

Newsletter

 @OldFordPrimary  www.olfordacademy.org

 <https://www.facebook.com/OldFordPrimaryAcademy>

PRINCIPAL'S MESSAGE

Have a great holiday
everyone!

The first day of the
summer term for pupils
is on Wednesday, 23rd
April.

See you then!



**NEW SCHOOL LUNCH MENUS
INSIDE! - SEE PAGES 43 - 44**



SUMMER TERM CALENDAR

Tuesday 22nd April	Staff inset day - school <u>closed</u> for pupils
Wednesday 23rd April	First day of summer term
Monday 5th May	School closed for Bank Holiday
Monday 12th May	Y6 SATS week
Friday 23rd May	Last day of half term
Monday 2nd June	First day of Summer 2nd half term
Thursday 24th July	LAST DAY OF SCHOOL



Full year term dates [here](#)

WRITING ASSESSMENT AND MODERATION

Dear Parents and Carers,

You may be aware that we use an online platform to assess and moderate pupils' writing across the Trust. We have used the platform successfully for 8 years. The team behind the platform has developed new AI tools which make the marking faster, and also provide better feedback for pupils and teachers. Teachers are still very much part of the assessment process, but the AI streamlines it all making it more efficient and more effective. The method requires us to share anonymised images of our pupils' writing from their national writing tasks that will be transcribed and shared with AI cloud services.

The data may be transferred to servers in the United States but we ensure it benefits from an adequate level of data protection by relying on Adequacy decisions and Standard contractual clauses. The data is deleted on the backend within 30 days of receipt or generation. The data is not used to train AI models. For further information please see the GDPR and privacy notice from No More Marking:

<https://www.anthropic.com/legal/privacy>

We are also happy to discuss this if you have questions. Please contact: dpo@paradigmtrust.org



BE WELL

HEALTH | WELLNESS | PLAY

School's out!

7-17 April • £23.30 per day

Mile End Park Leisure Centre & Stadium Easter Holiday Club

Our Easter Holiday Club has plenty of activities to help your children make the most of their free time.

5-15 years



No plans for the Easter holiday? No problem!

Our Holiday Club will run every Monday-Thursday throughout the Easter holiday, excluding bank holidays. Each day will be packed with fun activities from sports to arts and crafts; helping your child to make the most of their Easter holidays. Activities will include:

- Trampolining
- Football
- Swimming
- Tennis
- Arts & crafts
- Gymnastics
- Bouncy castle sessions
- Athletics
- Basketball

Great news! There are funded spaces for children who attend a Tower Hamlets school, are aged 5-15 years and are in receipt of benefit related free school meals. Spaces are limited and will be allocated on a first come, first served basis for applications satisfying the eligibility criteria. For more details and an application form please email: bewell-mileend@towerhamlets.gov.uk

For more information, visit be-well.org.uk
To book, scan the QR code.



Old Ford ~ Bow Festival

Free

Saturday 26 April • 1.00-5.00

Sunday 27 April • 12.00-5.00

The Ecology Pavilion, Mile End Park, Grove Rd, E3 5TW

[Between Roman Road & Haverfield Road]



Wright's Road, E3 Coronation Party, 1937. ©Ray Hiscox

- OLD FORD HISTORY EXHIBITION ■ OLD FORD MUSEUM ■ MUSIC
- THE PEARLIES ■ ART WORKSHOPS FOR ALL AGES ■ GEEZERS' PUB
- GAMES ■ CARROM ■ ART EXHIBITION ■ LOCAL STALLS ■ TOMBOLA
- EAST END WI TEA STALL ■ AND MORE



OLGA NIGHT OWLS/AFTERSCHOOL CLUB

This will not be running on the following dates. Please ensure that you have made alternative childcare arrangements.

**Monday 31st March
Friday 4th April
Friday 6th June
Monday 9th June
Friday 11th July
Thursday 24th July**



Programme Details

Location: Race Equality Foundation, Unit 17, Deane House Studios, 27 Greenwood Place, NW5 1LB

Date: Every Thursday from 24th April 2025

Time: 6.30 pm - 9.30 pm

Facilities: Light meal served at 6.00 pm

Contact: 07926 696502

"I now feel happier, more open and more confident. I have learned more skills to input into my children's relationships and I met some lovely people."



Scan here to register



strengthening families
strengthening communities



DAD'S GROUP

SFSC: Stronger Relationships

Starts 6th November 2024



"The course helped us understand our differences and to respect them."

A free inclusive course to help male parents and carers to raise healthy and happy children from birth to adulthood.

FREE



Strengthening families, strengthening communities

Stronger Relationships



About the Programme

This is a popular and supportive group-based parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like information and new skills to feel empowered in making parenting decisions.

Whether you are living with your co-parent or living apart, SFSC: Stronger Relationships equips you with the strategies and tools essential for healthy co-parenting relationship.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, understand better the dangers of the online world, avoid getting in with the 'wrong crowd', or just feel more confident and less anxious: SFSC can provide you with strategies to help you feel equipped as a parent and help you to raise happy children and keep them safe.

SFSC runs for three hours a week for 12 weeks. Some groups provide free childcare and refreshments. There is also an introductory session where you can find out more. Just come along, bring a friend or co-parent if you prefer and see if it's for you!

"The facilitators made us feel safe, encouraged us to be ourselves and stressed confidentiality. Thanks again for the place."

The course will help you to:

- Build positive family relationships
- Manage anger and stress
- Implement Effective Discipline Strategies
- Communicate clearly with your co-parent
- Understand Your Child's Development
- Co-parent your children effectively
- Connect with Others and Share Ideas

All groups end with a celebration.

You will receive a certificate and a parent manual.

"The facilitators made us feel safe, encouraged us to be ourselves and stressed confidentiality. Thanks again for the place."



BTB FUTSAL CLUB

BEYOND
THE BIAS

INDOOR
FOOTBALL

FREE FOR OUR COMMUNITY

7TH
APRIL
2025

PROGRAMME
SUPPORTED BY:



THE FIRST &
ONLY
FEMALE
FUTSAL CLUB
IN TOWER
HAMLETS



REGISTER NOW!



MOBILE PHONES AND E-SAFETY

As you know, an important part of our curriculum is teaching pupils about **esafety**.

We know that a lot of our pupils spend a lot of their time online, either through **online gaming** or on **social media apps**.

This can sometimes lead to contact with inappropriate people and/or exposure to inappropriate language.

We **strongly recommend** that you monitor your children's usage of the internet and that you are aware of what they are doing online.

Please see social media apps **age ratings** below.
More information from the National College [here](#)

3+



YouTube Kids



PopJam

13+



Twitch



YouTube



Twitter



Monkey



Pinterest



TikTok



Instagram



Kik



House Party

16+



WhatsApp



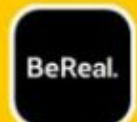
Messenger



Facebook



Snapchat



BeReal

More information on age ratings [here](#)

PARENT/CARER SCHOOL DINNERS!

There will be limited places available for parents/carers on the following dates:

Year 6 - Friday 25th April 2025

Year 5 - Friday 4th April 2025

Year 4 - Friday 28th March 2025

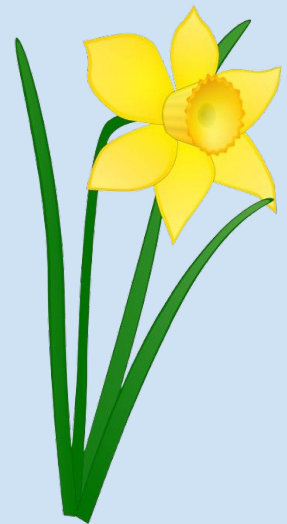
Year 3 - Friday 21st March

Year 2 - Friday 14th March 2025

Year 1 - Friday 7th March 2025

Reception - Friday 28th February 2025

Nursery (Full time pupils only) - Friday 28th February 2025



Click [here](#) to book a place.

You will receive an email/MCAS message to let you know if you have a place.



OLD FORD NEEDS YOU!

The Academy Council had a really good discussion recently about what more parents/carers could do to support the school and help out in things such as fairs and events. We are also looking at establishing a used uniform shop.

If you would like to be part of this and would like to work with others please contact the school via the usual info@oldfordacademy.org email address or leave your details at the office.



HOLIDAY CHILDCARE

The Tower Hamlets Holiday Childcare Scheme provides a good quality, safe and inclusive childcare service. They encourage children to engage and take part in play-based activities both indoor and outdoors. Highly qualified staff plan and provide a wide range of fun activities.

The scheme is [Ofsted registered](#) and provides childcare for children aged **3 to 13 years old**. See the [activity plan](#) for the full timetable of activities available.

Next scheme:

Monday 7th April to Thursday 17 April 2025.

Venue: St Mary and St Michael School, Sutton Street, E1 0BD.

Booking closes: Tuesday 1st April at 12pm or earlier once bookings are full.

Find out more [here](#)

KIDS EAT FOR FREE!

PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free



BURGER KING

From Monday 7th - Sunday 20th April 2025, Kids Eat Free with every adult meal, via the app.

BILLS

Kids eat free Mondays - Fridays, from Monday 7th - Friday 25th April 2025.

FARMHOUSE INNS

2 kids eat FREE with one paying adult, Monday 7th - Friday 25th of April. Sign Up Required

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

ZIZZI

Sunday 6th - Sunday 27th April 2025 kids eat free with every adult main. (excludes Saturdays)

CAFE EIGHTY NINE @ THE RANGE

Kids eat free Sat 5th April - Mon 21st April 2025

YO! SUSHI

Kids eat free all day (monday - friday) during all school holidays, when dining with an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids eat for £1.

ASDA

Kids eat for £1 every, with no adult spend.

TRAVELODGE & PREMIER INN

2 kids eat for FREE with 1 adult breakfast

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

BEEFEATER & BREWERS FAYRE

2 kids eat for FREE with 1 adult breakfast

IKEA

Kids get a meal from 95p daily from 11am

PREZZO

Kids receive a free, 3 course kids meal, everyday at Prezzo between 31st March - 27th April 2025

COCONUT TREE

One child (under 10) eats free every day, 12pm - 6pm from Monday 7th - Sunday 27th April 2025

PIZZA HUT

Kids eat free buffet from Monday 7th - Sunday 27th April, until 3pm daily with a £10 spend

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult!

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

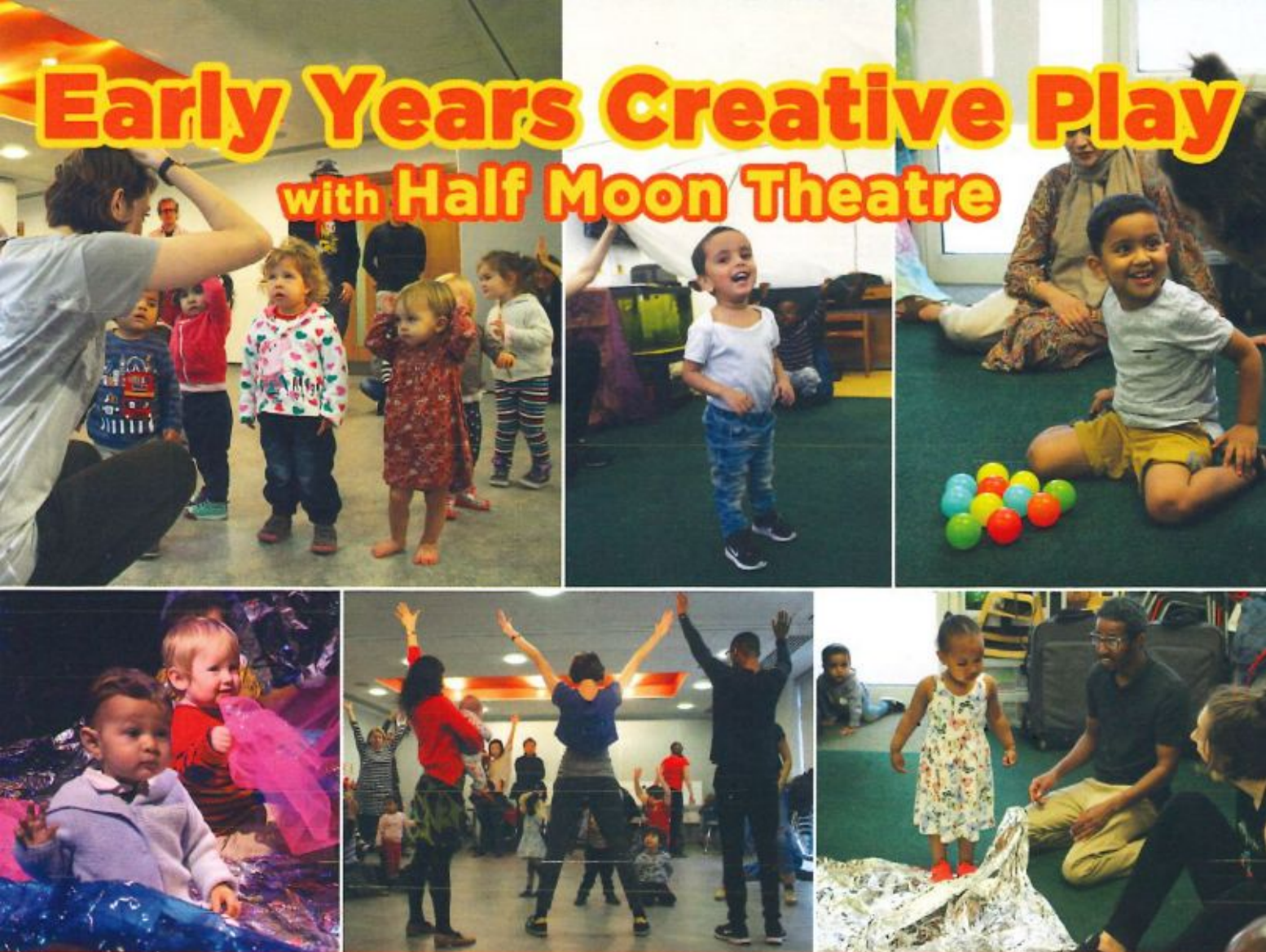
SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.

Early Years Creative Play with Half Moon Theatre



**FOR PRE-SCHOOL CHILDREN, BABIES
AND THEIR PARENTS/CARERS**



**Contact us to find out
more and sign up**

**020 7709 8900
youth@halfmoon.org.uk**

**Tuesdays 1:30-2:30pm Overland Children and Family Centre,
60 Parnell Road, E3 2RU**

To book your place please speak to a member of staff at the centre.

**Tuesday 14th January – 25th March
(no session 18th February)**

halfmoon.org.uk
f halfmoontheatre

@halfmoontheatre
halfmoon_theatre



FREE
to attend



**CLARION
FUTURES**





WE ARE PLEASED TO OFFER YOU THESE MEMBERSHIP OPTIONS:

FOB FEE :

£26.50

12 Months :

£39.95 Per Month

6 Months :

£42.95 Per Month

Offer available to all OFPA parents/carers and staff



Offer expiry date: 30/04/2025

For inquiries, please contact us at 0203 745 3211 or via email at Bow@anytimefitness.co.uk. To take advantage of this offer, all sales must be processed directly at the Bow branch, with a minimum 6- or 12-month contract. This promotion is exclusive to the Bow location and available only for Old Fold Primary School members.

AFTERSCHOOL CLUB

The afterschool care club at OFPA no longer operates. We have made an arrangement with Olga Primary School who have agreed that we can use their club. Their club runs from 3.30pm - 6.00pm daily and children are given a hot meal.

Each day, an OFPA staff member will collect the children from Old Ford and walk them over to Olga (which is about 5 minutes walk away.) Parents/carers will then collect the children from there. More information about the Olga provision can be found here:

<https://www.olga.towerhamlets.sch.uk/info/breakfast-and-after-school-clubs/>

You can enrol your child through OFPA and we will pass your information on to Olga.



ARE YOU SIGNED UP TO OUR 'MY CHILD AT SCHOOL' APP?



All our important information goes out via the app so sign up today!

To sign up, go to

<https://www.mychildatschool.com/MCAS/MCSParentLogin>

and click on the 'Sign up' link, via the App or on a desktop/laptop.

**IF YOU NEED HELP SIGNING UP,
WE WILL BE HOLDING DROP IN
SESSIONS AT SCHOOL ON
WEDNESDAY, THURSDAY AND
FRIDAY AT 9.00AM**



BE WELL

HEALTH | WELLNESS | PLAY

FAMILY SEN SWIMMING SESSIONS

Open swimming sessions for children with additional needs and their families. Wheelchair accessible centre with accessible changing and facilities available.

Tiller Leisure Centre
Saturdays and Sundays
12:00-12.45 and 13:00-13.45

All children must be accompanied by an adult with a maximum of 2 children per adult. Suitable for children up to 16 years of age. Note these sessions are not instructor lead.



**Scan
to book**

be-well.org.uk

  @BeWell_TH
 @BeWellTowerHamlets



TOWER HAMLETS

FIRST KICKS EASTER CAMP



Join us during
the Easter
holidays!

9:30 AM - 3 PM
**AGES
5-12**

WEEK 1

**Mon 14th April - Thurs 17th
April**

WEEK 2

Tues 22nd April - Fri 25th April

This camp is only for children that receive

'Benefit Related Free School Meals'

If eligible you will receive a 16 digit HAF code

To accommodate children with additional needs, we kindly request you contact us before booking

Scan QR to book!



If you would like more information contact us below:

firstkickssportscamp@hotmail.com - 07849502993

St Agnes Catholic Primary School, Rainhill Way, Bow, London E3 3ER

UNAUTHORISED ABSENCES IN TERM TIME

We follow government guidance on term time holidays (see [here](#)) and we **do not** authorise pupil holidays during term time. We encourage parents/carers to take their holidays during one of the scheduled holiday breaks.

You can be **fined** or face **legal action** for taking your child on holiday during term time.

NOTICES

CURRICULUM INFORMATION

Full information about how your child's year group is organised, staffing and what they will be learning this half term is available on our website [here](#)



COFFEE MORNING

Every Thursday, 9.00am with Shabina



PLEASE MAKE SURE YOU NAME YOUR CHILDREN'S CLOTHES

We have a very full lost property box already and nothing in there is named. Please take a couple of minutes with a pen and write your child's name on the label of their coat, school jumper and anything else that may get lost. As a parent, I know how annoying and expensive it is to have to replace lost items.



PARENTS/CARERS

Please do not use the pupil toilets before and after school!
These are for the children - not you!

PLAYGROUND BEFORE AND AFTER SCHOOL

Please remember that there are no staff on duty in the playgrounds before and after school so parents/carers should supervise their own children.

Children should not be playing with balls or on the climbing frames

PAPPA YOUNG PRESENTS

Father Figures Stay n Play Club

A Stay n Play Club for Male Carers & Father Figures to connect, bond & build relationships with their young ones from an early age. We welcome all Fathers, Uncles, Grandfathers, Older Male Siblings & Godfathers to our Community

All Sessions Free >>> **1st Session: Sat 18th Jan 2025**

When **Every Saturday | 11:30AM - 1PM**

Where **Isle of Dogs Children's Centre | Stebondale St | E14 3BX**

Who **Father Figures with New Born - 6 Years Old**

Treats **Healthy Snacks & Refreshments + Family Days Out**

Point of Contact: Ceejay - Stay n Play Club Lead

 fatherfiguresmatter@gmail.com  **+44 (0) 7940 342 219**

Scan to Register



PLEASE **DO NOT** PARK ON THE DOUBLE YELLOW OR ZIG-ZAG LINES WHEN YOU ARE COLLECTING OR DROPPING OFF YOUR CHILDREN.



TOWER
HAMLETS
PARKING
ENFORCEMENT
OFFICERS ARE
CONDUCTING
REGULAR
PATROLS IN THE
AREA

PLEASE DO
NOT PARK
NEAR OUR GATES



CHILD SAFETY COMES FIRST

ACADEMY COUNCIL

The minutes from all historic meetings are on our website [here](#)



Our next meeting is on
Tuesday 29th April at
9.15am

Come in person or join
online [here](#)

*Future meeting dates: 29th April, 10th
June*

WHO ARE OUR ACADEMY COUNCILLORS?



Jennifer:

I am a mum to two children at the school, in Year 3 and Reception. As part of the Academy Council, I attend meetings to keep myself informed with all regular updates and most importantly to put across my views or any important issues. I joined the council to make a difference, to have a voice for parents as well as students. If you have any concerns, please do feed them back to us.

Fateha:

I initially joined the Academy Council when my daughter was a student councillor at the time. We decided to try something new together! My children are currently in Year 3 and Year 5. I believe it is important for parents to be actively involved with their children's school environment. Communicating and listening to your child's needs is a great way for schools and parents to work together, and our meetings help us to be directly involved with making change. Other than being a Mother and caring for our new cat Ace. (see picture) There is nothing I enjoy doing more than relaxing (on the very rare occasion I get to do so!).



WHO ARE OUR ACADEMY COUNCILLORS?



Mashhuda:

I have a child in Year 2. I joined the Academy Council so that I could be more involved in my child's education and have an input in how the school operates. I am also a primary school teacher and hopefully can bring some ideas from my teaching experience along. I look forward to working with you all this academic year. Please do approach us with any queries you may have.

Menna:

I have a daughter in Reception and I signed up to join the Academy Council to play an active role in her experiences within school. I currently work in Education and am particularly passionate about positively impacting the lives of young people. Our meetings are open for all parents to join, so I would encourage you to come along (either in person or virtually) to take part in our discussions. I am excited to support OFPA this academic year and look forward to connecting with more of our parent community!

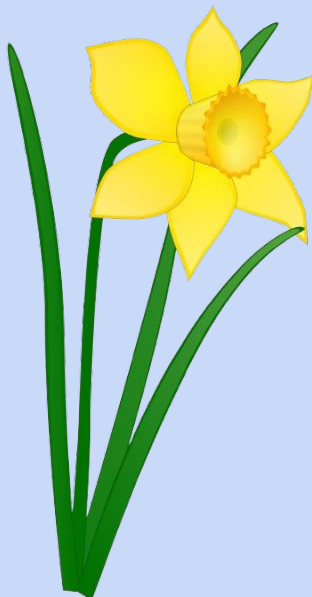


WHO ARE OUR ACADEMY COUNCILLORS?



Kazuyo:

I am a parent of one child in Year 1 and work in the public health sector. I signed up for the Academy Council as the English education system is new to me and I wanted to know how the school operates. It has been a great pleasure to be part of the Council and have made some inputs to the school so far. I am looking forward to making further contributions in the coming year and would love to get to know more parents and hear your ideas. Please feel free to approach us directly!





MAYOR OF
TOWER HAMLETS



Cost of Living Help

A guide to the help and support available for Tower Hamlets residents during the cost of living crisis.

3rd Edition – updated
for 2024/25



Click [here](#) to access the full booklet



Anxious? Stressed? Feeling Low?

Talking Therapies is a **free** NHS service that offers a range of confidential support to help improve your mental health and wellbeing.

We offer a range of psychological support through:

- Psychoeducational workshops
- Group therapy
- 1:1 individual therapy

We can offer this via phone, video call or face-to-face.



<https://www.eft.nhs.uk/tower-hamlets-talking-therapies>

Tower Hamlets Talking Therapies
71 Johnson Street, London, E1 0AQ

Take the first step
and contact us today:
0208 175 1770



We care
We respect
We are inclusive

Supporting you, for a brighter future

Every family sometimes needs support to help their babies and children thrive. Family Hubs brings together local services and advice for children, young people and their families, including Start for Life services for 0-2-year-olds.

Click [here](#) for more information



IMPORTANT!!!!

Please make sure you clearly label ALL of your children's clothes with their name and class.

We have dozens of lost jumpers and coats that get left in the playground and lost because we don't know who they belong to!



Just get a pen and write their name and class on the label inside!



FRUIT AT BREAK TIMES

If you would like to provide your child with a **piece of fruit** to eat at break/play time, please do so!

Please note: **Only fresh fruit*** is allowed.

No fruit snacks, bars or anything else!

please give these to your child **before school and do not bring into the office! Our staff are very busy in the mornings!*

CAKE WITH KEVIN VALUES WINNERS!

Over the page...



THIS WEEK'S VALUES WINNERS



2I - Aizah

Community - Aizah, you are always positive, patient, and helpful to your peers. You take the time to tidy up the playground resources and consistently give your best in class. Keep up the fabulous work!

2C - Amaya

Integrity - Amaya, you have been doing the right thing every day this week when coming into the classroom in the mornings. We have noticed you sitting so calmly on the carpet, showing STAR and being patient whilst waiting for the next instruction. Amazing work, well done!

5C - Akhyar

You are a keen mathematician and this is reflective of the progress you have made this year with your Math learning journey. I am very proud of you Akhyar. Keep it up!



THIS WEEK'S VALUES WINNERS



RI - Amelia

Amelia - Community - Amelia is always smiling and happy. She is kind and plays with all of her friends. Amelie is always trying her best. Well done Amelie, keep up the good work.



3I - Inara

Integrity - Inara has shown great resilience towards her independent learning and as a result as produced some great work - particularly in history. Well done Inara!

3C - Ishaq

You produced an amazing collage last week. You took your time and carefully mastered the different techniques taught to you throughout the week. Well done!



THIS WEEK'S VALUES WINNERS

1E - Mikael

Mikael you have been trying really hard to do the right thing in 1E. In class you've been trying really hard with your sitting and listening, and in extended writing you listened well and worked really hard with your writing. I feel very proud of you. Well done.

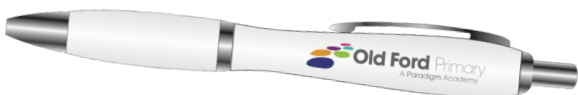


5I - Niya

Congratulations Niya on your amazing result on your maths test. Hard work and focusing during lessons have allowed you to make excellent progress in maths. We are very proud of you.

4E - Saleena

Saleena-For always trying your best in class. You work well on your own and also in a group, sharing ideas and making sure everyone participates. Well done!



Integrity

doing the right thing even when no one is watching

Community

working together; learning from, and supporting, others

Excellence

enabling everyone to achieve more through education

THIS WEEK'S VALUES WINNERS

2E - Siyaf

Siyaf, you've done fantastically in your recent tests and have been working hard in all your lessons. I also love how enthusiastic you are and the interesting questions you ask in each lesson. Well done.

11 - Soha

You have a great attitude to learning. You always try your best. Well done. Keep it up!

RE - Sumerah

Sumerah has been working really hard using her sounds in her writing. Well done and keep it up!



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Community

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Excellence

enabling everyone to achieve more through education

THIS WEEK'S VALUES WINNERS



1C - Yasar

I would like to nominate Yasar for an Excellence Value Award for his fantastic progress in phonics. He is showing great excitement in his learning and was so proud to come back from his lesson saying, "I know my sounds!" Keep it up, Yasar!

RC- Zayan A

Zayan A is receiving an excellence award for amazing speaking, reading and writing. Well done we are so proud of you.



6I - Yusuf

You have been working much harder in Literacy and Language and trying your best to contribute during lessons. Well done, keep it up.



Integrity

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Community

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Excellence

enabling everyone to achieve more through education

P.E. UNIFORM

Please make sure your child has black jogging bottoms or shorts and a black T-shirt.

Black T-shirts are available from the school office for £2.00



Scarves should be dark blue or black



PLEASE MAKE SURE YOU NAME YOUR CHILDREN'S CLOTHES

We have a very full lost property box already and nothing in there is named. Please take a couple of minutes with a pen and write your child's name on the label of their coat, school jumper and anything else that may get lost. As a parent, I know how annoying and expensive it is to have to replace lost items.



COLLECTING PUPILS AT THE END OF THE DAY

Please could you wait until all pupils are in their lines before speaking to the teacher and collecting your child.

We need to make sure that all of our pupils go home with the right adult!

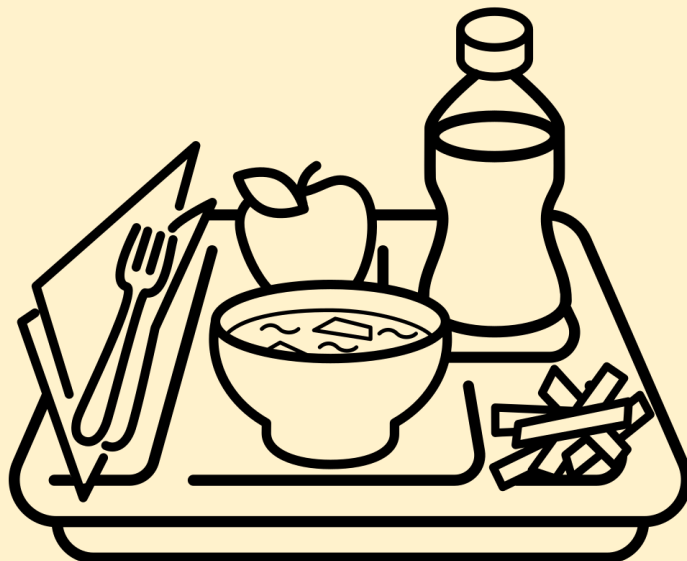
REMEMBER - SCHOOL STARTS AT...



DON'T BE LATE!

How are lunches organised at OFPA?

- All pupils play in their playground.
- A midday meals supervisor will come out to the playground and ring a bell. All the children stop and look.
- The midday meals supervisor will hold up a sign with the name of a class on it (e.g. 3E) and all the children line up and are walked in to the dinner hall.
- This is repeated for all classes.
- At the end, a sign is held up saying 'Last Call' This is an opportunity for any children who have missed their lunch to go in.



MENU FOR SPRING 2025

(From April 2025)



LUNCHTIME CO[®]

WEEK 1 MENU

WEEKS: 21/04, 12/05, 09/06, 30/06, 21/07, 01/09, 22/09, 13/10

Old Ford Primary
A Parodiann Academy



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Margaritta Whole meal Pizza Served with Baked Potato Wedges, Peas & Sweetcorn

Chicken Curry Served with Turmeric Rice, Naan Bread Finger & Mixed Vegetables

Roast Chicken served with Roast Potatoes, Carrots, Cabbage and Gravy

Homemade Beef Lasagna Served with Whole Meal Garlic & Herb Bread, Mixed Vegetables or Salad

Fish Fingers or Salmon Fish Fingers served with Chips, Garden Peas or Baked Beans & Ketchup

MEAT FREE

Quorn Sausage in a Crispy Baguette Served With Crispy Potatoes & Vegetables

Lentil Dahl Served with Turmeric Rice, Naan Bread Finger & Mixed Vegetables

Creamy Leek Wellington served with Roast Potatoes, Carrots, Cabbage and Gravy

Roasted Vegetable Lasagna Served with Whole Meal Garlic & Herb Bread, Mixed Vegetables or Salad

Vegan Quorn Sausage served with Chips, Garden Peas or Baked Beans & Ketchup

PASTA & JACKETS

Jacket Potato with Choice of Toppings served with Fresh Salad

Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Pasta Twists with Cheddar Cheese Sauce with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

DESSERTS

Fresh fruit pot

Natural yogurt with healthy toppings
Or
Fresh fruit pot

Natural yogurt with healthy toppings
Or
Fresh fruit pot

Natural yogurt with healthy toppings
Or
Fresh fruit pot

Chocolate brownie
Or
Fresh fruit pot

Making lunchtime the highlight of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Traditional Macaroni Cheese Served with Whole meal Garlic & Herb Bread, Seasonal Vegetables

Pad Thai Style Chicken served with Noodles and stir Fried seasonal Vegetables

Chicken Sausages served with Roast Potatoes, Carrots, Broccoli and Gravy

Beef Mince Chili Wrap Served With Savory Vegetable Rice & Salad

Breaded Fish Fillet served with Chips, Garden Peas or Baked Beans & Ketchup

MEAT FREE

Spanish Style Vegetable Pasta Bake Served with Whole meal Garlic & Herb Bread, Salad

Green Thai Vegetable Curry served with Noodles and Stir Fried Greens

Quorn Sausage served with Roast Potatoes, Carrots, Broccoli and Gravy

Veggie Mince Chili Wrap Served With Savory Vegetable Rice & Salad

Vegetable Nuggets served with Chips, Garden Peas or Baked Beans & Ketchup

PASTA & JACKETS

Jacket Potato with Choice of Toppings served with Fresh Salad

Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Pasta Twists with Cheddar Cheese Sauce with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

DESSERTS

fresh fruit pot

Natural yogurt with healthy toppings
Or
Fresh fruit pot

Natural yogurt with healthy toppings
Or
Fresh fruit pot

Natural yogurt with healthy toppings
Or
Fresh fruit pot

Fruit crumble with custard
Or
Fresh fruit pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Vegan Sausage Roll Served With Crispy Potatoes & Vegetables

Jerk Chicken Thigh Served with Rice & Beans, Seasonal Vegetable

Roast Turkey served with Potatoes, Yorkshire Pudding, Carrots, Broccoli & Gravy

Beef Bolognese Pasta Served with Garlic & Herb Bread, Mixed Vegetables

Breaded Fish Fingers Served with Chips, Garden Peas or Baked Beans & Ketchup

MEAT FREE

Rainbow Whole meal Pizza Served with Baked Potato Wedges, Peas & Sweetcorn

BBQ Lentil, Chickpea & Vegetable Stew Served with Rice & Beans, Seasonal Vegetable

Roast Vegetable & Beans Pie served with Potatoes Carrots and Broccoli

Vegetable Bolognese served with Spaghetti, Garlic & Herb Bread, Seasonal Vegetables

Cheese, Onion & Mixed Pepper Roll served with Chips, Garden Peas or Baked Beans & Ketchup

PASTA & JACKETS

Jacket Potato with Choice of Toppings served with Fresh Salad

Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Pasta Twists with Cheddar Cheese Sauce with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

DESSERTS

fresh fruit pot

Natural yogurt with healthy toppings
Or
Fresh fruit pot

Natural yogurt with healthy toppings
Or
Fresh fruit pot

Natural yogurt with healthy toppings
Or
Fresh fruit pot

Victoria sponge
Or
Fresh fruit pot

Making lunchtime the **highlight** of your day

REPORTING ABSENCES

If your child is absent it is your responsibility to notify the school **ADMINISTRATION OFFICE** on the **MORNING** of the day of absence.

There are a couple of ways in which you can notify the administration team of your child's absence.

Please note: you do not need to speak to a member of the administration team to report your child's absence.

1) **Leave a voicemail** by calling the school on **020 8980 1503** and select **option 1 and wait for the beep after the message**. You will then be asked to leave a voicemail.

Please **clearly** state:

- Child's full name
- Child's class
- Reason for absence

OR

2) **Email** the school on **Info@oldfordacademy.org** and please put **ABSENCE REPORT in the subject line** and then state:

- Child's full name
- Child's class
- Reason for absence

If you do not report your child's absence they will have an **unauthorised absence** mark.

Please be reminded that three days of unauthorised absences will result in a penalty notice referral to the local authority and may lead to a £60 fine per child, per parent.

TALK

P

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N

T

S

AND STAY SAFE,
LIKE PANTOSAURUS



P RIVATES
ARE PRIVATE

A LWAYS REMEMBER YOUR
BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS
THAT UPSET YOU

S PEAK UP, SOMEONE
CAN HELP



NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE



P RIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.



A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'NO' – and tell someone you trust and like to speak to.



N O MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.



T ALK ABOUT SECRETS THAT UPSET YOU

There are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad – and you should tell an adult you trust about it straight away.



S PEAK UP, SOMEONE CAN HELP

It's always good to talk about stuff that makes you upset. If you're worried, go and tell a grown up you trust – like a family member, teacher or one of your friend's parents. They'll say well done for speaking out and help make everything OK. You can also call Childline on 0800 1111 and someone will always be there to listen.



Remember all of these rules and they'll help you stay safe, just like Pantosaurus

