



9 November 2020

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

E mail: office@frettenham.norfolk.sch.uk

Website: www.harnserfed.co.uk.

Telephone: 01603 737405

Message from Gyles

Thank you to everyone who managed to speak to the child's teacher over the last week. It is a shame we were unable to meet in person, but found it quite successful using video and phone calls. If anyone has missed it this week, for whatever reason and you would like a call from your child's teacher contact the office and they will help arrange one for you over the next couple of weeks.

Even though we are back in a form of lockdown, it luckily has not felt any different at school, the children are positive, even though all their outside of school clubs have been put on hold. With the chillier weather this week, we have been trying to find the right balance of keeping the classrooms well ventilated and keeping the children and ourselves warm. Please remember the children can wear a red fleece in class over their jumper to keep them warmer if necessary.

Children in Need



Children are welcome to come to School dressed in their pyjamas/ onesies/ non-uniform on Friday for a donation to Children in Need. Suggested donation of £1 per pupil.

There will be a collection pot outside the School gate for the donation to be made into. Class 3 do have PE on Friday, so please be aware that children need to be wearing a suitable outfit to carry out their PE lesson, outside on the field.

Please can all children continue to wear their waterproof trainers to allow the field to be used.

Norse menu change



New Packed Lunch Menu

From **Monday, 16 November** we will be adding a hot menu choice of a jacket potato to our current packed lunch option. The Jacket potato option will be served with rainbow salad and the dessert of the day.

We will be offering just 1 filling option per day *(Please only order this option, if you child likes the toppings of the day, during the current restrictions we face, the kitchen is unable to offer a bespoke topping e.g. on a Wednesday, it is cheese and baked beans it is not cheese or baked beans)*

- Monday – Cheese
- Tuesday - Tuna and mayo,
- Wednesday - Cheese and baked beans
- Thursday - Cheese and coleslaw
- Friday - baked beans

The meal is free to those children entitled to Free School Meals and Universal Infant Free School Meals. The meal price remains at £2.30 per pupil, per day. Orders are made on a Monday for the full week and we ask parents make their payment via Parentpay before the meal is taken.

Celebration Assembly



| | Star of the week | Value award |
|---------|-------------------------|--------------------|
| Class 1 | Ellie | Harriet |
| Class 2 | Emily | Theodore |
| Class 3 | Jude | Miya |

Attendance Celebration



| | | |
|-----------------|----------------|---------------|
| | Whole School | 99.6% |
| 1 st | Class 2 | 100% |
| 2 nd | Class 1 | 99.41% |
| 3 rd | Class 3 | 99.39% |



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

Autumn term

13 November 2020

Flu Vaccination – Whole School. Please complete the authority to the NHS to confirm or decline this. If you have not done this or would like to change any details, you will need to send an email to the email address on the NHS invitation email, as the portal is now closed.

13 November 2020

Children in Need, non-uniform, wear your onesie/ pyjamas. Donation to Children in Need (collection pot at the gate - £1 suggested donation). *See attached information*

27 November 2020

Friends have organised a non-uniform day. Letter to follow from the Friends with information on the Autumn Term (2) activities planned.

8 December 2020

Year 6 Height and Weight by School Nurse (1.30pm) Letter emailed on 6.11.2020. Please opt out by following the instructions on the letter if you do not wish for your child to join in.

18 December 2020

Last day of the Autumn term – school closes at 3pm

4 January 2021

School re-opens to all pupils



Norse

Fresh Ideas Feeding Minds

School Lunch Menu

We hope you enjoy our 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 utmost 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 you may be eligible for a **free school meal** visit www.schools.norfolk.gov.uk

norsecatering.co.uk

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



Week One

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|--|---|--|--|
| Jacket Potato Option | Jacket Potato with Cheese Rainbow Salad Ice Cream Tub | Jacket Potato with Tuna Mayo Rainbow Salad Beetroot Brownie | Jacket Potato with Cheese and Baked Beans Rainbow Salad Apple Flapjack | Jacket Potato with Cheese and Coleslaw Rainbow Salad Berry Muffin | Jacket Potato with Baked Beans Rainbow Salad Bitesize Cocoa Oatcake with Orange Wedges |
| Packed Lunch Option | Cheese or Ham Sandwich Carrot Batons Popcorn Orange Wedges Ice Cream Tub | Cheese or Egg Mayo Sandwich Cucumber Sticks Sultana Bag Melon Wedge Beetroot Brownie | Cheese or Tuna Mayo Roll Carrot Batons Popcorn Orange Wedges Apple Flapjack | Cheese or Ham Sandwich Cucumber Sticks Sultana Bag Apple Wedges Berry Muffin | Cheese and Tomato Pasta Pot Carrot Batons Popcorn Orange Wedges Bitesize Cocoa Oatcake |

Week One: 23 Nov / 7 Dec / 4 Jan / 18 Jan / 1 Feb / 22 Feb / 8 Mar / 22 Mar

Week Two

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|---|---|---|---|
| Jacket Potato Option | Jacket Potato with Cheese Rainbow Salad Bitesize Oaty Bar with Orange Wedges | Jacket Potato with Tuna Mayo Rainbow Salad Dinky Doughnuts | Jacket Potato with Cheese and Baked Beans Rainbow Salad Ice Cream Tub | Jacket Potato with Cheese and Coleslaw Rainbow Salad Orange Cupcake | Jacket Potato with Baked Beans Rainbow Salad Mini Shortbread with a Melon Wedge |
| Packed Lunch Option | Cheese or Ham Sandwich Carrot Batons Popcorn Orange Wedges Bitesize Oaty Bar | Cheese or Egg Mayo Sandwich Cucumber Sticks Sultana Bag Melon Wedge Dinky Doughnuts | Cheese or Tuna Mayo Roll Carrot Batons Popcorn Apple Wedges Ice Cream Tub | Cheese or Ham Sandwich Cucumber Sticks Sultana Bag Orange Wedges Orange Cupcake | Cheese and Tomato Pasta Pot Carrot Batons Popcorn Melon Wedge Mini Shortbread |

Week Two : 16 Nov / 30 Nov / 14 Dec / 11 Jan / 25 Jan / 8 Feb / 1 Mar / 15 Mar

Introducing our **RAINBOW Salad!**

As we are not able to offer our 'help yourself' salad bars at present, we are pleased to offer our new **Rainbow Salad** that accompanies some of our dishes and provides a variety of textures, tastes and colours for children to try something new!

