

#### The Camelot

Monthly Newsletter No. 23 September Two



#exceptionaleveryday

## **International Evening**

Tomorrow 3.30—6.00 p.m. Please join us after school to join in this celebration

- 1. Celebrating our diverse community.
- 2. Parents working and engaging with school in a positive climate.
  - 3. Sharing and joining cultures in a fun way.

It is a full uniform day tomorrow—Blazers for all please but if your child wishes to change into 'International' clothes they can at 3.30 p.m.



## OUR COMMITMENT CODE FOR CAMELOT

- To use kindness, patience and commitment in dealing with any problems
- To show nothing less than our best in all situations
- To be compassionate and to show a sense of humour to all





# School Standards Update:

Parents/Carers will have received their child's Autumn 1 Reasoning Paper from their class teacher at Parents Evening and the Autumn 1 Arithmetic will follow. Every half term, the next paper will be shared with parents/carers to track the progress of your child.

The papers are circulated so you can share in the celebration of your child's progress and effort over the year. No matter what their score, please remain supportive of their current standards and remember the role of the parent is to encourage and acknowledge their efforts rather than obsess about an actual score achieved.

Exam/Test anxiety is a significant problem for children in today's society and the purpose of sharing these papers is to ensure parents/carers are better informed about how you can support your child going forward.

#### **Another huge thanks to Parents/Carers**

"it has made the school outstanding in my opinion.."

Comments from Parents/Carers from our recent Parent Survey

#exceptionaleveryday

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#### Life at our Exceptional School—Autumn 2017 style

Normal life at Camelot now includes football teams for all; Cross Country teams; our library's 1st anniversary; Love the Ledbury; Maths Champions and #BetheBestyoucanbe in action



### Food Glorious Food... Camelot style

Not only do we have one of the best School Kitchen teams in Carlos, Vicky, Edu, Fatmara, Natoya, Venetia and Carlos but the food is something special at Camelot.



Children regularly dine on restaurant standard lunches complemented by side salads with the most exquisite ingredients, such as Avocado, Asparagus and Feta Cheese.

Homemade pies, flans, quiches and at least vegetarian choice a day.. often two.

Halal meat as indicated plus Free Range ingredients, Wholegrain foods and Red Tractor standards are maintained.

Sadly for the children, long gone are the days of burgers, deep fried foods, ketchup and mayonnaise and chips are now limited to twice in every three week cycle.

See our Exceptional School Menu below

#### Camelot Primary School Lunch Menu – Week 1

Key - Halal H / Free Range FR / Red Tractor / Wholegrain W / MSC Certified M

	Choice of main dishes		Sides available
Monday	Lamb meatballs with wholemeal spaghetti	W	Broccoli
	Vegetarian chilli con carne		Cauliflower
	Crisp jacket potatoes with tuna sweetcorn or cheese		Rhubarb & mixed berry crumble with custard Fresh fruit
Tuesday	Spicy pan-fried chicken with jollof rice	Н	Garden peas with sweet corn
	Italian tomato tortellini		Fried plantain
F	Traditional vegetarian samosas		Fresh fruit and yoghurt
Wednesday	Halal chicken sausage and kidney bean casserole with pasta	Н	Wild roasted vegetables
	Free-range, vegetarian quiche	FR	Wholemeal coconut cake with custard
	Crisp jacket potatoes with Heinz baked beans or cheese		Fresh fruit
	Welsh roast lamb with roasted potatoes		Organic roast carrots and French beans
sda	Vintage cheddar cheese omelette and roast potatoes	FR	Fresh fruit salad
Thursday	Crisp jacket potatoes with tuna or cheese		Low fat fruit yoghurt
Friday	Traditional Portuguese piri-piri chicken and chips	Н	Heinz baked beans
	Tomato and thyme grilled cod with new potatoes	M	Garden peas
	Cheese, onion and potato pasties		Home-made biscuit with fresh fruit Low fat fruit yoghurt

The following is available daily – wholemeal, white and pitta bread / water and milk

A selection of salads in including Greek salad, avocado salad, asparagus salad and prawn cocktail salad

#### Camelot Primary School Lunch Menu - Week 2

Key - Halal H / Free Range FR / Red Tractor / Wholegrain W / MSC Certified M

	Choice of main dishes		Sides available
	Beef bolognaise with wholemeal spaghetti H		Steamed broccoli
Monday	Ricotta and spinach cannelloni		Crispy cauliflower
Σ	Caramelised beetroot tart		Home-made apple crumble and custard Fresh Fruit
			Golden sweetcorn
>	Creamed chicken curry with pilao rice H		Fried plantain
Tuesday	Vegetarian hot pot		rneo piantain
Ž			Low fat fruit yoghurt
	Salmon fish cakes with new potatoes M		Fresh fruit
	Home-made chicken pie with potato cubes H		Rainbow roast vegetables
Wednesday	Scrummy tuna pasta bake		Seasonal fruit cake and custard Fresh fruit
Wed	Crisp jacket potatoes with tuna sweetcorn or cheese	:	riesii juut
	Welsh lamb casserole with creamed mash		Organic roast carrots
day			French beans
Thursday	Mac n cheese!		
Ĭ			Low fat fruit yoghurt
	Crisp jacket potatoes with beans or cheese		Fresh fruit
	Crispy battered fish and fries	Л	Heinz baked beans
Friday	Traditional Spanish tortilla with garden peas		Garden peas
<u></u>			Double chocolate cake and custard
	Spicy Indian Kedgeree	M	Fresh fruit

The following is available daily – wholemeal, white and pitta bread / water and milk A selection of salads in including Greek salad, avocado salad, asparagus salad and prawn cocktail salad

#### Camelot Primary School Lunch Menu – Week 3

Key - Halal H / Free Range FR / Red Tractor / Wholegrain W / MSC Certified M

	Choice of main dishes		Sides available
	Ultimate shepherd's Pie with seasonal vegetables	Н	Steamed broccoli
Monday	Mediterranean grilled vegetable and feta cheese pasta		Crispy cauliflower
	Crisp jacket potatoes with cheddar cheese or beans		Sweet rice pudding Fresh fruit
	Jamaican jerk chicken with rice and peas	Н	Garden peas and sweetcorn
Tuesday	Vegetarian shepherd's pie with golden sweetcorn		Fried plantain
2	Stuffed potato surprise		Low fat fruit yogurt
			Fresh fruit
ay	Chinese chicken chow mein	Н	Sweet & sour mixed vegetables
Wednesday	Vegetarian chow mein		Wholemeal apricot cake and custard
Wei	Crisp jacket potatoes with tuna mayonnaise or cheese		Fresh fruit
	Red Tractor roast beef with roasted vegetables	R	Organic roast carrots
Thursday	Spicy Mexican bean wrap		Green beans
₽	Crisp jacket potatoes with cheddar cheese or beans		Low fat fruit yogurt Fresh fruit
	Spicy grilled chicken and chips	Н	Heinz baked beans
Friday	Italian vegetable risotto		Garden peas
	Veggie burger and chips		Pineapple upside-down cake with custard Fresh fruit

The following is available daily – wholemeal, white and pitta bread / water and milk

A selection of salads in including Greek salad, avocado salad, asparagus salad and prawn cocktail salad