Chislehurst School for Girls

Weekly News 16th October 2026



Dear parents, carers,

A great week of celebration brings our first half term to a close. Our **Sports Awards Evening** last night was joyous and called out the many and varied accomplishments across our school in Sport. We were grateful to our guest speaker, **Kellsey King, Performance Psychologist at Charlton Athletic Women's first team**, for handing out the prizes and for her inspirational words. It was wonderful to spend time with some of our parents at our **coffee morning** on Thursday- we enjoyed an informal opportunity to chat and to show off the new mezzanine floor in the Dining Hall. **Year 7** have been up and out to **Chislehurst caves** this week and some of our **young linguists are having a fabulous time in Normandy**. Our assemblies focused on our climate and the vital role bees have to play and on **Thursday's assembly** we had a guest of honour in assembly from **The Sidcup and Kent Bee keeping association. Mr Rae** has kindly offered his advice to us in the past, due to the huge variety of bumble and honeybees that are attracted to our magnificent Weeping Lime Tree in the Quad during the warmer weather. He wrote afterwards: *"Thank you so much for inviting me to sit in for your assembly. I visit a lot of schools for a wide variety of events (sometimes I feel like an undercover Ofsted inspector) and I have never been so impressed as I was today. The organisation, the atmosphere, the pupils' behaviour and the content of the assembly were first rate."* We also received another lovely email today - we will never know who it was- but your **good manners and courtesy to the TFL drivers** does not go unchecked. *"I just wanted to email you to say a group of your students just got off the bus nearby and every single one of them said thank you to the driver with a smile and a wave. It actually made me feel a bit emotional. It is so lovely to see such wonderful energy from young people and I wanted to share that energy with you!"* **All of Year 7 are to be congratulated** for their fantastic performances at **Song Fest** this week and we congratulate the **recipients of The Jack Petchey award at the Churchill Theatre this week.**

With my very best wishes to you all,
Mrs French,
Headteacher

Sports Awards Evening 2025-26



Last night, we were delighted to celebrate the achievements, commitment and dedication of our students at the annual Sports Awards Evening.

We were privileged to welcome guest speaker Kellsey King, who shared her inspiring journey through the sporting industry. Speaking openly about overcoming a serious injury and her pathway to becoming a sport psychologist, Kellsey gave students a valuable insight into the many opportunities available within sport. Now working with Charlton Athletic Women's First Team, her message highlighted that success is not always a straight path and encouraged students to remain resilient when facing challenges and embrace every opportunity that comes their way.

The evening also provided an opportunity to recognise all students who have represented our school sports teams throughout the 2025-26 academic year. Every student received a badge and certificate in recognition of their commitment, effort and engagement in school sport.

Additional awards were presented to our Athletes of the Year in each sport:

Athletics: Amelie H
Cross Country: Ellie O
Dance: Lauren T & Valeria N
Football: Sophia F
Netball: Millie H
Rugby: Emmie-Mae W











We also celebrated our **Sports Day record holders,** with recognition given to **Issy S, Ellie O, Emily S and Megan H** for their exceptional performances.
A number of special awards were presented during the evening. Our Team of the Year award went to the **U13 ESFA National Finalists,** recognising an outstanding season for the team and a remarkable achievement on the national stage.
The prestigious Sports Person of the Year award was presented to **Allegra G** for her exceptional commitment to sport both in and out of school. Representing the school in football, rugby and athletics, Allegra has consistently demonstrated outstanding athletic ability, determination and sportsmanship. A valued and supportive teammate, she approaches every opportunity with enthusiasm and dedication, making her a thoroughly deserving winner.
Our Sports Leader of the Year award was presented to **Farah K** in recognition of her outstanding leadership and service to school sport. Farah regularly gives up her own time to support younger students, particularly through netball coaching and clubs, helping others to develop their skills and confidence. An exemplary GCSE PE student, she has also supported her peers with their learning and volunteered in PE lessons, consistently demonstrating kindness, encouragement and a genuine desire to help others succeed.
The evening was a fantastic celebration of sporting success across the school and highlighted the positive impact that sport continues to have on our students. We are incredibly proud of all those who represented the school this year and congratulate every award winner on their achievements. Thank you to everyone who attended and helped make the evening such a memorable occasion.

Miss Harper











Jack Petchey Awards Celebration



On Monday night, we headed to the Churchill Theatre to celebrate the students and staff who received Jack Petchey Outstanding Achievement and Outstanding Leader Awards during the last academic year. Student awards were given for a range of reasons, including overcoming significant personal setbacks, inspirational commitment to extra-curricular activities, dedication to supporting the life of the school, and being a fantastic role model and ambassador, whilst the Leader awards celebrated the fantastic teaching and pastoral care of three of our wonderful teaching staff.

We were treated to two professional-quality performances by **Freya** and **Lana** during the evening, which the whole theatre really enjoyed, and celebrated winners from across the borough. We may have been the last school to go, but we were proud to have more award winners than any other school, both staff and student. Congratulations once again to our well-deserved award winners: **Emily, Ianda, Daisy, Grace, Kiana, Archie, Amara, Shenuli, Aminah-Joy, Ms Roberts, Ms Frost, and Mr Brunoir.**


















Songfest 2026

On Wednesday, all of our **Year 7 students** took part in this year's **Songfest.** The theme, Inspiration, saw each teaching group perform a different song linked to this idea, showcasing their talents on stage. The audience enjoyed a wonderful variety of performances, ranging from Don't You Worry 'Bout a Thing, to Eye of the Tiger.

The Year 7 Choir also performed Big Yellow Taxi by Joni Mitchell, a piece they have been sharing in assemblies throughout the week to raise awareness of the challenges posed by climate change. The concert concluded with a rousing massed choir performance of Robbie Williams' I Love My Life.

We are incredibly proud of every Year 7 student who took part in the concert. Their performances were outstanding, and the hard work they have put into learning their songs during their first half-term at CHSFG was evident throughout. For many students, this was their first public performance, and they embraced the opportunity with confidence and enthusiasm. We hope it will be the first of many more performances to come.











Ms Lowing and Miss Mackintosh

Assembly - Climate Change



This week our assembly was about climate change, and in particular, our relationship and long history with bees, and the vital role they have on our planet. On Thursday we were lucky to have Mr Rae from the Sidcup and Kent Bee keeping association who was invited to sit in and watch our assembly.



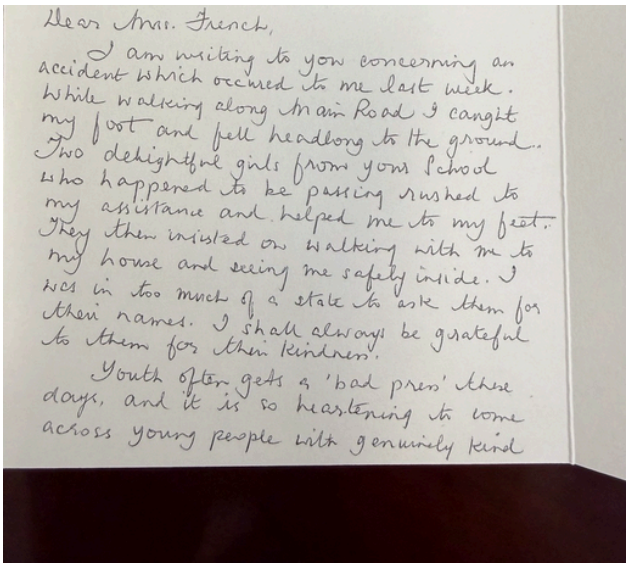
Ms Gulczynski

Headteacher's Break time reception



Mrs French welcomed **Tabitha, Eva, Freya, Sienne, Katie-Rose, Erlisa, Eve, and Madison, Year 7** to Breakfast Club this week. They shared stories of their hobbies, interests,and of course, pets which Mrs French enjoyed immensely.

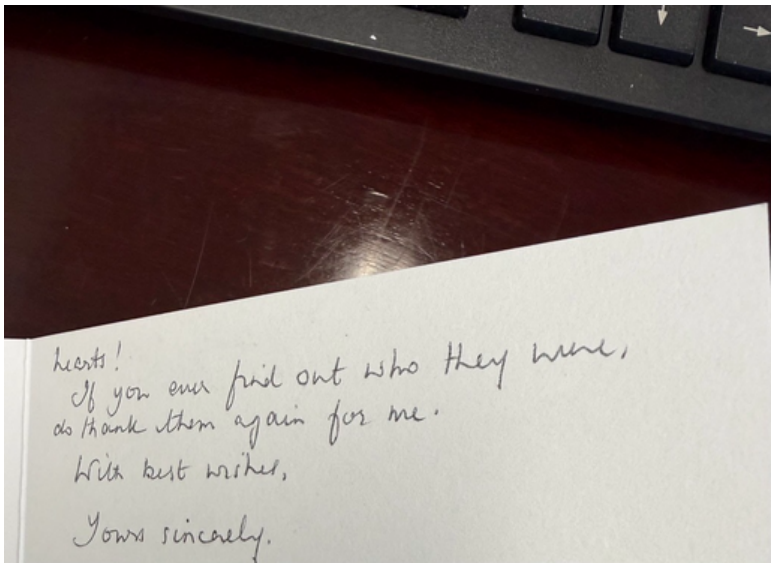
Letter of thanks



Dear Mrs. French,

I am writing to you concerning an accident which occured to me last week. While walking along Main Road I caught my foot and fell headlong to the ground. Two delightful girls from your School who happened to be passing rushed to my assistance and helped me to my feet. They then insisted on walking with me to my house and seeing me safely inside. I was in too much of a state to ask them for their names. I shall always be grateful to them for their kindness.

Youth often gets a 'bad press' these days, and it is so heartening to come across young people with genuinely kind



hearts!

If you ever find out who they were, do thank them again for me.

With best wishes,

Yours sincerely.

Mrs French would love to identify who the good Samaritans were, if anyone can assist.

GCSE Food Prep & Nutrition

'It has been a busy half term for **Year 10 GCSE Food Prep & Nutrition students,** who have completed their 'Fruit & Vegetables' projects. They have undertaken various practicals, including Seasonal Soups and Vegetable based cakes as well as completing their Basic Knife Skills assessments. Students have learnt about food waste, seasonal eating, food providence and preservation, as well as key skills in fruit and vegetable preparation and presentation. Their final lesson of half term was to design, plan and make a layered fruit salad that included a homemade sugar syrup and a variety of presentation techniques. The girls should feel very proud of their final outcomes and learning journeys this half term. Well done!'

Mrs Clay-Dove







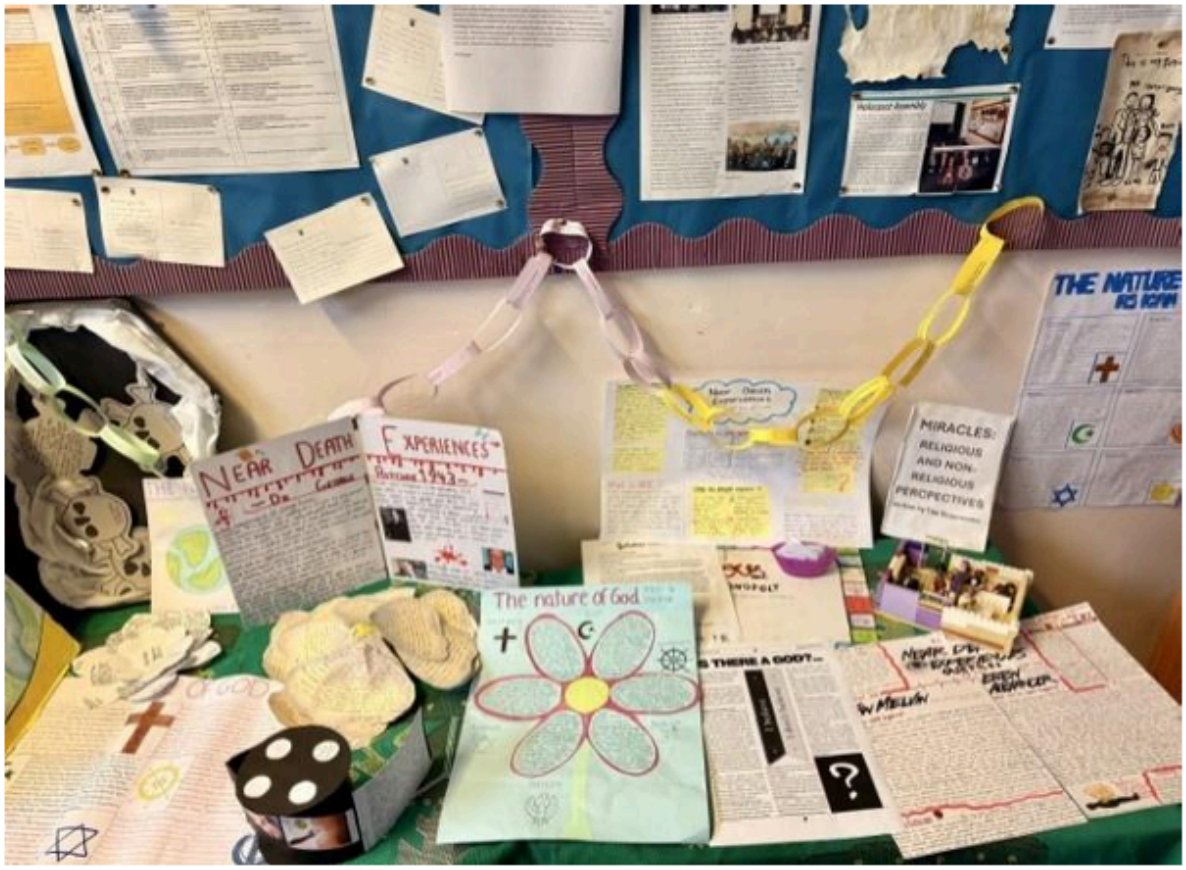


ICAN year 9 Religious Studies

Year 9s had two weeks to produce a piece of work on an area they covered for their first unit this term titled Philosophy. They produced a fantastic display of different creative ideas on the following topics:

- Philosophy- key scholars and key words
- The Nature of God for the 6 world religions including
- Arguments for and against the existence of God
- Science explanation to creation
- Religious explanation to creation
- Near Death Experiences
- Miracles

Students created vlogs, blogs, a film reel, power points, posters, booklets and even a paper chain on miracles. It is all currently on display in M18.



Ms Cohen

Bromley Brighter Beginnings Christmas Hamper Appeal



Thank you to all families within our school community who were able to donate hair conditioner this week, our allocated item for Bromley Brighter Beginnings' Christmas Hamper appeal. Bromley Brighter Beginnings is a local charity which supports local families in need, some of whom are at particularly vulnerable moments in their lives. Bromley Brighter Beginnings say: *"For families experiencing hardship, Christmas can be especially challenging – a time when the gap between what they hope to give and what they can afford feels widest.*
At Bromley Brighter Beginnings, we firmly believe that Christmas should be joyful and magical for children and their families, no matter their situation. Every year, we strive to ease the pressure by providing hampers through our Christmas for Every Child effort. Our Christmas campaign began in 2016, providing for around 50 children, and with your help Team BBB has been growing and sprinkling a little more Christmas magic with each year. In 2025 we were able to provide for more than 700 children and their families."

This year, we have supported this campaign by collecting our allocated item, hair conditioner, which will go into this year's Christmas hampers. We are delighted that we were able to donate over 65 bottles of hair conditioner, and are very grateful for the generosity of our school community, which will make a real difference to families this Christmas.

Pictured are **Year 11** prefects **Charlotte and Jayna-Emmanuelle and Year 7 students Kianna, Erin, and Hivzer.**

Miss Mackintosh

Bromley Foodbank Harvest collection

The wonderful Harvest boxes decorated by form groups and donated by our generous school community were collected by Bromley Foodbank this week. As always, our brilliant students were there with a helping hand to help load up the van so it can make its way to the people who need it most.







Year 13 Speaker Bold Voices

My thoughts on having the opportunity to attend the talk on Enhancement Day addressing misogyny and other serious issues that can become a reality at this stage of our lives was particularly beneficial, since we are approaching university. I believe it provided me and many other Sixth Formers with the confidence to become more informed about sensitive topics, and it also challenged the stigma surrounding discussing them openly. Being able to have these conversations is essential to developing a greater awareness of the experiences others go through, and in doing so we can better recognise potentially harmful behaviours to protect ourselves. As university will bring more independence and increased responsibility for us, I left reflecting on how being educated on these issues has helped to reinforce the importance of knowing how to seek support when needed.
Kiarah

This talk was incredibly beneficial; it helped me understand what can happen in my university life and how to protect myself from those things to keep myself safe. The talk was well timed, interactive and covered relevant topics. It was honest and informative.
Archie & Will

Rugby

Adesewa and Freya, Year 9, who both received awards for Rugby in last night's Sports Awards Evening, attended Twickenham a few Saturdays ago to watch the Red Roses play New Zealand.

They were able to watch a live haka from the opposition and reported that the roars of the crowd were amazing when Ellie got the ball and started her famous run to the try line.





Chocs away



10A2 have proven themselves to be generous, kind and community-spirited in contributing the greatest number of donations in Year 10. To thank them for their generosity and charitable giving, they were rewarded with a box of chocolates for the form to share. Well done, 10A2, Ms Roberts and Mrs Dunkley are immensely proud of your thoughtfulness, it reflects well on you all.

Well done to our fantastic student netball leaders!

Ms Harper was incredibly impressed by the perseverance, determination and focus shown by the **Year 10s** who lead the **Years 7, 8 and 9** netball training. They lead all three training sessions and were focused and hardworking so a huge thank you to **Magenta, Daisy, Emilie, Dua, Sedef, Josie, Siena, Noemi and Ivy.**
Even the poor weather couldn't dampen their spirits. Well done for your hard work and dedication.



Creativity and skill know no bounds in Year 10

Ms Clay-Dove would like to give a huge thank you to her **Food Technology class** for their fantastic work demonstrating how to make a fresh fruit salad.
Students were challenged to create their own fresh sugar syrup before carefully preparing and presenting a colourful fruit salad. They demonstrated excellent knife skills, showing great control and attention to safety, as well as impressive presentation techniques to make their dishes look as good as they tasted.
A special mention goes to **Jessica**, whose fruit salad display was particularly eye-catching. Her finished product showed creativity, precision and a real pride in her work.
Well done to the whole class for their enthusiasm, focus and willingness to develop new culinary skills. Keep up the great work in the Food Technology kitchen!



Mrs Dunkley

Bronze DofE Planned Training Schedule 2026-27

	Date	Timing	Content
HT1	Thursday 08/10/26	Enhancement Day	Groups, intro to DofE and eDofE, tent pitching and care, using a compass to navigate, cooking & food
HT2	Thursday 05/11/26	3:30-4:30pm	First aid (basic, expedition-based)
	Thursday 12/11/26	3:30-4:30pm	First aid (DR ABC, recovery position, resuscitation)
	Thursday 26/11/26	3:30-4:30pm	Kit care, suitable clothing and footwear, packing a rucksack
	Thursday 03/12/26	3:30-4:30pm	Countryside code, Highway code, awareness of surroundings
HT3	No after school sessions due to Guys and Dolls Jr. – please continue with your sections!		
HT4	Thursday 11/03/27	3:30-4:30pm	Compass use and skills, intro to OS maps
HT5	Thursday 15/04/27	3:30-4:30pm	Navigation skills, intro to map reading, set up route planning
	Thursday 29/04/27	3:30-4:30pm	Route plan 1 practice & qualifying expedition
	Thursday 06/05/27	3:30-4:30pm	Route plan 2 practice & qualifying expedition
	Thursday 13/05/27	3:30-4:30pm	Route plan 3 practice & qualifying expedition
HT6	Thursday 10/06/27	1:15-4:15pm	Collect expedition equipment, final briefing
	Friday-Saturday 11-12/06/27	**WEEKEND**	**PRACTICE EXPEDITION**
	Thursday 24/06/27	3:30-4:30pm	Evaluation of Practice Expedition, apply to Qualifying Expedition
	Friday-Saturday 02-03/07/27	**WEEKEND**	**QUALIFYING EXPEDITION**
	Tuesday 06/07/27	8:30-11:15am	Kit return

Please let us know if you do need to miss a session for a good reason. Your attendance is expected every week; failure to attend regularly could mean that you are not permitted to complete the expedition with your group, as DofE rules state that all participants must be appropriately trained and prepared. Any necessary changes to this schedule will be communicated in advance.

Year 11 October Half-Term Support Sessions

Monday 19th October 2026 – Mrs Tipping Deputy Headteacher (Lead)
Mrs Lang Office Manager (First Aider)

Teacher	Time	Session	Location
Miss Sturge	10:00 a.m. – 2:00 p.m.	Past paper clinic	LRC
Mrs Monks	10:00 a.m. – 2:00 p.m.	Art Coursework	N16
Miss Garcia	10:00 a.m. – 2:00 p. m.	Art GCSE Coursework	N17
Ms Robertson	10:00 a.m. – 12:30 a.m.	Science GCSE - Paper 1 – Cell Bio, Organisation, Homeostatis, Bioenergetics	N1
Miss Mackintosh	10:00 a.m. – 2:00 p.m.	Music GCSE Coursework	N10
Miss Thompson	10:00 a.m. – 12:00 p.m.	Higher & Foundation GCSE Maths (Practice paper 1)	E4

Tuesday 20th October 2026 – Ms Mensah Assistant Headteacher (Lead)
Mrs Lang Office Manager (First Aider)

Teacher	Time	Session	Location
Miss Sturge	10:00 a.m. – 2:00 p.m.	Past Paper Clinic	LRC
Mrs Monks	10:00 a.m. – 2:00 p.m.	Art Coursework	N16
Miss Harper	10:00 a.m. – 12:00 p.m.	PE GCSE Theory	M4
Miss Garcia	10:00 a.m. – 12:00 p.m.	Art GCSE Coursework	N17
Ms Robertson	10:00 p.m. – 12:30 p.m.	Science GCSE - Paper 1 Cell Bio, Organisation, Homeostatis, Bioenergetics	N1
Miss Lowing	10:00 a.m. – 2:00 p.m.	Music GCSE Coursework	N11
Miss Thompson	10:00 a.m. – 12:00 p.m.	Higher & Foundation GCSE Maths (Practice paper 2)	E4
Mrs Rahman	10:00 a.m. – 12:00 p.m. 12:00 p.m. – 2:00 p.m.	GCSE Maths Revision Grade 7-9 GCSE Maths Revision Grade 4	E3

Friday 30th October 2026 – Mr Rutter Assistant Headteacher (Lead)
Mrs Singer Senior Administrator (First Aider)

Teacher	Time	Session	Location
Mrs Hing-Bekoe	10:30 a.m. – 12:30 p.m.	Higher GCSE Maths	E3
Mrs Monks	10:00 a.m. – 2:00 p.m.	Art Coursework	N16
Mrs Tutt	10:00 a.m. – 1:00 p.m.	Higher GCSE Maths	E8
Miss Thompson	10:00 a.m. – 12:00 p.m.	Higher & Foundation GCSE Maths (Practice paper 3)	E4

Year 11 Support Programme
M4 Supervised silent study room, Ransley Suite - Quiet group study,
Conference Suite- Year 11/Year 12 Academic Tutoring

Subjects	Teacher	Time	Venue
Maths	Mrs Bankova	Wednesday lunchtime - **Week A & Week B**	E2
	Mrs Ramesh	Friday lunchtime – **Week B**	E1
	Mrs Robinson	Monday after school – **Week A** Friday lunchtime – **Week B**	E6
	Mrs Tutt	Friday lunchtime – **Week A & Week B – GCSE Higher Maths**	E8
	Mrs Hing-Bekoe	Monday after school – **Week A & Week B**	E3
	Mrs Patran	Tuesday lunchtime - **Week A & Week B - Foundation**	E7
	Mrs Counihan	Friday lunchtime – **Week A & Week B**	E4
English			**TBC**
Drama			**TBC**
Biology			**TBC**
Physics	Mr Copper	Wednesday lunchtime – **Week A & Week B**	N2
Business	Ms Pascoe	Wednesday lunchtime – **Week A & Week B**	M2
Food Technology	Mrs Murty	Wednesday after school (3:30 p.m. – 5:00 p.m.) - **Week A & Week B (Revision and Recap only)**	N23
Design Technology			**TBC**
Computer Science	Ms Robinson	Friday after school – **Week A & Week B** (3:30 p.m. – 4:30 p.m.)	SF
	Ms Robinson Mr Hu	Wednesday lunchtime – SOCS – Week A & Week B	S1
French	Miss O'Donnell	Wednesday lunchtime - **Week A & Week B**	M7

Spanish	Miss Gallego Fernandez	Wednesday lunchtime - **Week A & Week B** Thursday & Friday - **Week B only** **(08:00 a.m. – 08:30 a.m.)**	M5
Geography	Ms Hilderly	Friday lunchtime – **Week A & Week B** **Invitation only -** exam technique sessions	M22
History			**TBC**
Year 11 - Study & Revision skills session	Ms Pryce	Wednesday lunchtime- **Week A & Week B**	M20
Religious Studies	Miss Cohen	Tuesday lunchtime - **Week A** (7+ Targets)	M18
	Miss Barnett	Tuesday lunchtime – **Week B** 1-6 Targets	M15
Music	Miss Lowing & Miss Mackintosh	Friday after school (3:25 p.m. – 4:30 p.m.) **Coursework support**	N11
Art	Mrs Garland	Monday after school – **Week A & Week B**	N15
Physical Education	Mrs Walker	Wednesday lunchtime – **Week A & Week B** **(GCSE & Revision Coursework Support)**	M17
Dance	Miss McRoberts	Year 11 GCSE Wednesday lunchtime **Theory and practical**	Dance Studio
	Miss McRoberts	Year 10 & Year 11 GCSE Dance Mornings (08:00 a.m. – 08:30 a.m. or 3:25 p.m. – 4:30 p.m.) **Permission needed**	Dance Studio



THE SUPPORT SIGNPOST

A regular guide to help you find the right support, advice and resources for yourself or someone you care about.

This week the focus is on finding support for **anxiety**:

walk the talk

A group of friendly people from all walks of life looking to overcome social anxiety. Offering a weekly online drop-in session where you can meet others, get help with struggling moments, stay motivated and accountable and practice socialising in a safe space. Home - WalkTheTalk

Better Health every mind matters

Online support provided by the NHS. There are little things we can all do to lift our mood or ease our anxiety. Use the practical tips and expert advice to find the simple things that can make a difference to how you feel.

Every Mind Matters - NHS

Mentell

Mentell provides free talking groups for men aged 18+ to talk and be heard in a safe and confidential space, without advice or judgement. Mentell - Men, is it time to talk?

SAMARITANS

Talk to someone on the phone who will listen and won't judge or tell you what to do. Call FREE at any time, day or night. Whatever you're going through someone will listen to you and help you talk through your concerns, worries and troubles.

Helpline: 116 123

THE MIX
Essential support for under 25s
0808 808 4994

kooth
Kooth is an online mental wellbeing community for young people
For ages: 11-18

Bromley, Lewisham & Greenwich mind
Blgmind.org.uk 01689 811 222

Chislehurst School for Girls

Music clubs and instrumental lessons



We are still welcoming both new and old faces to our music clubs; you can sign up using SOCS or just turn up and ask in the Music Department, where there are always friendly Music Legends around to help. There's plenty of space in Year 7 Choir for our newest students, and with at least 5 performances all lined up before Christmas, we've got plenty to do!

Our instrumental teachers are busier than ever, and we're so appreciative of their excellent tuition. If you're interested in signing up for individual instrumental lessons, please go to the main school website, then click Students then Clubs to find the application form, or click on the link here: Music Clubs







The Music Department



Music Clubs 2026-27

MONDAY

Choir 12:45–1:15 N10 ALL Y8–13 WELCOME – COME AND SING!

TUESDAY

String Orchestra 12:45–1:15 N11 STRING PLAYERS WELCOME

Senior Steel Pans 12:45–1:15 N12

KS4 WITH STEEL PAN EXPERIENCE WELCOME

Practice Club 12:45–1:15 N10 ALL KS3 WELCOME TO PRACTISE

Guys & Dolls Jr. Rehearsals 3:15–4:30 MAIN HALL FULL CAST

WEDNESDAY

Wind Band 12:45–1:15 N11 WOODWIND & BRASS PLAYERS WELCOME

Junior Steel Pans 12:45–1:15 N12

ALL Y7 WELCOME, NO EXPERIENCE NECESSARY

Guys & Dolls Jr. Rehearsals 3:15–4:30 MAIN HALL FULL CAST

THURSDAY

Intermediate Steel Pans 12:45–1:15 N12

Y8–9S WITH STEEL PAN EXPERIENCE WELCOME

Practice Club 12:45–1:15 N10 ALL KS3 WELCOME TO PRACTISE

Coursework support 12:45–1:15 N11

ALL GCSE/A-LEVEL MUSIC STUDENTS WELCOME

FRIDAY

Year 7 Choir 12:45–1:15 N11 ALL Y7 WELCOME – COME AND SING!

Chamber Choir 12:45–1:15 N10 Y8–13 WELCOME BY AUDITION

Coursework support 3:30–4:30 N11

ALL GCSE/A-LEVEL MUSIC STUDENTS WELCOME

Be part of our music family

Collect achievement points

Perform in concerts, our first carol service, & the Bromley Schools Prom

Get invited on trips & tours

Make friends

Enjoy making music

JOIN IN!

Astroturf Footwear and Rules

We would like to take this opportunity to remind you of the rules and procedures that we are putting in place to ensure the safety of the students, and also the longevity and care of the astroturf itself.

Footwear

Students must have and wear correct footwear in order to be permitted to use the astroturf at any time, both in PE lessons and in extra-curricular PE activities. Please see the table below:

Students without correct footwear will need either to borrow correct footwear or will not be able to participate. Sports trainers therefore remain the most versatile footwear for all sports and activities, whether these are being taught and played on the astroturf, the field, or inside.

Footwear must also be clean in order to use the astroturf; there are boot scrapers at the entrance which must be used if trainers/boots are muddy.

Please be aware that external hirers of our astroturf are being expected to wear only football boots or moulded studs. We are permitting sports trainers in school so that the astroturf is accessible to all students, as it should be, within our lessons and extra-curricular activities.

Additional rules

Students must not leave litter in the astroturf enclosure, either on the pitch or in the spectator area.



Permitted	Not Permitted
· Sports Trainers (any colour) · Football boots (plastic studs) · Moulded boots (plastic studs)	· Flat-soled fashion trainers (e.g. Converse/Vans/basketball trainers) · Bladed boots or metal studs · School shoes

· Water bottles etc. must be cleared after lessons/extra-curricular activities.
· No chewing gum to be brought into the astroturf area, either the pitch or the spectator area.
· No food to be eaten in the astroturf area, either the pitch or the spectator area.
· No jewellery to be worn in the astroturf area, either the pitch or the spectator area.

We would appreciate it if you could discuss these rules with your child before school resumes next term. We will be reinforcing these expectations within PE lessons so that our whole school community is aware of them.

Thank you very much.

The PE Department

TARIFF SEPTEMBER 2026

Cucina IFG

BREAKFAST	PRICE
Breakfast Roll	£1.60
Mini Breakfast Baguette	£1.60
Breakfast Pot – 3 Piece	£2.30
Bagel	£2.75
Toast with Butter or Jam	£0.40
Homemade Pancakes with Fruit Toppings	£1.45
Toasted Teacake	£1.45
Cereal + Milk 8oz	£1.05
Porridge for Students	Free
Porridge for Staff	£1.05
Porridge Toppings	£0.50

COLD GRAB & GO	
Chill Deal Roll	£1.50
Deli Sub Roll	£2.40
Wrap	£2.95
Premium Salads	£3.00
Whole Sandwiches	£2.40
Half Baguette	£1.60
Cold Pasta Pot – 16oz	£2.60
Houmous & Vegetable Crudites	£1.70
Protein Pots	£1.00
Salad Pots	£2.00
Jelly/Yoghurt/Fruit Pots	£1.00
Whole Fruit	£0.55

HOMEBAKES	PRICE
Muffins	£1.45
Small Cakes/Cookies	£1.15
Cookies/Brownie	£1.45
Traybakes	£1.45

HOT GRAB & GO	
Bagel	£3.00
Panini – Half/Whole	£1.60/£2.90
Toastie – Whole	£3.20
French Toast	£1.45
Twister	£3.00
Chicken Wings	£2.45
Hot Pasta Pot – Medium/Large	£2.05/£2.60
Pizza Slice (Break Time)	£1.70
Giant Sausage Roll	£2.20
Soups & Broths	£1.90
Quesadilla	£1.45
Jacket Potato – 1 Topping	£2.25

ALL POWER BITES	
Range of Nutritious Rice & Noodle Dishes	£1.45

VAT on hot food and beverages will be charged at the current rate for all staff members

TARIFF SEPTEMBER 2026

Cucina IFG

DRINKS	PRICE
Water 500ml	£1.20
Fruit Slush	£1.50
Capri Sun	£1.35
Dalston Cans	£1.50
Radnor 200ml Carton	£1.20
Milk/Flavoured Carton	£1.20

HOMEBAKES	
Muffins	£1.45
Small Cakes/Cookies	£1.15
Cookies/Brownie	£1.45
Traybakes	£1.45

HOT GRAB & GO	
Bagel	£3.00
Panini – Half/Whole	£1.60/£2.90
Toastie – Whole	£3.20
French Toast	£1.45
Twister	£3.00
Chicken Wings	£2.45
Hot Pasta Pot – Medium/Large	£2.05/£2.60
Pizza Slice (Break Time)	£1.70
Giant Sausage Roll	£2.20
Soups & Broths	£1.90
Quesadilla	£1.45
Jacket Potato – 1 Topping	£2.25

ALL POWER BITES	
Range of Nutritious Rice & Noodle Dishes	£1.45

BREAKFAST	PRICE
Breakfast Roll	£1.60
Mini Breakfast Baguette	£1.60
Breakfast Pot – 3 Piece	£2.30
Bagel	£2.75
Toast with Butter or Jam	£0.40
Homemade Pancakes with Fruit Toppings	£1.45
Toasted Teacake	£1.45
Cereal + Milk 8oz	£1.05
Porridge for Students	Free
Porridge for Staff	£1.05
Porridge Toppings	£0.50

COLD GRAB & GO	
Chill Deal Roll	£1.50
Deli Sub Roll	£2.40
Wrap	£2.95
Premium Salads	£3.00
Whole Sandwiches	£2.40
Half Baguette	£1.60
Cold Pasta Pot – 16oz	£2.60
Houmous & Vegetable Crudites	£1.70
Protein Pots	£1.00
Salad Pots	£2.00
Jelly/Yoghurt/Fruit Pots	£1.00
Whole Fruit	£0.55

VAT on hot food and beverages will be charged at the current rate for all staff members

WEEK 1

Cucina

Week Commencing;
07/09/26 28/09/26 19/10/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Beef & Lentil Bolognaise with Pasta & House Salad	**MONDAY** Plant Based Bolognaise with Pasta & House Salad (V)
TUESDAY Bang Bang Chicken with Soy & Mixed Rice	**TUESDAY** Bang Bang Eat Curious with Soy & Mixed Rice (V)
WEDNESDAY Glazed Gammon, Crisp Roasties, Seasonal Vegetables & Roast House Gravy	**WEDNESDAY** Vegetable 'Squashage' Roll with Crispy Roasties, Seasonal Vegetables & Roast House Gravy (V)
THURSDAY Chicken Tikka & Chickpea Masala, Braised Rice & Kachumber Salad	**THURSDAY** Cauliflower, Courgette & Chickpea Rosti with Braised Rice, Kachumber Salad & Minted Yoghurt Dressing (V)
FRIDAY Chip Shop "Fryday" Fish, Salmon Fishcake or Pizza with Chips, Peas & Tartare Sauce	**FRIDAY** Vegan Chickpea & Coriander Burger with Fries (VE)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spiced Pineapple Cake	Chocolate & Banana Brownie	Sticky Ginger Cake	Oaty Apple Crumble	Hot Chocolate Rocky Road

Fruit and Jelly Pots Available Daily

JACKET POTATOES
Topped with a Choice of: Cheese, Tuna or Beans Available Daily

Street Vibes – MADE YOUR WAY!

CHOOSE IT! ADD IT! TOP IT!

Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday.**
With weekly rotating choices, there's always something tasty.

Choose a base, add protein, and top it your way!

Visit the restaurant to check out what's on offer each week

NATURally

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegan Singapore Noodles (VE)	The Big Plant Burger (VE)	Roasted Butternut, Sweetcorn & Chipotle Pasta (VE)	Maple & Chilli Cauliflower Wings with Cajun Wedges (VE)	Garlic & Chilli Noodles (VE)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta in Cheese Sauce	Tomato & Basil Pasta	Margherita or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza

WEEK 2

Cucina

Week Commencing;
24/08/26 14/09/26 05/10/26 26/10/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Pork Sausage (Beef Casing) & Mashed Potatoes with Onion Gravy	**MONDAY** Vegan BBQ Boston Bean Sausage Casserole & Mash (VE)
TUESDAY Cajun Chicken, Tomato & Sweetcorn Wholewheat Pasta Bake with House Salad	**TUESDAY** Lentil & Chickpea Dahl with Roasted Tikka Cauliflower & Steamed Rice (V)
WEDNESDAY Roast Breast of Turkey, Crisp Roasties, Seasonal Vegetables & Roast House Gravy	**WEDNESDAY** Cheese & Potato Pie with Roast Potatoes, Seasonal Vegetables & Roast House Gravy (V)
THURSDAY Sweet & Sour Chicken with Carrot Rice	**THURSDAY** Crunchy French Onion & Leek Macaroni Cheese with House Salad (V)
FRIDAY Chip Shop "Fryday" Fish, Salmon Fishcake or Pizza with Chips, Peas & Tartare Sauce	**FRIDAY** Vegan Moroccan Spiced Butternut Squash Pasty with Chips & Peas (VE)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chocolate Sponge with Chocolate Sauce	Pear & Apple Orchard Crumble	Cocoa Bread & Butter Pudding	Jam & Coconut Sponge	Apple Traybake

Fruit and Jelly Pots Available Daily

JACKET POTATOES
Topped with a Choice of: Cheese, Tuna or Beans Available Daily

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NATURally

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Garlic and Chilli Noodles (VE)	Singapore Fried Rice (VE)	Lentil & Chickpea Dahl with Crispy Bombay Potatoes (VE)	The Big Plant Burger (VE)	Vegan Singapore Noodles (VE)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta in Cheese Sauce	Tomato & Basil Pasta	Margherita or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza

WEEK 3

Cucina

Week Commencing;
31/08/26 21/09/26 12/10/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Mexican Beef Nacho Pasta Bake	**MONDAY** No Waste Cauliflower Cheese Pasta Bake (V)
TUESDAY BBQ Chicken with Salt 'n' Pepper Wedges, Asian Slaw & Garden Peas	**TUESDAY** Chipotle Quorn Dippers with Salt 'n' Pepper Wedges, Asian Slaw & Garden Peas (V)
WEDNESDAY Roast Pork, Crisp Roasties, Seasonal Vegetables & Roast House Gravy	**WEDNESDAY** Roasted Vegetable & Chickpea Pastry Roll with Crisp Roasties, Seasonal Vegetables & Roast House Gravy (V)
THURSDAY Fragrant Lemon & Herb Chicken with Spicy Rice	**THURSDAY** Hot Maple & Cajun Quorn Fillet with Spicy Rice (V)
FRIDAY Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce	**FRIDAY** Crispy Chickpea & Vegetable Pakora Burger with Mango Slaw, Chips & Peas (V)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sticky Lemon Sponge	Mixed Berry & Apple Crumble	Chocolate & Whole Banana Puff Pastry Pinwheel	Nut Free Bakewell Sponge	Hot Chocolate Rocky Road & Custard

Fruit and Jelly Pots Available Daily

JACKET POTATOES
Topped with a Choice of: Cheese, Tuna or Beans Available Daily

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NATURally

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegan Singapore Noodles (VE)	The Big Plant Burger (VE)	Pesto Pasta with Roasted Tomatoes (VE)	Onion Bhaji Skewer with Bombay Potatoes (VE)	Garlic & Chilli Noodles (VE)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta in Cheese Sauce	Tomato & Basil Pasta	Margherita or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza

HALF TERM LACROSSE CAMPS

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10:00am - 3:00pm

October 26th, 27th, 28th 29th 30th

A fun and exciting lacrosse camp for players of all abilities. Whether you are new to the sport or already play regularly, our camp is designed to help players develop skills, build confidence, make friends and enjoy the game in a positive environment.



Sessions will include:
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What to Bring:
Sports clothes | Football boots or trainers
Water bottle | Snacks | Packed lunch | Any required medication

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