



# High Street Primary School

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Friday 15<sup>th</sup> September 2023

## BRAWDDEG CYMRAEG YR WYTHNOS / WELSH PHRASE OF THE WEEK

Your child will be learning these phrases in school this week. Please encourage their use of the Welsh Language by practicing with them at home.

**Pwy wyt ti? / Beth ydy dy enw di?**

**Who are you? / What's your name?**



### Worker of the Week!!

**Nursery am:** Aryn Bastable-Adams

**Nursery pm:** Isabella Lawlor

**Reception:** Rosie Jones

**Year 1:** Hunter Rose

**Year 2:** Ethan Mooney

**Year 3:** Corey Forrester

**Year 4:** Tommy Prosser

**Year 5:** Kendall Jenkins

**Year 6:** Caleb Young

**Y Bont:** Ajay-Levi Gulley-Rollings

### Seren Yr Wythnos

Meithrin yb	Charlie Harper
Meithrin yp	Lily Gay
Dosbarth Dervyn	Riley Rose
Blwyddyn 1	Leonidas Arnold
Blwyddyn 2	Marley Sims
Blwyddyn 3	Molly Edwards
Blwyddyn 4	Niamh Barnard
Blwyddyn 5	Poppy Bowyer
Blwyddyn 6	Isabella Hanlon-Vanstone
Y Bont	Cariad Edwards

## HEADLINES

- **COMMUNICATION:** We are transferring from the use of 'SchoolComms' to 'GroupEd' as a means of communicating with parents / carers and reporting absences. We will have a brief transition period before the SchoolComms app is no longer used and the GroupEd App replaces it. Please contact school as soon as possible to receive your invite to GroupEd.
- **SCHOOL UNIFORM:** Wearing school uniform enables a sense of belonging between children. Please remember you can access our school 'Swap Shop' for any additional items you may need. Whilst not compulsory, school jumpers and t-shirts with the school logo are available for purchase from our office.
- **NEW Breakfast Club TASTERS:** Over the next few weeks we will be trialling some new breakfast items during breakfast club. This will include pancakes and porridge. Favoured items will be added to our future breakfast club menu.
- **YEAR 1 and YEAR 2 PARENT AND CHILD MATHS SESSIONS:** This will be a 10-week programme in school run by Cardiff and Vale College. The first session will commence on Wednesday 20<sup>th</sup> September at 9am.
- **COFFEE MORNING AND AFTEROON in aid of MACMILLAN CANCER SUPPORT:** We will be holding a coffee morning at 9am and a coffee afternoon at 2pm on Friday 29<sup>th</sup> September in aid of Macmillan. Everyone welcome! More information to follow.

## HEADLINES

- **COVID TESTS:** We have excessive numbers of Covid tests in school which expire in December if parents would like to collect them from Reception.
- **UPDATED DINNER MENU:** Updated dinner menu attached from Big Fresh. Next week we are on Week 3.

**Week 1**  
Week starting: 4/9/23, 25/9/23, 18/10/23

**MONDAY**  
Home Baked Cheese & Tomato Pizzas  
Or  
Vegan Topped Pizzas  
Served with Potato, Wedges, Baked Beans & Veggie Sticks

**TUESDAY**  
Pork Sausage  
Or  
Vegan Sausage  
Served with Mash/ed Potato, Carrots & Broccoli  
Gravy & Crusty Bread

**WEDNESDAY**  
Home baked, Chicken Neapolitan Pasta Bake  
Or  
Vegetable Neapolitan Pasta Bake  
Served with Peas, Sweetcorn & Crusty Bread

**THURSDAY**  
Yorkshire Pudding Filled with Slow cooked Beef,  
or  
Vegan Quorn Fillet cooked in Gravy,  
Served with Mash/ed/ Roast Potato, Broccoli & carrots

**FRIDAY**  
Oven Baked Salmon Fish Fingers  
or  
Vegan Quorn Dippers  
Served with Chipped Potatoes, Sweetcorn/Peas & Baked Beans

**Week 2**  
Week starting: 11/9/23, 21/10/23, 23/10/23

**MONDAY**  
Cheesy Topped Tomato Pasta Bake,  
Or  
Vegan cheesy Topped Pasta Bake  
Served with Carrots, Peas & Crusty Bread

**TUESDAY**  
Homemade Beef Bolognese  
Or  
Vegan Bolognese  
Served with Pasta, Seasonal Vegetables  
Crusty Bread

**WEDNESDAY**  
Beef Burger  
Or  
Vegan Bean burger  
In a Bun  
Herbic Diced Potatoes  
Crunchy-Slow Baked Beans/Sweetcorn

**THURSDAY**  
Roast Turkey  
Or  
Vegan Quorn Sausage  
Served with Roast/Mashed Potato, Cabbage & Carrot & Swede Mash  
Mini Yorkshire pudding

**FRIDAY**  
Birdseye Fish Fingers  
or  
Fishless Fingers  
Served with Chipped Potatoes, Sweetcorn & Crusty Bread

**Week 3**  
Week starting: 18/9/23, 9/10/23, 30/10/23

**MONDAY**  
Pork Meatballs  
or  
Vegan Meatballs  
cooked in Gravy,  
Served with Pasta, Broccoli/Carrots/Peas & Crusty Bread

**TUESDAY**  
Homemade Beef Bolognese  
or  
Vegetable Bolognese  
Served with Pasta, Peas/Broccoli & Crusty Bread

**WEDNESDAY**  
Chicken Burger  
Or  
Vegan Quorn Fillet in a Bun  
Served with Potato Wedges & Veggie Sticks

**THURSDAY**  
Roast Chicken Fillet  
Or  
Vegan Quorn Fillet  
Served with Roast/Mashed Potato, Peas/Broccoli/Carrots  
Mini Yorkshire pudding & Crusty Bread

**FRIDAY**  
Oven Baked Salmon Bites  
or  
Vegan Sausages  
Served with Jacket Wedges, Baked Beans, Peas/Sweetcorn, Veggie Sticks

Our menus continue to follow the latest Government's Food and Nutrition Guidelines set out in the Healthy Eating Review/Regulation 2019.  
Go to [www.food.gov.uk/nutrition](http://www.food.gov.uk/nutrition) to find out the latest hygiene rating of our schools or ask them to let you then.

Welcome to our September 2023 menu.  
A Selection of Dessert available daily

Fresh Fruit/Yogurt/Cheese & Crackers/ Cookies and Welsh cakes with fresh fruit.

Ice Cream with fresh fruit every Thursday

Vegan Cookies/Fresh Fruit/Vegan Cheese & Crackers/Jelly

Allergen information to accompany this menu is held in the Kitchen available upon request.

Please contact us if your child has specialist dietary needs; we aim to provide a healthy balanced school meal for every pupil.  
[www.bigfreshcatering.co.uk](http://www.bigfreshcatering.co.uk)

Fresh Bread available daily for all

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company

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