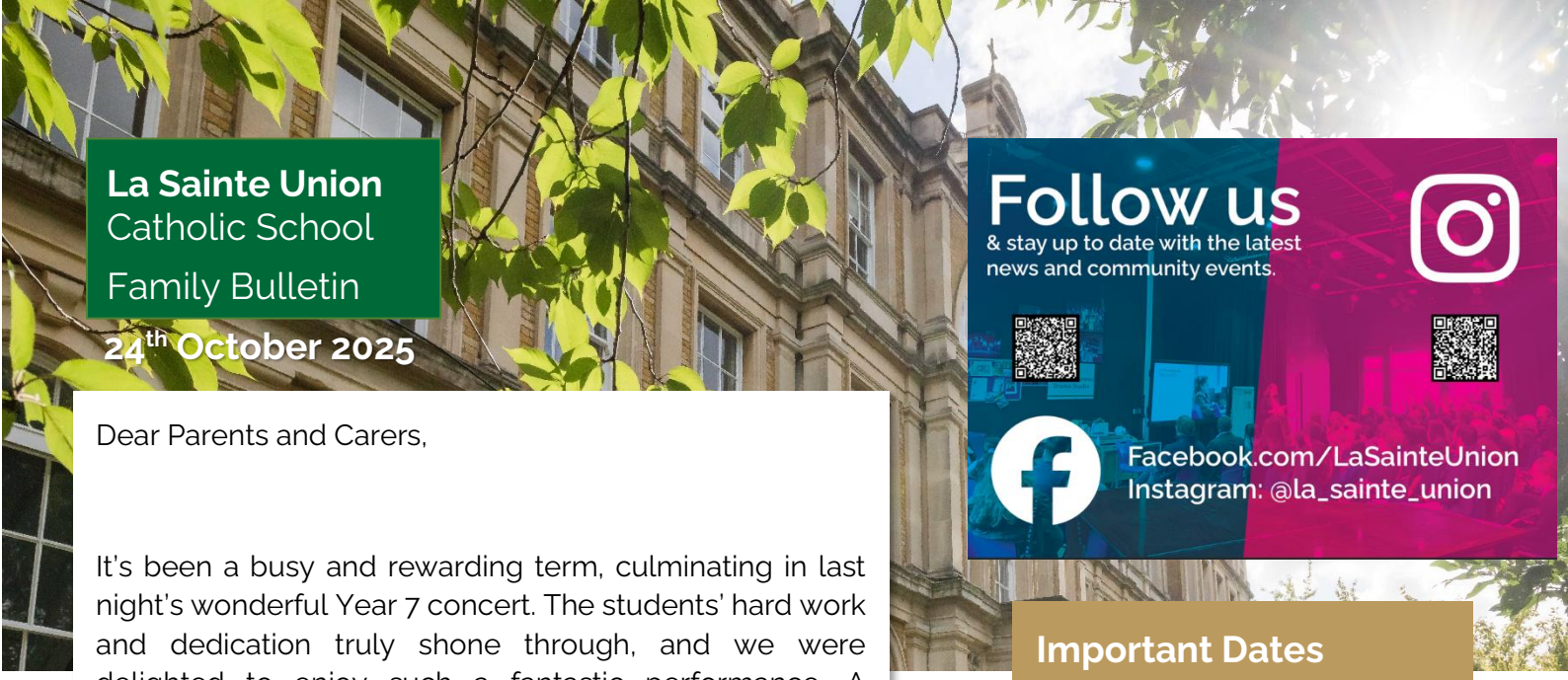

La Sainte Union Catholic School

Family Bulletin

24th October 2025

Dear Parents and Carers,

It's been a busy and rewarding term, culminating in last night's wonderful Year 7 concert. The students' hard work and dedication truly shone through, and we were delighted to enjoy such a fantastic performance. A heartfelt thank you to all the parents who attended and to the music department for bringing it all together so beautifully.

In this issue, we share an important update from Harrisons regarding upcoming price adjustments. These changes reflect the impact of inflation and rising costs, but Harrisons remain committed to delivering fresh, innovative menus that offer the best possible value for our school community.

Wishing you all a restful and well-deserved half-term break. We look forward to welcoming everyone back on **Monday 3rd November**.

Best wishes,

Miss Ridge

Bright Women with Bold Futures.

Important Dates

Half Term: Monday 27th October – Friday 31st October

PHSE Topics

Year 7 - NHS Compassion-based wellbeing programme

Year 8 - Black History Month

Year 9 - Brook RSE workshops + Project Guardian (addressing sexual harassment in public transport)

Year 10 - Brook RSE workshops

Year 11 - Black History Month

Contact form for any PSHE related queries: https://forms.office.com/e/GY4SBrwbNW

Latest editions of the LaSWAP newsletter can be found here: LaSWAP Sixth Form Consortium -

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Message from Harrisons

In the 2024 Autumn Budget, the Chancellor introduced measures to shape the cost structure for all UK employers. The timing of this change to national insurance coincides with an increase in the National Living Wage of 6.7% to £12.21 and The London Living wage to £13.85. combined effect of the NLW increase and the NI changes will result in double-digit increases in employment costs.

On top of the legislative NI increase and NLW increase, the Food Service sector has had to contend with food inflation of 25.3% over the past two years. Further to this food inflation is forecast to average 5.6% for 2025 including a 2.3% full year impact from the payroll budget increase alone.

Therefore, it is with reluctance that we are increasing the catering tariff by 6% from 3rd November 2025.

So, what is the Harrison approach?

- At Harrison Catering Services, our chefs have been re-engineering recipes to improve efficiency in the kitchen and blend ingredients to offset the worst effects of price spikes where possible
- Our use of fresh ingredients and bespoke menus allow us to adapt swiftly to changing prices and swap products where appropriate
- We recognise the importance of independently monitoring our prices against the Consumer Price Index (CPI), and work with leading hospitality procurement consultancy, Prestige, who accurately track and benchmark our performance vs food inflation. In January's report from Prestige, our weighted shopping basket was price matched, and we continue to outperform the headline CPI and FPI inflation rates and our industry benchmarks – which helps mitigate increasing catering costs

Despite the unavoidable government-imposed statutory costs and eye watering food inflation increases over the past two years, we want to reiterate our dedication to your school and provide innovative solutions, including developing best-in-class systems and processes to enhance operational efficiency. Our commitment to using fresh ingredients and creating bespoke menus allows us the flexibility to adapt, ensuring that we continue to provide outstanding service. We remain committed to delivering fresh, innovative, and balanced menus, contributing to a memorable and enjoyable catering experience. We do all this work in full compliance to Natasha's law/food allergens Natasha's legacy becomes law - GOV.UK In addition we have a 5* accreditation from the local Environmental Health Officers for food safety and Hygiene Harrison Catering Services | Rating Business Details | Food Hygiene Ratings

Roy McGranaghan

Harrison Catering Services

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La Sainte Union Nov 2025			
Product/Item	Current Selling Price	Selling Price after increase	Change in Price
Main Meal (Inc Dessert from counter)	£ 2.75	£ 2.88	£ 0.13
Dessert	£ 0.90	£ 1.00	£ 0.10
Chicken or Beef Burger	£ 2.30	£ 2.44	£ 0.14
Pasta/Rice Snack Pots	£ 2.30	£ 2.44	£ 0.14
Hot Panini	£ 2.30	£ 2.48	£ 0.18
Burrito of the Day	£ 2.30	£ 2.44	£ 0.15
Cheese on Toast	£ 0.85	£ 0.90	£ 0.05
Meat Pizza	£ 1.75	£ 1.89	£ 0.14
Vegetarian Pizza	£ 1.65	£ 1.79	£ 0.14
Sandwich	£ 2.35	£ 2.50	£ 0.15
Baguette	£ 2.55	£ 2.70	£ 0.15
Value Sandwich	£ 1.30	£ 1.37	£ 0.07
Jacket Potatoe with 2 fillings	£ 1.45	£ 1.54	£ 0.09
Bacon or Sausage in a roll	£ 1.80	£ 1.95	£ 0.15
Sausage Roll	£ 1.80	£ 1.91	£ 0.11
Danish Pastry	£ 1.80	£ 1.91	£ 0.11
Piece of Fruit	£ 0.70	£ 0.74	£ 0.04
Cereal and Milk	£ 1.11	£ 1.18	£ 0.07
Fruit Pot Large	£ 1.50	£ 1.59	£ 0.09
Jelly Pot	£ 0.70	£ 0.74	£ 0.04
Dessert Pot	£ 1.50	£ 1.59	£ 0.09
Yoghurt Pot	£ 1.50	£ 1.59	£ 0.09
Cookies	£ 0.80	£ 0.85	£ 0.05
Traybake/Cake	£ 1.05	£ 1.15	£ 0.10
Butter/Jam/Sauce Portion	£ 0.30	£ 0.32	£ 0.03
Roast Potato Pot	£ 1.60	£ 1.70	£ 0.10
Wedges/Chips	£ 1.50	£ 1.64	£ 0.14
Chef's Special of the Day	£ 2.50	£ 2.65	£ 0.15
Chicken Wing Pot	£ 2.10	£ 2.23	£ 0.13
Water Large	£ 1.45	£ 1.54	£ 0.09
Water Small	£ 0.80	£ 0.85	£ 0.05
Flavoured Water	£ 1.80	£ 1.95	£ 0.15
Popcorn	£ 1.55	£ 1.64	£ 0.09
Special £1.51	£ 1.42	£ 1.51	£ 0.09
Special £1.75	£ 1.65	£ 1.75	£ 0.10

Rights Respecting School

On Tuesday, 14th October, a dedicated group of our students represented La Sainte Union with pride at a special event for Camden's Rights Respecting secondary schools, hosted at Acland Burghley School. The day was a fantastic opportunity for our student leaders to collaborate with peers from across the borough and deepen our school's commitment to children's rights.

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Our students were truly inspired by a presentation from Eastbury Community School, a Gold Rights Respecting School, whose pupils shared how their own leadership has made a real impact in their community. Following this, our representatives took part in a dynamic planning workshop, leaving the event with a clear and practical action plan to advance our Rights Respecting journey this year.

We are delighted to introduce our new official UNICEF Rights Respecting Schools Steering Group, led by the same passionate students who drove last year's G-EPIC project. They have now broadened their focus, taking on the crucial responsibility of embedding and championing the rights of every student throughout the La Sainte Union community.

Project Guardian

We are delighted to share that all our Year 9 students recently took part in an important personal safety workshop delivered by Project Guardian. This marks the fourth consecutive year of our successful partnership with this vital initiative, reinforcing our commitment to the safety and wellbeing of our students as they navigate London.

For those unfamiliar with the initiative, Project Guardian is a joint project run by Transport for London (TfL), the Metropolitan Police, and the British Transport Police. Its primary goal is to tackle unwanted sexual behaviour and harassment on the public transport network, making travel safer for everyone.

As our students gain independence and use London's transport system more frequently, these expert-led sessions are incredibly valuable. The workshop focused on empowering students by teaching them:

- How to identify inappropriate or unwanted behaviour.
- The importance of reporting every incident, no matter how small it may seem.
- Practical and safe ways to report, including discreetly texting the British Transport Police on 61016.
- How to be an 'active bystander' and safely help others if they witness an incident.

As a UNICEF Rights Respecting School, we believe this work is crucial. It directly supports Article 19 of the UN Convention on the Rights of the Child, which states that all children have the right to be protected from all forms of violence and harm. At La Sainte Union, equipping our students with the knowledge and confidence to travel safely is a top priority. We are proud to continue this partnership and help ensure our young people feel secure and empowered as they travel across our city.

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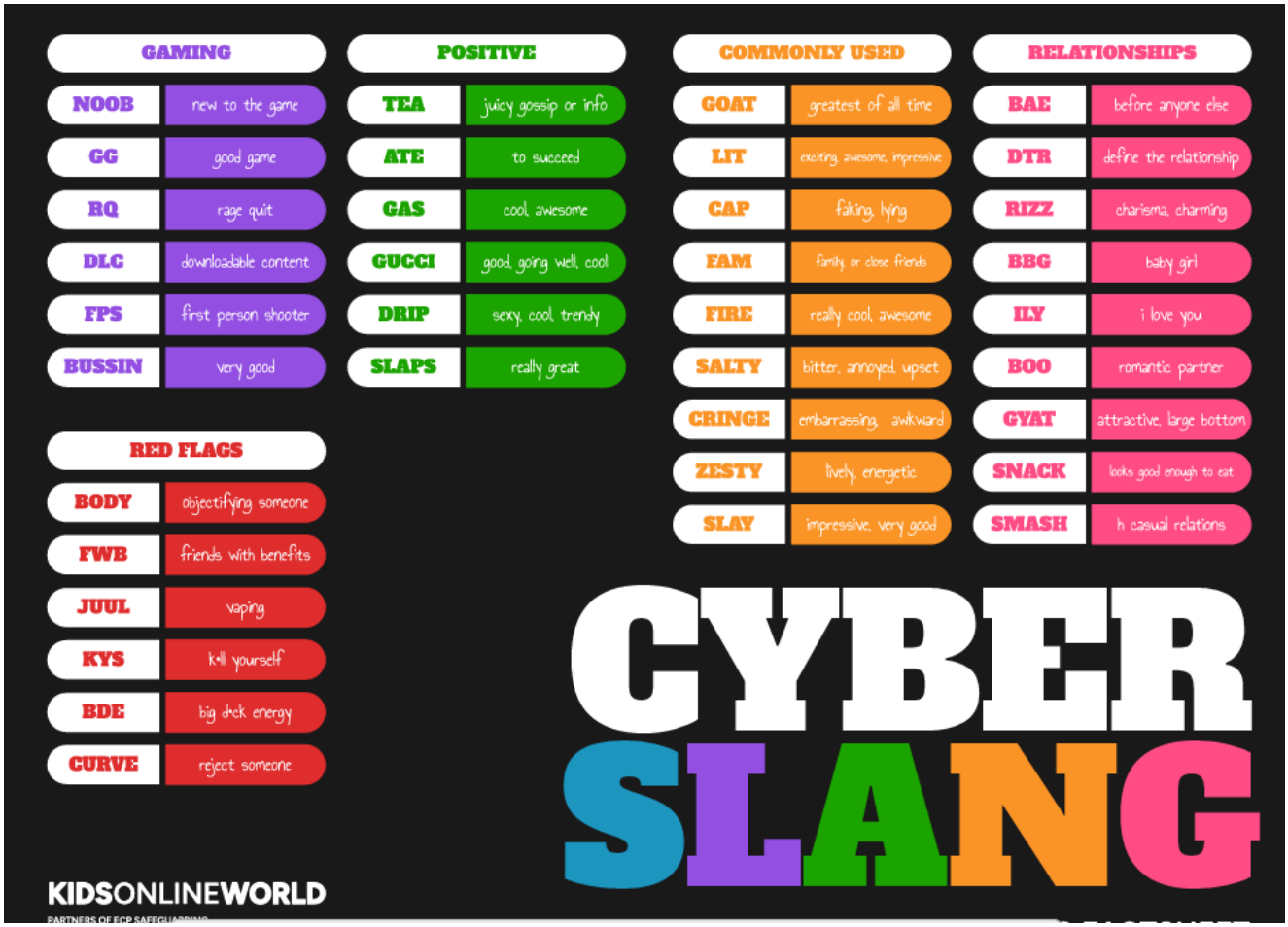
Cyber Slang- Safeguarding Factsheet

LOL	laugh out loud	WDYM	what do you mean?	OMW	on my way
IDK	i don't know	SMH	shaking my head	THNX	thank you
IDC	i don't care	LMK	let me know	WYA	where you at?
TBF	to be fair	CYA	see ya	WYS	what you saying?
TBH	to be honest	G2G	got to go	NM	nothing much
SNM	say no more	IMO	in my opinion	NVM	never mind
SN	say nothing	JK	just kidding	ACC	actually
OFC	of course	DM	direct message	NP	no problem
NW	no worries	PLS	please	ATM	m at the moment
HBD	happy birthday	BRB	be right back	ILL LYK	i'll let you know



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🌟 STEM Club Returns After October Half Term! 🌟

We are thrilled to announce that **STEM Club** is back and ready to spark curiosity, creativity, and discovery! Starting after the **October half term**, students will once again have the chance to dive into the exciting world of **Science, Technology, Engineering and Mathematics**.

This year's club will take things to the next level — pupils will take on their own **scientific research projects**, exploring questions that *they* choose and applying the **scientific method** from start to finish. They'll plan and carry out **real experiments in our school labs**, analyse their results, and develop the skills that real scientists use every day.

The journey will culminate in **Science Week (March 2026)**, when students will have the opportunity to **present their research findings** to the school community — a celebration of innovation, teamwork, and scientific thinking!

Whether your child is an aspiring engineer, budding biologist, or simply loves asking "why?", STEM Club offers the perfect space to experiment, explore, and expand their horizons.

🧪 **When:** Starting after October half term, Week B Tuesdays after school, 3:15pm – 4:15pm

⚙️ **Where:** H202 lab

🚀 **Who:** Open to all year 9s and 10s

Places are limited, so encourage your young scientist to sign up early and join us for a year of hands-on discovery and innovation!

Report card for La Sainte Union can be accessed here:

https://camden.schoolreport.org.uk/school/index.html?schoolId=2025401

Alternatively, you can scan this QR code with your phone's camera:

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