



22 October 2021

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Message from Gyles

This week, I spoke to the children in assembly about going out and walking. We looked at the benefits and I challenged them to go and explore somewhere over half term. I said if they find anything exciting or want to tell us about their walk, then that would be great. They may also like to draw a map of where they went which they can share.

Thank you for the donations for the non-school uniform day. We are looking to develop class reading books and also the non-fiction section of the library needs updating, which the Friends have said they will support. Teachers are busy preparing lists of books they would like to help support the curriculum areas they are teaching.

I was hoping to finish this half-term without having to mention Covid, but... with local rates as high as they are and also comparing to the same time last year, we seem to be heading in a tricky direction. The main age group driving the increase numbers is the 9-15 age group. We have been very fortunate that we have not been disrupted ourselves with cases, but I would ask you all to continue to be supportive and kind to the other children and staff in school, by ensuring your child is fit and well enough to attend. While our guidance states the main symptoms to still be temperature, new and persistent cough or lose of taste and smell, from speaking to other schools and families who have had cases in younger children, symptoms can be as simple as a runny nose, feeling a bit tired, headache or cough, which are obviously very similar to a cold. While parents and carers may think they know their child just has a cold, you can't be 100% sure, **please continue to get a PCR test result to confirm.**

Have a lovely half term break.

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

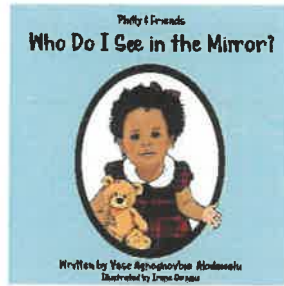
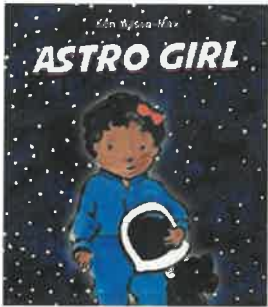
Autumn Term

| | |
|------------------|---|
| 10 November 2021 | Year 5/6 Tag Rugby. Mill Lane. Horsford (all day, home packed lunch required) |
| 18 November 2021 | Flu vaccination – letter sent home, 9.9.2021 |
| 14 January 2022 | London O2 – Young Voices |
| 25 January 2022 | Cross Country |
| 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) |

Black History Month 2021

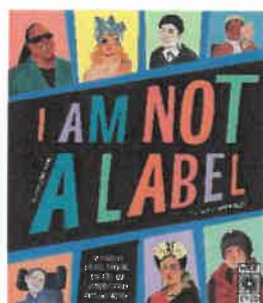
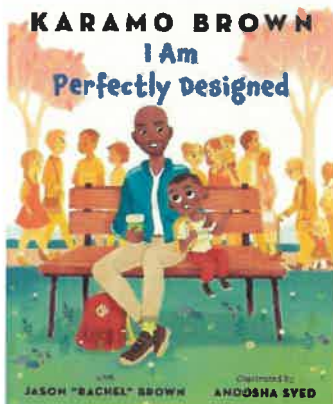
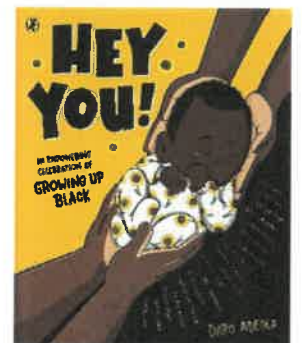
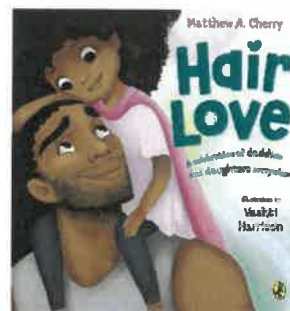
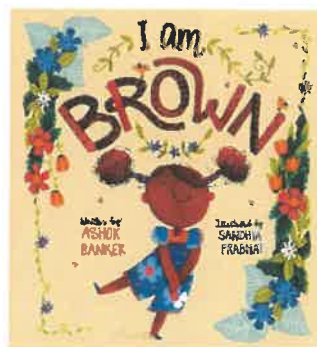
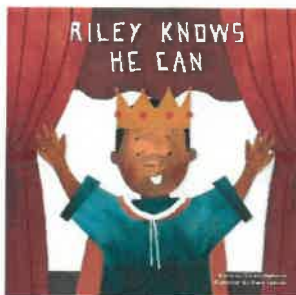
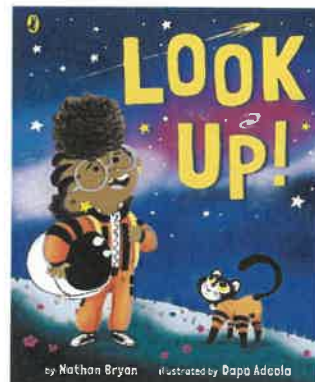
'Proud To Be'

This month, at school, we have shared lots of great stories and had lots of great discussions about characters, writers, illustrators and other Black people who are doing amazing things. The children have been thinking really carefully and have displayed such empathy, consideration and pride during these discussions. If you'd like to share some of these stories or others with your children, take a look at Tata's Story Time on YouTube or Bookmarks on Netflix or search your local library. Please do chat to your children about what they have been doing and learning because their ideas and opinions are hopeful and truly inspiring.



MEET CARLY GORTON: THE 11-YEAR-OLD WHOSE AFRO HAIR WAS USED TO CREATE THE FIRST REAL AFRO WIG FOR A CHILD IN THE UK

Photo: © 27th Apr 2022 | by: Saanvika Potharaj





Norse



Fresh Ideas Feeding Minds

Autumn / Winter

Menu 2021/22

We hope you enjoy our Autumn/Winter Menu, offering high quality and 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 you may be eligible for a **free school meal**, 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

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---------------------------------------|--|---|---|----------------------------------|
| Option 1 | (v) Margherita Pizza with Pasta Salad | Mexican Beef and Baked Bean Chilli with Steamed Rice new | Roast Chicken with Stuffing | BBQ Chicken in a Tortilla Wrap with Potato Wedges new | Breaded Fish Fingers |
| Option 2 (v) | Vegemince Curry with Steamed Rice | Cheesy Pasta | Quorn Fillet with Stuffing | Vegemince Lasagne new | Garden Vegetable Goujons |
| Served with | Sweetcorn | Vegetable Medley | Roast Potatoes Carrots, Cabbage and Gravy | Rainbow Salad | Chips Garden Peas or Baked Beans |
| And for Pudding | Jambuster Muffin | Cocoa Shortbread | Oaty Apple Crunch with Custard | Jelly with Fruit | Fresh Fruit Selection |

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week One: 1 Nov / 22 Nov / 13 Dec / 17 Jan / 7 Feb / 7 Mar / 28 Mar

Week Two

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---|--|--|--|----------------------------------|
| Option 1 | Breaded Chicken with Curry Dip and Savoury Rice | (v) Margherita Pizza with Pasta Salad | Sausages with Yorkshire Pudding | Beef Bolognese with Pasta | Breaded Fish Fingers |
| Option 2 (v) | BBQ Quorn in a Tortilla Wrap with Potato Wedges new | Mexican Veggie Bean Chilli with Steamed Rice | Vegetarian Sausage with Yorkshire Pudding | Potato, Broccoli and Cauliflower Cheese Bake new | Vegetarian Enchilada |
| Served with | Crunchy Vegetable Sticks | Sweetcorn | Mashed Potatoes Carrots, Green Beans and Gravy | Vegetable Medley | Chips Garden Peas or Baked Beans |
| And for Pudding | Flapjack with Apple Wedges | Fresh Fruit Selection | Pear and Ginger Sponge with Custard | Cornflake Tart | Lemon Cupcake |

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week Two: 8 Nov / 29 Nov / 3 Jan / 24 Jan / 21 Feb / 14 Mar

Week Three

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---|---|---------------------------------------|--------------------------------|--|
| Option 1 | (v) Margherita Pizza with Potato Wedges | Sweet and Sour Chicken with Steamed Rice | Roast Chicken with Stuffing and Gravy | Cottage Pie | Breaded Fish Fingers or Salmon Fingers |
| Option 2 (v) | Sweet Potato and Lentil Curry with Steamed Rice | Quorn and Tomato Pasta Bake new | Veggie Balls with Gravy | Italian Bean Bake | Cheese and Tomato Quiche |
| Served with | Crunchy Vegetable Sticks | Broccoli and Sweetcorn | Roast Potatoes and Vegetable Medley | Garden Peas and Carrots | Chips Garden Peas or Baked Beans |
| And for Pudding | Ice Cream Tub | Chewy Krispie Bar with Orange Wedges | Fresh Fruit Selection | Cocoa Pudding with Cocoa Sauce | Autumn Feast Muffin |

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week Three: 15 Nov / 6 Dec / 10 Jan / 31 Jan / 28 Feb / 21 Mar

Packed Lunch Menu

Week One

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| Cheese Sandwich Carrot Batons Sultanas Orange Wedges Jambuster Muffin | Ham Sandwich Cucumber Sticks Pizza Finger Melon Wedge Cocoa Shortbread | Cheese and Tomato Pasta Pot Cucumber Sticks Sultanas Fresh Fruit Portion Flapjack | Egg Mayo Sandwich Carrot Batons Cheese Bar Orange Wedges Jelly with Fruit | Ham Roll Carrot Batons Sultanas Fresh Fruit Portion Fruit Yoghurt |

Week One: 1 Nov / 22 Nov / 13 Dec / 17 Jan / 7 Feb / 7 Mar / 28 Mar

Week Two

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| Cheese Sandwich Carrot Batons Sultanas Apple Wedges Flapjack | Ham Sandwich Cucumber Sticks Cheese Bar Fresh Fruit Portion Yoghurt | Cheese and Tomato Pasta Pot Cucumber Sticks Pizza Finger Fresh Fruit Portion Pear and Ginger Sponge | Egg Mayo Sandwich Carrot Batons Sultanas Orange Wedges Cornflake Tart | Ham Roll Cucumber Sticks Sultanas Fresh Fruit Portion Lemon Cupcake |

Week Two: 8 Nov / 29 Nov / 3 Jan / 24 Jan / 21 Feb / 14 Mar

Week Three

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| Cheese Sandwich Carrot Batons Sultanas Fresh Fruit Portion Ice Cream Tub | Ham Sandwich Cucumber Sticks Pizza Finger Fresh Fruit Portion Chewy Krispie Bar | Cheese and Tomato Pasta Pot Cucumber Sticks Cheese Bar Apple Wedges Yoghurt | Egg Mayo Sandwich Carrot Batons Sultanas Orange Wedges Cocoa Sponge Cake | Ham Roll Cucumber Sticks Sultanas Fresh Fruit Portion Autumn Feast Muffin |

Week Three: 15 Nov / 6 Dec / 10 Jan / 31 Jan / 28 Feb / 21 Mar