

# BURNHAM-ON-CROUCH PRIMARY

## SCHOOL INFORMATION NEWSLETTER



Burnham on Crouch  
Primary School  
Connected to our world

20th October 2023

It's that time of year again when it's getting darker earlier and darker mornings as the clocks go back at the end of the month.



# BE BRIGHT & BE SEEN

this winter



Now that the clocks have gone back and it's getting darker earlier on, it's more important than ever to make sure you can be seen when you're out and about near roads.

There are loads of ways to be seen and stay safer - so check over the page for some top tips!

Here are some useful Road Safety resources reminding pupils why it is important that everyone dresses brightly when out and about.

<https://www.think.gov.uk/resource/be-bright-be-seen-game/>

<https://www.think.gov.uk/wp-content/uploads/2018/04/Colour-me-bright.pdf>

## 5 top tips on how to BE BRIGHT & BE SEEN

- 1** Brightly coloured or fluorescent clothing shows up well in daylight and at dusk when you're heading to and from school.
- 2** If you're out and about when it's dark wear reflective items to make sure you can be seen in car headlights. Reflective vests, sashes or wristbands work well. Remember, fluorescent clothing doesn't work after dark!
- 3** Don't forget to accessorise! Even small items such as clip on reflectors, armbands and stickers on your outfit or school bag are a great way to improve your visibility.
- 4** If you like to cycle, remember that it's the law to have clean and working lights at night (white at the front, red at the back), as well as a rear reflector. It's good to fit spoke reflectors too.
- 5** Of course, 'Being Bright' helps drivers to see you but that won't guarantee that you keep safe. You still need to make sure that you stop and look in all directions for traffic every time you cross.

## Catch up flu vaccinations

**Has your child missed their school vaccinations?**

**We are running catch up clinics in mid Essex for flu.**

**Your nearest catch up clinics this winter:**

- **Chelmsford:**  
24 October, 4 November & 22 December
- **Witham:**  
27 October & 9 December
- **South Woodham Ferrers:**  
25 October, 25 November & 13 January

**It's easy to catch up.  
Book your nearest clinic NOW  
on 0300 790 0597 or for  
more information on  
missed vaccinations.**



**#DOYOURBITESSEX**

NSPCC

## **Reminder**

Whatever your concerns about a child's safety or wellbeing, share them with us.



**0808 800 5000**



**help@NSPCC.org.uk**

Special Halloween lunch – Tuesday 31<sup>st</sup> October 2023



# Halloween Tuesday 31<sup>st</sup>



## October



FrankenBurger in a bun or Seary Spicy bean burger

with Witcha wedges

Served with

Rolling beans or corny corn



Jerked Potato with Beans

Jalisco Potato with Butter

Dessert:

Wyn's chocolate cake



# New school dinner menu

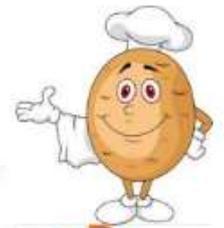


## School Dinner Menu

### Week One

Week commencing:  
30<sup>th</sup> October, 13<sup>th</sup> November, 27<sup>th</sup> November, 11<sup>th</sup> December

1<sup>st</sup> January, 15<sup>th</sup> January, 29<sup>th</sup> January, 12<sup>th</sup> February, 26<sup>th</sup> February, 11<sup>th</sup> March, 25<sup>th</sup> March



|                    | Monday                             | Tuesday   | Wednesday                            | Thursday                  | Friday                                       |
|--------------------|------------------------------------|---|--------------------------------------|---------------------------|--|
| <b>Main</b>        | Thick crust Pepperoni pizza        | Chicken curry                                   | Oven baked sausage                   | Pasta Bolognese           | Jumbo Fish finger                            |
| <b>Vegetarian</b>  | Cheese and Tomato Pizza            | Three bean chilli                               | Veggie oven baked sausage            | Vegetable pasta bolognese | Leek and Cheese Tart                         |
| <b>Sides</b>       | Sweetcorn                          | Wholegrain and white rice with broccoli florets | Hash brown, beans and homemade bread | Garlic bread              | Chips, sweetcorn and peas                    |
| <b>Alternative</b> | Jacket Potato with Cheese or Beans | Jacket Potato with Tuna Mayonnaise or butter    | Jacket Potato with Beans             | *Roll with Cheese or Ham* | Jacket Potato with Tuna Mayonnaise or Butter |
| <b>Dessert</b>     | Selection of yoghurts              | Selection of fruit and cream                    | Homemade Oat cookie                  | Homemade marble cake      | Selection of fresh fruit                     |

\*\*\*Please note vegan and gluten free menus are available upon request\*\*\*  
Roll\* - Years R, 1 & 2 soft rolls      Years 3, 4, 5 & 6 baguettes  
A selection of water and fresh fruit juice is available everyday

## School Dinner Menu

### Week Two

Week commencing:  
6<sup>th</sup> November, 20<sup>th</sup> November, 4<sup>th</sup> December, 18<sup>th</sup> December

8<sup>th</sup> January, 22<sup>nd</sup> January, 5<sup>th</sup> February, 4<sup>th</sup> March, 18<sup>th</sup> March



|                    | Monday                             | Tuesday                                      | Wednesday   | Thursday                                     | Friday                             |
|--------------------|------------------------------------|--|---|--|------------------------------------|
| <b>Main</b>        | Cheese and Tomato Pizza            | Popcorn Chicken                              | Chicken Pie   | Homemade sausage roll                        | Bubble Fish                        |
| <b>Vegetarian</b>  |                                    | Chow Mein                                    | Chickpea wellington   | Veggie sausage roll                          | Crispy Dippers                     |
| <b>Sides</b>       | Homemade coleslaw and sweetcorn    | Wedges and peas                              | Seasonal vegetables and roast potatoes and gravy (optional) | Mashed Potato, Broccoli and gravy (optional) | Chips, beans or peas               |
| <b>Alternative</b> | Jacket Potato with Cheese or Beans | Jacket Potato with Tuna Mayonnaise or butter | Jacket Potato with Cheese or butter                         | Jacket Potato with Tuna Mayonnaise or butter | Jacket Potato with Beans or butter |
| <b>Dessert</b>     | Selection of fresh fruit and Jelly | Homemade ginger biscuit                      | Selection of fresh fruit or yoghurt                         | Homemade Chocolate cake and custard          | Ice-cream pot                      |

\*\*\*Please note vegan and gluten free menus are available upon request\*\*\*  
Roll\* - Years R, 1 & 2 soft rolls      Years 3, 4, 5 & 6 baguettes  
A selection of water and fresh fruit juice is available everyday