

24th October 2025

Dear parents/carers and students,



I hope that this letter home finds you all well.

It has been a busy final week of term, and indeed a very busy term indeed. I do hope that all our students have enjoyed and benefited from the education and opportunities for personal development that have been provided to them this term, and above all hope that they have enjoyed the last few months since September. In particular, I hope that our newest students in years 7 and 12, and those new to the school in other years groups, have now fully settled into Crypt school life, have made friends and feel a strong sense of belonging to their new school.

Year 7 residential

To complete their induction programme, year 7 students enjoyed going on the annual residential trip to Condover Hall in Shropshire, accompanied by head of year Mr Bowen, form tutors and other support staff. I understand the trip went very well indeed, and it is on these types of trips that students strengthen and indeed forge new friendships; strengthen their confidence, enjoy time away from home, and form memories that last throughout their school days - and indeed beyond. My grateful thanks to all of my colleagues who gave up time away from home to enable this residential trip to take place.

Theatre Trip - Lost Atoms

I do hope the drama trip to Coventry, led by Mrs Crozier, and involving exam group students went well, was rewarding, enjoyable and supportive in helping students continue to make progress in their drama lessons.

Year 6 Qualifying Cohort Open Event - Thursday

Following the entrance test results, the school held a special event for those who were qualified as being eligible for a place at The Crypt School. The special event, now in its third year of running, was very well attended indeed, demonstrating the continued popularity of the school amongst families in the area. My thanks to our students, who led many of the talks and discussions on that day, and we now look forward to learning who will be in our new year 7 cohort, 2026, in March.

Diwali Assembly

It was wonderful to welcome into school Amol and Sam Deorukhkar, who led a whole-school assembly on the meaning and importance of Diwali - the Hindu Festival of Lights - which is also celebrated by other Indian religions such as Jainism and Sikhism.



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The Crypt School
Educating students since 1539

As was explained at the assembly, Diwali symbolises the spiritual victory of Dharma over Adharma, light over darkness, good over evil, and knowledge over ignorance and which is known as the 'festival of lights'. As we saw on the news, and celebrated across communities in the UK, and elsewhere around the world, Diwali was marked by the lighting of small oil lamps, the exchanging of gifts and huge firework displays; in Ayodhya City in Uttar Pradesh state, more than 2.6 million lamps were lit on the banks of the Saryu River. A spectacular celebration indeed and one which was enjoyed by many of our students and families here at Crypt.

Year 11 Elevate Revision workshops

As year 11 students move towards their December GCSE mock examinations and indeed look forward to the summer exam which begins in May, Mr Windsor (head of year 11) organised a series of workshops, led by external company Elevate, for year 11 to attend aimed to support their revision skills. These workshops, held in school today, have always been well received by the students, and contribute to the successful final GCSE outcomes.

The Crypt School's 2025 GCSE Results place the school in the top 10% nationally

I was delighted to learn from Alps (an external results and performance analysis service that most schools use to help analyse their examination outcomes against national datasets), that The Crypt School's summer 2025 GCSE results placed the school in the top 10% of schools nationally. What a wonderful achievement for the school, and a strong endorsement of our work in supporting students to excel academically - and of the student's own commitment to their studies.

Sporting fixtures

Ms Leask provides a full round up of all sporting fixtures thus far this academic year in this newsletter, but suffice to say well done indeed to everyone who is involved in the sporting life of the school, and to staff who make all that possible, especially my colleagues in the PE/games department.

Today in my final assembly I was delighted to award three 100 Club ties - that mark a student's achievement in representing the school in a team fixture 100 times - to Alex Ashely, Aaron Moss and Clara Collingwood. Congratulations to each of them on their achievement and commitment to sport at school, and I do hope that they will wear their new ties with a real sense of pride.

Careers

On Wednesday of this week, the school's annual careers convention took place in the Sports Hall, with all students from across years 8-13 being able to attend. It was great to see many Old Cryptians attending, representing their employers and speaking knowledgeably with our students about the many career paths available to them after they leave school. My thanks to all our external partners for their participation in that forthcoming event, and to Mr Germaine for his organisation of that event.

Our whole school 2025, Charity challenge - Run the World

Mr Hart provides a full write up in this newsletter about this incredibly ambitious charity event; however, I'd just like to thank everyone who got involved in the event, in running so many miles, and in raising so much money for such a good social cause. Particular thanks to Mr Hart and Mrs Willaims for organising and leading this initiative.

INSET Day - Monday 3rd of November

As you know, the school will be closed for an INSET day on the first Monday after half term: staff will be undertaking Child Protection training, led by the Local Authority, and training on the use of the SENECA learning platform, which many departments are now using to support student learning across the age groups.

I look forward to welcoming all students back into school on Tuesday the 4th of November and wish them all a good half term break.

With my continued best wishes,



Nicholas Dyer
Headmaster

School Dates

3 rd November	Inset Day
4 th November	Start of Term 2
5 th November	GCSE Music Trip
6 th November	6 th Form Open Evening

Parent Trustee Election - your chance to vote!

We are delighted that eight parents have been nominated to stand as Parent Trustee/Governor of The Crypt School. There is now a ballot of all parents/carers, and an email link to the voting form has been sent separately to the email addresses we have for you. Please take a moment to read the candidates' supporting statements and cast your vote. If you need a hard copy ballot paper, please contact the School Office. The ballot closes at 6pm on Tuesday 4 November.

OLIVER! – Live on Stage! 🎵

We're thrilled to announce that tickets for our long-awaited school production of Oliver! – our first full-scale show in six years - are now on sale!

Join us for this timeless musical adventure filled with heart, humour, and unforgettable songs including "Consider Yourself," "Food, Glorious Food," and "Where Is Love?"

Showtimes:

Friday 28 November – 7:00 PM

Saturday 29 November – 2:00 PM & 7:00 PM

Venue: The Crypt School

Step into the streets of Victorian London as orphaned Oliver navigates life from the workhouse to Fagin's den of pickpockets. This beloved story of hope, belonging, and family is brought to life by our incredible students and staff, who have been working tirelessly since July.

Tickets available now at <https://www.eventbrite.co.uk/e/oliver-tickets-1832910818599> (This link is available on our Facebook and Instagram)

⚠️ Please note: Oliver! Contains themes of violence, crime, and grief that may be distressing for younger viewers. Recommended for ages 8+ (parental discretion advised).



Save the Date! - Crypt School PTA Christmas Fair



Careers Convention Inspires Ambition at The Crypt School

The Sports Hall was alive with energy and conversation last week as The Crypt School hosted its flagship **Careers Convention**, a cornerstone of our planned careers programme. With an impressive **47 exhibitors in attendance**, ranging from **The Army** and **University of Bath** to **Spirax Sarco** and **Taynton Solicitors**, the event provided an invaluable opportunity for students to explore the diverse world of work and further education. Students from **Year 8 through to Year 13** attended the evening, each at different stages of their career journey—from the early stages of exploration to refining future choices. The atmosphere in the hall was described by one staff member as having a “*real buzz*”, with students actively engaging with representatives, asking thoughtful questions, and discovering new possibilities for their futures.

Career exploration at an early age plays a crucial role in **fuelling ambition and building confidence**. Events like this help students see beyond the classroom, connecting their studies to real-world opportunities and inspiring them to set meaningful goals for life after school. The interaction with employers, universities, and professionals encourages curiosity and self-belief—qualities essential for lifelong success.

It was particularly heartening to see **so many Crypt alumni** returning as exhibitors. Former students who have progressed to university or employment spoke with pride about their experiences and were

eager to give back to the school community that once supported them. Their presence demonstrated the lasting bonds between The Crypt and its students, as well as the school's commitment to nurturing ambition across generations.



The Careers Convention is a key feature of The Crypt's **comprehensive careers education programme**, designed to prepare students for the rapidly changing world of work and to ensure every young person can make informed, aspirational choices about their future.

Student Voices

"Really informative and helped me discover careers I never knew existed" William, Year 8
"It was beneficial to talk one to one with experts who knew a lot about the university" Elyssa, Year 12
"It was interesting to speak to a variety of employers and universities, along with learning different things they have to offer"

Avik Year 9

"It was really helpful especially speaking to Bath University who offered specific support with my personal statement"

Dasha, Year 13

Staff Reflections

"It was wonderful to see so many students engaging so enthusiastically with our exhibitors. We are incredibly grateful to all the organisations and individuals who gave up their time to come into school and support our students at the start of their career exploration. Events like this are only possible thanks to the generosity and commitment of our visitors, and their insights make a lasting difference to our young people."

Chris Germaine, Careers Leader

Exhibitor Feedback

"All students have been inquisitive and engaged. It is great to see them talking about their future at such an early age".



Cardiff University

"The students were well engaged, especially the younger years. Students were asking excellent questions specifically linked to GCSE and A level requirements"

Birmingham University

"The level of questions was very detailed and sophisticated throughout all year groups. The students were asking the right questions and thinking about the right things regarding their future careers."

Davies and Partners Solicitors

The Crypt School is proud to offer such meaningful opportunities that connect learning with life beyond school. The success of this year's Careers Convention reflects the strong partnerships between students, staff, employers, and alumni—all working together to inspire the next generation.

Trustees/Governors Meeting October 2025

The School's Board of Trustees (Governors) has held its first meeting of the school year. They were delighted to hear about events in school from the students' perspective, with Head Girl Tianna Klaric joining the start of the meeting. Chair Lee Hill and Vice Chairs Sonia Macleod and Sheila Bradburn were

re-elected to these roles for the coming year; and the Board approved updated policies on Safeguarding, Attendance and Health & Safety. The main discussion item was a presentation by Rob Biggs (Deputy Head - Academic) on the summer 2025 exam results and the School's plans to maintain a strong focus on teaching and learning improvement in 2025-26.

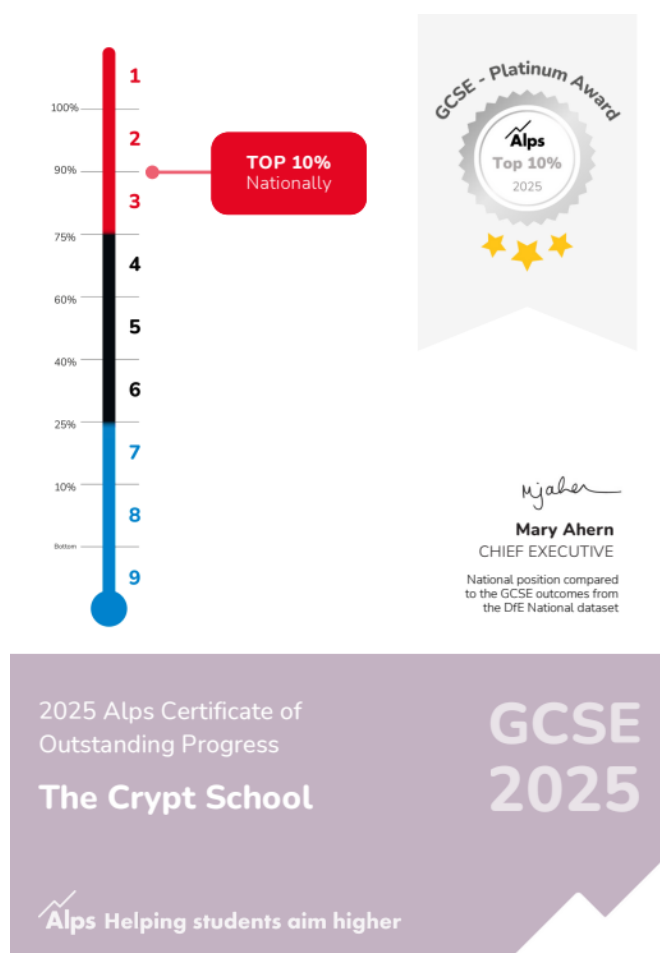
Trustees also reflected back on the summer works programme, noting the improvements made to the sixth form centre in particular. They were pleased to note that 71 girls had joined the school in year 7, exceeding the target Trustees had set in 2018 for a third of the pupil intake into year 7 to be girls following the completion of the first seven-year cycle of co-education. Trustees were also very pleased to read of the destination data of year 13, and the careers programme came in for particular praise.

Mrs Donlon, Clerk to the Governors

Crypt placed in the top 10% of schools and colleges nationally!

We are thrilled to have received a Platinum Award this month after being placed in the **top 10%** of schools and colleges nationally for value-added progress by Alps (an online analysis platform) for our 2025 GCSE exam results!

This is an outstanding accomplishment, and a well-deserved reflection on the hard work of our students and our dedicated teaching staff.

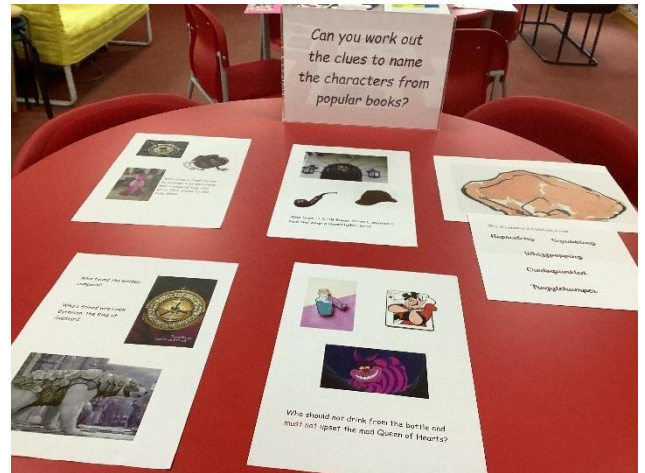


Library Newsletter

Last week we welcomed lots of visitors to the library for open evening. The library was full of displays along with a guess the character quiz.

It was very encouraging to hear there are lots of readers hoping to be joining us when they finish primary school.

The Halloween quiz will finish this week



Fascinating History of K-POP

"Hidden Histories saw one of our best presentations yet, with Sanjeevani S exploring the fascinating history of K-pop. From the 1950s Kim Sisters & their involvement in the Korean War, to Demon Hunters on Netflix today, we discussed commercialisation, geopolitics, and the contested soul of K pop. The presentation can be seen [here](#)."

Reading for Pleasure

The Reading Room has had a set of new arrivals - the bean bags! They have been trialled by a number of staff and are now available for students to use who would like some quiet reading time at lunchtime from 1.30pm in Rm25.

This year we have moved our whole school literacy focus to reading for pleasure and each student in Year 7, 8 and 9 has dedicated reading time as part of their school week. We believe that reading is essential not just to academic success, but also for personal development and well-being. Taking the time to relax with a book is a pleasure we hope our students will take to their heart and foster for life.



As well as having independent reading time in school, students in Year 7 are currently reading *Oh My Gods* by Alexandra Sheppard with their form tutors each week and are enjoying seeing the Greek gods in a whole new light. Year 8 have started reading *A Street Cat Named Bob* by James Bowen and are finding their way through the busy streets of London each week with their form tutors. These books have been kindly sponsored by CSPTA and we look forward to sharing our next book choices for Tutor Time reading with you soon. Any suggestions for group reading choices are warmly welcomed as reading a good book should be shared!

Mrs McAvoy,

Literacy Coordinator

PE Newsletter

It has been an exciting start to the academic year, with plenty of fixtures, cup competitions and clubs to be a part of. Each term the PE department will release a newsletter indicating what all our sports teams have been up to during the term.

As always you can keep up to date with all things Crypt PE by following us on instagram @thecryptschoolpe. If you would like to share information regarding your child's sporting success outside of school. Please send all information to hatkinson@crypt.gloucs.sch.uk , with your permission we want to highlight as many of our students' sporting successes as possible.

Kind regards,

Amy Leask

Director of Sport

Rugby Overview

U12 - Mr Windsor & Mr Hart

The U12s have made a brilliant start to their extracurricular sport life at school. While facing some tough opposition in St Peters and Kings, the players have clearly taken on board all coaching points and showed enormous progress with a pleasing win away at Cokethorpe. A special mention to be made for the B team players who have also made a good start and registered their first win at Cokethorpe as well. The U12s are bringing great enthusiasm and commitment to training, and we look forward to seeing further progress from the group after half term as the season progresses.



U13 - Mr Farmer

A very tough start for Year 8 rugby losing their opening two games against a strong St Peters and KES Stratford. Year 8 boys had lots of unavailability for the first few game weeks, which saw different players in different positions for half of the first term. As the term has gone on, Year 8 have seen a change in fortune as they came out winners against Kings Gloucester and a strong Cokethorpe school. The boys have shown passion and resilience to turn around their results, which has not only improved morale, but the standard of rugby being played. Our last game of term 1 will be against Holmleigh Park. Here's to the continued hard work in term 2.

U14 - Mr Hart

It has been a tough start to the year for the year 9 rugby team. The fixtures have fallen in such a way that we have had to play some of the best teams in the District. The stats show that we have won 2

and lost 3 but as a team we have progressed each game despite an injury to our captain. Our recent defeat to Newent has sadly ended our run in the EDF cup but we have been entered into plate so we still have a potential path to Kingsholm. The boys have been a credit to the school and I have very much enjoyed being their coach.



U15 - Mr Atkinson

A frustrating start to the season for last year's county champions. Having lost 3 of their opening 4 games, there are several reasons for the changing fortunes but injuries to many key players have hampered a talented group and made the first term a difficult one. The main positive being the National Vase win away 52-0 to Cleeve School which sets the group up with an exciting game to come against Haberdasher's Monmouth School after half term. Here's to hoping for a change of fortunes in regard to injuries and a continuation of some great rugby in term 2.



U16 - Mr Farmer

A fantastic start to the season with a 64-0 triumph over Severn Vale school and a 14-14 draw against a very strong and competitive St Peters. The majority of the U16's played their first game of rugby for the Crypt senior side (2XV) whereby they beat Kings Gloucester, which gave them an unbeaten start to term 1. Unfortunately the U16's had a big task in the second round of the regional cup, a home game against Sir Thomas Rich's school. Although the U16's fought hard, they were knocked out of the cup. This now puts their focus and attention to senior level rugby and accruing more caps for the school. I am excited to see the U16 boys carry on their winning ways in term 2.



1XV - Mr Windsor & Mr Atkinson

A brilliant first term for the 1XV, playing 8 games and winning 4. The group have been excellent in their application and effort and have played some brilliant rugby. The season began with a 26-5 away win over Hereford Cathedral School in the National Vase first round and was backed up with a fantastic late win at home 22-17 to Cokethorpe School.



Now a staple of the 1XV calendar, our two Friday Night Lights games at Old Cryptians RFC against St Peter's Gloucester, (5-24) & The King's School Gloucester (14-31) provided the group with challenging fixtures. Although results did not go our way in these games, the clear progress of the team in the style of rugby they played was evident.

A 5-14 loss to a well organised Hereford Sixth Form College in the National Vase third round, in a game that could have gone either way was tough for the group to take. However, this was followed up with a clinical away win 31-19 at KES Stratford where the team played with great skill and physicality.

The last two Wednesdays of term were two home games. The first being a convincing 35-5 win against The Cotswold School and then a lesson in red zone efficiency against grammar school rivals, Sir Thomas Rich losing 8-50. As we move into term 2 the group will be looking to continue to play an exciting brand of rugby and will be aiming to finish the season on a high.

Netball Overview

U12

The Year 7 netball team has shown great enthusiasm and commitment this season. With a keen attitude and a strong turnout at training sessions, the players have demonstrated real dedication to improving their skills. The team has celebrated some well-deserved wins and shown great teamwork on court. There's still plenty to learn as they continue to develop their game sense and confidence, but the progress so far has been really encouraging.



U13

This term has been a fantastic start for the U13 netball teams. The A team had an exceptional run, finishing the term unbeaten and showing great teamwork, composure, and determination in every match. Their efforts have been rewarded with a place in the final 16 of the Sisters in Sport South competition, an impressive achievement so early in the season.



The B team have also made strong progress, showing real dedication and enthusiasm at training. Their skills, understanding of the game, and confidence on court have all improved noticeably over the term.

U14 - Miss Shaw

A fantastic start to the year for the U14 netball teams. The team's commitment and enthusiasm towards practices has not gone unnoticed and has really impacted their success rate against some

difficult teams. A particular highlight this term is a 25-10 victory against Ribston High school where the girls really came together and showed all of the development they have made this season. So far this year the teams are undefeated and have not lost a game. Technically and tactically the teams have developed and we look forward to seeing the rest of the season develop.



U15 - Miss Burnside

The U15 netball team had a strong and determined term, showing great teamwork and resilience throughout their cup competition. The girls secured one well-deserved win against Stroud High school. The team entered the Sisters in Sport cup competition, however they narrowly missed out in their match by unfortunately losing 32-35. Their positive attitude, commitment to training, and ability to support one another on and off the court is commendable. With continued effort and focus, the team looks set for even greater success in the next round of fixtures and the plate competition they are now competing in.

U16 - Miss Burnside

The U16 netball team enjoyed a successful and rewarding term. They secured two impressive wins in their friendly matches, demonstrating excellent teamwork, communication, and skill across the court. They had a fantastic game against Stroud High winning 24-12. Although they faced a tough loss in the cup competition, the team's strong performance has earned them a place in the plate competition, where they'll have another opportunity to showcase their talent. The U16s performed excellently at the county tournament winning 4 out of 8 matches, which is a great improvement on their performance last year. The players should be proud of their progress and continued dedication throughout the term.



Senior Netball - Miss Burnside

The U18 netball team have had an excellent and encouraging term, demonstrating great progress and teamwork throughout. They began with two impressive wins in their friendly matches, showcasing strong connections across the court and a real competitive spirit. In the cup competition, they advanced through the first round with a bye and then put in a determined and skilful performance in a closely contested second-round match, narrowly losing 28-18. The team also performed admirably in the county tournament, competing with energy and focus to finish 6th against some very tough opposition. Their efforts have earned them a well-



deserved place in the plate competition, and they look forward to continuing their strong form and building on their successes in the next stage of the season.

Football Overview

1XI - Miss Leask

The Senior Boys' Football team have enjoyed a strong and promising start to the season. This term saw two impressive wins in the ESFA competition. Their performances have earned them a well-deserved place in the next round, where they will face St Peter's School in what promises to be an exciting fixture.

A particular highlight this term has been the team's use of the 4G pitch at Blackbridge Community Hub, providing an outstanding training and match environment. This facility has allowed the players to train at a high standard, sharpening both their technical ability and tactical play. Overall, it has been a fantastic first term for the Senior Boys full of energy, progress, and achievement. The team looks forward to building on this momentum as the season continues.



U16A & U15A Girls - Miss Leask

It's been a fantastic Term 1 for our girls' football teams, with both the U16 and U15 squads recording impressive wins in the ESFA National Cup.

The U16s produced a dominant display, combining excellent teamwork and attacking flair to progress comfortably to the next round. The U15s matched their success with a strong all-round performance and a well-earned win in their own ESFA victory.

Both teams have shown great commitment, skill, and school spirit, a brilliant start to the season.

Results below:

U16:

7-0 Win vs Stroud high

8-2 win vs Five acres school

U15:



4-3 Win vs Churchdown school

3-0 Win vs Whitecross Hereford school

Small schools cup:

11-1 Win vs Kingstone high school

Level the field female sports conference

A massive thank you to MSJ Sport for inviting our students to the Level the Field Sports Conference, a fantastic day centered around empowering elite sportswomen.

Our girls took part in three inspiring sessions:

1. Performing Under Pressure

Led by Sarah Carvell from the University of Gloucestershire, this session focused on handling pressure and developing strategies to cope in high-stakes sporting environments.

2. Female Health for Active Girls

This talk challenged misconceptions surrounding the menstrual cycle and emphasised the importance of nutrition and self-awareness. It was incredibly inspiring, and our students were deeply engaged throughout.

3. Building Your Brand as an Athlete

Presented by Lauren McMurchie and Georgia Addyman, this session explored both online and offline personal branding and the positive influence that professional athletes such as Ilona Maher have on sport. The girls also set their own goals and began mapping out plans to achieve them.

Throughout the day, we were privileged to hear from several keynote speakers. Nicole Allison from NA Sport shared her journey in women's football and her experience as owner of Worcester City Women FC a team previously featuring former Crypt student Eva Flitney, now at university. Nicole's insights into the growth and challenges of women's football, alongside her advice on networking and creating opportunities, were truly inspiring.

We were also thrilled to hear from Pamela Cookey, former England Netball captain, who captivated the audience with stories from her playing days and the importance of high-quality sports kit. Our students were especially excited to take part in a Q&A session with her. (Students with ideas about the Crypt PE kit are encouraged to speak to Miss Leask!)



Our girls returned from the event feeling motivated, inspired, and ready to take on new challenges. We hope to continue offering such enriching opportunities in the future, ensuring our students can learn from the incredible women leading the way in sport.

Term 2 PED

Term 2 sees the delivery of statutory Relationship & Sexual Education lessons at School during timetabled PED lessons. The subject matter of the PED lessons are shared with students via their google classroom. Whilst this can be sensitive subject matter, it is part of the curriculum content and included as part of the PED learning journey. However, we always aim to make the students feel as comfortable as possible. Ground rules are in force (as always) in these lessons, we will only expect those to contribute who wish to do so and all conversations are hypothetical scenarios only. We signpost support within School, such as Pastoral Support, Form Tutors and HOY, in addition to other trusted adults in school. During the lessons we reference agencies that can support. We encourage students to let their PED teacher or Pastoral Support know in advance of the lesson, should this subject matter be a trigger for them so we can work out a way forward with them.

The GlosFamilies Directory has some wonderful support guides as well as signposting further support-
<https://www.glofamiliesdirectory.org.uk/kb5/gloucs/glofamilies/home.page>

Please refer to the School's RSE policy on our website for further information.
<https://s3-eu-west-1.amazonaws.com/sh22-cryptschool-org/media/downloads/relationshipsandsexeducationpolicy2024final.pdf>

Y7

The physical & emotional changes of puberty & adolescence. Healthy & unhealthy relationships. Social media influences, abusive relationships, coercive control, sexting & revenge pornography. Knowledge of gender stereotyping, sexual orientation, homophobic bullying, transgender understanding & same sex relationships. Long term relationships, marriage & civil partnerships. The breakdown of a relationship & divorce. Consent & the impact of negative experiences. Exploring personality types, relationships, friendships & coping strategies. To understand the importance of sleep, diet, & exercise.

External support includes:

www.brook.org.uk/
www.nhs.uk/
<https://www.gov.uk/guidance/forced-marriage>
www.freedomcharity.org.uk
www.childline.org.uk

Y8

Awareness of stereotypes, specifically gender stereotypes & of sexual manipulation by the media. Knowledge of healthy & unhealthy relationships with a particular focus on exploitation, grooming, domestic abuse & the impact of negative experiences. Internet influences including the dangers of gaming & of sex education from pornography. Healthy & unhealthy relationships- respect & equality, an understanding of the emotions involved, the legalities & how to stay safe. Sexual health - contraception & an awareness of STIs. An awareness how viewing habits & listening habits can affect thoughts, feelings & mental health. Exploring happiness and its meaning.

External support includes:

www.childline.org.uk/
www.barnardos.org.uk/
<https://learning.nspcc.org.uk/>
www.nationaldomesticviolencehelpline.org.uk
<http://thisisabuse.direct.gov.uk/need-help>
www.brokenrainbow.org.uk/
<https://www.dayoneny.org/>
<https://holliegazzard.org/>

Y9

Awareness of pregnancy - its long-term implications, abortion & adoption. Contraception knowledge. Understanding of the laws regarding consent, pornography & its influences. Awareness of upskirting. Relationship progression, sexual pleasure & the need to make informed, communicative decisions. The impact of negative experiences. Recognition of FGM & HBA.

External support includes:

www.hopehouse.nhs.uk
www.sexwise.org.uk/
www.nspcc.org.uk/keeping-children-safe/online-safety/inappropriate-explicit-content/
www.gov.uk/government/news/upskirting-know-your-rights
<https://www.brook.org.uk/>

Y10

An awareness of abusive relationships. An insight into the influence the media and pornography have on body image & expectations. Contraception options. Consent, fertility, teen pregnancy & parenting. An understanding of abortion, fostering, adoption and surrogacy. An awareness of miscarriage, still birth & menopause & how to support those experiencing them.

External support includes:

www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse/
www.gov.uk/guidance/domestic-abuse-how-to-get-help
<https://galop.org.uk/>
www.nspcc.org.uk
www.respect.uk.net/
www.childline.org.uk/

Y11

An awareness of sexuality and sexual identity in its many forms and to consider stereotypes surrounding this. Challenging opinions & facilitating change.

External support includes:

www.stonewall.org.uk
www.genderedintelligence.co.uk
www.fflag.org.uk
www.RUcomingout.com
www.pacehealth.org.uk
www.brook.org.uk/your-life

Y12

Consent, healthy & unhealthy relationships with strategies to deal with unhealthy relationships. An awareness of binge drinking and the impact of alcohol. Contraception and STIs.

External support includes:

www.hopehouse.nhs.uk/sarc/
<https://holliegazzard.org/>
www.drinkaware.co.uk/

Y13

Healthy & unhealthy relationships, pornography, impact of negative experiences. Exploring the nuances around consent. Alcohol awareness and strategies to keep oneself and others safer.

External support includes:

www.hopehouse.nhs.uk/sarc/
www.drinkaware.co.uk/

New Autumn Winter Lunch Menu

DELI KITCHEN
HOT GRAB & GO

STREATERIES

LUNCH MENU: TRADITIONAL



WEEK 3
Autumn Winter 2025/26
17/11/25, 08/12/25,
29/12/25, 19/01/26,
09/02/26, 02/03/26,
23/03/26

MAINS

SIDES



MON

Minced Beef Hotpot
Topped with Root Veg &
Potatoes

Lentil, Onion & Root Veg
Hotpot

Savoy Cabbage
& Peas



TUE

BBQ Chicken &
Cheese Melt

Cajun Spiced
Bean Burger

Cajun Rice & Roasted
Mediterranean Veg



WED

Maple Glazed Gammon
with Crispy Smashed New
Potatoes

Honey Carrot & Apple
Wellington

Carrot & Swede Mash,
Green Beans



THU

Pork Ragu
Lasagne al Forno

Spinach, Cream Cheese &
Roasted Veg Lasagne

Crusty House Baked Bread,
Roast Carrots
or Garden Salad



FRI

Choose from:
Battered Fish
Sausage or Veg Sausage
Pizza Slice
Chicken Nuggets
Chips

Garden Peas or Baked Beans
Irish Curry Sauce
Chip Shop Gravy

PASTA & NOODLE POTS

Teriyaki Chicken Noodles

Protein
Lean Chicken Bolognese

Classic Meatball Pasta

Pulled Ham Carbonara

Classic Chicken
Chow Mein

DELI HOT

Mexican Hot Pizza Slice

BBQ
Cornflake Crunch Wings

Masala Mayo Deli Dog

Chinese Style
Chicken Wrap

Cheesy Chips

- CHEESE, BEANS & TUNA DAILY

- LOADED SPUDS -

- CHEESE, BEANS & TUNA DAILY

FILLINGS

Beef Mince & Onion

Smoky Spanish Beans
& Aioli

Masala Mayo, Cheese &
Crispy Onion

Pulled Ham
Carbonara Sauce

Loaded
All The Classics

BIG BOWL SALAD

See Our Fridges For Today's Specials

DESSERTS

A Selection Of Home Bakes Available Daily

Daily Meal Deals
Regular
Chef's Specials

Freshly Made from Scratch
DAILY!

Fresh Cut Fruit
& Yogurt Pots
Available Daily

HANDCRAFTED DELI
SANDWICHES, BAGUETTES,
WRAPS, SALADS & MORE!

DELI KITCHEN
HOT GRAB & GO