Chislehurst School for Girls

Weekly News 6th November 2026



Dear parents, carers,

The new half term is off to strong start with our **uplifting Diwali Assemblies**. We were treated to a classical Indian recital on the Sitar, which was very special and reflections on all of the many celebrations at this time of year where light and kindness are central themes. We are delighted to see the photos from our recent **Normandy trip during half term**- it looks like the girls have had a wonderful time. Thank you, **Ms O'Donnell** for your leadership on this special trip.

Year 7 have also been to the **Chislehurst Caves** this week and again **my thanks to Ms Burbeck and the Humanities staff for making this happen** -a lovely chance to get up and out and spend time with friends away from the classroom.

Our **130th Birthday panoramic photograph,** that was taken just before half term, will be available soon for any families who would like to purchase a copy- it will be unveiled in the special **School Birthday assemblies** and proudly attached to the wall in Lower Main for future generations to see.

Two uplifting Christmas events are under the spotlight in this week's newsletter: our annual Music Concert and the inaugural Nine Lessons and Carols at St John's Church, Sidcup on 17 December at 6pm. We hope that you have space in your diary to come and join us as we celebrate together as a school community. As ever, all are welcome.

Finally, we send our **best wishes to our budding lawyers in the Bar Mock Trial Team** who are competing this weekend. We also acknowledge the tremendous hard work and dedication which has been so evident with our **Year 11 and Year 13** students undertaking their **mock examinations** this week and part of next. We are so very proud of you and are here for extra support for anyone who needs it.

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

Assembly - Celebrating Diwali: A Festival of Light, Reflection and Positive Vibrations



Our Diwali assembly was a truly special occasion, bringing our school community together to celebrate the Festival of Light through music, reflection and shared experiences.

We were delighted to welcome professional sitar player Vijay, who introduced us to the beautiful and distinctive sounds of the traditional sitar. Through his wonderful playing, Vijay shared the positive vibrations of this special instrument, inviting us to pause, relax and feel a deeper sense of calm and spiritual connection. The gentle, resonant melodies created a peaceful atmosphere, giving everyone an opportunity to slow down, be present and enjoy a moment of tranquillity.



A heartfelt thank you also goes to our Hindu and Sikh students who generously shared their personal experiences of celebrating Diwali. Their reflections helped us understand the significance of the festival, the traditions that bring families and communities together, and the importance of light, hope and new beginnings, particularly during these darker autumn evenings.

As we listened to the traditional sitar music, students and staff of all beliefs and none, were encouraged to reflect on their own personal works of light – the kindness, compassion, generosity and positivity that they bring to the world around them. We considered how, even in challenging or darker times, each of us has the ability to make a difference and shine a little light for others.

The assembly was a beautiful reminder that light is not simply something we celebrate, but something we can all create through our actions, our relationships and the way we care for one another.

A huge thank you to Vijay for sharing his musical talent with us, and to our students for their thoughtful contributions and willingness to share their traditions. It was a wonderful celebration of diversity, community and the power of light to bring us together as a school.





Ms Singer

Sitar Workshop





Our **Year 10 GCSE** and **Year 12 A-Level Music** classes were lucky enough to get to spend time with the fantastic sitar player who came in to play for our assemblies this week, and had a short session with him learning about how the sitar works and how it's played. What a fantastic opportunity!

Miss Mackintosh

Music Department Concerts and Carol Service

Students across all of our **Music Department ensembles** have been working exceptionally hard since September, preparing an exciting and varied programme of music for our forthcoming performances.

We are delighted to invite you to our annual **Christmas Concert on Tuesday 15 December** in the Main School Hall. The evening will showcase performances from our choirs, steel pan bands, orchestral ensembles and a number of talented soloists. **Guests are welcome from 6.30pm for refreshments, with the concert beginning at 7.00pm. Tickets will be available via Eventbrite from 6.00 pm on Friday 20 November**.



As part of our celebrations marking the **school's 130th anniversary,** we are also looking forward to presenting a **special Carol Service at St John's Church, Sidcup on Thursday 17th December at 6.00 pm**. This free community event will feature festive readings alongside performances from all of our choirs and the Congregation Choir, making it a wonderful opportunity to celebrate the season together.



Further information about both events will be shared with families shortly.

We look forward to welcoming many of you to these special occasions and celebrating the festive season together through music.

The Music Department



En route en Normandie !

51 Year 8 students went to explore Normandy just before the October half term.
We stayed in the beautiful Château de Chantereine in Criel-sur-Mer and the students enjoyed an action-packed itinerary for our stay.
Well done and thank you to all the students who came, and a special thank you to the fabulous members of staff who made this trip possible – **Mrs Singer, Mrs Robertson, Mrs Axford and Mrs Burke**
Also, a super well done to our competition winners:

Best French speaker – Izzy H Tidiest Rooms – Room 26 and Room 4 Best Sandwich – Fatima Best Bread Design – Millie and Maya Best Dancer – Olivia Best cow milker – Peamjan	Best Disco outfit – Shaawa and Ellie Best Viking – Darcy Best souvenir buying – Isabelle C Les Escargots - Ella, Shristi, Issy B, Lilian, Jessica, Lilien, Melina, Ela

Mais qu'est-ce qu'on a fait ?

Viking team building and bread-making







Les gagnantes!



Who can roll the dough the longest?





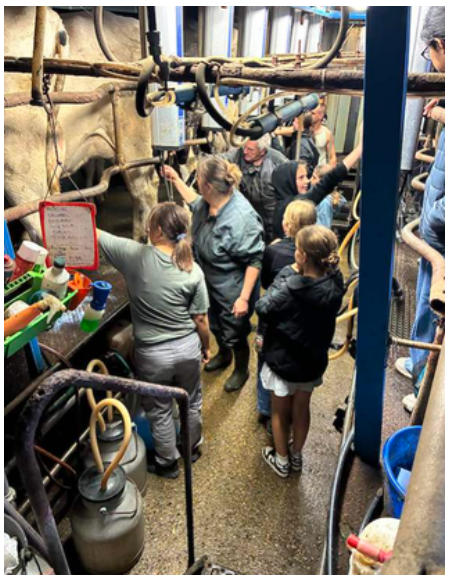
We went to the beach at Le Tréport



For a picnic in the wind but thankfully no rain!



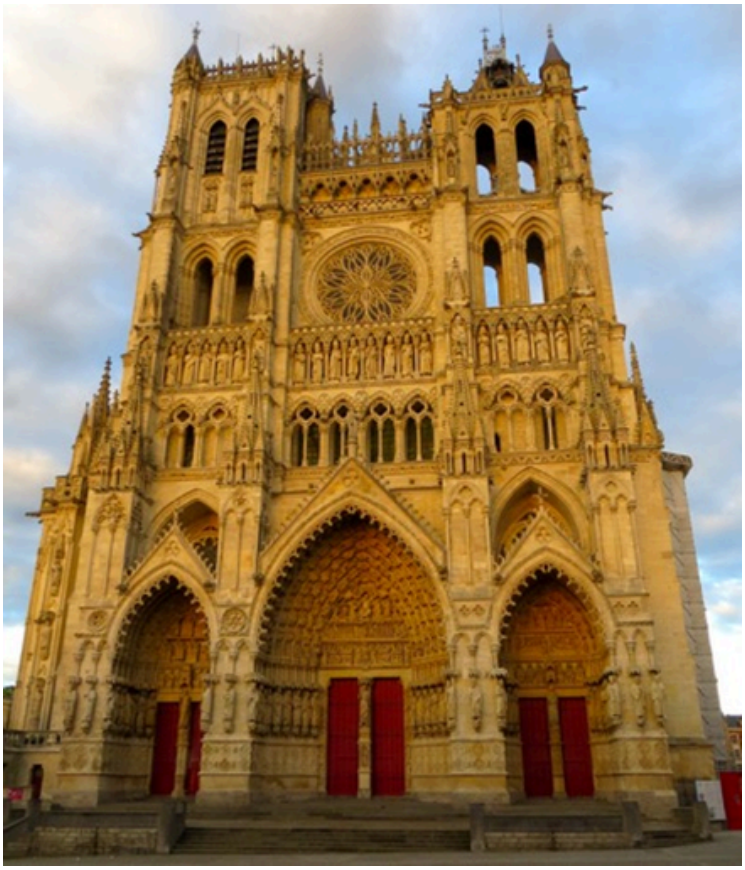
Not too cold for a group photo!





The highlight of the trip was visiting Louvicamp Dairy Farm and having a go at milking cows!

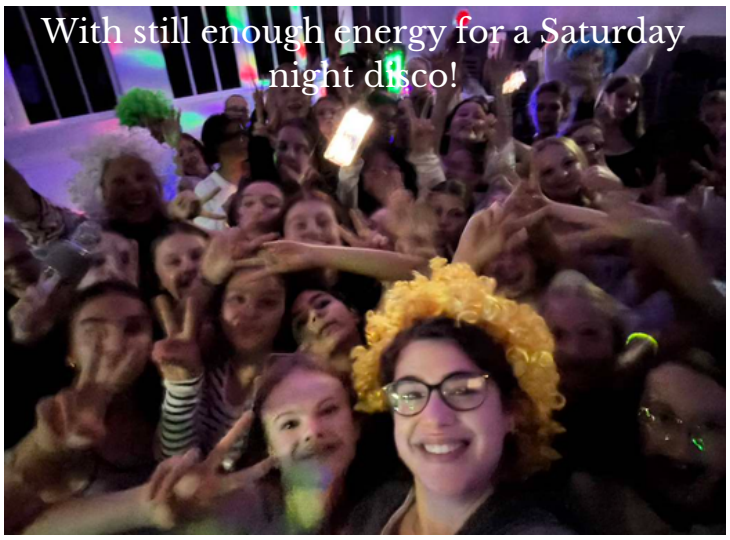
We explored Amiens and saw the beautiful gothic cathedral







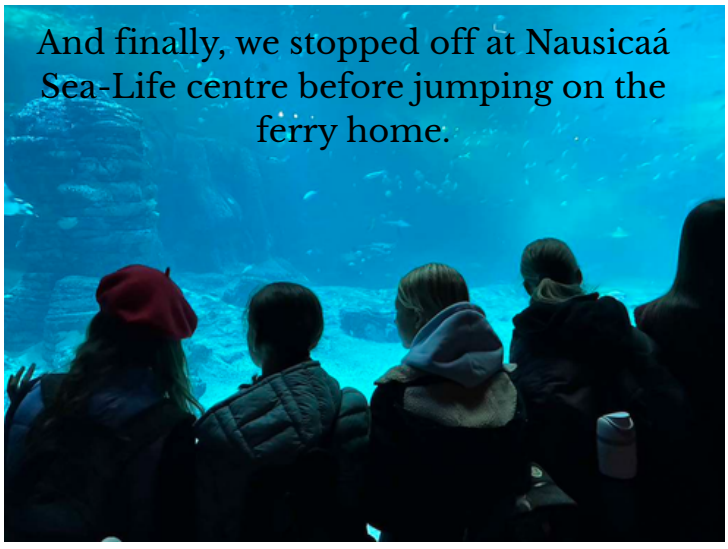
And the brave few tried les escargots, miam-maim!



With still enough energy for a Saturday night disco!



Well, almost enough..!



And finally, we stopped off at Nausicaá Sea-Life centre before jumping on the ferry home.

Chislehurst Caves: Year 7 History trips



All of Year 7 have had the opportunity to visit Chislehurst Caves, with trips taking place during the week before half term and continuing into this week.

As part of their History studies, students have been exploring how the significance of Chislehurst Caves has changed over time. They were also challenged to consider whether they agreed with the interpretation presented on the plaque at the cave entrance, which suggests that the caves are primarily significant because of their use as an air-raid shelter during the Blitz.

Students thoroughly enjoyed exploring the atmospheric, oil-lamp-lit chalk tunnels, watching demonstrations of how flint found in the caves could be used with steel to create sparks for weapons, and discovering the many different purposes the caves have served over the centuries. These have included Roman mining, weapons storage, mushroom farming, Victorian tourism, wartime shelter and even use as a concert venue!

The visits brought their classroom learning to life and gave students plenty to think about when considering how and why historical places change in significance over time.

Here are just a few reflections from the students who took part:

"I enjoyed Chislehurst Caves! My favourite part was when they took away the lights and it was pitch black. I also liked how they showed us how the mined flint could make sparks with steel."

Lucy

"It was fascinating... During World War Two, they had three stages, a church and multiple games rooms. My favourite fact was that a baby was born there and named Cavina Rose, and she is still alive today! Another interesting fact was that the walls were curved to prevent bombs from harming the building, even when a bomb was dropped outside."

Evelina



"I thought the fossil [1 meter diameter negative of an ammonite] was amazing, and I enjoyed getting to do history outside the classroom"
Katie

A fascinating visit that has helped Year 7 discover that Chislehurst Caves have a much richer and more varied history than they might initially have imagined!





Mrs Burbeck

Charity Hamper Collection







Students in **7A1** very generously donated boxes of new items to **Bromley Brighter Beginnings**. Well done 7A1, **Mrs Ramesh** is so proud of you.

Year 8 & 9 Cross Country



Well done to our **Year 8 and 9 cross-country runners**, **Amelie H, Emily S, Sarah H, Meadow D**, **Eloise H and Kim N**, who represented the school at the recent Bromley Schools' Cross-Country event hosted at Darrick Wood.
Competing against some exceptionally strong and experienced runners from across the area, the girls tackled a challenging 3km course with determination, resilience and great team spirit. Despite the high standard of competition, they all gave an outstanding effort, pushing themselves throughout the race and demonstrating excellent sportsmanship.
We are incredibly proud of their commitment and positive attitude. Taking on a demanding course against such fast opposition was a fantastic achievement in itself, and the girls represented the school brilliantly.
Congratulations to all six runners for their hard work and dedication.

Miss Harper



Artist of the Week



This week, our talented **Year 13** Art and Photography students completed their mock examination, an important milestone as they work towards their final A Level coursework projects.

During the examination, students focused on developing and refining ideas for their final outcomes, drawing upon months of research, experimentation and creative exploration. The quality of work produced was outstanding, demonstrating not only technical skill but also thoughtful personal responses to their chosen themes.

The work pictured showcases the breadth of creativity within the department. **Poppy** has explored the theme of film through a striking cinematic still, carefully considering composition, atmosphere and visual storytelling. **Zahra** has produced a beautifully observed portrait painting on a collection of luggage tags, transforming everyday objects into a unique and meaningful artistic surface.

We are incredibly proud of the dedication, resilience and ambition shown by all of our Year 13 students throughout this demanding process and look forward to seeing their projects continue to develop in the months ahead.

Well done, Year 13! We cannot wait to celebrate your final outcomes at the summer exhibition.

Mrs Garland

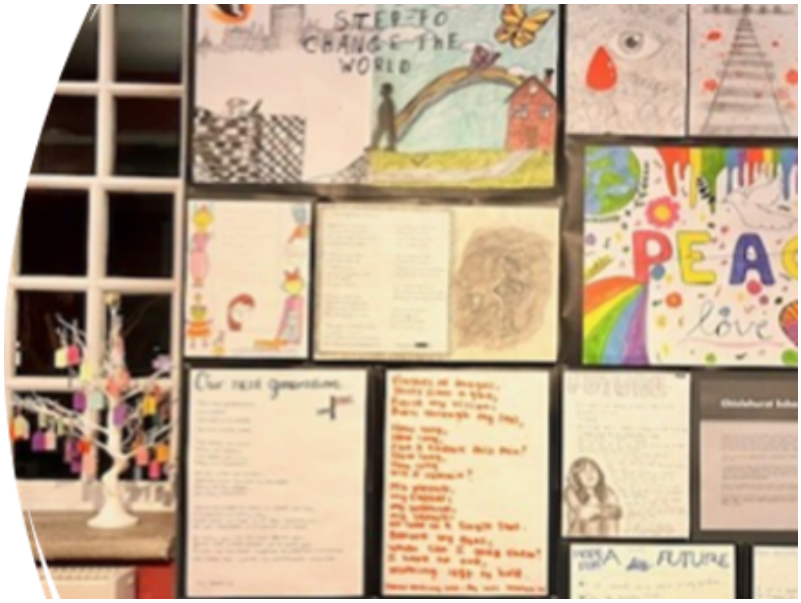
Poetry and Art Competition 'Bridging the Gap'

As part of our yearly involvement as a school in teaching about the Holocaust and in preparation for HMD there will be a poetry and art competition linked to themes of the Holocaust. If you love to be creative- draw, write, use 2D or 3D, we encourage you to enter. The theme this year is 'Bridging the Gap'and all entries must be linked to this theme. How do we teach a new generation to never forget and make learning about the Holocaust still relevant today. Previous winners included an animation and a published poem.
There will be a panel of students and myself who will decide the winner and there will be a prize. Your work could be chosen to be displayed as part of a public exhibition at Greenwich University campus who work directly with **The Holocaust Trust.**
All entries must be submitted to **Ms Cohen in M18 by the 25th of November.** You can also send me your work via email at lcohen@chsfg.lumero.org
Any questions about the work please come and see Ms Cohen in M18 during lunch.

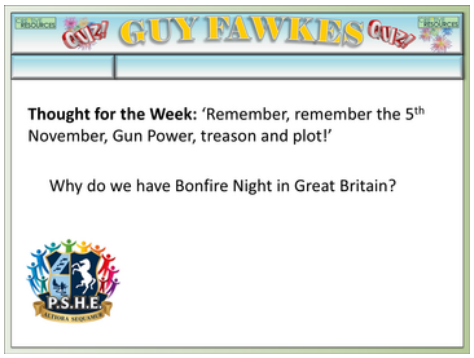
Ms Cohen

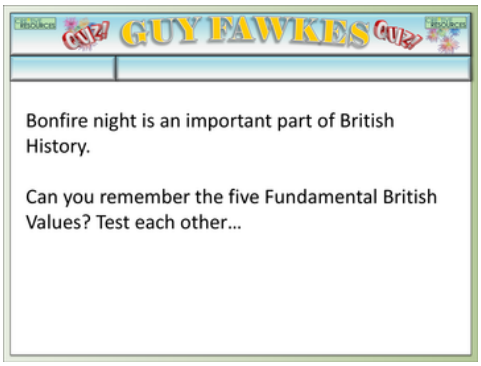
HOLOCAUST EDUCATIONAL TRUST



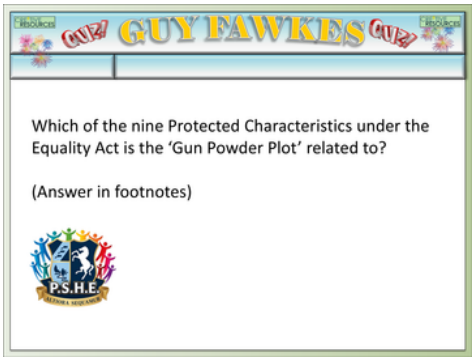


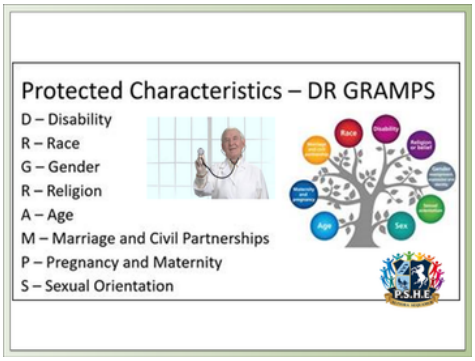
PSHE - Guy Fawkes FBV Thought for the Week

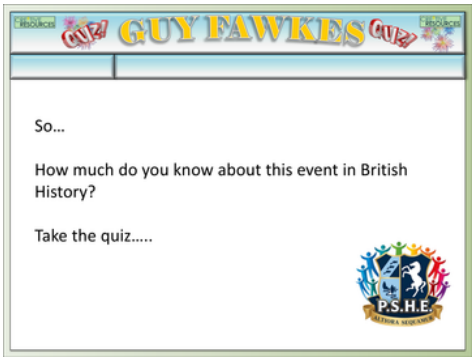


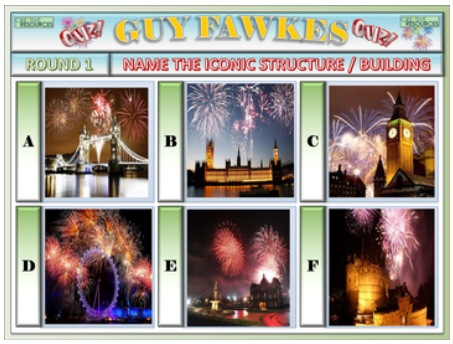


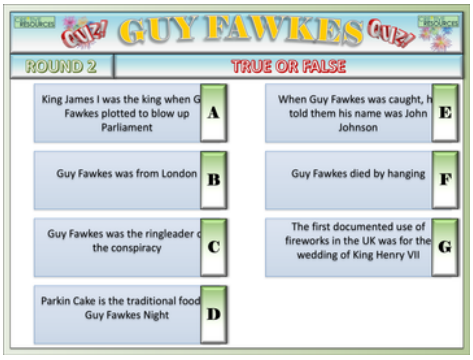


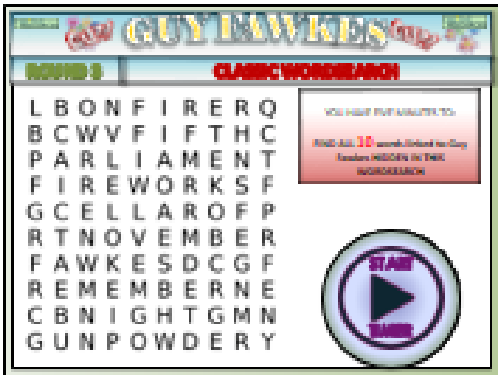












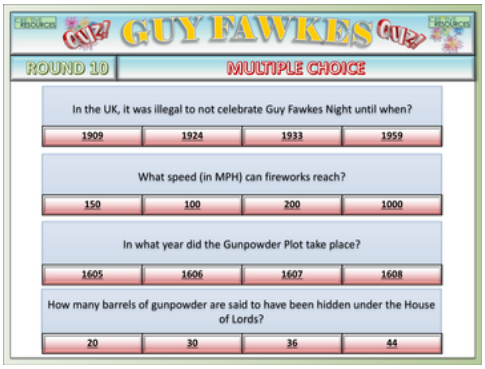






















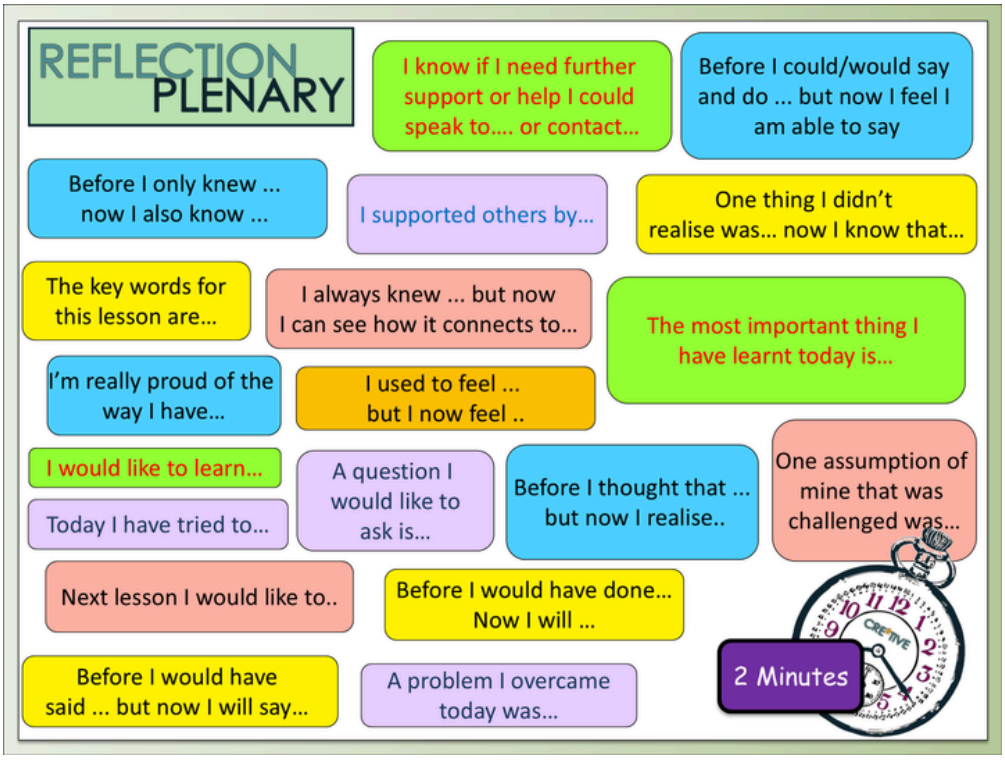












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PSHE

We are please to inform you that students will be studying the following lessons in **PSHE** this half-term and will be listening to speakers from the **Bromley Nursing Team, MP Louie French and Bromley Wellbeing.** Please feel free to read exemplar PSHE materials on our website and the Curriculum Map for the year. Please also be informed of your parental right of withdrawal from the Relationships aspect of Relationships and Sexual Health curriculum. This must be received by me in writing. Please do not hesitate to speak to me if you have an questions (asinger@chsfg.lumero.org).

	Half- Term 2		
Year 7	**Health and Wellbeing** 1/ Introduction to Puberty 2/ Girl's Puberty – periods 3/ Boy's Puberty 4/ Personal Hygiene 5/ Growing up 6/ Self-esteem 7/ Tooth decay and dental health	**Year 8**	**Health and Wellbeing** 1/Health and Wellbeing 2/ What is Mental Health? 3/ Positive Body Image 4/ Child Abuse 5/ Types of Bullying 6/ Healthy Eating and Cholesterol 7/ Stress Management
Year 9	**Health and Wellbeing** 1/ How self-esteem changes 2/ Personal Safety in unfamiliar personal or work settings 3/ What is a vulva? 4/ Bullying in all its forms 5/ Dealing with Grief and Loss 6/ Media and Airbrushing 7/ Cancer prevention and Healthy Lifestyles	**Year 10**	**Health and Wellbeing** 1/Child Sexual Abuse 2/ Screen Time 3/ Mental Health Illnesses 4/ Self-harm 5/Suicide (thoughts and feelings) 6/ Promoting Emotional Wellbeing
Year 11	**Health and Wellbeing** 1/ Organ and Blood Donation 2/ Teenage Pregnancy Choices 3/ Abortion Laws, Morals and Ethics 4/ Parenthood for Teenagers 5/ Testicular and Prostate Cancer 6/ Breast Cancer, Cervical Cancer and Screening 7/ Ai generated Sexual Activity and the Dangers	**Year 12**	**Exploring Personal Finance** 1/ Financial Resilience 2/ How to pick a Bank 3/ Saving Options 4/ How to use credit cards 5/Mortgage Deals 6/ How debt spirals 7/Planning for Retirement
Year 13	**Sexual Health and Self-Concept** 1/ Managing Life's Phases 2/ Body Image and Pressure to Conform 3/ Appearance Versus Reality 4/ Body Modifications 5/ Importance of Sexual Health 6/ Sexual Health Misconceptions		


CHSFG presents...
THE
CHRISTMAS
CONCERT
Tuesday 15th December 2026
£ 5 adults and £4 concessions
Tickets available from Eventbrite only

CHISLEHURSTSCHOOL FOR GIRLS

DISCOVER YOUR FUTURE

AT OUR CAREERS FAIR!

Meet employers, colleges and universities

Explore exciting pathways, discover new possibilities and aim higher!

WEDNESDAY 18 NOVEMBER 2026
9:15 a.m. – 3:25 p.m.

MAIN HALL



For all year groups

We are excited to offer some fantastic new sports workshops at Chislehurst School for Girls! These sessions will run at lunchtime and are open to students from all year groups. No PE kit is required. Students just need to wear trainers.
Sign your daughter up via SOCS.
Places are allocated on a first come, first served basis, so we encourage students to sign up quickly to avoid disappointment.
If your daughter no longer wishes to attend, please email kwalker@chsfg.lumero.org so that her place can be offered to another student.



Mrs Walker

What's on at the Library?

*Our **Scholastics Book Club** is up and running again!*

This is a great time to get some Christmas shopping done:

By ordering books via our Book Club, you get to shop at a **discounted price**, and the school earns **rewards points** we can then spend on more books for our library!



Go to https://clubs.scholastic.co.uk/C-L11PQ41Z to browse the latest books and order online. For **every £1 you spend**, **our school will earn 20p** in Scholastic Rewards.

There will be **no postage** charge as **any books ordered are delivered to the school**, where they will be handed out to the right students.

Please place your **order online by November 22nd, 2026**.

Please note:

- You must order via the link above to be able to access the Book Club.
- All orders will be collectively processed and shipped after the 22nd of November, regardless of when individual orders are placed.

Thank you for supporting our Book Club and helping us get free books for our library!
For a more detailed guide on how to order, see below. Please don't hesitate to reach out if you have any questions.

Kind regards,

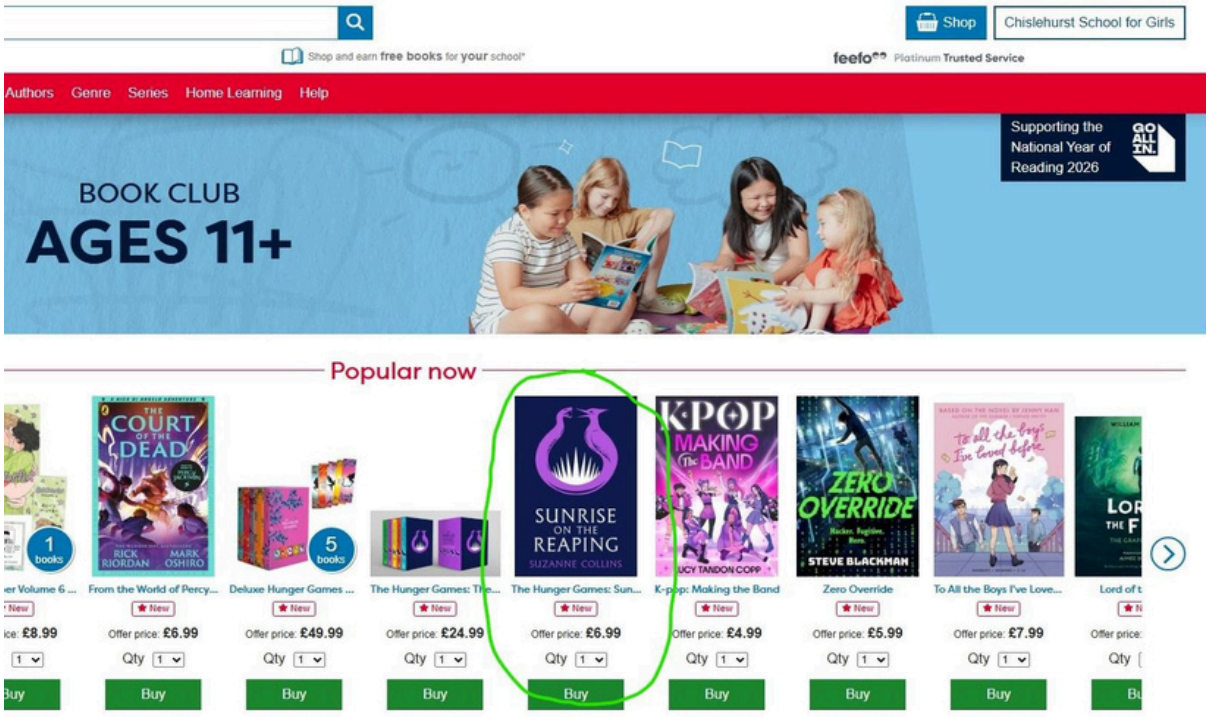
Ms F. Sturge
Librarian and LRC Manager

How to order via the Scholastics Book Club:

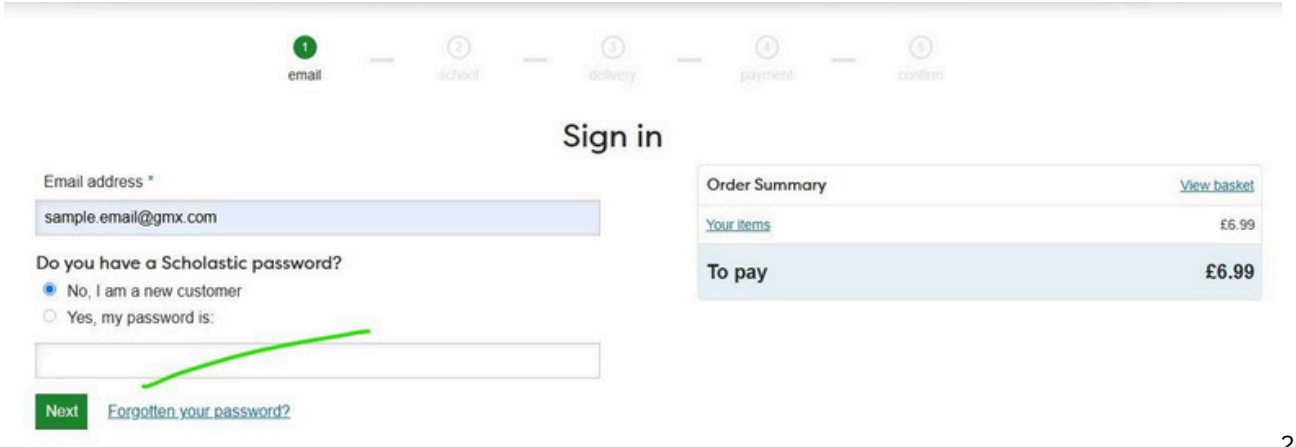
1. Follow the link: https://clubs.scholastic.co.uk/C-L11PQ41Z
   It should say *Chislehurst School for Girls* at the top right. Start browsing.



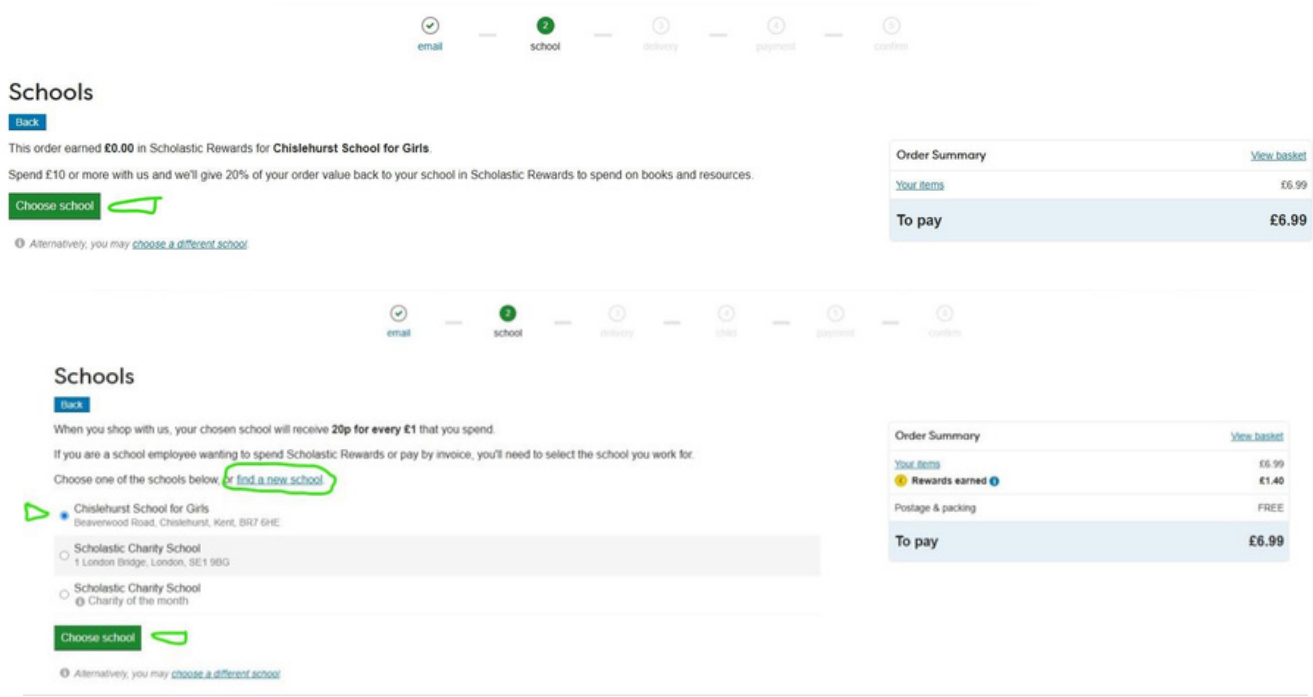
2. Select the book(s) of your choice and proceed to checkout.



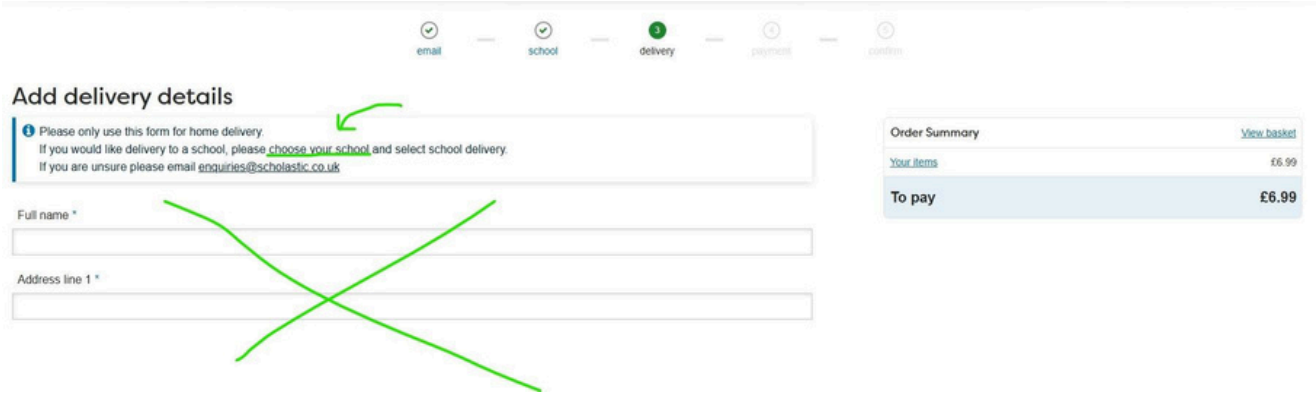
3. It will ask for an email to send the order confirmation to. You don't need to create an account/password.



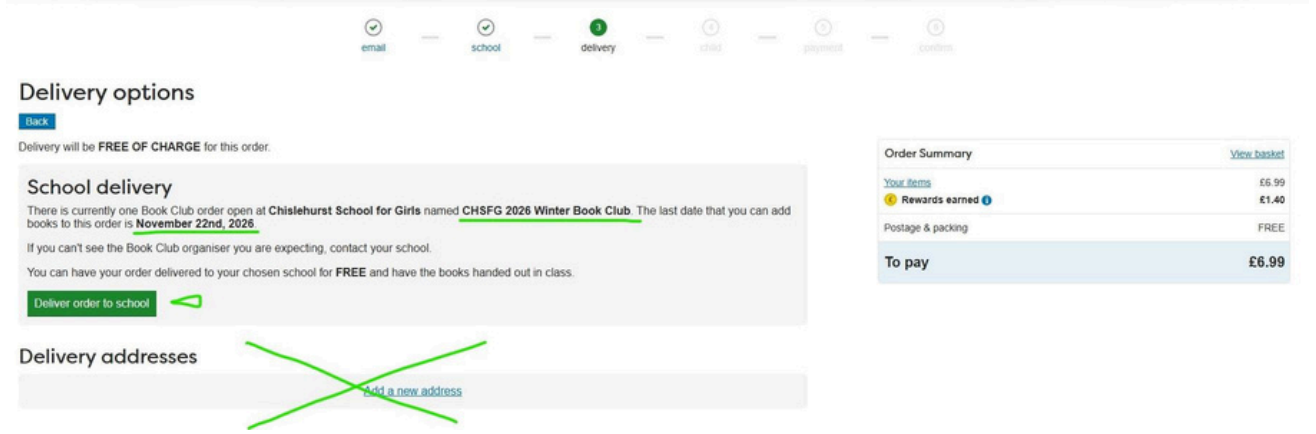
4. Select our school from the options. If CHSFG isn't shown, add it by clicking "find a new school".



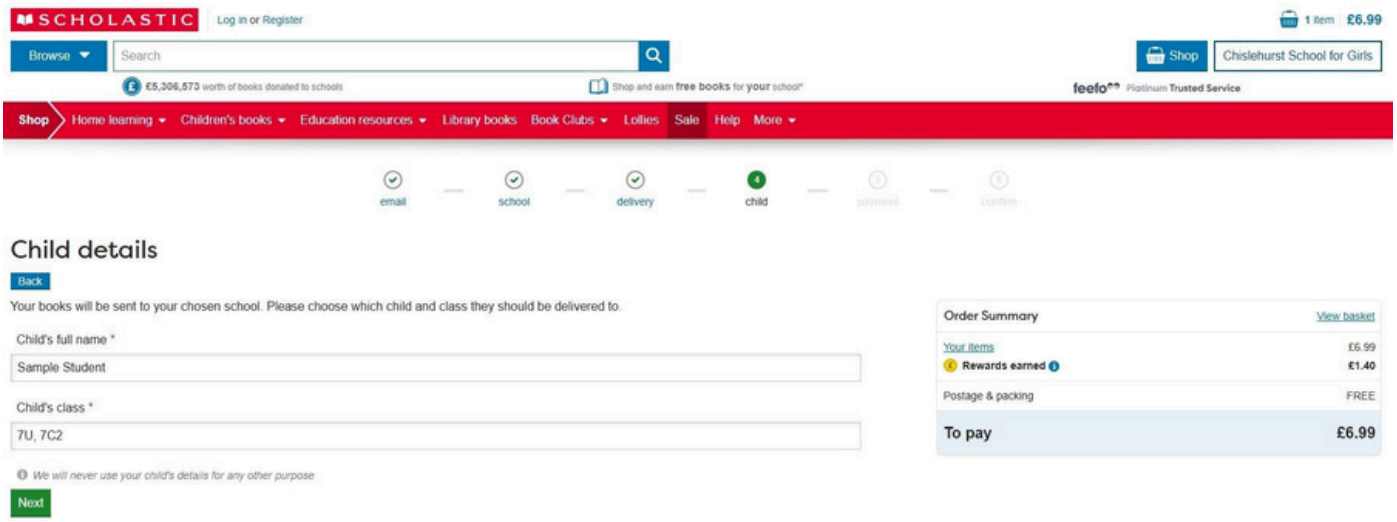
If it sends you straight to the delivery details, click choose your school again here.



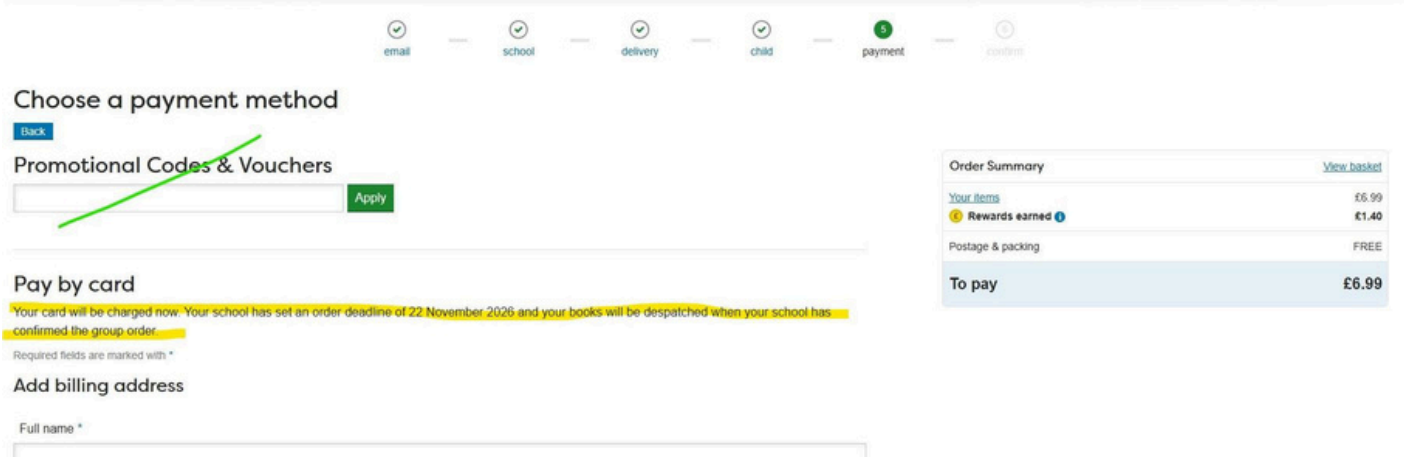
5. You don't need to add a delivery address. Have your order delivered to school. The name of the Book Club should be ***CHSFG 2026 Winter Book Club***



6. Add your child's details so we know which book to give to which student.



7. Add your payment details and done. All orders will be shipped together after the November 22nd deadline.



Thank you for your orders :)

Library Opening Hours

The Library is open to students outside of school hours. Timings are:

8.00 am - Open for students

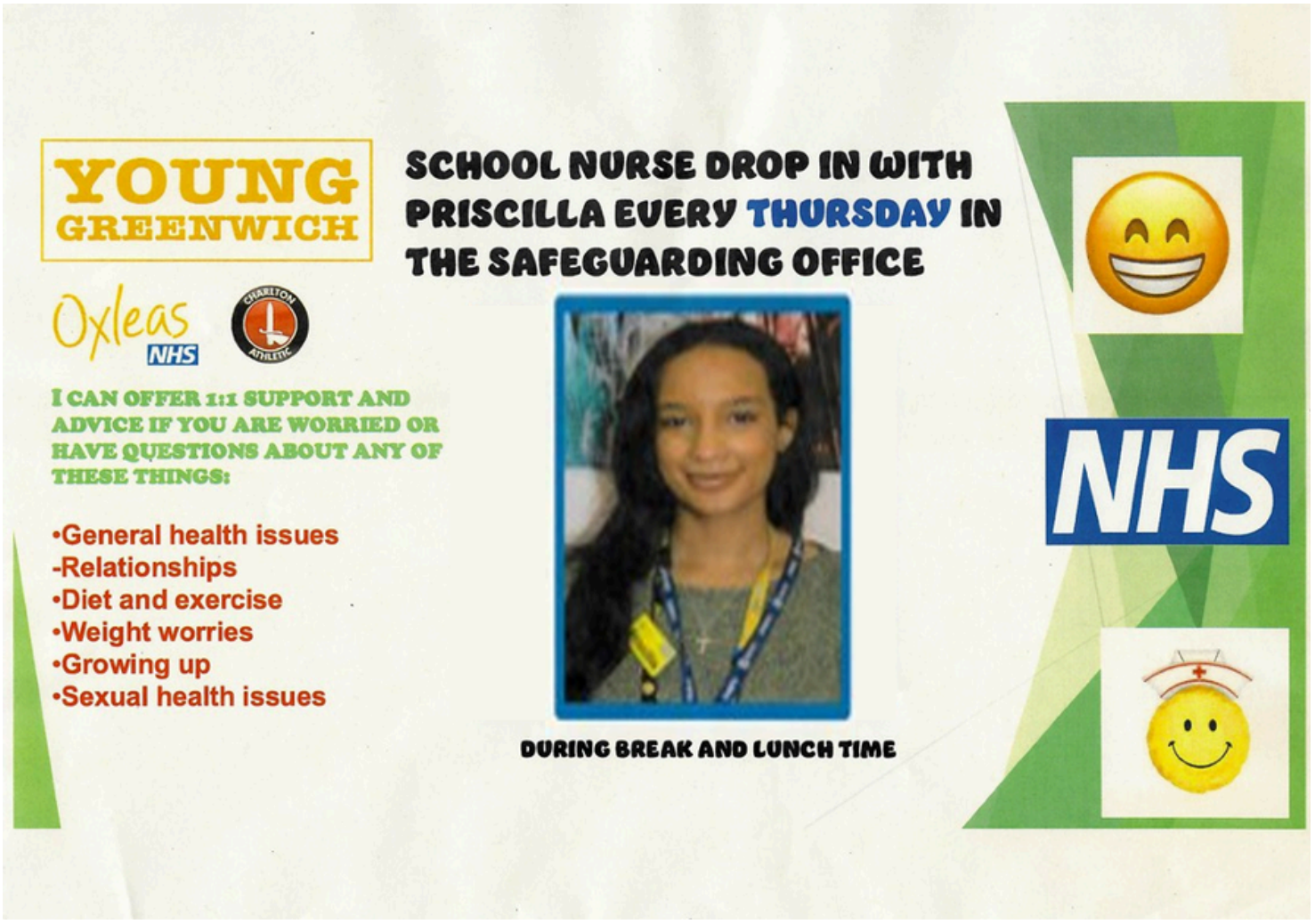
4.45 pm - Closed for students

Student success

Thea, 9H, played Young Elsa in a production of Frozen at the Stag Theatre in Sevenoaks in October. Next up she has West End Calling, a musical theatre singing competition, with the first round being at the end of November.

Well done Thea, what a great achievement!





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 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

Safeguarding and Wellbeing



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 bereavement:

AtaLoss

Their mission is to change the culture of bereavement, so that every bereaved person can have timely support, to navigate their grief. https://www.ataloss.org/

The GOOD GRIEF project

The Good Grief Project supports families grieving after the untimely death of a loved one. The service offers support in person, online, and by telephone.
http://www.thegoodgriefproject.co.uk

National Bereavement Service

The service provides free, impartial guidance for those navigating the practical and legal aspects of bereavement. Offers online and telephone support. https://thenbs.org/

living on BEREAVEMENT SERVICE

https://livingon.org.uk

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
Sign up for free at Kooth.com

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

Chislehurst School for Girls

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

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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