



ST. HELEN'S CATHOLIC PRIMARY SCHOOL BULLETIN



ASSISI
CATHOLIC
TRUST

2nd October 2026

DATES FOR YOUR DIARY

A hard copy of the St Helen's Calendar Dates 2026-2027

with all the dates for the upcoming school year has already been sent home with your child.

Things happening next week

Sunday 4th October-Choir at 09.30 mass at St Helen's Church

Monday 5th October– Support for secondary school applications begins–

Parents/carer's in year 6- meeting at 3.30pm in the studio

Thursday 8th October– 4 St Swithun's Class Assembly 9am

Friday 9th October-FOSH Meeting in the studio 9am

Parents/Carers invited for the Rosary at 08.30 am-
entry by the green gates

St. Andrew

St. Patrick

St. David

St. George

Our Mission Statement

Respect yourself

Respect everyone in our school community

Respect everyone in our local community

Respect everyone in our global community

But most of all,

Respect God our Father in Heaven



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Nourish

SPANISH DAY MENU

(MENÚ DEL DÍA ESPAÑOL)



MONDAY 12TH OCTOBER

(LUNES, 12 DE OCTUBRE)

Chicken Meatballs in Tomato Sauce

(ALBÓNDIGAS DE POLLO EN SALSA DE TOMATE)

Vegetarian Paella

(PAELLA VEGETARIANA)

**Jacket Potatoes with a
Choice of Toppings** 7,8,9

(PATATAS ASADAS CON ELECCIÓN DE SALSAS)

Rice

(ARROZ)

Green Beans

(JUDÍAS VERDES)

Roasted Vegetables

(VERDURAS ASADAS)

Ice Cream 7

(HELADO)

Fruit Pots

(BOL DE FRUTAS)



Allergen code: (1) Wheat-Gluten (2) Crustaceans (3) Soybean (4) Mustard (5) Sesame (6) Sulphites/Sulphur Dioxide

(7) Milk (8) Fish (9) Egg (10) Peanuts (11) Molluscs (12) Celeriac/Celery (13) Nuts (14) Lupins (15) Oat Gluten (16) Barley Gluten

GROW WITH US
NOURISH

Thursday
22nd Oct
7

BLACK HISTORY MONTH

SPECIAL MENU WITH DELICIOUS DISHES

OCT



Cuba's Ropa Vieja (Shredded Beef & Tomato Stew) **RED**

Bahamian Hot Patties (Spiced Vegetable Patty) 1 VG **GREEN**

Rice & Peas

Caribbean Corn

Dominican's Vanilla & Citrus Cake 1VG

Lime Cookies 1VG

Fruit Pots VG



**ORANGE
BAGUETTE**

**BLUE
JACKET
POTATO**

Dishes marked with any of the following numbers contain the matching allergen:

1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk
8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten
V Vegetarian VG Vegan