



Dear Parents and Carers,

Welcome back to another school year at Kingsmoor Academy. We hope that you had a restful Summer and look forward to working with you closely again this year. The children have all come back looking extremely smart in their uniforms and ready to learn. They have settled quickly into their classes and are proud to be part of the Kingsmoor family.

Most recently, the children have really enjoyed taking part in Roald Dahl day and we were amazed by the outstanding costumes and their knowledge about the author. We look forward to taking part in many more fun educational days this year.

Miss Lymbouris

Acting Principal

Important Dates:

Please remember to check your School Gateway for important info

STAY SAFE



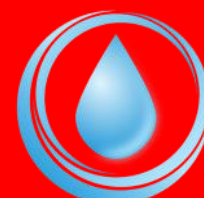
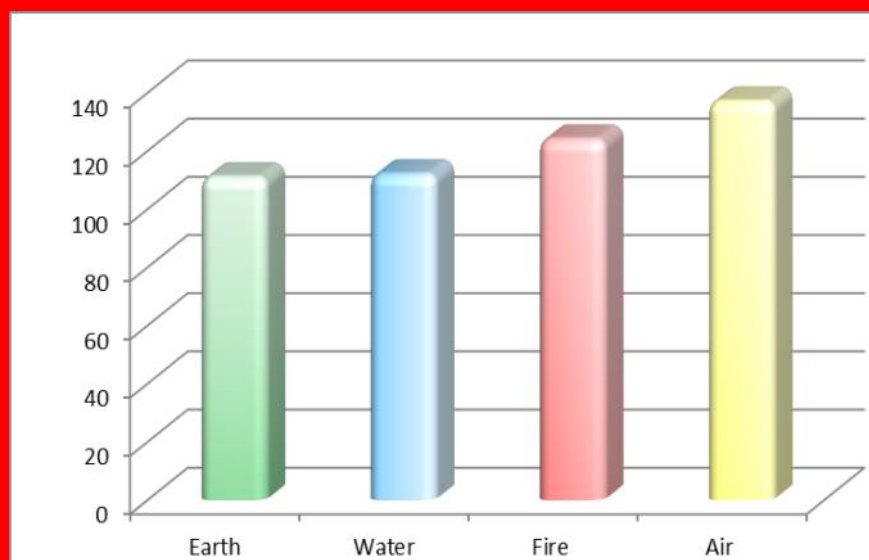
WASH YOUR HANDS



KEEP SAFE DISTANCE



House Points

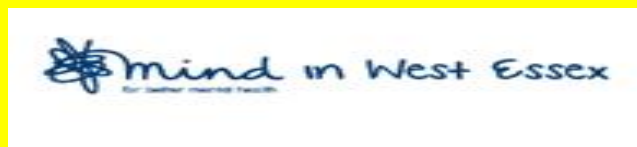




Harlow Spring Clean

On Friday 4th September, Year 6 Australia class took part in the Harlow Spring Clean. They looked at the importance of caring for the environment and ways in which we can look after our local area. A big well done to the children as they collected five bin bags of litter in total! Also, our thanks goes to Harlow Council for letting us take part in the Harlow Spring Clean 2021.





Children & Young People's Mental Health Support Team Online Parent Courses



Friday 24 September
Friday 1 October
Friday 8 October
Friday 15 October

10:30-11:30 via Zoom

We are pleased to announce we will be delivering an online parent's course focusing on Child Anxiety. This course is suitable for parents of children aged 4-11 years old.

To access this FREE service you must:
Have a child attending a Harlow school
Have access to Zoom
Able to attend all 4 pre-planned sessions

If you are interested, please email mhstharlow@mindinwestessex.org.uk with the following information:

Parent/carer name
Contact telephone number
Email address
Child's school

The course you are interested in (Child Anxiety)

We will send you an email to confirm a place on the course along with joining instructions. Please check your mailbox regularly including your Junk/Spam folders.

If you have any queries, please contact us at mhstharlow@mindinwestessex.org.uk

There are limited places available so please book your place asap





Lunch Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Meal	Burrito (V) A soft wrap filled with lightly spiced veggies and rice	Allegra's Chicken Filo Pie with Mashed Potato	Roast Turkey with Roast Potatoes and Gravy	Bacon All Day Breakfast Served with baked beans, Scrambled Egg & Potato Wedges	Golden Fish Fingers and Chips
Alternative Dish	Cheese & Tomato Pizza**	Baked Macaroni (V)	Quorn Roast with Roast Potatoes and Gravy (V)	Quorn Hotdog (v) Served with Potato Wedges	Quorn Dippers and Chips (V)
Jacket Potatoes & Salads	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of filling A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.
Vegetable	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Desert 1	Raspberry Ripple Ice-Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices	Berry & Peach Oaty Crumble* with Custard	Orange, Sultana & Carrot Slice

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian



Lunch Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Meal	Veggie Bolognese Penne pasta in a yummy tomato and Quorn sauce	Allegra's Chicken Katsu Served with Wholemeal Rice	Roast Turkey with Roast Potatoes and Gravy	Cottage Pie A classic cottage pie with veg and gravy	Golden Fish Fingers and Chips
Alternative Dish	Cheese and Tomato Pizza ** with Dough Balls	Allegra's Oodles of Noodles (V) Veggie Noodles	Creamy Vegetable Pie (V) with Roast Potatoes and Gravy	Mild Chickpea and Potato Curry (V) ** Served with Wholemeal Rice	Tomato Veggie Burger with Chips (V)
Jacket Potatoes & Salads	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of filling A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.
Vegetable	Carrot Sticks Cucumber Sticks	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desert 1	Flapjack with Fruit Slices*	Orange Shortbread & Custard	Chocolate Crunchy Biscuit	Fruity Chocolate Brownie	Vanilla Ice- Cream

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian



Lunch Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Meal	Macaroni Cheese (V)	Allegra's Garlicky Chicken and Spanishy Spuds	Roast Gammon with Roast Potatoes and Gravy	Beef Burrito A soft wrap filled with fresh beef and rice	Southern Fried Chicken Tasters Lightly sea- soned crispy chicken strips and scrummy chip
Alternative Dish	Veggie Sausage and Mash with Gravy (V)	Allegra's Cheesy Peasy Risotto Bake	Quorn Roast with Roast Potatoes and Gravy (V)	Veggie Lasagne served with a bread wedge (V)	Soft Taco and Chips (V)
Jacket Potatoes & Salads	Jacket Potato with a choice of fillings A Selection of Fresh SaladsIncluding Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh SaladsIncluding Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of filing A Selection of Fresh SaladsIncluding Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh SaladsIncluding Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh SaladsIncluding Lettuce, Cucumber, Tomato, Grated Carrot.
Vegetable	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desert 1	Oatie Biscuit with Fruit Slices *	Apple and Carrot Yoghurt Muffin*	Strawberry Ice Cream	Chocolate Sponge Cake	Cheese & Biscuits (cheddar portion

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian