



ST MARY'S CE FIRST ACADEMY

NEWSLETTER

ISSUE NO: 17 08.07.2022

"SHINE AS A LIGHT IN THE WORLD"

Matthew 5:16



Dear Parents and Guardians,

What a busy week we have had here at St. Mary's. We have welcomed in some Year 10 students from Wolgarston High School, Codsall High school and Madeley Academy. These students have been volunteering across the school hearing readers, supporting lessons and experiencing being in a place of work. We also welcomed our Sport Prefects from Brewood Middle Academy who helped with sports day and have had a group of Year 9 students, also from Wolgarston, who have been volunteering to begin clearing the quad and prayer garden. These students were also busy painting plant pots for future use by St Mary's children.

On Wednesday, Year 4 went to Brewood Middle Academy for the day to continue their transition and our other pupils met their new teachers.

Thursday was sports day and, once again, may I say thank you for your cooperation as we had to change plans at the last minute due to the weather. A huge congratulations to Henry, Grace and Oliver who were awarded Perry the Bull. Please could I say a huge thank you to Miss Bown who not only organised sports day for everyone but has also enabled St. Mary's to achieve the Silver school games award, We are very proud of her!

Coming up over the next two weeks we have lots of end of term activities including:

Wednesday 13th July 9:45am Staffordshire music concert - year 3 & 4 parents welcome.

Thursday 14th July 1:30pm Rocksteady concert - Parents of children who attend Rocksteady welcome.

Thursday 14th July 6pm PTA end of year leavers disco - All St. Marys pupils invited.

Friday 15th July Year 4 leavers fest,

Monday 18th July Whole school picnic - Lunchtime

Tuesday 19th July Leaving after morning registration whole school end of year worship at church including end of year presentation for Year 4 - Parent and guardians warmly welcome to help us walk to and from church and attend the service.

Wednesday 20th July 2pm Year 4 performance of Peter Pan - Year 4 parents and guardians welcome.

Wednesday 20th July 3:15pm - Break up for summer holiday.

Wednesday 7th September 8:45am - Start of term.

Many thanks
Mrs N. R Brennan

DINE

Main Meal

DINE

Vegetarian



Hot Snacks

Hot Handheld Options

Dessert
STOP

Sweet Options

MONDAY

Beef Burger

Herb Wedges

Margherita Pizza

Cheese & Tomato
Topped Pizza with
Potato Wedges

Carrot Cake

TUESDAY

Chicken and
Vegetable Pie

Crushed Potatoes

Veggie Pasta Bake

Roasted Vegetables

Fresh Vegetables & Sides, Bread, Yoghurt and Fruit
are available daily

Ginger Cookie

WEDNESDAY

Roast Beef

Roast Potatoes

Cheese and
Tomato Quiche

Roast Potatoes

Jam Sponge

Custard

THURSDAY

Marinated Chicken
Wrap

Rosemary Wedges

Macaroni Cheese

With Garlic Bread

Mixed Fruit Tart

Custard

FRIDAY

Fish Fingers

Chips

Cheesy Bean
Wrap

Chips

Chocolate Chip
Flapjack

ALL SERVED WITH SEASONAL VEGETABLES OR SALAD

Dates: 20.06.2022. 11.07.2022. 19.09.2022. & 10.10.2022.



STAR OF THE WEEK

Class	Pupil
Nursery	Lily
Reception	Henry
Year 1 & 2	Kaden
Year 3	Rosie
Year 4	Freya

A massive well done to all children for all their hard work this week. We are proud to call you a part of our St Mary's Family.





St. Mary's

SPORTS DAY



WHAT'S ON THE MENU?

Who are we?

We're Miquill, a small, local catering business and quite simply, we love food! Your children will have met our fabulous catering team at your school and have probably seen some of our central team, including our Managing Director, walking around the school on their visits. We're here to make your child's lunchtime experience tasty and fun.

Our mission

We want to give every child a nutritious meal that fills them up and that they love to eat. We want to give them a food experience that rivals the high street and teaches them about different flavours and cuisines from around the world! Lunchtime is a really important time of the school day - it allows your children to relax and socialise and gives them the energy to get through their afternoon classes. We take pride in making this important part of the day the best it can be.

Our menus

Your menu features meat and vegetarian choices which are all freshly cooked with love. We source top quality ingredients from regional farmers to make sure everything that goes into our meals is fresh, environmentally friendly and of course, delicious.

Your child's health plays a huge role in the way we develop menus and cook our food. We meet the Government's standards when it comes to food in schools and our menus are analysed to check they are balanced and healthy. We have a commitment to healthy, sustainable meals.

- We source locally and seasonally wherever possible including fruit, vegetables, dairy, meat and bakery items
- We only use Red Tractor assured meat and MSC assured fish
- We don't use undesirable additives, and limit the amount of fat, salt and sugar in our meals
- We enrich our recipes with fruits & vegetables - even where you wouldn't expect, such as in carrots in our sauces or fruit in our brownies
- We use whole grains in most cases as they are better for your child's health.

Special dietary requirements

If your child has been advised by a GP or other Healthcare Professional to follow a specific medical diet due to allergies or otherwise, please contact our kitchen team to request a meeting to discuss your options.

All allergen information relating to our menus is available on request.

Free school meals

The Free School Meals scheme is a fantastic initiative by the Government to ensure that all children are able to eat a delicious, nutritious and filling meal each and every day.

Children in Reception, Year 1 and Year 2 are all entitled to Free School Meals and for pupils in Year 3 and upwards, there is a simple application form if you receive certain benefits. We can provide support through the application process so feel free to get in touch if you have any questions.

Research by the Children's Food Trust showed that school meals are consistently more nutritious than packed lunches, giving the children who eat them a better foundation for good health.

Learning about healthy eating

All our menus are created to be balanced and healthy. We have a nutritionist who checks our menus to be absolutely sure that we meet this goal.

However, we know that it's not enough to just give your children healthy food; we want to also teach them about how to live a healthy lifestyle. We make sure that we talk to and engage with the pupils in our schools to show them how important it is to eat good food.

We often hold assemblies and talks to do this but we can even organise fun events like smoothie bike days, cooking classes and competitions. Most importantly, we need to stop the stigma that healthy food is bland and boring. Our delicious meals are full of flavour so we're sure your children will love eating our healthy lunches.

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DINE WITH MIQUILL				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza Cheesy Tomato and Sweetcorn Topped Pizzas with Potato Wedges	Beef Lasagne The Italian Favourite! Beef and Onion Sauce Served with Garlic Bread	Roast Chicken Tender Boneless Chicken with New Potatoes and Gravy	Wraptastic Marinated Chicken Wraps and You Get to Make Them! Served with Wedges	Fish Fingers Golden Breaded Fish Fingers with Chips
Crispy Topped Vegetarian Pie Perfectly Crispy & Packed Full of the Best Fresh Vegetables in the World!	Tomato Pasta Bake Wholesome Pasta with Fresh Beef, Tomato Sauce and Cheese with a Garlic Slice and Chef's Salad	Cheddar Quiche Wholesome Pasty with Cheese and Onion Filling with New Potatoes	Super Wraptastic The Best Seasonal Veggies, Marinated & Roasted, and You Get to Make Them! Served with Wedges	Quorn Dippers Battered Quorn Nuggets, Crispy Chips and Beans
Deconstructed Apple Crumble Crispy Crumble Served Separately. Make Your Own Choice	Sticky Orange Cake Zingy Orange Cake	Cheesecake Factory We Will Let You Build Your Own!	Coconut Brownie The Best Brownie You Will Ever Taste. How Do We Do It?	Orange Cookie Tangy Orange Flavoured Cookie
Fresh Bread, Yoghurt and Fruit are available daily				

Personalise this section for anything relating to the menu

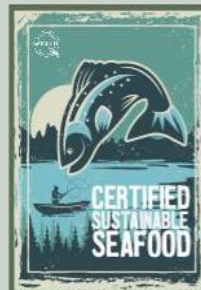
NO PLANET B

Sustainability is one of our core values - we recognise that our activities can affect the environment and so we make sure that everything we do minimises our impact. We believe that lots of small changes can add up to make a big difference and so we have a multi-faceted approach including:

- using environmentally friendly cleaning chemicals and disposables wherever possible across all our sites.
- phasing out single use plastics and giving preference to products made of recycled materials
- reducing food miles and carbon output by selecting local suppliers wherever possible.
- conscious consumption - providing low impact food choices such as plant based proteins, seasonal fruit and vegetables and zero waste recipes.

GOING GREEN

Playing our part to care for the environment!



FARM TO TABLE

Supporting regional farmers!



What Parents & Carers Need to Know about

WINK

AGE RATING

13+

WHAT ARE THE RISKS?

Wink is a messaging app which allows children to connect and communicate with other users. In a similar style to Tinder, Wink uses the swipe method for browsing profiles and accepting or declining them. Once two users have accepted each other by swiping on one another's profile, they can then communicate and play games online together. The fact that Wink allows children to share photos, personal information and their location with other users has caused significant concern.

POTENTIAL FOR GROOMING

Wink accounts can't be made private – so when a young person uploads images and shares their social media usernames, it's easier for potential groomers to stalk and locate them online. The fact that children prioritise having an abundance of friends is also a concern: they're more likely to accept someone just to build their friend count – possibly including users with sinister intentions.

ACCIDENTAL OVER-SHARING

Many young people don't consider privacy when they choose to share their social media usernames on their Wink profile. This allows other people to connect with them on multiple platforms, strengthening their online presence and reputation. Some children post photos which reveal aspects of their personal life to other users – showing their house, school, friends and family, for instance.

INAPPROPRIATE CONTENT

Many popular messaging apps contain profiles featuring profanity, nude or semi-nude photos and users openly looking for a "wifey" or "hook ups". Users can send messages anonymously, which engenders a sense of power and freedom. Children often engage in inappropriate behaviour more willingly when it's anonymous, even if it's not the sort of thing they would take part in normally.

CYBERBULLYING

Being anonymous online provides some users with an incentive to bully others through toxic private conversations. Anonymous bullies can send hurtful messages or pressure young people into sending inappropriate content. Being a victim of cyberbullying can result in children becoming depressed and showing low self-esteem. If your child is exhibiting these signs, it's time to step in.

EXCESSIVE SCREEN TIME

Wink encourages repeated engagement through signing in daily, making connections, building up a message 'streak' and publicly sharing stories. The reward is 'gems', which allow users to connect with more people, play games and edit their profile background. This can lead to children spending an excessive amount of screen time on the app, which of course can be detrimental to their health.

Advice for Parents & Carers

DO YOUR RESEARCH

If you do decide to allow your child to have a Wink account – or you find that they already have one – it's vital to talk to them about how to use the app responsibly and keep themselves safe. You could also consider exploring Wink yourself and becoming familiar with the app before letting your child download it, as there are no security settings or parental controls that can be put into place.

OFFER YOUR SUPPORT

While it's not always easy to talk about inappropriate content with your child, it's crucial that they understand the impact of sending or receiving it. They also need to feel that they can speak to you about it without worrying about consequences. Emphasise that, if your child receives any messages that make them feel uncomfortable, they can block the sender and report them to the app.

BE WARY OF SHARING

It's important that your child stays aware of what they're sharing online. Remind them about the importance of not posting personal information like their full name or which school they go to. Many users share their other social media account details on Wink to build their friend count, but we would recommend advising your child not to give strangers multiple avenues to contact them.

DISCUSS LOSS OF OWNERSHIP

It's essential that young people understand that once content goes online, the sender no longer has any control over where it will end up. While your child may feel like they can trust their online 'friend', that person is still a stranger. Even sharing one inappropriate image, for example, could then be used as leverage – as their 'friend' threatens to release it publicly unless the child sends more.

BALANCE SCREEN TIME

Before having a chat with your child about screen time, ask yourself if you're being a positive role model. Get your child thinking about how much time they spend on the app: is it healthy? Is it affecting their offline relationships with people? Is it impacting their mood? If so, you could suggest some activities you can do together which aren't so reliant on digital technology.

BE CAUTIOUS OF NEW CONTACTS

Remind your child that not everyone online is who they say they are, and some users have harmful intentions. If someone on Wink is asking them lots of personal questions or suggests meeting up in real life, these are definite red flags. Encourage your child to ask for help if they're unsure about a particular profile. Remember, the app has a block button: your child shouldn't be afraid to use it!

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National
Online
Safety

#WakeUpWednesday



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St Mary's CE First Academy
Term Dates and Holidays 2022-2023
Dates are subject to change.

Summer Term 2022

Staffordshire music concert in hall parents welcome - 9:45am 13th July

Rocksteady concert in hall parents welcome - 1:30pm 14th July

End of year leavers disco - Thursday 14th July (PTA Event)

Year 4 leavers sleepover - 15th July

Whole school picnic - Lunchtime

Whole school to church - 19th July

Leavers performance - Wednesday 20th July 2pm (Year 4 parents and guardians welcome)

Term ends: Wednesday 20th July

Inset Day: Thursday 21st July

Holiday: Friday 22nd July - Friday 2nd September

Autumn Term 2023

Inset Day: Monday 5th September

Inset Day: Tuesday 6th September

Term Starts: Wednesday 7th September

Holiday: Monday 24th October - Friday 28th October

Term ends: Friday 16th December

Holiday: Monday 19th December - Monday 2nd January

Spring Term 2023

Term Starts: Tuesday 3rd January

Holiday: Monday 20th February - Friday 24th February

Term ends: Friday 31st March

Holiday: Monday 3rd April - Friday 14th April