



11th September 2026

School Community Newsletter

An exceptional school at the heart of the community, where every student has the curiosity, skills & confidence to make the world a better place



KEY DATES September / October

Tue 22 September

Year 13 Biology Trip - Dale Fort

Mon 28 September - Fri 9 October

Year 13 Assessment Fortnight

Thu 1 October

Open Evening

Fri 2 October

INSET Day

Tue 6 October

Year 11 P-16 Provider Talk 1 (Reg + P1)

Wed 7 October

Year 12 / 13 UKMT

Tue 13 October

Year 11 P-16 Provider Talk 2 (Reg + P2)

Thu 15 October

Year 12 University & Apprenticeship
Annual Trip

Thu 22 October

Year 7-13 Tutor Evening

Fri 23 October

Community Newsletter

Message from Headteacher

Dear Parents and Carers,

What a wonderful start to the term! I have been very impressed with the calm, focused atmosphere around school as I have been getting to know the students and colleagues. Thank you for your support in ensuring your child has returned to school, equipped to learn with a positive mindset about the year ahead. Thank you also for your patience with uniform and dinner money whilst we have been working behind the scenes with our partner providers.

This week I have led assemblies with year groups to warmly welcome them back and share some of my Top Tips for a successful year. I also gathered some student voice from each year group, who overwhelmingly told me that they were most looking forward to 'seeing what they are capable of' in the year ahead. What a delightful insight into the aspiration of the school community. We as a school look forward to working in partnership with you to help every young person exceed their expectations of what they can achieve.

I also had the pleasure of issuing the Year 11 Prefects and Head Students their new leadership ties. This ceremony was broadcast across the school to all tutor groups and live to Year 7 students in assembly. I am passionate about the importance of training our young people to be the leaders of tomorrow and I very much look forward to working with the Junior Leadership Team to broaden the leadership opportunities across the school.

Well done to everyone for completing the first full week. Enjoy a well earned rest this weekend.
Mrs Cowper





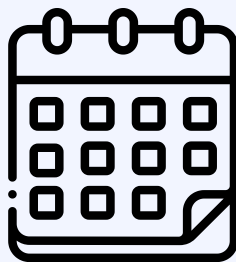
Important School Updates



Term Dates 2026/27

Please see below the term dates for the 2026/27 school year:

Thu 3 Sep 2026 - Fri 23 Oct 2026
Mon 2 Nov 2026 - Fri 18 Dec 2026
Mon 4 Jan 2027 - Fri 12 Feb 2027
Mon 22 Feb 2027 - Thu 25 Mar 2027
Mon 12 Apr 2027 - Fri 28 May 2027
Mon 7 Jun 2027 - Fri 23 Jul 2027



Purchasing The Castle School Uniform

The Castle School Uniform can be **purchased from Monkhouse Uniform**, who offer FREE delivery to home addresses on orders over £75. Please use the link below if you're looking to purchase new uniform.

[Monkhouse Uniform Shop](#)

Alternatively, if you wish to purchase second hand preloved school uniform, this is available by emailing the school. Please use the link below as a guide for what items we may have available.

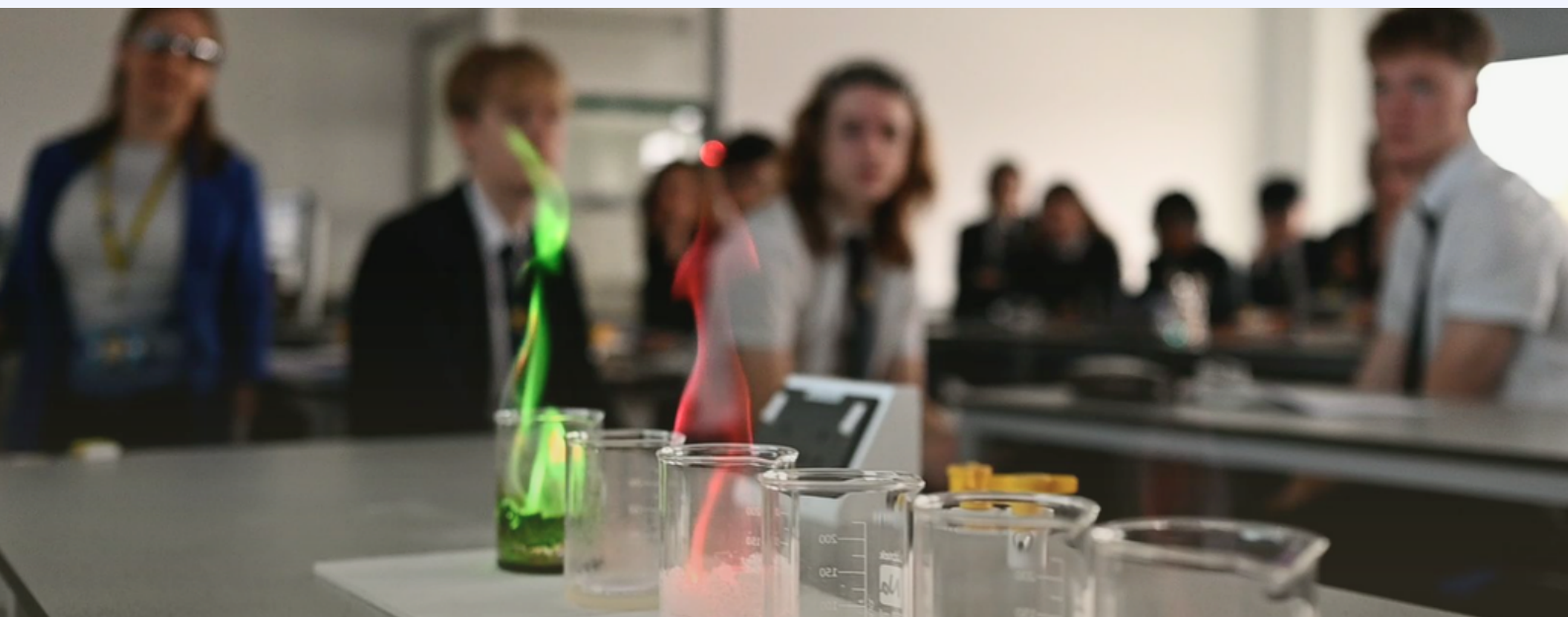
[The Castle School - Preloved School Uniform Shop](#)

For more information and guidance on our school uniform and uniform policies, please find the link below.

[The Castle School - School Uniform](#)

Careers & Work Experience Update

Please note that Lauren Hatcher will be taking over from Melanie Price in careers & work experience administration. If you have any queries regarding careers & work experience, please email lauren.hatcher@cset.co.uk.





Attendance Guidance & Absence Arrangements Reminders

Attendance at school is very important for all students and we ask that you support us by ensuring your child comes to school everyday on time and ready to learn.

Please contact the school immediately if your child is going to be absent and make follow-up emails/calls if required.

Email cas-studentabsence@cset.co.uk

We would prefer an email but you can also ring our Student Absence Line which has an answerphone on 01454 862518.

For Sixth Form students, please call 01454 862150. There is an answerphone available for you to leave a message so that you can call out of school hours.

We would request that parents make these emails/calls, not students and that you leave the name and tutor group of your son/daughter along with a brief message relating to the reason for their absence, this allows us to efficiently update our Attendance System.

Castle school friends

Dear Castle School Parents, Carers, Grandparents, Teachers & Friends,

We hope you all had a wonderful and relaxing summer break. It is lovely to hear students are settling in well and enjoying a positive start to the new academic year.

A warm welcome to all our new Year 7 parents and carers. We welcome you and all other parents to the first meeting of the academic year.

Castle School Friends was set up by a group of parents, grandparents, carers, teachers and friends of The Castle School in Thornbury. We raise money to help support the school and fund improvements for the benefit of the pupils.

Our first meeting, for this term, will take place next week:

Wednesday 16th September

7.15pm – 8.15pm

The White Lion, 10 High Street, Thornbury, Bristol, BS35 2AQ

If you would like to come along, find out a bit more about what we do or get involved in supporting the school, we would love to see you.

If you are interested, please contact us on cas-enquiries.tcs@cset.co.uk

We hope to see some new faces as well as those who have supported us in the past!

Castle School Friends



General School News



Term 1 School Dinner Information

Term 1 Menu 2026

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option one	Smokey Beef Chilli Tacos and Wedges with Fresh Tomato, Pineapple and Cucumber Salsas	STREET FOOD Chicken Shawarma with Tabouleh, Tomato Salad, Pickles and Dips	Roast Chicken with all the Trimmings with Roast Potatoes, Stuffing, Carrots, Broccoli and Gravy	SPICE & RICE Your Chef's choice of Currys from around the Globe! with Rice and Sambals	Fishfinger Sandwich with Chips, Peas and Tartare Sauce
Option two	Butternut & Feta Quesadilla and Wedges with Fresh Tomato, Pineapple and Cucumber Salsas	STREET FOOD Falafel Bowl with Tabouleh, Tomato Salad, Pickles and Dips	Quorn Roast with all the Trimmings with Roast Potatoes, Stuffing, Seasonal Veg and Gravy	SPICE & RICE Your Chef's choice of Currys from around the Globe! with Rice and Sambals	Delhi Hound Dog with Mango Chutney, Served with Chips
Dessert of the day	Selection of Home bakes	Selection of Home bakes	Selection of Home bakes	Selection of Home bakes	Selection of Home bakes

Allergies

Please speak to a member of staff if you have an allergy and need to know what's inside our food dishes. They will advise you of your available choices

Menu Key

- Vegan option
- Added plant protein
- Source of wholemeal

Also Available..

Our hot and cold grab & go selection alongside pasta and filled jacket potatoes



Term 1 Menu 2026

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Option one	Mac and Cheese with Toppings Garlic Croutons or HALAL Pepperoni Pieces	PECKISH Original Spice Chicken with Spicy Rice and Rainbow Slaw	BBQ Pulled Pork Slider with Paprika Wedges and Slaw	SPICE & RICE Your Chef's choice of Currys from around the Globe! with 50/50 Rice & Sambals	Battered Fish or Salmon Fishcake and Chips with Garden Peas
Option two	With fresh house salad	PECKISH Smokey Bean Burger with Spicy Rice and Rainbow Slaw	Burrito Bowl with Rice, Charred Corn Salad, Salsa and Sour Cream	SPICE & RICE Your Chef's choice of Currys from around the Globe! * With 50/50 Rice and Sambals	Summer Broccoli and Feta Quiche with Summer Salad and Chips
Dessert of the day	Selection of Home bakes	Selection of Home bakes	Selection of Home bakes	Selection of Home bakes	Selection of Home bakes

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General School News



Term 1 Menu 2026

Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Option one

Gochujang
Sticky Chicken
with Rice and
Cucumber Shaker
Salad



Chicken
Souvlaki
with Seasoned
Potatoes, Tzatziki
and Greek Salad

Classic Beef
Lasagne
with Garlic Bread
and Chunky Roasted
Summer Veg



Jerk Chicken
Thighs
with Rice & Peas,
Broccoli and Spiced
Pineapple Slaw

Chip Shop
Fish or
Sausage
with Chips, Peas
and Curry Sauce

Option two

Yakisoba Soya
Noodles
Stir Fry with
Edamame Beans



Spanakopita
With Seasoned
Potatoes, Tzatziki and
Greek Salad

Tuscan Chickpea
Pasta
with Garlic Bread
and Chunky Roasted
Summer Veg



Curried Squash &
Butterbeans
with Rice & Peas,
Broccoli and
Pineapple Slaw

Chip Shop
Vegan Sausage
with Chips, Peas
and Gravy or
Curry Sauce

**Dessert
of the day**

Selection of
Home bakes

Selection of
Home bakes

Selection of
Home bakes

Selection of
Home bakes

Selection of
Home bakes

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Also Available..

Our hot and cold grab & go selection alongside pasta and filled jacket potatoes

caterlink
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Meal Deal

CHOOSE ONE OF THE FOLLOWING

- ANY MAIN MEAL & VEGETABLES or SALAD
- PASTA POT, SAUCE & SALAD
- PANINI OR JACKET POTATO
- SALAD BOX
- HANDMADE SANDWICH BAGUETTE/ROLL

Plus

ONE OF THE FOLLOWING ITEMS

- DESSERT OF THE DAY
- FRUIT JELLY
- 125ml FRUIT JUICE
- PIECE OF FRUIT
- BOTTLE OF WATER

Only
£2.95

LOOK OUT FOR THE GREEN DOT •



General School News

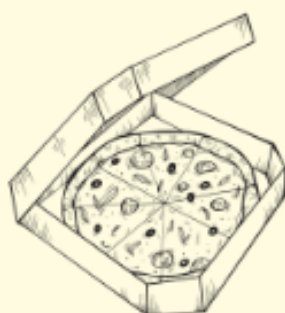


BREAK MENU WEEK 1



DAILY SPECIAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham & Cheese Muffin	Folded Chicken Naan	8" Pork Sausage Roll	Filled Croissants	Chicken Tikka Brochettes



PIZZA

- MONDAY- Margherita slice
- TUESDAY- Pepperoni stick
- WEDNESDAY- Spicy chicken & rocket stretched flat
- THURSDAY- Cheesy half moon
- FRIDAY- Pepperoni slice

HOT WRAPS & BAPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet Chilli Chicken Wrap	Beef Burger	Danner Meat Wrap	Chicken Burger	Falafel & Hummus Wrap



HEALTHY VIBES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wholemeal Cheese on Toast	Chicken Greek Salad	Mezze Pot	Wholewheat Arrabbiata Pasta (V)	Roasted Vegetable Flatbread

VEGGIE & VEGAN



Light Bites



Monday- Hummus & crudites
 Tuesday- Honey soy veg noodles (V)
 Wednesday- Cheese & tomato turnover
 Thursday- Roast pepper & cheese panini
 Friday- Wholewheat sun blushed tomato pesto pasta

Monday- Thai Vegetable Noodles (V)
 Tuesday- Vegetable and bean Shakshuka
 Wednesday- Vegetable Spring Rolls with chilli dip (V)
 Thursday- PIRI PIRI Chicken wing pots
 Friday- Turkish meatball sub

Monday- Garlic & herb slice
 Tuesday- 4" pork sausage roll
 Wednesday- tater tots bag
 Thursday- buttered toast
 Friday- cheesy half bagel





General School News

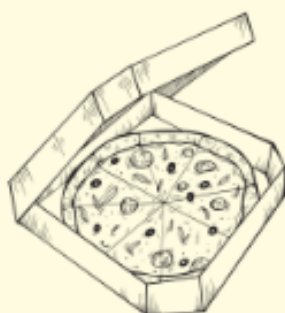


BREAK MENU WEEK 2



DAILY SPECIAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage & Cheese Muffin	Chicken Nuggets	Fish Finger Roll	8" Pork Sausage Roll	Vegetable Katsu Pots



PIZZA

- MONDAY- Margherita stick
- TUESDAY- Pepperoni slice
- WEDNESDAY- BBQ Chicken Calzone
- THURSDAY- Pepperoni Stick
- FRIDAY- Margherita half moon

HOT WRAPS & BAPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spicy Chicken Wrap	Cheese Burger	Vegan Chikin Strip Wrap (V)	Southern Fried Chicken Burger	Bhaji and Mango Wrap



HEALTHY VIBES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Warm Vegetable Quiche	Chicken Caesar Salad	Marinated Drumstick Pot	Wholewheat Pesto Pasta (V)	Vegetarian Bean Quesadilla

VEGGIE & VEGAN



Light Bites



Monday- Mexican bean sausage roll (V)
 Tuesday- Half jacket potato with cheese & salsa
 Wednesday- Buttered fruit toast (V)
 Thursday- Cheesy garlic bread
 Friday- Vegan Dipper salad pot (V)

Monday- Buffalo chicken sub roll
 Tuesday- Vegetable Pavlova (V)
 Wednesday- Nachos with bean chilli (V)
 Thursday- Vegan Delhi Dog (V)
 Friday- Jamaican beef patties

Monday- Half ham & cheese pitta
 Tuesday- Giant pretzel
 Wednesday- 4" sausage roll
 Thursday- Hosh Browns (V)
 Friday- Toast & preserves (V)



General School News



BREAK MENU WEEK 3



DAILY SPECIAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

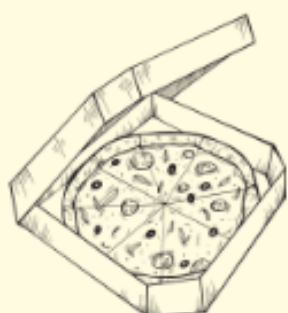
Cheese & tomato panini

Southern Fried Chicken pot

Pepperoni & cheese Turnover

8" Pork Sausage Roll

Pesto Halloumi Pitta flatbread



PIZZA

- MONDAY- Cheese & Tomato Slice
- TUESDAY- Pepperoni pizza muffin
- WEDNESDAY- Roast vegetable stretched flat
- THURSDAY- Margherita Stick
- FRIDAY- Cheese & onion half moon

HOT WRAPS & BAPS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hunter's Chicken Wrap Fish Burger Cajun Bacon and Cheese Wrap Crispy Chicken Burger Crispy Vegan 'Chick'n' Wrap



HEALTHY VIBES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mini Vegetable Quiche

Thai Veg Noodle Salad

Chicken Kofta salad pot

Wholewheat vegetable pasta pot

Lemon Humous and pitta pot

VEGGIE & VEGAN



Light Bites



Monday- Vegan Nuggets (V)

Tuesday- Loaded Nachos with salsa & sour cream

Wednesday- Bean stuffed potato skins (V)

Thursday- Cheese & Onion 'sausage roll'

Friday- Cheese and salsa toastie

Monday- Korean BBQ Beef Noodles

Tuesday- Humous pitta with coriander koleslaw (V)

Wednesday- Loaded Potatoes Bravas (V)

Thursday- Vegan Enchiladas (V)

Friday- Salmon Fishcake with Thai dressing

Monday- Baked bean toast pot

Tuesday- 4" sausage roll

Wednesday- Tater Tots bag (V)

Thursday- Giant veggie Samosa

Friday- toast & preserves (V)





General School News



TARIFF BOARD

LUNCH

MAIN MEAL DEAL	£2.95
MAIN MEAL	£2.55
PIZZA SLICE VEG	£1.75
PIZZA SLICE MEAT	£1.85
JACKET POTATO & 1 FILLING	£2.20
PANINI (FROM)	£2.30
HOMEBAKE	£1.25
COOKIE	£1.20

DRINKS

WATER	£1.00
CAPRI SUN	£1.50
MILKSHAKE	£1.20
RADNOR FIZZ	£1.15
RADNOR LARGE	£1.25
SLUSH	£1.50

ALL DAY

SANDWICHES FROM	£2.00
BAGUETTES FROM	£1.80
WRAPS FROM	£2.00
JELLY POTS	£0.80
FRUIT POTS	£1.10
DESSERT POTS	£1.30
SAUSAGE ROLLS	£1.60
CROISSANT	£1.50
PAIN AU CHOCOLAT	£1.50
WAFFLE	£1.45
BURGER FROM	£2.15
CHICKEN BURGER FROM	£2.35

ALLERGIES

PLEASE SPEAK TO A MEMBER OF STAFF IF YOU HAVE AN ALLERGY AND NEED TO KNOW WHAT'S INSIDE OUR FOOD DISHES. THEY WILL ADVISE YOU OF YOUR AVAILABLE CHOICES.

feeding the imagination

Flu Vaccination Consent Forms

Please find linked below the Flu consent letter for this season. Please also note that flu vaccinations for Years 9 - 11 will be taking place on the 26th & 27th November 2026.

<https://imms.sirona-cic.org.uk/flu/2026/consent?v=3>



Extra Curricular Timetable - Term 1+2

At The Castle School, we believe that learning extends far beyond the classroom. Our vibrant extra-curricular programme is designed to inspire, challenge, and empower every student to discover their passions, build lasting friendships, and develop skills that will serve them for a lifetime.

Please use the link below to see our Extra Curricular Activities for Term 1+2.

[The Castle School - Extra Curricular](#)



Please note that upon clicking the yellow box on our website to access the page with our activities, you may need to zoom in due to the high volume of clubs available.

Sporting Success!

Following on from Bella's success at the Welsh Open back in June, where she was crowned Welsh Champion in both Kata (forms) & Kumite (fighting), the summer has brought even more fantastic milestones.

Bella passed her final mock exam for her 1st Dan (Black Belt), meaning she has now completed all the required mock gradings and is eligible to take her senior Black Belt grading in December. To make the achievement even more special, she was also awarded the trophy for Best Overall Grading on the day. A huge milestone after all the hard work, commitment and dedication she continues to put into her training.

Her dedication, commitment and positive attitude have also been recognised with her selection as a Young Leader, giving her the opportunity to help other students develop their skills and confidence. Another role she is incredibly proud to take on and a chance to give something back by supporting others on their own karate journey.

Recently, Bella also represented the Welsh squad at the GB Open, a huge event attended by more than 1,500 competitors. Competing in an incredibly tough field, she battled her way to a fantastic Bronze medal in Kumite.



And there's more to look forward to! Bella has once again been selected to represent the Welsh squad internationally, hopefully travelling to Egypt at the end of October to compete. Another fantastic opportunity to represent Wales on the international stage and test herself against competitors from around the world.

Well done Bella. We are really proud of you!





Free School Meals

There are now three ways children can receive free school meals.

Targeted free school meals are available for children whose household receives Universal Credit or certain other benefits and has an annual household income of £7,400 or less. As well as free school meals throughout their education up to age 19, eligible children can also access additional support, including the Holiday Activities and Food (HAF) programme, while schools receive extra funding to support their learning.



Expanded free school meals, available from September 2026, are for children whose household receives Universal Credit with annual household earnings above £7,400. These children will also receive free school meals throughout their education up to age 19.

Universal infant free school meals continue to provide free school meals for all children in Reception, Year 1 and Year 2.

Parents and carers are encouraged to apply for targeted or expanded free school meals as soon as their child starts Reception to ensure they receive all the support they are entitled to. Eligibility is checked annually.

Find out more and apply at: www.southglos.gov.uk/freeschoolmeals

Universal Credit

If you live in a low income household or need help with living costs, you may be entitled to Universal Credit. As well as helping with everyday household costs, Universal Credit can unlock access to other support, including help with energy bills, healthcare costs, social tariffs and, from September 2026, free school meals for eligible children throughout their education up to age 19. You can check your eligibility and apply online at www.gov.uk/universal-credit



If you live in South Gloucestershire and would like help with your application, South Glos Citizens Advice offers a free Help to Claim service.

Call 0800 144 8444 or visit www.southgloscab.org.uk





Financial Support

If you're finding things difficult, you're not alone. South Gloucestershire Council and local partners offer a wide range of support for residents.

Help is available with:

- Housing costs and Council Tax Reduction
- Debt and budgeting advice
- Energy bills and seasonal support
- Food support
- Low-cost activities for families and children
- Advice on staying warm in winter and cool during hot weather



To explore the support available and find out what you may be entitled to, visit the South Gloucestershire Council Cost of Living Hub at www.southglos.gov.uk/costofliving

Crisis and Resilience Fund

If you've experienced an unexpected change in your financial circumstances, South Gloucestershire Council may be able to help through its **Crisis and Resilience Fund**.

The fund provides emergency financial support to eligible low-income households facing immediate or longer-term financial difficulties.

To apply, you must:

- Live in South Gloucestershire
- Be aged 18 or over



Applications require personal details, information about your income and spending, and recent bank statements.

Find out more or apply online at www.southglos.gov.uk/crisis-and-resilience-fund, visit a One Stop Shop in Kingswood, Patchway or Yate, or call 0800 953 7778.

