



Unity Academy Primary Newsletter
29/11/2024

Your weekly roundup of all things years N -6!



A message from Mrs. Shaw

A Message From Mrs. Shaw

Another busy and fun week at Unity this week. So let's see what has been going on!

Teaching and Learning

Y4CBL were very focused when I popped in to see them this week. They were working hard on their times tables! In fact the only child who realised I was there was Oliver who said a big hello! The rest of the class were trying their very best with Times Tables Rockstars all in preparation for the Multiplication Check later in the year. Mrs Bass in Y4JB was talking to the children about the outcome of their recent arithmetic checks. I heard her say how proud she was of them as they were making brilliant progress. Well done Year 4!

Reception children continue trying their hardest with their writing. They are learning their phonics sounds and then have to hear sounds in words. They have to remember what they look like and then think about how to form them correctly. I sometimes think we forget how hard writing actually is. I have attached a picture of Theo's writing below. He tried so hard to write his own ingredients list for making a gingerbread man, bless him!

Year 3 have had their Stone Age week this week. The children have absolutely loved it as we fully immersed them in Stone Age times on Tuesday with our visitor, Clud. He talked to the

children about the Stone Age times and what it was like to live then. The children even got to handle historic artefacts. Yesterday the Year 3 parents were invited in for a Stone Age art session which was really hands on and we had lots of positive feedback from them afterwards. A few of the pictures I took are below. In assembly this morning the children held up their art work which pleased Miss Ayers and Mr Cooper as they are our Art and History Heads of Curriculum, so they enjoyed seeing their subjects profile raised.

I told Year 6 that I was grumpy with them this morning because they had been tasting cakes this week and had clearly forgot to send me an invite! The children blamed poor Mr Tomes who simply had nothing to do with it! :-) Anyway, they are looking forward to baking their own cakes soon following a World War Two recipe. I'm sure they won't forget me next time!

Our RRS behaviour curriculum was delivered in classrooms this week due to us having a visitor in assembly to talk about the Elf Run we are doing for Brian House on 17th December - please dig deep as we are raising money for this very worthy charity! Our Behaviour Curriculum this week focused on 'Belonging' and being kind and including others. Understanding how to treat each other with kindness and respect is so important especially from a young age so that we know how to do this as adults - ready for entering the world of work. I was very pleased to hear from Mrs Bateman in assembly that her class have really worked hard on making sure everyone felt that they belonged! Next week we will move onto knowing how to 'Support others' using the story 'Giraffe is left out' by Sue Graves. It is a lovely short text that explores the feelings of various animals in the classroom of being "left out". The actions against Leopard eventually occur to Giraffe, who realises how upsetting it is to be excluded from a group. This builds on our work about belonging this week.

Pantomime Trip

Please ensure you have returned your child's permission slip and paid via ParentPay for our upcoming Panto trip. We have heavily funded this trip out of school funds so really appreciate everyone's contributions. Thank you.

EYFS Nativity

Nursery and Reception will be holding their annual Nativity on 16th December. Year 1 children will support by being the choir. If you would like to come and watch, please return your slip to request tickets. Due to the space available, we have to limit the people attending so can only offer 2 tickets per child and these are available on a first come, first served basis.

Diary Dates

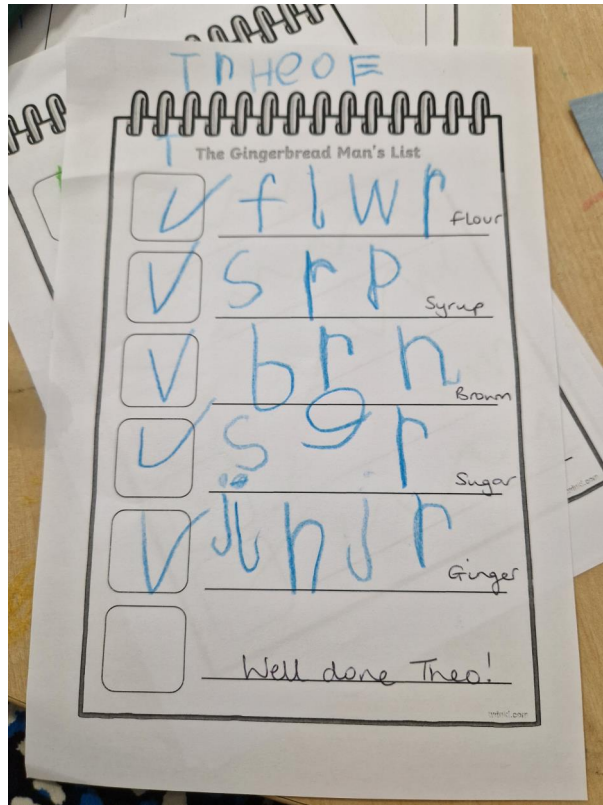
We have recently shared our Autumn 2 diary dates with you so that you can see what is coming up. Christmas Lunch was added to ParentPay this week for those children who don't normally have a school dinner. If you would like your child to have a school dinner on 17th December, please pay via ParentPay by Thursday 5th December at the very latest!
Thank you

- 5th December - Final date for paying for a school Christmas Dinner
- 6th December - SEND Drop-in. Please come along to talk to our SEND team if you have concerns about your child. Thank you
- 9th December - Y1, Y5, Y6 Christmas pantomime - Lowther Pavilion (Snow White) - Please pay via ParentPay
- 10th December - Rec, Y2, Y3, Y4 Christmas pantomime - Lowther Pavilion (Snow White) - Please pay via ParentPay
- 10th December - Choir perform at the BMS Christmas Festival at the Winter Gardens. Tickets are available from the box office now.
- 12th December - Nativity dress Rehearsal.
- 12th December - Scouts Christmas Fair - After school.
- 13th December - 9 – 9:45am - Reception Curriculum/ Reading Parent Session.
- 13th December - 2:15 – 3pm - Reception Curriculum/ Reading Parent Session - same as morning session.
- 16th December - 9 – 10am - EYFS Nativity.
- 16th December - 2:15 – 3pm - EYFS Nativity.
- 17th December - Elf Run - your child will have brought home a sponsor form.
- 17th December - Christmas Jumper Day.
- 17th December - Christmas Dinner Day.
- 18th December - Christmas Party Day - Your child is invited to wear their Christmas Jumper.
- 19th December - Individual Santa Visits (N-Y4). Classroom visit for Y5/6.
- 20th December - Staff Panto - for Year 5/6 children only.
- 21st December - School closes for the Christmas Holiday.
- 6th/ 7th January - INSET Days - School closed for children.
- 8th January - School reopens to children for Spring 1.

And finally ...

This weekend I am meeting my family in Manchester to celebrate a few birthdays and then it looks like Evie has got her way and Christmas will hit the Shaw household as we put the Christmas Tree up on Sunday. Have a great weekend everyone!





1 - Theo tried so hard with his writing this week. Look at how amazing it is! He is really trying to hear the sounds when writing!

Community Information



Does your child have ADHD?
or are they under assessment
for ADHD?

Are you a professional that knows
a family that could benefit from
our help?

What we offer

Outreach Support
Parent & family support
by our qualified family
practitioners

**Parent Empowerment &
Skills Training Programme**
Gain the knowledge, tools
and confidence on how to
parent a child with ADHD

Telephone Support

**Assist with
services/agency meetings**
We can attend TAF, Children
in Need meetings or of
anything similar



Where we are based

East Lancs

Blackburn
with Darwen

North Lancs

South Cumbria

Central Lancs

Blackpool



CIO: 1186394

ADHD North West

Supporting Families

Tel: 01254 886 886

www.adhdnorthwest.org.uk

reception@adhdnorthwest.org.uk



2 - Daniel- Junior is in this performance and he is so excited about it! Go along and see him!

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

Contact us!

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



Attendance %

Late marks

- | | | |
|--------------|--------------|----------|
| • RHH | 99.46 | 5 |
| • 1CL | 94.40 | 7 |

• 1MT	87.50	9
• 2BH	89.58	2
• 2AP	88.51	5
• 3KG	93.69	15
• 3HB	95.00	15
• 4JB	90.99	3
• 4CBL	98.73	16
• 5TT	93.64	5
• 5NO	93.10	11
• 6MB	91.67	3
• 6VA	94.83	7

Keeping children safe!



At The National College, our WakeUpWednesday 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. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

- 1 ENCOURAGE OPEN COMMUNICATION**
Regularly engaging children in open dialogue helps them to share their thoughts and feelings freely without judgement. You can teach them to ask questions and to ask you "open" questions back. "When is school going to start today?" This encourages children to express themselves openly. When is school going to start today?"
- 2 MODEL POSITIVE BEHAVIOUR**
Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them to regulate their own emotions. If you find it difficult to explain why you're angry, it's OK to say "I'm feeling angry because I'm going for a walk to clear my mind."
- 3 TEACH PROBLEM SOLVING SKILLS**
Helping children break down challenges into manageable steps encourages proactive problem-solving. When a child faces a problem, ask them to think about the problem. For example, if a child is stuck on a homework problem, say things like "Let's focus on just this one part for now."
- 4 FOSTER A GROWTH MINDSET**
Encourage young people to view mistakes as learning opportunities. A growth mindset leads to more resilience. When a child fails, say "It's not the end of the world. Let's look at what you did well on and think about what you can learn from this. Mistakes are part of learning and they lead to growth."
- 5 PROMOTE SELF-CARE PRACTICES**
Teaching children about self-care helps them understand the importance of taking care of themselves. Encourage them to engage in activities that bring them joy and relaxation, such as reading, drawing, or listening to music.
- 6 BUILD HEALTHY RELATIONSHIPS**
Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Parents or adults can help by modelling healthy relationships, such as modelling your prioritising calm communication.
- 7 SUPPORT EMOTIONAL AWARENESS**
Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child is upset, encourage them to talk to you about what they're feeling to an empathetic and supportive response. Encourage them why they might be experiencing these emotions.
- 8 ENCOURAGE INDEPENDENCE**
Providing children with opportunities to solve their own problems builds confidence and problem-solving skills. A good example of this would be letting children choose their own clothes for the day, giving them small responsibilities, and allowing them to assume responsibility for the least to help them learn.
- 9 DEVELOP COPING STRATEGIES**
Teaching children techniques like mindfulness, deep breathing, and journaling can help manage stress. Show them how to perform these techniques when they're feeling stressed, and practice this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord in stressful situations.
- 10 CELEBRATE SMALL WINS**
Recognising effort, no matter how small, helps build confidence and encourages a growth mindset. When a child completes a difficult task, make a point to praise their efforts. Emphasise the hard work they've put in and not just the result. Celebrate their progress.

Meet Our Expert
Adam Gillard is Associate Vice Principal for Personal Development of Parkside Secondary School and an expert in improving the mental health provision.

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What Parents & Educators Need to Know about FORTNITE

Fortnite was launched back in 2017, but it remains massively popular – with more than 650 million active players. That's partially due to the competitive nature of its player-vs-player combat, its pop culture crossovers and its constantly shifting map. Significant updates are rolled out with each new version of the game – known as "chapters" – and within these sit shorter "seasons".

WHAT ARE THE RISKS?

- ALWAYS ONLINE**
There's no single player mode in Fortnite. It's always online, meaning you need an internet connection to play. This means you're always connected to the internet, which can be a risk if you're using public Wi-Fi or if you're playing on a mobile device.
- IN-GAME COSTS**
Fortnite is free to download and play, but it does offer in-game purchases. These include skins, emotes, and other cosmetic items. While these are optional, they can be expensive. Parents should be aware of these costs and set up parental controls to manage spending.
- POP CULTURE REFERENCES**
Fortnite is full of references to pop culture, from movies to TV shows. While this can be fun, it can also be confusing for younger players. Parents should be aware of these references and help their children understand them.
- CROSSPLAY AND PARTY CHAT**
Fortnite is popular with many gamers of various ages. "Crossplay" allows players to play with friends on different platforms. "Party chat" allows players to talk to each other during the game. This can be fun, but it can also be a risk if you're playing with strangers.
- VIRTUAL VIOLENCE**
At its core, Fortnite is a shooting game. While it's not as violent as some other games, it does involve virtual violence. Parents should be aware of this and help their children understand the difference between virtual and real violence.
- FREQUENT UPDATES**
Fortnite is constantly updated with new content. This can be exciting, but it can also be overwhelming. Parents should be aware of these updates and help their children manage their time.

Advice for Parents & Educators

- MATCH GAMING TIMES**
Fortnite is a time-consuming game. Parents should be aware of their child's gaming habits and set limits. Encourage them to take breaks and engage in other activities.
- SET SPENDING LIMITS**
Fortnite offers in-game purchases. Parents should be aware of these costs and set up parental controls to manage spending. Encourage them to use a credit card or a prepaid card to limit their spending.
- USE UPDATES AS REWARDS**
Fortnite offers updates as rewards for good behaviour or exceptional performance. Parents should be aware of these rewards and use them as a positive reinforcement tool.
- BE WARY OF SCAMS**
Fortnite is a popular game, and it's often targeted by scammers. Parents should be aware of these risks and help their children avoid them. Encourage them to report any suspicious activity.
- ENJOY FORTNITE TOGETHER**
Fortnite offers a social gaming experience. Parents should be aware of this and help their children enjoy the game together. Encourage them to play with friends and family.

Meet Our Expert
Lloyd Coombes is Editor in Chief of gaming and esports site DotEgg and has worked in the gaming industry for over 10 years. A long-time gamer, he is a parent and has a keen interest in online safety. He has written about how to keep kids safe in the digital world and has published on related topics including life and technology.

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Celebrating Culture and Difference



On Saturday 30th November Christians celebrate St Andrews day - the patron \Saint of Scotland. [Click here to learn more](#)



On Sunday 1st of December Christians celebrate the first day of the season of Advent [Click here to learn more](#)

Nursery



This week we have been learning all about road safety. We have read the story 'Super Cats Road Safety.' We have spoken about the rules of the road and have role played how to cross the road correctly. The children have created their own traffic lights, used the tuff tray and characters to reenact crossing the road. The children have enjoyed using the plasticine to help strengthen their hand muscles and have been counting objects and saying the final number.

Reception



This week, we have made gingerbread men with the children. They have loved following a recipe and rolling out the dough ready to use a cutter on. The children have been excited to talk to any adults about what they have done and have even written their own shopping list of ingredients.

In R.E. we listened to the Nativity story from the Shepherd's point of view and learned all about a Shepherd's job. The children didn't think they would like the job because they

wouldn't have liked to sleep on a hill! It all linked in with our Nativity performance and we continue to work with the children on learning their lines and practising the songs. We are sure you will love it!

Have a great weekend everyone!

Year 1



Another fantastic week in Year 1!

This week we have been reading the book 'Hello Winter'. We have been focusing on verbs this week, identifying them in sentences, using widgets to support our sentence stems and even writing our own sentences using verbs and illustrating them! The children have done a fantastic job this week, we are very impressed.

In Maths we have moved on to geometry where we have been looking at 3D and 2D shapes. We have been identifying shapes in our environment and creating 2D robots! The children have shown excellent knowledge and applied it well to their tasks.

In Geography we have been looking at capital cities and identifying different human and physical features. Miss Tench was so impressed with the children's observational drawings!

In History we have continued to learn about the Gunpowder plot. We have done our own reenactment of how the Gunpowder plot was stopped. Miss Lee was so impressed with the children's retention of knowledge and their amazing acting skills... definitely some future actors and actresses in our classes! We are loving how engaged the children are and how much they are loving this topic!

We are looking forward to another exciting week in Year 1.

Have a lovely weekend, Miss Lee and Miss Tench :)

Year 2



What another fantastic week Year 2 have had!!

In English we have started reading a new story called 'VLAD and the great fire of London' The children have been really engaged in this book and have loved writing character descriptions all about VLAD the flea. In math the children have been working really hard and learning how to exchange when adding and subtracting. In science we have been exploring with the material metal. In Geography the children have been learning about the word 'climate' and looking at what the climate is like in Iceland. In DT the children have been practicing their sewing skills and on **Monday 2nd December we having a parental engagement session**

where we are inviting 1 adult in per child to come and take part in making Christmas decorations using sewing skills.

Year 3



What a fantastic week we have had in Year 3!

This week has been all things Stone Age; from learning about what they wore to where they slept and what they ate, we have been fully immersed! On Tuesday, we had our Stone Age day where Clud (the iron age man) came to talk to year 3. We did a quiz, took part in a foraging game and even threw 'spears' at deer and mammoth!

We have designed Stone Age clothing for the three eras of the Stone Age - please test us on these!

We have created a 3 course menu out of foods they would have eaten during the early Stone Age!

We looked at real artefacts from the museum!

Year 4



We have had a busy week in Year 4!

We have been writing short sagas in English for the Young Writers competition. The children were so imaginative and worked very hard on trying to get their stories to as close to 100 words as possible.

In History, we have looked at Roman bathhouses and even turned our classroom into one ! We were so impressed with how the children got into character. I think we have some future actors in Year 4 !

Reading Books

Please can you check if you have any of school's reading books at home and return them to your child's class teacher as we have some children who have lost books at home.

Times tables

Next week we will be focussing on the 6x tables. Please help your child to practise at home.

Have a restful weekend.

Year 5



Well, it is getting closer to Christmas and there's lots going on. Two weeks to Christmas jumper Day and two weeks until the Elf Run. Please get your children's forms signed and the sponsor forms filled in for these worthy causes.

In English last week we were continuing to read *The Demon Headmaster* and the whole of year 5 produced some excellent writing when writing a secret report on the headmaster and the strange goings on in the school.

Year 6



This week we have had a delicious DT lesson: tasting a range of cakes considering texture; appearance and even smell to help us decide on the best combination of ingredients. In science we are continuing our investigations into 'light' and have been using torches to create shadows, explore reflections and consider how periscopes work.

In maths we have completed a range of practical fractions investigations to consolidate our previous learning before going on to develop our understanding of equivalent fractions, finding the simplest form and to compare and order a range of fractions.

Please can we ask that children bring a coat to school each day now that the weather is getting colder.

Star of the Week



RHH - Ivy - For being enthusiastic and remembering all the actions to our Nativity songs

1CL - Mia - For your efforts in your learning this week- producing some fantastic work and being so helpful in the classroom.

1MT - Jay - For the positivity and smiles you bring to 1MT!

2BH - Xenia - For working extremely hard on her writing and producing some amazing independent work.

2AP - Wynter-Rose - For always having a positive attitude towards learning and being a kind friend.

3KG - Nevaeh - For her fantastic attitude towards our Stone Age week this week!

3HB - Denaë-Rose - For working extremely hard and having a very positive attitude!

4JB - Caden - For being a fantastic new member of 4JB. Welcome to Unity!

4CBL - Poppy - For being such a helpful member of the class

5TT - Sophia - In DT she was in charge of organising her group to follow her plan and she supported her team to achieve this.

5NO - Holly - For writing a fantastic report in English.

6MB - Reece - For your kindness and caring attitude to other students and staff.

6VA - Lyla - For a big jump in accelerated reading - fabulous progress, Lyla

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	

Optional Uniform	PE Uniform (No children in any year group are to come to school wearing P.E. kit)
 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



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 crocs or sandals are permitted. Trainers are permitted as long as they are fully black. Please check the guide opposite

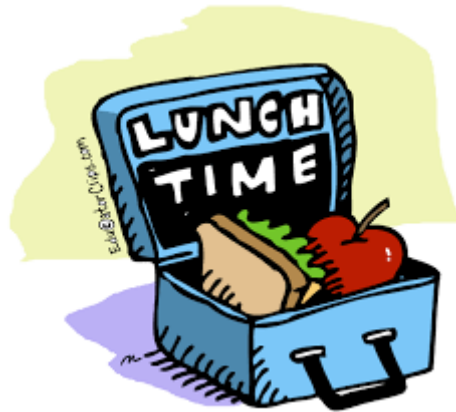



Jewellery and Hair

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
Roasted Vegetable Pasta Bake with Crusty Bread (v) or Cook's Choice Homemade Pizza & Baked Potato Wedges (v)	British Beef Casserole in a Rich Gravy or Plant Power Sausages (v) with Gravy & Yorkshire Pudding	Pork Puff Pastry Twists Mashed Potatoes & Gravy or Broccoli Macaroni Cheese & Garlic Bread (v)	Chicken, Ham & Potato Pie or Sweet Potato & Cauliflower Curry, Rice & Naan Bread (v)	Young's Fish Fingers & Chunky Chips or Meat(less)ball Panini Sub & Chunky Chips (v)