

PARKGATE JUNIOR SCHOOL NEWSLETTER

FRIDAY 17TH APRIL 2026

A WONDERFUL START AT PARKGATE JUNIORS

What a fantastic first week it has been here at Parkgate Juniors.

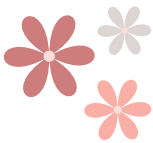
It has been a real pleasure getting to know the children, staff and families. I have been so impressed by the children's enthusiasm, their kindness and their positive attitudes to learning. They have made me feel incredibly welcome.

I have also had the opportunity to work closely with staff this week and see first-hand the care, commitment and energy they bring to the school each day. It is clear that Parkgate is a place where children are truly supported to succeed.

Thank you to the many parents and carers who have taken the time to say good morning or introduce themselves at the gate. Those kind gestures have meant a great deal. I strongly believe that parents are the experts when it comes to knowing their children and I truly value the importance of working together. If we haven't had the chance to meet yet, please do come and say hello - I will be on the gate in the morning whenever I am able to be come rain or shine!

As we move forward, I am looking forward to continuing to get to know the community and working together to ensure the very best for all of our children.

Wishing you all a restful weekend.



DATES FOR YOUR DIARY

- 23rd Apr** PTA - Spring Disco
- 29th Apr** Class and Yr 6 Individual Photographs
- 30th Apr** Year 5 Sleepover
- 7th May** Year 3 Athletics trip at Future Academies
- 11th - 14th May** Year 6 SATs
- 20th May** Music Concert
- 21st May** Book Look
- 25th - 29th May** Half term
- 1st June** INSET Day
- 7th - 10th June** Year 6 PGL
- 19th June** Sports Day
- 7th July** Year 6 Play
- 21st July** End of Term - school closes **1.30pm**



NEW!

LIBRARY NEWS

Family Drop In

Super Sports and Great Games.

Come to family drop in on Monday at 3:20 for sport themed crafts, table top games, juice and biscuits. It's a great chance to choose new library books and take your time browsing shelves during a quiet time.



CATERLINK MENU - WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese & Tomato Pizza	Beef Chilli with Rice	Roast Pork or Chicken Sausage (halal option) with Roast Potatoes & Gravy	Greek Chicken Pitta with Herby Rice, Tzatziki & salad	Battered Fish with Chips & Tomato Sauce
Lentil & Sweet Potato Curry with Rice	Spaghetti & Meatballs in Tomato sauce	Veg Wellington with Roast Potatoes & Gravy	Greek Spinach & Cheese Whirl with Herby Rice, Tzatziki & Salad	Cheesy Broccoli Frittata with Chips
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Cheese or Tuna Baguette	Cheese or Tuna Baguette	Cheese or Tuna Baguette	Cheese or Tuna Baguette	Cheese or Tuna Baguette

An inspiring learning community



CATERLINK NEWS

Why choose a Caterlink School Meal

Sign-up today!
Please speak to reception.

We have won a number of awards for using **honest, local produce** and pride ourselves on making **fresh and nutritionally balanced meals.**

Behind every meal is a team of dedicated **chefs and nutritionists.**
Did you know? Most of our meals are made completely from scratch in-house!

Our pizzas are homemade and made using **50/50 wholemeal flour** for extra added fibre! And our meat products are freshly delivered from our local butchers.

We don't add any salt to any of our meals!

We often have **Meat Free Mondays** to support sustainable eating. We also have recipes with **Added Plant Power** identified by this logo.

Our desserts are handmade in house.

On average, our meals contain **37% less free sugars** than the government recommendations for school meals.

Many of our desserts contain hidden **wholegrains** and are sweetened with fruit so they count toward **one of your child's 5-a-day!**

We ensure the menu adheres to the **School Food Standards.** That means your child is getting a **well balanced and nutritious meal** through out their school day.

Per meal, we provide:

- 1 portion of protein
- 1 portion of carbohydrates
- 2 portions of vegetables
- A choice of salad available daily
- Freshly baked bread
- One homemade dessert

caterlink
feeding the imagination



Trolley (8 items)	
Prinkids Apples	£2.00
Morrisons Grabbed Mature Whit...	£2.75
Frubes Kids Strawberry, Red...	£2.25
Morrisons British Cooked Ham	£2.25
Movis Best Of Both Medium	£1.25
Morrisons Strawberry & Banan...	£2.00
Subtotal (incl. additional charges)	£15.25

Why choose a Caterlink School Meal

£15.25 per week x 38 school weeks = £579.50 annually!!

The Average basket cost for a daily packed lunch –Based on Morrisons on 21st March 2025. Salad contains: Bread, Ham, Cheese, Yoghurt, Fruit bars, apple, juice carton and pain buns.

DO YOU KNOW ABOUT... **FREE** UNIVERSAL INFANT SCHOOL MEALS?

EVERY child in Reception, Year 1 and Year 2 can have a cooked school lunch

FRESHLY MADE HEALTHY NUTRITIOUS at absolutely no cost to you! - funded by the Government

Please contact your school for more information! **caterlink** feeding the imagination

WHY CHOOSE A CATERLINK SCHOOL MEAL?

95% of our meals are made **FRESH** on site daily

All of our menus are compliant to the **SILVER STANDARD** as a minimum

QUALITY INGREDIENTS such as MSC fish, red tractor meat

Our nutrition team ensure all menus meet the **SCHOOL FOOD STANDARDS** for dishes and portion sizes

We offer a **SALAD BAR & FRESHLY BAKED BREAD** for children to help themselves to

We have increased our range of **SUSTAINABLE OPTIONS** including our **Added Plant Power** dishes our **vegan dishes** and through encouraging **meat free days** on menus

Our **DESSERTS** not only contain important nutrients such as calcium and zinc but are also in line with guidance on sugars. Fresh fruit and yoghurt are also offered daily

All of our **PORTION SIZES** are compliant, ensuring that we are not offering children too much or too little food for their **ENERGY** requirements.

caterlink feeding the imagination

FREQUENTLY ASKED QUESTIONS

What are the School Food Standards?

The School Food Standards were developed by government and are a set of food-based standards to ensure menus are nutritious, balanced and healthy. Examples include offering wholemeal starchy foods, having oily fish on the menu, and limiting pastry. Find out more: www.schoolfoodplan.com

How much sugar are in your desserts?

In line with recommendations to reduce free sugars (free sugars are added sugars – those not naturally found in fruit or milk) and the Children's Food Trust guidance, Caterlink have reduced the sugar content of all desserts to under 6.5g of free sugars per portion. Across our menu the average sugar content per day is 4.5g of free sugars, so you can be sure your child is getting healthy desserts.

Is my child getting enough food?

All recipes are created in line with the School Food Standards recommended portion sizes and are checked by a nutritionist. As well as the main meal, vegetables and dessert, we also offer bread and salad daily for the children to take.

What is MSC fish?

By choosing fish with a Marine Stewardship Council blue label, we can ensure that we are supporting sustainable fisheries and protecting the ocean. All fish on our menu is MSC certified.

What is red tractor meat?

Red tractor ensures that we can trust that all of the meat that we buy and know that it has to meet strict standards such as animal welfare, traceability, food safety and environmental protection. We have a British First Policy and all of our meat products are traceable from farm to fork.

How much salt is in your food?

We work with suppliers to ensure products are in line with the Government Salt Targets. We also don't add salt to our recipes as per the School Food Standards.

What is the Food For Life Served Here award?

Food for Life Served Here is a set of criteria ensuring that food served is healthy, local, seasonal and fresh. We operate all of our schools on their silver standards as a minimum. We were the first education caterer to be awarded the Food For Life award. Find out more: www.foodforlife.org.uk

What are Added Plant Power dishes?

Added plant power dishes are recipes where the protein comes from a mixture of meat and plant-based proteins such as beans, chickpeas, or lentils, such as a chilli con carne with kidney beans in. This makes the dishes more environmentally friendly (a 50% reduction in greenhouse gases), whilst reducing saturated fat content and increasing fibre.

YEAR 6 SATS REVISION SESSIONS

Morning Sessions (Drop-in):

Morning drop-in sessions began on **Tuesday 14th April** and run every **Monday to Thursday from 8:25am to 8:40am** in the **6 Falcon classroom**. These sessions provide a quiet space for revision or an opportunity for children to ask teachers any questions.

After School Sessions

The booking is now CLOSED.

PTA NEWS

Volunteer helpers

As always we cannot hold events without your help, so if you're able to support with both or either Disco sessions please get in touch at PTA@parkgatejm.herts.sch.uk.

If you have any questions please contact us at PTA@parkgatejm.herts.sch.uk.



SPRING DISCO - Thursday 23 April

We are looking forward to our PTA disco next week but are currently very short on volunteers. If you are able to help in any way, please contact the PTA.

This event is only for children who attend Parkgate Juniors.

Years 3 & 4: 4:45-6:00pm
Years 5 & 6: 6:15-7:30pm

Tickets: £4.50 each in advance / Sibling Discount - 2 for £8 / £5 each on the door.

Tickets are available to purchase [here](#) (online payments only)

Tickets will also be available to buy on the night from the entrance for £5 each.

Ticket includes: Live DJ, free drinks, tattoos and song requests. The Tuck and Stationery Shop will be open for purchases including party accessories (max spend on tuck shop is £5 per child)

SUMMER TERM CLUBS

We still have some space for the following school clubs. Please sign up on Arbor (under clubs):

Multisport Club

- For Years 3, 4 and 5 pupils
- Thursday morning 8:00-8:40am
- 16th April – 16th July
- Pupils who previously attended the club will need to reapply
- Pupils need to bring their water bottle and arrive in sportswear with their school uniform in a bag
- Pupils can't access the classroom until start of school day i.e. 8:40am

Cricket and Athletics Club

- For Year 6 pupils
- Thursday 3:20-4:20pm
- 16th April – 16th July
- Pupils who previously attended the club will need to reapply
- Pupils need to have a snack, a drink and a PE kit

Please contact the coach directly for the following external clubs:

External Club: Tag Rugby by Xtra Time

- For Years 3-6 pupils
- Tuesday 3:20-4:20pm
- 21st April – 7th July
- Contact directly: <https://form.jotform.com/260613236438354>

External Club: 11+ Secondary Transfer Club

- For Year 5 pupils
- Wednesday 3:20-4:20pm
- 22nd April – 8th July (No lessons on 27th May, 10th June, 17th June)
- Contact directly: 07507399004/tara.moore@resolutefire.co.uk

External Club: Skill 7 Football Club

Our ASFC's start back week beginning Monday 20th April. Limited availability on ALL clubs this term!

ASFC BOOKINGS NOW OPEN!

Full details are available on our website, www.skill7.org. Just click on both the Membership + Registration + Fees link and our After School Football Clubs dropdown menu.

Once you've had a look at the above, and decided you'd like to book your child on... just WhatsApp back their name and the school they attend.

Gold Membership entitles parents to pay fees on Thursday 30th April!

Silver and Bronze Membership fees, including ASFC fees, are due as soon as we confirm children's places.

Only children booking on for a 5pm finish will participate in our points and star player programmes.



Congratulations to the stars of the week:

	3 Owl	Theo	Stefan
	3 Robin	George	Isla
	4 Heron	Halima	Felix
	4 Puffin	Lorenz	Joaquim
	5 Parrot	Ayla	Sanjana
	5 Toucan	Mishi	Eesa
	6 Eagle	Joel	Anaya
	6 Falcon	Santhosh	Sophie

Congratulations to 5 Toucan for 98.67% attendance last week.

3 Owl	92.33%
3 Robin	92.07%
4 Heron	96.43%
4 Puffin	94.83%
5 Parrot	97%
5 Toucan	98.67%
6 Eagle	90.67%
6 Falcon	91.33%

Congratulations to this week's raffle winners for positive behaviour:

3 Owl	Jaheim, Theo
3 Robin	Saoirse, Jimmy
4 Heron	Rihan, Dora
4 Puffin	Haider, Alice
5 Parrot	Luke, Elliott
5 Toucan	Ohene, Aadi
6 Eagle	Jake, Younes
6 Falcon	----