

# HEATHNOTES

Encourage - Challenge - Succeed



**ISSUE 117**  
**12th September 2025**

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**NEXT WEEK IS  
TIMETABLE...**

# A

### Dear Parents/Carers,

We have had a really positive start to the new school year. It has been wonderful to see how well our new Year 7 pupils have settled in and how confidently our Year 12 pupils have begun their sixth form studies. Across the school, pupils have returned with focus and enthusiasm, and we are very proud of the way they have started the term.

### Parent Information Evenings

Next week we are holding information evenings for each year group. These will be an opportunity to hear key messages for the year ahead and to meet staff:

- **Monday 15th September – Year 7**
- **Tuesday 16th September – Years 10 and 11**
- **Wednesday 17th September – Years 12 and 13**
- **Thursday 18th September – Years 8 and 9**

**3.20 – 4.20pm:** Meet your child's tutor. This is a chance to introduce yourself, find out how your child has settled into the year, and ask any initial questions.

**From 4.30pm:** A presentation will follow, where we will share key information about the year ahead, including school processes, important updates and changes, key dates for trips and school events.

If you are attending only the presentation, please arrive by 4.20pm. Parents attending the tutor meetings may have a short wait before the talk begins; tea and coffee will be available, providing a relaxed opportunity to meet and chat with other families.

### Open Evening – Advance Notice

Our annual **Year 6 Open Evening** takes place on **Wednesday 1st October from 5.00–7.30pm**. Please share these timings with any families who may be interested.

To enable staff to prepare and support this important event, school will finish early on **Wednesday 1st October at 2.35pm**. The following day, **Thursday 2nd October**, pupils should arrive at school for a **later start of 9.35am**.

### Uniform

Thank you for your support in ensuring pupils have returned to school smartly dressed. In particular, we appreciate your help in ensuring the correct school skirts are worn. We will be contacting home for pupils in incorrect skirts, next week. Also, pupils who are persistently rolling up their skirts, will be asked to wear trousers.

### Travel and Pick-Up Arrangements

A reminder that parents of pupils in Years 7 and 8 should not park on **British Legion Road** at the end of the day. Please wait on **Whitehall Road** if you are collecting your child, as this helps us to keep pupils safe and avoids congestion.

Thank you as always for your support in helping us to maintain high standards and a calm, orderly environment for all.

*Sonia Close*



### UPCOMING EVENTS

**Monday 15th—Thursday 18th September**

Parents Information Evenings (please see page 2)

**Wednesday 24th—Friday 26th September**

Duke of Edinburgh Expedition (Year 9)

**Wednesday 1st October**

Open Evening (Prospective Year 6)

### REMINDERS

- Breakfast Club pupils are expected to arrive and sign in via the main school reception before 8:15am - they will not be able to attend if they arrive after this time.
- Please ensure you download the Arbor App if you have not already done so. More information can be found here; <https://support.arbor-education.com/hc/en-us/sections/201716749-Using-Parent-Portal-and-the-Arbor-App-as-a-parent>

**Heathcote School & Science College, 96 Normanton Park, Chingford, London, E4 6ES**

# School Notices

## Trips and Enrichment

<b>15th October</b>	UK University and Apprenticeship Fair, Tottenham Stadium	Year 12
<b>2nd October</b>	Hercules Theatre	Year 10 & 11
<b>30 September</b>	Jack Petchey Speak Out Challenge	Year 10 (60 students)
<b>24-26 September</b>	DV Actual Expedition	Year 10 (28 students)

If your child has been invited to any of the above trips/enrichment activities, please confirm attendance as soon as possible. You will have received a letter via Arbor.

## After School Enrichment Programme

The after school enrichment programme will be shared with you next week. Please encourage your child to attend at least one activity per week. All activities are free of charge and run from 3.10pm—4.10pm.

## Breakfast Club

Please encourage your child to attend Breakfast Club which starts at 8.00am every morning. Not only do we offer a healthy breakfast, but it also gives your child space to catch up on homework or simply catch up with their friends. Breakfast Club is open to all students from Year 7 to Year 11.

## Form Classes and Languages

We are currently reviewing form classes and language options. Pupils will be notified of changes.

## Facilities Hire

At Heathcote School and Science College we are actively encouraging Community use of our school. We have a range of areas which are available for hire, please see photos of rooms below.

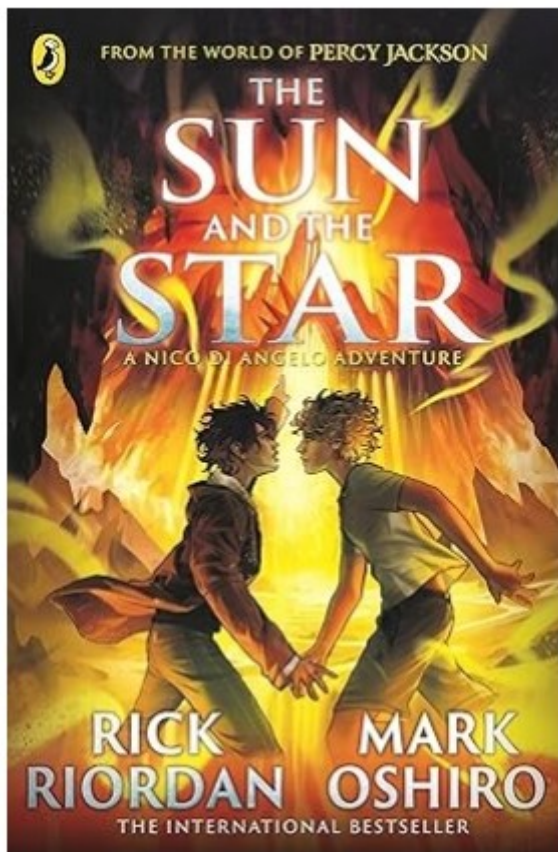
We currently have the following spaces available for hire; Sports Hall, Main Hall, Small Halls, Dance Hall Studio, Drama Studios, outdoor Multi Use Games Area (MUGA), Meeting Rooms, ICT Suite and of course Classrooms.

For all enquiries on facilities hire including availability and pricing please email the school on [pwellard@heathcote.waltham.sch.uk](mailto:pwellard@heathcote.waltham.sch.uk).



# Reading at Heathcote

## Heathcote's Book Of The Fortnight



### **The Sun And The Star**

***Rick Riordan and Mark Oshiro***

From New York Times #1 best-selling author Rick Riordan and award-winning author Mark Oshiro comes a new standalone adventure featuring two of the most popular characters from the world of Percy Jackson and the Olympians.

**ONE PROPHECY. TWO DEMIGODS. A HEROIC QUEST.**

Nico di Angelo is pretty familiar with the realms of death, being the son of Hades and all. So when a desperate voice starts plaguing his dreams, Nico is convinced it's coming from the Underworld and belongs to an old friend - a reformed Titan called Bob. Then an ominous

prophecy leaves Nico in no doubt - Bob needs his help and Nico must rescue him.

Of course Nico's boyfriend, Will Solace, the son of Apollo (the god of light) insists on joining the quest too. But can will even survive in the darkest part of the world? And what does the prophecy mean when it says that Nico will have to leave something of equal value behind?

As Nico faces demons both internal and external, his relationship with Will is tested to its very core. Can love find its way, even through the depths of hell?

**Ms Nash**

***Librarian***



# Year 7 News

Form	Praise Points	Attendance
7.1	164	97.1%
7.2	274	98.8%
7.3	366	99.1%
7.4	303	98.3%
7.5	318	98.3%
7.6	276	98.3%

## Key Messages

*Dear Parents/Carers,*

I am pleased to share how well our new Year 7 pupils have settled into life at Heathcote. It has been a fantastic start to the year, and I have received some positive feedback from staff across different subjects about the positive attitude, hard work, and enthusiasm shown in lessons. Pupils have also been busy making new friends and are quickly adapting to the routines and expectations of secondary school.

This week, pupils have been taking part in voting for their form representatives. These reps will play an important role in supporting pupil voice by bringing forward ideas, suggestions, and any concerns to help us continue improving school life.

I am very pleased with the excellent standard of uniform and the way pupils are lining up so sensibly in the mornings. This makes for a great start to the day.

To support their transition, lunchtime this week began slightly earlier at **12.15pm**. From next week, lunch will return to its usual time of **12.30pm**, so it is important that pupils are prompt and organised to make the most of their break time.

A small number of pupils have been arriving late in the mornings. Please can we stress the importance of being in school on time, pupils must be here by **8.30am**. Arriving late disrupts the start of the day and will result in behaviour points and restorations at lunch time.

A reminder about our Parent Information Evening on **Monday 15th September starting at 3.20pm**. This is a chance for you to meet your child's form tutor and gain a better understanding of the different events that are upcoming this year. I look forward to seeing you all there.

I am very proud of how well Year 7 have started and look forward to seeing them continue to grow in confidence and independence as the term progresses.

Thank you for your ongoing support in helping to make this transition a smooth and successful one.

*Ms Clancey*

*Year 7 Lead*



# Year 8 News

Form	Praise Points	Attendance
8.1	197	83.0%
8.2	304	98.3%
8.3	196	95.8%
8.4	64	97.4%
8.5	93	95.4%
8.6	138	98.8%

## Key Messages

### Dear Parents/Carers,

It's been a brilliant start to term for Year 8! Pupils have quickly settled back into routines, shown maturity, and many have already gained lots of praise points for their hard work and positive attitude. We've also been so impressed with the way Year 8s have supported our new Year 7s in finding their way around school.

This year we will focus on our **3 Cs ethos**:

- Connect – building positive relationships.
- Celebrate – recognising and sharing achievements.
- Contribute – giving your best in all areas of school life.

As part of our commitment to raising standards, we've also launched our Form Time Reading Strategy to help pupils build strong reading habits and improve their reading ages. With an English teacher as their Head of Year, Year 8 really do have no excuses!

### Stars of the Week

Congratulations to this week's winners who have lived out our 3 Cs ethos:

8.1 – Maeve & Harry K

8.2 – Unik & Nicole

8.3 – Maya F & Adrien F

8.4 – Adam & Hanan

8.5 – Jay & Orleana

8.6 – Logan B & Emma E

We are so proud of the example you're setting – keep shining!

### Uniform Reminder

Please check the school's uniform policy if unsure. A particular reminder that skirts must not be rolled up. Thank you for supporting us in maintaining high standards.

### Meet the Tutor and Information Event

We look forward to welcoming you to our Meet the Tutor event on Thursday 18th September. This will be a great opportunity to connect with your child's form tutor and hear more about the year ahead.

### How You Can Help at Home

We are challenging Year 8 to really apply themselves in lessons and with homework this term. Many tasks are already being set on Google Classroom, so please encourage your child to check this regularly and stay on top of their assignments.

### Reading is also a key focus:

- Encourage your child to read aloud at home.
- Discuss their book with them regularly to build comprehension and confidence.
- Share your own reading habits to model the importance of it.

Finally, following the summer break please support us in reminding pupils about the importance of sleep. A good night's rest makes a huge difference to focus, mood, and learning. Where possible, we recommend removing devices from bedrooms at night so pupils can fully switch off and recharge.

I look forward to continuing to work with you this year,

Best Wishes,

*Ms Gasper*

Year 8 Lead



# Year 9 News

Form	Praise Points	Attendance
9.1	297	95.2%
9.2	309	95.7%
9.3	159	93.8%
9.4	132	93.1%
9.5	140	83.3%
9.6	302	97.1%
9.7	270	95.0%

## Key Messages

### *Dear Parents/Carers,*

Welcome back Year 9. We hope you all had a lovely summer break. It has been wonderful to see Year 9 return with excellent focus for the year ahead. Pupils have made a great start by being ready for learning, and showing a positive attitude. Uniform has also been much improved – thank you for your support with this. However, a reminder that the school uniform policy allows one stud in each ear only. No hoops, multiple piercings, bracelets or rings are permitted. I have unfortunately already confiscated a number of banned items this term, and will continue to do so weekly. Any confiscated items will be returned by pupil collection on Fridays after school.

**Congratulations to Chloe S 9.1** who competed in the 1500m National Finals in Liverpool last week, we are so proud of you.

We invite you to our Year 9 Information Evening on Thursday 18th September 3:20-5pm. This will be a valuable opportunity to meet with your child's form tutor and the Year 9 Pastoral Team, who will be working closely with them throughout the year. The evening will also feature a presentation in the main hall, delivered by our Senior Leadership Team and Year Leads, outlining the exciting opportunities, key milestones, and important information for the year ahead. This year is incredibly important for our Year 9s as they choose their GCSE options. Maths and English lessons have already been streamed to prepare pupils for the correct level papers. This evening will be the first opportunity to discuss initial queries about the options process with you, we look forward to seeing you there.

### Reminders

Please remind pupils they must have a reading book every day as part of their equipment. We have identified several Year 9 pupils do not have one. Pupils can go to the library at break, lunch time or after school to borrow a book. We are keen to support the development of independent reading habits therefore reading tasks will be a prominent feature during form times this year to prepare pupils for GCSEs.

The **E-Worry Box** has been updated. Students who cannot access Google Classroom can now use paper slips, which are available from tutors and at main reception. Please note, any incidents or concerns must be reported on the E-Worry Box or to form tutors before investigations begin. Statements will not be issued unless necessary.

Please be reminded of the correct lines of enquiry below:

- Safeguarding / Serious Incidents / Pastoral or Wellbeing queries – Ms Apperley or Ms Larkin
- General Queries / Friendship Issues – Form Tutors
- Day-to-Day Queries, Medical Concerns, Attendance – Main Reception / Heathcote email
- SEND Queries or Concerns – Ms Waheed
- Subject Queries / Homework / Report Information – Class Teachers or Heads of Department

All contact details can be found on the Heathcote website. Please note, any emails sent to the Heathcote email address may take up to 72 hours for a response. This allows time for the main reception team to forward the email to the correct member of staff as above. .

### Upcoming Dates

*Thursday 18th September* - 3.20-4.20pm Meet the tutor / 4:20-5:00pm Information from SLT & Year Leads.

*Open Evening* – Y9 Pupils may be asked to support in departments, only pupils who are invited to support can attend and parental consent will be required.

*Ms Apperley*

*Year 9 Lead*



# Year 10 News

Form	Praise Points	Attendance
10.1	388	97.0%
10.2	127	89.2%
10.3	204	99.1%
10.4	171	95.0%
10.5	227	92.5%
10.6	208	97.9%

## Key Messages

### *Dear Parents and Carers,*

I would like to extend a very warm welcome back to all of our Year 10 pupils. It has been fantastic to see such a positive start to the new school year, with students quickly settling into routines and showing real determination in their studies. The first week and a half has been full of energy, enthusiasm and focus – a brilliant way to begin pupil's two-year journey to GCSE success.

A key focus for our pupils this term is building strong foundations in their core subjects, while also embracing the challenge of their GCSE option choices. Teachers have been impressed with the maturity, effort and application shown so far, and we are excited to see this continue to grow throughout the year.

I would also like to thank you for your support in ensuring pupils arrive in full school uniform and ready to learn each day. Standards have been excellent, and this helps create the right atmosphere for success.

Over 2000 positive points (and only 50 negatives) have been logged for year 10 in the last week, which is incredible with 10.1 looking particularly strong. Attendance for the week is 94.8% - good, but will hopefully nudge over 95% for the next newsletter. It has also been a real pleasure to receive so many positive messages about Year 10 pupils from staff across the school.

Congratulations to Year 10 – they have already made an outstanding impression on their teachers through hard work, engagement and commitment to learning.

*Ms Page*

*Year 10 Lead*



# Year 11 News

Form	Praise Points	Attendance
11.1	166	88.8%
11.2	151	92.3%
11.3	194	90.4%
11.4	162	92.6%
11.5	212	94.3%
11.6	141	86.2%

## Key Messages

### *Dear Parents/Carers,*

Well done to all Year 11 pupils, on a what has been on the whole a smooth return after the Summer Break. Pupils have started, what could potentially be their final year at Heathcote School with determination and effort. Lesson visits have shown purposeful and progressive learning taking place, with after school boosters following in similar suit. I have listed some of the positive praise that staff have shared with me below.

We are aware that applications for pupils next steps are at the forefront of their minds and the subsequent pressure they feel to perform well in their upcoming GCSEs. Please could you support us and engage in conversations with your child about what support or help they need to make their choices as stress free and effective as possible.

I would like to take this opportunity to remind you of the Parent Information Evening next week on Tuesday 16th September, we hope to see you there.

### **Year 11 PRAISE**

Weekly winning form for best attendance and positive behaviour: 11.3 and 11.5

Staff Praise comments:

- **Ms Singh** - *English* - Fantastic start back
- **Mr Talbot** - *Spanish* - lots of pupils have started back so positively
- **Ms Roffey** - *Cooking* – pupils are at a great stage with their cooking coursework - ahead of previous year
- **Mrs Ismail** - A huge well done to 11.4 for the fantastic start you've made to English this year. You are proving yourselves to be hardworking, focused, and committed to success – keep up the brilliant effort!
- **Ms Clarke** - *Textiles* - the class has made a really positive and focussed start with their design ideas. Praise points all around.
- **11.3** - highest overall league table points last week, with **11.5** this week.

**Ms Lewis**

**Year 11 Lead**



# Year 12 News

Form	Praise Points	Attendance
12.1	10	97.0%
12.2	27	95.8%
12.3	13	98.3%
12.4	14	100.0%
12.5	30	100.0%

## Key Messages

### *Dear Parents & Carers of Year 12,*

We are so pleased with how well Year 12 have started their journey at Heathcote Sixth Form. Over the past few weeks, they have impressed us with their positive attitude, maturity, and enthusiasm for their subjects.

We'd especially like to give a warm welcome to all of our external pupils. Moving into a new school can feel daunting, but they have settled in brilliantly and are already making a big impact in our community. We are very proud of them.

A special shoutout also goes to Ion and Lihan for a fantastic start to sixth form – both have shown real commitment and are setting an excellent example for others.

### **A Few Notices**

#### ***Careers Trip – 15th October***

We have an exciting trip planned to Tottenham Hotspur Stadium where students will explore different career pathways. Please make sure your child is signed up so they don't miss out.

#### ***Punctuality & Lanyards***

We know mornings can be busy, but punctuality really makes a difference to your child's success. Please encourage them to be on time and to remember their lanyards each day.

#### ***Making the Most of Study Periods***

Year 12s now have more independence, and how they use it is crucial. Please remind them to use study periods wisely for reading, revision, and getting ahead on work.

#### ***Work Experience***

This is a great time for students to begin exploring opportunities beyond the classroom. Gaining work experience will help them when it comes to university, apprenticeships, or employment applications.

#### ***New Initiatives Coming Soon***

We're excited to share that over the next few weeks, we'll be launching some new initiatives to support our students, including:

- *A Year 13 Mentoring System*
- *A Study Buddy Programme*

We'll share more details with you very soon.

Year 12 have made such a positive start, and we are looking forward to seeing them grow in confidence and independence as the year goes on.

Thank you for being part of their journey with us.

***Ms Singh***

***Joint Year 12 Lead***



# Year 13 News

Form	Praise Points	Attendance
13.1	6	92.7%
13.2	18	89.7%
13.3	20	94.9%
13.4	34	97.6%
13.5	54	96.7%

## Key Messages

### *Dear Parents/Carers of Year 13,*

I would like to congratulate all Year 13 pupils on a smooth transition into the beginning of year 13. I would also like to stress the importance of this year as we look towards the next steps in your child's journey. Whether this is through university, apprenticeships, or work, our aim is to give your child the tools they need for success for whichever pathway they choose.

### **Year 12/13 parent information Evening**

*17th September*

I look forward to welcoming you all to our upcoming parent information evening where you will have an opportunity to speak to your child's form tutors ask any questions that you may have about the upcoming year. There will also be a presentation by our senior leadership team to give you the key information for the year.

### **Reminder of uniform expectations**

A reminder that your child is required to wear a lanyard whilst on the school premises. If this lanyard has been lost then a replacement can be bought via their Arbor account.

### **Contact Details**

If you'd like to contact me via e-mail the address is:

[pmiltiadou@heathcote.waltham.sch.uk](mailto:pmiltiadou@heathcote.waltham.sch.uk)

*Mr Miltiadou*

*Year 13 Lead*



# Other News & Events

ENCOURAGE  
CHALLENGE  
SUCCEED



## Heathcote School & Science College



### Transition Events 2025

## Year 6 Open Evening



Wednesday 1st October 2025 (5pm - 7.30pm)

An opportunity to discover how our school is a happy and enriching place to be for every child.



**GCSE result:** 4+ 77% in English  
4+ 64% in Maths  
**A' Level result:** A\* -C 76% of pupils



Book your places via 'Google Form' using the link on our website, or scan the QR code

## Open Morning Tours



Monday 8th September –

Friday 26th September

Book your places via  
Eventbrite via our  
website, or scan the  
QR code



Heathcote School & Science College

96 Normanton Park, Chingford, London, E4 6ES

# Lunch Menu

## Week Beginning 16th September

WEEK 1	MONDAY CLIMATE CHANGE DAY	TUESDAY BURGER DAY	WEDNESDAY CURRY DAY	THURSDAY TRADITIONAL DAY	FRIDAY CHEFS CHOICE
<b>MAINS</b>	HOMEMADE CHEESE AND POTATO PUFFS WITH SKIN ON FRIES COTTAGE PIE JACKET POTATO WITH VARIOUS FILLINGS	SPICED DIRTY CHICKEN BURGER IN A FLOURED BUN WITH JACKET WEDGES BRATWURST SAUSAGE IN A FLOURED BUN WITH JACKET WEDGES JACKET POTATO WITH VARIOUS FILLINGS	CHICKEN CURRY AND MIXED RICE SWEET POTATO AND CHICKPEA CURRY WITH MIXED RICE JACKET POTATO WITH VARIOUS FILLINGS	BEEF PASTITSIO SMOKEY JACKFRUIT JAMBALAYA JACKET POTATO WITH VARIOUS FILLINGS	MSC DEEP FRIED FISH WITH CHIPPED POTATOS MSC FISH FINGERS WITH CHIPPED POTATOES JACKET POTATO WITH VARIOUS FILLINGS
ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD					
<b>STREET</b>	LOADED FRIES	BEEF ENCHILADAS	MAC N CHEESE	JERK CHICKEN WINGS	BBQ BEEF CALZONE
<b>PASTA</b>					
<b>COLD</b>	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS
<b>DESSERTS</b>	SUMMER CRUNCH POT FRESH FRUIT FRUIT POTS ORGANIC FRUIT YOGURT ICE CREAM TUB	BANANA CAKE AND CUSTARD FRESH FRUIT FRUIT POTS ORGANIC FRUIT YOGURT ICE CREAM TUB	LEMON DRIZZLE CAKE FRESH FRUIT FRUIT POTS ORGANIC FRUIT YOGURT ICE CREAM TUB	CHOCOLATE CRACKNEL AND CHOCOLATE SAUCE FRESH FRUIT FRUIT POTS ORGANIC FRUIT YOGURT ICE CREAM TUB	FRUITY FLAPJACK FRESH FRUIT FRUIT POTS ORGANIC FRUIT YOGURT ICE CREAM TUB
A SELECTION OF NATURAL FRUIT DRINKS / MILK SHAKE / BOTTLED WATER					

## Week Beginning 21st September

WEEK 2	MONDAY CLIMATE CHANGE DAY	TUESDAY BURGER DAY	WEDNESDAY CURRY DAY	THURSDAY TRADITIONAL DAY	FRIDAY CHEFS CHOICE
<b>MAINS</b>	CHICKEN AND SWEETCORN PIE WITH CREAMED POTATOES AND GRAVY STUFFED BELL PEPPER JACKET POTATO WITH VARIOUS FILLINGS	SPICY NACHO TOPPED BEEF BURGER IN A FLOURED BUN WITH ITALIAN DICED POTATOES HALLOUMI BURGER WITH ITALIAN DICED POTATOES JACKET POTATO WITH VARIOUS FILLINGS	LAMB ROGAN JOSH WITH MIXED RICE THAI KATSU CURRY WITH MIXED RICE JACKET POTATO WITH VARIOUS FILLINGS	PERI PERI CHICKEN LEGS SERVED WITH ROSEMARY ROAST POTATOES HOMEMADE CHEESE AND SWEETCORN QUICHE WITH ROSEMARY ROAST POTATOES JACKET POTATO WITH VARIOUS FILLINGS	MSC FISH FINGERS WITH CHIPPED POTATOES BUBBLE CRUMB SALMON WITH CHIPPED POTATOES JACKET POTATO WITH VARIOUS FILLINGS
ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD					
<b>STREET</b>	MEXICAN STYLE QUORN LOADED BURRITO	FISH AND CHIP WRAP	CHILLI TOPPED NACHOS	TEX MEX	SPICY GREEN JALAPENO PEPPER FLATBREADS
<b>PASTA</b>					
<b>COLD</b>	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS
<b>DESSERTS</b>	PEACH MELBA FRESH FRUIT FRUIT POTS ORGANIC FRUIT YOGURT ICE CREAM TUB	APPLE CRUMBLE WITH CUSTARD FRESH FRUIT FRUIT POTS ORGANIC FRUIT YOGURT ICE CREAM TUB	LEMON CHEESECAKE FRESH FRUIT FRUIT POTS ORGANIC FRUIT YOGURT ICE CREAM TUB	ETON MESS FRESH FRUIT FRUIT POTS ORGANIC FRUIT YOGURT ICE CREAM TUB	CHOCOLATE AND BEETROOT MUFFIN WITH CUSTARD FRESH FRUIT FRUIT POTS ORGANIC FRUIT YOGURT ICE CREAM TUB