



North Cestrian School

NEWSLETTER



HEAD'S MESSAGE

It's been our tradition to have an early-in-the-season Open Evening. This gives prospective parents a first look at our fabulous school. It also puts staff and pupils under a lot of pressure to shine on the evening. As usual everybody responded brilliantly. Our prefects were super role models, our young guides astounded parents with their knowledge and enthusiasm, staff generated a warm, caring and professional atmosphere that we cherish. We estimate in the region of 800 guests came through our doors. It was lovely to receive some emails from them.

A sample reads:

My daughter and I attended your open evening on Tuesday, and I feel compelled to give a little feedback regarding our wonderful tour guide. {year 7 boy} What a credit to the school he is! His enthusiasm blew us away and we enjoyed every minute. Considering he has only attended the school for a couple of weeks he was incredibly knowledgeable and filled our evening with interesting conversation.

I wanted to contact you to say thank you for last night's opening evening, our daughter really enjoyed looking around the school, especially solving the English mystery and having a go at a few different sports in the hall. We wanted to say a big thank you to [Year 8 girl] who spent her evening showing us around and giving us lots of really helpful information on the school. She was an absolute credit to both the school and her parents.

I wanted to send a short email to pass on how impressed my family and I were with the open evening yesterday. We were so impressed with facilities and resources, and particularly like the close knit feeling we immediately felt whilst walking around the school. All the staff were very knowledgeable, helpful and friendly, and all the pupils were very polite and helpful and seemed genuinely interested in what they were telling / showing us. We particularly like the different methods of teaching and the style of homework. This would really suit my son.

A big thank you, too, to the PTFA for serving refreshments: they were busy all evening.

All pupil helpers will be thanked with a complimentary food item from the canteen in Breakfast Club, 0800-0830

Publicity

On Monday 18th September, there will be a film crew on site shooting to create a small promotional film for the school. Please ensure your children are looking smarter than usual when they leave the house. Similarly, on Thursday 21st September, the school photographers will be in school to take individual photos so please ensure smartness. For YEAR 9, they should arrive in school in their full academic school uniform, then change for Games.

Contact Numbers

Occasionally we contact home in an emergency and it is vital we have at least two telephone numbers to engage with. Please go on your ARBOR details to check and update as necessary please.

School Production

It is great to see planning has already started for the school production of 'Matilda' early next year. Please encourage your budding stars to audition. See Mr Bailey or Mr Wilson.

Planning Ahead

Tue 26th Sept 1730-1830 Vanstone Hall Parent Information Evening for those going to Verona

Wed 11th Oct – Sat 14th Oct Verona Trip

Wed 18th Oct - School breaks for half term

Netball News



A sincere thanks to the PTFA for their generosity in funding two new netball kits. The girls are very much looking forward to wearing the new kit when representing the school in forthcoming matches this year.

Mrs Lawson



Forthcoming Netball Fixtures

Date	Fixture/Event
Tuesday 26 th September	Year 7 Introduction to Netball
Thursday 28 th September	Year 11 Netball Tournament
Tuesday 10 th October	Year 10 Netball Tournament
Thursday 19 th October	Year 7 Seeding Tournament

BLUE WEEK**EXTRA CURRICULAR TIMETABLE – 2023-24 (Autumn)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCHTIME	KS4 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		KS3 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		BADMINTON/VOLLYBALL SPORTS HALL R. Nash
AFTER SCHOOL	Y9 / Y10 FOOTBALL TRAINING PLAYING FIELDS Mr. Cliffe Y7/Y8 CHEERLEADING SPORTS HALL R. Nash		Y9, 10 & 11 NETBALL CLUB SPORTS HALL Mrs Lawson	Netball Match Night Mrs Lawson J. Connell Year 7 and 8 Netball SPORTS HALL J. Connell Y7 FOOTBALL TRAINING PLAYING FIELDS Mr. Cliffe Yr8 Football Training Playing Fields Mr Boswell	

GOLD WEEK**EXTRA CURRICULAR TIMETABLE – 2023-24 (Autumn)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCHTIME	KS4 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		KS3 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		BADMINTON/ VOLLYBALL SPORTS HALL R. Nash
AFTER SCHOOL	Y9 / Y10 FOOTBALL TRAINING PLAYING FIELDS Mr. Cliffe		Y9, 10 & 11 NETBALL CLUB SPORTS HALL Mrs Lawson	Netball Match Night Mrs Lawson Y7 FOOTBALL TRAINING PLAYING FIELDS Mr. Cliffe Yr8 Football Training Playing Fields Mr Boswell	

ONLY £3

**ALL STUDENTS WELCOME!
WHY NOT BRING ALONG
FAMILY/FRIENDS ON SATURDAY?**

ALL AGES WELCOME!

ZUMBA Club



**FOR STUDENTS AFTER SCHOOL ON THURSDAY
AND FRIDAY - 3.30-4.30PM
(HAMBLIN ROOM)**

AND

**FOR PARENTS AND STUDENTS ON SATURDAY
MORNING - 09.30-10.30am
(SPORTS HALL)**

COME AND JOIN US!!

**Ms Billany
a.billany@northcestrian.co.uk**

	<p><u>Meal Deal 1</u> Main, Dessert & Water</p> <p>Any main meal including pasta, filled jacket, sandwich or cold pasta pot plus a hot or cold dessert & water</p>	<p>£3.30</p>
	<p><u>Main Meal 2</u> Main & Dessert</p> <p>Any main meal including pasta, filled jacket, sandwich or cold pasta pot plus a hot or cold dessert</p>	<p>£3.10</p>
	<p><u>Meal Deal 3</u> Main Meal Only</p> <p>Any main meal including pasta, filled jacket, sandwich or a cold pasta pot</p>	<p>£2.60</p>

If you have a food allergy or intolerance please ask our staff for further information



North Cestrian School Lunch Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Plant Rich				
BBQ Vegetable & Jackfruit	Quorn Chow Mein	Roasted Vegetable Lasagne Garlic Bread	Quorn Murgh Makhan	Spicy Bean Burger
Global Main				
Beef Stroganoff	Chicken Chow Mein	Beef Lasagne Garlic Bread	Butter Chicken Murgh Makhan	USA Style Chicken Burger
Sides				
Basmati Rice	Egg Noodles Chinese Greens	Roasted Vegetables	Rice Naan Bread	Chips, Beans, Curry Sauce
Pasta and Jacket Potato Bar				
Jacket Potato Beans, Cheese	Chicken, Tomato & Basil Pasta	Jacket Potato Beans, Cheese	Salmon & Creamy Pesto Pasta	
Hand-Held from Grab and Go				
Cheese & Tomato Panini Piri Piri Chicken Panini	BBQ Chicken Panini Cheese & Tomato Panini	Cheese Burger Quorn Southern Style Burger	Cajun Chicken Wrap Cajun No Chicken Wrap	USA Style Chicken Burger Spicy Bean Burger
Hot Dessert				
Syrup Sponge & Custard	Baked Jam Roly Poly Pudding & Custard	Peach & Apricot Crumble & Cream	Chocolate Cherry Sponge	Chocolate Ripple Cake & Cream
Something Sweet				
Fresh Whole & Cut Fruit, Vegetarian Jelly, Daily Prepared Specials & Tray Bakes				
Hydration Station				
A selection of reduced sugar soda's, juices, smoothies & bottled water				



North Cestrian School Lunch Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Plant Rich				
Thai Red Vegetarian Curry	Southern Fried Quorn Wraps	Hunters Quorn Fillet	Vegetable Chilli Con Carne	Baked Tortellini Formaggio, Tomato & Basil Sauce
Global Main				
Thai Red Beef Curry	Southern Fried Chicken Wraps	Hunters Chicken	Chilli Con Carne	Fishcakes
Sides				
Bombay Potatoes Malay Sticky Jasmine Rice Prawn Crackers	Herby Diced Potatoes Roasted Vegetables	Garlic Green Beans Southern Fried Wedges	Braised Rice Pitta Bread	Chips Beans Curry Sauce
Pasta and Jacket Potato Bar				
Jacket Potato, Beans & Cheese	Mexican Jack Fruit Mac Cheese	Jacket Potato, Beans & Cheese	Hot Mac Cauliflower Cheese	
Hand-Held from Grab and Go				
Cheese & Tomato Panini BBQ Chicken Panini	Southern Fried Chicken Wraps Southern Fried Quorn Wraps	Cheese & Tomato Panini Meatball Panini	Quorn Pesto Wrap Chicken Pesto Wrap	Piri Piri Chicken Panini Cheese & Tomato Panini
Hot Dessert				
Jamaican Sticky Ginger Pudding and Custard	Sticky Toffee & Pear Pudding & Toffee Sauce	Apple & Blackberry Crumble	Marble Sponge & Custard	Lemon Drizzle Cake & Cream
Something Sweet				
Fresh Whole & Cut Fruit, Vegetarian Jelly, Daily Prepared Specials & Tray Bakes				
Hydration Station				
A selection of reduced sugar soda's, juices, smoothies & bottled water				