

# Penwortham Priory Post



## South Ribble Cross Country Championships

Priory was invited to take part in the South Ribble Schools annual cross country championships last Saturday at Hutton Grammar School. Almost fifty of the school's best runners, across Years 7-11, were selected to take part and compete against the ten other district schools.

There were three age categories with individual races for boys and girls. Five Priory pupils finished in the top ten positions which was an excellent result for races with over 70 participants in each category.

Head of PE & Sport, Mr Bullock, commented: "A massive well done to all the pupils that gave up their Saturday morning to represent the school. Despite the difficult muddy conditions, they gave it their best and were worthy ambassadors of the school".

Official overall and individual results from the organisers are yet to come in. These will be reported when released.



## Attendance Winning Forms



Each week the attendance officer calculates the form with the best attendance for 'Year 11s' and 'The 'Rest' of the school. As the Year 11 form groups are smaller than the others, they are more likely to achieve full attendance. Therefore to ensure fairness, results have been separated out.

This week's winners are:

**Year 11 -  
D8 (99.29%)**

**Rest -  
D2 (100%)**

Well done to Mrs Elliott's and Mr Scott's forms.

## Pupils Support Alder Hey Hospital

Well done to Year 8 pupils Connie and Amba who raised over £65 this week for Alder Hey Children's Hospital.

On Monday, the girls held a bake sale preparing all the goodies themselves.

The girls even went to Alder Hey to collect merchandise which they could add to their event.

Despite the fire alarm interrupting break-time, this didn't stop our pupils' support.

Well done girls! We will be hearing more about these two young ladies in a further issue.

## KEY DATES

### Sponsored Walk

Tues, 8 October -  
POSTPONED  
(new date to be confirmed  
(3 days notice will be given))

### Morecambe & Heysham Field Trip

(Year 11 GCSE Geography  
classes)  
Tues, 15 October 2019  
Fri, 18 October 2019

### Mid-Term Closure

21-25 October 2019

### Class of 2019 Celebration Evening

Weds, 6 November  
7pm-9pm  
(All those that left Priory this  
summer)

### Universities Conference, Leeds

18 November 2019  
(Sparks, by invitation)

### Theatre Trip - Everybody's Talking About Jamie: The Musical

Weds, 27 November 2019  
(Drama pupils by invitation)

### GCSE Poetry Live Manchester Palace Theatre

2 December 2019  
(Year 11 pupils)

# A Message From The Head

Dear Parent/Carer

## Mental Health

Research states that mental health issues affect about 1 in 10 children. The emotional wellbeing of children is just as important as their physical health. Good mental health allows young people to develop resilience, cope with the ups and downs in life and grow into healthy adults.



Surveys suggest that most young people are mentally healthy but more children are having problems due to life changes, traumatic events, feeling vulnerable or not coping with difficult situations. The Guardian has recently published that tens of thousands of young people in Britain are struggling with their mental health and are seeking help online for problems.

Research indicates that common mental health problems for young people include depression, self-harm, eating disorders, post-traumatic stress disorder, anxiety and panic attacks. Poor mental health in childhood affects educational attainment, increases the likelihood of smoking, alcohol and drug use, and has consequences for poorer physical health in later life.

Mr M Eastham, Headteacher



## What can you do?

Take time to do some research about mental health issues and symptoms with young people. Point your child towards websites or helplines that can give them information as well. Here are some useful websites to get you started:  
[www.mind.org.uk](http://www.mind.org.uk) [www.youngminds.org.uk](http://www.youngminds.org.uk)

Seek further advice from a professional if you are worried or concerned about your child.

Talk to your child about any worries they have, be supportive and show empathy and understanding. Try to avoid persistent questioning but encourage them to open up to you and reassure them that you are there to help them. Try to make your child feel loved, trusted and safe.

Don't blame yourself for any problems your child is having as this will not help the situation. Be honest and explain that you are worried and help them access the right kind of help. Encourage your child to take up healthy habits to help them to maintain a positive state of mental health

Examples are:

- Healthy eating
- Good sleep routine
- Seeing friends and connecting with others
- Taking time out to relax
- Exercising
- Doing hobbies
- Spend time outdoors

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Year 7 Girls - M Hudson (5th), M McAulay, L McMurray, A Forbes, O Hodgkinson, K Brocken.



Year 7 Boys - A Bodi (13th), E Brown, O Harrison, K Speariett-Moss, J Fitzgerald (7th), H Russel (5th).



Year 8 & 9 Boys - J Eastham, J Will, T Grafton, S Wright, A Robinson, C Middleton, C Mitchell, S Cowell, C Reeves, C Eaves-Holmes, A Pugh, J Gardner, H Jones.  
Not on photo: J Goodwin, A Wilkes, L Wilkes,



Year 8 & 9 Girls - J Martin, S Campbell, V Singleton, K Munslow, J Sexton, M Swarbrick, E Rose, P Hodgkinson.



Year 10 & 11 Boys - D McPherson (9th), B Withers (4th)



Year 10 & 11 Girls - K Ham, K Mills, T McNaught (13th), L Wallacy.

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# Careers Advice at Priory

Hi Everyone,

I have just recently been appointed as the Careers Advisor for the school one day a week predominantly on Fridays.

I will be available for:

- 1:1 Careers Guidance interviews throughout the day on an appointment system, and
- Drop In session in the morning first thing from 8.00am to 8.50am and lunch between 1.15pm and 2.00pm.

I am a qualified careers practitioner for over 25 years working with young people and adults offering impartial careers, education, information and advice and guidance on careers that suit their likes and abilities.

I love careers and very passionate in being able to help individuals achieve their ultimate aspiration by advising them on their options and routes to take.

Having just joined Penwortham Priory Academy, I have been overwhelmed with how welcoming the staff and the pupils have been.

My spare time hobbies involve travelling around the world and learning about new cultures and customs as well as spending time with my family.

Mrs Khan

## Careers Chat

Pupils may wish to discuss the various post 16 career pathways on offer at colleges, with employers through apprenticeship or training programmes, life at university and degree courses or signposting for potential work experience.

Mrs Khan is based in the Character & Culture office and will hold meetings with pupils in the meeting room next to this. Parents and pupils can email: [s.khan@priory.lancs.sch.uk](mailto:s.khan@priory.lancs.sch.uk)





OFFERING **THE MOST FOR**  
**SCHOOL LEAVERS**

Learn more about Preston's College and the opportunities available to you at our Open Evenings. You can meet tutors, speak to current students and check out our fantastic facilities.

**OPEN EVENINGS**  
**Tuesday 1<sup>st</sup> October**  
4pm-7.30pm  
**Saturday 2<sup>nd</sup> November**  
10am-2pm  
**Wednesday 11<sup>th</sup> March**  
4pm-7.30pm

**TO APPLY FOR SEPTEMBER 2020**  
visit  
[www.preston.ac.uk/apply](http://www.preston.ac.uk/apply)

St. Vincents Rd | Preston | PR2 8UR  
info@preston.ac.uk 01772 22 55 22  
prestoncollege

[WWW.PRESTON.AC.UK](http://WWW.PRESTON.AC.UK)

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**BAE SYSTEMS**



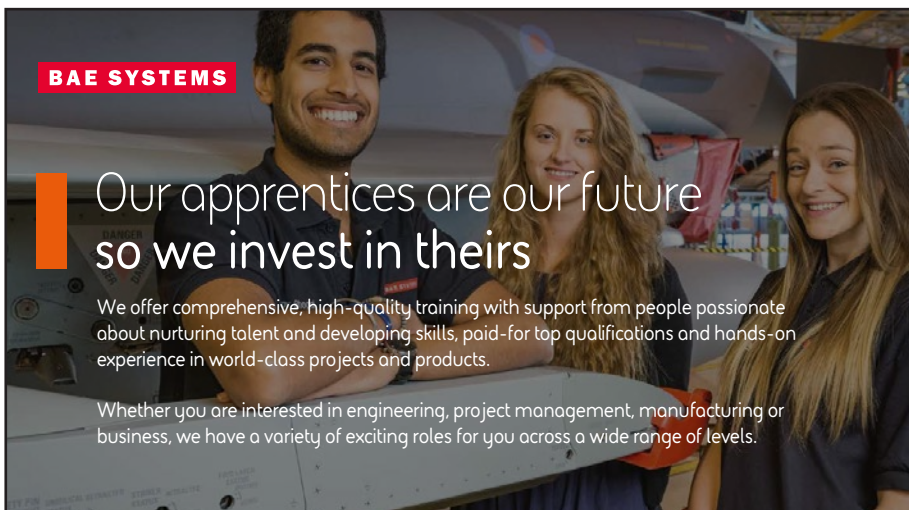
The BAE Systems Apprentice Scheme application window opens on 1st November 2019 until 28th February 2020. During this period there host career information events to provide interested individuals the opportunity to find out about the company and their apprenticeship schemes.

BAE Systems Air operate Advanced and Higher Degree Apprenticeships, so there are opportunities to suit both post GCSE and post A Level students at North West locations.

The Career Information Events provide an insight into the Apprentice experience and many of their current apprentices support these events to provide real feedback and experience to prospective applicants. The Apprentice programme managers are on hand at our events along with some of the Apprentice trainers and the Early Careers Team.

Those wishing to attend an event must register their interest and select the event that they would like to attend, by following the Smart survey link below and completing their details.

[www.smartsurvey.co.uk/s/BAESystemsOpenEvening](http://www.smartsurvey.co.uk/s/BAESystemsOpenEvening)



**BAE SYSTEMS**

## Our apprentices are our future so we invest in theirs

We offer comprehensive, high-quality training with support from people passionate about nurturing talent and developing skills, paid-for top qualifications and hands-on experience in world-class projects and products.

Whether you are interested in engineering, project management, manufacturing or business, we have a variety of exciting roles for you across a wide range of levels.

### BAE Systems Apprenticeships Warton & Samlesbury Career Open Events

To find out more about our existing apprenticeship opportunities, please register for one of the career open events for our Warton & Samlesbury sites  
[www.smartsurvey.co.uk/s/BAESystemsOpenEvening](http://www.smartsurvey.co.uk/s/BAESystemsOpenEvening)

#### Warton/Samlesbury Career Open Events 2019/2020

Monday 4th November 2019, 5.30pm - 8.30pm, Academy for Skills & Knowledge BB2 7FT  
Saturday 23rd November 2019, 9am - 11.30am, Academy for Skills & Knowledge BB2 7FT  
Thursday 30th January 2020, 5.30pm - 8.30pm, AFC Fylde - Mill Farm Sports Village, PR4 3JZ  
Saturday 8th February 2020, 9am - 11.30am, Academy for Skills & Knowledge BB2 7FT  
Thursday 20th February 2020, 5.30pm - 8.30pm, Academy for Skills & Knowledge BB2 7FT

Please note, you must register a place in order to attend the Career Open Events.

Our apprentice application window opens on the 1st November 2019 until the 28th February 2020. You can pre-register your interest and apply online at:  
[www.baesystems.com/apprenticeships](http://www.baesystems.com/apprenticeships)



Connect via social media/online  
[www.baesystems.com](http://www.baesystems.com)

**AFC Fylde:** AFC, Mill Farm Sports Village, Coronation Way, Wesham, Lancashire PR4 3JZ

**Samlesbury:** Academy for Skills & Knowledge, Sir Fredrick Page Way, Samlesbury Enterprise Zone, Samlesbury, Blackburn, BB2 7FT, UK

Welcoming girls and boys as Sixth Form Boarders in 2020



**Lancaster Royal Grammar School**  
State Day and Boarding School for Boys Aged 11 to 18  
Coeducational Sixth Form

**Sixth Form : OPEN EVENING**  
Tuesday 15 October 2019 from  
5.30pm

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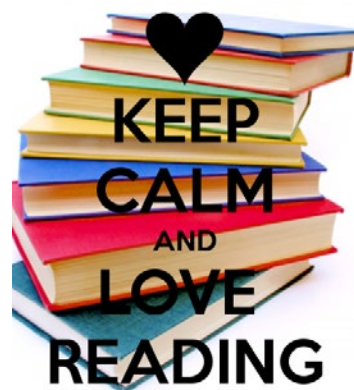
# Get Caught Reading!

Next week, we will be encouraging all pupils to get involved in the 'Get Caught Reading' challenge.

If a member of staff 'catches' a pupil reading at break or lunch-time they will take a photo of them holding their book.

Pupils 'caught' during the week will be entered into a draw to win a £20 Amazon voucher. The draw will take place next Friday, 18 October.

Pupils should see English Teacher, Mrs Isherwood, for further information.



## Get Caught Reading

- Get caught reading by a member of staff at break or lunch.
- Have your photo taken and displayed on the Get Caught Reading PowerPoint next Friday, at the end of half term.
- Be entered into a weekly draw to win a £20 Amazon gift card!



Win a £20  
Amazon gift  
card!

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# English Competitions

There's always something going on in the English department and the coming weeks are no exception:

**Bookaroo** - This is a competition run by the Bookworms Club.

Bookaroo is a book amnesty competition encouraging children to have a rummage for unwanted preloved books and donate them to the school library. Treasured copies of books must be kept at home!

Pupils will get five stamps on their book chart for every book they donate and those that donate the most books will be rewarded with a trip! There's a catch - whoever originally loved the book needs to submit a review of it simply 'I loved this book because...'



**Get Caught Reading** - See page 6 for details.

**The Great Reading Race** - Mrs Gidden is offering chocs and cookies to the class in each year who reads the most words by Thurs, 17 October. That's four lots of goodies to be won by the class who banks the most words.

Currently in the lead are:

Year 7 - Miss Smith's 7E3 with 343,000 words.

Year 8 - Mr Faulkner's 8E1 with 700,000 words

Year 9 - Miss Thornton's/Mrs Gidden's 9W1 with 1.3m words

Year 10 - Mr Faulkner's 10E2 with 710,000 words



## The Weekly Challenge (Week 5)

These challenges are added to Doodle each week for pupils to have a think about. Pupils should then revise these during the week in preparation for a test during their Friday Character & Culture session. The content of these quizzes will enhance learning in all subjects and widen Tier 2 vocabulary.



Here is today's challenge. Parents - How would you get on?

- Most people have heard of the waterfall Niagra Falls but where is the tallest waterfall and what is it called?
- What is a traditional clock with hands that point to numbers known as?
- When was GOOGLE founded?
- What is tarmac?
- What does etcetera normally get abbreviated to and what does it mean?
- What is the Mariana Trench?
- Who were Rodgers and Hammerstein?
- What is topiary?
- In which film/musical is the line "Etcetera, etcetera, etcetera." heard frequently?
- What is the etymology of the word 'technology'?
- Which sea is closest to Preston?

Answers on page 14

**EXTRA! EXTRA!**

## UN PEU DE CONVERSATION



French Club

Où ? MFL 1

Quand ? lundi 1h30

Avec qui ? Mme  
Bailey & Mme Scully



## NHS Careers Event 20th November 2019

Chorley & South Ribble Hospital, Education Centre 3,  
Preston Road, Chorley, PR7 1PP

3pm-6pm

Have you considered a career in the NHS?

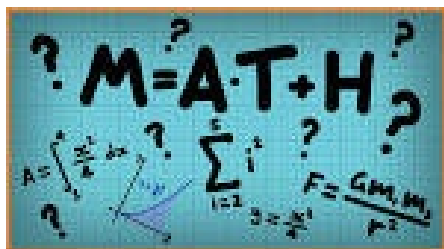
Come along to find out information on apprenticeships, NHS careers, University paths and much more.

We will have interactive stands from a wide range of our departments for you to explore.



You do not need to register for this event

For more information please contact [Brittany.Mollart@lthtr.nhs.uk](mailto:Brittany.Mollart@lthtr.nhs.uk)



## The Maths Department *Like a challenge?*

The Head of Maths, Mr Kenrick, will be testing our brain power each week with one of his puzzles.

Here you will find a puzzle or a problem solving task - these can help to build students' perseverance, mathematical reasoning, ability to apply knowledge creatively in unfamiliar contexts, and confidence in tackling new challenges.

Why not have a try yourself!

Answer page 9

In the following 'equation' you need to work out values to replace D and E that would make it work.

This is different to algebra in the following way: If A = 2 and B = 6, AB = 26

You just replace the letters with numbers. You must make the equation work though!

$$(DD)E = DEED$$

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# Mrs Gidden's Cool Readers Club

Priory's Head of English, Mrs Gidden, has been really impressed with many of our multi-talented pupils and wanted to highlight their love of reading while excelling at other pursuits.

**This week we interviewed Year 7 pupil, Grace.**

Grace admits she gets 'absorbed' by books and is currently reading Harry Potter and the Deathly Hallows.

"I think I have read the full series about ten times. I like chunky books," said Grace. "I enjoy them as you get sucked into another world, I can't really describe it but you become absorbed by it and it seems an escape from normal life."

"I prefer the books to the Harry Potter films just because some things were changed for the films and there is more detail in the books."

Grace is currently preparing for a pantomime Aladdin with St James' Players at St James Church Hall which will be on in January.

"I have been in Cinderella as well. I have to act, sing and dance and I am in the chorus for Aladdin. Rehearsals are two hours every Friday night and Sunday afternoons so it is busy."

"I want to be an actress when I am older, I like being the good guy!"

Grace is the first Year 7 to become a millionaire reader in the Accelerated Reader scheme that pupils in Years 7-10 follow. Her English teacher, Mrs Isherwood tells us, "Reading at least a chapter every night, Grace has already read a number of books this half term. As at 10 October, Grace has read 1,084,625 words. Well done Grace!"



**Answer to Maths Challenge:**

D = 1 E = 3

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At Penwortham Priory Academy the Character & Culture curriculum is designed to support the promotion of excellence for pupils and do all it can to improve their life chances.

Pupils have three 20 minute Character & Culture lessons each week.

On the curriculum w/c 14 October:

|         |  |
|---------|--|
| Year 7  | Autumn Term - Theme: 'Starting as we mean to go on'<br>Pushing yourself to the limits for others |
| Year 8  | Autumn Term - Theme: 'Celebrating our difference'<br>Recognising difference as a good thing      |
| Year 9  | Autumn Term - Theme: 'Finding my voice'<br>How to handle receiving feedback                      |
| Year 10 | Autumn Term - Theme: 'Owning my journey'<br>Organising 'things' and organising myself            |
| Year 11 | Autumn Term - Theme: 'Breaking down the journey'<br>Organisation and curricular studies          |

## Student volunteering opportunities at





Liverpool Road, Penwortham, PR1 9XE  
Tel: Sam on 01772 750533

- The Venue** is Penwortham's newest addition. It is a community building run by Penwortham Town Council with the help of amazing volunteers for the benefit of the Community. We aim to provide as many different activities and forms of entertainment as possible.
- Volunteers are needed for various roles**—glass collecting, on the door ticket collecting, Saturday morning kids club activities, setting up the room, helping customers, manning half term activities and various other tasks that will develop as the events do.
- How to get involved**— as you are all still at school I will need you to complete a volunteer form and then get a parent to email it back with their permission to allow you to volunteer at The Venue.
- What can you gain**— work experience, confidence building, develop friendships, working with different ages and experiences, to experience the events & possibly the chance to suggest your own events that will benefit your local community.

For more information or any questions please email:  
[Samantha@penworthamtowncouncil.gov.uk](mailto:Samantha@penworthamtowncouncil.gov.uk) or call Sam 01772 750533

## COMMUNITY

To apply for volunteering, pupils must to complete a form giving parent/guardian permission.

Forms are available from Mrs Hopes or Mrs Yates at Priory or you can contact Samantha Jones at Penwortham Town Council directly (see below).

Completed forms should be returned to Penwortham Town Council by 8 November.

Samantha Jones  
Events Coordination Officer  
Penwortham Town Council  
Kingsfold Drive  
Penwortham  
PR1 9EQ  
Tel: 01772750533  
Email: [samantha@penworthamtowncouncil.gov.uk](mailto:samantha@penworthamtowncouncil.gov.uk)



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## Mr Graham helps set up Facebook mental health peer support group, 'Rise & Shine Preston'

The online peer support group aims to help people facing mental health challenges. The group's feed consists of positive quotes, links to useful resources, and personal posts from members.

Mr Graham originally set up the group in Blackburn to encourage people to improve their mental health through lifestyle changes such as getting up earlier, being more active, and using meditation and mindfulness in their daily routines.

People in the group began responding more to the mental health aspect of the group rather than the activity or healthy eating posts. The group began to take on its own form, and evolved into the mental health support group it is today. The long-term plan for Rise & Shine is to become a registered charity and expand across Lancashire.

Mr Graham's vision is to create more groups that are individual to each town and city. However, he wants Rise & Shine to stay within the county so as not to lose touch with its roots, or to forget the unique nature of the demands of living in the north west, which are so often forgotten by those elsewhere in the UK.

The Preston branch, set up by Rachel Phoenix (pictured) is the first expansion for Rise & Shine. Rise & Shine Preston supports and encourages people of all ages, genders, races, abilities or disabilities – mental illness does not discriminate!



## COMMUNITY

They Eat Culture is an arts/culture production studio based in Preston. They focus on work in central Lancashire as 'radical, ethical placemakers' and are actively working in the Kingsfold area with an arts and environment programme unfolding over the next 8 months. They also work on a more broad 'central Lancashire' basis alongside a variety of partners.

Mischief Night is an evening of music, fun, games, prizes and food which takes place on Weds, 30 October at five different locations across Preston. Part of They Eat Culture's Mobile Home project, the Kingsfold event will take place at The Cop Lane Coffee House, Cop Lane, Penwortham, PR1 9AB 7-8pm

If anyone lives in or near Kingsfold and are interested in the arts, you can be added to their mailing list for opportunities by emailing [info@theyeatculture.org](mailto:info@theyeatculture.org).



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# SPORTS REPORT

## Year 7 Football Team Remain Unbeaten

### Match Report by Mr Gee

Priory's Year 7 football team maintained their unbeaten start to the season with a resounding 8-0 victory over Walton Le Dale High School on Monday.

In a match dominated by Priory, a first half hat-trick by Eland and two goals from Bodi saw Priory take a 5-0 half time lead. Priory's attacking prowess continued in the second half with a fourth goal from Eland and a goal apiece for McKay and Topley saw Priory run out 8-0 winners.

Priory will now play in the Lancashire Cup on Monday against Lostock Hall and Leyland St Marys.

Team: L Hallows, W Ward, M Rhema, H Coleman, A Bodi, J Topley, T



## SPORT NOTICES

### FOOTBALL FIXTURES

w/c 14 October

#### Monday

Year 7 - Lancashire Cup Competition at Priory  
Year 10 League game vs Leyland St Mary's (A)

#### Tuesday

Year 8 League game vs Leyland St Mary's (H)  
Year 9 League game vs Leyland St Mary's (A)

## DANCE

Thursday's extra curricular dance club is postponed until after Christmas.

## New York, New York For Year 8 & 9 Pupils

We are excited to inform parents/pupils of our intent to take a group of the current Year 8 and 9 pupils to New York in the half term break of May/June 2021.

Letters have been given out to gauge numbers at this stage. The 'big trips' take a long time to plan and we also wish to give parents as long as possible to pay in advance final payment in February 2021.

At this point we are planning to fly from Manchester airport directly to New York JFK. We would stay for five nights and visit as many of the well-known tourist attractions of the city and Manhattan as possible. We aim to provide pupils with a true flavour of the city by completing other iconic visits and experiences.

Reply slips should be returned by 30 October to show intention to allow your child to go on the trip. For a letter or further details, please contact trip organiser, Mr Watters at [a.watters@priory.lancs.sch.uk](mailto:a.watters@priory.lancs.sch.uk).



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# Celebration Evening

## YEAR 11 LEAVERS (CLASS OF 2019)

All Year 11 leavers and their parents are invited to Priory's Class of 2019 Celebration Evening on Weds, 6 November.

This is their chance to celebrate the successes of last year, catch up with former classmates, and importantly, collect their GCSE exam certificates.

If you have not already notified us of your attendance, please email [j.yates@priory.lancs.sch.uk](mailto:j.yates@priory.lancs.sch.uk)

Class of 2019  
Celebration Evening  
6<sup>th</sup> November



## ATTENDANCE LINE 01772 320271

Did you know that the attendance line is not just for letting us know if your child is ill and therefore will not be in school.

You can call and leave a message if:

- ✓ Your child will be late for any reason
- ✓ Your child has a medical appointment, either that day or at a later date
- ✓ You require a leave of absence request form
- ✓ Updates on absence due to illness/hospital stays
- ✓ Any other reason why your child may not be in school.



Please leave a message on the voicemail for Mrs Garnham, the Attendance Officer, stating your name and contact number plus your child's name, form and reason. Mrs Garnham will get back to you if necessary.

### Being Late

Please note that the school day starts at 08.40am. In accordance with Lancashire County Council guidelines, children who arrive in school after 08.40am without a genuine reason\* will be marked as 'late' in the register and will receive a break detention that day.

\*Pupils delayed on school transport excepted

### Sickness/Appointments

Please could we remind parents to telephone school on 01772 320271 and leave a message if your child is unwell or has an appointment before school commences. Where possible please book a dental or medical appointment after school or in the holidays. If this is not possible please make sure your child attends school before and after the appointment and brings a note signed by the parent confirming where they have been.

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# Penwortham Priory Academy's

production of...



## ANSWERS TO THE WEEKLY CHALLENGE

1. It is Angel Falls in Venezuela.
2. It is an analogue clock.
3. GOOGLE founded in September 1998.
4. It is material used for surfacing roads or other outdoor areas, consisting of broken stone mixed with tar.
5. It normally gets abbreviated to etc. and it means 'and so on'.
6. It is a deep-sea trench in the floor of the western North Pacific Ocean, the deepest such trench known on Earth..
7. Rodgers and Hammerstein were a composer (Rodgers) and lyricist-dramatist (Hammerstein) an American musical theatre writing team who created a string of popular Broadway musicals in the 1940s and 1950s.
8. It describes when shrubs or trees are clipped into ornamental shapes.
9. It is heard in 'The King and I', a musical by Rodgers and Hammerstein
10. The word technology comes from two Greek words, techne and logos. Techne means art, skill, craft, and logos means word, a saying, or an expression.



**W/C 14 October 2019**

### Monday

Chilli con carne wraps served with tortilla chips  
Creamy vegetable slice served with diced potatoes

### Tuesday

Gammon served with sautee potatoes  
Pasta served with garlic bread

### Wednesday

Cheese and Tomato | Ham | Pepperoni ciabatta pizza  
served with potato wedges and beans or peas  
¼lb fish burger served with potato wedges and beans or  
peas

### Thursday

Roast dinner  
Tomato pasta served with garlic bread

### Friday

Battered Fish | Cheese & Tomato Pizza |  
Steak Pudding  
All served with chips and peas or beans

### Available Every Day

Southern fried chicken wrap  
Cheese | Cheese & Ham | Cheese & Pepperoni Panini  
Jacket potato with tuna, cheese or beans

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