



# St. Matthew's RCHS Newsletter

# Round Up

Week 7 Friday 20 October 2023

## Headteacher's Message

Dear Parents and Guardians,

I am delighted to share with you the fantastic progress we've made at St Matthew's over this past half term. Each and every day, we've witnessed remarkable improvements, and I wanted to take a moment to celebrate and acknowledge these achievements with you.

This week, our school had the privilege of hosting several distinguished guests, including the Northwest DfE Regional Director and her team, the Director of Education from the Salford Diocese, the CEO of The Emmaus Trust, the Secondary School Director, and the Manchester Quality Assurance team. Their visits provided us with invaluable feedback and insights into the positive changes we've been implementing at our school. The feedback has been overwhelmingly positive, reaffirming the rapid progress we are making.

I would also like to extend my heartfelt thanks to all of you, our dedicated parents and guardians. Your unwavering commitment to ensuring your children attend school regularly is truly commendable. We are proud to report a high number of students with 100% attendance, and our school's attendance figures are above both national and regional levels. Your support plays a significant role in the success of our school community.

As we approach the half-term break, I encourage you to take this time to relax and enjoy quality moments with your family. I hope you have a restful and rejuvenating break.

Before we part for the holidays, I'd like to share a thought from the Sunday's Gospel according to St. Matthew: "Give back to God what is God's." This verse reminds us of the importance of gratitude in our lives. By being grateful for the blessings and successes we've achieved together as a school community, we not only acknowledge a higher power in our lives but also put ourselves in the right frame of mind. Gratitude is not only beneficial for our well-being but also a key to finding happiness in life.

God bless you all, and I look forward to welcoming our students back after the holiday. Thank you for your continued support, and let's keep striving for excellence together.

Mr Nightingale

Headteacher



**St. Matthew's**  
Roman Catholic High School  
VOLUNTARY ACADEMY



St. Matthew's RCHS Newsletter

# Round Up

## Headteacher's Message Continued

### **Message from Manchester Quality Assurance Team to the staff and pupils.**

*Thank you for having me in school on Tuesday, it was lovely to be back and to speak with some of you again. It was clear to see that the changes you are implementing are having a dramatic and tangible impact on the culture and environment. Corridors were orderly and cleared quickly between lessons and after lunch. Lunchtime was calm and a pleasant environment for all students to socialise and enjoy their lunch. The lessons I saw were disruption free and I could see that teachers and students were enjoying their relationships and the learning that was taking place. The students too were able to articulate the difference. They told me that it was calmer now, and they were enjoying being in school. They really appreciate the changes you have made so thank you for all your hard work. I left feeling so happy for you all and for your students. But more widely, I left feeling incredibly optimistic for our education system, that this can indeed be done. You should all feel proud.*



**St. Matthew's**  
Roman Catholic High School  
VOLUNTARY ACADEMY

## NOT TO MISS...

- **Year 8 & 9 Romeo and Juliet trip**
- **Wednesday 1<sup>st</sup> November**
- **Starring past SMRCHS pupil Conor Glean!**
- **See Edulink/ParentPay for further details £30**



**Don't miss out on this incredible production.**



We are delighted that A M Dassu is coming to speak to all Y7 pupils

Welcome award-winning author

## A M Dassu

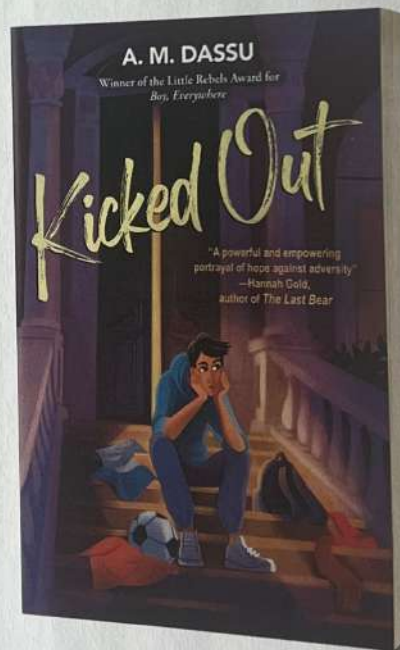
to celebrate the publication of

# Kicked Out

the highly-anticipated sequel to the award-winning  
**BOY, EVERYWHERE.**



'A powerful & empowering portrayal of hope against adversity. A M Dassu is one of our most authentic voices in children's literature' Hannah Gold, Author of *The Last Bear*



– winner of the  
Little Rebels Award for Radical Fiction 2021.





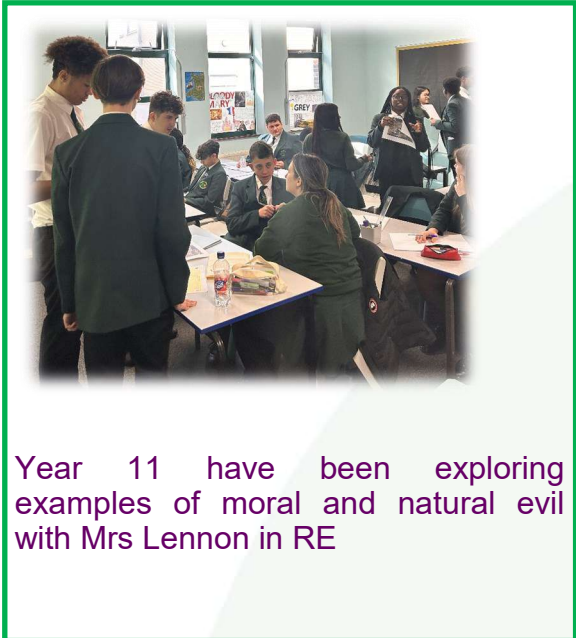
# Highlights of the week

## Year 11

- ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
- ☆☆ **Top 5 Achievers** ☆☆
- ☆☆ • Master T ☆☆
- ☆☆ • Lewis T ☆☆
- ☆☆ • Hollie W ☆☆
- ☆☆ • Karoline L ☆☆
- ☆☆ • Alfie D ☆☆
- ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

### ATTENDANCE MATTERS

Highest attending form this week is **AGAIN Mr Millington's form - 11E**  
**Well done!**  
 124 students with 100% attendance  
 Lets aim for higher in the new term!



Year 11 have been exploring examples of moral and natural evil with Mrs Lennon in RE



Year 11 have received a reward breakfast for E and E this week ! Well done

### Attendance Draw

Year 11 have launched an attendance draw ... the winners this week up to now have been **Kevin and Wintana !**



### Shout Out ...

From Mrs Walsh who is proud of the hard work focus and determination that year 11 HSC have shown in HT1. She is looking forward to working with you all in half term 2.



## Year 10

- ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
- ☆ **Top 5 Achievers**
- ☆ • Remia M
  - ☆ • Molly L
  - ☆ • Safina O
  - ☆ • Praises K
  - ☆ • Henok G
- ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆



Highest attending form this week is  
**Mr Smyth's form 10F with a fantastic 98.24% attendance**  
**Well done!**

### Shout out form Mr Walton-Whitelock

The year 10 media class as a whole have made great strides so far with creating their first set of graphics in Photoshop. The whole class has currently been terrific this half term

Outstanding standouts also: **Taelee H-L, Luke K, Kelven D, Meya S, Kayden A and Calum W.**



Year 10 attended the post 16 roadshow this week and met colleges, apprenticeship providers and employers who visited St Matthew's to share the sorts of thing the future might hold for them. They left with much to talk and think about.

Miss Rayson would like to shout out to her year 10 class 10Y2, I've been really impressed with their approach to starting GCSE.

Specifically **Luke.O and Ollie.M** for their efforts, and **Ellie.C** and **Neve.M** for always being so hard working

Year 10 HSC Mrs Walsh is really proud of the hard work, focus,



determination and motivation that Year 10 HSC have shown during half term 1. She is looking forward to working with you further in HT2 !



# Highlights of the week

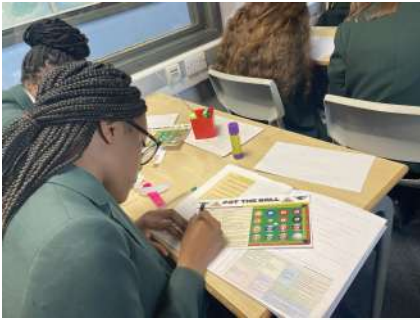
## Year 9

- ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
- ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
- Top 5 Achievers**
- Elaine
  - Finley
  - Lacey
  - Zara
  - Natalie
- ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

**ATTENDANCE MATTERS**

Highest attending is Miss Quigley's form 9E  
Well done!  
Mrs King is extremely proud of you all.

Year 9 French are making excellent progress. Here are Ribbon, Elizabeth and 9Y challenging themselves to gain as many points as possible in 'Pot the Ball' about the advantages and disadvantages of technology! Mrs Gyves Walker "A pleasure to teach"



**Shout out...** to Jayden McCarthy in 9K...really improved week of behaviour and co-operation. He attended and completed all his computing work and achieved 100% in his assessment. Well done says Miss Tilbury

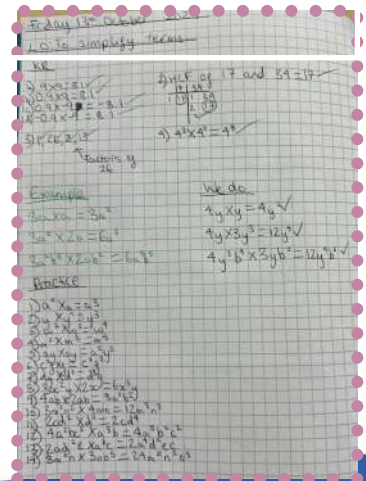
Some challenging work from 9B and 9F who have generally been performing excellently in maths. 9B were involved in an Interview lesson and I was extremely proud of them, Mr Atkin and Mrs Jones expressed how impressed they were. They are an excellent example of the high standards I want from Maths at KS3 says Mr Robinson



Well done to the year 9 football team who won 4 – 1 in the English schools first round

**Praise from Mr Atkin**

9B were amazing this morning, stand out pupil for me was Cody S-B!





# Highlights of the week

## Year 8

### Top 5 Achievers

- \* Rehan R
- \* Felicia A
- \* Ava-Jayne G
- \* Kayden G
- \* Najma B

## ATTENDANCE MATTERS

Highest Attending Form is 8A again with a fantastic 98% attendance.

112 students with 100% attendance.

Lets keep improving on these numbers Year 8 Miss Travis is a very proud Head Of Year.



**Poppy Day** Beautiful poppies painted with acrylic paint by Yr 8 for remembrance day.

8B have had an amazing term. Their hard work resulted in some outstanding pieces of writing during our AIM lesson. Pupils planned and evaluated the statement "Evil and Suffering proves that God doesn't exist". Pupils showed resilience and determination to succeed in this piece of work. Keep it up 8B, Mr Hall is looking forward to seeing you make more progress next term.



Mrs O'Donnell gives a huge shout out to Ocean, Thaleaya, Daisy and Emmanuel H who all completed their Lexonik Advanced intervention! They worked so hard every week and gave 100% effort!





# Highlights of the week

## Year 7

- ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
- ★ **Top 5 Achievers** ★
- ★ • Nikasalee R ★
- ★ • Somtochi O ★
- ★ • Lawrence B ★
- ★ • Yusra G ★
- ★ • Cassie J ★
- ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

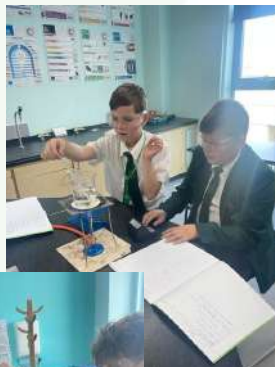
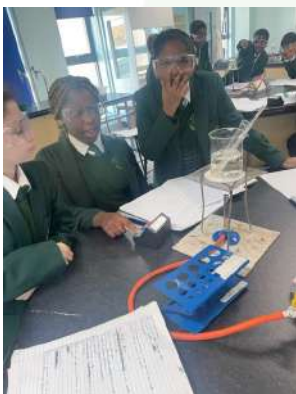
### ATTENDANCE MATTERS

Highest attending form is 7A  
 Highest achieving form is 7E  
 131 students with 100% attendance  
 Well done Year 7 ! A Proud Mr Johnston, Mrs Rolt and Miss Lennon



Mrs Walsh is very proud of the hard work, commitment and kindness that Year 7 have shown in their first half term at SMRCHS. Well done, I am very proud of your achievements and I am looking forward to seeing you flourish in half term 2. Enjoy your half term break. Mrs Walsh

7J completing a practical. They were measuring the melting point of stearic acid.



### Another new reward initiative

Miss Elliott's weekly top art award  
 1 student wins a certificate and chocolate prize every lesson

**Y7 top art award winner this week: Leo J.**

There will also be a competition for 1 winner to win an art prize leading up to Christmas.

All students were well behaved and contributed well to the lesson. Well Done from Mr Green



## MORE Y7 SHOUTS OUTS...

- ◆ 7G have made an incredible start. They consistently put in 110% effort, and they have maturity beyond their years! It is a real pleasure to be their form tutor and their English teacher. I cannot wait to witness even more of the incredible things they'll achieve at St Matthew's. Mrs Garman
- ◆ I'd like to shout out to 7E and 7F, when we were on the walking tour a member of the public walked up to us and asked which school we were from as they were so well behaved in the Royal Exchange, she commented that her niece had come to SMRCHS and hoped they would be as successful as her. it was really lovely! Miss Rayson
- ◆ I am super proud of my Spanish and French classes (7B, 7F, 7H, 7I) for their great effort and attitude with their speaking check points this week. These students went above and beyond: Gold, Kiki, Thaiyen, Rawand, Olivia Marshall, Britney, Freddie, Eminence, Abraham, Melody. Miss Hassan
- ◆ Just to say it been great to see so many Y7's at Football and Netball club this half term. A very talented group of girls, which I'm sure we will see huge success in the competitions after half term. Miss Waters
- ◆ Hard work from Matthew C, McKie W, Joshua S, and Riylan Mck have all shown great effort in Science. Mr Napier
- ◆ Hard work from Evie McN, Joshua S, Ayo O, Logan C and Destiny O have all been excellent in Geography

## Beehive

A very proud Head of Beehive,  
Miss Tilbury.

Our Year 8 Beehive form have been working really hard in Art. They made poppy sculptures and then this week have been painting them. It is clear to see the time and effort they have put into their designs.





The week has seen a wonderful variety in the chaplaincy department. On Monday we celebrated the feast day of St Margaret Mary. Our form time prayers about St Margaret Mary were recorded by students who had attended St Margaret Mary's RC Primary School and Mr Sharrock was pleased to be able to spend the afternoon in the primary school helping the Year 5s to celebrate their feast day.

He was very impressed by their artistic abilities and was delighted that so many of them are looking forward to joining our St Matthew's community in a couple of years' time.

This week has also seen the end of our Harvest Collection and we were able to hand over a good number of non-perishable foods to the Manchester Central Foodbank to support those in need in our local community.

Students Divine, Ikpo, Leo and Abishan were on hand to help Mr Sharrock give the donation over to the Foodbank.



We have also continued our praying of the Holy Rosary together and this week our prayer had a particularly special flavour because each of the ten "Hail Mary" prayers was recorded in a different language by our staff and students, embracing and celebrating our multicultural school. Look out for a recording of this multi-lingual rosary on our school Facebook page.

As we come to the end of our first half term together this year we give thanks to God for all that He has given to us in these seven weeks and we entrust our half term break to His watchful care.

We wish you every blessing for the week ahead and look forward to welcoming you back refreshed to continue our journey through life together.



## Post 16 Event

On Wednesday 18<sup>th</sup> October, 20 providers, including colleges, apprenticeship providers and employers visited St Matthew's for this year's Post-16 event. Years 10 and 11, along with their parents, were able to find out more about the choices they have when they leave school, and came away with prospectuses, leaflets and many ideas about their futures, some of which they had never ever thought of. It was fantastic so see so many of our students engaging in meaningful discussions about their future and gaining the tools to make informed choices.





## Manchester Walking Trips

A huge shout out from Mr Napier to forms 7I and 7K from not only Mr Napier but the tour guides as well.

The tour guides feedback they were the most well-behaved group out of all the forms that have done the tours and we feel really proud of how they represented St Matthew's throughout and in lots of public places.

The pupils were engaged asking and answering all the questions from the tour guide and it was fantastic seeing them take a real interest in our great city. Pupils from both forms showed lots of knowledge about the city and famous landmarks already which was great to hear too.





# External Feedback ...

It's true what they say, people very often forget to send positive feedback and praise where it is due, ... so when someone takes the time and effort to send something to shout about, that's exactly what we do at St. Matthew's ...

We were delighted to receive this feedback following our visit.

***Dear Headteacher,***

***As a retired high school teacher I am very aware members of the public are quick to criticise students and teachers. I am sending praise .***

***Your students and staff who attended the Royal Exchange Theatre on Friday 13th October 2023 were a credit to your school. Polite, respectful and engaged in the activity.***

***A delight to see.***

***Regards***

***Mary Wilde***





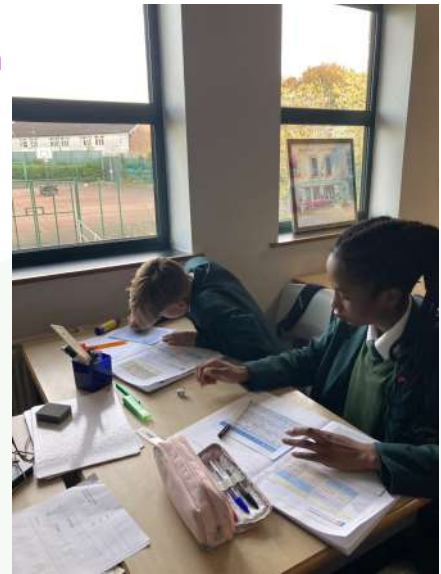
There are over 45 different languages spoken at St. Matthew's. Each week we will bring you a word or phrase of the week, lets all join in the language adventure.

**Thank you to Mrs Gyves-Walker**

**pryvit**

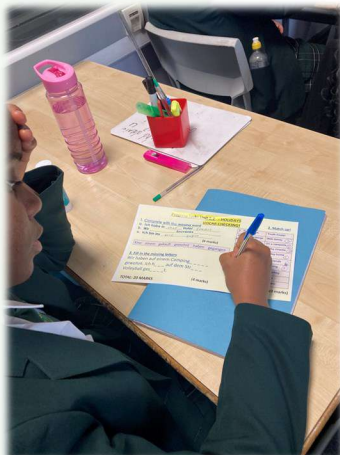
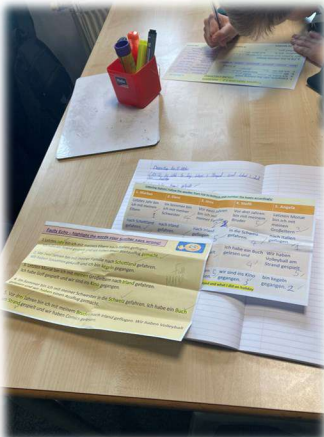
Hello  
in Ukrainian

Great effort by 8Y German with their past tense holiday work! Special mention to John who answered over 20 questions, worked on his prosody and made great progress with his reading skills!!



Year 8Y German completing a progress check in class, after doing a listening slalom, faulty echo and identifying past participles in German! Frau Gyves-Walker is very proud of you.

Here is Archie, Chidima and the class working hard!





## Attendance Is Everyone's business

Attendance continues to be a key priority in school this year for all pupils.  
**If students are not in school, they are not learning.**

We are making progress in improving students' attendance and we would like to take this opportunity to thank parents who have supported our attendance drive and continue to send their children to school every day.

Please remember that every school day is important for your child.

Please try to follow these simple steps:

- ◆ Try to judge how 'severe' your child's absence is. Do they really need to stay at home?
- ◆ Is your child better by mid-morning? If they are send them into school.
- ◆ If your child has an extended or intermittent but persistent condition, contact their Head of Year and arrange a meeting to set up a supportive action plan. There is a lot of support we can offer to prevent your child from missing school.
- ◆ Non-urgent doctor, dental appointments and check-ups should be made out of school time where possible. School finishes at 3pm.
- ◆ If your child has a cough, cold menstrual pains, please send them to school. usually once they get with their friends, they feel absolutely fine.

Don't think that the 'odd day off can't harm'. Research carried out on the effects of broken weeks and achievement is astounding. A student can have 95% attendance but still have 10 broken weeks! Hugely detrimental to your child's learning, leaving big gaps in knowledge.

### This weeks 'Attendance Fact'

**'There are 175 non-term days in a year. All this time for shopping, holidays, appointments etc'**

If you need any support or advice to help your child improve their attendance, please get in touch with us at school or email [attendance@smrchs.com](mailto:attendance@smrchs.com)

**G Matthew – Strategic Attendance Lead**  
**C Grainger – Attendance Lead**  
**S Ross – Attendance Officer/ Safeguarding Officer**





## October is ADHD Awareness month

## Teachers: have you ever...?

- Thought a child was 'lazy' because they seemed to never start a task?
- Been frustrated because a child seems incapable of remaining in their seat?
- Experienced a child who continuously bangs their pencil on the desk?
- Reminded a child to bring their book at least five times and they still forgot it?
- Been in the middle of a lesson when a child blurts out some random information irrelevant to the lesson?

## Have you considered that this child might be Neuro-diverse?

### Common myths:

- ADHD is just a new label given to naughty children explain their behaviour
- There is no evidence that ADHD exists
- ADHD is a result of bad parenting!
- ADHD only affects boys
- Children with ADHD will eventually outgrow their condition

### FACTS:

Girls are far less likely to be diagnosed with ADHD. The approximate ratio is 4:1

### Why??

-Girls display different behaviours e.g. less impulsive & tend to be day-dreamers as opposed to boys where they make themselves known within the classroom.

-Girls often slip through the net.

### FIGURES

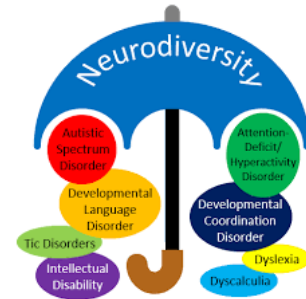
- ADHD usually starts at about 18 months, but might not be diagnosed until later, even until adulthood.
- It is thought to affect 3% to 7% of school age children.
- 32-40% more likely to drop out of school
- 50-70% more likely to have few or no friends
- 70-80% more likely to underperform at work
- 40-50% more likely to engage in antisocial activities
- 40% more likely to experience teen pregnancy
- 20-30% more likely to experience depression
- 18-25% more likely to develop personality disorders



to



## Common symptoms



Inattention	Hyperactivity	Impulsivity
Appearing not to listen when spoken to	Difficulty keeping still; fidgeting with hands or feet	Interfering with what others are doing in the class and on the playground
Easily distracted and forgetful Difficulty in organising	Climbing or running excessively	Interrupting and shouting out
Reluctant to engage in a task	Talking excessively	Difficulty with turn taking Acting without thinking
Making careless mistakes in work and other activities		Breaking rules
		Little sense of dangers

## How is ADHD assessed and diagnosed?

- Individuals younger than 17 must display at least 6 of 9 inattentive and/or hyperactive impulsive symptoms.
- The symptoms must be present for at least 6 months to a degree that is judged to be inconsistent with an individual's development level.
- The symptoms have to be present in more than one setting e.g. home and in school.

**The SEND team can make referrals to CAMHS, requesting assessment for ADHD. The current waiting time is approximately 9-12 months.**

## Relationships are KEY

Pupils need at least one person with whom they can develop a positive relationship; to act as a mentor and help address any problems the pupil is experiencing. Try to foster positive relationships with the family. School can support the family with the administering of medication.

**We often get the best hours of the pupils day (consider this when communicating with home!)**

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# SPOTLIGHT ON ADHD

## What does it feel like to have ADHD?

*“It is as if you are driving through thick fog, on a dark road, trying to get to where you know you are supposed to be. The problem is, you lost the directions and have no GPS to guide you and, in the background, the radio is playing loud songs that are changing.”*

-

*“Everything distracts you at school. If someone drops a pen on the floor you know about it. Actually if some drops a pen on the floor in a different school, you'd probably still know about it.”*

-

*“Her impulsiveness means that she often makes ‘smart’ comments which for most of us, thinking for a second, would remain as just thoughts. Some teachers understand that these comments are a misjudgement because of her impulsiveness and brush them aside, but others take them at face value and impose disciplinary measures. She does not understand what she has done wrong and feels angry at the punishment and being misunderstood.”*

*Mother of girl aged 15.*

-

## So....what can we do?

- ⇒ Use prompts to remind the pupil of the behaviours you expect to see.
- ⇒ Wherever possible explain what you do want to see as opposed to the behaviour you don't want to see. Don't start requests as a question 'can you...?'
- ⇒ Praise and reward the behaviour you want to see.
- ⇒ Set small achievable targets and gradually increase the demand.
- ⇒ Distraction toys e.g. doodle paper/fidget/blu-tac.
- ⇒ Ask the young person how you can support them and what **they think** their target should be.

## Support for families; top tips

1. Educating yourself is important
2. Help them to find assessment and/or treatment
3. Listen to your loved one
4. Communicate with your loved one
5. Focus on strengths, to build confidence
6. Help them with routines
7. Take care of yourself

The ADHD Foundation

The Neurodiversity Charity—click  
the link to find our more

Services for Families - ADHD  
Foundation : ADHD Foundation



Call us - 0151 541 9020  
Email - info@adhd.foundation.org.uk



**St. Matthew's**  
Roman Catholic High School  
VOLUNTARY ACADEMY

# Christmas Hamper Appeal



**St. Matthew's**  
Roman Catholic High School  
VOLUNTARY ACADEMY

## CHRISTMAS 2023 HAMPER APPEAL

The SMRCHS family have always been incredibly generous at Christmas time and this year will be no different!

We would like to raise funds and collect donations to support the families within our school who may need a little extra help over the festive period.

### WAYS YOU CAN HELP

- Donate a new, unwrapped gift and drop it off at school.
- Donate a voucher that we could raffle.
- Support our Christmas Jumper day.
- Buy raffle tickets.
- Share this post with your friends, family & local businesses.



**SPREAD THE WORD!**

[www.smrchs.com](http://www.smrchs.com)



# Parent Pay—How To

There are still many students who do not have an active Parent Pay Account. Please contact the school if you have not received your unique username and password to activate the account or if you need assistance.

Your child will need their account setting up as they may need to purchase academic items or if they want to go on school trips. Minimum Top Up is now £2.50.

When calling select to speak to Finance or email

[parentpay@smrchs.com](mailto:parentpay@smrchs.com)

## How To Activate A New Account

You will need an activation letter or email from school to get started. If you have lost this or not yet received it, email the school at [parentpay@smrchs.com](mailto:parentpay@smrchs.com)

You need a valid email address as a username and for account verification.

1. Navigate to [parentpay.com](https://parentpay.com)
2. Select Login at the top right corner of the screen
3. Enter the username and password provided in your activation letter / email and select activate.
4. Complete the activation as detailed on screen.
5. That's it you're all done!

## How To Top Up A Parent Pay Lunch Account

1. Navigate to [parentpay.com](https://parentpay.com)
2. Select Parent Login
3. Username—this is your email address
4. Password—this is what you chose once you had activated your account
5. Select Login
6. Click Continue—(or if you want to set up one click payments follow the screen prompts)
7. Select Pay for meals
8. Enter how much you want to pay (minimum payment is £5)
9. Select Add to Basket
10. Click on Basket and check the amount is correct
11. Click proceed to Checkout
12. A receipt will be sent to your email address from Parent Pay.
13. That's it you're all topped up!



## Free School Meals

We encourage all parents/ carers to check if their child is entitled to free school meals (FSM). Being registered for free school meals benefits both the student and the school as we will receive extra funding. It is the parents/ carers responsibility to apply for free school meals on behalf of their child.

Applying for Free School Meals only takes a few minutes. Please click on the following link to apply:

<https://www.gov.uk/apply-free-school-meals>

If you are struggling with your application, please contact [finance@smrchs.com](mailto:finance@smrchs.com) and the Finance Team will be happy to assist you with your application.

### Qualifying criteria for free school meals:

You are receiving Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)

Income Support

Income-based Jobseeker's Allowance

Income-related Employment and Support Allowance

Support under Part VI of the Immigration and Asylum Act 1999

The guarantee element of Pension Credit

Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)

Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit



Follow us on Instagram

## st.matthews2023

We receive some great feedback on our weekly Round Up so if you enjoy the read and what you see, why not follow us on Instagram

you'll get to see more news and highlights of 'what's going on'. Here's just a few examples of the things posted.



**st.matthews2023** Well done to Abishan, Bella and Mairead who between them collected over 1400 responses to their Primary Research surveys ahead of their controlled assessment. They have been rewarded for their effort and determination with some gift vouchers, but the best reward will be the impact that this will have on their final assignment grade. Well done all!





## BLUE DOT DEAL—A STUDENT FAVOURITE

The Blue Dot Deal still remains a favourite and is exceptionally good value allowing your child to chose 4 items, for example; if they wanted something to eat at break they could chose something from the hot deli, get a roll for lunch from the cold deli, select a drink and get a fruit pot or something from the Homebake all for £2.50.

**4  
AMAZING  
ITEMS  
£2.50**

**HOT DELI**  
Garlic Bread  
Pizza Melt Bap/Boat  
Cheese On Toast/Bap  
Pizza Melt Quesadilla  
BBQ Melt Bap

**COLD DELI**  
A Selection of Rolls:  
Ham, Cheese, Tuna, Chicken  
Mayo, Egg Mayo

**DRINKS**  
125ml Radnor Drink Carton  
330ml Water Bottle  
8oz Slush  
Small Generation Juice

**4OZ POTS**  
Selection of Fruit Pots  
Selection of Jelly Pots  
Selection of Yoghurt Pots  
Selection of Seed Pots

**HOMEBAKES**  
Mini Muffin  
Mini Cookie  
Mini Shortbread  
Mini Flapjack

\* Not all items are available everyday