



# CGS NEWS

THE OFFICIAL NEWS SHEET OF CARRICKFERGUS GRAMMAR SCHOOL



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Issue 104



## First day at CGS

A warm welcome to our Year 8 group for 2021...



## Sailing Success

It has been a very busy summer in the water for the Pollard brothers, Rory and Calum.

In July Calum, of 8S, took part in the Topper Winters Championship at Royal Cork Yacht Club where he came 3rd overall in his class. This championship was significant as it replaced what was to be the World Championship which was changed due to Covid regulations.

Just over two weeks ago he won the Topper Northern Ireland Championship at Ballyholme Yacht Club.

The weekend before last he and his brother Rory, Year 9, competed in the double handed RS Feva Northern Ireland Championship finishing 2nd overall. They hadn't raced a double handed dinghy before so this was a great achievement.

In August, Calum then took part in the Topper Irish National Championship where he placed 2nd overall.

After this recent Championship he won his biggest accolade yet and was awarded The International Topper Association Topper Ireland National Champion Trophy ranking 1st in the 2021 Series.

Best wishes in the year ahead.



## SU is back!

With more games, talks, testimonies and, of course, food.

Come along to make new friends from other year groups and join our google classroom to ensure you don't miss out on any updates – including information on our weekend away to Castlewellaan Castle (always an SU highlight). Everyone is welcome from Year 8 – 14.



**Tuesday lunchtime:**  
Years 8, 9 & 10 in room 9

**Wednesday lunchtime:**  
Years 11 & 12 in room 9 & Years 13 & 14 in room 35

Google  
classroom  
code - z5c2pfy



	Vegetarian	Panini	Main Course	Snack Items	Vegetables Potatoes	Desserts
Monday	Vegetable Burger	Selection Of Panini	Oven Baked Fish Fingers Crustless Cheese Quiche	Pizza (V)	Chips Sweetcorn Baked Beans Peas	Fruit Jelly
Tuesday	Veggie Pasta Bake	Selection Of Panini	Chicken curry Chicken Pasta Bake	Ciabatta (Chicken + Cheese) (Cheese + Sweet Chilli Sauce)	Rice Fresh Vegetables Naan Bread	Fruit Chocolate Brownie
Wednesday	Cheese + Onion Crustless Quiche	Selection Of Panini	Pasta Bolognese Chicken Tikka	Steak Burger	Rice Pasta Sweetcorn Crusty Bread	Fresh fruit salad Biscuit
Thursday	Baked Potato Salad + coleslaw	Selection Of Panini	Sweet + sour chicken Roast Chicken Dinner	Naan bread pizza (v)	Rice Fresh Vegetables Mash Potato Crusty bread	Ice cream Fruit
Friday	Vegetable Burger	Selection Of Panini	Oven Baked Chicken Nuggets Oven Baked Sausages	Margarita Pizza (V)	Chips Sweetcorn Crusty bread	Biscuit Fruit



## Sample menu suggestion

This year the canteen are moving away from parents making specific food selections to parents paying online for a "Hot meal". So the menu, pictured left, is only supposed to be a suggestion of the type of food that will be on offer. It is hoped this will offer a bit more scope for pupils to select their meal on the day when they come to the canteen.

The CGS canteen staff do an excellent job of providing tasty, nutritious meals which are excellent value for money. We would like to encourage as many pupils as possible to take every opportunity to enjoy the sociability of joining with their friends to eat canteen lunches.



## Pupil Organisation

– Please help your son/daughter to check they have their bags packed correctly with all the necessary equipment ready for school the next day before going to bed. This ensures that they come to class prepared and avoids unnecessary anxiety and stress.



## Made for More NI

Made for More led an event in school as part of Year 8 Induction. They encouraged pupils to look after their emotional wellbeing and looking at some negative online behaviours and steps they can take to promote good mental health.

Helping reach a generation.  
Find out more at:  
<https://www.madeformoreni.co.uk/>



**Are you entitled?**  
Search online for "EANI free school meals"



## Well done Lucas

Congratulations to Year 10 pupil Lucas Magill, who recently got his black belt in Ju-jitsu.

Lucas started attending Savage Martial Arts four years ago and puts all his success down to hard work and dedication.



**Reminder – Carrickfergus Grammar School has moved to an online payment system for school lunches.** You will be able to order and pay for your child's school lunch a week in advance. The menu is available in Parentmail.

Parents of children entitled to free school meals must also make menu choices through the system, without the need (at the end of the screens) for payment.



## Resilient Pupil Workshops

A huge thank you to Dr Kathy Weston for delivering two popular talks for CGS parents this September via Zoom.

Her work is entirely evidence-based, packed full of actionable tips and was delivered with a passion that stems from her deep-seated belief in the power of parental engagement to transform children's lives.

Read more at <https://www.tooledupeducation.com/about-tooled-up-education/>

## Evidence-based resources brought to you by Dr Kathy Weston

Dr Kathy Weston holds a Masters and Doctorate in Philosophy (criminology) from the University of Cambridge and worked for many years as a policy researcher and research fellow in education. She is the co-author of two books on "Engaging Parents" (Bloomsbury, 2018, 2020) and a sought-after keynote speaker.

