

Theme of the Week: Living Wisely –  
Managing Money



Dear Parents/Carers,

I hope that February has started well for you all. Unfortunately we are continuing to see markedly increased rates of Covid in school. Please read on in the Newsletter for information on our Covid rates and the steps we are taking to try to keep staff and students in

school. We are committed to keeping school life as normal as possible for our students, whilst taking sensible steps to control infection rates and reduce absence from school. On that note, we are looking forward to our school production of 'A Midsummer Night's Dream' next week and are praying for continued protection from Covid for our hard working staff and students involved in the performances. We hope you enjoy supporting our cast and crew as they bring this wonderful play to life on the stage for you all, complete with a 70s disco soundtrack! Year 11 are committing to revision timetables now in the run up to the second mock exam series which begins immediately as we return from half term. We remain very impressed with their focus and determination to succeed despite all the challenges the ongoing pandemic is throwing them. We expect announcements from exam boards on Monday next week regarding the content of summer exams and covid mitigation measures and we will ensure these are communicated clearly to students and to relevant parents/carers.

I wish you all a good weekend.

*Mrs Price*

## CONTACT DETAILS

King's School  
Hangleton Way  
Hove  
BN3 8BN

01273 840004

[admin@kingsschoolhove.org.uk](mailto:admin@kingsschoolhove.org.uk)  
[www.kingsschoolhove.org.uk](http://www.kingsschoolhove.org.uk)

## Forthcoming Events

<b>Monday 7<sup>th</sup> February</b>	<ul style="list-style-type: none"> <li>Year 8 and 9 HPV vaccinations</li> </ul>
<b>Tuesday 8<sup>th</sup>-Thursday 10<sup>th</sup> February</b>	<ul style="list-style-type: none"> <li>School production performances</li> </ul>
<b>Thursday 17<sup>th</sup> and Friday 18<sup>th</sup> February</b>	<ul style="list-style-type: none"> <li>Year 11 intervention</li> </ul>
<b>Monday 21<sup>st</sup> February</b>	<ul style="list-style-type: none"> <li>Year 11 mocks begin</li> </ul>
<b>Thursday 24<sup>th</sup> February</b>	<ul style="list-style-type: none"> <li>Year 7 Parents' Evening</li> </ul>

## Covid Update

Unfortunately we are continuing to see infection rates rise across the school amongst staff and students, in line with many other local primary and secondary schools. This is obviously leading to increased absences and loss of learning time. We have emailed Year 7 parents/carers this week and asked them to test their children daily in the run up until half term because of a particular spike in cases in this year group. Thank you to parents of students in this year group for co-operating with this request. Twice weekly testing, on Wednesdays and Sundays, remains very important for all other year groups. In school we are still asking students to wear face masks in all communal areas; compliance with this control measure is good and thank you for ensuring that your child does have a mask and continues to wear it on site in communal areas. We are fortunate to have a well ventilated building and the improving weather will help us as we keep windows and doors open to ensure good air flow through the site. If your child is symptomatic, please keep them off school and seek a PCR test. Thank you for your continued support for our school as we seek to reduce disruption to students' learning through this ongoing pandemic.

## Road Safety on Hangleton Way

Since we moved to Hangleton Way in September 2019 we have been asking the Council for better road signage around our school and West Blatchington Primary School, for improved road marking to ensure safe parking, and for adequate and safe crossing points. Local Councillors Dawn Barnett and Nick Lewry have been supporting both schools in raising these issues with the Council and have prepared a petition. If you wish to add your signature to this petition please use the below link as soon as possible:

<https://www.brightonhoveconservativecouncillors.com/campaigns/petition-install-proper-pedestrian-crossing-hangleton-way-schools-zone?fbclid=IwAR1mC3u5XFWbjNymn5lCVQ3zMI6iantP5jx3lCgY --1QzOZNsNVE1CEOlO>

On a related note, please do not pull up opposite the school to drop off and collect your children. This creates a serious hazard for students coming onto our site and

leaving at the end of the day. Please park a short distance away from the school and arrange to meet your child in a safer location.

## SEND Intervention Groups

Unfortunately due to a rise in Covid cases we are having to pause our SEND intervention groups until after half term with exception of Touch Typing & SEND homework club. Apologies for any inconvenience caused.

## Student of the week

### Students of the week

<b>Year 7</b>	Elina L
<b>Year 8</b>	Xander H
<b>Year 9</b>	Jewel V, Lola P
<b>Year 10</b>	Katie S
<b>Year 11</b>	Belynn C

## Chewing Gum

Recently we have noticed a rise in chewing gum being bought into school. Students should not be using chewing gum on site and use of gum will be met with a sanction. Please could you ensure your child is not bringing chewing gum into school. Thank you for your support in this matter.

## HPV immunisations – Monday 7th February

The Immunisation Team are coming in to school on Monday 7th February to administer the HPV vaccination to students in Y8 and Y9 where parental consent has been received. If your child is having this vaccination please remind them to eat breakfast that morning, and to wear a short sleeved school shirt to school if possible.

## School Production

We are delighted to invite you to King's School's next production, 'A Midsummer Night's Dream' with a disco twist! Students from all year groups have been working hard, singing, performing and dancing their way into 2022 in a groovy way.

If you would like to be entertained, enchanted and enthralled at the talent of our wonderful cast, please get your tickets soon. Production dates are Tuesday 8th

February, Wednesday 9th February and Thursday 10th February and all performances will take place at 7pm in the Main Hall at King's.

Tickets are £6 each and can be purchased via ParentPay. **A limited number of tickets remain, so get your tickets as soon as possible. Tickets will not be available on the door on the nights.** Shows will begin at 7pm and finish at approximately 9:15pm.



## Safety and Wellbeing

Throughout February we will be marking LGBT+ History Month and focusing on key figures from the LGBT+ community who have made a real impact throughout history. For some young people exploring their sexuality or gender identity can be a challenging time and it is important they can access high quality support. Young Minds have an excellent area of their website dedicated to exploring the link between sexuality and mental health and we have provided a useful extract below, including a link to the whole article:

### [Young Minds – Sexuality and Mental Health](#)

*Having any particular sexual orientation does not mean you have a mental health problem. But the experiences you have because of your sexuality can impact your mental health. Sometimes, people are bullied, treated differently or badly because of their sexuality. You might be made to feel different from those around you, or might have friends or family who don't understand or support your sexuality. Society may treat you differently, not understand your sexuality, or not accept it. There may be places where you don't feel safe or comfortable. These are all experiences or feelings that can leave you feeling upset, worried or isolated. You may not have experienced these things directly yourself, but have witnessed or heard of people being treated badly because of their sexuality. Understandably, this*

*might make you feel afraid of sharing your sexuality with others, especially if it's for the first time.*

For any young person who is experiencing these feelings, there are a number of proactive strategies on the [Young Minds website](#). You may also find high quality local support in Brighton and Hove by contacting Allsorts via their website: <https://www.allsortsyouth.org.uk/> <https://mindout.org.uk/> also provide direct support for members of the LGBT+ community.

## Library Volunteers

Staffing our library so that students can access resources is going to be a challenge, as the hire of full time library staff is well beyond our financial means at present. We are therefore asking any parents/carers who would be interested in volunteering some time before or after school to operate the lending software, maintain stock and generally supervise the space to let us know. Our current intention is to offer 2x 45 minute slots after school (days to be confirmed, depending on volunteer availability) and, in time, some slots 8-8.30am before school starts. Volunteers would need to undergo a full recruitment and vetting process. Training on the relevant software and school systems would be provided. Please contact [hr@kingsschoolhove.org.uk](mailto:hr@kingsschoolhove.org.uk) with any questions.



## Year 11 Intervention

There will be some invitation only intervention groups for Year 11s during the upcoming half term. Invitations for these sessions were sent out this week. These are not extra lessons or general revision sessions and students will not be disadvantaged if they are not invited. They are instead aimed at students who have gaps in their knowledge or exam skills or who need to work on a practical project. The sessions will run from 9.30 – 12.30.

The sessions are:

<b>February</b>	17th	Drama
		Music
		PE
	18th	Science
English		
PE		

## Year 11 Mocks

The next set of Year 11 mocks will take place after half term from Monday 21<sup>st</sup> February to Friday 4<sup>th</sup> March. Each student will be given an individual mock timetable, but you can view the full timetable below.

	Monday 21 February	Tuesday 22 February	Wednesday 23 February	Thursday 24 February	Friday 25 February
<b>Morning</b>	English Language Paper 2	Comb. Science -Biology F & H Biology H	Maths Paper 2	Comb. Science - Chemistry F & H Chemistry H	English Language Paper 1
<b>Mid Morning</b>	Spanish Listening Foundation Tier	French Listening Higher & Foundation Tier	Spanish Listening Higher Tier	History 1 - Elizabethan	RP
<b>Afternoon</b>	Maths Paper 1	Geography Paper 1 - Physical	Drama PE Paper 1	Maths Paper 3	French/Spanish Writing BothTiers
	Monday 28 February	Tuesday 1 March	Wednesday 2 March	Thursday 3 March	Friday 4 March
<b>Morning</b>	Comb. Science - Physics F & H Physics H	English Literature	Computer Science 2	Business Paper 2	
<b>Mid Morning</b>	History 2 – Cold War	French/Spanish Reading Both Tiers	Geography Paper 2 - Human	CATCH UPS	
<b>Afternoon</b>	Media Studies Computer Science Paper 1	Music DT Business Paper 1	PE Paper 2	CATCH UPS	
			French & Spanish Speaking Exams All Day	French & Spanish Speaking Exams All Day	French & Spanish Speaking Exams All Day

## Uniform Appeal

We are seeking donations of pairs of football or rugby boots, larger pairs of school shoes and larger sizes of uniform that you no longer require. If you have any you are happy to donate, please could you bring into the front office before half term.

## Sports Round-Up!

### Badminton

Our girls and boys KS4 badminton teams won the Brighton and Hove tournament this week! The girls beat BACA and PACA without losing a game and then ended up beating Longhill 4-1 in a tight match with several games with close finishes but held their nerve to take the win. Our boys team had a similar experience beating BACA and PACA 5-0 and then beating Longhill 3-2 after securing the victory with the first 3 games. They now go on to represent B&H at the Sussex School Games in March. As always were a credit to King's and amazing to see how resilient and focused they were in a different environment.

## Creative Writing

I am so pleased with the students in the creative writing club. They put so much hard work, concentration and valuable creativity into every single session, they all deserve to be awarded for the fabulous ideas they have each developed. The following students have had their work published in a Young Writer's anthology:

- Hannah D (Year 8)
- Phoebe K (Year 9)
- Ash W-D (Year 8)

Well done!

Miss Butcher

## Science Club

This week the Year 7 students enjoyed dissecting fish heads with Mrs Coles. They were able to see spikey gills, crunchy gills, slimy salmon fillets, fragile eyes, and sharp teeth! We were very thankful for the masks that helped to block out some of the fishy smells!



## Could you talk about your Career?

Next half term we are going to be spending time in our tutor worship sessions thinking about how to make wise decisions about work. We would love to hear from parents who work in Architecture/Engineering, Installation, repair and maintenance, IT or Law/public policy who would be prepared to give a short video explanation of how and why they chose to work in this field. If you would be able to do this, please contact Mrs Vincent ([k.vincent@kingschoolhove.org.uk](mailto:k.vincent@kingschoolhove.org.uk)) who can give further details about what we would be required.

## Praying Parents

As a school we are so grateful to all parents who regularly pray for our community and our work. A group of parents meet regularly on Zoom on a Monday to pray together. If you would like to join them, please contact Ruth Bickle ([ruthbickle@hotmail.com](mailto:ruthbickle@hotmail.com)) for further details. On **Monday 7<sup>th</sup> February** a group will be meeting in person and walking and praying together near the school. If you would like to join them, they will be meeting outside the school at 9.45.

February is LGBT+ History Month in the UK. To mark the month we will be:

- Having special assemblies and tutor time after half term focusing on LGBT+ individuals, the community and our ethos
- Running a poster competition. Students are invited to design a poster showcasing an LGBT+ individual, and explaining why that person is important to them. Entries should be handed to the school office and there will be prizes for the best entries in KeyStage 3 and KeyStage 4.
- Focusing on an LGBT+ person of note in our weekly newsletter- scroll down for this week's individual!
- Having a guest speaker coming to school to talk about LGBT+ history month and Brighton. Peter Kyle will be joining us on Friday 25<sup>th</sup> February to give a talk to parents/carers, staff and students after school. More information to follow.

If you are interested in LGBT+ events happening in and around Brighton this February, you can find a list here:

<https://www.brighton-hove.gov.uk/news/2022/celebrating-lgbtq-history-month-2022>

# COMPUTING

## Alan Turing

(1912-1954)

Pioneering computer scientist

First person to propose idea of a computer program

Led team that created machine to crack German Enigma code, shortening the second world war

Gay man

## Speakers for Schools

Broadcasts are a great way for students to hear directly from leading figures from a range of industries, and have the opportunity to ask questions via a moderated Q&A. Speakers for school provide live and recorded broadcasts for students to participate in. Watch pre-recorded broadcasts from the library [here](#). Next week's broadcast schedule is below:

<b>Date</b>	<b>Friday 11<sup>th</sup> February 10-10:45am</b>
<b>Speaker</b>	<b>Alessandra Bellini, Chief Customer Officer, Tesco &amp; President, Advertising Association For KS4-5/S4-6</b>
<b>Info</b>	Ever wonder what a Chief Customer Officer does day to day? How do you maintain a brand's image, globally? How do you take on the challenge of working in a large organisation? Don't miss this opportunity to hear from Tesco's Chief Customer Officer.  Click <a href="#">here</a> to register

<b>Date</b>	<b>Thursday 24<sup>th</sup> February 2-3pm</b>
<b>Speaker</b>	<b>In collaboration with Penguin Talks: Lewis Gordon, Philosopher and Author For KS4-5/S4-6</b>
<b>Info</b>	More details to be announced  Click <a href="#">here</a> to register

<b>Date</b>	<b>Monday 28<sup>th</sup> February 2-2:45pm</b>
<b>Speaker</b>	<b>Mathew Dunn, CFO, ASOS For KS4-5/S4-6</b>
<b>Info</b>	More details to be announced  Click <a href="#">here</a> to register

<b>Date</b>	<b>Wednesday 2<sup>nd</sup> March 2-2:45pm</b>
<b>Speaker</b>	<b>Jasmine Whitbread, Chair, Travis Perkins For KS4-5/S4-6</b>
<b>Info</b>	More details to be announced  Click <a href="#">here</a> to register

<b>Date</b>	<b>Tuesday 8<sup>th</sup> March 10-10:45am</b>
<b>Speaker</b>	<b>International Women's Day Broadcast: CeCe Sammy, Vocal Coach &amp; TV Presenter For KS3-5/S1-6</b>
<b>Info</b>	We are looking forward to hosting another broadcast with CeCe Sammy, this time for International Women's Day. CeCe will be speaking about what International Women's Day means to her, how to develop your confidence and the women who inspire her.  Click <a href="#">here</a> to register

<b>Date</b>	<b>Wednesday 9<sup>th</sup> March 10-10:45am</b>
<b>Speaker</b>	<b>National Careers Week Broadcast: Hospitality with Joanna Kurowska, Managing Director for UK and Ireland, InterContinental Hotels Group For KS3-5/S1-6</b>
<b>Info</b>	Are you interested in working in the hospitality industry? Perhaps you already have experience of working in hospitality and want to learn more about where it could take you in the future? Join us for a broadcast with Joanna Kurowska, who started out working in hotels and has worked her way up to be Managing Director for UK and Ireland, at global organisation IHG Hotels & Resorts. Joanna is excited to share her industry insights with you and answer your questions!  Click <a href="#">here</a> to register

<b>Date</b>	<b>Wednesday 9<sup>th</sup> March 2-2:45pm</b>
<b>Speaker</b>	<b>National Careers Week Broadcast: Entrepreneurship and Growth Mindset with Oliver Duffy-Lee, Founder, Launch Pad Academy For KS3-5/S1-6</b>
<b>Info</b>	How do you train a growth mindset? How can having a growth mindset help me at school and in my future career? Join us for a broadcast with Entrepreneur Oliver Duffy-Lee to have your questions about Growth Mindset answered and to find out some of the skills you need to be an Entrepreneur!  Click <a href="#">here</a> to register

## Catering Menus

**WEEKLY MENU** Break: 21/2,14/3,4/4,9/5,6/6,27/6

Monday	Tuesday	Wednesday	Thursday	Friday
Hash Browns & Onion Rings	Chinese Style Chicken Wings	Sausage & Pizza Turnover	Chilli Beef Tortilla Pocket	Hot Bacon Baguette
Pizza	Pizza	Pizza	Pizza	Pizza
Cheese Panini, Ham & Cheese Panini	Cheese Panini, BBQ Chicken Panini	Cheese Panini, Chicken Tikka Panini	Cheese Panini, Cheese & Bacon Panini	Cheese Panini, Italian Chicken Panini
Buns & Scones	Buns & Scones	Buns & Scones	Buns & Scones	Buns & Scones

Baguettes, Sandwiches, Sushi, Shaker Salads, Cheese & Crackers, Fresh Fruit, Dried Fruit, Cold Dessert Pots, Pizza, Jacket Potatoes, Soup, Petite Pain, Traybakes, Popcorn, Lentil Crisps, Olives, Pre-Order Special Diets Halal, Vegan, Gluten Free.

**HARRISON**  
food with thought

**WEEKLY MENU** wk begin: 21/2,14/3,4/4,9/5,6/6,27/6

Monday	Tuesday	Wednesday	Thursday	Friday
Italian Style Spaghetti Bolognaise	Mexican Style Chicken Fajita	Roast Turkey with Gravy	Louisiana Style Chicken & Ham Jambalaya	Baked Breaded Fish with Tartare Sauce & Lemon
Italian Style Quorn Spaghetti Bolognaise	Mexican Style Quorn Fajita	Trio Of Vegetables Mornay	Pea & 5 Bean Risotto	Quorn Sausages
Vegan- Spaghetti Neapolitan	Vegan- Pizza Quesadilla	Vegan - Vegan Sausages	Vegan - Vegetable Risotto	Vegan - Fishless Fingers
Served with Carrots & Broccoli Florets	Served with New Potatoes, Red Slaw & Salad	Served with Roast Potatoes, Cabbage & Sweetcorn	Served with Crusty Roll, Green Beans & Cauliflower	Served with Chips, Peas & Baked Beans
Apple & Sultana Crumble & Custard	Bakewell Tart & Custard	Peach & Chocolate Sponge & Chocolate Sauce	Summer Berry Meringue Nest	Jam & Coconut Sponge & Custard
Tuna & Sweetcorn One Pot	Chicken Curry & Rice One Pot	Penne Neapolitan One Pot	Beef Lasagne Hot Pot	Macaroni Cheese One Pot
Chicken Tikka Hot Wrap	Beef Burrito Hot Wrap	Sweet Chilli Chicken Hot Wrap	Italian Chicken Hot Wrap	Mexican Style Chicken & Black Bean Hot Wrap

Baguettes, Sandwiches, Sushi, Shaker Salads, Cheese & Crackers, Fresh Fruit, Dried Fruit, Cold Dessert Pots, Pizza, Jacket Potatoes, Soup, Petite Pain, Traybakes, Popcorn, Lentil Crisps, Pre-Order Special Diets Halal, Vegan, Gluten Free.

**HARRISON**  
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**WEEKLY MENU** Break: 28/2,21/3,25/4,16/5,13/6,4/7

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fajita Burger	Sausage Hot Baguette	BBQ Chicken Wings	Bacon & Cheese Tortilla Pocket	Italian Chicken Ciabatta
Pizza	Pizza	Pizza	Pizza	Pizza
Cheese Panini, Ham & Cheese Panini	Cheese Panini, BBQ Chicken Panini	Cheese Panini, Chicken Tikka Panini	Cheese Panini, Tuna Melt Panini	Cheese Panini, Sweet Chilli Chicken Panini
Buns & Scones	Buns & Scones	Buns & Scones	Buns & Scones	Buns & Scones

Baguettes, Sandwiches, Sushi, Shaker Salads, Cheese & Crackers, Fresh Fruit, Dried Fruit, Cold Dessert Pots, Pizza, Jacket Potatoes, Soup, Petite Pain, Traybakes, Popcorn, Lentil Crisps, Olives, Pre-Order Special Diets Halal, Vegan, Gluten Free.

**HARRISON**  
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**WEEKLY MENU** Wk Begin: 28/2,21/3,25/4,16/5,13/6,4/7

Monday	Tuesday	Wednesday	Thursday	Friday
Beef & Pork Sausage Cowboy Pie	Greek Style Souvlaki Chicken	Roast Gammon & Pesches	Chinese Style Sweet & Sour Chicken	Baked Breaded Fish with Tartare Sauce & Lemon
Quorn Sausage Cowboy Pie	Brazilian Style BBQ Vegetable Kebab	Russian Style Vegetable Caulibac	Chinese Style Sweet & Sour Vegetables	Broccoli & Cheese Frittata
Vegan - Vegan Sausages	Vegan - Vegetable Kebab	Vegan - Vegetable Pasty	Vegan - Chinese Style Sweet & Sour Vegetables	Vegan - Fishless Fingers
Served with Sweetcorn & Broccoli	Served with Pitta Fingers, Peas & Coleslaw	Served with Roast Potatoes, Carrots & Savoy Cabbage	Served with Rice, Cauliflower & Green Beans	Served with Chips, Peas & Baked Beans
Tottenham Cake	Peach Tart & Cream	Apple & Summer Berry Crumble & Custard	Chocolate & Raspberry Choux Bun	Ice Cream Pot
Spaghetti Neapolitan Hot Pot	Beef Lasagne One Pot	Tuna & Sweetcorn Pasta Bake One Pot	Spaghetti Carbonara One Pot	Beef Chilli & Rice One Pot
Sweet Chilli Chicken Hot Wrap	Cajun Chicken Hot Wrap	Beef Burrito Hot Wrap	BBQ Chicken Hot Wrap	Italian Chicken Hot Wrap

Baguettes, Sandwiches, Sushi, Shaker Salads, Cheese & Crackers, Fresh Fruit, Dried Fruit, Cold Dessert Pots, Pizza, Jacket Potatoes, Soup, Petite Pain, Traybakes, Popcorn, Lentil Crisps, Pre-Order Special Diets Halal, Vegan, Gluten Free.

**HARRISON**  
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**WEEKLY MENU** Break: 7/3,28/3,2/5,23/5,20/6,11/7

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll	Chinese Style Chicken Wings	Pepperoni French Bread	BBQ Chicken Burger	Chilli Beef Tortilla Pocket
Pizza	Pizza	Pizza	Pizza	Pizza
Cheese Panini, Ham Panini	Cheese Panini, BBQ Chicken Panini	Cheese Panini, Chicken Tikka Panini	Cheese Panini, Cheese & Bacon Panini	Cheese Panini, Sausage & Ketchup Panini
Buns & Scones	Buns & Scones	Buns & Scones	Buns & Scones	Buns & Scones

Baguettes, Sandwiches, Sushi, Shaker Salads, Cheese & Crackers, Fresh Fruit, Dried Fruit, Cold Dessert Pots, Pizza, Jacket Potatoes, Soup, Petite Pain, Traybakes, Popcorn, Lentil Crisps, Olives, Pre-Order Special Diets Halal, Vegan, Gluten Free.

**HARRISON**  
food with thought

**WEEKLY MENU** Wk Begin: 7/3,28/3,2/5,23/5,20/6,11/7

Monday	Tuesday	Wednesday	Thursday	Friday
Indian Style Butter Chicken	Italian Style Lamb Moussaka	Garlic & Herb Chicken	Homemade Beef Cheeseburger in a Bap	Baked Breaded Fish with Tartare Sauce & Lemon
Indian Style Vegetable Tikka	Italian Style Vegetable Lasagne	Caramelised Red Onion & Feta Cheese Tart	Homemade Spicy Bean Burger in a Bap	Quorn Sausage Sub
Vegan - Indian Style Vegetable Tikka	Vegan - Vegetable Ratatouille	Vegan - Vegan Nuggets	Vegan - Homemade Spicy Bean Burger in a Bap	Vegan - Vegan Sausage Sub
Served with Rice, Naan Bread, Peas & Cauliflower Florets	Served with Crusty Bread, Sweetcorn & Broccoli Florets	Served with Parmentier Potatoes, Green Beans & Carrots	Served with Paprika Wedges, Coleslaw & Salad	Served with Chips, Peas & Baked Beans
Apple & Peach Cobbler & Custard	Strawberry Mousse & Shortbread Finger	Apple & Pear Sponge & Custard	Chocolate Waffle Pudding & Chocolate Sauce	Lemon Tart & Fruit Compote
Macaroni Cheese One Pot	Chicken Tikka & Rice One Pot	Beef Lasagne One Pot	Sausage Pasta One Pot	Pasta Neapolitan One Pot
Cajun Chicken Hot Wrap	Beef Burrito Hot Wrap	Italian Chicken Hot Wrap	Chicken Tikka Hot Wrap	Fajita Chicken Hot Wrap

Baguettes, Sandwiches, Sushi, Shaker Salads, Cheese & Crackers, Fresh Fruit, Dried Fruit, Cold Dessert Pots, Pizza, Jacket Potatoes, Soup, Petite Pain, Traybakes, Popcorn, Lentil Crisps, Pre-Order Special Diets Halal, Vegan, Gluten Free.

**HARRISON**  
food with thought

# BREAKFAST EDITION:

## EAT WELL, PERFORM BETTER

Performance  
Canteen

THIS TEEN CAN



Getting into the habit of having breakfast will set you up for a more productive day ahead. Your brain and body needs fuel to function so feed it

Q: Is breakfast the most important meal of the day?

A: We think they are all important and none of them should be skipped!



performance\_canteen



Performancecanteen

**Top Tip:** Too tired in the morning? Prep an on-the-go breakfast the night before



### On the go BREAKFASTS

- 1 Yogurt pouch with a cereal bar
- 2 Pretzel and fruit
- 3 Peanut butter and banana wrap
- 4 Overnight oats

### Weekly RECIPE

#### PB & BANANA OVERNIGHT OATS

- Add half a mug of oats to a jar or bowl
- Add half a mug of milk and 2 tbs of Greek yogurt
- Add 1/2 tbs of peanut butter\* and half a banana. \*If you are allergic to nuts try a little honey instead.
- Mix, cover and leave overnight in the fridge.
- Top with the rest of the banana in the morning



TRAINING EVERY SUNDAY, WANT TO  
FIND OUT MORE?

email:  
*girls@hoverugby.club*

# JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S  
BEST YOUNG BAKERS  
AGED 9 - 12

[WWW.APPLYFORJUNIORBAKEOFF.CO.UK](http://WWW.APPLYFORJUNIORBAKEOFF.CO.UK)

**APPLICATIONS CLOSE  
SUNDAY 13TH MARCH 2022**

Enquiries:  
[applyforjuniorbakeoff@loveproductions.co.uk](mailto:applyforjuniorbakeoff@loveproductions.co.uk)

# Movie Making Classes Ages 5-18, Based in Hove Book Now for a Free Trial Class



Inspire Imagination,  
Confidence, Creativity & Skills



# Movie Making Classes for Ages 5-18

Learn all about Movie Making...

Members learn a whole host of creative skills, from directing, acting, photography and camera skills, costume design, video editing and more.

Fun and friendly classes are ideal for making new friends, as well as developing new skills, confidence and creativity.

**"Sophie's confidence has sky-rocketed."**

Classes available  
in Hove

Register Online and Book  
a Free Trial Class:  
[www.sparksarts.co.uk](http://www.sparksarts.co.uk)



# CONTEMPORARY DANCE FOR YRS 7 - 9

TUESDAYS IN HOVE

Elastic is one of the first dance schools in the country to offer a brand new syllabus, The Rambert Grades. This fresh approach encourages creativity, individuality & inclusion, while developing strong contemporary technique.

Taught by Michelle Britton  
Contact:  
[helloelasticdance@gmail.com](mailto:helloelasticdance@gmail.com)



Level 1

# CYCLE TRAINING



at Preston Park and Hove Park

Level 1 is where you will learn to control your bike.

Riders **must be able** to ride without stabilisers

Places are limited and on a first-come first-served basis.

Level 1 training costs £15.00 per person.

To book your place, please visit [www.sports.brighton-hove.gov.uk/events](http://www.sports.brighton-hove.gov.uk/events)

Friday 18 February 2022

10am – 12.30pm

13.15 – 15.45

Ages 9 – 15



Level 1 & Level 2

# CYCLE TRAINING



at Preston Park and Hove Park

Level 1 is where you will learn to control your bike.

Level 2 is where you start with real traffic, but sticking to quiet roads.

Places are limited and on a first-come first-served basis.

Levels 1 & 2 together is £35.00 per person.

To book your place, please visit [www.brighton-hove.gov.uk/events](http://www.brighton-hove.gov.uk/events)

Monday 14 to Thursday 17 February 2022

10am – 12.30pm each day

Ages 9 – 15



Level 3

# CYCLE TRAINING



at Preston Park and Hove Park

Level 3 is where you learn to cycle safely on busy roads within the city.

Training includes roundabouts, traffic lights and filtering. You must have completed Levels 1 and 2.

Places are limited and on a first-come first-served basis.

Level 3 training costs £40.00 per person.

To book your place, please visit [www.brighton-hove.gov.uk/events](http://www.brighton-hove.gov.uk/events)

Monday 14 to Wednesday 16 February 2022

1.15pm – 3.15pm each day

Ages 11 – 15

