

Friday 18th September 2026

Article of the month: 28 – the right to an education which respects children's dignity and their rights

School Value: Trust

Dear Parents and Carers,

We are delighted to let you know that we have achieved the Outstanding Level **Modeshift STARS accreditation** once again – **congratulations** everyone for all you do to maintain this standard of active, safe travel to and from school!

Just a gentle reminder to please label all your child/ren's belongings and uniform. We are aiming to reduce the volume of lost property this term and if items are clearly labelled, lost property can be easily returned to the right child. Many thanks.

It was our first **Celebration of Achievement** assembly today for this academic year. Thank you for coming along to celebrate our Star Pupil awards with us.

Enjoy your weekend. We wish our families observing Yom Kippur an easy fast this Sunday.

Ms McGrath

Pupils of the Week

Rec: Albie – Super start to school and good attitude to learning.

Y1: Mila – Fantastic start to Year 1. Great attitude to learning.

Y2: Leo – For a wonderful first week back! Amazing efforts in English & Maths.

Y3: Rupert – Great attitude to learning and an amazing start to Year 3.

Y4: Charlie – A great start to Year 4 and fantastic presentation.

Y5: Sean – For beautiful presentation and great contribution to class discussions.

Y6: Alice – For being a wonderful role model with a great thirst for knowledge.

Ms Carrington – Jago - For his fantastic engagement and enthusiasm in Maths.

House Points Weekly Leaderboard

Brandwood – 509
Dawberry – 487
Highbury – 414
Jasmin – 402

Well done to **Brandwood** House!

Attendance & Punctuality

w/c 07.09.26

Year Group	Present marks (%)	No of Lates
Reception	94.3	3
Year 1	93.6	1
Year 2	96.8	3
Year 3	97.8	3
Year 4	97.6	3
Year 5	98.0	2
Year 6	96.7	6
Average % / Total Lates	96.4	21

Notices & Updates

Breakfast Club Provision

Woodthorpe JI School are proud to offer the DFE Funded Breakfast Club in partnership with Dainty Little Hands (our current wrap around care provider)

Central Government fund a breakfast club for 30 minutes each day to all children in Reception, key stages 1, and 2. This means our funded breakfast club places will be available from 08.15 - 08.45 every day.

Diary for the Week

If you currently use the extended Breakfast Club with Dainty Little Hands (07.30-08.45), your fee will be reduced to reflect the allowance being granted from Central Government, meaning you can still utilise the service from 7.30am at a reduced fee.

To register your interest, please email woodthorpebreakfstclub@gmail.com, and Jayne or Aimee will respond to your email in order to set up your account and secure your child/children's place.

School Fund Contributions

School fund contributions would be most welcome, via Arbor £10 per term.

All donations go towards enhancing the pupils learning environment, ie books for library, costumes for productions. Thank you in advance.

Outdoor Play Activities

We would gratefully receive any of the following donations:

- Small cars track & road mat
- Duplo/large lego
- Dinosaurs
- Dolls
- Soft toys
- Large pieces of material
- Picnic blankets/mats

Healthy Snacks for Breaktimes

Please be reminded that we are a **NO NUTs** school. We also do not allow crisps, chocolate, sweets or cakes to be eaten at morning breaktimes as snacks. We appreciate that these items may be included in lunchboxes from home, but we ask the children not to eat these as a breaktime snack. Infants receive free fruit/vegetables daily and Juniors are encouraged to bring a healthy snack to school if they get hungry. Thank you in advance for supporting us with this.

School Meals

Please see Summer Menu 3 – attached (Menu 1 & 2 also attached)

Monday 21st -

8.30 – 8.45 am Daily Mile

3.15 - 4.15 pm KS2 Handball/Dodgeball (Inspired Sports – Richard Steadman)

Tuesday 22nd -

3.15 - 4.15 pm KS2 Football (Premier Education)

Wednesday 23rd -

8.30 – 8.45 am Wake Up Shake Up Dance

Guitar lessons

Brass lessons (this week only)

Thursday 24th -

8.30 – 8.45 am Daily Mile

Keyboard lessons

3.15-4.15 Y1 – Y6 Street Dance

Friday 25th - Power Up Assessments – children to wear PE Kit

3.15 - 4.15 pm Y1 & Y2 Multi-Sports (Premier Education)

Staff Training Days for 2026-27:

- 2nd November
- 4th January
- 12th February
- 6th May



Woodthorpe Junior and Infant School

Health and Wellbeing Newsletter



Friday 18th September 2026

Clubs and Activities



Position	Year Group	Distance Travelled
1 st	Year 5	6.79
2 nd	Year 1	6.64
3 rd	Year 3	6.04
4 th	Year 6	3.47
5 th	Reception	3.02
6 th	Year 2	2.87
7 th	Year 4	0.91
		29.7 miles

We just about managed to avoid the showers in our Daily Mile programme this week! The weather has been kind and enabled 46 children to get involved this week. Well done to Year 5 for being the most active – travelling 6.79 miles! It was brilliant to see children from Reception too! Don't forget that it takes place every Monday and Thursday morning at 08:30. Please note Wake-up Shake-up will be on Wednesdays for all year groups.

Red Ridge Residential – October 2026

Thank you to those families who returned their medical/dietary consent forms this week, this is greatly appreciated. The information will be sent to the centre this weekend in preparation for the residential next month.

Year 5 Playleaders

Our playleaders in Year 5 have now been chosen for this academic year. They will be attending their training at Bishop Challoner Catholic College later this month. We look forward to the impact that they'll make towards our overall lunchtime provision this year. They have also started their job of helping to manage and tidy the OPAL play equipment every lunchtime.

Playleaders: Kayden, Adina, Rahma, Isla, Hadiya, Freya, Shahzaib, Amelle, Charlotte, Martha, Poppy Isla Mae

Year 6 Bronze Ambassadors

Our Bronze Ambassadors have been selected for the new academic year now too. They will have an important role in continuing to raise the profile of physical education, school sport and physical activity at Woodthorpe.

Bronze Ambassadors: Ammar, Ernest, James, Athea, Matilda

'Power Up' PE Assessments

We will be completing the first 'Power Up' assessment sessions next week. Both staff and children have really enjoyed these over recent years, we look forward to welcoming back staff from Premier Education next week.



Outdoor Play and Learning (OPAL)

We launched our new OPAL programme this term. This initiative will help us to continue to develop our lunchtime provision and offer the children a variety of activities to get involved with daily. Please see the main school newsletter with details of specific items the school are looking for from donations. Thank you for your help and support with this, it has made a huge difference so far with our lunchtime provision.



GOOD ATTENDANCE MATTERS!



Every school day counts



IMPORTANT INFORMATION FOR PARENTS AND CARERS

Why is regular school attendance and good punctuality so important for my child?

Regular attendance at school means that your child can make the most of their education and improve their chances in adult life. School can also help your child's social skills such as making and developing friendships.

The link between attendance and attainment in school is clear. The more a child is in school the more they increase their opportunity to fulfil their potential.

Good punctuality is important. For example, if a child arrives 15 minutes late at school each day, they lose almost 2 weeks of education over the year. Good punctuality also helps your child get into good habits for when they enter the world of work.

Lateness can cause your child embarrassment and, in some circumstances, can count as unauthorised absence.



How can I help my child enjoy school and attend regularly?

Be organised, have a plan, be consistent and involve your child!

You should:

- ensure they have an appropriate bedtime routine
- create good routines for mornings at home so that your child can arrive punctually and are properly equipped;
- avoid absence from school wherever possible – try to make doctors and dental appointments out of school hours
- make time to encourage and show interest in school work, friendships etc.
- attend school open evenings and functions
- Create a calm space for them to do homework, check they understand the homework and that it has been completed.
- share any education concerns your child or you may have with the school staff as soon as possible
- set realistic boundaries

Holidays/Leave in term time

Holidays in term time are not allowed. Parents/carers must apply for the authorisation of any leave prior to travel or their children could be reported to the council as missing in education.

Leave for other circumstances such as bereavement or family illness abroad may also not be authorised. Informing the school does not mean the leave is agreed. In the event of a genuine family emergency, parents should avoid requesting more than 5 school days absence. Leave due to weddings is unlikely to be authorised.

Two weeks unauthorised holiday/leave means at least 50 lessons missed that will never be repeated.



What does the law say I must do as a parent/carer?

Once your child is registered at a school, you are legally responsible for making sure they attend regularly. This means your child should not have any unauthorised absence as this would constitute an offence in law.

When attendance doesn't improve after support or, when a minimum of 5 days unauthorised holiday/leave is taken, legal action can be taken.

Courts can fine parents/carers up to £1,000 per child and for repeat offences the court can fine parents/carers up to £2,500 per child or impose a prison sentence of up to 3 months.

In many cases, but not all, parents/carers can discharge an offence by paying a penalty notice of £160 for each parent per child, discounted to £80 if paid within 21 days. For a family of two parents/carers with 3 children that would be at least £480.

Where can I get help and advice?

If you need support in relation to your child's attendance, help is available. Please make an appointment with the school to discuss your concerns.

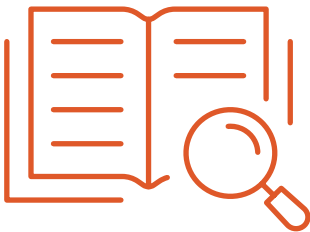
Most difficulties can be resolved informally, but the staff can also arrange an early help assessment or make a request for support to Birmingham Children's Trust if necessary, with your consent.

School nurses can also be helpful if your child has a medical condition or has a lot of time off due to illness.

Parents/carers are strongly advised to work in partnership with the school to address any difficulties impacting school attendance. For more information about school attendance or if you need help or support, please use these links:

www.birmingham.gov.uk/saap

www.birmingham.gov.uk/love



The back-to-school reset guide

- The start of the school year can bring mixed emotions for children and parents. Dr Martha Deiros Collado, a psychologist with over 20 years' experience who specialises in family support, shares her tips to help parents prepare for their child's return to school.

These tips are designed to help you support your child's return to school in a way that feels manageable for your family, whether you try one, a few, or all of them.

□ Build excitement together

As you prepare for your child going back to school, help them find things to look forward to. Chat about seeing friends, a favourite lesson, or feeling more grown-up as they move into a new year. If they're starting somewhere new, look at photos of the school together and talk about what will feel familiar and what will be different. This can make the unknown feel less daunting and a little more exciting.

□ Focus on facts rather than predictions

When you talk about school, stick to facts, such as what time school starts or what the first day will look like, instead of guessing how your child will feel. When your child responds, listen first before you rush to reassure them or solve the problem. Often, children simply need you to listen. An open conversation can help you understand what they need and how best to support them.

□ Build independence through simple choices

School is a space for children to build their confidence and grow. Try to nurture this by giving them small choices about their school kit for the new term. This might mean picking out something new if that works for your family, or it could be choosing which bag or shoes to wear from what you already have or deciding what to put in their pencil case. Even small choices like these give children a sense of control and can help them feel more excited about returning to school, while also building their confidence and independence.

□ Ease back into school-time routine early

Children often need a little time to adjust after the summer holidays. Around a week before school starts, gradually reintroduce school-time bedtimes and wake-up times. You can also bring back familiar routines like preparing school bags or choosing clothes the night before. Starting early can make those first mornings much easier and help reduce tiredness after school.

□ Make the new routine feel familiar

Whether starting a new school, a new morning routine, or taking a different route to school, try to make time to practise your routine before term begins. Familiarity can help school feel less daunting. Try travelling the route they'll use on school days, whether that's walking, taking the bus, getting a lift, or a combination. Even talking through the journey together, or looking at pictures of the school or route beforehand, can help build familiarity if a full practice run isn't possible. This is also a good opportunity to talk to your child about the school drop off and pick-up. Clearly explain what their routine will look like, who'll be picking them up, or if they'll be attending after-school clubs. Many families' day-to-day looks different: writing this up in a clear and simple visual timetable can help children become familiar with their weekly routine. This allows children to understand what will soon become their new normal away from the pressure of the school run and the early mornings.

□ Making goodbyes easier

It's completely normal for some children to find goodbyes difficult, especially after spending more time together over the holidays. Help your child know what to expect by keeping your goodbye warm, predictable and brief. Having a consistent routine, such as a special hug, handshake or phrase, makes goodbyes feel more familiar and helps your child feel more secure.

If they're upset, let them know you understand how they're feeling, while calmly reassuring them that you'll see them again at the end of the school day.

□ Address anxieties ahead of time

Children might have specific worries about returning to school – such as what they're going to eat, using the bathroom, friendship groups or their new teachers. By acknowledging their feelings while showing your confidence that they can cope, you help them feel more safe and secure about the change.

Remember, the goal isn't to have the perfect response, but to help your child feel listened to. Here are a few simple swaps that can help make those conversations feel more open and supportive.

Instead of

Your teacher is really nice and you'll make loads of friends!

Try

You're moving up to year 3. Can you remember your teacher's name? Was it Miss Clare...? Who is in your class this year? Can you remember what you are going to be doing that's different to last year?

Instead of

Don't worry about school dinners – there will be lots to choose from!

Try

You'll be having school dinners. We can look at the menu together and choose foods you think you might like to try.

Instead of

Don't be sad – you'll be fine!

Try

I can see this feels hard right now. It's ok to feel sad when we say goodbye. I'll be thinking about you today, and I'll be back to pick you up after school.

□ **Make time to unwind after school**

You know your child best, and the school day can be tiring in different ways. When they get picked up, some children will need space to move and burn off energy, while others will need quiet time to decompress. Ten minutes in a park or with a favourite quiet activity – such as a book or fidget toys – can help their brains and bodies decompress after school. It doesn't need a special space – even a few minutes curled up on the sofa can help.

One thing that can help most children is having a small snack and a drink at pick-up, no matter what time it is. This can help them transition from school to home and give both their bodies and minds a chance to relax.

- By supporting your child in a way that works for your family, you can help them start the new school year feeling secure, confident and ready for the year ahead. Because school is about more than academic learning: it's a chance for your child to build independence, develop social skills, make friends, and feel part of a community where they can experience small successes and build resilience. Together, these experiences support your child's social, emotional and academic learning at school.

Woodthorpe Junior and Infant School

Calendar of Events – Autumn Term 2026

September		
Tuesday 1 st	Staff training Days (1 st and 2 nd)	
Wednesday 2 nd	New Reception Parent Workshop	9.30 -10.30 am
Thursday 3 rd	Children return	8.55 am
Friday 4 th	Wheelchair Basketball	All day
Wb 28th	Harvest Collection Week (Birmingham City Mission)	
Tuesday 29 th	Reception Phonics workshop for parents (school hall)	2.15-3.00 pm
October	<i>Black History Month - 'Honouring Our Communities' International Walk to School Month (walking, wheeling, cycling and scooting to school).</i>	
Thursday 1st	School Census Day	
Thursday 1 st	Restart a Heart WMAS Restart a Heart	Morning
Monday 5 th - 7 th	National Cycle to School Week	
Tuesday 6th	Year 4 Bewdley Museum	All Day
Wednesday 7 th	Year 4, 5 and 6 Author Visit	Afternoon
Thursday 8th	Harvest Celebration Assembly (for pupils only)	
Monday 12 th – Friday 16 th	Year 5 & 6 residential – Red Ridge	All week
Thursday 15 th	World Values Day	
Wednesday 21 st	Aperture Portraits – individual and sibling photos	8.30-11.30 am
TBC	Rec-Y6 Nasal Flu vaccinations (consent required – to be sent out nearer the time via 1 st contact email)	
Friday 23 rd	Break Up	3.15 pm
Half Term – Monday 26th – Friday 30th		
November		
Monday 2 nd	Staff Training Day - closed to pupils	
Tuesday 3 rd	All return Parent/Carer Consultations	8.55 am 3.30-6.00 pm
Wednesday 11 th	Remembrance Day Parent/Carer Consultations	3.30-6.00 pm
15 th - 21 st	Road Safety Week: 'Safe People on the Move'	
16 th -20 th	National Anti-Bullying Week: "Break the Silence" Odd Socks Day (Monday 16 th)	All week
Friday 20 th	International Children's Day: "Inclusion, for every child" BBC Children in Need (fundraiser)	
December	<i>Advent</i>	
Friday 4 th	EYFS Christmas Crafts Events (with parents - school hall) Christmas Jumper Day (Save the Children fundraiser)	2.00-3.00 pm
TBC	KS1 Nativity	TBC
Wednesday 9 th or Thursday 10th	Winter Concert	TBC
Friday 18 th	House Celebration Event Break up for Christmas holidays	2.00 pm 3.15 pm
Christmas Holidays – Monday 21st December 2026 – 4th January 2027 (children return on 5th January)		
Please note that some events may be subject to a change of date &/or time due to unforeseen circumstances. Any updates and specific arrangements for all school, class and group events will be sent via your child's class blog page, the weekly newsletter and Arbor App.		

Applying for a Secondary School Place for September 2027 Information for Parents and Carers of Children in year 6 (Children without an EHCP)

1. Introduction

This briefing is for parents and carers of year 6 children who are due to transfer to secondary school in September 2027. It explains how to apply for a school place, key dates you need to be aware of, and where to find further information before you submit your application by 31 October 2026.

Councils are the admissions authorities for community schools and voluntary controlled schools and are responsible for setting their admission arrangements.

Faith schools (voluntary-aided schools), foundation schools, academies and free schools are responsible for setting their own admission arrangements, so are 'own admission authorities'.

Councils are responsible for co-ordinating all school admissions in their areas during the normal rounds at the start of primary and secondary school.

This means that you apply through your local council, including for schools and academies that are 'own admission authorities' or are in another council area.

All schools and admission authorities must comply with the statutory School Admissions Code (September 2021). If there are concerns about a school's admission arrangements, a complaint can be made to the Office of the Schools Adjudicator.

Councils have a statutory duty to raise with the Schools Adjudicator any concerns they have about the admission arrangements for the schools in their areas. They are required to submit an annual report to the Adjudicator about the operation of schools' admission arrangements in their areas and to publish the report on their website.

2. Timetable

The key dates for the secondary transfer process for September 2027 are shown below.

Date	Milestone
1 September 2026	Online applications open
31 October 2026	Deadline for applications
1 March 2027	Secondary National Offer Day
13 April 2027	Deadline for appeals managed by the council
31 July 2027	Closing date for late applications

3. Understanding the Application Process

Your local council provides a Common Application Form (CAF), which you must use to apply for a place at state-funded secondary schools.

They must also publish an online prospectus which explains their application process and include a directory with a list of schools' details, admission arrangements, etc.

In Birmingham, this is known as the 'secondary admission arrangements' and these can be viewed on the school admissions webpages:

<https://www.birmingham.gov.uk/schooladmissions>

This document contains essential information about how school places are offered in Birmingham, including the home-to-school distance (cut-off distance) of the last child admitted to Birmingham schools at the time of offer for the past three years, where applicable.

You can also view the historic admissions patterns for Birmingham schools for all years that we hold this information at: [Secondary school \(year 7\) offer information | Historic school offer information | Birmingham City Council](#)

For previous admissions patterns and selective test results for the Birmingham Grammar schools, please visit the King Edwards VI website:

<https://kingedwardvifoundation.co.uk/results-and-offers/>

It is also a good idea to research schools before applying for a school place. This could include:

- Checking schools' websites for details of their open days/open sessions that take place in the Autumn term.
- Attending the open days/open sessions for the schools you are interested in.
- Reading the schools' admissions arrangements to see if your child is likely to be offered a place.
- Consulting Ofsted Inspection Reports <https://reports.ofsted.gov.uk>

This will also help you check your child is eligible for the schools you want to apply to.

We strongly recommend using all six preferences available to you and including schools where your child is likely to meet the admission criteria.

A list of examples of "realistic" and "unrealistic preferences" can be found at

https://www.birmingham.gov.uk/info/20119/school_admissions/1778/apply_for_a_secondary_school_year_7_place/2

4. Applying Online

In Birmingham parents and carers can apply online for up to six schools.

These can be in or outside Birmingham.

If your first preferred school is unable to offer a place, your other options will be considered in the order you have ranked them.

When you submit your online application, you will receive a confirmation email.

You can change your order of preferences up to the closing date.

If you change your order preferences, you must re-submit your application form before the closing date. If you do not re-submit your application, your amended preferences will not be processed. We will process the last application you submit.

The deadline for submitting an 'on time' application is **11.59pm on 31 October 2026**. We strongly encourage parents and carers not to leave their application until the final day.

After this date, your application will be categorised as 'late'. Late applications will still be considered, but not until after secondary national offer day, so you are less likely to be offered a place at one of your preferred schools.

It is important that parents and carers provide truthful information on their application form. The council conducts rigorous checks, and a school place may be withdrawn if an application is found to be fraudulent. Last year, the council and local schools withdrew a number of school places where it was found that a parent or carer had used an address of convenience or provided other false information to secure a place. This can cause unnecessary distress for your child.

5. Schools Admission Arrangements

All applicants **must** be offered a place if the school is **not** oversubscribed. A school is oversubscribed when more applications are received than there are places available.

If a school is oversubscribed, then the school uses its oversubscription criteria to decide the priority order in which places are allocated.

The government allows the admission authority some leeway in how they decide on their oversubscription criteria, but in all schools the highest priority must be given to looked after children and previously looked after children – that is children who are, or have been, in the care of the local authority, such as foster care. Other examples of criteria that are often used are children with a sibling attending the school, and distance from home to school.

You can contact schools or visit our website for details of their admission criteria and whether you need to complete any additional forms <https://www.birmingham.gov.uk/schooladmissions>

6. Offer of places

Your child will be added to a list for each of the schools you've named on the Common Application Form. The list for each school is then ranked in the order in which each child meets the school's admission arrangements, and this will determine if a place can be offered.

Admission authorities must use an equal preference system.

This means that places are offered solely according to the admissions criteria, not according to where a school was listed on a parent's application. For example, a child whose parent listed a school as a second preference may be offered a place ahead of a child whose parent listed the same school as a first preference. The determining factor is how well the child meets the oversubscription criteria. For this reason, you should list schools in your genuine order of preference.

If a child is not offered a place at any of the schools a parent has named on their form, the council will offer a place at one of the nearest schools with a space available. We strongly recommend that you do not refuse your child's offer of school place, as you will not receive an offer for another school, unless your child can be offered a place from the waiting list, or you submit a late application for a school with places. Accepting the school offered has no bearing on your child's place on a waiting list or on any appeals.

7. Waiting lists

A child's name can be added to the waiting list for most school(s) that you have applied for but not offered a place at, except for selective grammar schools, where your child must score the qualifying score to be added to their waiting list.

Waiting lists for Birmingham schools will be made available from 22 March 2027. For schools outside of Birmingham, you will need to check the local Council's website for information about their waiting lists.

You should contact us to confirm who manages the waiting list for Birmingham schools.

It is important to note that children can move down the waiting list if other children who have greater priority, in accordance with the oversubscription criteria, later join the list. Having a place on the waiting list does not guarantee that a place will become available.

8. Appeals

A parent automatically has the right of appeal to each individual school their child has been refused a place at. For the appeals that we manage for Birmingham schools, the deadline to submit your written appeal is **13 April 2027**.

You will be able to access the appeal form via our website on 1 March 2027 from 4.00 pm.

If you submit an appeal after this date, it will be classed as a late appeal and will be heard after the on-time appeals. It may not be heard before the beginning of September 2027.

You should check the websites of schools that manage their own appeals for further details.

Further information can be found on the appeals process and timelines for the process on the council website: <https://www.birmingham.gov.uk/schooladmissions>

9. Offer Day

If you have submitted your application online, you will receive your child's secondary school offer by email on 1 March 2027. All parents and carers will also receive a letter with further information on next steps.

10. Contact Information

If you have any enquiries about the secondary transfer process, please contact the School Admissions and Fair Access service on:

T: 0121 303 1888

E: admissions@birmingham.gov.uk



If you would like details of schools in other councils, please contact that council directly.

September 2026

www.birmingham.gov.uk/schooladmissions



SPORTS CLUBS

This Half Term

MONDAY

KS2 Handball/
Dodgeball



TUESDAY

KS2 Football



THURSDAY

KS1/2 Streetdance



FRIDAY

KS1 Multiports



3:15pm – 4:15pm



£3.50
per session



Get active • Make friends • Have fun!



Join us for

The Daily Mile



A healthier, happier you!



Every
Monday &
Thursday



From
08:30



For ALL
year groups

Walk
Run
Be Active
Feel Great!



Get
active



Feel
good



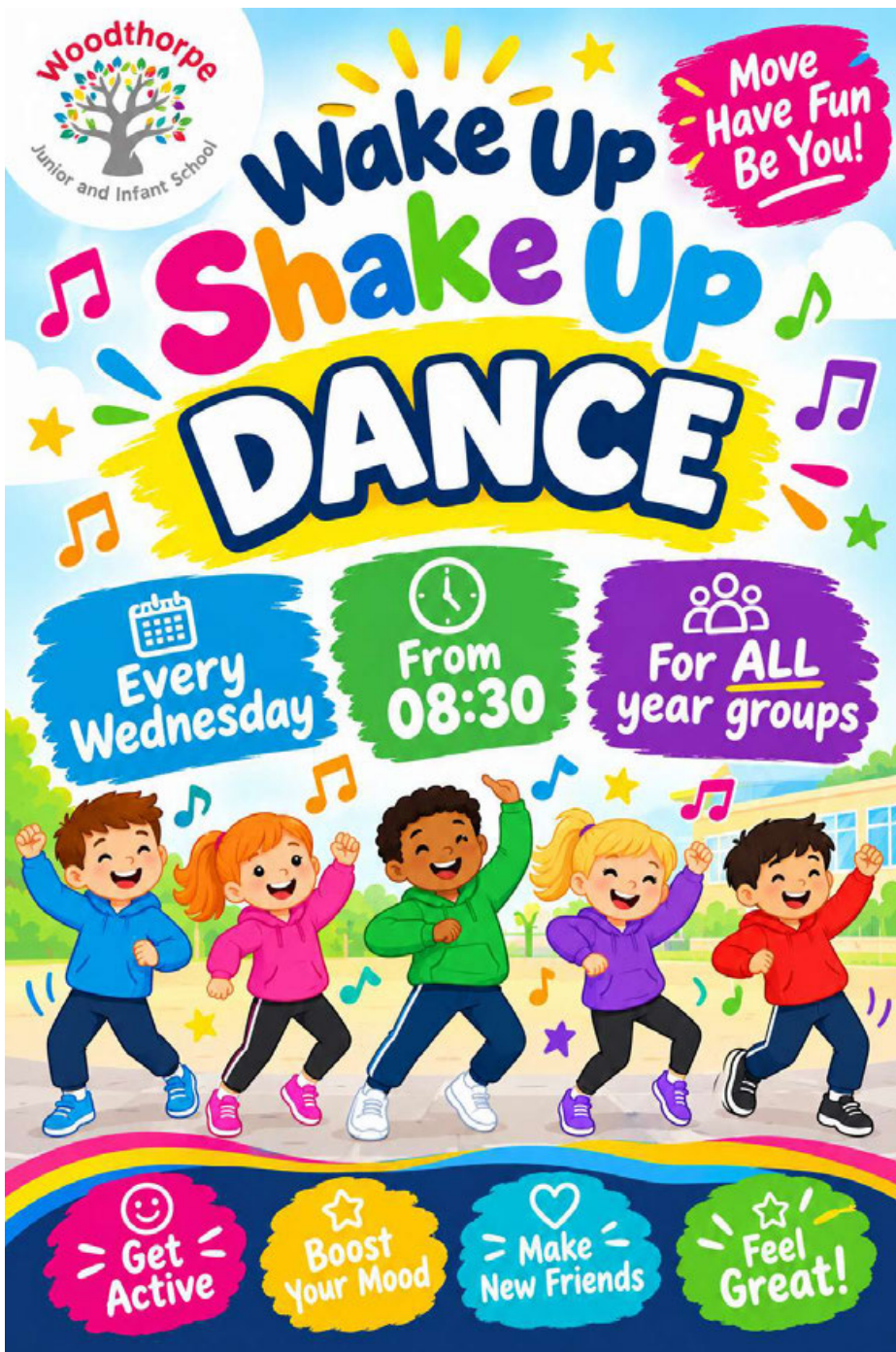
Improve
your health



Boost
your mood



Together
we can!



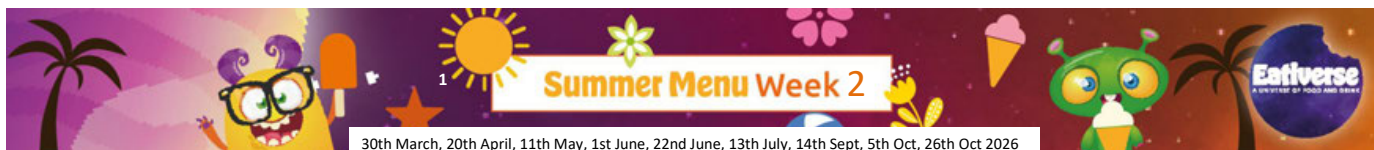


Summer Menu Week 1

13th April, 4th May, 25th May, 15th June, 6th July, 7th Sept, 28th Sept, 19th Oct 2026

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main - Option 1	Fajita Chicken	Beef Lasagne	Roast Beef in Gravy	Chicken Curry	Fish Goujons
Vegetables	Vegetable Medley	Carrots	Mixed Vegetables	Mixed Vegetables	Peas
Sides	White Rice	Baked Potato Wedges	Golden Roast Potatoes	Wholegrain Rice	Oven Chips
Main - Option 2	Macaroni Cheese	Chickpea Curry	Cheese & Onion Pie	Lentil Bolognaise	Vegetable Lasagne
Vegetables	Sweetcorn	Cauliflower	Mixed Vegetables	Mixed Vegetables	Peas
Sides	Diced Potatoes	Wholegrain Rice	Golden Roast Potatoes	Penne Pasta	Oven Chips
Jacket Potatoes	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Dessert	Apple Crumble	Chocolate Sponge	Lemon & Orange Sponge	Chocolate Chip Sponge	Somerset Apple Cake





Summer Menu Week 2

30th March, 20th April, 11th May, 1st June, 22nd June, 13th July, 14th Sept, 5th Oct, 26th Oct 2026

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main - Option 1	Chicken & Pasta with Tomatoes and Herbs	Chicken Goujons	Roast Chicken in Gravy	Sweet & Sour Chicken	Tuna Pasta Bake
Vegetables	Sweetcorn	Baked Beans	Vegetable Medley	Cauliflower	Peas
Sides	Baked Potato Wedges	Diced Potatoes	Golden Roast Potatoes	White Rice	Oven Chips
Main - Option 2	Lentil & Vegetable Flaky Topped Pie	Vegetarian Tikka Masala	Penne Pasta in Tomato and Basil Sauce	Bean Chilli	Vegetarian Cottage Pie
Vegetables	Sweetcorn	Broccoli	Vegetable Medley	Green Beans	Peas
Sides	Baked Potato Wedges	Wholegrain Rice	Penne Pasta	White Rice	Oven Chips
Jacket Potatoes	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Dessert	Summer Fruit Sponge	Bakewell Tart	Pineapple Sponge	Apple Crumble	Hot Chocolate Brownie





Summer Menu Week 3

6th April, 27th April, 18th May, 8th June, 29th June, 20th July, 31st Aug, 21st Sept, 12th Oct 2026

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main - Option 1	Cheesy Garlic Chicken	Smoked Paprika & Tomato Chicken	Sliced Roast Chicken in Gravy	Beef Bolognaise	Breaded Cod
Vegetables	Carrots	Mixed Vegetables	Mixed Vegetables	Sweetcorn	Peas
Sides	Diced Potatoes	Baked Potato Wedges	Golden Roast Potatoes	Penne Pasta	Oven Chips
Main - Option 2	Cauliflower, Spinach & Lentil Curry	Tomato & Chickpea Gratin	Cauliflower & Broccoli Pasta	Vegetable Quiche	Potato, Cheese & Leek Bake
Sides	Green Beans	Cauliflower	Mixed Vegetables	Carrots	Baked Beans
Carbohydrate	Wholegrain Rice	Baked Potato Wedges	Penne Pasta	Baked Potato Wedges	Oven Chips
Jacket Potatoes	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Dessert	Lemon Flavour Sponge	Apricot Crumble	Jam Sponge	Somerset Apple Cake	Chocolate Sponge

What Parents & Educators Need to Know about

CHARACTER.AI

Character.AI is an entertainment platform where users create and chat with AI-powered characters. These chatbots can act like existing favourite characters from movies or books, or like friends, mentors, or even romantic partners, responding in an emotional, personally engaging way. Although this can encourage creativity, it can also make a generated conversation feel like a genuine relationship, which is concerning if it takes the place of human relationships.

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

AI replies are generated in real time rather than chosen from a fully checked script. Even with safety filters on, conversations can still move into sexual, violent, discriminatory, or self-harm material. These AI characters are often made by users, so a familiar name or child-friendly description does not guarantee that every response from the character will be suitable for a young person.

BLURRED BOUNDARIES

Characters on Character.AI can use the language of friendship, love, and empathy without ever feeling anything. Vulnerable young people may struggle to separate this simulation from genuine understanding, romantic role-play or a character that demands attention, loyalty, or secrecy could also risk distorting young people's expectations around consent, disagreement, and the give-and-take involved in healthy human relationships.

UNRELIABLE ADVICE

Characters, like other chatbot platforms, are at risk of inventing facts or giving inappropriate advice while sounding completely confident. Characters may also echo a young person's assumptions instead of questioning them. This can become particularly risky when users rely on a character for guidance about health, mental wellbeing, relationships, money, or personal safety instead of checking with a credible source or trusted adult.

EMOTIONAL DEPENDENCY

Character.AI chatbots can appear endlessly attentive, supportive, and affectionate, which is one of the hallmarks of the generative AI models that such companions are built on. A young person may start turning to a character chatbot whenever they feel lonely or upset and believe that it understands them better than the humans in their life. This can become more concerning when chatting starts to replace sleep, schoolwork, hobbies and friendships.

PRIVACY CONCERNS

Character.AI chats may feel private, especially when a bot sounds personal and caring, but they take place on a company's online systems. Users could intentionally or unintentionally reveal their name, school, location, routines, images, or intimate concerns. Character.AI says some data may be retained to improve its services and AI models, so young people should never treat a chatbot like a confidential diary.

UNHEALTHY ENGAGEMENT

Be aware of warning signs such as secret accounts, bypassing age restrictions, hiding phone use from adults, chatting late at night, distress when access to the platform or character stops, withdrawal from other people, falling interest in school, or believing the character is conscious. Increased use may also signal that the young person is already lonely, anxious, or seeking help.

Advice for Parents & Educators

KEEP CONVERSATIONS OPEN

Ask what the young person enjoys about Character.AI and invite them to show you how the platform and their favourite characters work. Useful questions include, "Has it ever said something that felt wrong?" and "How can you tell it doesn't have feelings?" Avoid shaming them for using platforms like Character.AI or making them feel there is something wrong with them for doing so.

CHECK AGE, SETTINGS & LIMITS

Character.AI's minimum age is 18 in the UK, but open-ended companion chat is restricted to adults aged 18 or over. Users aged 16 to 17 receive a different experience built around guided 'Stories' and other creative or social features. Check their current settings, never help or encourage a young person to give a false age, and apply the same safety rules to other chatbot apps.

PAUSE, CHECK AND ASK

Teach young people to pause before accepting an answer from characters on Character.AI. Encourage them to check important claims against a trustworthy source and ask a safe adult when the issue matters. Never use a character as the sole source of medical, mental health, legal, financial, or safeguarding advice. Remind them not to share passwords, contact details, school information, live locations, or private images.

NOTICE AND RESPOND

Take action if chats involve sexual content, threats, coercion, abuse, self-harm or danger. Save relevant evidence, report the character and follow the setting's safeguarding process; educators should involve the designated safeguarding lead. If anyone is in immediate danger, contact emergency services. Childline is available on 0800 1111 and the NSPCC Helpline on 0800 800 5000.

Meet Our Expert

Darren Conon is an educator with almost 30 years' experience across teaching, school leadership and governance. He works internationally, supporting schools and colleges with AI leadership and governance, as well as teaching the key fundamentals of AI use and safety to educators at The National College.



The National College

See full reference list on our website

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Reception to Year 11



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