



**22/10/26**

**Dear Parents, Carers, Students,  
Staff and Friends of the School**



There is a brief window of sunshine that allows our St Julie's day sponsored walk to take place. This is particularly welcome news following last year's cancellation. I am hopeful that our young people have taken some responsibility to raise money for our chosen charities. I would also like to thank the parents & carers for their efforts in 'catalysing sponsorship'!

During form time & RE lessons we have been talking about solidarity, a key theme from Catholic Social Teaching, as an important reason behind our charitable work. Solidarity is the lens through which we recognise both the communal nature of humanity and the equality of all individuals. It encourages our young people to think beyond themselves and consider how faith in action can support the marginalised & vulnerable members of society.

My thanks go to Mrs Iyaji and the team for their work on our Black History Month celebrations. The student leadership of the event was excellent, particularly those students who were brave enough to present to their peers.

Over the last few years, I have had the pleasure of getting to know many of you personally. As a career educationalist, I am always fascinated by the wide variety of jobs and roles you undertake within society. I do hope that many of you will respond to Mrs Holden's request for support below. The young people in our school can learn so much from adults within their own communities. Please consider how you might plant seeds of inspiration through the work you do.

This has been a long term, many of the students are understandably tired. Half-term provides an opportunity for rest and recuperation. We wish all our families a peaceful break and hope that you will be able to spend some quality time together.

Best wishes,

Tom Pinnington – Headteacher

*"Joy is found in serving others"*

- Saint Julie Billiart



## Dreams

Hold fast to  
dreams  
For if dreams die  
Life is a broken-  
winged bird  
That cannot fly.



Hold fast  
to dreams  
For when  
dreams go  
Life is a barren field  
Frozen with snow.

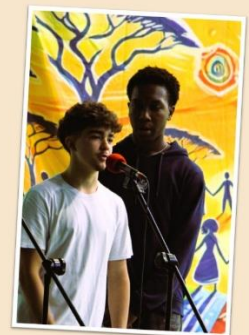
Langston Hughes



No one  
should have  
to fight  
simply for  
being who  
they are.



There should be no  
need for anybody  
to be scared of  
someone of the  
same species, just  
because they are  
from another race  
or background.



## Warner Bros. Studio Tour

On Thursday 1st October, 100 Year 9 students visited the Warner Bros. Studio Tour: The Making of Harry Potter in London to explore careers within the creative industries.

During a one-hour careers workshop, students discovered the huge variety of roles involved in film, television, gaming and media production. They learned about careers in visual effects, 3D modelling, video editing, sound and music production, scriptwriting, graphic design and animation, as well as specialist trades such as engineering, carpentry, hair and makeup, textiles and costume design.

The workshop also highlighted the many business roles that support the industry, including marketing, public relations, branding, sales and production management.

Students were highly engaged throughout the day and gained a valuable insight into the wide range of opportunities available in the creative sector. We hope the visit encourages our Year 9 students to start thinking about their GCSE options and the exciting career pathways those choices can lead to.

***Mrs Holden and Miss Buck***



## Can You Inspire the Next Generation?

We are looking for parents, carers and local business owners to support our **Year 9 Careers Networking Event** on **Thursday 14th January 2027 (9:30am - 3:30pm)**.

This exciting event gives students the opportunity to meet professionals from a wide range of industries and learn about different career pathways. Students will rotate in small groups, spending a few minutes with each visitor to ask questions and gain valuable insight into the world of work.

We would love to hear from parents, carers, or anyone who:

- Works in a particular profession, trade, or industry
- Owns or runs a business
- Has experience in engineering, healthcare, construction, education, technology, finance, manufacturing, hospitality, design, art, creative industries, or any other field
- Would be willing to share their career journey and experiences with our students

You do not need to be a professional speaker. Students simply benefit from hearing real-life experiences, learning about different jobs, and understanding the skills, qualifications, and personal qualities needed to succeed in the workplace.

By volunteering your time, you could help inspire a young person to discover a future career they may never have previously considered.

At this stage, we are asking interested parents, carers, and business representatives to **register their interest by emailing Rachel Holden at [rholden@ndhs.co.uk](mailto:rholden@ndhs.co.uk)**. This will allow us to discuss the event further and ensure we have a broad range of industries represented.

Thank you for supporting our students and helping us strengthen links between education and the world of work.

**Rachel Holden**

*Teacher of Design and Technology*

*Careers Coordinator*

**[rholden@ndhs.co.uk](mailto:rholden@ndhs.co.uk)**

## YOUNG CARERS BREAKFAST CLUB



**Come along to room 50B  
Every second Wednesday  
of the month  
8.30am till 9.00am**



**A young carer is a child or young person who provides regular care, support, or assistance to a family member who has a physical illness, mental health condition, disability, or substance misuse issue.**

**Does the above describe you? If so come along and have a chat.**

**Next breakfast is 14/10/2026**

# NDHS BINGO NIGHT

**FRIDAY 20<sup>TH</sup>  
NOVEMBER 2026**

**Notre Dame High  
School**

**Tickets £6 a head  
(pay on the door)**

**Other refreshments available  
including drinks and snacks**

**All ages welcome**

Come and support the NDHS PTFA in raising valuable funds for the school by joining us for a fun-filled evening of Bingo! Enjoy a fantastic night out with friends and family, great prizes to be won, and plenty of laughter along the way.

**SCAN HERE TO  
BOOK YOUR PLACE**



| BINGO |    |    |    |    |
|-------|----|----|----|----|
| 7     | 18 | 32 | 46 | 61 |
| 4     | 26 | 44 | 53 | 68 |
| 9     | 21 | ★  | 52 | 70 |
| 13    | 29 | 37 | 57 | 75 |
| 7     | 17 | 41 | 60 | 73 |

| BINGO |    |    |    |    |
|-------|----|----|----|----|
| 12    | 28 | 41 | 52 | 74 |
| 3     | 24 | 39 | 58 | 67 |
| 11    | 23 | ★  | 49 | 65 |
| 8     | 27 | 36 | 55 | 71 |
| 15    | 20 | 45 | 50 | 72 |



**MR SAM  
THE BINGO MAN**

EA 50

**NORWICH  
DEANERY**

# Youth Jubilee

For those in Year 7 to young adults

Join the Ignite Team for a day of:

- Inspiring talks, Adoration and Mass
- Live Music
- Social time and games
- Delicious Food



Saturday 7<sup>th</sup>  
November 2026



2:30 - 8.00pm  
(Registration from 2pm)



St John The Baptist  
Cathedral Narthex  
Unthank Rd.  
Norwich



Scan the QR code for the parental  
consent form if you are under 18



Any questions, email  
[igniteteam@rcdea.org.uk](mailto:igniteteam@rcdea.org.uk)



**Flame is a national gathering of 10,000 young Catholics at Wembley Arena on March 6<sup>th</sup> 2027**



**Speakers and musicians at Flame 2027 include:**



**A group is going from Norwich, So come and join us!  
Click on the QR code to book a place (places are limited) so do it today!**



**Any enquiries, please email the Cathedral Catechist Team on  
[stjohnfhc@gmail.com](mailto:stjohnfhc@gmail.com)**

## New Autumn/Winter Menu starts in November

| STREATERIES                                                                                                                       |                                                                                   | LUNCH MENU: TRADITIONAL                                                           |                                                                                   | ASPENS                                                                             |                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>WEEK 1</b><br>Autumn Winter 2025/26<br>03/11/25, 24/11/25,<br>15/12/25, 05/01/26,<br>26/01/26, 16/02/26,<br>09/03/26, 30/03/26 |  |  |  |  |  |
|                                                                                                                                   | <b>MON</b>                                                                        | <b>TUE</b>                                                                        | <b>WED</b>                                                                        | <b>THU</b>                                                                         | <b>FRI</b>                                                                          |
|                                                                                                                                   | <b>MAINS</b>                                                                      | Swedish Style Meatballs in Gravy with Cranberry Jam                               | Char Siu Roast Pork with Chinese Style Curry Sauce                                | Roast Chicken & Thyme Toad in the Hole                                             | Aspens Hand Pressed Beef Burger, Caramelised Onion & Mac Sauce                      |
|                                                                                                                                   |                                                                                   | Summerset Apple, Leek & Bean Stew                                                 | Chinese Style Vegetable Curry                                                     | Veggie Banger Toad in the Hole                                                     | Cheese & Onion Burger with Smoky Tomato Relish                                      |
|                                                                                                                                   | <b>SIDES</b>                                                                      | Creamy Mash, Peas & Green Beans                                                   | Steamed Rice & Wok Fried Veggies                                                  | Roasties, Smashed Honey Parsnips & Seasonal Greens                                 | Roasted Root Veg Wedges & Green Salad                                               |
| <b>PASTA &amp; NOODLE POTS</b>                                                                                                    |                                                                                   | Chinese Style Char Sui Chicken in Chinese BBQ Topped Noodles                      | Best Ever Bolognese                                                               | Classic Meatball Pasta                                                             | Protein Packed Spicy Pork & Lentil Ragù                                             |
| <b>DELI HOT</b>                                                                                                                   |                                                                                   | Southern Chicken Strips Wrap                                                      | Macaroni Pizza Slice                                                              | BBQ Pink Onion Deli Dog                                                            | Classic Pepperoni                                                                   |
|                                                                                                                                   |                                                                                   | <b>- LOADED SPUDS -</b>                                                           |                                                                                   |                                                                                    |                                                                                     |
| <b>FILLINGS</b>                                                                                                                   |                                                                                   | Swedish Meatball                                                                  | Chinese Style Curry Char Siu Pork                                                 | BBQ Beans & Pink Onion                                                             | Cheese, Caramelised Onion & Mac Sauce                                               |
| <b>BIG BOWL SALAD</b>                                                                                                             |                                                                                   | Avocado Super Green Salad                                                         | Avocado Chicken Caesar                                                            | Quinoa Superfood Bowl                                                              | Grain & Seed Health Bowl                                                            |
| <b>DESSERTS</b>                                                                                                                   |                                                                                   | Chai Spiced Baked Rice Pudding                                                    | Lemon Meringue Apple Crumble & Custard                                            | Aspens Toffee Cookies                                                              | Apple Tart Tatin & Custard                                                          |

| STREATERIES                                                                                                             |                                                                                     | LUNCH MENU: TRADITIONAL                                                             |                                                                                     | ASPENS                                                                               |                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>WEEK 2</b><br>Autumn Winter 2025/26<br>10/11/25, 01/12/25,<br>22/12/25, 12/01/26,<br>02/02/26, 23/02/26,<br>16/03/26 |  |  |  |  |  |
|                                                                                                                         | <b>MON</b>                                                                          | <b>TUE</b>                                                                          | <b>WED</b>                                                                          | <b>THU</b>                                                                           | <b>FRI</b>                                                                            |
|                                                                                                                         | <b>MAINS</b>                                                                        | Peri Chicken & Macho Pea Pasta Bake Chilli Lime Aioli                               | Honey Mustard Glazed British Bangers with Roasted Red Onion                         | Slow Roast Garlic & Rosemary Pork with Apple Stuffing                                | Chicken Tikka Balti Curry                                                             |
|                                                                                                                         |                                                                                     | Peri Crispy Chickpea & Butterbean Pasta Bake                                        | Honey Mustard Glazed Veggie Bangers with Roasted Red Onion                          | Cauliflower & Broccoli Cheesy Bake                                                   | Butternut Tomato Chilli Masala                                                        |
|                                                                                                                         | <b>SIDES</b>                                                                        | Zesty Dressed Roast Broccoli                                                        | Leek Mashed Potatoes, Mushy Peas & Gravy                                            | Roasties, Savoy Cabbage & Carrots                                                    | Garlic Rice, Roasted Cauliflower & Green Beans                                        |
| <b>PASTA &amp; NOODLE POTS</b>                                                                                          |                                                                                     | Thai Green Vegetable Noodles                                                        | Best Ever Bolognese                                                                 | Classic Meatball Pasta                                                               | Classic Veggie Chow Mein                                                              |
| <b>DELI HOT</b>                                                                                                         |                                                                                     | BBQ & Crispy Onion Wings                                                            | Crispy Chicken Burger                                                               | Thai Curry Pizza Slice                                                               | Curried Chicken & Spinach Wrap                                                        |
|                                                                                                                         |                                                                                     | <b>- LOADED SPUDS -</b>                                                             |                                                                                     |                                                                                      |                                                                                       |
| <b>FILLINGS</b>                                                                                                         |                                                                                     | Spicy Peri Chicken & Cheese                                                         | Bolognese                                                                           | Meatball Marinara                                                                    | Chicken Tikka Balti                                                                   |
| <b>BIG BOWL SALAD</b>                                                                                                   |                                                                                     | Zesty Kale & Tandoori Chickpea                                                      | Indian Chickpea Greens & Mint Yoghurt                                               | American Style Cobb Salad                                                            | Honey Mustard Chicken Cobb Salad                                                      |
| <b>DESSERTS</b>                                                                                                         |                                                                                     | Cinnamon Raisin Oat Cookie                                                          | Banana Sticky Toffee Pudding & Custard                                              | Custard Tart                                                                         | Coconut & Pineapple Upside Down Cake                                                  |

## STREATERIES

LUNCH MENU:  
TRADITIONAL

WEEK 3  
Autumn Winter 2025/26  
17/11/25, 08/12/25,  
29/12/25, 19/01/26,  
09/02/26, 02/03/26,  
23/03/26

## MAINS

## SIDES



Home  
STYLE  
**MON**

Minced Beef Hotpot  
Topped with Root Veg &  
Potatoes

Lentil, Onion & Root Veg  
Hotpot

Savoy Cabbage  
& Peas



AMERICAN  
Diner  
**TUE**

BBQ Chicken &  
Cheese Melt

Cajun Spiced  
Bean Burger

Cajun Rice & Roasted  
Mediterranean Veg



Home  
STYLE  
**WED**

Maple Glazed Gammon  
with Crispy Smashed New  
Potatoes

Honey Carrot & Apple  
Wellington

Carrot & Swede Mash,  
Green Beans



AUTHENTIC  
Italian  
**THU**

Pork Ragu  
Lasagne al Forno

Spinach, Cream Cheese &  
Roasted Veg Lasagne

Crusty House Baked Bread,  
Roast Carrots  
or Garden Salad



Chips  
& More  
**FRI**

Choose from:  
Battered Fish  
Pizza Slice  
Chips

Garden Peas or Baked Beans  
Irish Curry Sauce  
Chip Shop Gravy

PASTA &  
NOODLE POTS

Teriyaki Chicken Noodles

Protein  
Lean Chicken Bolognese

Classic Meatball Pasta

Pulled Ham Carbonara

Classic Veggie Chow Mein

## DELI HOT

Mexican Hot Pizza Slice

BBQ  
Cornflake Crunch Wings

Masala Mayo Deli Dog

Chinese Style  
Chicken Wrap

Cheesy Chips

- CHEESE, BEANS & TUNA DAILY

## - LOADED SPUDS -

CHEESE, BEANS & TUNA DAILY

## FILLINGS

Beef Mince & Onion

Smoky Spanish Beans  
& Aioli

Masala Mayo, Cheese &  
Crispy Onion

Pulled Ham  
Carbonara Sauce

Loaded  
All The Classics

BIG BOWL  
SALAD

Roasted Tomato & Pepper  
Pasta Salad

Pasta Butterbean,  
Roasted Tomato & Spinach

California Caprese

Citrus Chicken, Spinach  
& Mozzarella

Special Salad

## DESSERTS

Old School Jam  
Cornflake Crunch

Baked  
Cheesecake

Banana Choc Chip Loaf

Maple Apple Pie  
& Whipped Cream

Aspens Best Ever  
Chocolate Brownies