



THOMAS HALL SCHOOL NEWSLETTER



The seasons do feel like they are changing, although occasionally the sun breaks through and the air temperature rises and we could be forgiven for thinking it was summer again. It has been lovely to see new groups of pupils mixing and socialising in the school. When pupils are talking to each other, I am so often amazed with the kindness that often strangers show each other, and it reinforces the value of the Thomas Hall Way.

On Monday, as part of our work to reinforce our identify and values, we are sharing with pupils our collective vision on the Thomas Hall Way, along with the Thomas Hall Standard, which we hope will promote the positive values that we all should model in our lives. We are really excited about this initiative as it should provide an excellent platform to showcase all the positivity that happens around our school each day.

Throughout the first four weeks of term, we have experienced the real benefit of being a member of the Reach South family. We have had lots of support and reflection with colleagues who have joined us, helping us problem solve issues and develop a clear narrative of the journey over the coming weeks and months. I have particularly enjoyed working closely with our Chair of our Improvement Board, Nick Buckland OBE, who has helped shape many of the success stories in Reach South.

You can find details of our Improvement Board members on our website here:

[Thomas Hall School – The Improvement Board](#)

Phil Arnold
Principal

Dates for your Diary

Saturday 7th October Silent Disco – See Parent Notices for more information

Tuesday 10th October Year 11 Geography Bristol fieldwork trip.

In This Issue



TEN TORS
2024

10th-12th May

TEN TORS....Early Warning

There will be a meeting on Tuesday 10th October from 5-6pm in G145 (Mrs A's room) for pupils in Yrs 9,10 and 11 AND a parent/guardian to give relevant and important information before the training starts. I will also explain what the school and staff will be offering and what expectations are of pupils. Pupils need to give their names to Mrs A so they can be added to list (if they have not done so already).



Have you ordered your school photos yet? A polite reminder that the closing date for free delivery back to school is Sunday 15th October. Order through the Tempest website using your unique link or visit www.tempest-orders.co.uk

If you need any assistance in ordering your photos, feel free to contact Tempest on 01736 751555 (option 3).

TEMPEST
PHOTOGRAPHY



Academic
Excellence



Character
Development



Wellbeing



Parent Notices,
Meet the Staff
& Menu

MACMILLAN CANCER SUPPORT

The staff raised
£31.30 for
Macmillan with
their charity
coffee
morning.





Academic excellence



English

Year 8 have been studying the poem **Winter Swans**, by Owen Sheers (b. 1974)



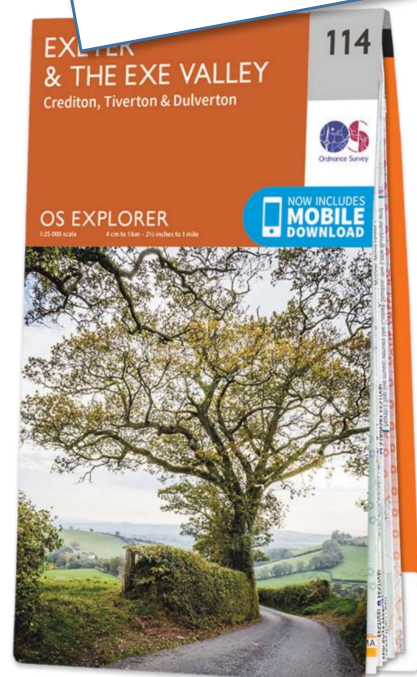
The clouds had given their all -
two days of rain and then a break
in which we walked,
the waterlogged earth
gulping for breath at our feet
as we skirted the lake, silent and apart,
until the swans came and stopped us
with a show of tipping in unison.
As if rolling weights down their bodies to their heads
they halved themselves in the dark water,
icebergs of white feather, paused
before returning again
like boats righting in rough weather.
'They mate for life' you said as they left,
porcelain over the stilling water. I didn't reply
but as we moved on through the afternoon light,
slow-stepping in the lake's shingle and sand,
I noticed our hands, that had, somehow,
swum the distance between us
and folded, one over the other,
like a pair of wings settling after flight.

Miss Darbyshire

maths

Year 8 have been studying map scales and scale drawings.

We were very lucky to show some architects plans that a student brought in – Thank you. We are concentrating on our home-town of Exeter on different scale maps.



Miss Polington

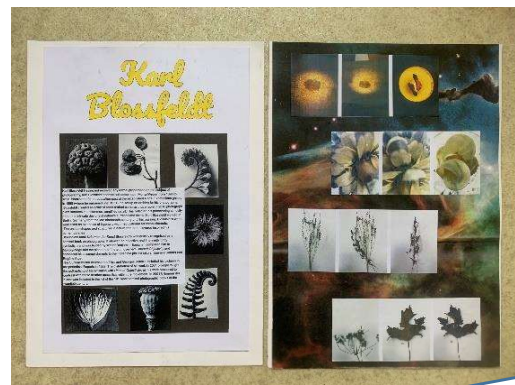
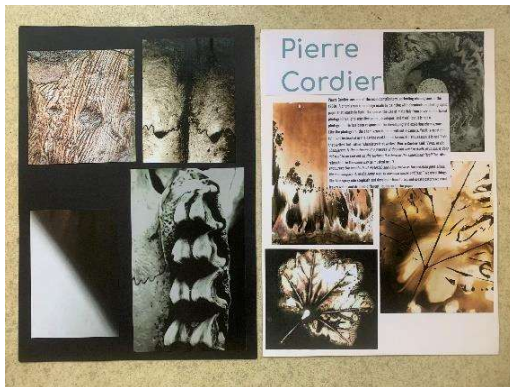


Academic excellence



art

Students will explore a range of study areas within photography including portraiture, natural form, landscape or still life photography, photo-journalism, and documentary photography. As part of the course, students are expected to take photographs in a variety of settings, including open-air locations.



Mr Darwish

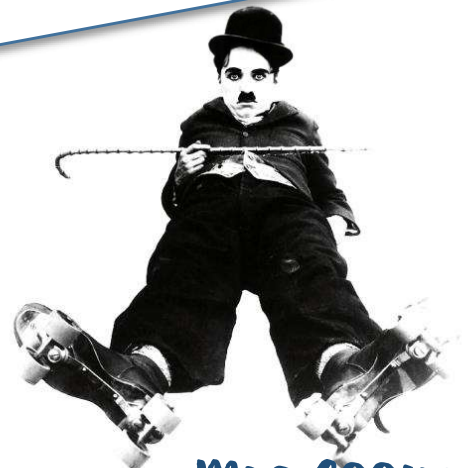
What a wonderful start to the new academic year.

The GCSE students in years 10 and 11 are working hard and have impressed me immensely with their performances.

The new year 7s have been immersing themselves into the world of slapstick and have been tripping and falling over like they have been doing it for years!



Drama



Mrs Cooper



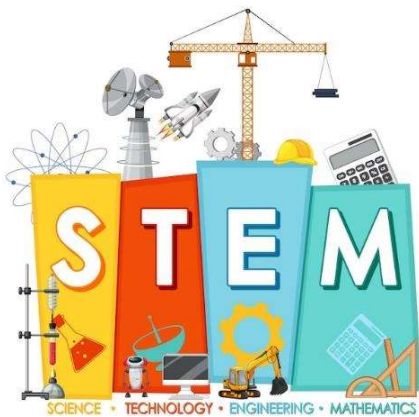
Academic excellence



Science

We are excited to inform you about an upcoming event at Thomas Hall School that we believe will greatly benefit our students in Year 11, prior to choosing their Post 16 options. Miss Cockburn and Mr. Page are spearheading an initiative to organize a STEM Careers Day on **Thursday 19th October 2023**.

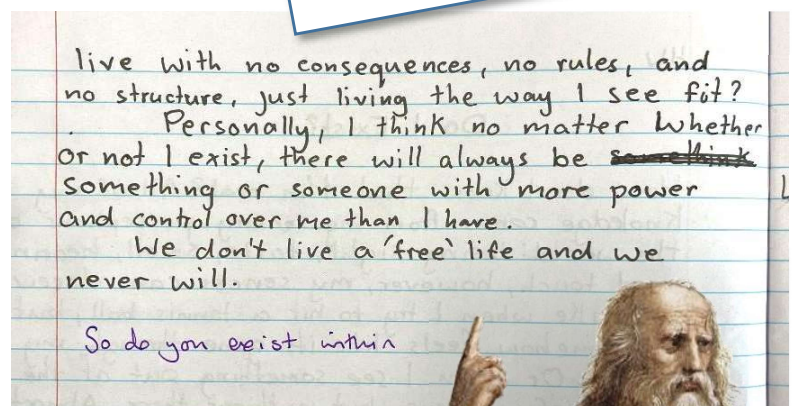
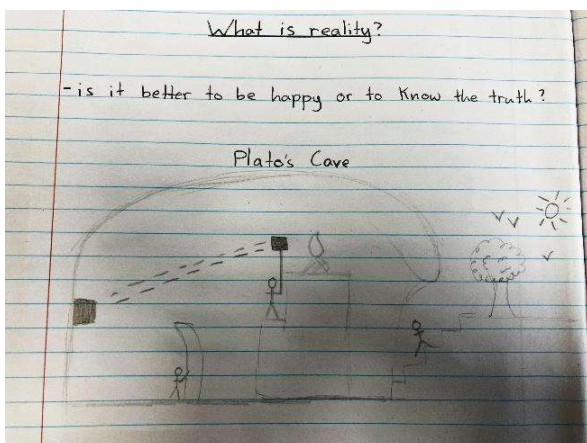
The primary objective of the **STEM** Careers Day is to inform and inspire our students about the vast array of career opportunities available to them within the fields of science, technology, engineering, and mathematics (STEM). As the world becomes increasingly reliant on STEM-related skills and professions, it is essential that our students are exposed to the numerous exciting paths they can pursue in these areas.



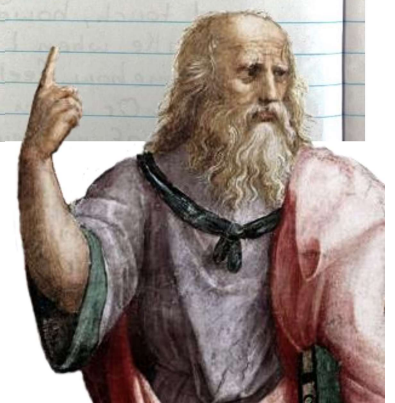
Miss Cockburn

Visit [STEM Learning](#) for more information.

Year 9 are studying existentialism and Plato's cave. Their homework was to prove they existed!



Miss Torr





Academic excellence



geography

Last Thursday we took the Year 11 Geographers to Lyme Regis! After all the rain we had previously, it was a surprisingly dry day collecting fieldwork data.



The geographers worked hard recording beach transects, sediment size and roundness and longshore drift velocity to prove that longshore drift was occurring at Monmouth Beach. After data collection, the students were able to walk along the coastal defences to learn how Lyme defends itself from erosion, linking to a case study they have studied in the classroom. Thank you to everyone who managed to come along, it was great to finally take Y11 offsite for fieldwork! Roll on Bristol next week!

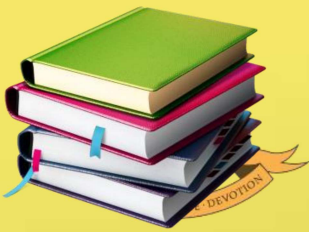
Miss Cameron - Mitchel

In History year 7 have been enjoying learning about the Black Death and have started their Home work projects ready for their return after the half term break. Year 8 have been learning about the Succession Crisis of 1066 and have also started their project for their home learning, the design of a shield. The group has been split into Saxon and Norman for the project and will be using their shields in the lessons on return to school after the half term.

Mr Hawkins

History





Academic excellence French



Le Français

Si mon tonton
fond ton tonton,
ton tonton sera
tondu

Fun tongue twister (un
virelangue) to try:

If my uncle
shaves your
uncle, your uncle
will be shaven.



French idiom to learn:
"Avoir un poil dans la main"
Literal translation: To have a hair in one's hand
Actual meaning: To be lazy (so lazy that a hair was able to grow on your hand)

Interesting facts:
The European Day of Languages has been celebrated every year on the 26th September since 2001. It is an initiative of the Council of Europe whose aim it is to promote that linguistic diversity is a tool for achieving greater intercultural understanding and a key element in the rich cultural heritage that we live in.



20 MORE THINGS YOU MIGHT NOT KNOW ABOUT THE WORLD OF LANGUAGES

GERMAN and LUXEMBOURGISH are the only languages in the world to capitalise nouns – although it was once common practice in many Germanic languages, such as Danish, Swedish and English.

ITALIAN didn't 'officially' become the official language of Italy until 2007! It is based on the Florentine dialect, with most regions in Italy speaking their own dialects/languages (around 30 in total).

EARLY LANGUAGE LEARNING
Babies only hours old are able to differentiate between sounds from their native language and a foreign language. A 2013 study indicated that babies begin learning language from their mother while still in the womb, earlier than previously thought.

SPECIAL QUESTION MARKS
In Spanish, an interrogative sentence is accompanied by two question marks: one at the end of the sentence, and the other at the beginning in an upside down position, e.g. "¿Cómo estás?". In the Greek language, a semicolon (;) plays the role of a question mark.

WHICH LANGUAGE IS IT?
The Voynich Manuscript is a book from the 15th century, written in a language no one can identify, let alone read. I am afraid we cannot provide a summary!

In the Australian Guugu Yimithirr language there are no words for left or right. People use cardinal directions instead, e.g. they would say: "There's an ant on your south-eastern leg".

Why are languages written in different directions? The leading theory is that it depended on the original materials used in writing. When writing with ink, left to right is preferred to avoid writers dragging their right hand through the ink.

In **SWEDISH**, "gift" means both married and poison.

In **MACEDONIAN** "lele" can mean "oh wow" or "oh my goodness" and you can add lele as often as you like. So you can say: "Lele lele lele lele – what a pretty dog!".

European cities are the perfect place to observe multilingual diversity: In London, for example, more than 300 languages are spoken!

A very strange fact about the English language: **NOTHING** in the English language starts with N and ends in G!

Two non Indo-European languages that are related to each other, are Hungarian and Finnish. Of course, the two languages diverged about 6,000 years ago but they are still considered brother and sister in the Finno-Ugric language family.

WHEN IS A BAT NOT A BAT?
In Spanish, if a word contains all five of the language's vowel forms it is called a "murdelago" which means "bat" – like the flying mammal or friend of vampires!

FRENCH was the official language of England for over 300 years (between the Norman victory at the Battle of Hastings (1066) and the end of the 14th century).

MANX is a Celtic language closely related to Irish and Scottish Gaelic spoken only on the Isle of Man.

FIRST LANGUAGE IN PRINT
The first language to be printed was German. Johannes Gutenberg's printing press, developed around 1440, is credited as being a game changer in increasing the levels of literacy and education of people in Europe.

With a few exceptions, there are really only two ways to say "tea" in the world. One is similar to the English term ("te" in Spanish, "tee" in Afrikaans...), the other is a variation of "cha" ("Chay" in Hindi, "chá" in Portuguese). Both versions come from China, but the words that sound like "cha" mostly spread across land, along the Silk Road, while "tea" spread over the sea with Dutch traders.

MOST COMMON OFFICIAL LANGUAGES IN COUNTRIES OF THE WORLD

English	(60 countries)
French	(29)
Arabic	(23)
Spanish	(20)
Portuguese	(10)
German	(6)

There are two official forms of written Norwegian: bokmål (book language) and nynorsk (new Norwegian).

HIPPOPOTOMONSTROSESQUIPEDILOPHOBIA is the fear of long words.

European Day of Languages
26 September

EUROPEAN COUNCIL FOR THE COMMON CULTURE OF EUROPE
UNION OF EUROPEAN NATIONS
COMMISSION OF EUROPEAN COMMUNITIES

WWW.COE.INT/EDL #COEEDL

~ Miss Cook





Academic excellence Attendance & HP's



Primary

Secondary

Class	Attendance
Reception - Rowan	97% 
Year 1 - Birch	94.4%
Year 2 - Yew	87.1%
Year 3 - Hazel	87.9%
Year 4 - Beech	93.9%
Year 5 - Fir	90.7%
Year 6 - Cedar	91.4%

Class	Attendance
Year 7 - Maple	92%
Year 7 - Larch	92.2% 
Year 8 - Aspen	81.6%
Year 8 - Juniper	81.4%
Year 9 - Elm	72.7%
Year 9 - Redwood	64.7%
Year 10 - Ash	75.8%
Year 10 - Pine	88.7%
Year 11 - Alder	N/A



Please report absences before 9.00am by emailing attendance@thomashallschool.org telephoning 01392 757371 selecting option 1 to leave a message on the absence line.

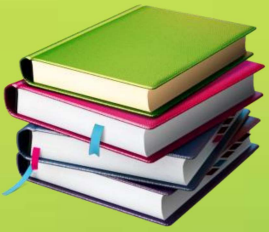


Medical/dental and other appointments should be arranged outside of school hours when-ever possible. Confirmation of all appointments, by way of appointment card/letter or appointment slip, must be provided. Please notify the school at least 3 school days advance of the appointment.

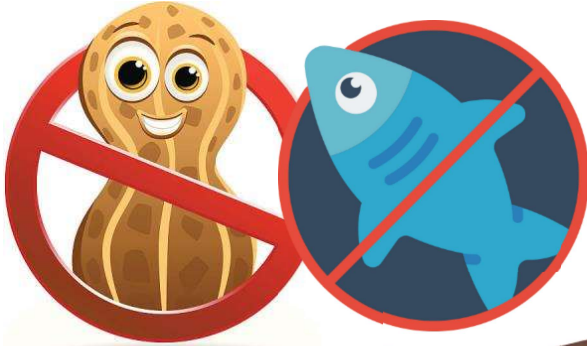


Any non-medical absence must be requested by completing an absence request form (S2). This must be completed and returned to reception at least 3 weeks before the actual absence

**ATTENDANCE
MATTERS.
ALL DAY, EVERY DAY**



Things to know



Please remember, this is a nut and fish free school!




GOVINDA'S
Vegetarian School Meals

MESSAGE ABOUT PUPIL MEALS!

Please, when you order your meals from the kitchen, we cannot give substitutions. So, what you order is what your child will get!



**DON'T RISK IT!
YOU WILL BE PUNISHED!**

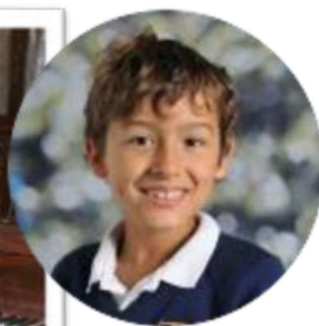
REMEMBER



The best teachers are those who show you where to look, but don't tell you what to see.
— Alexandra K. Trenfor



Picture of the Week



Benjamin from year 6 Fir, successfully passed with Merit his piano Grade 1 Exam with the Royal Schools of Music by performing three pieces and doing an exam.



If you know of a student that has done something extra special and deserves a mention, please email reception@thomashallschool.org



Meet our Staff



Name: Patrick Hagan-Vaughan

Job title: Site manager

What do you do on an average day? Seriously, I don't have a average day!

What is the best part of your day? Meeting people by the gate in the morning.

What is the most challenging part of your day? Trying to fit in all my compliance work!!

Something about me: My name, in Irish means 'Family of bee-keepers.'



*[Click here to
thank
a member
of staff](#)*

Thanks to our staff

Do you think an Avanti Hall staff member deserves a special thank you for going above and beyond their normal duties?



Peripatetic Music Lessons



Sean Tucker- Clemens Guitar Tuition



Sean trained at the Academy of Music and Sound in Exeter.

Since first picking up a guitar at the age of 17, he has studied many different aspects of both electric and acoustic playing and confidently teaches a wide range of musical genres. Can offer electric and acoustic guitar, ukulele and beginner/ intermediate bass tuition.

Contact: 07757700310

Email info@seantuckerclemens.com

Anna Cockroft Violin Tuition



Anna Cockroft played both violin and piano from an early age and went on to study at Birmingham Conservatoire. After graduating she moved to Devon to start her playing and teaching career, and has enjoyed her music immensely ever since. She currently plays with Taunton Sinfonietta, is a member of the Beacon Piano Trio and the Orchard String Quartet and freelances for many orchestras. She has led the Exeter Bach Society's Orchestra for several years and was present at the Society's very first rehearsal.

Contact:

Email: annaviolin27@gmail.com

Mike Marks - Various



After stepping away from classroom teaching to have more time with my family, I have returned to my roots of music! Life is Music sessions are run embedded with the belief that we are all musicians and that music is all around us - once we feel these truths, the music flows naturally. These core beliefs lead to sessions infused with a love of music and an underlying exploration of the interconnectivity of Music and Life. Instruments act as the vehicle for growing these roots in my students. In 30 minutes, they might sing, beatbox and/or play any combination of piano, guitar, ukulele, bass, drum set, anything else we can find to make music with! As I always follow my students' interests, if they would like to just focus on one instrument, that is what we do.

Damai dan musik selalu :)

Contact:

**Mike from The Sounds of Learning at:
thesoundsoflearning@gmail.com.**

Rob Maxwell – Piano Tuition

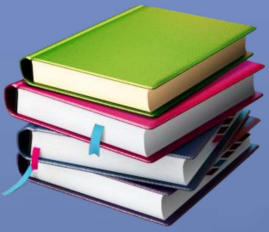


“Teaching and sharing my love for music has always been a part of my job that I really enjoy, and I feel privileged to be able to share my experience with the next generation of musicians. I aspire to offer some inspiration to encourage students to get into music and discover what it can offer them and what they can offer others. Whether it's help learning pop music by ear, developing your theory knowledge, or studying for your ABRSM Grades, I can help.”

Rob Maxwell will be offering one to one piano lessons on a Monday and Tuesday afternoon. He is an experienced music teacher and teaches theory, reading and development of musical ear using songs that are known and enjoyable to the children. His fees are £10 per lesson and parents would sign up to a block of lessons for the term.

Contact:

rob.maxwell@rocketmail.com



Parent Notices



As part of our drive to make the transition of students to school safer we will be including a road safety section in every newsletter to highlight the risks involved. Please be assured that the majority of parents are ensuring the safety of our students through their awareness and road etiquette.

There is a small number of parents that have unfortunately highlighted some safety issues, mainly on West Garth road. There have been an increasing number of near misses, involving students and staff, due to bad driving, bad parking and ignoring the reasons for the coned off areas.

1. The yellow coned off area is for students to safely cross the road.
2. We will endeavour to have a staff member to be of assistance in this yellow coned zone where possible.
3. This is not a zone that car drivers can stop, park or drop off/pick up.
4. THIS AREA NEEDS TO BE KEPT CLEAR AT ALL TIMES.
5. We strongly encourage parents not to undertake three point turns in West Garth road. This endangers the safety of students and causes unnecessary hold up of traffic, including buses.
6. Please use the triangle grass island from the back gate entrance 100m/109yards to change direction of travel safely.
7. No parking or dropping off in Roundhill close.

The safety of our children is all of our responsibility. We will be handing out bullet point safety measure sheets to drivers to reinforce this message.





Parent Notices



& parents carers Community hub



- Meetings
- Coffee Mornings
- Cake Sales
- Support Groups
- Second/Craft
Pop Up Shops

Free For All!



Available for Booking - email: thomashallptfa@gmail.com



Parent Notices



Thomas Hall School

Welcome Back

SILENT DISCO

Time slots :
4.30-6.30pm
and 7-9pm

Sat 7th October

Tickets £5 each

4 ticket bundle- £18

[https://thomashallptfa.square
.site/events](https://thomashallptfa.square.site/events)

Vegan Sausage rolls

Drinks and snacks

UV Body Art



Parent Notices



Ice Skating at the Axminster Guildhall

We are pleased to announce that the Ice Skating will be happening on 17th December 2023.

At the moment we are attempting to secure sponsorship from local companies, to try and help bring the ticket price down as low as possible.

Because of this work, tickets will not go on sale until 1st September.

If you want to stay updated with the Ice Skating, please click on our event – which is found on our Facebook Page.

<https://www.facebook.com/events/157455804011904?ref=newsfeed>





Parent Notices



COST OF LIVING SUPPORT

ACCESSING HELP IN EXETER

Citizens Advice Bureau- Free independent advice-
0808 278 7845 Mon-Fri 10-4pm
CAP Debt Centre Exeter-Mon-Thurs 9-30-5pm, Fri 9-30-3-30
0800 328 0006
Step Change Debt Charity-Free Expert advice- Mon-Fri 8-8pm
0800 138 1111
National Debtline 0808 8084000

DEBT ADVICE

FOOD SUPPORT

Exeter Food Bank- Advice worker; Ali 07939 381794/07818 226524- Food bags
St Katherines Community Larder- Fridays- 10-12- Food bags
Foodcycle Exeter, The Mint, Fore Street- Tues 6-30pm-Free Meal
St Thomas Foodfight-Free cooked Food -Sundays at St Thomas Precinct 11-1pm
Salvation Army- Free Meals- Saturdays & Sundays evenings 01392 216553
Rediscover Church, Northernhay St- Weds 10-2pm- Food bags

Housing Advice (Exeter City Council)
01392 265726 Mon-Fri 9-5pm for help with
Housing Benefit & Council Tax Support & Exceptional Hardship Fund
& Discretionary Housing Payments
Universal Credit Help to Claim Advice 0800 144 8444/0800 169 0310
Grant opportunities- eg School Uniforms, Utility Bills, essential
equipment

USEFUL INFO

For more advice & info, scan the QR code below

The Moorings (Drop in Mental Health Support)
St Leonards Gp Practice 6pm-midnight, 7 days a week
Samaritans (Free number) 116 123
Talkworks (Depression & Anxiety Services)
0300 555 3344
Age UK: Support for people aged 62+ & their carers
01392 202092

HEALTH & SUPPORT

HELP WITH ENERGY BILLS AND BENEFITS



Exeter Community Energy Healthy Homes for Wellbeing

Do you want lower energy bills?
Do you struggle to heat your home?

Contact ECOE for free energy advice and home visits
healthyhomes@ecoe.org.uk 0800 772 3617
www.ecoe.org.uk/healthy-homes-wellbeing

Get in touch with your Community Builder(Wellbeing Exeter) with ideas of how or where to support your neighbours

[www.wellbeingexeter.co.uk/
community-building-2/](http://www.wellbeingexeter.co.uk/community-building-2/)



Parent Notices

School Lunches

		Autumn/Winter Menu 2023				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Option					
	Main Option	Pasta Bolognese (G, Ce, S) Sausage roll & Baked Beans (G, S) Jacket Potato & toppings Grab Bag (D, G)	Enchiladas (G, D) Mediterranean tart (G, D) Jacket Potato & toppings Grab Bag (D, G)	Burger & wedges (G, S) Korma curry & rice (Ce) Jacket Potato & toppings Grab Bag (D, G)	Lasagna (G, D, S) Vegetable Soup & bread (G, Ce) Jacket Potato & toppings Grab Bag (D, G)	Pizza & Chips (G, D) Pav Bhaji (G, Ce) Jacket Potato & toppings
	Side	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit
	Dessert	Fruit yogurt (D)	Cookies (G, D)	Lemon Icing cake (G)	Fruit Crumble & Custard (D, G)	Ice Cream (D)
WEEK 2	Main Option	Mac & Cheese (G, D) Fried rice & vegetables (S) Jacket Potato & toppings Grab Bag (D, G)	Burrito (G, D) Cottage Pie (Ce) Jacket Potato & toppings Grab Bag (D, G)	Vegetable pesto panini (G, D) Chickpea & Corn curry with rice (Ce) Jacket Potato & toppings Grab Bag (D, G)	Sausage & Mash with Gravy (G, S) Vegetable Strudel (G, Ce) Jacket Potato & toppings Grab Bag (D, G)	Pizza & Chips (G, D) Dhal & Naan (G, Ce, Mu) Jacket Potato & toppings
	Light Meal	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit
	Dessert	Fruit Yoghurt (D)	Vanilla cake (G)	Jelly	Banana cake (G)	Ice Cream (D)
WEEK 3	Main Option	Green pesto Pasta (G, D) Rice & Dhal (Ce, Mu) Jacket Potato & toppings Grab Bag (D, G)	Tacos & Mexican rice (S, D) Thai Curry & Rice (S) Jacket Potato & toppings Grab Bag (D, G)	Hot dogs & potato salad (G, S) Matar Paneer (D, Ce) Jacket Potato & toppings Grab Bag (D, G)	Stir Fry Noodles (G, S) Cheese & onion pasty with coleslaw Jacket Potato & toppings (G, D) Grab Bag (D, G)	Pizza & Chips (G, D) Masala Kitchari (Ce) Jacket Potato & toppings
	Light Meal	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit
	Dessert	Fruit yoghurt (D)	Chocolate Mousse (D)	Brownies (G, D)	Pineapple cake & custard (G, D)	Ice cream (D)

Please Note: Salad bar, fresh breads & fruits are available every day. Seasonal fruits and vegetables are used

Allergens
D - Dairy | G - Gluten | S - Soya | Se - Sesame | Mu - Mustard | Ce - Celery

Please, when you order your meals from the kitchen, we cannot give substitutions.
So what you order is what your child will get!

Parent Notices

School Lunches

		Spring & Summer Vegan Menu 2023				THOMAS HALL SCHOOL	
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1	Option						
	Main Option	Pasta Bolognese (G, S, Ce) Sausage roll & baby potatoes (G, S) Jacket Potato & toppings Grab bag (G)	Enchiladas (G) Mediterranean tart (G) Jacket Potato & toppings Grab bag (G)	Burger & Wedges (G, S) Korma curry & rice (Ce) Jacket Potato & toppings Grab bag (G)	Lasagna (G, S) Vegetable Soup & bread (G, Ce) Jacket Potato & toppings Grab bag (G)	Pizza & Chips (G) Pav Bhaji (G, Ce) Jacket Potato & toppings	
	Side	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	
WEEK 2	Dessert	Fruit yogurt (S)	Cookies (G)	Lemon Icing cake (G)	Fruit Crumble & Custard (G)	Ice Cream (S)	
	Main Option	Mac & Cheese (G) Fried rice & vegetables (S) Jacket Potato & toppings Grab bag (G)	Burrito (G) Cottage Pie (Ce) Jacket Potato & toppings Grab bag (G)	Vegetable pesto panini (G) Chickpea & Corn curry with rice (Ce) Jacket Potato & toppings Grab bag (G)	Sausage & Mash with Gravy (G, S) Vegetable Strudel (G, Ce) Jacket Potato & toppings Grab bag (G)	Pizza & Chips (G) Dhal & Naan (G, Ce, M/U) Jacket Potato & toppings	
	Light Meal	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	
WEEK 3	Dessert	Fruit Yoghurt (S)	Vanilla cake (G)	Jelly	Banana cake (G, D)	Ice Cream (S)	
	Main Option	Green pesto Pasta (Mu, G, Mk) Rice & Dhal (Ce, M/U) Jacket Potato & toppings Grab bag (G)	Tacos & Mexican rice (G) Thai Curry & Rice (S) Jacket Potato & toppings Grab bag (G)	Hot Dogs (G, S) Makar Tofu (S, Ce) Jacket Potato & toppings Grab bag (G)	Stir Fry Noodles (G, S) Jacket Potato & toppings Grab bag (G)	Pizza & Chips (G) Masala Kitchari (Ce) Jacket Potato & toppings	
	Light Meal	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	
WEEK 3	Dessert	Fruit yoghurt (S)	Chocolate Mousse	Brownies (G)	Crumble & custard (G)	Ice cream (S)	
	<p>Allergens D - Dairy G - Gluten S - Soja Se - Sesame Mu - Mustard Ce - Celery</p> <p>Please Note: salad bar, fresh breads & fruits are available every day. Seasonal fruits and vegetables are used</p>						
							

Please, when you order your meals from the kitchen, we cannot give substitutions.
So what you order is what your child will get!

Parent Notices

School Lunches

		Spring & Summer Menu 2023 Gluten Free				THOMAS HILL SCHOOL								
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY								
WEEK 1	Option													
	Main Option	Pasta Bolognese (Ce, S) Jacket Potato & toppings	Enchiladas (Ce) Jacket Potato & toppings	Korma curry & Rice (Ce) Jacket Potato & toppings	Vegetable soup (Ce) Jacket Potato & toppings	Pizza & Chips Pav Bhaji (Ce) Jacket Potato & toppings								
	Side	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit								
	Dessert	Fruit yoghurt (S)	Fruit Salad	Desert of the day	Desert of the day	Ice Cream (S)								
WEEK 2	Main Option	Fried rice & vegetables (S) Jacket Potato & toppings	Burrito Cottage Pie (Ce) Jacket Potato & toppings	Chickpea & Corn curry with rice (Ce) Jacket Potato & toppings	Vegetable bake, Mash & Gravy (Ce) Jacket Potato & toppings	Pizza & Chips Dhal & Rice (Ce, Mu) Jacket Potato & toppings								
	Light Meal	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit								
	Dessert	Fruit Yoghurt (S)	Desert of the day	Jelly	Desert of the day	Ice Cream (S)								
	Main Option	Basil pesto Pasta Rice & Dhal (Ce, Mu) Jacket Potato & topping	Chilli con beans & rice (S) Thai coconut curry & rice (S) Jacket Potato & toppings	Matar Tofu (S, Ce) Jacket Potato & toppings	Tofu and Veg Str Fry (S) Jacket Potato & toppings	Pizza & Chips Masala Kitchari (Ce) Jacket Potato & toppings								
WEEK 3	Light Meal	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit	Greens of the day Fresh salad bar & fruit								
	Dessert	Fruit yoghurt (S)	Desert of the day	Fruit Salad	Desert of the day	Ice cream (S)								
	<p>Allergens D - Dairy G - Gluten S - Soja Se - Sesame Mu - Mustard Ce - Celery</p>													
	<p>Please Note: Salad bar, fresh breads & fruits are available every day. Seasonal fruits and vegetables are used</p>													

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