charlie
Class 2	Theodore	James
Class 3	Jayden	Ava

Attendance Celebration *(returns next week)*



	Whole School	
1 st	Class	
2 nd	Class	
3 rd	Class	



Norse Catering

Please ensure that all meals are paid for in advance on Parentpay.

www.norsecatering.co.uk

Diary Dates

Please see the accompanying schedule of dates for the remaining term, but do be aware that they are still subject to change.

Dates for your diary

Spring term

12 May 2021

Reception, Height, Weight & Vision – School nurse
Letter to be sent home closer to this date.

Football is coming back!

Fantastic opportunities for girls
aged 5 to 10 🥰

Free sessions 😄

Awesome coaches 😎

A fun, family environment

Interested? 🤔

Email canarymatt@hotmail.com

Call 07760 424264 📞

BURE VALLEY YFC
COLTISHALL



Norse




Fresh Ideas Feeding Minds

Spring / Summer

Menu 2021

Introducing our Spring/Summer School Lunch Menu, offering high quality, varied dishes using local and seasonal ingredients where possible. These dishes have been created by our Menu Development Team to allow a flexible approach to eating a school lunch; whether that is in the dining room, in the classroom or even in an outside space!



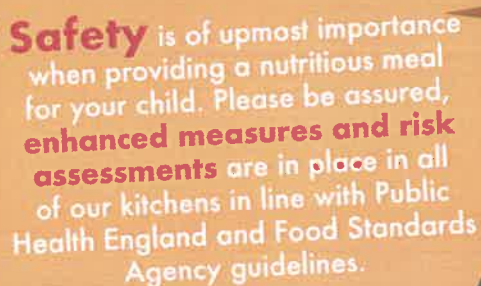
All poultry, pork and beef we use are traceable right back to the farm and, where possible, sourced from **East Anglian** suppliers. We use wholewheat flour in our bread and pastry recipes!



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.



Safety is of upmost importance when providing a nutritious meal for your child. Please be assured, **enhanced measures and risk assessments** are in place in all of our kitchens in line with Public Health England and Food Standards Agency guidelines.



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



norsecatering.co.uk

Please note the menu may be subject to change to meet local needs.

Week One

Jacket Potato Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with Baked Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese and Coleslaw	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day
Apple Crumble with Custard	Fresh Fruit Salad	Beetroot Brownie	Dinky Doughnuts	Shortbread with a Melon Wedge

Week One: 12 Apr / 3 May / 24 May / 21 Jun / 12 Jul / 13 Sept / 4 Oct

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with Baked Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese and Coleslaw	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day
Oaty Bar with Orange Wedges	Lemon Cupcake	Toffee Cream Shortbread	Fresh Fruit Salad	Fruit Jelly

Week Two: 19 Apr / 10 May / 7 Jun / 28 Jun / 19 Jul / 20 Sept / 11 Oct

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with Cheese and Baked Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese and Coleslaw	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day
Fresh Fruit Salad	Ice Cream Tub	Flapjack with Apple Wedges	Cocoa Krispie Bar	Cherry Bakewell Cupcake

Week Three: 26 Apr / 17 May / 14 Jun / 5 Jul / 6 Sept / 27 Sept / 18 Oct



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Fresh Ideas Feeding Minds

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Week One

Packed Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Wrap	Ham Sandwich	Tuna Pasta Pot	Egg Mayo Sandwich	Cheese Roll
Carrot Batons	Cucumber Sticks	Cucumber Sticks	Carrot Batons	Cucumber Sticks
Sultanas	Popcorn	Popcorn	Sultanas	Popcorn
Orange Wedges	Melon Wedge	Fresh Fruit Portion	Orange Wedges	Fresh Fruit Portion
Flapjack	Fruit Yoghurt	Beetroot Brownie	Dinky Doughnuts	Shortbread

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Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Wrap	Ham Sandwich	Tuna Pasta Pot	Egg Mayo Sandwich	Cheese Roll
Carrot Batons	Cucumber Sticks	Cucumber Sticks	Carrot Batons	Cucumber Sticks
Sultanas	Popcorn	Sultanas	Sultanas	Popcorn
Orange Wedges	Fresh Fruit Portion	Fresh Fruit Portion	Orange Wedges	Fresh Fruit Portion
Oaty Bar	Lemon Cupcake	Toffee Cream Shortbread	Fruit Yoghurt	Fruit Jelly

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Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Wrap	Ham Sandwich	Tuna Pasta Pot	Egg Mayo Sandwich	Cheese Roll
Carrot Batons	Cucumber Sticks	Cucumber Sticks	Carrot Batons	Cucumber Sticks
Sultanas	Popcorn	Popcorn	Sultanas	Popcorn
Fresh Fruit Portion	Fresh Fruit Portion	Apple Wedges	Orange Wedges	Fresh Fruit Portion
Fruit Yoghurt	Ice Cream Tub	Flapjack	Cocoa Krispie Bar	Cherry Bakewell Cupcake

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