Tel: 01285 712302 - www.farmors.gloucs.sch.uk - Issue 60

focus newsletter

Farmor's School
AN ACADEMY

Farmor's Springs Back into Life

After a pretty gloomy time over the past year, we're delighted to say that Farmor's is once again back in full swing. The wet May and sunny June have done their job and the flowers on site are growing beautifully for us all to enjoy.

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Welcome back to Focus!

Of the many things we missed during lockdown - seeing relatives, meals out with the family, hugging! - I am sure that Farmor's Focus newsletter was close to the top of the list.

I am delighted to see it back. It may not be a ground-breaking publication, but it does do a couple of things very well. Most importantly, it showcases the talents and achievements of our wonderful students. As I flick through the pages of this edition, I am reminded that young people in this country have a tremendous amount to offer the world. They have no doubt been disadvantaged by the pandemic, but they will surely bounce back. The evidence in this edition is that they already are.

Focus also provides parents with a window into the school. All you have heard from us lately is news about changes to Covid restrictions and cancelled examinations. I hope it is refreshing to see that normal life is returning.

And this is a good moment to say thank you to our parents. Your support for the school during the last year has been tremendous. Staff have really appreciated your messages of support and thanks.

So, for a few minutes of your day, forget the world and focus on Farmor's.

Thanks for reading.

Matthew Evans

Headteacher

Farmor's Creative Writing Club...

Farmor's Creative Writing Club is back and the students have been busy putting pen to paper. Take a look at some of the submissions, which can also be found on the writing club site **www.farmorscreativewriting.wordpress.com**

If there are any budding author's or poets who would like to share their work please do send your work to **creativewriting@farmors.gloucs.sch.uk**

Chapters 2 of 'Hardships' by Oliver Thompson

CHAPTER 2

"I was born on the 2nd June 1767 to a rich baroness called Ethel Brown as a mother and a handsome peasant, whose name was Caldwell Fisher as a father.

Within a year of my birth, my mother left and moved to Oxford, leaving my father in a poor state indeed. The pair of us struggled to survive the bitter streets of London.

We went to work in huge factories afterwards, cleaning the grubby floors and then working nonstop slaving away in the manager's study, cleaning up after him. When I was ten, in April 1778, I was hit by a massive growth spurt. That meant that I was out of tight machinery and I entered the golden days of my life. My jobs got less intense but still the workhouse overwhelmed me.

Later on, in August 1778, when I had turned 11, I received word of an Ethel Fisher, who was my mother. She had re-married, but still vowed never to see me, leaving me and my father lost. No way out. No family. No friends. But one day, in January 1782, when I was only 14, my father, the once happy and handsome Caldwell Fisher, died. He died in the hands of the cruel factory, and I saw only one person to blame. My awful mother. If she had aided me and my father like a proper family, then my father would've been alive and well. I mourned my father for the next three years, sobbing, producing a lack of work, it didn't matter how many beatings I received, I couldn't do enough. I was sentenced to hanging, I didn't particularly care. The date that was arranged was the 5th June 1785, and when that day came, I was dragged before the rope.

A rich gentleman stood up and cried, "Halt!"

The men stopped. This man had a heavy Scottish accent and was called Duncan MacKenzie – your father.

"This woman is now 18! She is free from the factories. Let her go!" The chant spread rapidly and soon, as of MacKenzie's command, I was freed. But then the long poverty stretch awaited me. I had no idea how I managed to live that long. Actually, I did. My father stood by me and kept me going my whole life up to 1782 and I bet if I'd have stayed in that factory for any longer, I would have perished too. MacKenzie did it. The generous Scottish aristocrat did it. He freed me. He saved me. I was forever grateful."

I blinked. I never knew any of this about my father or Fisher.

"But then, I wasn't sure where to go. What to do. My life had changed drastically in an instant, and then I was back to Square 1. Unsure of what to do, I turned on my heel and marched in the direction of a smiling MacKenzie.

"Excuse me, sir," I said. "Thank you ever so much for saving me. You are a generous man."

He beamed at me and replied, "Your welcome young…"

"It's Fisher," I said, performing a curtesy, "Mirth Fisher."

"Splendid to meet you young Fisher," he said to me. He was about to turn and go so I shouted,

"Wait!"

He turned back and stared at me exasperatedly. That moment made me go cold, but I was to find out he was a gas of a man, being approachable and helpful.

"Because of the generous thing you did for me," I began, "I wish to give something back."

He nearly smirked – what could a peasant girl offer him?

"I offer my life and my service. I wish to work for you until my days pass." This made Duncan MacKenzie's heart swell – it was clear on his face. He beckoned me into his cart and we set off for MacKenzie Manor on the outskirts of Kirkcaldy in Fife.

When I arrived I was warmly greeted and bewildered by his modern style and taste. This was why he valued everyone in his home's worries, problems and difficulties. That included the guests and all of his servants.

A year later, in 1786, I checked MacKenzie's food supply and realised that he was missing the beef and the pork for his 'Bonnie Beef 'n' Pork Pie' – a classic MacKenzie meal – that evening. I informed him at once and he acted immediately, "Of course! Thank you Miss Fisher, would you be so kind as to go down to Central Kirkcaldy to get some, it is essential for my meeting with Lord Irwin this afternoon." He never referred to me as a maid, and always called me Miss Fisher. He smiled and made for the next room but I called after him, "Master MacKenzie! I'm supposed to be storing the tea properly – it's in a right mess – for Lord Irwin's arrival." MacKenzie thought for a moment, then he smiled and replied, "I shall go."

"But Master MacKenzie!" I cried, "You're the master of MacKenzie Manor! You don't run errands to buy pork!"

"And beef!" he called after me as he strutted happily down the spiral staircase to the front door!" Bewildered, I followed him; "But…but…but…Master MacKenzie! Why on earth would you…you know…go out?" "Miss Fisher," he called back, "This is an excellent opportunity to show off my new silk frock coat. Good day!" The door closed. I turned. Then left."

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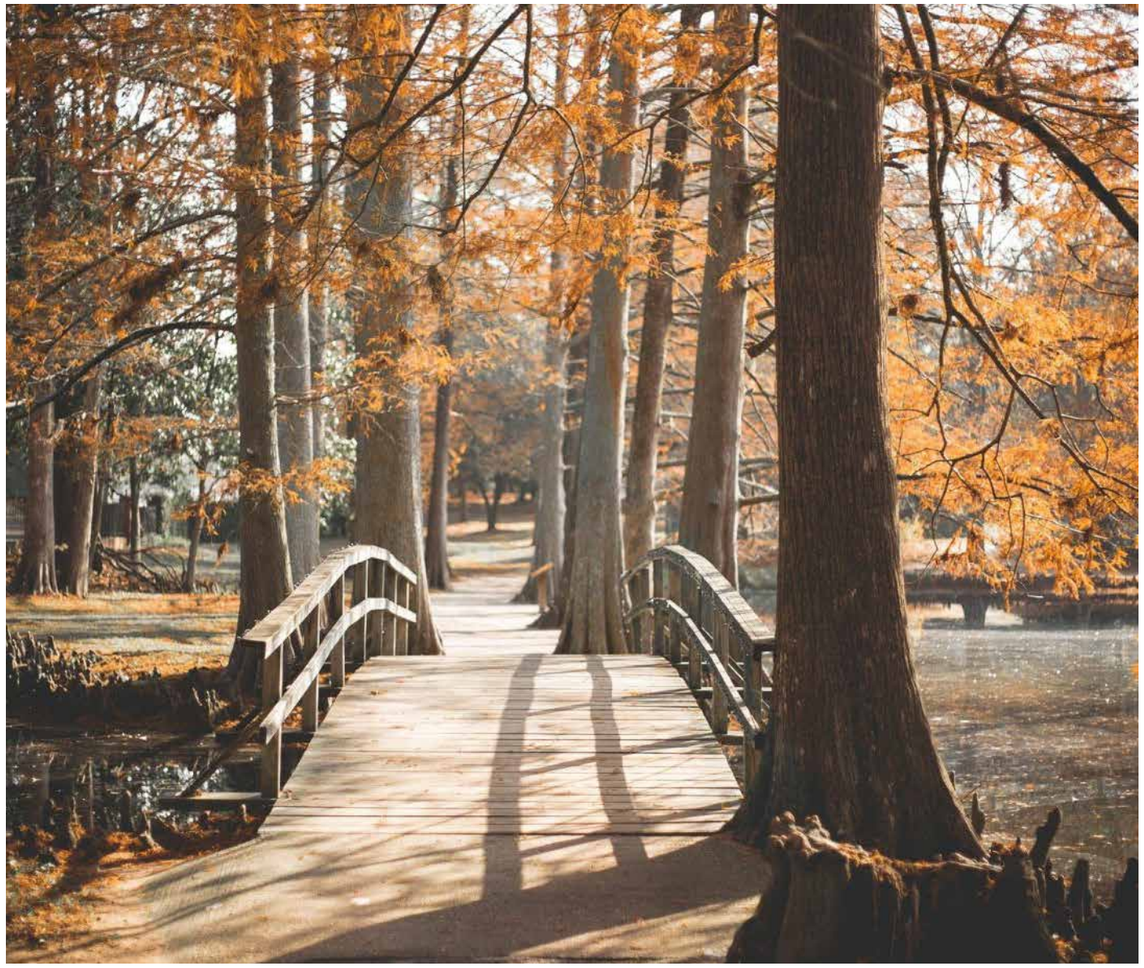
Farmor's Creative Writing Club - Continued



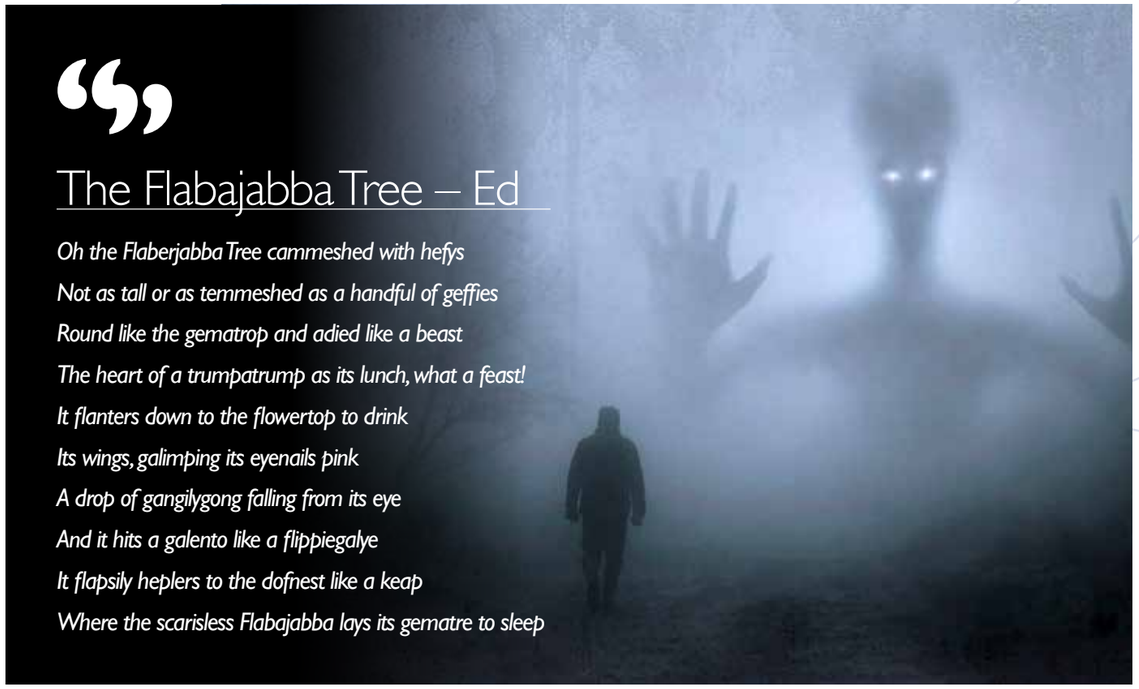
A Walk Along the River – Isolda Dennis

As I walked over the wooden bridge, the sound of my feet hitting the wooden slats echoed as it hit the water. The river beneath my feet was flowing fast, splashing against the banks. Mostly the mist covered the landscape around me only an occasional glimpse through the fog.

The trees lining the banks were weeping willows, draping over the river like clean washing on a line. The wind rustling through the bull rushes. They were whispering to each other. Communicating like you or I. Suddenly, I heard a disturbance in the water below. I strained my eyes to see a water rat climb onto a fallen tree, and then in the blink of an eye he was gone.

I heard the humming and splashing of swans taking off then I see them high up above my head. Then my vision fell upon a line of geese and goslings. The adults honking and the babies squawking; then the cackling of ducks. I glanced up to a tree and saw a cormorant sitting there like a vulture, watching, waiting. Then it spotted a fish gliding through the water like a silver torpedo, suddenly, it dived down and snatched it up out of the water.

I continued to cross the bridge and saw the tracks of humans and their canine companions. The smell of the river and mud cleared my nasal passages. I didn't meet another soul for the whole walk.



The Flabajabba Tree – Ed

Oh the Flaberjabba Tree cammeshed with hefys
Not as tall or as temmeshed as a handful of geffies
Round like the gematrop and adied like a beast
The heart of a trumpatrump as its lunch, what a feast!
It flanters down to the flowertop to drink
Its wings, galimping its eyenails pink
A drop of gangilygong falling from its eye
And it hits a galento like a flippiegalye
It flapsily heplers to the dofnest like a keap
Where the scarisless Flabajabba lays its gematre to sleep

From the Vaults

These images were sent to the school from Mr Trevor Rigg. Mr Rigg was a teacher here at Farmor's from 1971-1976.

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Goodbye Y11s...

What a fabulous day for leaver's day after all the rain. Y11 finished their time at Farmor's with style, the ice cream was delicious. It was a privilege to be with them on Wednesday signing shirts and enjoying the atmosphere. We wish them all the best for their future plans, whether they are returning here or going further afield.

We're going to miss you. Goodbye and good luck!

Farewell Y11 students!

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Good luck with your journey in education. We wish you all the best!

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Introducing your... Student Shadow Leadership Team

Oliver Kocharski

Hi, my name is Oliver, and I am the Head Boy. I am currently studying Biology, Chemistry and French. I enjoy swimming and reading, and I am hoping to study medicine at university.

Jemma Watkins

Hi, my name is Jemma, and I am the Head Girl. I'm studying Biology, French and Maths. I love plants and I am a black belt in Karate.

Saahen Shetty

Hi, my name is Saahen, I'm deputy head boy, and I study economics history and pe. I'm a 3-time county champion in badminton and enjoy playing the guitar.

Sophie Turner

Hi, I'm Sophie and I am currently deputy head girl. I am studying Art, Psychology and English Literature and I am a Grade 8 Singer and enjoy taking care of my plants in my spare time.

Talia Pope

Hi, I'm Talia Pope I'm one of the Student Presidents and I care about representing the student voice.

Lexie Nicol

Hello, my Name is Lexie Nicol, I am one of the student presidents, and I care about making a difference in the school.

Tabi Berry

Hi, I am Tabi Berry, and I am an Events Coordinator and Treasurer of the Events Team!

Immy Hobbs

Hi, I am Immy Hobbs, and I chair and represent the Events Committee

Kaylee Silen

My names Kaylee I'm part of the events committee. I enjoy sports and am planning on studying something science-related at university.

Hannah Clark

Hi, my name is Hannah, and I am part of the events team, specialising in marketing. I enjoy creative subjects, and I hope to do something related to art in the future.

Lily Bird

Hi, I am Lily, and I am part of the events committee.

Henry Pegg

Hi, I am Henry and I am Head of House for Keble

Jasmine H

Hi, I am Jasmine, and I am Head of House for Barker. Outside of school I play hockey, but I also enjoy painting and fashion design.

Grace Orgill

Hi, I am Grace, and I am Head of House for Tame, I love sport, especially netball. If you see me around school, come and say hello.

Maudie Orgill

Hi, my name's Maudie and I am managing the social media team at Farmors. In my spare time I love to play netball and socialising with friends

Rose Orgill

Hello, my name is Rose Orgill and I'm part of the social media team. Outside of school I enjoy playing netball and I'm always happy to help.

Annie Lloyd

Hi, my name is Annie, and I am on the Social Media Team.

Maddie Champion

My name is Maddie Champion and I'm part of the social media team here at Farmor's.

Theo Merrington

Hi, I am Theo, and I am on the social media team.

Ella Adams

Hi, I am Ella, and I am on the social media team.

Josh Stevenitt

Hi I am Josh Stevenitt, and I am on the social media team.

Annabelle Windett

Hi my name is Annabelle and I'm part of the social media team, in my spare time I enjoy playing tennis and spending time with friends.

Emily Skinner

Hi, I am Emily, and I am part of the events committee.

Farmor's School Open Events

Are you a Y6 parent looking to explore your options for the September 2022 intake?

Farmor's School would like to welcome you to our open events. We understand that the transition from primary school to secondary school is a big step and can be a worrying time for parents and pupils. We would like to help you in your decision making and answer any questions you may have by inviting you to our school for our very popular open evening and open mornings.

Don't forget to enter the dates below into your diary. Further details will be released in September. These dates are subject to the continued lifting of Covid19 restrictions and maybe subject to change.

For more information please contact Amanda Sampson, Admissions Administrator via asampson@farmors.gloucs.sch.uk

Open Evening: Thursday 30th September
Open Days: Monday 4th October & Tuesday 5th October

Y10 *Art:* Workshop

Year 10 Art students had the day off timetable on April 30th to work alongside Artist/educator Amanda Griffiths. The Art department were offered this great opportunity by Emily Bird, the education outreach officer for the Quenington Freshair Sculpture show.

The students had spent time before the workshop looking at the theme of Identity,

Collecting images and photos that reflected themselves, their interests, hobbies and aspirations. Alongside this, they were introduced to the work of the artist Peter Blake and started to create a mood board of images and drawings.

On the day Amanda encouraged the students to take risks, to "play" with paint and to listen to themselves when selecting colour, shapes and symbols.

They made large expressive acrylic paintings alongside some more experimental watercolour backgrounds for later work.

This workshop took the students out of their comfort zone, but also allowed them the space to relax and experiment without worrying too much about an outcome.

I can't wait to see how the work develops over the next term.

Ms Badger, Art Dept.

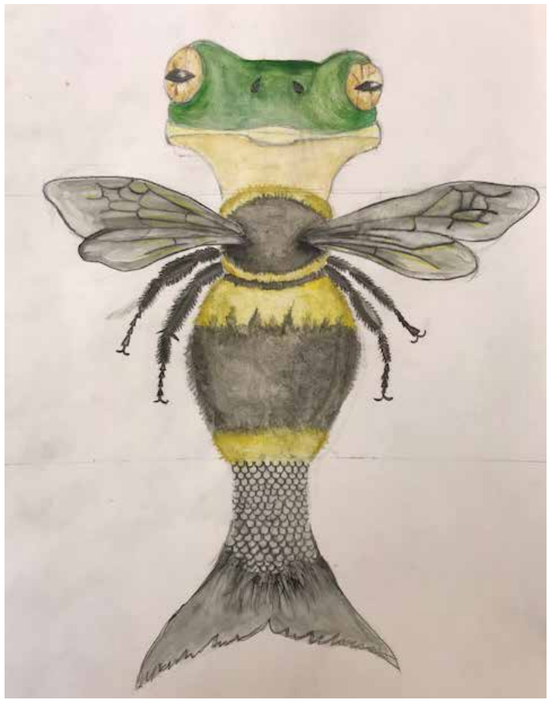
Y8 *Art*:

"Exquisite Corpse" insects

Taken from the Surrealist Art movement, an "Exquisite Corpse" is a method by which a collection of images is collectively assembled.

Year 8 classes had been studying Insects as part of their Spring term project producing detailed observational studies. They were then asked to create an exquisite corpse collage made from different insects and, in some cases, mammals. They drew these in pencil, looking closely at merging the different sections together. They then enlarged their drawings onto A3 paper applying watercolour paint and adding fine detail with watercolour pencils.

The following examples are just a few of the amazing outcomes produced.



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Y7 *Art*:

Sweet treats

As part of the year 7 project on "Sweet Treats" students focussed on Sweets and wrappers, observing the design and colour of sweet packaging and looking at the different styles of lettering. Once back in school after lockdown, we decided to start working on a larger scale out of sketchbooks and creating zoomed in paintings of sweet wrappers.

As seen, the work is expressive and almost abstract, showing only elements of the wrappers, but at the same time if you have a sweet tooth it is easy to tell what they are. Here are just a few of the fantastic examples of work created.

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Our 2021 Y11 Leavers

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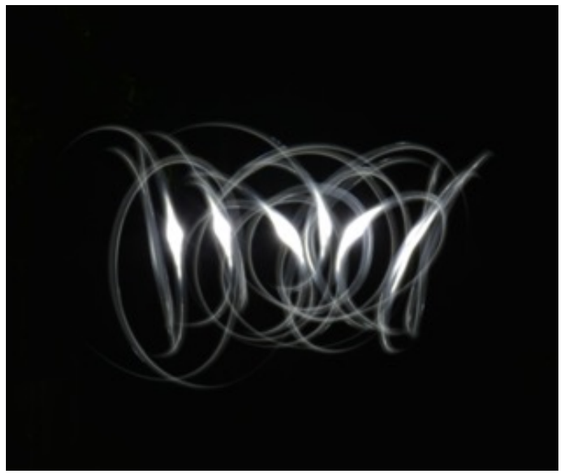
Y10 GCSE Photography Long Exposure Photography work

We have been learning about Long Exposure in Photography. You have to set your digital camera to TV or S mode, which allows you to control the time value of the camera. The shutter is opened for 4 to perhaps 10 seconds, and the camera captures what happens in the time the lens is open. This is a great technique to learn and is a lot of fun. Here are some images taken by the Y10's in May 2021.

Dan Miles-Ronson – Glow stickst ▲

Kai De'Witt – A419 Light Trails ▲



Sal Stone – Torch Crown ▲

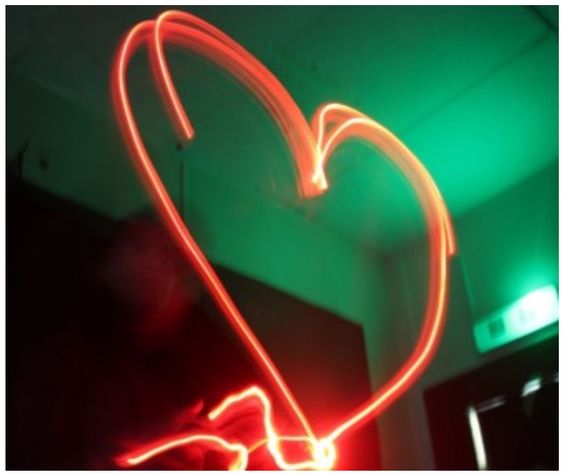
Kai De'Witt – A419 Light Trails ▲

Jack Morgan – Rural Light Trails ▲

Calum Guess – Light Trails ▲

Chloe Finch – Mini Sparkler ▲

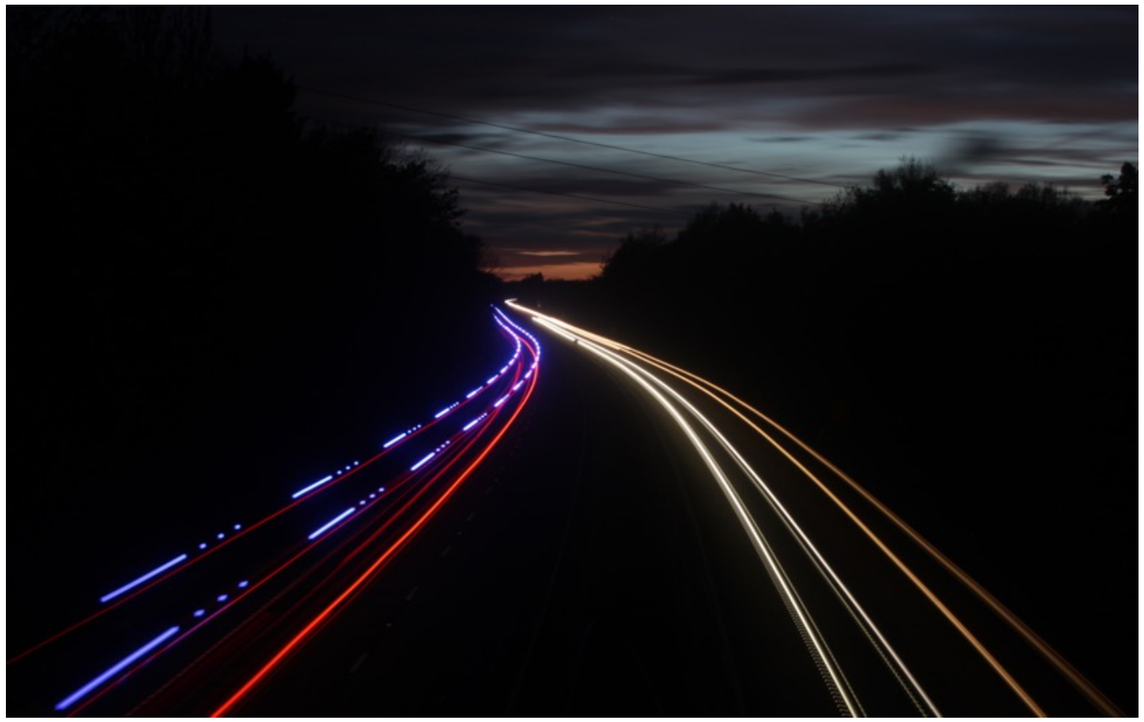
Kieran Flood – Experimental long exposure work ▲



Katherine Bown – Heart in finger lights ▲

Tilley Padley – IPhone Angel ▲

Y10 GCSE Photography - Long Exposure Photography Work - Continued



Poppy Reeves – Light trails on the A419 ▲

Arcylic and Watercolour Work

Y9 Art students have been inspired by Frida Kahlo's painting 'What The Water Gave Me'. The students created compositions of a bath of objects, these objects represented their identity floating around in the water.

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10 Black & White Landscape work - Taken during lockdown 2021

Morgan Church – St Andrews Ridge ▲

Isabel Shepherd – The Mill Fairford ▲

Bethan Grant – Pool of water near Hannington ▲

Isobel Stewart – Highworth Golf course ▲

Y10 Black & White Landscape Work - Continued

Jonty Plant – Down Ampney ▲

Tilley Young – Foggy landscape ▲

Cameron Stringer – Woodland landscape ▲

Poppy Reeves – Reflected trees ▲

DofE AWARDS
FARMOR'S SCHOOL

Bronze Practice Expedition

After a tough year and lots of cancelling, we were finally able to get the Y9 & the rearranged Y10 Bronze DofE expeditions completed!

Year 10

Back in October, 81 pupils from year 10 completed their Bronze qualifying expedition. After a tough time and the stresses of lockdown/ home learning bought, it was great that we could get the expedition rearranged for them shortly after returning to school. All groups were in high spirits and happy to finally feel a small sense of normality again! The groups walked around 16-18km each day of the expedition and were required to cook their dinner on a trangia, set up and take down the tents even though they were unable to stay over due to COVID-19 restrictions.

As always, it is an absolute pleasure to be part of a trip with this year group. They put 110% into everything they do and always have a smile on their face when they are. It was a breath of fresh air to see them out working together after such a long time being away from the school environment. Well done and a big thank you to all the participants, H5 adventure, parents for assisting with getting the pupils to and from the locations and the school staff for giving up their time. Bring on Silver DofE next year!

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DofE AWARDS

FARMOR'S SCHOOL

Continued.

Year 9

More recently, on 14th & 15th May 116Y9 pupils completed their Bronze DofE expedition. This was a record number of pupils completing a bronze expedition in Farmor's history with 17 groups in total! The weather was on our side for the first day and continued to brighten up during the day, which added to the sunny spirits of all groups. They walked a total of 16km on the first day and a similar distance on the second day. Once they arrived in camp, they were still required to cook their dinner on a trangia, set up and take down the tents even though they were unable to stay over due to COVID-19 restrictions.

We cannot praise the Bronze participants enough for their positive attitudes and resilience over this expedition, especially when the rain came on the Saturday. They outshone all expectations, and we even had a member of the public who bumped into a few groups during a walk, call the school to say how impressed they were by the pupil's positive nature, politeness, and respect! They really were a credit to themselves and the school. The trip has been such an important part of getting their lives back to normal. A big thank you to all the participants, H5 adventure, parents for assisting with getting the pupils to and from the locations and the school staff for giving up their time. Bring on Silver DofE next year!

Silver Practice Expedition

In April 2021, we finally managed to get the Silver qualifying expedition completed after having to rearrange a couple of times! Our silver cohort had a tough couple of days, with some late finishes on the first two of the three days. A clear step up from Bronze, but it didn't dishearten the groups. They showed fantastic resilience and grit throughout the expedition, with a couple of nasty blisters to show for it! Well done and hopefully see you all at Gold!

Focus on Farmor's

As the Summer term begins we want to focus on what students have been able to achieve despite the restrictions we have all been under, rather than dwell on what we have not been able to do!

For this issue of Focus on Farmor's, students across the school were asked to send me information about their sporting performances outside of school, ideally with a strong focus on summer activities such as cricket, tennis and athletics. As you can read below many of our students are competitive across a range of sports, with some specialising in one, or sometimes two sports at elite standards. This pandemic has not stopped our AMAZING students achieving at the highest levels, even with very few competitive opportunities.

If your child is performing or competing in a summer based sporting activity outside of school and they have not come forward to let me know, then please do e mail me and fill me in on their achievements so that we can celebrate them as well.

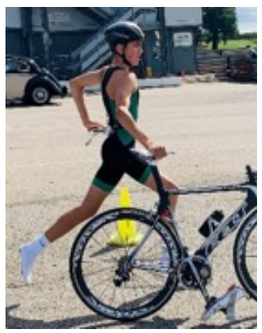
Email: **rprice@farmors.gloucs.sch.uk**

Fletcher Hart:

Age:	**15/Year 10**
Sport:	**Athletics, 1500m & 3000m**
Representation:	**National for XC and regional for track.**
PB:	**1500, matched the yr8 school record, PB is 4:27**
Best performance:	**Came 24th at the English schools XC with 300+ people in the race.**
Best post sport snack:	**Bacon roll from the food van at events!**
Sporting idol:	**The Norwegian youngster Jakob Ingebrigtsen.**
Future aspirations:	**One day become an Olympic medalist.**

Ella Spencer

Age:	**13 / year 8 / I currently complete in the U15 age group**
Sport:	**Athletics 800 and 1500m**
Representation:	**Wiltshire & Gloucestershire Inter Counties Cross Country**
PB:	**4:58 - 1500m. This placed me 5th in the UK in 2020 for U13 girls**
Best performance:	**Breaking 5 mins for 1500m last year**
Best post sport snack:	**Chocolate milkshake**
Sporting idol:	**Laura Muir**
Future aspirations:	**I would like to compete at the English Schools Athletics Competition**



Tom Whetton

Age:	**15/Year 10**
Sport:	**Triathlon**
Representation:	**U16 GBR – Youth A**
PB:	**1500m 4:30**
Best performance:	**Oldbury triathlon 2021- 1st**
Best post sport snack:	**Peanut butter on toast**
Sporting idol:	**Alex Yee**
Future aspirations:	**Olympics 2028/2032**

Meg Lloyd

Age:	**13 / year 8**
Sport:	**Athletics**
Representation:	**County**
Best performance:	**Representing Gloucestershire at the National Champs**

Isolda Dennis

Age:	**15/Year 10**
Sport:	**Cricket**
Representative level:	**District**
Best performance:	**Taking my first wicket playing for the ladies team.**
Best post sport snack:	**Apple slices**
Sporting idol:	**Ben Stokes**
Future aspirations:	**I would like to score a century in a match.**

Lucy Tuke-Hastings

Age:	**12/Year 7**
Sports:	**Cricket and hockey**
Representative Level:	**District (cricket) County (hockey)**
Best performance:	**Coming 2nd at the Hockey county Cup**
Sporting memory:	**Penalty flicks in the county cup, I saved 2.**
Best post sport snack:	**Banana/ cereal bar**
Sporting idol:	**Amanda Ferebee**
Future aspirations:	**To get into the u14s regionals or even nationals in hockey. I would also like to win a game(s) of cricket in the cricket county matches this year.**

Olivia Adkins

Age:	**12/Year 8**
Sport:	**Tennis**
Representative Level:	**County, Regional & National – Most recently County – yellow ball**
Best performance:	**Winning an U16's when I was in U12's, I was very happy that day!**
Best post sport snack:	**Smoothie, banana or flapjack**
Sporting idol:	**Rafa Nadal**
Future aspirations:	**To play in America or in the National league.**

William Merrett

Age:	**15/Year 10**
Sport:	**Cricket & Football**
Representative Level:	**I play for the Gloucestershire County U15 cricket team. I have been playing for them for the past 3 seasons. I am fast bowler and middle order batsman. Each year I have to go through a selection process to both gain a place in the Winter performance program and then again to become a member of the Summer squad. The Winter programme involves weekly 2 hour net sessions which run for 12 weeks, and the Summer season includes fixtures against counties including Somerset, Hampshire, and Wales. In addition this Winter I was selected for the Emerging Players Programme which as the Gloucestershire CCC website says is "there to help develop the most promising players aged between 13 and 18 in Gloucestershire". As part of this programme I receive extra technical training.** **I also play and train with the Forest Green Rovers U15 Academy. We train 3 times a week and play against other academies such as Aston Villa, Wolves and Oxford. Fitness is key and we put a lot of work into achieving this either in the gym or on the training field**
Best performance: (s)	**Cricket: Taking 3 wickets against Yorkshire (who are a very strong side and who were at the time very well set) to help win the game.**
Football:	**Playing for the U18's at FGR**
	A bag of skittles
Sporting idol:	**Ben Stokes & Wayne Rooney**
Future aspirations:	**To be a professional sportsman**

Poppy Abercrombie

Age:	**12/Year 7**
Sport:	**Athletics**
PB:	**150m - 20.9 (UK 5th)**
	100m - 13.89 (UK 13th)
	Shotputt- 8.09 (UK 3rd)
Best performance:	**Competing in the 150m in Swindon and achieving my PB**
Best post sport snack:	**Banana**
Sporting idol:	**Jessica Ennis**
Future aspirations:	**To win an Olympic gold!**

Billy Dickinson:

Age:	**14/Year 9**
Sport:	**Athletics & Football**
Representation:	**Athletics National standard & Football JPL**
PB:	**Hammer 45.65m Shot 11.91m**
Best performance:	**South West Athletics Champs – beating the shot putt record**
Best post sport snack:	**Jaffa cakes**
Sporting idol:	**Calum McDonald - my cousin, who was brilliant at sport and supported me in every sport I participated in**
Future aspirations:	**Compete at English schools and win a medal and hopefully beyond!**

Livi Bayless

Age:	**12/Year 7**
Sport:	**Cricket**
Representative level:	**U13 County development**
Best performance:	**Being picked for the county**
Best post sport snack:	**Apple**
Sporting idol:	**England Women's cricket captain – Heather Knight.**
Future aspirations:	**I also love long distance running and I hope to beat the Y7 record for 1500m on sports day.**

S. Wildern

European Qualifier SW

WELCOME TO ASPENS

We are delighted to be the chosen caterer for your school.

WHAT'S ON THE MENU?

We have a range of menus and food offers to keep students fuelled for learning.

Attitudes and expectations around food are increasingly influenced by the high street and they now eat a much wider variety of food than ever before - so we make sure we keep up with their tastes!

We engage with our school cooks and chefs to create new menus, which places food that excites them right at the forefront. Global cuisine, customisation and food on the move have overtaken traditional meals, but there is still a place on our menu for familiar favourites!

Great tasting healthy food

Great food begins with great people, cooking fresh food using quality ingredients - that's Aspens!

An honest and successful British owned and operated company, we specialise in providing catering services to schools and colleges across the UK and pride ourselves in strong relationships with students, parents and school teams.

We are one team, with the same goal – to provide a great catering service to our customers and enjoy what we do. We share a commitment to quality, a concern for the environment and a belief in the importance of people and teamwork.

Our approach to food sourcing focuses on sustainability, seasonality and provenance, underpinned by food safety and due diligence. We have built great relationships with our regional supply chains; this ensures that we source the best quality products at a competitive price. By utilising robust suppliers we can ensure we have the right products available, that they are ethically sourced, traceable and safe.

We engage with our fresh food suppliers to ensure that we promote the use of British seasonal produce, understand who our growers and farmers are and cascade the message of how we source back to our clients and customers.

Research increasingly demonstrates the need for good nutrition across all age groups and a balanced diet reduces the number of nutrition-related illnesses in young people.

Our menus are enjoyable as well as nutritious. We play an important role in promoting a well-balanced diet and setting pupils on the right track for later life.

World KITCHEN

Sample Menu

Aspens

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL DISH	**Bangers & Mash** Pork sausage with mash, peas and onion gravy	**Burger Bar** Patty & Bun with Sriracha dirty slaw and dusted wedges	**Roast Chicken** Served with crisp roasties, seasonal cabbage and gravy	**Chicken Curry** Marinated chicken thigh in a mild curry sauce with rice Cucumber raita and Kachumber	**Chicken Quarter Pounder & Chips** Breaded chicken in a bun with chips and peas
VEGGIE DISH	**Bangers & Mash** Quorn sausage with mash, peas and onion gravy	**Burger Bar** Vegetarian patty & Bun with Sriracha dirty slaw and dusted wedges	**Creamy Quorn pie** Quorn & Veg puff pie with crisp roasties, seasonal cabbage and gravy	**Sweet Potato Balti** Lightly spiced sweet potato, chickpea and lentil curry with rice, cucumber raita and Kachumber	**Beet Burger** Beetroot & feta burger with mint yoghurt green salad and chips
Hot DELI	Our Hot Deli Range includes fresh dough pizzas, pasta & noodle pots, filled jacket spuds & paninis hot chicken wraps, wings & dusted wedges. We rotate our range throughout the week.				
DELICIOUS DESSERTS	**Old school sponge and custard**	**Sticky orange cake**	**Baked American style cheesecake**	**Chocolate brownie**	**Ice cream tub**

WORLD KITCHEN

World Kitchen is our traditional hot food offer. Our exciting weekly menu is based on food from around the world and includes a range of hot and tasty puddings.

Cold DELI

We have a great range of homemade savoury and sweet items. Freshly baked baguettes, rolls, wraps, sandwiches and salads. For afters ... a range of cold desserts, homemade cakes, biscuits and fruit pots.

Hot DELI

Our range of hot deli items includes hot marinated chicken wraps, paninis, topped jackets, freshly prepared pizza slices and fresh pasta with a variety of homemade sauces.

PROMOTIONS AND OFFERS

Our promotions are created to give our customers the opportunity to try new products, demonstrate value for money, increase loyalty and encourage use of the service at different times of the day. We offer rewards such as discounted prices, free fruit, treats, drinks or money off vouchers.

We also hold a range of theme days to keep the menu exciting!

Aspens

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sport

Farmor's School
AN ACADEMY

Focus on Farmor's - Sports

See pages 30 to 33.