

# Haverigg Primary News

Friday 30th January 2026

## Help us to safeguard your children.

### REMINDER

**Traffic** - Please can we remind everyone about the ongoing traffic problem we have in Atkinson street and kindly request that everyone reads the letter on page 3 that was initially sent out in November. Thank you to all those who are adhering to this request, your co-operation is much appreciated.



We have been asked to take part in a local research project by Lancaster University looking at children's understanding of where their food comes from.

The research looks very interesting and the project will entail children answering some simple questions and playing some games. We will be sending out more information and consent forms in the near future.

## Haverigg School



Friday 30<sup>th</sup> January 2026

6pm – 7.30pm

At Haverigg School

Admission: £2.50, £4 for 2 siblings, £5 a family



On Wednesday, 17 children from years 4, 5 and 6 represented Copeland at a Cross Country event held at Sedbergh. Everyone was fantastic on a very tricky course but a special well done to Austin who finished 3rd out of 89 year 4 runners.



## Congratulations to this week's Lighthouse Winners

|                          |  |
|--------------------------|--|
| Reception Miss Blackburn | <b>Eden</b> - for growing in confidence and transitioning from home to school so well. She is also blowing us away with her reading and maths. Well done Eden.   |
| Year 1 Miss Leece        | <b>Jacob</b> - For your hard work in literacy and maths this week. You have written some fantastic descriptions and sentences, and worked really hard trying to learn your number bonds to 20!   |
| Year 2 Mrs Redhead       | <b>Vincent</b> - he hasn't been well this week but we had already decided at the beginning of the week that he was our lighthouse winner. After learning about shapes last week, he came in on Monday and used his free time to continue practicing drawing his 3D shapes. He has really impressed us, well done Vincent!  |
| Year 3 Mr Knowles        | <b>Everleigh</b> - for really pushing herself with extending her learning, particularly in maths doing subtraction with exchanges. She is also absolutely flying with her reading. Well done Everleigh.  |
| Year 4 Miss Usher        | <b>Mikey</b> - for being so settled and helpful this week, you have been helping the staff and children. Thank you for your kindness Mikey.  |
| Year 5 Miss Marinovich   | <b>Darcy-Dee</b> - Darcy could honestly win this award every week because she consistently displays all of our school values — especially kindness. She always tries her very best in everything she does, approaches her learning with a positive attitude, and shows such care and thoughtfulness towards others. Darcy-Dee is a wonderful role model in Year 5 and we are incredibly proud of her. Well done, Darcy-Dee — keep shining! |
| Year 6 Miss Musgrave     | <b>Libbie</b> - for being an absolute legend! She has worked her socks off since September and never backs down from a challenge. We also love how much she is committed to her reading at home! Well done Libbie!   |
| Music Award Mrs Cullen   | <b>Ethan Yr 6</b> -for helping out with the bass.<br><b>Heidi and Emmie-Mae</b> - for doing really well this week on new instruments.  |

At Haverigg Primary School we take the safety and welfare of your children very seriously. If you have any concerns regarding the safety and wellbeing of any children at Haverigg school please speak to Mrs Narongchai (our designated safeguarding leader), or Miss Musgrave / Mrs Redhead, (our deputy safeguarding leaders), in her absence.

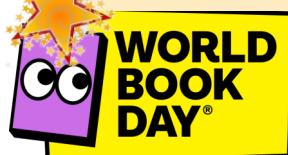
# School Lunch

## REMINDER

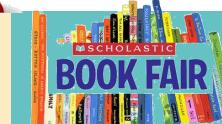
Just a couple of gentle reminders regarding school lunches.

- Please can all lunches be ordered by the **Thursday 9am deadline** for meals the following week. A text message is sent to all parents on Wednesday mornings and also in the evening as a reminder.
- Please tell your child the meal to expect that day, we are rarely able to change these selections on the day when children say they do not like something!

Thanks all for your co-operation.



**Thursday 5th March** -Bring your favourite book to school and come dressed as one of the characters from that book. We look forward to seeing you all dressed up - this includes staff!



Scholastic Book Fair Monday 9th to Thursday 12th February. 3.30pm– 4.00pm in the school hall.



**What is considered good attendance?** Regular and punctual attendance is essential for effective learning, promoting positive relationships and developing good attitudes to education. **A child's attendance at school is expected to be 96% and above.** Anything that is below this needs to be addressed by school to ensure attendance improves. We need to ensure that all children attend school regularly as it is important for friendships and academic progress/success.

### Key daily timings:

8:50 to 9:00 → Register takes place  
 After 9:00 → Late mark in register  
 After 9:30 → unauthorised absence

### Weekly Attendance Report

|           |     |
|-----------|-----|
| Reception | 97% |
| Year 1    | 97% |
| Year 2    | 98% |
| Year 3    | 96% |
| Year 4    | 98% |
| Year 5    | 99% |
| Year 6    | 99% |



**HAVERIGG PRIMARY SCHOOL**  
**Atkinson Street**  
**Haverigg**  
**Cumbria LA18 4HA**  
**Tel: 01229 772502**  
**e-mail: [admin@haverigg.cumbria.sch.uk](mailto:admin@haverigg.cumbria.sch.uk)**  
**[www.haverigg.cumbria.sch.uk](http://www.haverigg.cumbria.sch.uk)**

**Headteacher: Mrs M Narongchai**

**19.11.25**

### **Safety Concerns on Atkinson Street**

Dear Parents and Carers,

It is with increasing concern that I write to you about the traffic issues we have along Atkinson Street at drop off and pick up times and the danger this is posing to children's safety. We have again had a near miss this morning.

Despite previous requests and safety concerns, we continue to have vehicles driving along Atkinson Street and dropping children off/picking children up next to the school gates and parking on the zig zag lines; these cars are then turning around in the Lighthouse Centre carpark. We also still have cars using the back streets around Atkinson Street.

These ongoing safety concerns were raised again at our full governors meeting this week and it is clear that we need to reinforce the following steps to ensure school drop off and pick up times are as safe as we can possibly make them. So, please can we ask that:

- **No vehicles (other than taxi drop off and pick up) drive down Atkinson street to drop school children off between 8:30am and 9:00am / 3:00pm and 3:30pm.**
- **This should mean that no cars are parked on the yellow school zig zags at all, leaving the road clear and visibility good. We will be asking the police to enforce this.**

We realise the challenges of getting children to and from school, however if everyone complies with these requests we will be ensuring that drop off and pick up times are safer for our children and families. The last thing we want is for a child to get injured or worse – this is the reality we are facing.

**Please can we ask that you pass this information onto any family members who pick up/drop off your child/children at school.**

Many thanks

Head teacher



**HAVERIGG PRIMARY SCHOOL**  
**Atkinson Street**  
**Haverigg**  
**Cumbria LA18 4HA**  
**Tel: 01229 772502**  
**e-mail: [admin@haverigg.cumbria.sch.uk](mailto:admin@haverigg.cumbria.sch.uk)**  
**www.haverigg.cumbria.sch.uk**

**Headteacher: Mrs M Narongchai**

### **School meal price increase**

22nd January 2026

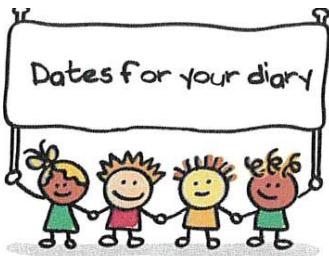
Dear Parents and Carers,

I am writing to let you know that we will be increasing the cost of school meals from £2.65 to £2.85 from the w/c 23<sup>rd</sup> February 2026. We have maintained the current cost of £2.65 for nearly two years now but the ever-increasing food and utility costs mean we need to implement this 20p rise to ensure we can maintain the menu options and meal quality.

During the summer term we would like to offer the opportunity for you to try a Lighthouse lunch for yourself. We will be offering a “lunches for loved ones” week where you will be able to join your child/children for lunch. A separate letter will be sent out after Easter confirming the week this will be happening, the ordering details and instructions.

If you would like to discuss any aspect of school lunches or have any other suggestions, then please get in touch.

Head teacher



# HAVERIGG PRIMARY SCHOOL

## DIARY DATES

(updated 7<sup>th</sup> January 2026)

### January 2026

|               |   |
|---------------|---|
| Tuesday 6th   | INSET Day for staff                                     |
| Wednesday 7th | Spring term starts                                      |
| Thursday 15th | Deadline to apply for a Reception class place Sept 2026 |
| Friday 30th   | FoHS School Disco                                       |

### February 2026

|                        |  |
|------------------------|--|
| Friday 6th             | Young Voices choir to Manchester       |
| 9 <sup>th</sup> – 12th | Scholastic Book Fair in school         |
| Friday 13th            | School finishes for February half term |
| Monday 23rd            | Back to school                         |

### March 2026

|                |  |
|----------------|--|
| Thursday 5th   | World Book Day   |
| Friday 13th    | Non-Uniform Day – chocolate donations for FoHS Easter Raffle |
| Wednesday 25th | Easter Raffle drawn  |
| Friday 27th    | End of term (normal finish time)                             |

### April 2026

|             |                    |
|-------------|--------------------|
| Monday 13th | Summer term starts |
| Friday 24th | FoHS School Disco  |

### May 2026

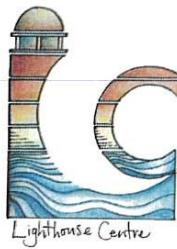
|                                |                                   |
|--------------------------------|-----------------------------------|
| Monday 4th                     | Bank holiday                      |
| Friday 8th                     | Bag 2 School Collection           |
| Monday 11 <sup>th</sup> – 14th | SAT's week                        |
| Friday 22nd                    | School finishes for May half term |

### June 2026

|                                 |                                |
|---------------------------------|--------------------------------|
| Monday 1st                      | Back to school                 |
| Wednesday 3 <sup>rd</sup> – 5th | Year 6 London residential trip |
| Thursday 18th                   | Sports Day                     |
| Friday 19th                     | Reserve date for Sports Day    |

### July 2026

|             |                             |
|-------------|-----------------------------|
| Friday 10th | Presentation Assemblies     |
|             | FoHS School Disco           |
| Friday 17th | End of term (1.15pm finish) |



# Lighthouse Centre

## Haverigg

# Easter Bingo



**Sunday 22nd March 2026**

**Doors Open 12.30pm**

**Eyes Down 2:00pm**

Bingo Tickets £10 per book / Cash Flyer £1

## **Light Lunches Available**

**All welcome!**



# HAVERIGG PRIMARY SCHOOL

## 2026

| JANUARY |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
| S       | M  | T  | W  | Th | F  | S  |
|         |    |    |    | 1  | 2  | 3  |
| 4       | 5  | 6  | 7  | 8  | 9  | 10 |
| 11      | 12 | 13 | 14 | 15 | 16 | 17 |
| 18      | 19 | 20 | 21 | 22 | 23 | 24 |
| 25      | 26 | 27 | 28 | 29 | 30 | 31 |
|         |    |    |    |    |    |    |

| FEBRUARY |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| S        | M  | T  | W  | Th | F  | S  |
| 1        | 2  | 3  | 4  | 5  | 6  | 7  |
| 8        | 9  | 10 | 11 | 12 | 13 | 14 |
| 15       | 16 | 17 | 18 | 19 | 20 | 21 |
| 22       | 23 | 24 | 25 | 26 | 27 | 28 |
|          |    |    |    |    |    |    |

| MARCH |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|
| S     | M  | T  | W  | Th | F  | S  |
| 1     | 2  | 3  | 4  | 5  | 6  | 7  |
| 8     | 9  | 10 | 11 | 12 | 13 | 14 |
| 15    | 16 | 17 | 18 | 19 | 20 | 21 |
| 22    | 23 | 24 | 25 | 26 | 27 | 28 |
| 29    | 30 | 31 |    |    |    |    |
|       |    |    |    |    |    |    |

| APRIL |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|
| S     | M  | T  | W  | Th | F  | S  |
|       |    |    | 1  | 2  | 3  | 4  |
| 5     | 6  | 7  | 8  | 9  | 10 | 11 |
| 12    | 13 | 14 | 15 | 16 | 17 | 18 |
| 19    | 20 | 21 | 22 | 23 | 24 | 25 |
| 26    | 27 | 28 | 29 | 30 |    |    |
|       |    |    |    |    |    |    |

| MAY |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|
| S   | M  | T  | W  | Th | F  | S  |
|     |    |    |    |    | 1  | 2  |
| 3   | 4  | 5  | 6  | 7  | 8  | 9  |
| 10  | 11 | 12 | 13 | 14 | 15 | 16 |
| 17  | 18 | 19 | 20 | 21 | 22 | 23 |
| 24  | 25 | 26 | 27 | 28 | 29 | 30 |
| 31  |    |    |    |    |    |    |
|     |    |    |    |    |    |    |

| JUNE |    |    |    |    |    |    |
|------|----|----|----|----|----|----|
| S    | M  | T  | W  | Th | F  | S  |
|      | 1  | 2  | 3  | 4  | 5  | 6  |
| 7    | 8  | 9  | 10 | 11 | 12 | 13 |
| 14   | 15 | 16 | 17 | 18 | 19 | 20 |
| 21   | 22 | 23 | 24 | 25 | 26 | 27 |
| 28   | 29 | 30 |    |    |    |    |
|      |    |    |    |    |    |    |

Inset

Holiday dates

Spring Term starts 5th January 2027

| JULY |    |    |    |    |    |    |
|------|----|----|----|----|----|----|
| S    | M  | T  | W  | Th | F  | S  |
|      |    |    | 1  | 2  | 3  | 4  |
| 5    | 6  | 7  | 8  | 9  | 10 | 11 |
| 12   | 13 | 14 | 15 | 16 | 17 | 18 |
| 19   | 20 | 21 | 22 | 23 | 24 | 25 |
| 26   | 27 | 28 | 29 | 30 | 31 |    |
|      |    |    |    |    |    |    |

| AUGUST |    |    |    |    |    |    |
|--------|----|----|----|----|----|----|
| S      | M  | T  | W  | T  | F  | S  |
|        |    |    |    |    |    | 1  |
| 2      | 3  | 4  | 5  | 6  | 7  | 8  |
| 9      | 10 | 11 | 12 | 13 | 14 | 14 |
| 16     | 17 | 18 | 19 | 20 | 21 | 22 |
| 23     | 24 | 25 | 26 | 27 | 28 | 29 |
| 30     | 31 |    |    |    |    |    |
|        |    |    |    |    |    |    |

| SEPTEMBER |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| S         | M  | T  | W  | Th | F  | S  |
|           |    | 1  | 2  | 3  | 4  | 5  |
| 6         | 7  | 8  | 9  | 10 | 11 | 12 |
| 13        | 14 | 15 | 16 | 17 | 18 | 19 |
| 20        | 21 | 22 | 23 | 24 | 25 | 26 |
| 27        | 28 | 29 | 30 |    |    |    |
|           |    |    |    |    |    |    |

| OCTOBER |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
| S       | M  | T  | W  | Th | F  | S  |
|         |    |    | 1  | 2  | 3  | 3  |
| 4       | 5  | 6  | 7  | 8  | 9  | 10 |
| 11      | 12 | 13 | 14 | 15 | 16 | 17 |
| 18      | 19 | 20 | 21 | 22 | 23 | 24 |
| 25      | 26 | 27 | 28 | 29 | 30 | 31 |
|         |    |    |    |    |    |    |

| NOVEMBER |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| S        | M  | T  | W  | Th | F  | S  |
| 1        | 2  | 3  | 4  | 5  | 6  | 7  |
| 8        | 9  | 10 | 11 | 12 | 13 | 14 |
| 15       | 16 | 17 | 18 | 19 | 20 | 21 |
| 22       | 23 | 24 | 25 | 26 | 27 | 28 |
| 29       | 30 |    |    |    |    |    |
|          |    |    |    |    |    |    |

| DECEMBER |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| S        | M  | T  | W  | Th | F  | S  |
|          |    |    | 1  | 2  | 3  | 4  |
| 6        | 7  | 8  | 9  | 10 | 11 | 12 |
| 13       | 14 | 15 | 16 | 17 | 18 | 19 |
| 20       | 21 | 22 | 23 | 24 | 25 | 26 |
| 27       | 28 | 29 | 30 | 31 |    |    |
|          |    |    |    |    |    |    |



**sing up**  
Silver Award

ARTS COUNCIL  
ENGLAND  
ARTSMARK  
AWARD

WE ARE A ...  
**FAIRTRADE**  
SCHOOL  
Fairtrade

Windcluster

**MUSIC**  
MARK  
SCHOOL  
MEMBER



**HAVERIGG PRIMARY SCHOOL**  
Atkinson Street  
Haverigg  
Cumbria LA18 4HA  
Tel: 01229 772502  
e-mail: [admin@haverigg.cumbria.sch.uk](mailto:admin@haverigg.cumbria.sch.uk)  
[www.haverigg.cumbria.sch.uk](http://www.haverigg.cumbria.sch.uk)

**Headteacher: Mrs M Narongchai**

**Attendance matters**

**24<sup>th</sup> October 2025**

Dear parents and carers,

This academic year we have once again had increasing numbers of families taking children out of school for holidays during term time. As you will all be aware, schools must consider enforcement action if a child/young person has 10 or more unauthorised sessions (equivalent to five days). While schools and local authorities will generally offer support to improve attendance first, persistent unauthorised absences or term-time holidays may result in a Fixed Penalty Notice or prosecution.

**As part of our ongoing attendance monitoring and in line with the Cumberland attendance strategy, we will now be passing on attendance casefiles to the local authority where we feel the threshold has been met for fixed term penalty.**

Reminder of Attendance expectations:

- Ensure your child/young person attends every day the school is open; except when a legal reason applies
- Notify the school as soon as possible when your child/young person is unexpectedly absent
- Book any medical appointments around the school day where possible
- Only request leave of absence in exceptional circumstances and do so in advance (please note: family holidays are not generally considered exceptional circumstances and all leave of absence requests are considered at the headteacher's discretion)

Please also be aware that taking your child out of school after registration in the afternoon will still count as an unauthorised session as they are not in school during the afternoon.

Head teacher

## CHANGES TO FINES FOR UNAUTHORISED ABSENCES

With the introduction of the new National Framework for penalty notices, the following changes will come into force for fixed penalty notice fines issued for unauthorised absences recorded by schools after 19 August 2024.

***Fixed Penalty Notices are issued in lieu of prosecution. The decision on whether to issue an FPN or prosecute rests with the Local Authority and is made on a case-by-case basis.***

### **National threshold**

There will be a single, consistent national threshold for when a penalty notice must be considered by all schools in England of 10 sessions (usually equivalent to five full school days) of unauthorised absence within a rolling 10 school week period.

For example: a five-day holiday would meet the national threshold.  
The 10-school week period can span different terms or school years.

### **Who may be fined?**

Penalty notice fines are issued to each parent who allows their child/young person to be absent from school.

For example: three siblings absent for term time leave would result in each parent who allowed the holiday receiving three separate fines.

### **First offence**

The first time a penalty notice is issued for an unauthorised term time holiday, the fine amount will be:  
£80 per parent, per child/young person if paid within 21 days, increasing to £160 if paid between days 22-28.

### **Second offence (within three years)**

The second time a penalty notice is issued for unauthorised absence, the amount will be: £160 per parent (who allowed the holiday), per child/young person, payable within 28 days.

### **Third offence and any further offences (within three years)**

The third time an offence is committed, a penalty notice will not be issued and local authorities will need to consider other available measures to address the absence concerns.  
This may mean that cases are presented before a Magistrate's Court.  
Prosecution can result in criminal records and fines of up to £2,500 and/or a term of imprisonment not exceeding three months.

Please note any monies collected through fines come back to Cumberland Council to facilitate attendance support and not to schools.



## **POMS Cluster Attendance Agreement 2025 - 2026**

### **Guidance on authorised term-time pupil absence**

The Education Regulations 2013 [aka, the Regulations] which came into force on 1 September 2013, made it clear that headteachers may not grant any leave of absence during term time unless "exceptional circumstances" prevail. The regulations also state that headteachers should determine the number of school days a pupil can be away from school if they grant a leave request because of "exceptional circumstances".

The fundamental principles for defining "exceptional circumstances" are that they are 'rare, significant, unavoidable and short'.

POMS cluster Headteachers have worked together to agree some guiding principles for headteachers to consider when families request absence during term-time. This will ensure consistency across the cluster and ensure all schools are sending the same message surrounding the importance of attendance at school.

### **Guiding Principles**

1. Term times are for education. Children and families have 175 days off school to spend time together, including weekends and school holidays. Headteachers will rightly prioritise attendance. The default school policy should be that absences will not be granted during term time apart from in "exceptional circumstances".
2. The decision to authorise a pupil's absence is wholly at the headteacher's discretion based on their assessment of and circumstances of each individual request. POMS Headteachers have worked collaboratively to agree a shared approach. Schools in the POMS cluster will follow these agreed principles.
3. If an event can be reasonably scheduled outside of term time, then it will not be authorised. Holidays are, therefore, not considered exceptional circumstances.
4. Absence from school to visit seriously-ill relatives or for bereavement of a close family member are usually considered to amount to 'exceptional circumstances', but for the funeral service not for extended leave.
5. Absences for important religious observances are often considered, but only for the ceremony and not for extended leave. This is intended for one-off situations rather than regular or recurring events
6. Schools may wish to take the needs of the families of service personnel into account if they are returning from long operational tours that prevent contact during scheduled holiday time.
7. Whilst as school settings we must make reasonable adjustments for pupils with special educational needs or disabilities in school time. Regarding attendance, we work closely with our colleagues from our local special schools. In line with their guidance, we would not consider requests that are based on holidays during quieter times.
8. Families may need time together to recover from a trauma or crisis.
9. POMS schools will consider a pupil's historical record of attendance when making absence-related decisions

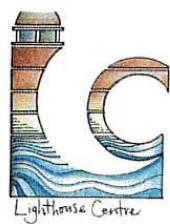
10. It is important to note that headteachers can determine the length of the authorised absence as well as whether an absence is authorised.
11. Absence will only be authorised where proper request procedures have been followed and the permission given.

12. Tickets and/or other travel arrangements should not be booked prior to discussion with and agreement of the school.
13. Parents and Carers should not confuse telling the school about an absence with having permission.
14. Whether alternative care arrangements have been considered by the parent to limit the time away from school.
15. The impact on any interventions, assessments or referrals being undertaken with the child or family, for example, family support, social care assessments, CAMHS, SEN.
16. The potential impact that the absence will have on the child.

This guidance has been agreed by all schools in the POMS (Partnership of Millom Schools) cluster;

Parkview Nursery School  
Millom Infant School  
Black Combe Junior School  
Haverigg Primary School  
St James' Catholic Primary School  
Thwaites Nursery & Primary School  
Captain Shaw Nursey & Primary School



## Haverigg School 3 Week Menus from November 2025

### Week 1

|           |   |   |
|-----------|---|---|
| Monday    | Chicken Fillet (Battered or plain), Red Pesto Pasta, Carrot & Cucumber sticks                   | Victoria Sponge                         |
| Tuesday   | Pasta in sauce (Cheese optional) Garlic Bread, sweetcorn  | Zucchini Brownie                        |
| Wednesday | Roast Chicken, Stuffing, Creamed Potatoes / Pasta and Vegetables                                | Apple Cake & Custard                    |
| Thursday  | Meat & Potato Pie & Veg   | Choc Chip Cookie & Milk Drink           |
| Friday    | Fishy Ships, Beans/Peas   | Fruit Jelly and Ice-Cream               |
|           | Daily:<br>Jacket Potato with Butter/Cheese/Beans/Tuna<br>OR<br>Sandwich – Cheese/Ham/Tuna/Salad | Daily:<br>Fruit Yoghurts<br>Fresh Fruit |

### Week 2

|           |   |   |
|-----------|---|---|
| Monday    | Fish Cake, Chips, Spaghetti Hoops / Peas, Bread and Butter                                      | Scone with Jam                          |
| Tuesday   | Mild Chicken Tikka Curry, Rice & Naan   | Toffee Mousse, Bananas/Oranges          |
| Wednesday | Roast Beef, Yorkshire Pudding & Vegetables  | Gingerbread & Custard                   |
| Thursday  | Pizza Wrap with Green Pesto Pasta and Salad   | Chocolate Cake                          |
| Friday    | Meatballs in Gravy, Mash/Pasta & Vegetables   | Fruity Flapjack                         |
|           | Daily:<br>Jacket Potato with Butter/Cheese/Beans/Tuna<br>OR<br>Sandwich – Cheese/Ham/Tuna/Salad | Daily:<br>Fruit Yoghurts<br>Fresh Fruit |

### Week 3

|           |   |   |
|-----------|---|---|
| Monday    | Pasta Bolognaise, Garlic Bread & Sweetcorn  | Sprinkle Cake                           |
| Tuesday   | Sausages, Mash or Pasta & Beans/Peas  | Meltin Moment Biscuit                   |
| Wednesday | Roast Pork, Yorkshire Pudding, Mash/Pasta & Vegetables  | Chocolate Crunch & Custard              |
| Thursday  | Sunshine Pizza & Wedges   | Vanilla Shortbread & Milk Drink         |
| Friday    | Fishy Ships, Beans / Peas   | Fruit, Waffle & Ice-cream               |
|           | Daily:<br>Jacket Potato with Butter/Cheese/Beans/Tuna<br>OR<br>Sandwich – Cheese/Ham/Tuna/Salad | Daily:<br>Fruit Yoghurts<br>Fresh Fruit |

**Please note: any children with a food intolerance can still order the main meal and pudding. If applicable, the kitchen staff will adjust the meal according to their intolerance e.g. dairy.**

**Thank you**



### How to pack a well-balanced lunch box - focus on the food groups

To be in-line with the School Food Standards set by the Department for Education, we feel this is a very reasonable packed lunch policy and one which we would like all parents to work towards achieving **one small change at a time**. We do understand that some children struggle with change but, the healthier choices you can gradually make, the better your child's health will be.

#### Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, humous or falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or another cereal every day.
- A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- A drink of water, fruit juice or smoothie (maximum portion 150ml), or semi-skimmed milk or skimmed milk, yoghurt or another milk drink.

#### Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits - but encourage your child to eat these as part of a meal and be mindful of appropriate portion sizes.

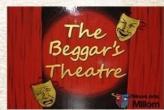


#### Packed lunches should not include:

- Nuts or nut butters (we do have children in school with allergies)
- Salty snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated cereal bars, processed fruit bars and sweets.
- Sugary soft drinks, such as squash and fizzy drinks.



MOORE ARTS: MILLOM



# SONGWRITING WORKSHOP X2

*With Patsy Gillam*

**TUESDAY 17<sup>TH</sup> FEBRUARY**  
**AT THE BEGGAR'S THEATRE**

**10.30AM - 1.30PM - YR 2 - 6**

**1.30PM - 4PM - YR 7+**

**£5 PER SESSION**

**Join others to learn songwriting skills and unlock your musical creativity by writing lyrics to a song together. All skill levels are welcome, and you don't need to be a singer!**

Patsy is a singer/songwriter and musician from Ulverston who is a regular performer at festivals and local venues as well as travelling with her music, she also teaches music in schools and colleges. A very talented musician indeed.

Patsy is bringing her Songwriting workshop to Millom and would love to work with kids of all talents, you just need to be interested. Musicians and non musicians welcome.

**LIMITED PLACES - BOOKING IS ESSENTIAL**

Millom School Presents

# Matilda Jr.

Thursday 29th

&

Friday 30th  
January 2026  
6pm

Scan me to reserve tickets



Pay on the door:  
Adults: £5  
Children/ Students: £3

Millom Amateur Operatic Society

Presents for 2026...

# ROBIN HOOD

BY BRADFORD & WEBSTER  
SCRIPT PROVIDED BY PANTOSCRIPTS, NODA

PALLADIUM THEATRE, MILLOM

WED 11TH - SAT 14TH FEBRUARY 2026

wed - Fri:  
Evening: 7:30pm  
(Bar opens 6:45pm)

Saturday:  
Matinee only: 2:30pm  
(Bar opens 1:45pm)

ADULTS £7.50 JUNIORS/CONCESSIONS £5.50

Tickets Available from:

\* Home and Sole  
St Georges Terrace, Millom  
from Mon 26th January

\* Online: Millom Palladium  
and click 'book tickets'  
\* Email: [thepalladium@yahoo.co.uk](mailto:thepalladium@yahoo.co.uk)

\* Also available on the Door

**NODA**  
For every stage

