

Student Spotlight

Superstar of the Week



Ducklings:	Eadie
Wrens:	Blake
Wagtails:	Penelope
Robins:	Tilly
Turtledoves:	Amelia H
Nightingales:	Amaya
Kingfishers:	George
Woodpeckers:	Harper
Cuckoos:	Cora
Jays:	Leo B-K
Magpies:	Leo
Avocets:	Michael
Lapwings:	Kira
Barn Owls:	Amina
Snowy Owls	Charleigh
Tawny Owls	Imogen
Kestrels:	Dolcie
Marsh Harriers:	Fletcher

**Congratulations to all our Superstars
of the Week!**



Eco changemakers

Eco Changemakers – What a Fantastic Start!

Last week saw our new Eco Changemakers team come together for the very first time, full of enthusiasm and ideas for looking after our planet.

This term, our focus is Consumption and Waste, thinking carefully about how we can reduce the amount of energy and materials we use across the school.

The Eco Changemakers began by taking baseline readings of our electricity and gas meters, which we will use to measure the impact of the changes we make. We were also very thankful to Mr Green, our Site Team Manager, for giving the children a behind-the-scenes look at how our school works and helping them understand how our energy is managed.

The children have also created posters to remind everyone to switch off lights, close windows when the heating is on, recycle food waste correctly and turn taps off properly. They are hoping these small reminders will encourage everyone across the school to make more environmentally friendly choices.

Go Eco Team! What a fantastic start!



 Home Eco Challenge:

Design an eco poster for your kitchen or bedroom, encouraging people to make a change!

 Eco Top Tip:

The best way to help save our planet is to reduce the amount of items that we are buying and consuming. If we buy less, there is eventually less to throw away!

AUTUMN MENU 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU KEY:
WEEK ONE 31/08/26 21/09/26 12/10/26	Option One	Macaroni Cheese	Phat Pasty Pork Sausage Roll with Potato Wedges	Roast Chicken, Stuffing, Roast Potatoes & Gravy	Spaghetti Bolognaise	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce	
	Option Two	Chickpea Curry with Rice	Mild Mexican Chilli with Rice	Roasted Quorn, Roast Potatoes, & Gravy	Smokey Bean Burger with Wedges & Tomato Sauce	Cheese & Bean Pasty with Chips & Tomato Sauce	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	NEW Banana Mousse	Orange Drizzle Cake	Fruit Platter	Apple Flapjack	Strawberry Jelly with Mandarins	
WEEK TWO 07/09/26 28/09/26 19/10/26	Option One	Cheese & Tomato Pizza with Summer Mixed Salad	Beef Chilli with Rice & Sweetcorn & Cucumber Salsa	Roasted Pork or Chicken Sausage, Roast Potatoes & Gravy	Greek Chicken Pitta with Herby Rice, Tzatziki & Salad	Battered Fish with Chips & Tomato Sauce	
	Option Two	Lentil & Sweet Potato Curry with Rice	Spaghetti & Meatballs in a Tomato Sauce	Veg Wellington, Roast Potatoes & Gravy	Greek Spinach & Cheese Whirl with Herby Rice, Tzatziki & Salad	NEW Cheesy Broccoli Frittata with Chips	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	Iced Vanilla Sponge	Peaches & Ice Cream	Freshly Chopped Fruit Salad	Jam & Coconut Sponge with Custard	Oaty Cookie	
WEEK THREE 14/09/26 05/10/26	Option One	Tomato Pasta	Beef Burger with Potato Wedges & Rainbow Slaw	Roast of the Day, Mashed Potatoes & Gravy	Chef Shipka's Chicken Korma with Rice	Fishfingers with Chips & Tomato Sauce	
	Option Two	NEW Chinese Vegetable Noodles	Mexican Bean Roll with New Potatoes & Rainbow Slaw	Vegetable Loaf with Stuffing, Mashed Potatoes & Gravy	All Day Vegetarian Breakfast	Cowboy Sausage and Bean Hotpot	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	Pineapple Upside Down Cake	Cheese & Crackers	Fruit Medley	Strawberry and Apple Crumble with Custard	Vanilla Shortbread	
AVAILABLE DAILY:		Jacket Potatoes with a choice of fillings, Salad Bar, Freshly Baked Bread, Fresh Fruit, Yoghurt					

If you would like to know about particular allergens in foods, please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.

AUTUMN MENU 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU KEY:
WEEK ONE	Option Three	Jacket potato with tuna or cheese	Jacket potato with tuna or cheese	Jacket potato with tuna or cheese	Jacket potato with tuna or cheese	Jacket potato with tuna, cheese or baked beans	 Whole grain
	Option Four	Ham roll With carrot, cucumber and fruit	Ham roll With carrot, cucumber and fruit	Ham roll With carrot, cucumber and fruit	Ham roll With carrot, cucumber and fruit		
	Dessert	Banana Mousse	Orange Drizzle Cake	Fruit Platter	Apple Flapjack	Strawberry Jelly with Mandarins	
WEEK TWO	Option Three	Jacket potato with tuna or cheese	Jacket potato with tuna or cheese	Jacket potato with tuna or cheese	Jacket potato with tuna or cheese	Jacket potato with tuna cheese or baked beans	 Plant based
	Option Four	Ham roll With carrot, cucumber and fruit	Ham roll With carrot, cucumber and fruit	Ham roll With carrot, cucumber and fruit	Ham roll With carrot, cucumber and fruit		
	Dessert	Iced Vanilla Sponge	Peaches & Ice Cream	Freshly Chopped Fruit Salad	Jam & Coconut Sponge with D2 Custard	Oaty Cookie	
WEEK THREE	Option Three	Jacket potato with tuna or cheese	Jacket potato with tuna or cheese	Jacket potato with tuna or cheese	Jacket potato with tuna or cheese	Jacket potato with tuna, cheese or baked beans	 Added plant protein
	Option Four	Ham roll With carrot, cucumber and fruit	Ham roll With carrot, cucumber and fruit	Ham roll With carrot, cucumber and fruit	Ham roll With carrot, cucumber and fruit		
	Dessert	Pineapple Upside Down Cake	Cheese & Crackers	Fruit Medley	Strawberry and Apple Crumble with Custard	D57 Vanilla Shortbread	
AVAILABLE DAILY: Jacket Potatoes with a choice of fillings, Salad Bar, Freshly Baked Bread, Fresh Fruit, Yoghurt							

If you would like to know about particular allergens in foods, please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.



DODGEBALL

MONDAYS

5-6PM



CLUB

YEAR 4 - YEAR 8



COMBS FORD PRIMARY SCHOOL

**BOOK
NOW**

<https://bookwhen.com/activeallstars>

Come and join us for
a night with
Stephanie Carr
the renowned Psychic - Medium.

 Claydon Community centre



on 9th October 2026



Doors will open at 7.30pm
for an 8pm start



Bar will be open from 7.30pm,
you are welcome to bring nibbles.



Tickets available using link below

<https://www.pta-events.co.uk/claydonprimaryhsa/>

Childhood Neurodivergence Parent/Carer Workshops

Free Upcoming Virtual workshops on Childhood Neurodivergence:

- What you need to know as a parent/carers
- Supporting Your Child with Anxiety
- Understanding and Supporting Sleep Difficulties
- Understanding and Supporting Eating Difficulties

Pre-recorded Workshops and Resources

- Navigating the Diagnosis Journey
- Understanding and Supporting Sensory Needs
- Supporting Your Child's Social Relationships
- Supporting Your Neurodivergent Family
- Managing Parental/Carer Stress

...And more!

NHS
Norfolk and Suffolk
NHS Foundation Trust



Access here: <https://www.suffolklocaloffer.org.uk/health-and-wellbeing/autism-adhd-and-neurodevelopment/neurodiversity-online-parentcarer-workshops>