

RMCG/KRE

12th September 2025

Dear Parents/Carers,

I would like to thank you for your support at the start of this school year. This week has seen the best first full week of attendance that the academy has ever had. Many of our year groups have been 1 or 2 students away from having 100% attendance this week. I have spoken to students this week about our opportunity to do something historic for the academy by having a day where all students are in school together. We plan a really special reward for the year group who achieves this first.

So, I need your support. Please continue to send your child to school keeping them in this great habit. Some will get a bit tired as the weeks go on but a day missed is 3 lessons of learning which we don't get back. Research shows that students who have a day off in the first few weeks of term are more likely to have significant absence from school and perform less well in exams.

I would also like to thank the students for their excellent conduct during our lockdown practise today. I conducted a whole school assembly where I took them through the steps we would have to take if we did lockdown and tested our systems. It is important that students are aware of these steps and what the messaging looks like. It would be highly unlikely that this would ever be required in reality but it is better to be prepared.

I would like to share with you the catering menus for this term so you can get a flavour of what is available for your children. The academy is a nut free school too so please take as much care as you can if your child brings a packed lunch. Our allergy champion is Susan Blair (info@rrma.org.uk) if you need to inform us of any allergies that you have not done so already. I also enclose a series of key dates for this term to help you plan ahead.

So, thank you again to you and your children for an excellent start to the year. I hope you have a nice weekend.

Yours sincerely

Richard McGuire

Principal



Academy Key Dates 2025/2026

AUTUMN TERM 2025	
Thursday 4 th September	Term begins
Wednesday 10 th September	Year 6 Open Evening
Tuesday 16 th September	Year 7 and 10 School Photographs
Thursday 18 th September	Prevent Assemblies
Friday 26 th September	Macmillan Coffee Morning
Tuesday 30 th September	Morton's Got Talent Auditions
Wednesday 1 st and Thursday 2 nd October	Year 11 GCSE PE Athletics Assessment
Friday 10 th October	BAE Systems STEM Event
Friday 10 th October	World Mental Health Day
Wednesday 15 th October	Year 10 Tutor Evening
Monday 20 th to Wednesday 22 nd October	Geography London Fieldtrip
Wednesday 22 nd October	Year 7 tutor Evening
Thursday 23 rd October	Year 11 Rewards Trip
Friday 24 th October	Year 11 Interview Day
Friday 24 th October	Year 7 Rewards Trip
Monday 27 th October to Friday 31 st October	HALF TERM HOLIDAY
Monday 3 rd November to Friday 21 st November	Year 8 NGRT Testing
Wednesday 5 th November	Year 11 Parents' Evening
Wednesday 5 th November Monday 10 th to 21 st November	Year 11 Parents' Evening Year 11 Mock Exams
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Monday 10 th to 21 st November	Year 11 Mock Exams
Monday 10 th to 21 st November Friday 14 th November	Year 11 Mock Exams Carlisle Schools Year 7 Cross Country Championships
Monday 10 th to 21 st November Friday 14 th November Wednesday 19 th November	Year 11 Mock Exams Carlisle Schools Year 7 Cross Country Championships Carlisle School Junior/Inter Cross Country Championships
Monday 10 th to 21 st November Friday 14 th November Wednesday 19 th November Tuesday 25 th November	Year 11 Mock Exams Carlisle Schools Year 7 Cross Country Championships Carlisle School Junior/Inter Cross Country Championships Year 7 Theatre Royal Pantomime trip
Monday 10 th to 21 st November Friday 14 th November Wednesday 19 th November Tuesday 25 th November Friday 28 th November	Year 11 Mock Exams Carlisle Schools Year 7 Cross Country Championships Carlisle School Junior/Inter Cross Country Championships Year 7 Theatre Royal Pantomime trip Years 10 and 11 Careers Fair
Monday 10 th to 21 st November Friday 14 th November Wednesday 19 th November Tuesday 25 th November Friday 28 th November Tuesday 2 nd December	Year 11 Mock Exams Carlisle Schools Year 7 Cross Country Championships Carlisle School Junior/Inter Cross Country Championships Year 7 Theatre Royal Pantomime trip Years 10 and 11 Careers Fair Year 7 to 11 Nasal Flu
Monday 10 th to 21 st November Friday 14 th November Wednesday 19 th November Tuesday 25 th November Friday 28 th November Tuesday 2 nd December Wednesday 3 rd December	Year 11 Mock Exams Carlisle Schools Year 7 Cross Country Championships Carlisle School Junior/Inter Cross Country Championships Year 7 Theatre Royal Pantomime trip Years 10 and 11 Careers Fair Year 7 to 11 Nasal Flu Year 10 Parents' Evening
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Monday 10 th to 21 st November Friday 14 th November Wednesday 19 th November Tuesday 25 th November Friday 28 th November Tuesday 2 nd December Wednesday 3 rd December Thursday 4 th December Monday 8 th December	Year 11 Mock Exams Carlisle Schools Year 7 Cross Country Championships Carlisle School Junior/Inter Cross Country Championships Year 7 Theatre Royal Pantomime trip Years 10 and 11 Careers Fair Year 7 to 11 Nasal Flu Year 10 Parents' Evening Mortonmas begins Year 7 Christmas Disco
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Spring Harvest Quesadilla with Cheese, potato, spring onion and tomato salsa (V)	Chilli BBQ Beef & Bean Ragu with Penne	Roast Chicken with Yorkshire Pudding & Gravy	Chinese Chicken Curry	Oven Baked Chicken Goujons with Katsu Sauce
	Crispy Onion Mac & Cheese (V)	Vegetable Chilli with Penne (V)	Roast Quorn with Yorkshire Pudding &Gravy (V)	Chinese Style Quorn & Crispy Vegetable Stir Fry (V)	Cheese & Tomato Pizza (V)
s	Garlic Bread Baked Beans Broccoli Mixed Salad	Fajita Roasted Sweetcorn & Peppers Baked Beans Mixed Salad	Roast Potato Country Style Mixed Vegetable Baked Beans Mixed Salad	Asian Noodles Egg Fried Rice Baked Beans Mixed Salad	Rice Baked Beans Garden Peas Mixed Salad
B +	Jacket Potato Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries (Pod)	Jacket Potato Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries (Pod)	Jacket Potato Pizza Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries (Pod)	Jacket Potato Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries (Pod)	Jacket Potato Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries (Pod)
S IS	Fruit Pots Home Bakes Jelly Yogurts Whole Fruit	Fruit Pots Home bakes Jelly Yogurts Whole Fruit	Fruit Pots Home Bakes Jelly Yogurts Whole Fruit	Fruit Pots Home Bakes Jelly Yogurts Whole Fruit	Fruit Pots Home Bakes Jelly Yogurts Whole Fruit





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ST★R DISH	Cheese & Tomato 'Pizza' Macaroni Cheese (V)	Chicken Tikka Masala & Mango Chutney	Oven Baked Sausage with Yorkshire Pudding & Gravy	Meatballs with Cheese and Arrabbiata Sauce & Penne Pasta	Oven Baked Chicken Burger ार्डुं।
MEA' FREE	Sweet Chilli Quorn & Vegetable Wrap (V)	Lentil & Vegetable Tikka Masla & Mango Chutney (V)	Quorn Sausage with Yorkshire Pudding & Gravy (V)	Cheesy Veggie Meatball and Arrabbiata Sauce (V)	Oven Baked Veggie Burger (V)
SIDES **	Garlic Bread Baked Beans Green Beans Mixed Salad	Rice Naan Bread Baked Beans Fajita Roasted Sweetcorn & Peppers Mixed Salad	Mashed Potato Mixed Vegetables Baked Beans Mixed Salad	Sauteed Garlic Green Beans Baked Beans Asian Slaw Mixed Salad	Onion Rings Corn on the Cob Baked Beans Mixed Salad
ĞRAB & GO→	Jacket Potato Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries (Pod)	Jacket Potato Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries(Pod)	Jacket Potato Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries(Pod)	Jacket Potato Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries(Pod)	Jacket Potato Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries(Pod)
T⊕DAY'S DESSERTS	Fruit Pots Home Bakes Jelly Yogurts Whole Fruit	Fruit Pots Home Bakes Jelly Yogurts Whole Fruit	Fruit Pots Home Bakes Jelly Yogurts Whole Fruit	Fruit Pots Home Bakes Jelly Yogurts Whole Fruit	Fruit Pots Home Bakes Jelly Yogurts Whole Fruit



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Vegetable Bolognese Pasta with Garlic Bread Slice	Beak Street Chicken with Savoury Rice & BBQ Glaze	Minced Beef and Onion Pie with Gravy	Butter Chicken & Chickpea Curry with Rice	Oven Baked Fish Finger Bap with Ketchup
	Vegetable Enchilada with Savoury Rice (V)	Brazilian Vegetable Stew with Savoury Rice (Ve)	Crustless Cheese Flan (V)	Roasted Cauliflower & Sweet Potato "Butter" Curry with Rice (V)	Cheese & Tomato Pizza(V) াৰ্কু
	Garic Bread Broccoli Baked Beans Mixed Salad	Potato Wedges Roasted Sweetcorn Baked Beans Mixed Salad	Mashed Potato Mixed Vegetables Baked Beans Mixed Salad	Naan Bread Green Beans Baked Beans Mixed Salad	Onion Rings Baked Beans Mixed Salad
3	Jacket Potato Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries (Pod)	Jacket Potato Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries (Pod)	Jacket Potato Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries (Pod)	Jacket Potato Pizza slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries (Pod)	Jacket Potato Pizza Slice Chicken Wrap Filled Baguette Pasta & Sauce Pastries (Pod)
PS TS	Fruit Pots Home Bakes Jelly Yogurts Whole Fruit				



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Break Toast & spread ½ Bagel & Spread Breakfast Special Pancakes & Syrup ½ Bacon Baguette ½ Baguette Cheese ½ Baguette & 2 Filling ½ Sausage Baguette Waffle Pizza Bagel	Price 35p 50p £1.20 £1.20 £1.20 £1.20 £1.30 £1.20 £1.40 £1.20	Lunch 2 Item Meal Deal 3 Item Meal Deal Jacket Potato & Butter JP & 1 Filling JP & 2 Filling Meal & Sides Meal Veggie & Sides Pasta & Sauce	Price £2.65 £2.75 £1.15 £1.85 £2.30 £2.30 £2.30 £2.30
Snack Shack Pizza Slice Flatbread Pizza Cheese &Onion Puff Sausage Roll Chicken Slice Steak Slice Home bakes Fresh Fruit Yoghurt Assorted Fruit Pots	£1.45 £2.20 £2.10 £2.20 £2.20 £2.20 £1.00 65p 75p £1.00	Grab & Go Pizza Vegetarian Pizza Meat Panini Cheese Panini Special Sandwich Assorted Baguette Standard Baguette Special Chicken Wrap	Price £1.45 £1.45 £2.20 £2.40 £1.95 £2.30 £2.50 £2.30
Drinks Radnor Fruits 125ml Radnor Fruits 200ml Radnor Fizz 330ml	Price 70p £1.00 £1.30	Snacks Fruit Yoghurt Assorted Jelly Fruit Pot Home bakes Mousse	Price 65p 75p 75p £1.00 £1.00 £0.75