



Unity Academy Primary Newsletter
17/1/2025

Your weekly roundup of all things years N -6!



A message from Mrs. Shaw

A Message From Mrs. Shaw

I can't believe this is only our second week back, it feels like we should be half way through already. We have had such a busy but fun week!

Teaching and Learning

Miss Tench and some of her Year 1 children brought their English books to me this week. They had been sorting the Gingerbread Man story and had written sentences to match the picture. The presentation and handwriting was simply excellent. The use of vocabulary was fantastic too - they used words such as scrumptious and insolent. I was blown away! Well done Year 1

Year 3 and Year 5 children have taken part in their first Barclays Life Skills sessions this week. It focused on 'Strengths, goals and aspirations' which is a part of the Barclays LifeSkills suite of career-related learning activities for primary aged pupils. The aim being to teach children about key skills for the workplace and provide the opportunity to explore a range of careers and industries.

Year 6 took part in their first Reading and Rugby session. Phoebe commented that *"It was really fun! We had to read first and then we went outside and learned how to play tag rugby. Some of us have made a little group together so that we can do it ourselves at another time"*.

Year 2 have had their first opportunity to access Times Table Rock Stars (TTRS). They loved it! I've told them to practice as often as possible so that they know their times tables inside out!

Reception achieved 99% attendance this week which was brilliant! I have challenged them to hit 100% next week - I'm sure they will do it!

In our RRS Curriculum this week, we have recapped on our school expectations. I like to do it early on in a half term so that the children know and understand what we expect of them. I was very happy in Monday's assembly when the children could tell me our school values of Ready, Respectful and Safe. They could also give me examples of how they can demonstrate them. We also talked about our classroom rules of 'Good Looking', 'Good Listening', 'Good Sitting' and 'Kind Friends'. Again, the children could discuss what they look like when they are being followed correctly! Next week, we will move onto a focus on Good Manners.

Year 6 Mock SATs

Next week Year 6 have their mock SATs week. I cannot stress enough the importance of the children being in school, on time, every day. Whilst we do talk to the children about not worrying and focusing on doing their very best and, I do hand on heart mean that, we do need to give them these opportunities to practice so that they are well prepared for the real tests later in the year. I will soon be sending out details of a Y6 SATs parents meeting and need as many children's parents there as possible please. We will work our socks off to ensure the children are prepared but really do need your help and support please! Further details will follow shortly.

ADHD Northwest

There is still time for parents and carers to sign up to the next course which starts on 28th January. Please see the attached flyer at the end of this update for full details. The course is for parents / carers who have a child under 25 that they think may have ADHD. A diagnosis is NOT required and so this is especially beneficial to adults with children waiting to be assessed / diagnosed. Referrals can be made by a professional or by the parent / carer. Please click on the website link for details - [Contact Us | Adhd North West \(reception06660.wixsite.com\)](https://reception06660.wixsite.com)

Diary Dates

- 20th January - Year 6 Mock SATs Tests
- 21st January - Y4 Tram Trip
- 24th January - Dan Worsley in Y4

- 28th January - Dan Worsley in Y6
- W/c 3rd February - Schools Alive Week
- 4th February - Y5 Trip to UCLAN
- 4th February - AIM High Maths Day
- 6th February - Y5 UCLAN Trip
- 7th February - SEND Drop -In
- 14th February - School closes for half term
- 24th February - School reopens for Spring 2

And finally ...

It looks like I have a quiet weekend ahead for the first time in a long time - thank goodness!
Have a good one!

Community Information



Being A Parent



These fantastic free sessions are run by friendly local parents. They provide practical tips and advice on how to bring up confident happy and co-operative children. The group lasts for 9 weeks and free childcare is available.

Time	Venue	Starting	Ending
12.30pm – 2.30pm	Gatehouse Community Centre 29 Waterloo Road, FY4 3AD	Tuesday 21 st January	Tuesday 25 th March
10.00am – 12.00pm	The Place (previously The HealthWorks) 1 Clifton Street, FY1 1JD	Wednesday 22 nd January	Wednesday 26 th March
6.00pm – 8.00pm	Online using Google Meet	Thursday 23 rd January	Thursday 27 th March

Topics covered include:

- Communicating with your child
- Understanding their behaviour
- Discipline strategies
- Listening skills
- Coping with stress

"The course wasn't what I expected at all. It's shown me that I'm not alone and given me the confidence boost I needed. I've learned there's no such thing as a perfect parent and my relationship with my son has grown so much stronger."

For more information or to book, contact Blackpool Learning Rooms on 07796 994783 or email learning.rooms@blackpool.gov.uk



NHS Talking Therapies Service provides a range of FREE therapy options recommended by the National Institute for Health and Care Excellence (NICE) for common mental health problems such as depression and anxiety.

NHS
Blackpool
Talking Therapies

FREE Courses Available



MASTERING STRESS – Steps to Wellness

30min introduction 2pm Friday 27th December
Followed 6 x 90min weekly online sessions. Friday 3rd 10th 17th 24th 31st January & 7th February.
Learn new skills and coping strategies



8-week Mindfulness Based Cognitive Therapy Course

60min introduction 10am Friday 17th January. Followed by 8 x 2-hour session weekly online sessions.
Friday 24th 31st January 7th 14th 21st 28th February 7th 14th March
Learn to live in the present!

A personalised link will be emailed and recordings accessible for 72hours

45min webinars, with recording available for 3 days

Resilience and Me 10am Thur 5 th Dec	Anxiety and Worry 1pm Fri 13 th Dec	Sleep and Relaxation 1pm Wed 18 th Dec	Overcoming Low Mood 1pm Mon 7 th Jan	Menopausal Wellbeing 10am Fri 24 th Jan
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AVAILABLE TO PEOPLE OVER 16 WHO LIVE, WORK OR STUDY IN LANCASHIRE OR SOUTH CUMBRIA

To self-refer, please call: 01253 955700 (Monday–Friday 9am–5pm)

email: bfwh.talkingtherapies@nhs.net

www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies

Scan here to visit our website



Blackpool Talking Therapies is not able to provide reports for compensation, legal or benefits claims or prescribe medication. We do not offer 24-hour or weekend access, crisis or emergency treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness.
Please discuss these needs with your GP.



f Blackpool Talking Therapies

for anxiety and depression

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust

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ADHD PARENT EMPOWERMENT & TRAINING COURSE



JOIN US FOR 6 SESSIONS OVER 3 WEEKS

TUESDAYS AND THURSDAYS
9.30AM OR 6PM

We invite you to join us on a journey to unlock your child's full potential. Our expert team is dedicated to providing you with tools, strategies and support necessary to help your child thrive. Through a personalised, step-by-step approach, we will work closely with you to offer support that addresses your child's unique needs and aspirations.



START
DATE
28TH JANUARY
2025



Visit www.adhdnorthwest.org.uk for more details and to access the application form or call us on 01254 886886

57th Blackpool (Unity Academy) Scouts



Did you know? Unity Academy has our very own Scout Group that runs each week on a Thursday to provide our young people with Skills For Life! [More information can be found by clicking here.](#)

We run sections for each age group from 4 years old and up. In addition to the weekly meetings on a Thursday after school we also offer a wide range of trips, camps, nights away and adventurous activities for all age groups.

Squirrels (For ages 4 - 6 years): Thursday : 3:15 until 4:30 pm Beavers (For ages 6 - 8 years): Thursday : 3:15 until 4:45 pm

Cubs (For ages 8- 10.5 years): Thursday : 3:15 until 4:45 pm Scouts (For ages 10.5 - 14 years): Thursday : 3:15 until 4:15 pm

Our in school Scout Sections are run by a group of volunteers, most of which are parents of children at Unity Academy. Without this support, it would not be possible to provide these amazing opportunities for the young people. If you feel like volunteering with the Scouts is something you might be able to offer, please do get in touch. It might be to support one section meeting a month, offer a certain skill you have or to support behind the scenes with finance and administration. Whatever your skills, every little offer of help is invaluable to us. [To inquire about a place for a young person or about adult volunteering with the Scouts, please click here.](#)

Contact us!



If you wish to contact a teacher within school please use this link [Parental Messages / Queries \(Non-urgent\)](#). and we will get back to you. This form should be used rather than contacting an individual teacher email address as we can then ensure that you are responded to in a timely manner. Messages will be passed on and dealt with as quickly as possible. Our aim is to respond to you within 48 school working hours. Please note that this may not be checked during teaching hours and so **please do not add anything urgent** e.g. about your child being collected by someone else at the end of the day. If you have an urgent message or query, please contact the school office on 01253 355493. Thank you.

Attendance



	<i>Attendance %</i>	<i>Late marks</i>
• <i>RHH</i>	<i>99.11</i>	<i>5</i>
• <i>1CL</i>	<i>96.43</i>	<i>8</i>
• <i>1MT</i>	<i>97.41</i>	<i>10</i>
• <i>2BH</i>	<i>90.62</i>	<i>4</i>
• <i>2AP</i>	<i>85.62</i>	<i>4</i>
• <i>3KG</i>	<i>89.81</i>	<i>11</i>
• <i>3HB</i>	<i>91.83</i>	<i>11</i>
• <i>4JB</i>	<i>86.61</i>	<i>3</i>
• <i>4CBL</i>	<i>94.64</i>	<i>18</i>
• <i>5MB</i>	<i>91.67</i>	<i>19</i>
• <i>5NO</i>	<i>94.40</i>	<i>15</i>
• <i>6TT</i>	<i>92.08</i>	<i>12</i>
• <i>6VA</i>	<i>95.42</i>	<i>14</i>

Keeping children safe!



At the National College, our Wellbeing and Safety guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formally delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit www.nationalcollege.org.uk.

What Parents & Educators Need to Know about TIKTOK

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While the TikTok app's following feed only displays content from families connected to their profile, children (aged 13 years+) previously watched clips. Most of these videos are generally appropriate for children, but this app could potentially show sensitive information if a user has been exposed to such content. While the app has a 'Restricted Mode' which can be turned on, it is not foolproof. The app's guidelines prohibit the sharing of illegal or inappropriate content, but the age verification of uploads means that a small amount of inappropriate content may be shared.

CONTACT WITH STRANGERS

With more than 1.8 billion users globally, the potential for contact from strangers on TikTok is high – especially on accounts created by teenagers. The app provides a way for users to connect with others, but this can be risky. The app's guidelines prohibit the sharing of personal information, but the app's design encourages users to connect with others and interact with content.

BOY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, inappropriate content for teens and body image related for girls (promoting unhealthy eating, beauty standards and so on) and dangerous stunts for boys, both are prevalent on the app. One extreme example of the latter was the 'Shower Head' trend, which encouraged users to hold their heads over very hot water and pour it over their faces. This led to several deaths and injuries. The app has since removed such content, but it is possible that similar trends will emerge in the future.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more lighthearted than longer videos, YouTube clips can still influence impressionable young people in negative ways. One of the most concerning risks is the spread of misinformation and radicalisation. The app's design encourages users to interact with content, which can lead to the spread of harmful ideas.

ADDICTIVE DESIGN

With its algorithmic design, its eye-catching videos, TikTok can be addictive to young people. In 2021, 1 in 10 children spent an average of 15 minutes per day on the app; that's before an update in 2022. Features like auto-play and 'For You' feed encourage users to spend more time on the app, which can be addictive. The app's design encourages users to interact with content, which can lead to the spread of harmful ideas.

IN-APP SPENDING

TikTok is free, but users have the option to buy virtual coins, which can be used to purchase gifts for content creators. Coin bundles range from £3.99 to £99.99. The app's design encourages users to spend money on the app, which can be addictive. The app's design encourages users to interact with content, which can lead to the spread of harmful ideas.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's. At certain settings, parents can then limit or restrict their child's account. Enabling this feature will restrict your child's account to content that is appropriate for their age. It will also restrict your child's account from interacting with content that is inappropriate for their age. It will also restrict your child's account from interacting with content that is inappropriate for their age.

BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can limit their spending by preventing them from making in-app purchases. We recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

DISCUSS THE DANGERS

If a child seems to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to block or report adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased anxiety, social skills of communication, potential red flags, as in failing to complete homework or skipping meals. Remember, the potential concerns are there for a reason, and it's never too late to introduce limits.

Meet Our Expert
Alan Hooton is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Observer.

#WakeUpWednesday
The National College

Source: <https://www.nationalcollege.org.uk/guides/tiktok-2022>

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Celebrating Culture and Difference



Monday 20th January marks the Birthday of Swami Vivekananda - a notable Indian spiritual leader.[Click here to learn more](#)

Tuesday 20th January marks the Birthday of Swami Vivekananda - a notable Indian spiritual leader.[Click here to learn more](#)

Nursery



We've had another wonderful week in Nursery.

This week our story has been 'One Snowy Night.' We have been looking at the changes we've seen in our environment and discussing the season of winter. The children have noticed that the weather has been cold, foggy, frosty, icy and last week it was snowy. We have then discussed the type of clothing we need to wear in winter to keep ourselves warm.

We have also looked at ordering numbers and some 2D shapes.

Please can all parents ensure that their child has a bag with spare clothes at nursery. if you have any nursery spares please can you return them.

Reception



This week in Reception we have continued with our story Little Red Riding Hood, the children have done some wonderful drawings and writing about the Wolf and Grandma's cottage in the woods. In Maths we have introduced the number 0 and have looked at

different ways of represents 0-5. The children have really enjoyed building and riding our new balance bikes, some children even managed to use a pedal bike!

Reminder - PE is every Thursday, please ensure your child's PE kit is in school each week.

Have a lovely weekend, the Reception Team.

Year 1



What a fabulous week in Year 1!

We have had another absolutely fantastic week in Year 1. All of our staff have noticed how mature, responsible and engaged with learning all of the children have been since coming back from the holidays. We have been working very hard on some quite tricky content, but the children have taken it all in their stride and blown us away!

In English we have been focusing on The Gingerbread Man. We have been focusing on building our vocabulary, learning new words including, insolent, impolite, delectable and famished. We then included these in our English task; sequencing the story.

In Maths we have focused on teen numbers; building our knowledge of counting within 20 and finding tens and ones within numbers.

In Science we have started our new topic of animals. This week we focused on classifying animals, learning new vocabulary including vertebrate, invertebrate, mammal, amphibian, bird, reptile and fish.

We hope you have a lovely weekend.

Year 2



Year 2 have had a fantastic week this week.

In English we have started our new story 'Pirates of scurvy sands' <https://www.youtube.com/watch?v=tAg6sO38XbY> and the children have been talking about the beginning, middle and end of the story. In maths we have continued learning all about shapes and counting the faces, side and vertices of 3D shapes. In science we have been creating a fact file on what animals need to survive. In PE we have been learning a new dance routine and in art we have been using our printing skills to make different patterns.

This week Year 2 have also been introduced to an online game called TTRockstar. This game helps children learn their timestables. The children have been sent home with a letter that includes their login details. Please can you get your children to practice this at home as well as reading 3 times a week.

We hope you all have a lovely weekend. Thankyou, The Year 2 Team

Year 3



Another busy week in Year 3!

In Maths, we have been focusing on multiplication and division. We have been working hard on our 3 and 4 times tables. Please continue to practice at home using [TTRockstar](#) or [Hit the Button](#) .

In English, we are continuing to read Mrs Armitage on Wheels, we have been focusing on using inverted commas for direct speech.

In Science, we have begun our topic on Forces, we have looked at 'what is a force' and different examples of push and pull forces.

Please continue to read 3 times weekly and record this in reading records. If there are any issues, please speak to your class teacher.

Have a great weekend!

Year 4



A wonderful second week back for Year 4 !

In Maths, we have begun our Multiplication and Division unit and are continuing to work on our times tables. Please support your child at home with this. They have access to Times Tables Rockstars and Hit the button is also a great website to practice on.

<https://trockstars.com/>

<https://www.topmarks.co.uk/maths-games/hit-the-button>

In English, we have been using Dan Worsley's book 'Impossible Tales' as our inspiration for writing setting descriptions with powerful vocabulary to create mood, atmosphere and tone. The work they have produced this week has been fantastic and the children were so proud of it!

Tram trip - Our tram trip is next Tuesday (21st January). We do have a number of permission slips not returned. Please return them on Monday and please make any necessary payments.

Year 5



Breaking news - Year 6 residential details have been unveiled.

We are so excited that we have the opportunity to offer a PGL residential in October for the current year 5 children when they start in year 6. A letter was sent home yesterday with lots of details about the residential. If you didn't receive a letter please ask your child if they have it in their bag or ask them to ask for a new letter on Monday. The residential will be held on Monday 6th - Wednesday 8th October 2025 at PGL Winmarliegh. The itinerary will be packed full of exciting activities, if you would like to get a flavour of some of the activities on offer please see the PGL website <https://www.pgl.co.uk/> The cost of the whole residential including the coach hire is £125 which can be paid in 3 instalments. The deposit of £25 payable on Parent Pay by 11th February along with the completed slip will secure your child's place on the Residential. If you have any questions about the residential please speak to us at the end of the day.

Other Exciting events happening in year 5:

5NO UCLan trip - Tuesday 4th February

5MB UCLan trip - Thursday 6th February

Completed letters and payment of £18 via Parentpay is required by Friday 24th January

Bikeability - week commencing 24th February (5NO) and week commencing 3rd March (5MB)

Bikeability consent forms must be returned by Friday 14th February

All equipment is provided free of charge for Bikeability.

Please continue to read 3 times per week and sign reading records.

PE days for year 5 are **Tuesday and Friday. If your child is taking part in Tag Rugby please can they also have their PE kits in school on Thursdays for the next 9 weeks.**

Many thanks for your support, as always. Have a great weekend!

Year 6



Next week, Year 6 have their mock SATs week. The children MUST be in school, on time, every day so that we can start on time. Whilst we do talk to the children about not worrying and focusing on doing their very best and, we do hand on heart mean that, we do need to give them these opportunities to practice so that they are well prepared for the real tests later in the year.

Soon, details will be shared for a Y6 SATs parents meeting and need as many children's parents there as possible please. We will work our socks off to ensure the children are prepared but really do need your help and support please! Further details will follow shortly.

Please continue to read 3 times per week and sign reading records.

PE days for year 6 are **Wednesday and Friday.**

If your child is taking part in Tag Rugby please can they also have their PE kits in school on Thursdays for the next 9 weeks.

Star of the Week



- ***RHH - Aabid - For always following our school rules and having a positive attitude to learning!***
- ***1CL - Paisley - For demonstrating her readiness in lessons this week. Being so engaged in all her subjects and trying so hard in her work.***
- ***1MT - Avery - For being the most wonderful role model; showing a mature, ready and respectful attitude!***
- ***2BH - Rosie - For always trying her best in every subject and being a wonderful role model for other children.***
- ***2AP - Sebastian - For a positive attitude towards all of his learning and producing some fantastic maths work.***
- ***3KG - Ishan - For his wonderful independence work in maths this week!***
- ***3HB - Maggie - For her resilience and perseverance towards learning this week!***
- ***4JB - Lucious - For a fantastic attitude when receiving feedback in all work this week.***
- ***4CBL - Teeya-May - For having such a positive attitude to her learning***
- ***5MB - Zekiye - For great explanation in maths and attitude to learning***
- ***5NO - Adele - For reading with such enthusiasm during guided reading.***
- ***6TT - Sofia - For her positive attitude in class***
- ***6VA - Archie - For having such a positive attitude to his learning***

School Uniform



Revised policy from September: From September our uniform is changing. The decision was made following consultation with children, parents and staff. Large numbers of people shared their thoughts for the options given and the vast majority voted for a change to some aspects of our uniform.

As a reminder, please have a look at the list below and make sure your children are correctly dressed for both the school day and PE. To request items of uniform please click [here](#) and complete the short form. We will do our best to meet your needs, stock permitting.

Nursery Uniform

- Black sweatshirt with logo
- White polo shirt
- Black trousers, tracksuit bottoms or skirt
- Black shoes if wearing trousers or skirt or Trainers (preferably black) if wearing tracksuit bottoms.

Primary uniform - All students should wear:

- Black V Neck school jumper with embroidered Unity Academy logo - **this item is compulsory!**
- Plain White Shirt or blouse
- Plain **black** socks or tights
- House Badge (Provided by the academy initially, replacements can be purchased from the academy)
- All black footwear with no identifiable markings. If this footwear is a boot it must be no bigger than ankle length. No crocs!

Students have a choice of: (students must wear one of these)

- Plain black tailored skirt
- Plain black trousers or shorts (tailored type, not tracksuit bottoms/ jeans)
- A Black Blazer with the Unity logo is optional

P.E. Kit - Red polo shirt Black shorts Black socks Black Pumps

Summer Uniform

- Red check dress with white ankle socks
- Black short trousers








If your child has outgrown any uniform items and they are in good condition, please do send them into school where they can be added to our supply for other parents to access.








Thank you

UNITY UNIFORM | The branded uniform will be stocked at Blispham Clothing (01263 276847) and Ragamuffins (01263 390717). If you need any assistance with purchasing uniform please contact Alyson at <https://www.schoolwear-blackpool.com/> or Kath at Ragamuffins. Non branded items may be bought from a wide range of retailers.


COMPULSORY ITEMS OF PRIMARY SCHOOL UNIFORM 2024/2025

You must wear these items every day to school

















 Plain white shirt No logo or branding	or	 Unity logo jumper Plain black V-neck jumper with Unity logo on the left chest	or	 Unity logo cardigan Plain black cardigan with Unity logo on the left chest	or	 Tailored Skirt Plain black	or	 Trousers Plain black, no logo or branding	 Plain black socks
								 Plain black tights No logo, branding or pattern. Available at many retailers.	

 Shorts Plain black	 Summer dress	 Plain white socks (To be worn with summer dress)	 Black Blazer with the Unity logo	 Red polo shirt	 Black shorts	 Black Pumps or Trainers
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Optional Uniform | **PE Uniform** (No children in any year group are to come to school wearing P.E. kit)

Unity Academy Footwear | 

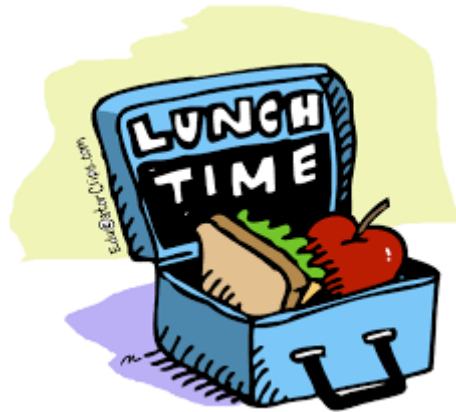
Footwear should be all black with no identifiable markings. If this footwear is a boot it must be no bigger than ankle length. No clogs or sandals are permitted. Trainers are permitted as long as they are fully black. Please check the guide opposite

															
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Jewellery and Hair

A maximum of 2 earrings can be worn in each ear. These should be stud-type earrings. No other visible piercings are allowed. If children have ear piercings, they should be able to remove and replace them independently for PE. Children should not wear rings for school. It is unsafe on play equipment. Any necklaces and/or bracelets are to be kept inside the shirt and removed for PE. Primary aged students are expected to have long hair tied back for health and safety reasons. Bows and bobbles should be black, white or red. The school will not allow students to have words/logos shaved into their hair. The school will have due regard to equality laws when considering hair styles. Hairstyles and head coverings that are part of the culture and identity of an ethnic or racial group will be respected. The school would prefer children's hair to be of a natural colour but will tolerate hair which has been coloured. Children should not have very bright, non-natural hair colours (e.g. green, blue etc.)

Lunch time menu for this week



Monday	Tuesday	Wednesday	Thursday	Friday
Cook's Choice Homemade Pizza (v) or Cheese & Egg Tart & Oven Baked Diced Potatoes (v)	British Roast Chicken, Sage & Onion Stuffing, Mashed Potatoes & Gravy or Spicy Tomato & Cheese Pasta Bake with Crusty Bread (v)	British Pork Sausage Mashed Potatoes & Gravy or Vegetarian Sausage Roll (v), Mashed Potatoes & Gravy	British Beef Bolognese & Pasta Spirals or Cheese & Onion Swirls with Herby Boiled Potatoes (v)	MSC Harry Ramsden's Crispy Coated Fillet of Fish & Chunky Chips or Tasty Vegetable Burger & Chunky Chips (v)