



Llais Penglais

Ysgol Penglais School newsletter

December 2020

HEADTEACHER'S MESSAGE

As we arrive at the end of 2020, there is plenty to reflect on. Yes, it has been a hard and difficult year and it has tested each and every one of us in different ways. However, my overriding impression of the Penglais community in relation to the year is a hugely positive one.

The community as a whole has shown resilience, ambition, flexibility and creativity in responding to the situation. In a space of a few days back in March, Penglais successfully turned into a virtual school, with teachers and students suddenly having to master assignments, chats and Teams. Parents suddenly had their children at home and had to juggle their own work along with supporting their children's school work. All staff had to find different ways of working and communicating with each other, again with many juggling work and childcare responsibilities, and did so in good spirits.

Since returning to school in its many different guises since the end of June, staff and students have responded with a fantastic can-do attitude. Everyone has complied incredibly well with the new expectations and demonstrated such a positive attitude to anything new thrust upon them, even at incredibly short notice, as we experienced last week. Teachers have prepared learning experiences for students for 100-minute lessons or online, delivering from school and sometimes from home if self-isolating, and ensuring that students who are self-isolating are not missing out. They and other staff really have gone the extra mile to ensure that no child is left behind.

Students have also been fantastic in their approach to learning and the school. The behaviour of students has improved significantly this term and they have all been responsible and respectful in their attitude towards their work, staff and other students.

Overall, I am incredibly proud of everything the school has achieved this year. Thank you to parents for your constant support during the year; to students for their positive approach and to all staff for their relentless positivity and willingness to make everything work for our students.

I wish you all a very Merry Christmas, and here's hoping for a better 2021.

Ms M. Hughes
Headteacher

KEEP UP TO DATE WITH SCHOOL NEWS VIA SOCIAL MEDIA

We regularly post on Facebook and Twitter, so why not follow us or join our group to be kept informed with news from the school.

UPDATE US WITH YOUR LATEST CONTACT DETAILS

Please keep us updated with your latest contact details by writing to, or emailing student services with your new details by contacting school on:

admin@penglais.org.uk

IMPORTANT DATES THIS TERM

Last day of school: 18th December

Christmas Holiday: Monday 21st
December - Friday 1st January

Back to School: Wednesday 6th January
2021 for Year 11, 12 & 13 on Week 2
timetable with Year 7 to 10 taught online
and from Monday 11th January, all students
will be taught in school on a Week
1 timetable.

Please see the letter sent out to all parents dated 17th December for further information.



Ysgol Penglais School



@PenglaisSchool_

01970 624811

admin@penglais.org.uk

www.penglais.org.uk

Ysgol Penglais School

New Website



We are very pleased to announce the launch of our new School Website penglais.org.uk

The website will be updated regularly with the latest news, letters and information. Parents will find all the information they need from health and well-being to teaching and learning to exam information. Students can find curriculum content as well as useful links to support their studies. There is also a comprehensive guide to student life in the sixth form.

Rydym yn gweithio ar y fersiwn Cymraeg o'r wefan ar hyn o bryd.



Tel: 01970 624811

Email: admin@penglais.org.uk

Twitter: [@PenglaisSchool](https://twitter.com/PenglaisSchool)

Website: penglais.org.uk

Facebook: Ysgol Penglais School

Reminders

PARENT REMINDERS:

We would like to take this opportunity to remind parents and students of some of the requirements now in school:

- We have a new gate system in place, all gates are locked at 8:45am.
- If the student has forgotten an item they need to speak to student services and provisions will be made for them, as parents/visitors are not permitted on school site.
- Remember to give your child enough water to last them throughout the school day.
- Please name all the items students bring to school including jumpers, ties, coats, lunch boxes
- Students need to remember to wear their face covering at all times when on school site, other than in the classrooms

ParentPay

We have now moved to a cash free system called ParentPay.

You will need a ParentPay account to do any of the following:

- Add money to a dinner card and view your child's transaction history on their dinner account
- Pay for exam re-sits
- Pay for any future school trips that are chargeable

What you need to do

1. If you have not yet registered for ParentPay, please e-mail Mrs M Williams, Finance Office, on maw@penglais.org.uk to request an activation letter. In this e-mail please add in your child's name, year group and tutor group.
2. You will then be sent an e-mail attachment with a username and password to activate your ParentPay account. When you first log in you will be asked to provide an e-mail address and re-set your username and password.
3. You will need to be provided with a username and password for each child you have in school.
4. If you have more than one child in school, either in this school or another school in Ceredigion (for example Primary School) you will be able to manage these within your one ParentPay account.
5. Once activated, you will be able to view your child's balance, make payments, and view transaction history at any time.

Please note that ParentPay is not the same as Parentmail – you may already be registered for Parentmail, but if you have not activated a ParentPay account you will not be able to make and view payments. Information on the ParentPay system can also be found on www.parentpay.com.

Senior Maths Challenge 2020 Result

UKMT maths challenges are run by University of Leeds to encourage mathematical reasoning, precision of thoughts and fluency in using basic mathematical techniques to solve interesting problems. Certificates are awarded to the highest scoring 40% of the candidates (Gold: Silver: Bronze = 1 : 2: 3).

This year the senior maths challenge was conducted online on 2nd November. Year 12 and year 13 mathematics students took part in the challenge and the following students have been successful and received a certificate.

Name	CLASS	CERTIFICATE
Flynn	Year 13	Silver (Best in School)
Jamie	Year 13	Silver
Matilda	Year 13	Silver
Emily	Year 13	Silver
Isabel	Year 13	Bronze
Rhys	Year 13	Bronze

Name	Class	Certificate
Daniel	Year 12	Silver (Best in Year 12)
Sarah	Year 12	Silver
Iestyn	Year 12	Bronze
Anirudh	Year 12	Bronze
Amelie	Year 12	Bronze
Theo	Year 12	Bronze
Lloyd	Year 12	Bronze
Luke	Year 12	Bronze
Morgan	Year 12	Bronze
Michael	Year 12	Bronze
Jin	Year 12	Bronze
Henry	Year 12	Bronze
Ayesha	Year 12	Bronze
Indigo	Year 12	Bronze
Alastair	Year 12	Bronze
Charles	Year 12	Bronze
Omair	Year 12	Bronze
Che	Year 12	Bronze
Hazel	Year 12	Bronze
Rowen	Year 12	Bronze

Penglais Library

The Reading Cloud

The online Library system through the Reading Cloud has proved a great success after the rollout to KS3.

Make sure you have your login and password for the new "Reserve & Read" service available through the Reading Cloud.

www.readingcloud.net

Reserve books online and have them delivered directly to you.

Contact

E.Kennedy@penglais.org.uk

if you have any problems.



readingcloud.net

National Non Fiction Month

The Library celebrated National Non-fiction Month in November with this display for students.

Non-fiction booklists are suggested at: <http://fcbg.org.uk/national-non-fiction-november-2020/>



The Stig

The Library was lucky to secure this fantastic display from 'The Stig' authors Jon Claydon and Tim Lawler and publishers Piccadilly Press. 'The Stig' books are an action packed, hilarious series featuring The Stig: Top Gear's legendary racing driver. All are now available for students to borrow.



Creating Writing Competition

Fire and Ice
Writing Competition
As the nights get colder and the heating goes on, it's time to write some stories about winter.



Want to take part?
Write a short story (up to 500 words) with the title 'Fire and Ice'.

Closing Date: 24th December 2020
Results released in the first week back in January

All entries to be submitted through the Creative Writing Club on teams or email to E.Kennedy@penglais.org.uk

Penglais Sixth Form

Year 12

It is fantastic to see how year 12 are settling into the Sixth Form despite the difficult year 11 they faced due to covid-19. They are embracing opportunities that are sent by email from various universities and via the Seren network. Many have signed up to university and apprenticeships webinars and are increasingly aware of the huge choice of courses available to them. Students have also signed up to work with a PhD student in the new year, in the arts or the sciences and this experience will be invaluable when writing their personal statements at the end of year 12 / beginning of year 13. They are learning to work independently as they are aware of the challenges of increasing workload and demands that studying A levels/level 3 BTECS bring.

Year 13

We are delighted to announce that many students have obtained Oxbridge interviews this year for a wide range of subjects including: Asian and Middle Eastern Studies, Maths, Law, History/Politics, English, Architecture, Computer Science, Chemical Engineering and Psychology. Congratulations to the students who have gained Oxbridge interviews as very few prospective university students achieve this. Students have also achieved interviews for Medicine in Exeter, Sheffield, Bristol and the University of East Anglia. Veterinary interviews have been achieved in Cambridge and Liverpool and Dentistry interviews in Cardiff and Plymouth. We also have a student who has gained a place on the Sutton Trust programme that enables state school students the chance to explore studying in the US. The student has an interview in Columbia University which is even more competitive than Oxbridge!

We are also excited for the students who have gained offers for Earth Science, Football Coaching and Performance Analysis, Biomedical Science, English, Architecture, Economics to mention but a few. The students from Penglais hope to study a vast range of subjects in universities in all four corners of the UK from St Andrews to Exeter to East Anglia and Aberystwyth.

We are extremely grateful to ex students and staff from Penglais and from the local community for their unfailing support in helping our students prepare for these interviews. They include Mr Richard John (Law), Mr Haydn Davey (History and Politics), Mr Byron Jenkins (Architecture), Mr Mohsen Elabbadi (Chemical Engineering), Professor Hannah Dee (Computer Science), Mr Adrian Wells (Mathematics), Dr Sue Fish (Medicine) and Dr Donogh Mc Keogh (Medicine). Also, to Ms Hughes for helping when we needed additional support (Asian and Middle Eastern Studies, Dentistry), Thank you!

Sixth form students had "the best day ever" on Friday when food was served at lunchtime in the Sixth Form Centre. I was amazed by how much some of them could eat, and this was following their rather substantial packed lunch! We hope to continue this service so please sign up to Parentpay if your child would like to purchase food or drinks in the future.

Finally, thank you all for being so supportive of the students and Sixth Form staff during a term that has been challenging, extremely busy but very rewarding in seeing the progress made by our Sixth Form students.

Mrs J Elgood and the Sixth Form Team.

Penglais Sixth Form Prefect Team

Introduction from Head Boy and Head Girl

Hi, my name is Ronan and I am Head Boy. I am taking Physics, Chemistry, Maths and Biology at A level, and am hoping to study medicine next year. I have really enjoyed my time at Penglais, and always wanted to get involved by being form and eco rep. The support I received through the school from staff and students inspired me to join the school leadership team, and I am proud to represent the students and school as Head Boy.

I think that enthusiasm is the most important quality that we can bring to our lives. Our plans may not always go as we had hoped, but if you are able to put your heart into your school work and hobbies, you will find out the things that are important to you, that you can do well, and that make you happy. It is very important to try new things and not be held back by fear of not succeeding, or you might miss a great opportunity or never find out what your strengths and interests are.

Everyone is unique, and no two people will take the same path in life, so comparing yourself with other people is rarely useful. I have been lucky enough to find friendship and support at Penglais school, and I have also learned to accept other people as they are. I think these are the most important lessons I have learned at Penglais that have enabled me to push boundaries and cope with setbacks – try new things, be enthusiastic, and always be accept yourself and other people.

My name is Charlotte and I am Head Girl at Penglais. I'm currently studying Biology, Spanish and Geography for A-level and I am hoping to go on to study midwifery in university next year. I enjoy helping others and supporting the community and the position of Head Girl has enabled me to do this. During my time in Penglais I have been a Silver Young Sports Ambassador and a member of the 5x60 sports crew, a member of the School Council and represented Penglais in the girl's netball team. Outside of school I am a volunteer for D.A.S.H (Disabilities and Self Help), Guide Dogs Cymru and St John Ambulance.

As Head Girl at Penglais my role and responsibility is to make positive improvements around the school. By working with staff and with the Student Leadership Team, we can ensure that every pupil has the best experience possible during their time at Penglais.

On behalf of the Student Leadership Team we would like to thank everybody for their continued support and hard work during these challenging times. We wish you all a very Merry Christmas and Happy New Year!

PENGLAIS SCHOOL STUDENT LEADERSHIP TEAM 2020-21

Head Girl: Charlotte

Head Boy: Ronan

Deputy Head Girls: Lucille, Angelina, Millie

Deputy Head Boys: Josh, Joe

Senior Prefects:

Transition: Robert, Lucy, Ross, Lisa, Anjali

Sports: Jack C, Sam D, Angel, Pippa

Debate: Sam N

Urdd: Amelia

Environment: Cerianne, George P

Charities: Tom, Libby, Sarah

General: Owen, Cindy, Aleah, Khadija, Jack B, Lauren, Ella

Faculty Prefects

Creative: Will, Lucy, Ilona

English: George T, Alfie, Nel

Humanities: Harry, Milly

Languages: Mali

Maths: Alex, Hugo

Sciences: Matilda, Maddie, Emily, Hajer

WBQ: TBC



YSGOL PENGLAIS SCHOOL CALENDAR 2021

The Perfect Gift!

The Student Leadership team have produced a limited edition 2021 calendar to raise money for projects throughout the school site, specifically outdoor seating areas. It is a student produced calendar, with all the featured photographs being students' own work. They will be distributed during tutor time in the new year.

MINIMUM DONATION OF £2.50 VIA PARENT PAY



Year 12 Student—Lloyd

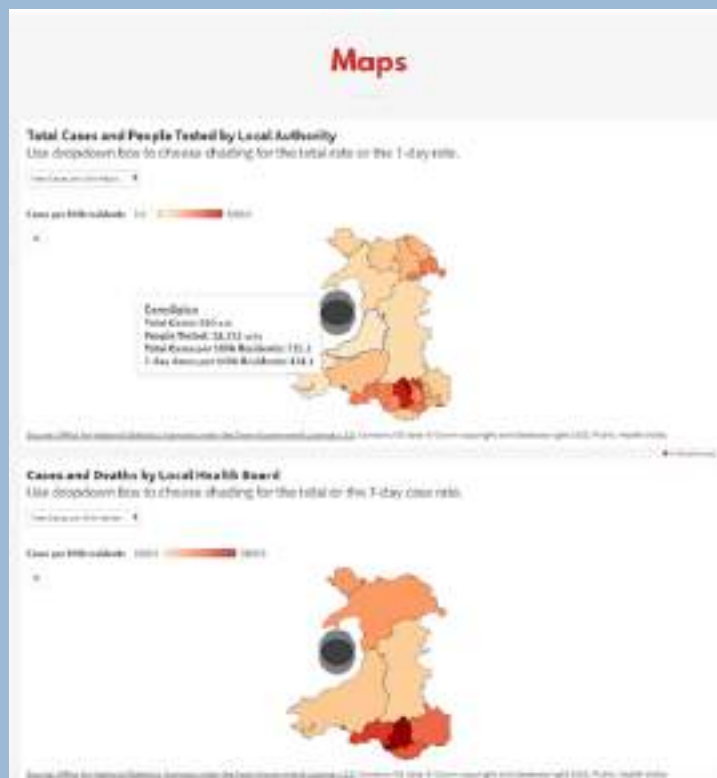
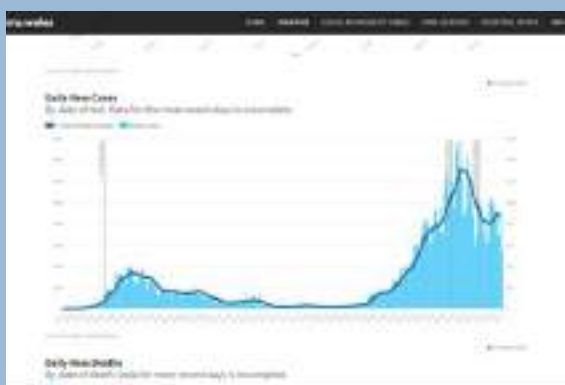
In April this year Llais Penglais published a 'Good News Story', my work with COVID-19 statistics. Every day since the lockdown in mid-March, I have posted slides to my Twitter account and updated my website with the daily Covid -19 infection rate figures for Wales. It was a huge challenge to get the maps working as intended but thankfully, I found a way of making them (almost) perfect.

Since returning to school in September I have carried on with this and, as the cases have risen, my work has become as important as ever. Every day as soon I get home from school, I hop on my computer and get to work updating the website and slide. It takes about an hour a day, although this time has reduced as I have found more ways to reduce manual work and save time.

There is some end in sight for the pandemic and, despite my interest in the work I have been doing, I hope that the recent vaccine breakthroughs will go a long way towards things returning to normal. I am not planning to stop the statistical and cartographic work on this pandemic but with increasing school commitments I am having to ensure it doesn't monopolise my time.

Beyond the pandemic, I have started working on a website that will host election results for the 2021 Senedd election in May. Doing this work has helped me to develop new skills, practice old ones and given me the opportunity to meet some inspiring people who have given invaluable advice along the way. It has opened doors to many career paths as cartography and statistics, and has really boosted my interest in science (especially Biology) and into some of the more specific concepts in epidemiology and virology.

The biggest lesson I have learned from this is if you have an idea that you think is big, important or even just interesting, do it. Work around any obstacles you come across and ignore anyone who tries to hold you back. Your idea could end up helping many people; it makes for some excellent content for personal statements too!



Year 12 School Representatives

What is the Mental Health Ambassador Program?

Mental health is something that touches everyone's lives in some form or fashion during their lives. Be it themselves or someone they know. So as a school we are united in the belief that we should prepare all students with the skills they need to succeed in later life. As part of that we feel having an open conversation about the issues around mental health is important. We believe that the best way to have that open conversation is by having young people taking the sessions for younger year groups.

During the summer it was planned that Year 12 and Year 13 would receive training to take these sessions. However, since COVID-19 and the creation of bubbles the ability to mix year groups have made that difficult. We as a school want to make this clear that these sessions will be run in some way however not how we originally planned during the summer break. The current plan is for class teachers to deliver the sessions similarly to how sixth form students would have. So to clarify there will not be any deviation from the information and content in these sessions just the method they are delivered.

On a personal level all Mental Health Ambassadors feel strongly about raising awareness and support for people struggling with issues surrounding mental health. We want to help make people aware of the support the school offer. Talking from my own experience when I was seriously struggling, I didn't know the school offered any support and once the school put me in contact with specialist agencies I began to feel better. The support the school offer in no way can be under stated they literally changed my life. I was on the verge of being excluded and now I'm in their six-form studying chemistry, geography and history. I don't want anyone else to be in a similar situation.

I urge anyone who is struggling or knows someone who is struggling to speak out. The school can facilitate meetings with both the school counselor and the educational psychologist.

Alexander (Year 12)

This summer I was very fortunate to attend the University of Cambridge LPN (low participation neighborhoods) Summer School. It consisted of a 2-week course following a subject of our choice. Unfortunately, the visit to Cambridge itself was cancelled but I was able to follow the course online. The experience overall was amazing. I got to meet a lot of people my age from schools around Wales and the UK. I selected the biochemistry medical course; this



included three lectures over two weeks from university experts and professors. The program also included useful information such as the finance options to fund undergraduate studies and the admissions procedures to Cambridge. As part of the program we were able to meet some undergraduates currently studying at Cambridge. This allowed us to ask questions and familiarize ourselves with university life. The meetings were informative, well organized and supervised. The summer school arranged extra-curricular activities such as icebreakers and escape rooms, a great way to socialize with other students on the program. The LPN Summer School experience overall was helpful and fun to be part of, and I am looking forward to the second part of the program next summer.

Omair (Year 12)

Penglais Music Department

It's been a busy term for the music department! Despite the ongoing restrictions preventing any form of practical activities or ensemble rehearsals, we have still been busy. Lots of our students have been successful in auditions, and will be representing Penglais (and Wales) on a national level in 2021. Others have also been representing the school in the local community on Remembrance Sunday, amongst other national events. We are also busy preparing for our first ever online Christmas!

National Youth Choir of Wales 2020

Four Penglais students were recently successful in auditioning for the National Youth Choir of Wales. The students concerned are Lucille (Y13, soprano), Lucy (Y13, alto), Matilda (Y13, alto) and Tesni (Y12, alto). This is the singing equivalent of 'playing for Wales'; we are extremely proud that the four students will be representing their country (and the school) in this way.

They will be taking part in a residential course in August 2021, conducted by Tim Rhys-Evans MBE. The choir will then undertake a tour of Wales; you can hear them at the Ffwrnes Theatre in Llanelli on 2nd September, the Prichard-Jones Hall in Bangor on 3rd September and the Dora Stoutzker Hall (Royal Welsh College of Music & Drama) in Cardiff on 4th September.

We are extremely proud of their achievement, as they represent Wales in this way.

Wales of the West End

Instrumentalists from across the age ranges at Penglais have been taking part in a series of online rehearsals organised by Welsh musicians who usually play in the pits of West End Theatres. The project 'West End of Wales' is funded by the Arts Council of Wales. Penglais students will be recording their parts for the ensemble at home, which will then be edited together. These will be viewable in an online concert on 22nd December; note that this concert is external, and not organised by Penglais.

Penglais Music Department Advent Calendar

We will also be uploading one video per day throughout December, showcasing the musical talent of Penglais students. These are available on our YouTube channel ('Cerddoriaeth Penglais Music'), and are also linked to our Facebook page. Do check them out if you can. These are 'student led'; there are some really excellent (and creative) performances there.

Remembrance Day 2020

On November 11th 2020, four brass players at Penglais represented the school by sounding the Last Post at 11.00. The students involved were George (Y13), Iestyn (Y12), Rhys (Y12) and Jacob (Y8).

They led the two minute silence, by playing both the 'Last Post' and the 'Reveille'. This involved playing outside in cold and windy conditions; all students showed great professionalism and musicality, despite the inclement conditions. Well done to all four of them.

If you would like to hear them, a video record can be seen on our YouTube & Facebook channels; search for 'Cerddoriaeth Penglais Music'.

Musical Futures 2021

National Youth Arts Wales have recently begun a national programme for song-writers, DJs and performers across Wales (to represent the best of the country's talent). They only choose 24 students from across Wales to take part; five of them in 2021 will be from Penglais! This is a huge honour.

Congratulations are due to Charlie (Y13, songwriter and guitarist), Rhys (Y12, producer, songwriter, guitarist and vocalist), Lucy and Matilda (Y13, singer/songwriters as a duo) and Lucille (songwriter, producer and performer).

The five students will be taking part in a series of six online masterclasses with industry experts in January, before joining a resident course in the Wales Millennium Centre at Easter 2021. This will involve rehearsing and writing together, before a national tour of Wales in the first week of August 2021. This will involve performances in both North and South Wales, as well as on the main stage at the Eisteddfod in Tregaron.

Out of 24 students from across Wales, it is especially pleasing that 5 of them have been chosen from Penglais. Well done to the students concerned.

Penglais Music Department

Christmas 2020

Despite current restrictions, we still have a busy programme of Christmas concerts coming up. We will be running a programme of concerts on Wednesday and Thursday nights throughout December, all being broadcast on our YouTube channel and Facebook page ('Cerddoriaeth Penglais Music'). All concerts will start at 7.30pm.

The concerts will feature a more formal programme on Wednesday evenings, followed by a more relaxed programme on the Thursdays.

The concerts will include;

2nd December; "A Beatles Christmas"

Arranged and recorded entirely by students, this concert features a mixture of both Beatles & Christmas music. The concert was originally thought of Lucy Johns (back in the Summer, during lockdown), when most of it was recorded.

3rd December; "The Great(e) Penglais Grade-1-athon"

A concert for beginner musicians, or for those who have picked up their instruments after a long time away. This will feature a mixture of staff and students. The concert has been organised and compiled by Skye (Y13).

9th December: "A Christmas Celebration"

A concert to reflect the joy of the festive season. This concert replaces our usual end-of-term Christmas concert at Ceredigion Museum in Aberystwyth.

10th December: Staff Christmas Concert

Watch Penglais staff showing their musical talents – including some surprises!

16th December: Virtual Carols & Candles

An online version of our traditional 'Carols & Candles' service (usually held at Llanbadarn Fawr Church). This will be a traditional carol service, with both readings and congregational carols.

17th December: Carols @ Penglais: A Virtual Singalong

Join us for an informal evening of sing-a-long carols, where you can sing along from your own home. The words will be provided!

Donations

We've recently received a number of donations in the music department. We are grateful to the following people;

- **Sali Bathurst** for donating an electric piano and clarinet.
- **Barbara Clarke** for donating a trumpet, music stand and case
- **Siobhan Maderson** for donating a drumkit (drums, cymbals and stands)
- **The Salvation Army** for donating a complete set of carol-ing books.
- **Dr Debra Croft** for donating a complete set of violin, guitar and piano books.
- **Jane Vince** for donating a keyboard and two acoustic guitars

We are extremely grateful for these kind donations, all of which will benefit Penglais musicians for years to come.

Penglais Music Department

Penglais Virtual Choir ("Social Distan-SING")

Miss Blair continues to run our online choir, who meet via Teams. They have recently rehearsed and recorded a version of Leonard Cohen's 'Hallelujah' (which will feature in our Christmas concerts), and will be taking part in the congregational carols for our upcoming online 'Carols & Candles' service.

Many of the choir members will also be taking part in our daily 'Advent Calendar' posts (see below). We look forward to the day when we can rehearse again in person!

Music Virtual Conference, Bangor University – 9th December

Some of our Year 12 musicians will be taking part in an online Music Conference at Bangor University, led by lecturers. This will give a taste of studying music at degree level, as well as giving practical hints to help with both composition and performance.

We are extremely grateful to Bangor University for inviting our students to be part of this scheme (following their 'Talking Shop' session in October 2019, when they visited us to talk about life as a music student at university).

Learning Support Centre

The Learning Support Centre have continued with various activities in the last term. As you can see from the pictures, they have been keeping up with their Basketball skills. For Halloween, they carved Pumpkins and made their own pumpkins from paper mache. To commemorate Remembrance Day the students made poppies from recycled plastic bottles and a large poppy wreath from recycled egg boxes in their art lessons.

Children in Need Day was celebrated with students wearing Pudsey ears, some mask making and salt dough Pudsey characters.



Penglais PTA

The School Lottery

The School Lottery raised approximately £1500 over the last year. Joining is easy, by visiting the link below with advice on how to sign up:

<https://www.yourschoollottery.co.uk/lottery/school/penglais-school?>

[fbclid=IwAR2vRn8npaMnEQhjdHmknyBFLenLcqlcf8sGkmsa0GYarsIAuyEuxtp0h#](#)



Penglais PTA AGM

- The PTA hope to invest in outside covered seating areas.
- They welcomed the new committee members including Andrea Whitney as Chair and Kevin Joseph as Vice– Chair.
- Thanks were extended to Heather Cox for her enthusiastic and valuable contribution as Chair person of the PTA.
- The minutes of the AGM can be found on the Ysgol Penglais school website.

Canteen Menus



Canteen Menu WEEK 1



Day of the Week	Monday	Tuesday	Wednesday	Thursday	Friday
Main Hot Dish	Chicken Curry Vegetarian Curry	Sausages, Mash and Gravy Vegetarian Sausages Jacket Potato and Baked Beans	Chicken Pasta Bake Tomato Pasta Bake	Cottage Pie Vegetarian Cottage Pie	Fish and Chips Vegetarian Burger
Baguette	Chicken Tikka Cheese	Chicken & Bacon Egg	Ham Quorn & Pesto	Chicken & Sweetcorn Egg & Spring Onion	Tuna Cheese & Pickle

All baguettes served with fresh salad. All hot meals served with a selection of vegetables.

Meal Deal 1

Hot Main
+
Fresh Fruit (apple or banana) or
yoghurt

£ 2.50

**meal
deal**

Separate price for individual items available
in the canteen areas.

Meal Deal 2

Baguette
+
Fresh Fruit (apple or banana) or
yoghurt
+
Small Bottle of apple juice, orange
juice or water

£2.50



Canteen Menu WEEK 2



Day of the Week	Monday	Tuesday	Wednesday	Thursday	Friday
Main Hot Dish	Spaghetti Bolognese Vegetarian Bolognese	Meat Lasagne Vegetarian Lasagne	Chilli & Rice Vegetarian Chilli & Rice	Chicken Chow Mein Vegetarian Chow Mein	Sausage and Bacon Bake Macaroni Cheese
Baguette	Chicken Tikka Cheese	Chicken & Bacon Egg	Ham Quorn & Pesto	Chicken & Sweetcorn Egg & Spring Onion	Tuna Cheese & Pickle

All baguettes served with fresh salad. All hot meals served with a selection of vegetables.

Meal Deal 1

Hot Main
+
Fresh Fruit (apple or banana) or
yoghurt

£2.50

**meal
deal**

Separate price for individual items available
in the canteen areas

Meal Deal 2

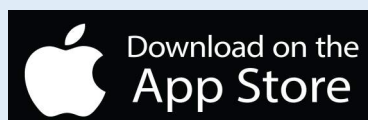
Baguette
+
Fresh Fruit (apple or banana) or
yoghurt
+
Small Bottle of apple juice, orange
juice or water

£2.50

Raise funds for PENGLAIS SCHOOL every time you shop online

Find us on easy fundraising to start:

<https://www.easyfundraising.org.uk/causes/penglaisschool>



Shop with over 3,300 online stores

John Lewis

M&S

ebay

amazon.com

Argos

Booking.com

Boden

next
NEXT.CO.UK

DEBENHAMS

ASOS

GAP

Sainsbury's



moonpig.com

JUST
EAT