



Old Oak Primary School Update

Friday, 22nd September 2023

Dear families,

It has been a busy week for some children in Years 5 and 6. Our work with Citizen's UK and the Mohn Centre for Children's Mental and Health and Well-being at Imperial College continues and there were 2 events last week we are proud to tell you about. The children in Year 6 also took part in the Young London Print Prize competition on Wednesday. Fingers crossed one of our prints is chosen to be displayed in Piccadilly Circus!

OLD OAK CHILDREN – HUNGRY FOR CHANGE

On Wednesday, some children in Year 5 and Year 6 attended an important meeting at West London Zone headquarters, attended by members of the West London Alliance, local residents and Andy Slaughter MP.



The children shared the ways in which they have made a positive change to the local area with the new playpark on the scrubs. They also shared their plans for the future – they hope to campaign for better bus routes, bins, recycling stations and planters in the local area. The children were praised for their work and their desire to make these changes happen. The children are launching their project in October and everyone from the Old Oak family is invited. More information will follow.

FILM PREMIERE AT MOHN CENTRE, IMPERIAL COLLEGE



On Thursday afternoon, the children who took part in the research for the mental health and well-being project were invited to the Invention Rooms to watch the premiere of the film showing their work. As part of the celebration, the children also spoke to the audience very confidently about their ideas and feelings. It would seem the children of Old Oak are being recognised for their public speaking skills by the local councillors and others.

RECEPTION OPEN MORNING – THURSDAY 28th SEPTEMBER at 9.15am

For all families with a child expecting to start reception class in September 2024, we have an additional open morning for parents/carers to see the school and learn about the curriculum. This will take place on Thursday 28th September at 9.15am. Please meet at the main reception.

Please pass these dates and times on to friends and families locally.

INTERNET, WEBSITE AND INSTAGRAM – CHILDREN’S PHOTOS

We have also sent home a form asking for you to agree or otherwise to using your child on our website or Instagram and Twitter accounts. These are the platforms we use to inform you about the school’s activities. We will never put the name of a child alongside a picture and will always keep anonymity. However we still need you to agree that you are happy for us to do this so please complete the forms and return to school. If you have any questions about this, then please contact the school.

QUALIFICATION FOR FREE SCHOOL MEALS – PLEASE COMPLETE THE FORMS

We have sent home recently a free school meals form which we have asked you to complete. Please do so and we can check if you qualify and are perhaps unaware. This will mean additional funding for the school.

PLEASE CONSIDER HAVING UNIVERSAL FREE SCHOOL LUNCHES

All children from reception class to Year 6 may receive a **free school lunch** this academic year so please consider this for your child if he/she is still on packed lunches.

Please ask staff if you need more information, but it is a very good offer and we would advise you to take it up.

DATES FOR THE DIARY

Thursday 28th September – Open day for Reception class 2024

Have a peaceful and restful weekend!

Mrs Beardsworth and Mr. Brown

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PRIMARY

M
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SCHOOL

OLD OAK PRIMARY SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAT

Halal/Non Halal

Beef Pasta Bolognese
(GL)

Chicken & Peppers Pizza
with Garlic Bread
(GL-MI-SO)

Roast Chicken with Diced
Roast Potatoes & Gravy

Hot Chicken & Cheese
Panini
(GL-MI-SO-MU-SE)

Fish Fingers with Chips
& Tomato Sauce
(GL-FI)

VEGETARIAN

Halal/

Mac & Cheese
(GL-MI-MU)

Margherita Pizza
with Garlic Bread
(GL-MI-SO)

Shepherdess Pie
(GL)

Hot Cheese Panini
(GL-MI-SO-MU-SE)

Vegan Sausage with
Chips & Tomato Sauce
(SO)

PASTA

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

JACKET
POTATO

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

VEGETABLES

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Baked Beans & Peas

DESSERT

Fruit Yoghurt
(MI)

Chocolate Cake
(GL-EG)

Oaty Cookie
(GL)

Fruit Jelly

Dessert Selection
(GL-EG-MI)

28TH AUG-18TH SEPT-9TH OCT-30TH OCT-27TH NOV-18TH DEC-8TH JAN-29TH JAN



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@Pantry_uk

BREAD CONTAINS - GL - MI - EG - SO



ALLERGY KEY

CELERY - CE / GLUTEN - GL /
CRUSTACEANS - CR / EGGS - EG /
FISH - FI / LUPIN - LU / MILK - MI
MOLLUSCS - MO / MUSTARD - MU /
NUTS - NU / PEANUTS - PE /
SESAME SEEDS - SE SOYA - SO /
SULPHUR - SU



FRESH FRUIT AVAILABLE EVERY DAY
FRESH BREAD AVAILABLE EVERY DAY
SALAD BAR AVAILABLE EVERY DAY



The Pantry are committed to improving the standards of children's meals across every one of our Schools, and fresh, ethically sourced ingredients are used every day across our kitchens.

WEEK 2

PRIMARY

MENU

SCHOOL

OLD OAK PRIMARY SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAT

Halal/Non Halal

Chicken Thigh with Mash & Gravy (GL-SU)

Chicken & Sweetcorn Pizza with Garlic Bread (GL-MI-SO)

Roast Turkey with Diced Roast Potatoes & Gravy

Chicken Curry with Rice

Fish Fingers with Chips & Tomato Sauce (GL-FI)

VEGETARIAN Choice

Quorn Sausage with Mash & Gravy (GL-EG-MI)

Margherita Pizza with Garlic Bread (GL-MI-SO)

Vegetable & Potato Pie with Gravy

Vegetable Curry with Rice

Vegetable Chilli with Chips (SO-GL)

PASTA

Tomato Pasta (GL)

Tomato Pasta (GL)

Tomato Pasta (GL)

Tomato Pasta (GL)

Tomato Pasta (GL)

JACKET POTATO

Cheese, Beans or Tuna (MI-FI)

Cheese, Beans or Tuna (MI-FI)

Cheese, Beans or Tuna (MI-FI)

Cheese, Beans or Tuna (MI-FI)

Cheese, Beans or Salmon (MI-FI)

VEGETABLES

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Baked Beans & Peas

DESSERT

Fruit Yoghurt (MI)

Sprinkle Sponge Cake (GL-EG)

Apple Flapjack (GL)

Fruit Jelly

Dessert Selection (GL-EG-MI)

4TH SEPT-25TH SEPT-16TH OCT-6TH NOV-4TH DEC-25TH DEC-15TH JAN-5TH FEB



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ALLERGY KEY
CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / MILK - MI / MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE SOYA - SO / SULPHUR - SU



FRESH FRUIT AVAILABLE EVERY DAY
FRESH BREAD AVAILABLE EVERY DAY
SALAD BAR AVAILABLE EVERY DAY



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W
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PRIMARY

SCHOOL

M
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OLD OAK PRIMARY SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAT

Halal/Non Halal

Beef Burger
with Corn on the Cob
(GL-SU-SO-SE)

Chicken & Mushroom
Pizza with Garlic Bread
(GL-MI-SO)

Roast Chicken with Diced
Roast Potatoes & Gravy

Beef Lasagne with
Garlic Bread
(MI-GL-EG-SO)

Fish Fingers with Chips
& Tomato Sauce
(GL-FI)

VEGETARIAN
Choice

Vegetable Bean Burger
with Corn on the Cob
(GL-SE)

Margherita Pizza
with Garlic Bread
(GL-MI-SO)

Vegan Sausage with Diced
Roast Potatoes & Gravy
(SO)

Veggie Lasagne with
Garlic Bread
(MI-GL-EG-SO)

Vegan Nuggets
with Chips
(GL)

PASTA

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

JACKET
POTATO

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

VEGETABLES

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Baked Beans & Peas

DESSERT

Fruit Yoghurt
(MI)

Apple Cake
(GL-EG)

Chocolate Cookie
(GL)

Fruit Jelly

Dessert Selection
(GL-EG-MI)

11TH SEPT-2ND OCT-23RD OCT-13TH NOV-11TH DEC-1ST JAN-22ND JAN-12TH FEB



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BREAD CONTAINS - GL - MI - EG - SO



ALLERGY KEY
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NUTS - NU / PEANUTS - PE /
SESAME SEEDS - SE SOYA - SO /
SULPHUR - SU



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FRESH BREAD AVAILABLE EVERY DAY

SALAD BAR AVAILABLE EVERY DAY



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For parents who want to be more confident in English **To enrol, call: 020 3988 6609 or email: uhead@waes.ac.uk**

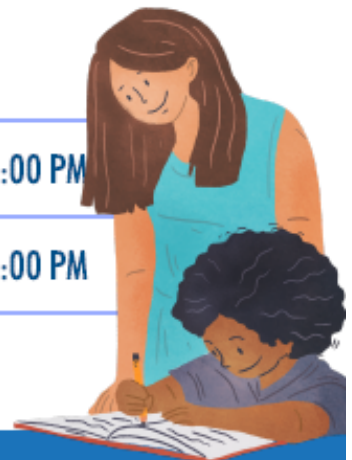


How to Support Your Child in School FL0205DL

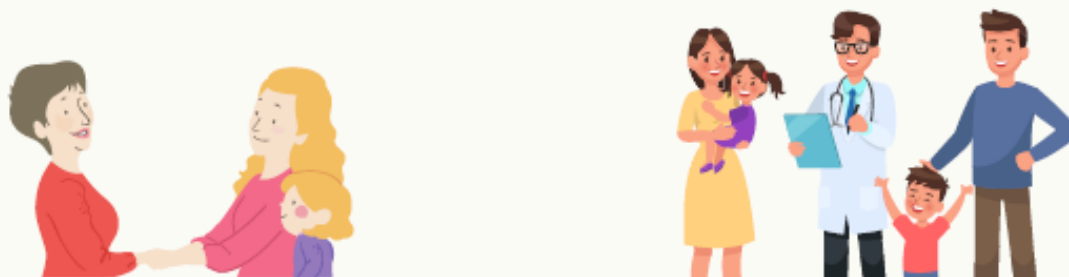
A practical guide to understanding UK schools for families new to the UK

For parents who speak English as an additional language:
Help your child settle into school + Support your child with their schoolwork and learning English.

| | | |
|--------|--------------------|----------------|
| Online | Tuesday 10/10/2023 | 8:00 -10:00 PM |
| Online | Tuesday 17/10/2023 | 8:00 -10:00 PM |



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Everyday English Part (1 and 2) for parents new to the UK (EAL)

For parents who are beginning to learn English as an additional language. Parents will learn English for everyday conversations, for example in school and at the medical centre.

Everyday English (Part 1) FL0207DL

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|--------|-------------------|----------------|
| Online | Monday 30/10/2023 | 8:00 -10:00 PM |
| Online | Monday 06/11/2023 | 8:00 -10:00 PM |



Everyday English (Part 2) FL0202DL

| | | |
|--------|-------------------|----------------|
| Online | Monday 13/11/2023 | 8:00 -10:00 PM |
| Online | Monday 20/11/2023 | 8:00 -10:00 PM |

To book a place call: 023 988 6609 or email: uhead@waes.ac.uk