

**Friday 27 March 2026**

### **Safeguarding**

Safeguarding our students takes place across the whole school year, not just in term time. If you have any safeguarding concerns, please do not hesitate to contact us on [dsl@kingsacademies.uk](mailto:dsl@kingsacademies.uk). This email address will be checked daily Monday-Friday during the holidays.

If you think a child might be in danger, or you have an urgent concern, please use the following contact numbers where you will be able to speak with the ESCC safeguarding team:

East Sussex Single Point of Advice (SPoA)  
Mon-Thurs 8.30am-5pm and Fri 8.30am-4.30pm.  
Phone: 01323 464222  
Email: [0-19.SPOA@eastsussex.gov.uk](mailto:0-19.SPOA@eastsussex.gov.uk)

The Emergency Duty Service (EDS) should be contacted with serious immediate safeguarding concerns regarding children that cannot wait until the next working day. EDS operates Monday to Thursday 5 pm to 8.30 am and Fridays, weekends, and bank holidays, 4.30 pm to 8.30 am.

Phone 01273 335905

Email: [edschildren@eastsussex.gov.uk](mailto:edschildren@eastsussex.gov.uk)

If it is an emergency, the police can also be contacted on 999.

### **RE Department**

On Tuesday 24th March, Reverend David from St Mary's Church in Ringmer met with our GCSE RE students to discuss key concepts across Christianity in preparation for their exams. Reverend David is a welcomed member of our local Ringmer Community and we hope to see him back at KAR shortly!

Mrs Simmons, Subject Leader for RE

### **Amazing News**

Bess Redshaw and Elsie Gander won the Sussex U14 shield final last Sunday with their team East Sussex Barbarians at Brighton Rugby club.

They both had excellent games. Elsie made numerous try saving tackles and Bess scored 2 tries.



# Chartwells Menus from 13 April 2026 and Food Union Newsletter

The menu runs on a three-week cycle and the dates for each week are on the top of each page

## WEEK 1 THIS WEEK'S MENU

W/C: 13/04/2026, 04/05/2026, 25/05/2026, 15/06/2026, 06/07/2026, 27/07/2026, 17/08/2026, 07/09/2026, 28/09/2026, 19/10/2026

	OPTION ONE	OPTION TWO	GRAB & GO
<b>MON</b>	<b>BURGER BAR</b> <b>JERK CHICKEN BURGER</b> with Cajun Wedges and Sweetcorn	<b>BURGER BAR</b> <b>AMERICAN BBQ MAC &amp; CHEESE BURGER</b> with Cajun Wedges and Sweetcorn	<b>HOT DISHES:</b> Paninis, Pittas and Burritos Pasta and Sauces Freshly Baked Pizza Soup and Bread Jacket Potato and Toppings  <b>SALADS:</b> Pasta Pots Salad Shakers  <b>SNACKS:</b> Fruit Pots Cake Slices Dessert Pots and Bars Cookies and Biscuits  <b>THE DELI:</b> Variety of fillings offered in: Wraps Baguettes American Floured Rolls Sandwiches
<b>TUE</b>	<b>SPICE IS NICE</b> <b>CHICKEN KORMA</b> with Rice, Turmeric Bread and Salad	<b>SPICE IS NICE</b> <b>BURMESE BIRYANI</b> with Rice, Turmeric Bread and Salad	
<b>WED</b>	<b>PITTA REPUBLIC</b> <b>PERSIAN PORK BITE PITTA</b> with Salad	<b>PITTA REPUBLIC</b> <b>LOADED TAGINE PITTA</b> with Salad	
<b>THUR</b>	<b>FAVOURITES</b> <b>BEEF LASAGNE</b> with Garlic and Herb Wedges and Sweetcorn	<b>FAVOURITES</b> <b>SWEET POTATO AND MIXED BEAN SAUSAGE ROLL</b> with Garlic and Herb Wedges and Sweetcorn	
<b>FRI</b>	<b>THAT'S A WRAP</b> <b>CRISPY CHICKEN KATSU WRAP</b> with Chips and Baked Beans or Peas	<b>THAT'S A WRAP</b> <b>TEX MEX BEAN BURRITO</b> with Chips and Baked Beans or Peas	

🍷 Nutritionist's Choice
🌱 Vegetarian
🌿 Vegan
🐟 Oily Fish
🌾 Wholegrain

Our menu is subject to change.

## WEEK 2 THIS WEEK'S MENU

W/C: 20/04/2026, 11/05/2026, 01/06/2026, 23/06/2026, 13/07/2026, 03/08/2026, 24/08/2026, 14/09/2026, 05/10/2026

	OPTION ONE	OPTION TWO	GRAB & GO
<b>MON</b>	<b>BURGER BAR</b> <b>BBQ CHICKEN BURGER</b> with Garlic and Herb Wedges and Salad	<b>BURGER BAR</b> <b>SMASHED MEXICAN BEAN BURGER</b> with Garlic and Herb Wedges and Salad	<b>HOT DISHES:</b> Paninis, Pittas and Burritos Pasta and Sauces Freshly Baked Pizza Soup and Bread Jacket Potato and Toppings  <b>SALADS:</b> Pasta Pots Salad Shakers  <b>SNACKS:</b> Fruit Pots Cake Slices Dessert Pots and Bars Cookies and Biscuits  <b>THE DELI:</b> Variety of fillings offered in: Wraps Baguettes American Floured Rolls Sandwiches
<b>TUE</b>	<b>SPICE IS NICE</b> <b>THAI RUBBED PORK</b> with Vegetable Rice, Salad and Asian Gravy	<b>SPICE IS NICE</b> <b>CHICKPEA AND SQUASH CURRY</b> with Vegetable Rice and Salad	
<b>WED</b>	<b>PITTA REPUBLIC</b> <b>TIKKA CHICKEN PITTA</b> with Sweetcorn	<b>PITTA REPUBLIC</b> <b>POTATO, PEPPER AND MELTED CHEESE PITTA</b> with Sweetcorn	
<b>THUR</b>	<b>STREET</b> <b>CHICKEN SHAWARMA</b> with Kebab Salad and Sweet Chilli Mayo	<b>STREET</b> <b>SATAY VEGETABLE NOODLES</b>	
<b>FRI</b>	<b>FRIDAY FAVOURITES</b> <b>BATTERED FISH</b> with Chips and Baked Beans or Peas	<b>FRIDAY FAVOURITES</b> <b>KATSU DIPPERS</b> with Chips and Baked Beans or Peas	

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# WEEK 3 THIS WEEK'S MENU

W/C: 27/04/2026, 19/05/2026, 06/06/2026, 29/06/2026, 20/07/2026, 10/08/2026, 31/08/2026, 21/09/2026, 12/10/2026

	OPTION ONE	OPTION TWO	GRAB & GO
<b>MON</b>	BURGER BAR	BURGER BAR	<b>HOT DISHES:</b> Paninis, Pittas and Burritos 🌱 Pasta and Sauces 🌱 Freshly Baked Pizza 🌱 Soup and Bread 🌱 Jacket Potato and Toppings 🌱 🌱  <b>SALADS:</b> Pasta Pots 🌱 🌱 🌱 🌱 Salad Shakers 🌱 🌱 🌱 🌱  <b>SNACKS:</b> Fruit Pots 🌱 🌱 Cake Slices Dessert Pots and Bars Cookies and Biscuits 🌱  <b>THE DELI:</b> Variety of fillings offered in: 🌱 🌱 🌱 Wraps 🌱 🌱 Baguettes American Floured Rolls Sandwiches 🌱 🌱
	<b>DOUBLE BEEF BURGER</b> with Spiced Wedges and Salad	<b>TIKKA ROSTI BURGER</b> with Spiced Wedges and Salad 🌱	
<b>TUE</b>	STREET	STREET	
	<b>JERK CHICKEN</b> with Rice and Peas	<b>MIXED BEAN CHILLI</b> with Rice, Peas and Crunchy Tortilla 🌱 🌱 🌱	
<b>WED</b>			
	<b>ROAST GLAZED HAM</b> with Roast Potatoes, Vegetables and Gravy	<b>ROAST QUORN</b> with Roast Potatoes, Vegetables and Gravy 🌱	
<b>THUR</b>	PAN ASIAN	PAN ASIAN	
	<b>THAI RED CHICKEN CURRY</b> with Rice and Sweetcorn 🌱 🌱	<b>SWEET AND SOUR VEGETABLES</b> with Rice and Sweetcorn 🌱 🌱 🌱	
<b>FRI</b>	FRIDAY FAVOURITES		
	<b>KOREAN GLAZED CHICKEN GOUJONS</b> with Chips and Baked Beans or Peas	<b>BBQ QUORN BITES</b> with Chips and Baked Beans or Peas 🌱	

🌱 Nutritionist's Choice   🌱 Vegetarian   🌱 Vegan   🐟 Oily Fish   🌾 Wholegrain

Our menu is subject to change.

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# FOOD UNION

SPRING/SUMMER 2026

Food should fuel performance, connection and confidence – every single day.

## WHAT STUDENTS TELL US

They want **tasty, fresh and quick** food they can eat on-the-go with their friends.

They want **value** (so their lunch money lasts), with **variety and choice** that covers all their needs.

Hot or cold. To share or go solo. It's about **flavour, flexibility and freedom**.

Why students choose school food:

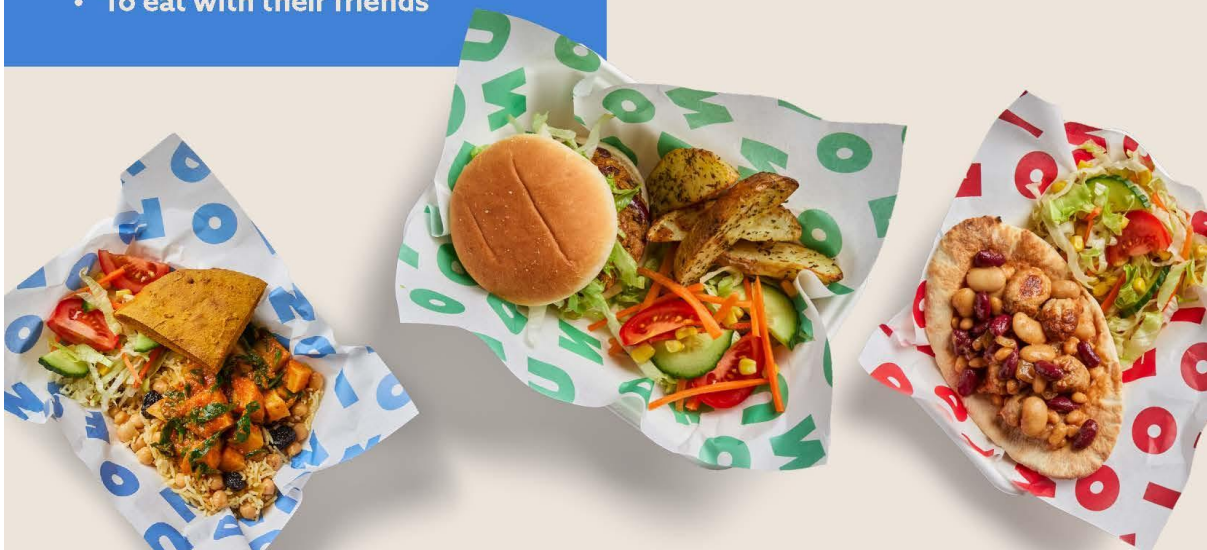
- Convenience and speed
- Affordable mix of tasty options
- To eat with their friends

## NUTRITION THAT SUPPORTS LEARNING

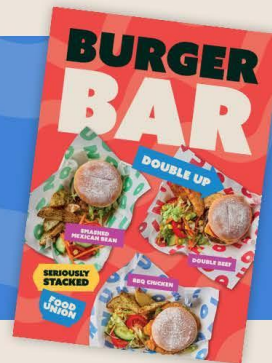
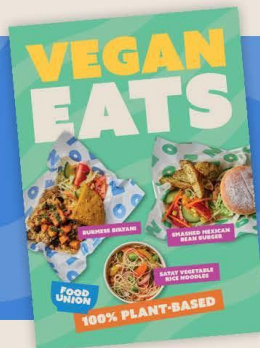
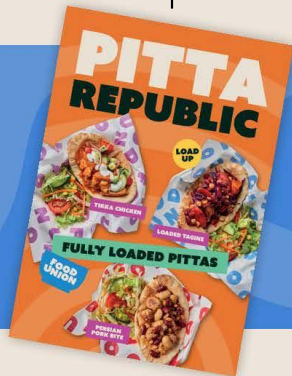
Our menus are developed to support the high demands on the **teenage brain**, helping students **study** and **stay focused**.

With a focus on **fibre** – a key nutrient many young people are lacking – we're building menus that support long-term health and daily performance.

Designed by our **culinary and nutrition experts**, every dish meets the **School Food Standards** as a minimum.



FOOD GROUP	SCHOOL FOOD STANDARDS	OUR PROMISE
<b>STARCHY FOOD</b>	One or more portions every day	✓
	One or more wholegrain varieties each week	✓
	Cooked in fat/oil no more than two days each week	✓
<b>FRUIT &amp; VEGETABLES</b>	One or more portions of fruit and vegetables every day	✓
	A dessert containing at least 50% fruit two or more times a week	✓
<b>MEAT, FISH, EGGS, BEANS &amp; OTHER NON-DAIRY PROTEIN SOURCES</b>	A portion of meat or poultry on three or more days each week	✓
	For vegetarians, a portion of non-dairy protein three or more days a week	✓
<b>MILK &amp; DAIRY</b>	A portion of milk and dairy every day	✓
<b>FOODS HIGH IN FATS, SUGAR &amp; SALT</b>	No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated	✓
	No more than two portions of food that includes pastry each week	✓
<b>HEALTHIER DRINKS</b>	Free, fresh drinking water easily available	✓



## HIGH STREET TREND DRIVEN CONCEPTS

We're delivering variety, innovation and excitement to secondary dining with concepts inspired by current food trends and **global street food culture**.

This season brings **Pitta Republic**, **That's a Wrap**, **Spice is Nice**, **a Burger Bar**, and tons of other options, alongside a bigger and **bolder vegan selection**.

**NEW  
MENU**

Our expanded vegan range offers students more plant-based variety than ever – vibrant, satisfying options packed with flavour.

# WHAT'S COOKING THIS SPRING?

**FLAVOUR-PACKED  
ADDITIONS TO  
THE MENU**

<b>LOADED PITTAS</b>	<b>BURGERS</b>	<b>ENHANCED DELI SELECTION</b>	<b>VEGAN</b>
Persian Pork Bite Loaded Tagine  Chicken Tikka Moroccan Spiced Vegetable 	American BBQ Mac & Cheese  Double Beef Smashed Mexican Bean 	Wraps Baguettes American Floured Rolls	Tikka Rosti Burger  Satay Vegetable Rice Noodles  Burmese Biryani  Tex Mex Bean Burrito 

## NUTRITIOUS AND DELICIOUS

**Chickpea and Squash Curry**  
Plant-based, 1 of their 5 a day and a great source of fibre.

**Mixed Bean Chilli**  
Made with 5 types of bean and a great source of fibre. 1 of their 5 a day and served with wholegrain rice.

**Smashed Mexican Bean Burger**  
A solid source of fibre, 1 of their 5 a day and plant-based.

**Chicken Korma**  
Plant-forward with added chickpeas and lentils, 1 of their 5 a day.

## SEASONAL SPECIALS

Look out for our termly special promotions too, designed to offer students even more during break and lunchtimes!



Fresh marketing material and vibrant imagery will accompany each promotion, bringing excitement and engagement to the dining hall throughout the term.

## Plumpton College- new course and Year 10 Taster Days

The Level 1 Land-Based Studies course will take elements from animal care, countryside and environment, land and horticulture programmes. It offers students an introduction into these study pathways for future Level 2 courses and on to a wealth of career options within the rural land-based sector. A core component of the new course programme is the provision of English and maths delivered by Homewood School for students who have not yet achieved a grade 4 at GCSE.

For further information, please see [Plumpton College Academy at Homewood School - Level 1 Land Based Studies](https://www.plumpton.ac.uk/news-events/calendar-of-events/event/year-10-taster-day-2025-entry/).

Year 10 Taster Day

<https://www.plumpton.ac.uk/news-events/calendar-of-events/event/year-10-taster-day-2025-entry/>

Sarah Colbourne, Careers Lead

## FYI - ESCC Proposed term dates for the 2027/2028 Academic year

The local authority (LA) has a duty to determine school term and holiday dates for community and voluntary controlled schools. **Academies, free schools, voluntary aided schools and foundation schools are responsible for setting their own dates.** The LA is seeking the views of stakeholders, including all schools (staff, governors, parents/carers) the Dioceses and trade unions, on the proposed term dates for 2027/28. It is proposed that the academic year begins on 1 September 2027 and ends on 21 July 2028 (last day of term).

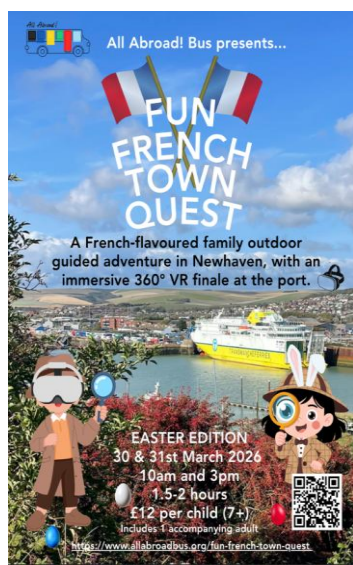
The consultation on the proposed term dates for 2027/28 is open from 23 March to 03 May 2027 on [the Consultation Hub](#).

## Easter edition of the Fun French Town Quest in Newhaven (30 & 31 March)

The February half-term sessions were really well received - families from across Sussex spent up to two hours exploring Newhaven's French connections on foot, finishing with an immersive 360° VR experience inside the ferry port passenger lounge. Children aged 6 to teens all got stuck in. It was featured on [Newhaven Port's website](#) afterwards.

Tickets are £12 per child 7+ (includes guided walk, snack, VR, 1 adult) with a family discount available.

Details and booking: [www.allabroadbus.org/fun-french-town-quest](https://www.allabroadbus.org/fun-french-town-quest)



**Bexhill 6<sup>th</sup> Form College – Taster Day – 13 July 2026**



Bexhill 6th Form College

**KING'S ACADEMY, YOUR**

**TASTER**

**DAY**

**IS ON THE**

**13TH**

**JULY 2026**

**BOOK YOUR PLACE NOW ONLINE**  
[www.bexhillcollege.ac.uk](http://www.bexhillcollege.ac.uk)

