

Head Teacher's Update



Date of Issue: 14th October 2022

Welcome to this week's Head Teacher's Update.

October Week Holiday

School and Nursery will close at 3pm on Friday 14th October 2022 for the October Week Holiday. We re-open on Monday 24th October 2022 at the usual times. I hope you have a lovely break.

Firework Safety Competition

We are pleased to announce that Layla from P7 has won the primary category in the Firework Safety competition for Scottish SPCA. Well done! We are all very proud of you.























New Lunch Menu Week Beginning 5th September 2022

Changes below to the school lunch menu beginning after the October Week holiday.

Please ensure you take a look at and discuss with your child what options they will like at School Dinners. There often isn't an alternative after ordering.

Monday 24th October – Sandwiches will be Cheese/Tuna instead of the Ham/Cheese option stated below.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Meal RED BAND	Cheeseburger in a bun, served with potato wedges, vegetable sticks & salad (sauce portion offered) 	Macaroni cheese served with peas, cauliflower and garlic bread (v) 	Chicken curry and rice served with a naan bread finger, sweetcorn and peas. 	Sausages* with gravy served with mashed potato, carrots and broccoli 	Fish and chips served with salad and peas 
Hot Meal Vegetarian (v) / Vegan (ve) Alternative GREEN BAND	Vegetable Burger in a bun served with potato wedges, vegetable sticks & salad (ve) (sauce portion offered) 	Tomato & Pepper Pasta served with salad and carrot sticks (ve) 	Vegetable curry and rice served with a naan bread finger, sweetcorn and peas. (v) 	Veggie sausages and gravy, served with mashed potato, carrots and broccoli (ve) 	Quorn Nuggets and chips served with salad & peas (v) 
Baked Potato with a choice of filling or Pasta dish YELLOW BAND	Baked potato served with Tuna mayonnaise or cheese (v), vegetable sticks and salad 	Baked potato served with baked beans (ve) or tuna mayonnaise, vegetable sticks and salad 	Baked potato served with Tuna mayonnaise or cheese (v), vegetable sticks and salad 	Baked potato served with baked beans (ve) or tuna mayonnaise, vegetable sticks and salad 	Baked potato served with cheese (v) or tuna mayonnaise, vegetable sticks and salad 
Soup and a deli choice served with vegetable sticks BLUE BAND	Sandwich Choice of ham or cheese served with soup of the day and vegetable sticks 	Sandwich Choice of chicken mayonnaise or cheese served with soup of the day and vegetable sticks 	Soft Bag (133712) Choice of cheese or tuna mayonnaise served with soup of the day and vegetable sticks 	Sandwich Choice of ham or cheese, served with soup of the day and vegetable sticks 	Sandwich Choice of chicken or cheese served with soup of the day and vegetable sticks 
Choice of soup, home baking, fruit or yoghurt	Lentil Soup (ve), Fruit, or Yoghurt	Roasted Sweet Potato Soup (ve), Home baking or fruit	Lentil Soup (ve), Fruit or Home baking	Hearty Vegetable Soup (ve) Ice cream or Fruit	Lentil Soup (ve) Fruit, Yoghurt
Week Commencing – 16 th May – 6 th June – 27 th June – 15 th Aug - 5 th Sept – 26 th Sep, 24 th Oct - 14 th Nov – 5 th Dec – 9 th Jan – 30 th Jan - 20 th Feb - 13 th Mar – 17 th Apr – 8 th May All meals are served with milk or tap water and two portions of vegetables. Pupils can also select either soup, fruit or home baking, as indicated on the menu to accompany their meal *chicken					

Thursday 27th October – Special Halloween Menu

Halloween Special Menu
Thursday 27th October

 **Witches Brew**
Minestrone Soup 

Flesh Pie & Monster Mash
with **Eyeball Peas**
Steak Pie, Mash Potatoes & Peas

Spooky Upside Down Burger
Chicken Burger in Bun with Wedges & Salad

Vampire Burger 
Veggie Burger in Bun with Wedges & Salad

Blood & Flesh Jelly
Strawberry Jelly & Fruit Cocktail

[NLC Primary School Menu](#)

All children in Nursery to Primary 5 receive a free meal. Parents/carers of children in Primary 6 and Primary 7 who may be eligible for a free school meal can find more information [here](#).

R16 Visit to Emirates Arena



R16 enjoyed a visit to the netball world cup this week. They had a great time supporting Wales as one of the home nation teams.

What's On Next Week?

What's on at Lawmuir?

Week Beginning 24th October 2022

★ New Lunch Menu Week 1

Monday 24th

- Breakfast Club 8.30am
- New Menu begins - No Ham sandwiches - Tuna instead
- Improvement Visit - Jill Woodward EFM to see Miss Hurst
- P7 Homework Club 3pm - 4pm
- Basketball Club

Tuesday 25th

- Breakfast Club 8.30am

Wednesday 26th

- Breakfast Club 8.30am
- Special Halloween Menu at Lunch
- AFA Visit - Lorraine McLeod to see Miss Hurst
- Staff Meeting

Thursday 27th

- Breakfast Club 8.30am
- Cluster Meeting
- P4-7 Dance Club

Friday 28th

- Breakfast Club 8.30am
- Whole School Assembly 9.30am

Up & Coming events

17th October - 21st October - October Holiday
27th October - Special Halloween Menu
27th October - Friends of Lawmuir Halloween Disco

Join us for the schools annual
Halloween Disco
Thursday 27th October

P1 to P3 6pm to 7pm	P4 to P7 7pm to 8pm
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Tickets £3/Sibling Tickets £5
(includes halloween goodies)
On sale 10th October

Best Dressed Prizes, Raffles, Tuck Shop...
& much more





















Be Safe - Be successful - Be Sensible - Be Smart

Other Information

New Menu - Week 2

October Primary Menu (Updated) 2022/23

October 2023 – May 2024

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Meal RED BAND	Pizza served with salad and vegetable sticks (v) 	Beef bolognese pasta served with green beans, mixed salad and garlic bread 	Chicken Tandoori (Code: 33404) bites served with a wholemeal pitta bread finger, seasoned potato wedges salad, vegetable sticks and sweet chilli dipping sauce 	Roast bee* (Code: 29174) served inside Yorkshire pudding (code: 52992) served with gravy mashed potatoes, broccoli and carrots 	Fish & Chips served with sweetcorn and peas 
Hot Meal Vegetarian (v) / Vegan (ve) Alternative GREEN BAND	Cheese Toastie, served with Baked Beans and tomato wedges (v) 	Pasta Arabiatta served with garlic bread, green beans and salad (v) 	Lentil Dahl served with a wholemeal pitta bread finger, seasoned potato wedges salad, vegetable sticks and sweet chilli dipping sauce (v) 	Veggie meatballs (code:32323) served inside Yorkshire pudding with gravy, mashed potatoes, broccoli and carrots (v) 	Quorn Nuggets and chips served with sweetcorn and peas (v) 
Baked Potato with a choice of filling or Pasta dish YELLOW BAND	Baked potato served with Tuna mayonnaise or cheese (v), vegetable sticks and salad 	Baked potato served with baked beans (ve) or tuna mayonnaise, vegetable sticks and salad 	Baked potato served with Tuna mayonnaise or cheese (v), vegetable sticks and salad 	Baked potato served with baked beans (ve) or tuna mayonnaise, vegetable sticks and salad 	Baked potato served with cheese or tuna mayonnaise, vegetable sticks and salad 
Soup and a deli choice served with vegetable sticks BLUE BAND	Sandwich Choice of ham or cheese served with soup of the day and vegetable sticks 	Sandwich Choice of chicken mayonnaise or cheese served with soup of the day and vegetable sticks 	Soft Bag (133712) Choice of cheese or tuna mayonnaise served with soup of the day and vegetable sticks 	Sandwich Choice of ham or tuna mayonnaise or cheese, served with soup of the day and vegetable sticks 	Sandwich Choice of chicken or cheese served with soup of the day and vegetable sticks 
Choice of soup, home baking, fruit or yoghurt	Lentil Soup Fruit or Yoghurt	Vegetable Soup, Sweet treat or Fruit	Minestrone soup, Fruit, Yoghurt or Sweet treat	Vegetable Soup, Ice cream or Fruit	Lentil Soup, Fruit or Yoghurt
Week Commencing – 23rd May – 13th June – 22nd Aug – 12th Sept – 3rd Oct – 31st Oct – 21st Nov – 12th Dec 16th Jan – 6th Feb – 27th Feb – 20th March – 14th April – 15th May					
All meals are served with milk or tap water and two portions of vegetables. Pupils can also select either soup, fruit or home baking, as indicated on the menu to accompany their meal.					

October Primary Menu (Updated) 2022/23

October 2023 – May 2024

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Meal RED BAND	Fish fingers* served with mashed potatoes and baked beans 	Beef Lasagne (sheets: 28323) served with mixed salad, sweetcorn, and garlic bread 	Chicken curry and rice served with a naan bread finger, sweetcorn and peas 	Steak pie served with mashed potatoes, broccoli and carrots 	Fish and chips with salad and peas 
Hot Meal Vegetarian (v) / Vegan (ve) Alternative GREEN BAND	Fishless fingers* served with mashed potatoes and baked beans 	Tomato Pasta served with mixed salad, sweetcorn, and garlic bread (v) 	Vegetable curry and rice served with a naan bread finger, sweetcorn and peas (v) 	Veggie sausage (code:134536) roll served with mashed potatoes, sweetcorn and peas (ve) 	Quorn Nuggets and chips served with salad and peas (v) 
Baked Potato with a choice of filling or Pasta dish YELLOW BAND	Baked potato served with Tuna mayonnaise or cheese (v), vegetable sticks and salad 	Baked potato served with baked beans (ve) or tuna mayonnaise, vegetable sticks and salad 	Baked potato served with Tuna mayonnaise or cheese (v), vegetable sticks and salad 	Baked potato served with baked beans (ve) or tuna mayonnaise, vegetable sticks and salad 	Baked potato served with cheese or tuna mayonnaise, vegetable sticks and salad 
	Sandwich Choice of ham or cheese	Sandwich Choice of chicken mayonnaise or	Soft Bag (133712) Choice of cheese or tuna mayonnaise	Sandwich Choice of ham or cheese	Sandwich Choice of chicken or