



October 2020

# The RGS Mail

Dear Families, Students and Old Scholars

I am looking forward to seeing the parents/carers and of course the students who have won awards, certificates and prizes this year at our forthcoming prizegiving event on Thursday 15<sup>th</sup> October. I do hope that parents/carers can come along to support our students. We are delighted that His Excellency, Lieutenant Governor Sir Richard Gozney and the Minister for Education, Dr Allinson will be amongst the invited guests. As you know this will be my last Prizegiving address as Headteacher of Ramsey Grammar School.

The process to select my successor is now underway and, as I have previously stated, will be concluded by the end of the first week back after half term. I can honestly say that the successful candidate will be taking over a fantastic school with genuinely friendly and hardworking students and a talented and committed group of teachers and support staff.

On a different note entirely, we have had a few queries about our food provision at lunchtime and this has brought to all of our attention the need to promote healthy eating. I have been paying more than usual attention to student choice of food in the canteen whilst on lunchtime duty, and am frequently horrified by the poor choice that some students make. To that end I am devoting this edition of RGS mail to the topic of healthy eating, taking the opportunity to publish sample menus from our canteen to encourage a dialogue around this between yourselves and your children at home. The NHS “Live Well Eat Well” website has some excellent advice which tells us all how to have a healthy balanced diet. According to the website people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day (see [5 A Day](#))
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- [drink plenty of fluids](#) (at least 6 to 8 glasses a day)

You will find more information about all of this by clicking on this link [NHS Live Well Eat Well](#), some information from the website is included in this edition.

Just a reminder as per the letter sent out to Key Stage 4 parents, we have changed the rota in the west dining room (see below menus) to allow older students the chance to have first choice of what is available in the dining room at lunchtime. Please encourage your child/children to read the information on the website so that they can make the right choices.

Mrs A G Baker  
Headteacher

**Ramsey Grammar School Food Hall**



## West / Sample Menu

### Monday

Tomato & Basil Soup (gf) (v)  
Southern Fried Chicken Wrap with Salad & BBQ sauce  
Meat & Potato Slice & vegetables (v)  
Chicken Tikka Masala & Rice (gf)  
Roasted Vegetable Stuffed Peppers (v)

### Tuesday

Mushroom Soup (gf) (v)  
Sausage Baps / bacon baps  
Breaded Haddock Fillet (gf)  
Beef lasagne mixed salad & coleslaw (gf)  
Vegetable Spring Rolls & Sweet Chilli Sauce (gf) (v)

### Wednesday

Broccoli & Stilton Soup (gf)  
Hunters Chicken, Mixed Salad & Coleslaw (gf)  
Sausage Roll  
Beef & Herb Meatballs in Tomato sauce with Pasta  
Broccoli & Cheese Quiche (v)

### Thursday

Sweet Potato & Coconut soup (gf) (v)  
Cheese Burger Bap  
Roast of the Week / vegetables & potatoes (gf)  
Sweet & Sour Chicken & Rice  
Mushroom & Spinach Frittata (v)

### Friday

Courgette & Spinach Soup (gf) (v)  
Cheese & tomato Pizza (gf)  
Beef & Mixed Bean Chilli & Rice (gf)



## Ramsey Grammar School

### West Dining Room

Along with the main lunch menu the following options are available:

- Freshly made sandwiches
- Jacket Potatoes with Various Fillings
- Salad Boxes with Various Toppings
- Fresh Fruit and Assorted Fruit Pots

Sweet treats available for a treat (not for everyday)

All sandwiches are available on gluten free bread they just need to be pre-ordered at Break time

## Ramsey Grammar School

### East Dining Room

The East Dining Room is slightly different, however available every day is:

- Fresh Homemade Soup
- Jacket Potatoes with Various Fillings
- In addition, a selection of sandwiches, Baguettes & Wraps all made fresh to order

**Students can dine in either of the dining rooms**

**Special dietary Requirements Catered for Please Just See a Member of the Catering Team**

### **Lunchtime Rota West Canteen**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Sitting 1	8	10	7	11	9
Sitting 2	All Years	All Years	All Years	All Years	All Years
Sitting 3	No Lunch Card	No Lunch Card	No Lunch Card	No Lunch Card	No Lunch Card



## 5 A Day: what counts?

**Almost all fruit and vegetables count towards your 5 A Day, so it may be easier than you think to get your recommended daily amount.**

At a glance: what counts?

- **80g of fresh, canned or frozen fruit and vegetables** counts as 1 portion of your 5 A Day. Opt for tinned or canned fruit and vegetables in natural juice or water, with no added sugar or salt.
- **30g of dried fruit** (this is equivalent to around 80g of fresh fruit) counts as 1 portion of your 5 A Day. Dried fruit should be eaten at mealtimes, not as a between-meal snack, to reduce the risk of tooth decay.

Some portions only count once in a day:

- **150ml of fruit juice, vegetable juice or smoothie.** Limit the amount you drink to a combined total of 150ml a day. Crushing fruit and vegetables into juice and smoothies releases the sugars they contain, which can damage teeth. Juices and smoothies should be consumed at mealtimes, not as a between-meal snack, to reduce the risk of tooth decay.
- **80g of beans and pulses.** These only count once as part of your 5 A Day, no matter how many you eat. This is because although they're a good source of fibre, they contain fewer nutrients than other fruits and vegetables

Different types of fruit and veg

Fruit and vegetables don't have to be fresh to count as a portion. Nor do they have to be eaten on their own: they also count if they're part of a meal or dish.

These all also count towards your 5 A Day:

- Frozen fruit and vegetables.
- Tinned or canned fruit and vegetables. Buy ones tinned in natural juice or water, with no added sugar or salt.
- Fruit and vegetables cooked in dishes such as soups, stews or pasta.
- A 30g portion of dried fruit, such as currants, dates, sultanas and figs, counts as 1 of your 5 A Day, but should be eaten at mealtimes, not as a between-meal snack, to reduce the impact on teeth.
- Fruit and vegetables in convenience foods, such as ready meals and shop-bought pasta sauces, soups and puddings.

Some ready-made foods are high in [salt](#), [sugar](#) and [fat](#), so only have them occasionally or in small amounts.

You can find the salt, sugar and fat content of ready-made foods on the label.

[Find out more about food labels](#)

## Drinks and 5 A Day

- Keep an eye on the amount of fruit juice and smoothies you drink. The current advice is to limit consumption of fruit or vegetable juices and smoothies to a combined total of 150ml a day (1 portion). Crushing fruit into juice releases the sugars they contain, which can damage teeth. Even unsweetened fruit juice and smoothies are sugary, so limit these to a combined total of 150ml a day.
- Diluting 150ml of fruit juice with water (still or sparkling) can make it go further.

Remember to keep fruit juice and smoothies to mealtimes to reduce the impact on teeth.

For more details, see [5 A Day FAQs](#).

## Do potatoes count towards my 5 A Day?

No. Potatoes are a starchy food and a great source of energy, fibre, B vitamins and potassium.

In the UK, we get a lot of our [vitamin C](#) from potatoes. Although they typically only contain around 11 to 16mg of vitamin C per 100g of potatoes, we generally eat a lot of them.

When eaten as part of a meal, potatoes are generally used in place of other sources of starch, such as bread, pasta or rice. Because of this, they don't count towards your 5 A Day.

Other vegetables that don't count towards your 5 A Day are yams, cassava and plantain. They're also usually eaten as [starchy foods](#).

Sweet potatoes, parsnips, swedes and turnips do count towards your 5 A Day because they're usually eaten in addition to the starchy food part of the meal.

Potatoes play an important role in your diet, even if they don't count towards your 5 A Day. It's best to eat them without any added salt or fat.


They're also a good source of fibre, so leave the skins on where possible to keep in more of the fibre and vitamins.

For example, if you're having boiled potatoes or a jacket potato, make sure you eat the skin, too.



Last year, with the support of DESC, we were delighted to launch the Safer Schools App at Ramsey Grammar School.

The Safer Schools App helps to educate, empower and protect children and those charged with helping to keep them safe as we navigate the world of technology and social media in school, in the community and at home.

We advise that you download the Safer Schools App from the App Store (iOS) or Play Store (Android) (It looks like this ). When you have downloaded it please type in Ramsey Grammar School (and please allow notifications) and then enter the parent and carer entry code: 7675.

We are still developing the further personalisation of the app for RGS however you can explore and access content within the app, including links to the RGS website.

We are also promoting the student and staff versions of the app in school so that all of us have access to the most up to date and quality assured advice and information in all areas of keeping safe on and off line.

Should you wish to discuss anything or have ideas for further development, please get in touch with Mr Corrin in school.

# Year 7

## Life Matters

On Friday 2<sup>nd</sup> October, Year 7 students took part in an RMPS (Religious, Moral & Philosophical Studies) transition event called 'Life Matters'. This is a transition event that is run in Secondary Schools Island wide and with a great success rate. Our students often tell us afterwards what fun they had during the day and how they enjoyed the opportunity to ask important questions and find out more about the matters covered.

During the day, their normal timetabled lessons were suspended and pupils took part in four workshops allowing them the opportunity for philosophical reflection on issues affecting the environment, relationships, communities and individuals.

The focus of the day was on the transition between primary and secondary school. Most students were introduced to the programme, led by Scripture Union Ministries Trust (SUMT) during their final term of primary school. The day was the second and final stage of this two-part programme.

The aims of the day were to encourage our Year 7 students to interact with their new peers, think philosophically and learn basic Christian beliefs about the issues affecting people in the 21<sup>st</sup> Century in an objective environment. Hopefully, the activities throughout the day have formed a good foundation for their KS3 and GCSE studies in RMPS at Ramsey Grammar School.

