Weekly Update

Building wisely for life

Friday 22nd October 2026

Dear parents, carers and our wider school community,

As the first term of the academic year draws to a close, I would like to take the opportunity to thank you all for such a warm welcome in my first term as headteacher here at Appleton School.

Building Wisely for Life

This term, we have focussed on the value of responsibility and have explored various questions including, '*What does responsibility look like in our school and our community?*' and '*How do our choices affect others?*' The children have shown a great deal of reflectiveness when thinking about these questions and many have taken on extra responsibilities in and around school such as Play Leaders and Hall Monitors.

Next term, our focus moves to our value of kindness; I look forward to exploring this with the children in our collective worships each day.

Appleton Stars

One of my favourite times of the week is meeting the Appleton Stars for milkshake, a cookie and a chat. I have learnt so much about the children I have met so far – the many animals they have, the books they like to read, the places they have travelled to, and their wide and varied hobbies. It is always fascinating and interesting to talk to them! Well done to the children who have earned this treat this term.

Star Writers

Many children have been nominated as Star Writers in our celebration assembly on Fridays. There is some wonderful work being produced in our writing lessons across the school, and it is pleasing to see improvements in handwriting with the introduction of our new handwriting overview too.

School Day
A reminder that from next term, all classes finish school at 3:15pm. Please continue to park respectfully and with consideration for our children and the local community.

PE Days
A reminder too that from the start of next term, children in Year 2 and above are asked to come to school wearing their PE kit on their designated PE days. If you are unsure which day your child has PE, please speak to their class teacher. Please also ensure they have their water bottle in school.

Appleton's PE kit is set out on our school website. Children should wear:

- Black shorts, black joggers or black leggings
- A plain white T-shirt (available with the Appleton School logo)
- Appleton School sweatshirt or school fleece (or plain green alternative)
- Trainers

Please note, football tops are not school PE uniform and therefore should not be worn to school on PE days (but can be worn at the football after school club).

Earrings will also need to be removed (or taped if they cannot be removed). This is for safety purposes. Thank you for your support in helping us to maintain our school uniform expectations while ensuring that the children feel comfortable and ready to take part in their PE lessons.

Chance to Shine Cricket Coaches
Next term, we welcome coaches into school from Chance to Shine. They will be coaching children from Y2 to Y6 every Thursday in PE lessons. They will also be giving a cricket assembly to the children and will be working with some of our Y5 and Y6 Play Leaders at lunch times too.

House Tournaments
All year groups will have football as one of their PE units of work next term. This starts as Football FUNdamentals for our youngest children and progresses to football skills and games for our older children. Near the end of term, all children will participate in a house football tournament. Children will play in year groups or mixed year groups (e.g. Y5/6 teams) and will play against the different houses. This will be age appropriate. We hope the children enjoy the opportunity to represent their house in these friendly football matches. More details will follow nearer the time from your child's teachers

Oak Class and The Nest Report

This week, our teacher's report comes from Ms Ellard in Oak Class. We hope you enjoy reading all about their learning.

Thank you, as always, for your continued support, feedback and partnership.

Have a wonderful half term break.

Emma King
Headteacher

This week, Oak Class have been busy completing a variety of Topic learning. This has included making Viking pendants, using clay and tools to cut, shape, smooth and mark their designs. Once dry, these will be painted in silver, gold or bronze to complete our designs.

Further learning has consolidated understanding and knowledge of the Five Pillars of Islam, reflecting on the importance of community for Muslims and how this might be achieved through religious buildings, religious text, prayer, fasting, charitable giving and pilgrimage.

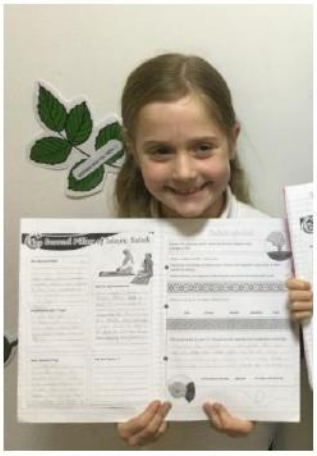
Earlier this half term, Year 5 enjoyed a Topic morning at Abingdon school, exploring workshops on the History of Earth, a 'whodunnit' mystery using historical sources and creating maps for a new town of their choice.

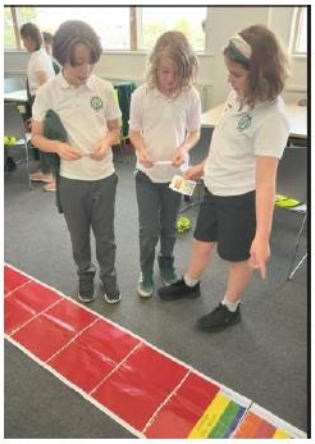


















- 🎄 **Friends of Appleton School** 🎄

- We'll be meeting on **Thursday 22nd October** for our AGM, and to start planning this year's Christmas Fair! 🎅

- Everyone is very welcome; please come along and join us! It's a great chance to hear what's happening and get involved, whether you're able to help a little or a lot.

- 🗓️ Thursday 22nd October
- ⏰ 7:15pm
- 📍 The Plough, Appleton

- We'd love to see you there!

Keeping Company with Heaven

All Saints and All Souls at St Laurence, Appleton



Friday 30 October at 2.30pm
A Time to Remember
An informal remembrance of our loved ones; tea & cake afterwards

Saturday 31 October at 5.00pm
Rest Eternal Grant Them, Lord
A quiet Eucharist of remembrance and thanksgiving
Wear warm clothing: the service ends outside

Sunday 1 November at 10.00am
Feasting Together
A shorter, family-friendly, all-age Eucharist celebrating the whole Company of Heaven

Everyone is of course very warmly welcome at all of these events

Key Dates for Autum Term 1

Thursday, 22nd October – Friends of Appleton School AGM (planning Christmas Fair) **7:15pm**

Friday, 23rd October – INSET day

Sunday, 25th October 2026 – The clocks go back one hour at 2am to 1am

Monday 26th – Friday 30th October – Half term

Monday 2nd – Friday 6th November – Y6 Bikeability

Wednesday 4th November – Whole School Immunisation Flu Vaccination

Thursday 5th November – MF Mini Dance club starts **3:15-4:15pm**

Friday 6th November – Individual School photo

Friday 6th November – Remembrance service for children only

Monday, 9th November – Reception Vision Screening

Tuesday 10th November – Appleton CofE school **OPEN DAY** (9:15-11am)

Tuesday 24th November –Y6 Business Challenge at Abingdon School (TBC)

Wednesday, 25th November – Year 2 Oxford Castle trip

Thursday, 3rd December – Christmas Fair

Wednesday, 9th December – Y2 Christmas show **2pm** for parents

Thursday, 10th December – R/Y1 Nativity (10-11am)

Wednesday, 16th December – Christmas lunch

Wednesday, 16th December – Rocksteady concert **2:30pm** for parents

Thursday, 17th December – Pantomime trip Oxford Playhouse - Snow White

Friday, 18th December – School finish 1:15pm (JAG closed this afternoon)

Further information about any events listed will be available closer to the time.
Please do not use Parent Pay anymore.

Please remember to keep your child's school meal account on Arbor up to date.

Any outstanding debt over £50 will mean that school meals cannot be provided until the balance is paid.

Thank you for your cooperation and support.

Appleton Chess Club

My Background

My name is Rob Willmoth. I have played chess for 35 years. I am currently ranked in the top 100 players in the UK and have played in 17 consecutive British championships. I run chess coaching services that provide professional chess coaching in schools

What can Chess offer to Children.	School Chess Club Lesson.
•Potential for better performance in academic studies	•Structured lesson plan by term ,from basic play to advanced play
•Enhanced problem solving	•Regular grading system to assess performance.
•Enhanced strategic thinking	•Weekly coaching on demonstration board
•Enhanced self esteem	•Graded weekly games against other children
•Friendly forum for making friends	•Weekly recap on knowledge learnt.
•Healthy competition in a safe environment	

Sign up For Chess Club

ONLINE REGISTRATION ONLY

12 lessons commencing Afterschool from Wed 16th Sep, ending Wed 9th Dec at.....

Chess Club is for years one to six from 3.15pm to 4.15pm.....

Cost:- £8.5 (including V.A.T) per lesson. **Total cost for term is £102.**(12 Sessions).....

Online payments at https://www.chesscoachingservices.net/online-payments/school-club

Website: chesscoachingservices.net email admin@chesscoachingservices.net Tel 07956 297329

OXFORDSHIRE SKILL ACQUISITION ACADEMY

TERM 1 SESSIONS

APPLETON CoFE SCHOOL AD 1837



AFTER SCHOOL FOOTBALL SESSIONS

Appleton Primary School

TUESDAY AFTERNOONS 3.15-4.15PM YEAR 3 - 6

Our after school sessions are open to players in year 1 to 6. Each session will be fun, inclusive and player centred and players will experience a variety of fun games, warm ups, challenges & matches.

FRIDAY AFTERNOONS 3.15-4.15PM YEAR 1 & 2

FOR MORE INFORMATION : WWW.OSAACADEMY.CO.UK

TO BOOK YOUR SPACE INFO@OSAACADEMY.CO.UK

MF DANCE
THE FUTURE OF DANCE

LOOKING TO BECOME MORE CONFIDENT?



BOOST YOUR CONFIDENCE WITH OUR MF DANCE AFTERSCHOOL CLUB

SCAN TO BOOK YOUR PLACE TODAY

MF DANCE
THE FUTURE OF DANCE

LOOKING TO BECOME MORE CONFIDENT?



BOOST YOUR CONFIDENCE WITH OUR MF DANCE AFTERSCHOOL CLUB

SCAN TO BOOK YOUR PLACE TODAY





Premier Soccer Centres

4 Howden Green
Steventon
OXON, OX13 6FY
Mobile: 07795 342509
E-Mail: mark@premiersoccercentres.co.uk

October Half Term Football Course

- Professional Coaching Courses
- 10 am - 2.30 pm each day
- All abilities welcome
- Children to bring their football/sports kit, clothing to suit weather conditions, a packed lunch, and a drink
- Open to boys & girls aged 5 - 13
- Structured skills and technique sessions
- Fun games, competitions, and small sided matches

***Application forms must be emailed or sent back, and payment made before we can confirm!**
E-mail - mark@premiersoccercentres.co.uk

*** Sessions will always be outside unless conditions are unsafe so, please dress appropriately.**

▪ Great value - Only £65 for 4 days or £17 daily rate

BACS: Nat West Bank. A/C No: 53505697. Sort Code: 60 - 21 - 21

(Please use course reference plus your child/children's surname)

DATE			VENUE	COST	TICK BOX
Mon 26th	-	Thurs 29th Oct	John Mason School, Abingdon – **Code JM**	£65	

NAME OF CHILD ..... AGE: .....
ADDRESSS .....
.....
HOME TEL: .....
EMERGENCY TEL: .....
E-MAIL ADDRESS .....
MEDICAL CONDITIONS .....
.....
SIGNED (Parent/Guardian) .....

* In line with GDPR we have updated our privacy policy, to view please visit our website for more details.
* Refund policy: We do not issue refunds for any reason. Credit notes will be issued at the discretion of the directors which can be used on any future Premier Soccer Centres course. * Please note: PREMIER SOCCER CENTRES LTD or the organisation providing the facility cannot accept any liability whatsoever in respect of any personal loss or damage caused whilst attending any course.





The Library
Oxfordshire

SHORT STORY COMPETITION 2027

Up to 3,000 words for adults & young adults and up to 1,000 words for children.

The winning story in each category will be published as an ebook for library members to borrow!

ENTRIES OPEN: 14 SEPTEMBER
CLOSING DATE: 15 NOVEMBER

Adults: 18+
YA: 12-17
Children: 7-11

www.oxfordshire.gov.uk/shortstorycompetition

School holidays just got more exciting!

Fresh air, freedom and adventure!



Ready for a school holiday full of excitement?

Active Adventures at Youlbury is the ultimate outdoor adventure club for children aged 8-16. Packed with thrilling challenges, nature connection activities, and epic team games, each day offers a new adventure to inspire a love for the great outdoors!

www.scoutadventures.org.uk/events



ACTIVE ADVENTURES HOLIDAY CLUB

Give your child an unforgettable school holiday filled with fresh air, freedom and adventure!

Set within 42 acres of stunning woodland in rural Oxfordshire at Youlbury, Boars Hill, children aged 8-16 will take part in a daily programme of non-stop outdoor action. With expert instructors leading the way, creating a safe and supportive environment where children run, climb, explore, and build confidence while unplugging from screens and having a blast with friends in the great outdoors!

What's on offer:

- High-energy adventures such as archery, ziplining, and climbing.
- Fun team building games and problem-solving challenges.
- Survival skills such as shelter building, backwoods cooking and fire lighting.
- Connect with the natural world with mindful activities, outdoors arts and crafts, wildlife spotting, and nature walks.

When is it:

- Running throughout February, Easter, May, Summer and October school holidays (see website for dates).
- 8.30am - 5.30pm daily (activities run 9am - 5pm)
- Participants can attend individual days, or the entire week.

Pricing:
£35 per day, per child. Save 10% on a 5-day block and each additional child.

Book now and join the adventure!

www.scoutadventures.org.uk/events

activeadventures@scoutadventures.org.uk

Scout Adventures Youlbury,
Boars Hill, Oxford OX1 5HD

Scout Adventures is owned and operated by The Scout Association. Reg.Charity number 306101 (England and Wales). Registered address, The Scout Association, Gilwell Park, Chingford, London, England E4 7QW





October Half Term!

Come and enjoy the great outdoors at wonderful Hill End

Family Days

Weds 28 & Thurs 29 October
10am - 2pm

Make natural crafts, explore the Halloween trail, and enjoy campfire and s'mores.
PLUS! Discover the incredible world of Harris's Hawks & Homing Pigeons with the University of Oxford's Dept of Biology. Featuring a live hawk flying demonstration!

Wild Days

for 7-12 years

Mon 26 & Tues 27 October
9.00am - 4.30pm

Get hands-on in the stunning surroundings of Hill End and Wytham Woods.
From campfire cooking to mini-beast hunting, our expert tutors will lead exciting hands-on activities, while kids connect with nature and make new friends.

Booking essential: https://hill-end.org/activities/upcoming-events

Hill End
A place of possibilities

hill_end_centre
HillEndOEC
Hill_End

Hill End Centre, OX2 9NJ
01865 863510

Registered charity: 1173987

Emma Boor presents:

Sensory SUITCASE STORIES

- Relaxed, sensory performance
- Suits children aged 2-7 and their families
- Reduced audience capacity



The Hare & The Tortoise

Saturday 17th October

BOOK HERE

THE STORY MUSEUM

Funded by UK Government

supported by

Registered charity 1107809

Discover Bucks Museum
& Roald Dahl Children's Gallery

Discover Bucks Museum
Church Street
Aylesbury HP20 2QP
discoverbucksmuseum.org
01296 331441

October Half Term

24 October - 1 November 2026

This October half term, enjoy frightfully fun family activities at Discover Bucks Museum! Get creative with Halloween crafts and spooky science! Brave families can take on the Creepy Doll Hunt around the museum and no visit is complete without a trip to the Roald Dahl Children's Gallery and our SAXONS exhibition.

Discover more at discoverbucksmuseum.org
or scan the QR code

SCAN ME





The Oxford & Cambridge Singing School

The Oxford and Cambridge Singing School is for boys and girls aged 7 - 13 who love to sing. Established in 2013, the Singing School provides the opportunity to experience great classical music with world class coaches in a relaxed and fun environment and to develop confidence in singing and performing.

Pupils will learn some beautiful carols and seasonal music from around the world, led by our regular team of expert coaches.

To join our mailing list and for more information on our courses, please see www.oxbridgesingingschool.com or email oxbridgess@gmail.com

21 & 22 December 2026
St Barnabas Church, Jericho, Oxford
St Catharine's College, Cambridge

www.oxbridgesingingschool.co.uk

Play, Discover, Learn! this October Half Term in the Roald Dahl Children's Gallery

Spiders & Webs
Monday 26 October
Make a colourful yarn-wrapped spider and weave a hanging web. 10am – 3pm, drop in.
Suitable for ages 4-11

Ghouls and Ghosts
Tuesday 27 October
Make a 3d haunted scene for a moveable ghost to fly through. 10am – 3pm, drop in. Suitable for ages 4-11

Clay Monster
Wednesday 28 October
Sculpt yourself a terrifying (or not so terrifying) Halloween monster. 10am – 3pm, drop in.
Suitable for ages 3-11

Spooky Science
Thursday 29 & Friday 30 October
Our popular Spooky Science workshop is returning for 2026! Join us for some spooky science: make a bubbling witches brew, create ogre slime and more! Timed slots. Suitable for ages 5–11

For more event details, charges and to book please scan the QR code or visit discoverbucksmuseum.org

Enjoy our spooky Trail on everyday 24 October - 1 November

Creepy Doll Hunt
Saturday 31 October
Visit the museum after dark this Halloween for our Creepy Doll Hunt: explore one of the oldest buildings in Aylesbury by torchlight and discover the haunted dolls hidden throughout the museum.
From 6.30pm, timed slots. Suitable for ages 10+

The SAXONS
Until 1 November 2026
The SAXONS brings together extraordinary archaeological discoveries to tell powerful human stories. Through real artefacts, immersive displays, and vivid storytelling, the exhibition reveals how people lived, fought, believed, and were remembered over 1,300 years ago.



Discover Bucks Museum
Aylesbury HP20 2QP
discoverbucksmuseum.org

Registered Charity Number 1153345

The North Wall Arts Centre

October Workshop



Shadow Puppet Theatre

26 & 27 October 9am - 12pm

8 - 11 year olds

Join us this half term to explore storytelling through shadow puppetry. Each participant will make their own shadow box and puppets and bring their story to life with movement, light, sounds and character voices.

Book now: www.thenorthwall.com



ABINGDON JUNIOR ORCHESTRA

ABINGDON MUSIC CENTRE

FOR PRIMARY AND SECONDARY SCHOOL CHILDREN GRADES 1-3

5.45PM MONDAY

CALL OR EMAIL TO BOOK YOUR FREE TASTER



07934 364940

admin@abingdonmusic.org.uk

Mind Over Matter Fitness Centre

Calm Yoga For Children

6-week block of yoga classes involving mindful movement, breathwork & creative crafting

Tuesdays: 15:45 - 16:30

November 3,10,17,24 › December 8 & 15

6 sessions for £60

Book now through our website!

www.mindovermatterfitnesscentre.co.uk

Builds Strength, Flexibility & Confidence

Reduces Stress & Supports Better Sleep

Boosts Focus & Concentration

Harcourt Hill, Oxford, OX2 9AT

For Ages 8-11

MIND OVER MATTER FITNESS CENTRE



NHS Oxford Health NHS Foundation Trust

CAMHS Child and Adolescent Mental Health Service

OXFORDSHIRE WE ARE WITH YOU FORUM

JOIN OUR COMMUNITY SUPPORT

'We are With You' is a welcoming, parent-led group for anyone caring for children and young perople (up to the age of 18) facing mental health challenges.

Find a safe space to connect, ask questions, and share experiences at your comfort level. Learn from insightful discussion on topics that matter to you.

Connect with others through our popular in-person wellbeing walks. We also offer online, topic-based webinars via Microsoft Teams, with follow-up Q&A sessions to provide additional support and discussion.

Join us for a relaxed and welcoming space, provided by:

- Parent Peer Support Workers
- Social Prescribers
- CAMHS Mental Health Professionals
- Guest speakers

To register follow the link or QR code:

https://oxfordhealth.nhs.uk/camhs/involvement/oxon/wwy/

CONNECT. SHARE. LEARN.

HALLOWEEN SPECIAL AT ABINGDON LIBRARY

JOIN US FOR STORYTIME AT 14:30



THEN CRAFTS AT 15:00!

MAKE YOUR OWN SPOOKY HALLOWEEN MONSTER!

Book at the library counter or call 01865 815005

The Library Abingdon

GRUFFALO GRANNY

STORYTIME & CRAFT

Celebrate the release of Gruffalo Granny with us!

Join us for a special storytime, followed by a fun craft activity where you can make your very own Gruffalo character to take home!

28th October- 11:00am- 12:30pm

Abingdon Library

Spaces are limited, book at the library counter or call: 01865 815005



The Library Abingdon



OXFORD CITY FOOTBALL CLUB

ONE CITY
ONE COMMUNITY

FREE TICKETS

THE MGROUP STADIUM – OX3 0NQ



SUNDAY 18 OCTOBER
2PM | VS BEACONSFIELD TOWN

SUNDAY 25 OCTOBER
2PM | VS FLEET TOWN

SUNDAY 8 NOVEMBER
2PM | VS FARNHAM TOWN

SCAN HERE AND USE THE CODE:
SCHOOL

COME AND PLAY HOCKEY!

OXFORD HAWKS HOCKEY CLUB

Fun, friendly hockey for girls and boys of all abilities

From Reception to Year 13

NO EXPERIENCE NEEDED

Whether you're completely new to hockey or already love the game, everyone is welcome.



2 FREE TRIAL SESSIONS

Come along and give hockey a try — we can provide a stick if you need one!

TRAINING / MATCHES

Tuesday evenings & Sunday mornings

We're a friendly and welcoming hockey club where children can learn, have fun and develop their hockey skills in a supportive environment.

Get in touch to arrange your two FREE trial sessions:

juniors@oxfordhawks.co.uk

North Oxford - OX2 8EQ - right next to Cutteslowe Park
www.oxfordhawks.co.uk

OCTOBER HALF TERM CAMPS!

IGNITE SPORT



For children aged 4–16

Book sessions online at www.ignitesportuk.com

- OFSTED Registered
- Childcare vouchers accepted
- HAF funded places – please enquire at: office@ignitesportuk.com

BOOK A SESSION



Modern Art Oxford

HALLOWEEN HALF-TERM

CREATIVE STUDIO

Free, open every day (Tue-Sun)

HOLIDAY WORKSHOP

Free, drop-in on Thu 29 Oct

ACTIVITY BACKPACK

Pick up for free & explore the galleries

Find us at:
30 Pembroke Street, OX1 1BP
modernartoxford.org.uk

Join our free, inclusive dance group in Oxfordshire

Mondays

Care-experienced young people aged 5-25

5-5.50pm (5-11yrs)



5.50-6.30pm (12-25yrs)

Rose Hill Community Centre

OXFORDSHIRE COUNTY COUNCIL

CARE TO DANCE

We support care-experienced young people through dance, including young people currently in care, previously looked after, living in kinship care and those who are adopted.

We hold weekly dance workshops for young people aged 5-25 where they learn different styles of dance, longside many performances and social events!

For those over 12 they can complete Level 1 and Level 2 dance leadership qualifications.

This programme is held at Rose Hill Community Centre, Carole's Way, Oxford OX4 4HF on a Monday evening.

We also have programmes across the country should any young people live closer to another programme.

If interested or you have any queries or if you would like to sign up, please use the QR code or contact:

amelia@caretodance.co.uk

Care to Dance consent form



How can we support your child's development?

Where Play Meets Potential

Life Skills

School Readiness

Starting school can be daunting for kids. Our programmes help set children up for the best possible day at school and create an environment where friendships can thrive outside of the classroom.

Social Development

Monash University research found that our Adventure Programme scored highly on learning outcomes relating to identity, social connection and wellbeing. 90% of children reported that our programmes helped them look after themselves and their friends.

Young Young Children and Play: An Empirical Study of Junior Adventure Group Programs, Monash University, 2024

New to JAG? Register & Book Now!

Create your account online in minutes to book **Wraparound Care** and **Holiday HiQ**, unlock flexible payment options, and enjoy exclusive offers. **Let the adventure begin!**

Family Support

Payment Options

- Tax Free Childcare Save 20% with HMRC top-ups
- Payment Plans Spread the cost monthly
- 30 Days Free Secure future bookings

Sibling Discount

10% off Holiday HiQ, Out of Hours and Care

Key Links

Find your local JAG school or venue

https://www.junioradventuregroup.co.uk/find-us

Register Online:

join.junioradventuregroup.co.uk

Contact Us:

hello@junioradventuregroup.co.uk

Scan here to learn more

Junior Adventure Group

Wraparound Care at your school

RISE AND SHINE THEN STAY AND PLAY



LONGWORTH

LONGWORTH
BONFIRE & FIREWORKS



Saturday NOV 7th

6.30 – 8.30pm

White House, Church Lane, Longworth

OX13 5DX – Free Parking

Hog Roast, Hot Dogs,

'The Oxford Cow' Ice Cream

Licensed Bar & Hot Drinks

ENTRANCE: £10 ADULT, £5 CHILD (UNDER 15),

£25 FAMILY (2 ADULTS + UP TO 3 KIDS), KIDS UNDER 5

Save the Date

APPLETON VILLAGE CHRISTMAS FAIR

THURSDAY 3RD DECEMBER 2026

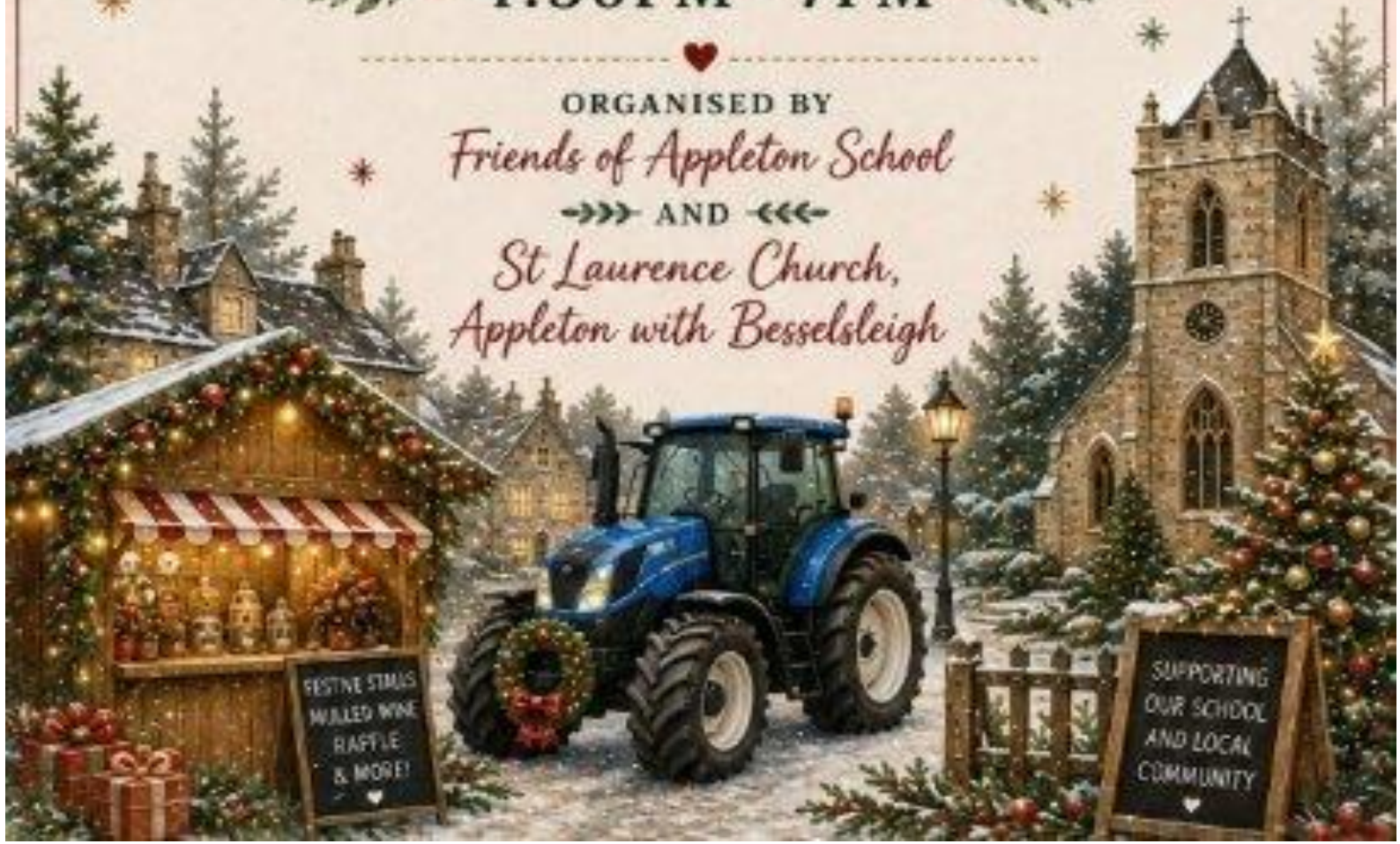
4:30PM - 7PM

ORGANISED BY

Friends of Appleton School

AND

St Laurence Church, Appleton with Besselsleigh



Your School Lunch

Let's Eat • TOGETHER •

WEEK ONE Week Commencing: 2nd Nov, 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 8th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) *(V, EF)*	Cajun Beef & Bean Tortilla *(EF)*	Roast Loin of Pork *(GF, DF, EF)*	Sticky BBQ Chicken with Rice *(DF, EF, GF)*	Fish Fingers *(DF, EF)*
Herby Tomato Pasta *(VG)*	Cajun Vegetable & Bean Tortilla *(V, EF)*	Quorn Roast *(V, GF)*	Mac 'n' Cheese *(V, EF)*	Veggie Sausage Roll *(V, EF)*
Rainbow Rice Salad *(VG)*	Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)*	Wholemeal Tuna & Cucumber Sandwich *(EF, DF)*	Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)*	Cheddar Cheese, Tomato & Onion Pasta Salad *(EF)*
Peas & Baked Beans	Mixed Salad & Sweetcorn	Roast Potatoes, Yorkshire Pudding, Cabbage & Carrots	Broccoli & Vegetable Medley	Chips or Pasta Peas & Sweetcorn
Ginger Biscuit *(V, EF, DF)*	Lemon Cake *(V, DF)*	Chewy Vanilla Cookie *(V, EF)*	Flapjack *(V, DF, EF)* with Raisins	Strawberry Ice Cream *(V, GF, EF)* with Pineapple

WEEK TWO Week Commencing: 9th Nov, 30th Nov, 4th Jan, 25th Jan, 22nd Feb, 15th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) *(V, EF)*	Sausage Plait *(DF)*	Cottage Pie *(GF, EF)*	Beef Meatballs in Tomato Sauce *(GF, DF, EF)*	Chicken Nuggets *(DF, EF)*
Mild Mexican Chilli Loaded Hash Browns *(VG, GF)*	Crispy Veggie Dippers *(VG)*	Veggie Cottage Pie *(V, EF, GF)*	Veggie Meatballs in Tomato Sauce *(VG, GF)*	Veggie Samosa's *(VG)*
Wholemeal Egg Mayo Sandwich *(V, DF)*	Baked Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)*	Wholemeal Cheese & Tomato Sandwich *(V, EF)*	Baked Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)*	Breaded Salmon Wrap with Mayo & Lettuce *(EF, DF)*
Sweetcorn & Baked Beans	Oven Baked Potato Wedges Peas & Carrots	Cauliflower & Vegetable Medley	Pasta, Sweetcorn & Carrots	French Fries or Pasta Baked Beans or Peas
Vanilla Oat Traybake *(V)*	Shortbread *(V, EF, DF)* with an Orange Wedge	Crunchy Cornflake Cookie (V, EF, DF)	Cinnamon Swirl Sponge *(V, DF)*	Strawberry Jelly *(V, GF, DF, EF)* with Peaches

WEEK THREE Week Commencing: 16th Nov, 7th Dec, 11th Jan, 1st Feb, 1st March, 22nd March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) (V, EF)	Pork Sausages with Gravy *(DF, EF)*	Roast Chicken Breast *(GF, EF, DF)*	Beef Bolognaise with Twisty Pasta *(DF, EF)*	Flipper Dippers *(DF, EF)*
Spinach & Potato Curry with Rice *(VG)*	Veggie Sausage with Gravy *(VG, GF)*	Vegetarian Quorn Roast *(V, GF)*	Veggie Bolognaise with Twisty Pasta *(VG,)*	Pizza Pinwheel *(V, EF)*
Cheese & Cucumber Wrap *(V, EF)*	Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)*	Tuna & Sweetcorn Pasta Salad *(DF, EF)*	Baked Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)*	Wholemeal Egg Mayo & Lettuce Sandwich *(V, DF)*
Peas & Baked Beans	Mashed Potato, Cabbage & Carrots	Roast Potatoes & Yorkshire Pudding with Gravy Cauliflower & Green Beans	Carrots & Peas	Chips or Pasta Sweetcorn or Baked Beans
Melting Moment *(V, DF, EF)*	Rock Cake *(V)* with Melon	Lemon Oat Cookie *(V, EF, DF)*	Iced Sprinkle Cake (V, DF)	Vanilla Ice Cream *(V, GF, EF)* with Mandarins

Available Daily – Fresh bread, Salad Bar, and lots of Fresh water, as well as a choice of natural yoghurt, or fresh fruit as an alternative to dessert

Allergy advice – All our food is prepared in a kitchen where any of the 14 Allergens may be present, and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergeninformation is available from your school. Any fish we serve will vary depending on availability.

We only select fish from sustainable sources.

Suitable for vegetarians or vegetarian option available.

Our fish and chicken dishes may contain bones.

KEY:
V VEGETARIAN
VG VEGAN
EF EGG FREE
DF DAIRY FREE
GF GLUTEN FREE

OXFORDSHIRE COUNTY COUNCIL

Your School Lunch — Let's Eat TOGETHER

WEEK ONE Week Commencing: 2nd Nov, 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 8th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) (V, EF) Herby Tomato Pasta (VG) Rainbow Rice Salad (VG) Peas & Baked Beans Ginger Biscuit (V, EF, DF)	Cajun Beef & Bean Tortilla (EF) Cajun Vegetable & Bean Tortilla (V, EF) Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF) Mixed Salad & Sweetcorn Lemon Cake (V, DF)	Roast Loin of Pork (GF, DF, EF) Quorn Roast (V, GF) Wholemeal Tuna & Cucumber Sandwich (EF, DF) Roast Potatoes, Yorkshire Pudding, Cabbage & Carrots Chewy Vanilla Cookie (V, EF)	Sticky BBQ Chicken with Rice (DF, EF, GF) Mac 'n' Cheese (V, EF) Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF) Broccoli & Vegetable Medley Flapjack (V, DF, EF) with Raisins	Fish Fingers (DF, EF) Veggie Sausage Roll (V, EF) Cheddar Cheese, Tomato & Onion Pasta Salad (EF) Chips or Pasta Peas & Sweetcorn Strawberry Ice Cream (V, GF, EF) with Pineapple

WEEK TWO Week Commencing: 9th Nov, 30th Nov, 4th Jan, 25th Jan, 22nd Feb, 15th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) (V, EF) Mild Mexican Chilli Loaded Hash Browns (VG, GF) Wholemeal Egg Mayo Sandwich (V, DF) Sweetcorn & Baked Beans Vanilla Oat Traybake (V)	Sausage Plait (DF) Crispy Veggie Dippers (VG) Baked Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF) Oven Baked Potato Wedges Peas & Carrots Shortbread (V, EF, DF) with an Orange Wedge	Cottage Pie (GF, EF) Veggie Cottage Pie (V, EF, GF) Wholemeal Cheese & Tomato Sandwich (V, EF) Cauliflower & Vegetable Medley Crunchy Cornflake Cookie (V, EF, DF)	Beef Meatballs in Tomato Sauce (GF, DF, EF) Veggie Meatballs in Tomato Sauce (VG, GF) Baked Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF) Pasta, Sweetcorn & Carrots Cinnamon Swirl Sponge (V, DF)	Chicken Nuggets (DF, EF) Veggie Samosa's (VG) Breaded Salmon Wrap with Mayo & Lettuce (EF, DF) French Fries or Pasta Baked Beans or Peas Strawberry Jelly (V, GF, DF, EF) with Peaches

WEEK THREE Week Commencing: 16th Nov, 7th Dec, 11th Jan, 1st Feb, 1st March, 22nd March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) (V, EF) Spinach & Potato Curry with Rice (VG) Cheese & Cucumber Wrap (V, EF) Peas & Baked Beans Melting Moment (V, DF, EF)	Pork Sausages with Gravy (DF, EF) Veggie Sausage with Gravy (VG, GF) Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF) Mashed Potato, Cabbage & Carrots Rock Cake (V) with Melon	Roast Chicken Breast (GF, EF, DF) Vegetarian Quorn Roast (V, GF) Tuna & Sweetcorn Pasta Salad (DF, EF) Roast Potatoes & Yorkshire Pudding with Gravy Cauliflower & Green Beans Lemon Oat Cookie (V, EF, DF)	Beef Bolognaise with Twisty Pasta (DF, EF) Veggie Bolognaise with Twisty Pasta (VG) Baked Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF) Carrots & Peas Iced Sprinkle Cake (V, DF)	Flipper Dippers (DF, EF) Pizza Pinwheel (V, EF) Wholemeal Egg Mayo & Lettuce Sandwich (V, DF) Chips or Pasta Sweetcorn or Baked Beans Vanilla Ice Cream (V, GF, EF) with Mandarins

Available Daily – Fresh bread, Salad Bar, and lots of Fresh water, as well as a choice of natural yoghurt, or fresh fruit as an alternative to dessert

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OXFORDSHIRE COUNTY COUNCIL

SMILE 360

NHS Oxford Health NHS Foundation Trust

Lunch box shopping list

Date: _____

Choose one or two items from each food group below or an alternative to create your own healthy lunch box

*Please note some people have food allergies. Check with your setting before sending in food.

Protein
- Chicken
- Hummus
- Eggs
- Tofu

Fruit & Vegetables
- Banana
- Carrot
- Blueberries
- Cucumber

Carbohydrate
- Bread
- Chapati
- Crackers
- Pasta

Dairy or alternative
- Cheese/soft cheese
- Plain yoghurt
- Plant based alternative

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SMILE 360

NHS Oxford Health NHS Foundation Trust

Sugary drinks and oral health

Did you know?...

Fact
All fizzy drinks including sugar-free options contain acid which can cause tooth decay

Fact
Unsweetened juices and fruit smoothies are high in sugar and also contain acid

Keep sugary/fizzy drinks to mealtimes only

Swap sugary/fizzy drinks to water or milk

Or

Or

SMILE 360

NHS Oxford Health NHS Foundation Trust

Healthy Lunch Boxes



- Eating a healthy lunch keeps gums and teeth healthy
- A healthy lunch box should include fruit, vegetables, carbohydrates and protein
- Choose foods in a variety of colours, finger foods and crispy snacks to make your lunch box more appealing

Lunch Box Ideas

See https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/



Salmon and salad bagel, rice cakes, grapes, semi-skimmed milk



Tuna and bean salad, satsuma, malt loaf, semi-skimmed milk



Spicy chicken and salad wrap, peaches/strawberries, homemade popcorn with cinnamon, sugar-free orange drink



Hummus dip with pitta bread and vegetable sticks, banana, sugar-free jelly, water

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