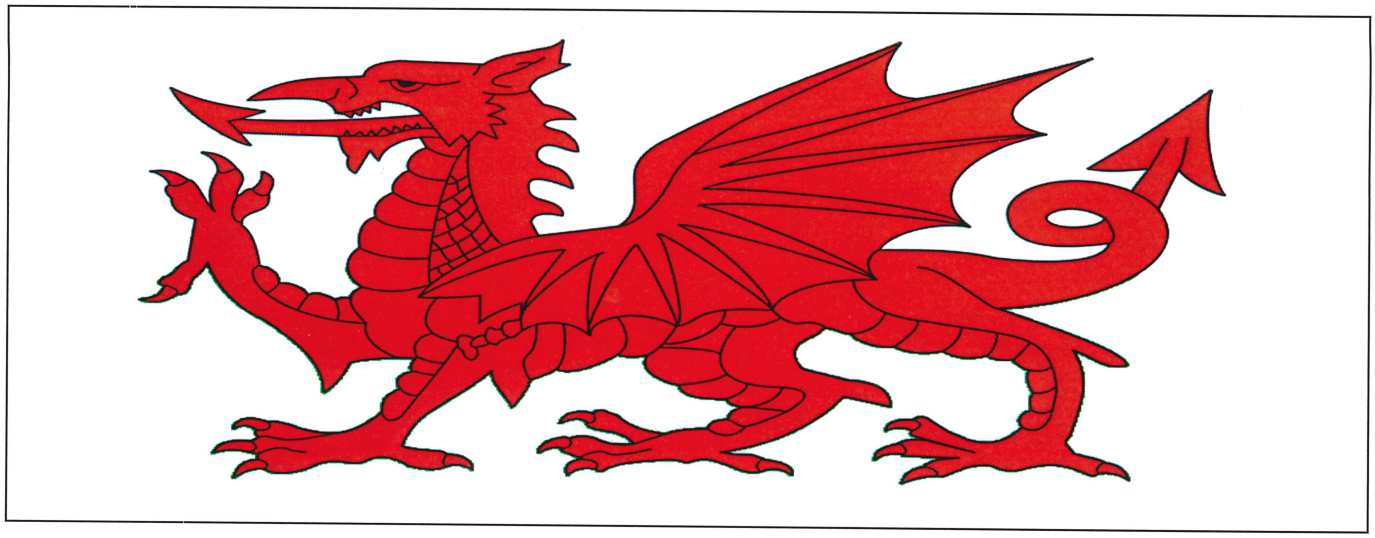

Maes Ebbw School

Newsletter

16th October 2026

Dear Parents and Carers

This week we celebrated Welsh culture and enjoyed outdoor activities in the autumnal sunshine.

Classes explored items that represent Welsh culture, used Welsh colours in art sessions and made some wonderful Welsh craft pieces. Pupils also shared their beautifully baked Welsh goodies, which were delicious – blasus!

Reminder - Flu Vaccinations 20.10.2026 – Reception to Year 11

If you have not already done so, please complete the nasal flu spray vaccine consent previously sent via text message. This should also be completed if you do not want your child to have the vaccine.

The School Nursing Immunisation Team will be administering vaccines in school on Tuesday, 20 October 2026.

If you have any questions/queries regarding immunisations please contact 01633 431685.

Parent Group – Respite Support

Please join us for parent group on Wednesday 21 October to share your views on respite support. Practice Solutions are working with stakeholders from across Newport to understand how short breaks/respite support would benefit our parents. They would like to hear from parents and carers about the types of support they want and need. Does this look like more overnight provision? More specialists provision? Transport? Holiday clubs? Evenings and weekends? Or is it something different entirely - support with cleaning, shopping, prescriptions, school runs?

Please come along to share your views 9:30-11.00am.

New Menu

The new Autumn Winter Menu is attached and starts after half term.

Family Play Session – October Half Term

There will be two sessions per week, morning and afternoon held at **Llanwern High School**.

Places are limited and will be allocated on a first come first served basis.

Each individual attending the session will require a ticket.

Tickets can be booked from **Monday 12th October 2026** using the following link: https://www.eventbrite.com/e/family-play-disabled-childrens-team-chwarae-ir-teulu-tim-plant-anabl-tickets-2001860093428?aff=oddtdtcreator.

If you have any queries, please contact via children.withdisabilities@newport.gov.uk.

LLAIS – Your voice in health and social care

Share your experience of the Emergency Department at The Grange University Hospital – details attached.

Welsh Words of the Week

Shwmae - Hello

Autumn Term Dates and Inset Days

October Half Term: Monday 26th October – Friday 30th October

Inset Day: Monday 2nd November

End of Term: Friday 18th December

AUTUMN/WINTER 2026

FRESH! NUTRITIOUS TASTY FRUITY!

Chartwells Schools

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES OPTION 1	Cheese & Tomato Pizza with Potato Wedges, Sweetcorn & Mixed Salad V	Beef Meatballs in Tomato Sauce with Wholewheat Pasta, Sweetcorn & Peas H	Roast Chicken With Roast Potatoes, Stuffing, Broccoli, Carrots & Gravy H	BBQ Cheesy Chicken With Potato Wedges, Peas & Carrots H	Fish Fingers With Chips or Potato Wedges, Peas & Baked Beans
HOT DISHES OPTION 2	Vegan Meatball in Tomato Sauce with Wholewheat Pasta, Sweetcorn & Mixed Salad Ve	Veggie Sausages with Wholewheat Pasta, Sweetcorn & Peas V	Quorn Roast With Roast Potatoes, Stuffing, Broccoli, Carrots & Gravy V	Sweet Potato and Lentil Curry with Wholegrain Rice, Carrots & Peas	Veggie Fingers With Chips or Potato Wedges Peas, Baked Beans V
HOT DISHES OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta V	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta V	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta V	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta V	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta V
	HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD				
DELI DISHES OPTION 4	Jacket Potato With Cheese or Beans & Salad V	Jacket Potato with Beef Chilli or Tuna Mayo & Salad	Jacket Potato With Cheese or Beans & Salad V	Jacket Potato With Cheese or Beans & Salad V	Jacket Potato With Cheese or Beans & Salad V
DELI DISHES OPTION 5	Cheese Roll	Cheese Panini V	Tuna and Cheese Melt Panini	Cheese Panini V	Cheese Roll
	DELI DISHES ARE SERVED WITH MIXED SALAD				
DESSERT	Yoghurt with Fruit Slices	Lemon Cookie with Fruit Slices	Apple & Golden Syrup Sponge with Fruit Slices	Chocolate Marble Cake with Fruit Slices	Yoghurt with Fruit Slices

W/C 02/11/2026, 23/11/2026, 14/12/2026, 04/01/2027, 25/01/2027, 15/02/2027, 08/03/2027

AVAILABLE DAILY — FRESH FRUIT, SALAD, YOGHURT AND WATER — BAKED POTATOES With a choice of topping V

V Vegetarian Ve Vegan Oily Fish Fruity! Wholegrain Nutritionist's Choice H Halal Available

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

WEEK 1 WEEK 2 WEEK 3

AUTUMN/WINTER 2026

FRESH! NUTRITIOUS TASTY FRUITY!

Chartwells Schools

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES OPTION 1	Cheese & Tomato Pizza with Potato Wedges, Carrots & Sweetcorn V	Pork Sausages With Mashed Potato, Peas, Green Beans & Gravy H	Roast Chicken With Roast Potatoes, Stuffing, Cabbage, Carrots & Gravy H	Chicken Tikka Masala with Wholegrain Rice, Green Beans & Sweetcorn H	Fish Fingers With Chips or Potato Wedges, Peas & Baked Beans
HOT DISHES OPTION 2	Macaroni Cheese with Carrots & Sweetcorn V	Vegan Meatball in Tomato Sauce with Wholewheat Pasta, Green Beans & Peas	Quorn Roast With Roast Potatoes, Stuffing, Cabbage, Carrots & Gravy V	BBQ Vegetable Pizza with Potato Wedges, Green Beans & Sweetcorn V	Veggie Fingers With Chips or Potato Wedges Peas, Baked Beans V
HOT DISHES OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta V	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta V	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta V	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta V	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta V
	HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD				
DELI DISHES OPTION 4	Jacket Potato With Cheese or Beans & Salad V	Jacket Potato With Cheese or Tuna Mayo & Salad	Jacket Potato With Cheese or Beans & Salad V	Jacket Potato With Cheese or Beans & Salad V	Jacket Potato With Cheese or Beans & Salad V
DELI DISHES OPTION 5	Cheese Roll	Cheese Panini V	Tuna and Cheese Melt Panini	Cheese Panini V	Cheese Roll
	DELI DISHES ARE SERVED WITH MIXED SALAD				
DESSERT	Yoghurt with Fruit Slices	Banana Cake with Fruit Slices	Berry Blondie	Chocolate Fudge Cake with Fruit Slices	Yoghurt with Fruit Slices

W/C 09/11/2026, 30/11/2026, 11/01/2027, 01/02/2027, 22/02/2027, 15/03/2027

AVAILABLE DAILY — FRESH FRUIT, SALAD, YOGHURT AND WATER — BAKED POTATOES With a choice of topping V

V Vegetarian Ve Vegan Oily Fish Fruity! Wholegrain Nutritionist's Choice H Halal Available

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

WEEK 1 WEEK 2 WEEK 3

AUTUMN WINTER 2026

FRESH! NUTRITIOUS TASTY FRUITY!

Chartwells Schools

HOT DISHES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Cheese & Tomato Pizza with Potato Wedges, Sweetcorn & Mixed Salad	BBQ Chicken with Potato Wedges, Peas & Sweetcorn	Roast Chicken With Roast Potatoes, Stuffing, Cabbage, Carrots & Gravy	Beef Bolognese with Wholewheat Pasta, Sweetcorn & Mixed Salad	Fish Fingers With Chips or Potato Wedges, Peas & Baked Beans
OPTION 2	Beany Chilli with Wholewheat Pasta, Mixed Salad & Sweetcorn	Macaroni Cheese with Peas & Sweetcorn	Quorn Roast With Roast Potatoes, Stuffing, Cabbage, Carrots & Gravy	BBQ Vegetable Pizza with Potato Wedges, Mixed Salad & Sweetcorn	Veggie Fingers With Chips or Potato Wedges Peas, Baked Beans
OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD

DELI DISHES

OPTION 4	Jacket Potato With Cheese or Beans & Salad	Jacket Potato With Cheese or Tuna Mayo & Salad	Jacket Potato With Cheese or Beans & Salad	Jacket Potato With Cheese or Beans & Salad	Jacket Potato With Cheese or Beans & Salad
OPTION 5	Cheese Roll	Cheese Panini	Tuna and Cheese Melt Panini	Cheese Panini	Cheese Roll

DELI DISHES ARE SERVED WITH MIXED SALAD

DESSERT	Yoghurt with Fruit Slices	Chocolate Brownie with Watermelon Slices	Strawberry Ice Cream with Fruit Slices	Chocolate Sponge with Fruit Slices	Yoghurt with Fruit Slices

W/C 16/11/2026 07/12/2026 18/01/2027 01/03/2027

AVAILABLE DAILY

FRESH FRUIT, SALAD, YOGHURT AND WATER

BAKED POTATOES With a choice of topping

WEEK 1
WEEK 2
WEEK 3

V Vegetarian VG Vegan Oily Fish Fruity! Wholegrain Nutritionist's Choice H Halal Available

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

Rhannwch eich profiad o'r Adran Achosion Brys yn Ysbyty Athrofaol Y Faenor

Bydd eich adborth yn ein helpu i ddeall beth sy'n gweithio'n dda a lle mae angen gwellaiannau.

Share your experience of the Emergency Department at The Grange University Hospital

Your feedback will help us understand what is working well and where improvements are needed.

LLAIS

Eich llais chi mewn iechyd a gofal | Your voice in health and social care



01633 838516

rhanbarthgwent@llaiscymru.org
gwentregion@llaiscymru.org