

St Mary's Catholic Primary School Newsletter

'Growing, loving and learning in the arms of Mary'

Meadowside, Sunderland, SR2 7QN

Telephone 0191 5228787

Headteacher Mr M Clephane



Twitter: @StMarysSchoolIRC

Friday 21st October 2022

Website: www.smrc.school

NEW LUNCH MENU

Please see attached new school lunch menu which starts on 31st October 2022.

DINNER MONIES - NOVEMBER 2022

School meals are **£2.20 per day** i.e. **£11.00 per week**. Advanced payments of **£88.00** can be made for the next half-term (31.10.2022 to 23.12.2022). All payments to be made via ParentPay.

SCHOOL PHOTOGRAPHER

The school Photographer will be in school on Tuesday 22nd November 2022.

If you would like a photograph of your child/children with their sibling/s who **do not** attend St Mary's School, please come into school at 8.30am.

Tuesday is Year 5 PE Day - Year 5 pupils should come to school in full school uniform and bring their PE kit to change into.



WANTED - KITCHEN ROLL TUBES

Year 2 are collecting empty kitchen roll tubes for their RE topic. Please can you send in all your empty tubes either with your child or via the school office and they will be passed on to Miss Simpson.

Thank you for your continued support.



PTA MOVIE NIGHTS

EYFS - Will have a movie in the classroom during school hours - £1.00.

Year 1 & 2 - Tue 8th November 3.30pm-4.30pm - £2.50

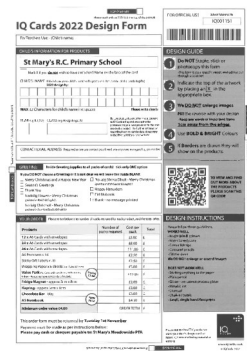
Snack provided. If your child has any allergies please provide your own snack.

Year 3 - 6 Thur 10th November 3.30pm-5.00pm - £3.00

Snack provided. If your child has any allergies please provide your own snack.

Any donation of hot dogs would be greatly received.

PTA DESIGN YOUR OWN CHRISTMAS CARD



Your child should have brought home a design form tonight.

Please return the completed form with design on reverse by Wednesday 2nd November 2022.



OCTOBER/NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
24 Half Term School Closed	25 Half Term School Closed	26 Half Term School Closed	27 Half Term School Closed	28 Half Term School Closed
31 Year 4 PE	1 Year 5 PE Mrs Cummings' Class Swimming	2 Year 1 & Year 2 PE Y2 & 3 Drama Club	3 Year 3 PE	4 Year 6 PE Y4, 5 & 6 Drama Club

WEEK ONE



WEEK TWO



WEEK THREE



Autumn & Winter 2022

Monday

Choose a main meal:
 Pizza Margherita
 Cheese and Tomato Pizza (V)
 Or
 Vegetable Quinoa (V) Or
 Or
 Roasted Vegetable Pasta Bake (V) Or
 Jacket Potatoes with choice of topping

on the side:
 Potato Wedges
 Baked Beans
 Sweetcorn
 Fresh Carrot Batons
for dessert:
 Choice of Homemade Ice
 Cream, Cheese & Custard,
 Fresh Fruit or Yogurt

Tuesday

Choose a main meal:
 Homemade Chicken Curry & Rice
 Or
 Cheese and Baked Quinoa (V)
 Served with Stead over baked Potatoes
 Or
 Chicken Slice Quorn Burger (V) Or
 Jacket Potatoes with choice of topping

on the side:
 Green Beans
 Sweetcorn
 Homemade Chutney
for dessert:
 Choice of Homemade Ice
 Cream, Fresh Fruit or Yogurt

Wednesday

Choose a main meal:
 Roast of the Day, served with Roast
 Potatoes, Yorkshire Pudding and Gravy
 Or
 Sautéed Potatoes (V)
 Or
 Massaman Cheese (V) Or
 Jacket Potatoes with a choice of topping

on the side:
 Potato, Sweetcorn & Carrot
 Broccoli
 Grated Cheese
for dessert:
 Choice of Apple Strudel and
 Custard, Cheese & Custard,
 Fresh Fruit or Yogurt

Thursday

Choose a main meal:
 Homemade African Beef Pie with Herbed
 Potatoes
 Or
 Quorn Sausages with Herbed Potatoes (V)
 Or
 Chicken and Tomato Pasta Or
 Jacket Potatoes with a choice of topping

on the side:
 Broccoli
 Homemade Sauce
for dessert:
 Choice of Miss Vacherin
 Jamme Dodgins, Cheese &
 Custard, Fresh Fruit or Yogurt

Friday

Choose a main meal:
 Fish and Chunks
 Served with Chips
 Or
 Cheese Egg Fried Rice (V) & Curry Sauce
 Or
 Jacket Potatoes with a choice of topping

on the side:
 Peas
 Baked Beans
for dessert:
 Choice of Chocolate Cheesecake, Cheese & Custard, Fresh Fruit or Yogurt

FRESH WATER
 AVAILABLE
 EVERYWHERE

Healthy option on the day
 Largest food miles travelled

Choose a main meal:
 Pasta Bake
 Cheese & Tomato Pasta (V)
 Or
 Spaghetti with Tomato Sauce (V) Or
 Vegetable Lasagne (V)
 Jacket Potatoes with a choice of topping

on the side:
 Peas
 Carrot & Potatoes
 Potato Wedges
for dessert:
 Choice of Chocolate Brownie
 Slices, Cheese & Custard,
 Fresh Fruit or Yogurt

Choose a main meal:
 Chicken & Baked Bean Casserole, served
 with Roast Potatoes
 Or
 BBQ Chicken Wings
 Or
 Quorn Curry (V) Or
 Jacket Potatoes with a choice of topping

on the side:
 Whole Red Potatoes
 Potatoes
 Sweetcorn
for dessert:
 Choice of Homemade Ice
 Cream, Cheese & Custard, Fresh Fruit or Yogurt

Choose a main meal:
 Roast of the Day, served with Roast
 Potatoes, Yorkshire Pudding and Gravy
 Or
 Quorn Sausages (V)
 Or
 Quorn Pasta Sausages Or
 Jacket Potatoes with a choice of topping

on the side:
 Carrots
 Cauliflower Cheese
 Homemade Sauce
for dessert:
 Choice of Apple & Pear Pie
 & Custard, Cheese & Custard,
 Fresh Fruit or Yogurt

Choose a main meal:
 Mince & Dumplings, served with Creamy
 Potatoes
 Or
 Mrs Mott's Beef Herby Quinoa &
 Spaghetti
 Or
 Chicken & Baked Potatoes (V) Or
 Jacket Potatoes with a choice of topping

on the side:
 Cauliflower
 Peas
 Homemade Sauce, Potatoes
for dessert:
 Choice of Mince and Spaghetti
 & Custard, Cheese & Custard,
 Fresh Fruit or Yogurt

Choose a main meal:
 A choice of Burgers and Chips
 Or
 Sautéed Potatoes
 Or
 Quorn's Mashed Potatoes (V)
 Or
 Jacket Potatoes with a choice of topping

on the side:
 Peas
 Baked Beans
for dessert:
 Choice of Strawberry & Orange
 Wild Chocolate Custard,
 Fresh Fruit or Yogurt

Choose a main meal:
 Pizza Margherita
 Chicken & Tomato Pasta (V)
 Or
 Vegetable Quinoa (V) Or
 Or
 Quorn Curry (V) Or
 Jacket Potatoes with a choice of topping

on the side:
 Baked Beans
 Sweetcorn
 Fresh Carrot Batons
for dessert:
 Choice of Homemade Ice
 Cream, Cheese & Custard,
 Fresh Fruit or Yogurt

Choose a main meal:
 6 Day Goodfish
 Sausage or Quorn Sausages (V) Baked
 Semi-Sweet Eggs, Tomato, Onion
 Breadcrumbs Toss
 Or
 Chicken & Tomato Tagliatelle (V) Or
 Jacket Potatoes with a choice of topping

on the side:
 Herbed
 Carrot Batons
 Mashed Potato
for dessert:
 Choice of Rice Pudding with
 Apple, Custard, Cheese &
 Custard, Fresh Fruit or Yogurt

Choose a main meal:
 Roast of the Day, served with Roast
 Potatoes, Yorkshire Pudding and Gravy
 Or
 Quorn Sausages (V)
 Or
 Chicken & Tomato Pasta Or
 Jacket Potatoes with a choice of topping

on the side:
 Carrots
 Sweetcorn
for dessert:
 Choice of Apple & Pear Pie
 & Custard, Cheese & Custard,
 Fresh Fruit or Yogurt

Choose a main meal:
 Mince & Dumplings, served with Creamy
 Potatoes
 Or
 Mrs Mott's Beef Herby Quinoa &
 Spaghetti
 Or
 Mince & Cheese (V)
 Or
 Jacket Potatoes with a choice of topping

on the side:
 Cauliflower
 Baked Beans
for dessert:
 Choice of Mince and Spaghetti
 & Custard, Cheese &
 Custard, Fresh Fruit or Yogurt

Choose a main meal:
 Fish and Chips
 Served with Chips
 Or
 Asstirle Curry
 Served with Chips
 Or
 Jacket Potatoes with a choice of topping

on the side:
 Peas
 Baked Beans
for dessert:
 Choice of Orange & Apple
 Cheesecake, Cheese &
 Custard, Fresh Fruit or Yogurt

FRESH SALAD
 AVAILABLE
 EVERYWHERE

Healthy option on the day
 Largest food miles travelled

St Mary's Catholic Primary School - Sacramental Preparation Dates 2022 - 2023

Focus	Date	Catechist	Group Leading Session Readings	
Session 1 Gathering	Thursday 6th October 2022 St. Mary's School 3.30pm – 4.30pm	Miss Simpson		
Session 2 Baptism	Thursday 17th November 2022 St. Mary's School 3.30pm – 4.30pm	Mrs Bravo		
Session 3 Penitential Rite	Thursday 8th December 2022 St. Mary's School 3.30pm – 4.30pm	Mrs Horn		
Sacrament of Reconciliation Saturday 21st January 2023 St. Mary's Church 9.00am – 10.00am				
Session 4 Liturgy of the Word	Thursday 12th January 2023 St. Mary's School 3.30pm – 4.30pm	Mrs Little		
Session 5 Offertory	Thursday 9th February 2023 St. Mary's School 3.30pm – 4.30pm	Mrs Clinton		
Session 6 Liturgy of the Eucharist	Thursday 16th March 2023 St. Mary's School 3.30pm – 4.30pm	Mrs Galbraith		
Session 7 Liturgy of the Eucharist	Thursday 27th April 2023 St. Mary's School 3.30pm – 4.30pm	Deacon Eddie		