



HEACHAM JUNIOR SCHOOL

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11 October 2021

Dear Parents,

**A day with the Romans & Iceni @ Norwich Castle Museum
Avocet Class Trip – Fri 26/11/21**

We are planning a very exciting trip for our Year 4 on Friday 26th November 2021. The visit will be to Norwich Castle Museum for a fun filled day finding out about the Romans & Iceni. **The cost of the trip is £9.00 to be paid via ParentPay before 12/11/21.** This includes entrance, workshop fees and transport. Please contact Mrs Bridge in the office if you need login/password details for ParentPay.

Children should wear school uniform as normal. Your child will need comfortable footwear, a waterproof coat and a packed lunch. To help get into the spirit of the day, we have provided some ideas for a Roman-themed Packed Lunch (see over) we would like the children to participate. Please no lunchboxes or glass, food can be wrapped in paper or cloth.

You may pre-order a Roman style packed lunch costing £2.30 from the school kitchen (this is free of charge to children in receipt of free school meals but must be ordered in advance).

We will be leaving school early at **8.00am** so please arrive in time and returning to school between 4pm and 5pm.

Please visit Parentpay.com to pay for the trip which will include the permission declaration and emergency contact information, medical conditions etc. If you wish to order a lunch please return slip below before Friday 12/11/21

Yours sincerely,

Mrs Y Tilbrook
Class Teacher

NORWICH CASTLE MUSEUM: PACKED LUNCH ORDER

I would like to order a packed lunch (£2.30 on ParentPay or free to Free School Meals)

Child's Name : _____

Sandwich Choice:

[] Cheese [] Ham [] Egg

Also included: Grapes, cucumber, carrot, oaty bar. **No drinks provided.**

Signed: _____ (parent / legal guardian)

EXECUTIVE HEADTEACHER
Ms L Jackson

EXECUTIVE DEPUTY HEAD
Mrs E Hunt

ASSISTANT HEAD
Mrs E Jones



A Day with the Romans and Iceni – Lunch Ideas!

Be Roman for the day!
Transform your packed lunch into a Roman Feast!

Things to include in your Roman lunch:

- Bread (granary is closest) with cheese (mozzarella is closest), meat (e.g. ham) or hard-boiled eggs
- Snacks such as sardines, dates, dried apricots, grapes, apples, carrots, nuts, raisins, olives
- Anything sweetened with honey – oat bars, sponge cakes made with honey etc. No sugar allowed!
- Fruit juice (they would not have had drinking water)

Things you must NOT include in your Roman lunch:

- Fizzy drinks
- Crisps
- Sweets
- Containers made of polythene, plastic or foil – instead, wrap your lunch in a brown paper bag or a cloth

Enjoy your Roman lunch!



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West Norfolk Academies Trust

