

# St Vincent's Catholic Primary School



Newsletter  
23 January 2026

Dear parents and carers,

At St Vincent's, lunchtime is an important part of the school day. It is not only a time for children to refuel their bodies, but also a valuable opportunity to learn independence, good manners, gratitude and respect for others. As a Catholic school, we see this time as part of our wider mission to help children live out our values in everyday moments.

Our school meals offer a range of daily choices, including hot meals, lighter options and vegetarian alternatives. Menus are carefully planned to provide balance and variety, and we cater for children with specific dietary needs and allergies. We are also proud that school meals are universally free, ensuring that every child has access to a nutritious lunch each day. The current menu is sent out at the beginning of each term, and we are sharing it again here as a reminder. We strongly encourage parents to look through it with their children and talk about making sensible, balanced choices.

Lunchtime is, of course, a very busy part of the day. However, we place great importance on helping children understand that the dining hall is a shared space and that our catering team work incredibly hard to prepare and serve meals for them. Rooted in our faith, we encourage children to show compassion, patience and respect — recognising the dignity of every person and appreciating the service given to them. This is reflected in the way children speak to staff, wait their turn, use good table manners, use cutlery correctly and take time to eat rather than rushing.

We would also really value your support with this at home. Recently, we have noticed that some children repeatedly choose the same option every day and then throw large amounts of food away, which often means they are not eating enough to sustain them through the afternoon. Please do talk with your child about trying a wider range of foods, choosing sensibly from the menu, and only taking what they are likely to eat. These small conversations help children to develop responsibility, gratitude and respect for God's gifts.

Together, through these everyday moments, we continue to help our children grow in responsibility, gratitude and respect, living out the values that sit at the heart of St Vincent's.

Have a lovely weekend.

Mrs Gonzalez  
Headteacher



NOVEMBER TO MARCH 2026 <b>NOURISH</b>						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b>		Chicken Pie 1 Pesto & Pea Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9  Crushed Potato Cauliflower, Carrots  Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Margherita Pizza 1,3,7 V Bean Biryani VG Jackets with a Choice of Toppings 7,8,9  Rainbow Pasta 1 Seasonal Vegetables  Toffee Apple Pudding 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Gammon & Gravy Broccoli Tot 1,7 V Jackets with a Choice of Toppings 7,8,9  Rustic Roast Potatoes, Cabbage, Peas  Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Beef Bolognese Pasta Bake 1,7 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 7,8,9  Green Beans Grated Carrots  Parsnip Brownie 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Fish Fingers 1,8 Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9  Chips, Sweetcorn, Baked Beans Cucumber Sticks  Oaty Cookie 1,15 VG Yoghurt 3,7 Fruit Pots VG
<b>WEEK TWO</b>		Caribbean Brown Chicken Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9  Rice, Carrots, Peas  Chocolate Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Cheese & Broccoli Pasta Bake 1,7 V Buffalo Cauliflower Wings & Wedges VG Jackets with a Choice of Toppings 7,8,9  Seasonal Vegetables  Plum Pudding 1VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Chicken & Gravy Ratatouille Puff 1,3 VG Jackets with a Choice of Toppings 7,8,9  Rustic Roast Potatoes Broccoli, Carrots  Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Beef Stew & Dumpling 1 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9  Cauliflower, Green Beans  Apple & Cinnamon Pinwheel 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Salmon Bites 1,8 Margherita Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9  Chips, Peas, Coleslaw 9  Marble Cookie 1 VG Yoghurt 3,7 Fruit Pots VG
<b>WEEK THREE</b>		Macaroni Cheese 1,7 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9  Rice, Green Beans, Mixed Salad  Peach Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Jackets with a Choice of Toppings 7,8,9  Sweetcorn, Peppers  Chocolate Rice Pudding 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Pork & Gravy Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 7,8,9  Rustic Roast Potatoes, Green Beans, Carrots  Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Beef Cottage Pie Herby Tomato Pasta 1 VG Jackets with a Choice of Toppings 7,8,9  Seasonal Vegetables  Beetroot Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Fish Fingers 1,8 Cheese, Carrot & Tomato Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9  Chips, Peas, Baked Beans, Grated Carrot  Caramel Flapjack 1,7,15 V Yoghurt 3,7, Fruit Pots VG
Primary 3 Cook  <b>AVAILABLE DAILY</b>		1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian  Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.				

## Stars of the Week

Reception – Helena, for consistently showing empathy towards others, making our school an even more caring place.

Year 1 – Ethan, for never giving up even when things get tough, showing others the importance of resilience.

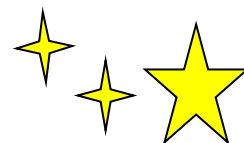
Year 2 – Heeya, for working hard to share wonderfully creative ideas in class and producing great work.

Year 3 – Gabriel M., for efforts to improve and reach new heights in his learning.

Year 4 – Ivie, for her inquisitive nature in learning and always participating in class discussions.

Year 5 – Olumide, for excellent comprehension of the maths covered this week.

Year 6 – Amari, for listening carefully and making great improvements.





## School Value Awards

Reception – Anya, for consistently demonstrating a positive attitude towards learning and always putting in your best effort.

Year 1 – Mark, for always showing respect to teachers and peers, creating a positive classroom environment.

Year 2 – Annabella, for working hard to produce beautiful artwork and a fantastic piece of creative writing.

Year 3 – Michael, for really trying hard to improve your handwriting.

Year 4 – Kendall, for your cheerful attitude you bring to the classroom every day.

Year 5 – Darcie, for her polite and well-mannered attitude.

Year 6 – Sasha, for showing kindness, compassion and care.

## Silver Awards

Silver Awards are for earning 50 dojos! Well done!

Year 2 – Gabia

Year 4 -- Harper

## Gold Awards

Gold Awards are for earning 100 dojos! Well done!

Year 1 – Andrew, George, Alayna, William, Albert

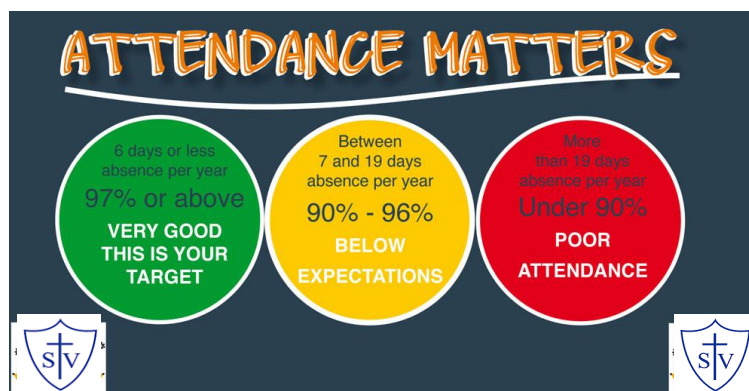
Year 2 –Daniel, Izaiah, Shayah

Year 4—Ava,

Year 5 - Abigail, Benita, Sophia, Olu, Juliet, Lukas, Nero, Adriana.

## This Week's Attendance

19-23 January 2026	
Reception	96.8%
Year 1	94.4%
Year 2	96.6%
Year 3	97.8%
Year 4	97.7%
Year 5	96.2%
Year 6	94.6%
Whole school	96.3%





## Dates for your Diary

Parents and families are warmly invited to join us in celebrating Mass.

If you would like to accompany the school as we walk to Mass, please inform your child's teacher so they can coordinate the arrangements.

Additionally, the Celebration of the Word will take place in the school hall, and parents of the respective year group are welcome to attend.

Wednesday 28 January	Year 1 celebration of the Word
Wednesday 28 January	Year 3 visit to Mass
Wednesday 4 February	Year 3 celebration of the Word
Wednesday 4 February	Year 6 visit to Mass
Wednesday 11 February	Year 4 celebration of the Word
Monday 16 – Friday 20 February	Half Term Break
Friday 27 March	Last day of Spring Term
Tuesday 14 April	First day of Summer Term

**Term and holiday dates up to July 2026 are shown on the school website**

## Christmas Costume Donations

Now that Christmas is well and truly behind us, many families may be having a clear-out of wardrobes and storage boxes. If your child wore a costume for our Christmas productions and it is now too small, no longer needed, or you were planning to pass it on, we would be very grateful if you would consider donating it to the school.

We would also welcome donations of any other costumes suitable for Reception or younger children, which can be used to support role play, storytelling, performances and themed learning throughout the year.

Donated costumes are carefully stored and reused to support future nativity plays, drama activities and themed events. Having a bank of costumes allows us to ensure that all children can take part fully, without families feeling pressure to purchase new outfits each year.

If you are able to donate, please bring any clean costumes to the school office. Your support helps us to build a shared resource for the children and is a wonderful way of supporting our school community.

Thank you, as always, for your generosity and continued support.