

The Mease Federation

It is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.

Parable of the Mustard Seed- Matthew 13:31-32

SUMMER TERM

12th April 2024



Message from Miss Mills

Dear Families,

Welcome back to the summer term!

I hope that you all had a good Easter and got to have some quality family time this holiday.

We are delighted to announce that on April 1st 2024 we academised and have joined The TSSMAT. Most of the changes at the moment are back office and behind the scenes. I am meeting with Mrs Gethin next week to discuss changes moving forward and we will make sure that they are approached in a timely fashion.

Over the coming weeks, we will be changing our website and we will be added to the main TSSMAT site. Letterheads and email signatures will be updated so look out for these changes.

We have already had the new menu change and our kitchens are now run by the TSSMAT. We had wonderful feedback from parents and children who attended the 'Menu Taster Session' on Tuesday. The homemade pizza was a big hit! Thank you to Mr Weaver for hosting the event.

This week we have welcomed Mr Buckley to St Andrew's and Miss Ellis to Mary Howard. They are both settling in wonderfully already and the transition has been seamless. Thank you all for welcoming them.

Despite it being only the first week back, as always, it has been jam-packed with learning experiences. On Wednesday, we welcomed the Entrust Band into both schools. The children were able to witness a live band playing many different genres. It was lovely to see how

captivated the children were. What an enriching experience!

This week myself and Mrs Orgill have carried out lesson observations and we enjoyed witnessing the wonderful teaching and learning that takes place on a daily basis in both of our schools. I am lucky to have such dedicated and knowledgeable staff and of course, wonderful children who enjoy learning.

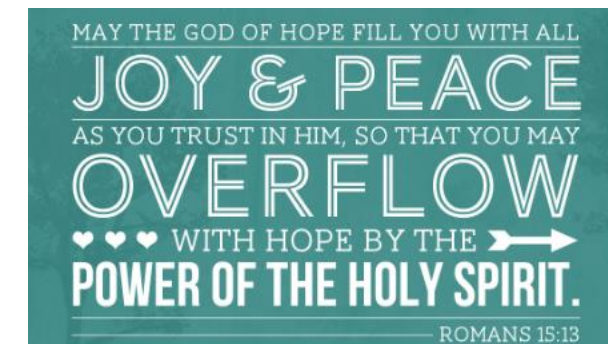
Mary Howard (KS2 children) have started their swimming lessons and Mrs Wardale has started her Level 3 qualification to become a Forest School Lead so it is extremely busy.

This half term our children in Year 6 will be taking part in their SATS. They are being fully supported but we maintain a well rounded education for the children.

As always, we offer an open door policy so please do not hesitate to contact me if you have any queries or suggestions.

Have a good weekend

Miss Mills



What's Coming Up This Week

Monday 15th April

- PE All Classes—send children in PE kits
- SH Active—After School club—Mini Trampolining—3.30-4.30pm



Friday 19th April

- PE All Classes—send children in PE kits

For Information

Parents of Year 6 children

If you need to apply for school transport for your child when they move to secondary school in September, you can do this online at www.staffordshire.gov.uk/under16travelapply

Weekly Blogs

Find out what the children have been up to in their classes this week using the links below.

Class One—[Class Blogs | The Mease Federation](#)

Class Two—[Class Blogs | The Mease Federation](#)

Class Three—[Class Blogs | The Mease Federation](#)

For Action

IMPORTANT—Nut Allergy Update

As we have now joined TSSMAT, we will be adopting their directive on the management of nuts and nut based products in school which will now be extended to include products that may contain nuts/ traces of nuts.

It is important that you check the labelling of food products before sending your child into school with them - it is not always apparent that products contain nuts or traces of nuts but the consequences may be fatal.

If children require snacks at break-time, these **should only be fresh or dried fruit and healthy snack bars** that have been checked carefully. Key Stage 1 pupils will continue to be provided with a piece of fruit, daily.

Thank you for your co-operation and understanding in this matter.

Break time snacks

As per the information above, children should only be provided with healthy snacks to eat at breaktime. Please support us by not sending in the following items for consumption at break time:

- Crisps
- Biscuits
- Sweets
- Chocolate bars
- Cakes/cake bars

These items may be included in your child's packed lunch as part of a balanced diet.



Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:



1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese - hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans



Choose oily fish like salmon once every 3 weeks



5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk - or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



Occasionally!

Meat products such as sausage rolls, pies, sausages
Plain cakes/sponges and biscuits of appropriate portion sizes



For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

Dinners for Week Commencing 15th April 2024

This week is: Week 2

YOUR SCHOOL MENU

WEEK 1



TUESDAY

- CHOOSE FROM
- ✓ Tomato pasta
 - Italian style chicken goujons with diced potatoes
- ON THE SIDE
- Vegetables of the day
- TO FINISH
- Chocolate brownie

THURSDAY

- CHOOSE FROM
- ✓ Quorn chicken pieces in a Yorkshire pudding
 - Sliced beef and Yorkshire pudding
- ON THE SIDE
- Vegetables of the day, roast potatoes and gravy
- TO FINISH
- Lemon drizzle sponge

MONDAY

- CHOOSE FROM
- ✓ Plant-based burger in a bap with diced potatoes
 - Spaghetti bolognese
- ON THE SIDE
- Vegetables of the day
- TO FINISH
- Yoghurt, fruit and freshly baked mini shortbread biscuit

WEDNESDAY

- CHOOSE FROM
- ✓ Handmade margherita pizza with crinkle cut wedges
 - Chicken and oriental style vegetable rice
- ON THE SIDE
- Vegetables of the day
- TO FINISH
- Fruit and jelly

FRIDAY

- CHOOSE FROM
- ✓ Sweet potato and lentil curry with a blend of brown and white rice
 - Baked fish fingers and chips
- ON THE SIDE
- Vegetables of the day
- TO FINISH
- Ice cream topped with cream

WEEK 2

Our primary school menus comply with the Government's food and nutritional standards, meeting an average of 530 calories for each meal

TUESDAY

- CHOOSE FROM
- ✓ Roasted vegetable lasagne
 - Chicken nuggets with diced potatoes
- ON THE SIDE
- Vegetables of the day
- TO FINISH
- Apple flapjack

THURSDAY

- CHOOSE FROM
- ✓ Vegetable pastry crown
 - Roast chicken and Yorkshire pudding
- ON THE SIDE
- Vegetables of the day, roast potatoes and gravy
- TO FINISH
- Victoria sponge

MONDAY

- CHOOSE FROM
- ✓ Meat-free hotdog with diced potatoes
 - Cottage pie
- ON THE SIDE
- Vegetables of the day
- TO FINISH
- Yoghurt, fruit and freshly baked mini shortbread biscuit

WEDNESDAY

- CHOOSE FROM
- ✓ Handmade margherita pizza with crinkle cut wedges
 - Ham carbonara with penne pasta
- ON THE SIDE
- Vegetables of the day
- TO FINISH
- Fruit and jelly

FRIDAY

- CHOOSE FROM
- ✓ Somerset cheddar cheese and potato frittata
 - Baked battered fish and chips
- ON THE SIDE
- Vegetables of the day
- TO FINISH
- Homemade cookies

WEEK 3



TUESDAY

- CHOOSE FROM
- ✓ Macaroni cheese with Somerset cheddar
 - Chicken curry with a blend of brown and white rice
- ON THE SIDE
- Vegetables of the day
- TO FINISH
- Jam sponge

THURSDAY

- CHOOSE FROM
- ✓ Somerset cheddar cheese and tomato puff
 - Roast chicken and Yorkshire pudding
- ON THE SIDE
- Vegetables of the day, roast potatoes and gravy
- TO FINISH
- Chocolate orange sponge

MONDAY

- CHOOSE FROM
- ✓ Somerset cheddar cheese and tomato quesadilla with diced potatoes
 - Pork sausage roll with diced potatoes
- ON THE SIDE
- Vegetables of the day
- TO FINISH
- Yoghurt, fruit and freshly baked mini shortbread biscuit

WEDNESDAY


- CHOOSE FROM
- ✓ Handmade margherita pizza
 - Bubble salmon
- ON THE SIDE
- Vegetables of the day and crinkle cut wedges
- TO FINISH
- Fruit and jelly

FRIDAY

- CHOOSE FROM
- ✓ Vegetable and bean burrito
 - Baked fish fingers and chips
- ON THE SIDE
- Vegetables of the day
- TO FINISH
- Freshly baked marble shortbread biscuit

Light bite options available. Daily sandwiches, jacket potatoes with fresh daily fillings

SH Active Information



SH
ACTIVE SPORTS

WILL BE HOSTING
THE FOLLOWING
EXTRA CURRICULAR
ACTIVITIES IN YOUR
CHILD'S
SCHOOL

SH Active Sports
@Shactivesports
www.shactivesports.co.uk

MINI TRAMPOLINING

At St Andrews Primary school

FOR TIMES DATES AND PRICES
PLEASE
SEE BOOKING SYSTEM


Monday

TRAMPOLINING

Mini Trampolining can be a fun and beneficial activity for children. It provides them with an opportunity to have fun while also engaging in physical activity. It's a popular choice among children for its combination of entertainment and exercise. Trampolining provides an excellent cardiovascular workout, helps improve balance, coordination, and flexibility. It also strengthens muscles, particularly in the legs and core, whilst increasing social interaction.

To book: Please scan the QR code or follow the link below.

https://sh-active-sports.classforkids.io




(Open camera on smartphone and scan QR code above)

For any queries please contact 07709488681 or
info@shactivesports.co.uk

Booking is deemed acceptance of our Terms & Conditions. available on our website and booking system. * Prices include VAT charge of 20%

Community Events

CLIFTON CAMPVILLE VILLAGE HALL WEEKLY EVENTS DIARY	
DAY:	Event:
Every Monday – Main Hall 9.00am - 12pm (NB: 1st Monday of every month is Bacon Roll Day!) 	Community Coffee Shop - The aroma of Bacon Rolls wafting through the village is mouth-watering the first Monday of every month! Together with a wide variety of coffees & other drinks, a selection of delicious cakes, crumpets & teacakes, it is proving very popular indeed. Would you like to join us and become part of this vibrant fun-loving Community? If so, then please think about becoming a member of the Committee, or put your name on the "Friend of the Hall" volunteer rota! If you would like to volunteer – please email Pat Moore on: amoores49@btinternet.com OR send an email with a heading 'Hall Helpers' to: ccvhall2018@gmail.com .
Every Monday evening – Main Hall 6:45pm – 7:45pm (£5 per class)	Hatha Yoga with Keely. Beginners always Welcome! Come along & enjoy the relaxed atmosphere and camaraderie in our newly refurbished warm Village Hall. You will have fun & feel better too! To book your place email: keelylawrence@hotmail.com
Every Tuesday morning – Main Hall 9:30am – 10:30am (£5 per class)	Hatha Yoga with Keely. Beginners always Welcome! Come along & enjoy the relaxed atmosphere and camaraderie in our newly refurbished warm Village Hall. You will have fun & feel better too! To book your place email: keelylawrence@hotmail.com
Every Wednesday – Main Hall 10:30am to 12:00 noon (£4.50 per week - paid monthly)	'Love to Move' Chair Exercise - Drinks & biscuits provided. Come along if you still haven't had a chance to check out this fun-filled class. Alone, or as a group of friends, or neighbours, or if you know someone who would benefit from this class, let them know. Please contact Pat Green on 01827 373357 or via Email: patandcliffgreen@gmail.com to book your chair!
Every Wednesday - Main Hall (4:30pm to 5:30pm prompt!) (£6 per session)	Kids Karate - Train with Jim Healey a fully insured / Dan Black Belt Instructor. Primary School age only (4 yrs up). For more information & to book your place contact: Judy or Sensei Jim Healey: Mobile 07721 397655 Email: james.healey73@hotmail.co.uk .
Every Friday – Main Hall 1:30pm - 3:30pm (£3 weekly session - £5 for Workshops, including Tea or Coffee)	Art & Craft social Group - with special monthly workshops. All materials provided for workshops. See poster for details of weekly group in the magazine, or on the Village Hall Notice Board outside the hall, or alternatively contact: Kate Smith on 01827 373368 or Email: c.smith284@btinternet.com .
Every other month (approx.) – Main Hall 7.00pm – 9:30pm (usually on the second Tuesday of the month).	Clifton Campville with Thorpe Constantine Parish Council Meetings. If you need more information, or would like to attend, then please contact Sue Hughes via the Parish Council Email: ccparishcouncil@gmail.com OR go to the Website: www.cliftoncampvillewiththorpeconstantinepc.info
The Green Man Car Park 10:05am – 10:35am Check Mease Valley News Magazine for dates	MOBILE LIBRARY SERVICE – Pickup a 'thriller' – if you dare – to keep you company on these dark nights! Or while away the hours with a Romantic novel – love conquers all – or why not pick up a book to improve your mind for that family quiz!
NOTE - for monthly news & events in all the Mease Valley villages parish magazine. Contact measevalleymag@outlook.com to subscribe £10 per year to receive the parish magazine, delivered right to your door!	



CLIFTON CAMPVILLE ART & CRAFT CLUB EVENING WORKSHOP

Julie & Mary would like to invite you to an evening workshop for those who cannot make Friday afternoons at Clifton Campville Village Hall:

Thursday – 18 April (7pm to 9pm)

Topic: Zentangle & Fine Drawing

£5 (including drinks & biscuits)

(all materials provided & project to take home)

Everyone welcome and please pass on this information to anyone you know who would like to come to an evening workshop.



To book your place call:

Julie Smale on **07745 171479** or **Mary Burrows** on **07456 508271**

OR email: **ccvhall2018@gmail.com**

Please Note – places for these workshops go very quickly - so please book early as it's on a "first come first served" basis!

St Andrew's Church & Clifton Campville Village Hall

Invite you to come and "Play Detective" and interrogate the cast of:



Sudden Death *at* **Thornbury Manor**

A Murder Mystery Event in the style of an old-fashioned Radio Play
by Chris Lewis & Carol Hutton

At St Andrew's Church, Main St, B79 0AP - Saturday 20th April 2024

Doors open at 6.30pm for a prompt 7.00pm start, with a buffet during the interval.

- Paid bar available before and during the interval
- Ticket Price: **Adult £20** Child (under 15 yrs.) **£6** Family Ticket **£40**
- **Limited tickets so booking is essential.** BACS payments preferred.

For booking details contact: **Sarah Ennis - 01827 898108** or sj_ennis@hotmail.com

Clifton Campville Village Hall presents

2024 Skittles Nights

(with Fish/Pie and Chip Supper)

Our second Skittles Night will be held on

Saturday 4th May 2024 and 18th May 2024

Choose the date that you can make

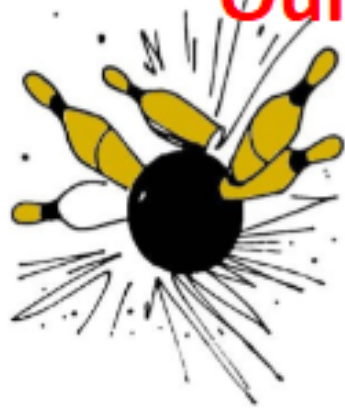
6.45pm for 7pm start

Licensed Bar

£8 per ticket, £5 for children 10 years and under
(includes fish or pie and chips, mushy peas, bread and butter)

LIMITED SPACES - To book please contact **Pat on (01827) 373357**

£5 deposit required



Community Events



SALE

CLIFTON CAMPVILLE VILLAGE HALL
ARE HOLDING A

TABLE TOP SALE

11am to 3pm

SATURDAY 11 MAY 2024

(Doors open at 9am for table holders to setup)



Tea, Coffee &
cakes also
available all
day too!

**DO YOU HAVE ANY UNWANTED GIFTS OR ITEMS THAT YOU DON'T WANT?
THEN WHY NOT BOOK A TABLE AT OUR TABLE TOP SALE!**

£10 small table / £15 large table (or share with a friend)

(all mechanical/electrical items must be in working order - unless stated)

(all clothing must be clean & clearly priced)

Please Note – tables are going quickly - so please book
early as it's on a **"first come first served"** basis!

To book a table – call **Pat Green - 01827 373357**



SALE

Community Events



It all starts with... **ALL STARS CRICKET**

We all play at:
Elford Cricket Club

Session dates:
Wednesday May 15th to Wednesday 3rd July

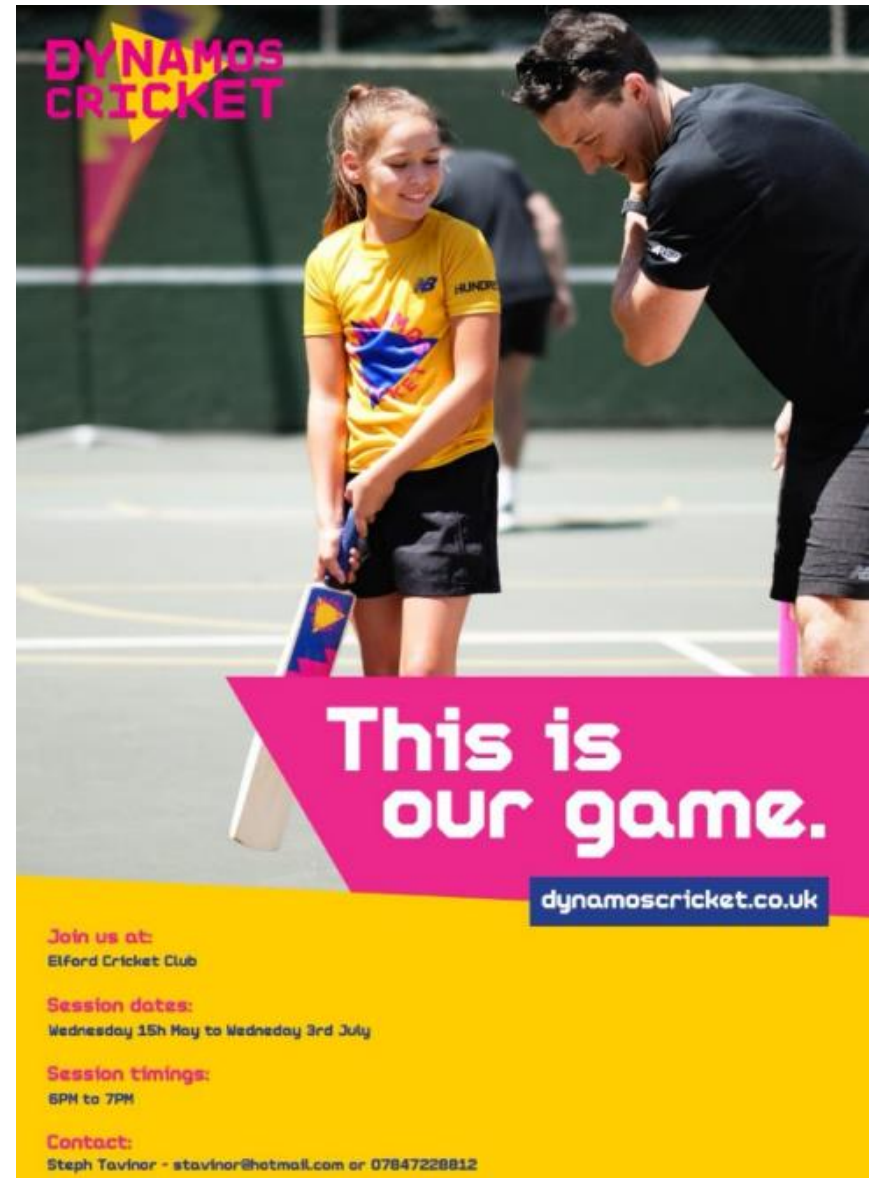
Session timings:
6PM to 7PM

Contact:
Steph Tavinor - stavinor@hotmail.com

Sign up today at
allstarscricket.co.uk

The poster features a young girl in a light blue t-shirt and grey shorts, holding a red and yellow cricket bat. The background is green with white stars and blue swooshes. A red cricket ball is also visible.

We are excited to be offering All Stars Cricket at Elford Cricket Club this year! All Stars is aimed at 5–8-year-olds and is a brilliant, fun and energetic 8-week introduction to cricket. For £30 all participants will get a personalised t-shirt, as well as 8 weeks of coaching. Here is the link to book your child's place - <https://ecb.clubspark.uk/AllStars/Course/2cf22ba1-2c06-4aa1-a566-27c79092cdea>



DYNAMOS CRICKET

This is our game.

dynamoscricet.co.uk

Join us at:
Elford Cricket Club

Session dates:
Wednesday 15th May to Wednesday 3rd July

Session timings:
6PM to 7PM

Contact:
Steph Tavinor - stavinor@hotmail.com or 07847228812

The poster shows a young girl in a yellow t-shirt and black shorts holding a cricket bat, with a man in a black t-shirt leaning in to talk to her. The background is a cricket field.

Elford Cricket Club are excited to be offering Dynamos Cricket at Elford Cricket Club this year! Dynamos is aimed at 8 -11-year olds and is a brilliant, fun and energetic 8-week introduction to cricket. For £30 all participants will get a personalised t-shirt, as well as 8 weeks of coaching. Here is the link to book your child's place - <https://ecb.clubspark.uk/Dynamos/BookCourse/42ce81f8-41ef-4de0-afc2-c69c953347b3>