



Upton Heath Church of England  
Primary School

**Friday 6th September 2019**

## Welcome Back to School

Welcome back to school everyone. We hope you have all had a lovely Summer break and are feeling refreshed and ready for the new academic year.

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## Upton High Open Evening

Upton High are holding an open evening on Thursday 26th September at 6pm for all Year 6 and Year 5 pupils. Please see attached flyer for more details.

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## UNIFORM

Please can you ensure your child's name is written in their school jumpers. Only 4 days in and our lost property is filling up with unnamed items.

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## Considerate Parking

Can you we just remind parents of mindful parking around the neighbourhood. PLEASE do not block driveways. We have already had emails from residents who have been unable to get off their property. Thank you for your consideration.

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## Casting for a new BBC series

If you and your family are interested in taking part in a new Eat Well series, please see the attached flyer and below for details.....

The show follows Masterchef's **Gregg Wallace** & award winning greengrocer **Chris Bavin** on a mission to prove that

it is possible for families and households to **save money** on their food budget **without scrimping on taste and nutrition**.

My reason for writing is that we are currently casting for our seventh series and are looking for families / households who would like to eat well and save some money on their weekly shop.

Attached a copy of the flyer and included our casting call information below.

Please let me know if you have any questions about the series or if you require any further information

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## MENU - Week 2

Monday - Beef/veggie burger in a bun, potato wedges, baked beans or seasonal veg, Tuna & sweetcorn roll, filled jacket potato, Apple pie & custard; Tuesday - Spaghetti bolognese, tomato pasta or filled jacket potato, chocolate crunch and a fruit wedge; Wednesday - Road Gammon/quorn, roast/mashed potato, seasonal veg, cheese baguette or filled jacket potato, mouse; Thursday - Chicken/quorn curry with rice, naan bread and seasonal veg, filled jacket potato, Ham wrap, cheese & crackers; Friday - Fish & chips with peas or beans, cheese & tuna melt or filled jacket potato, melting moment and fruit wedge

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