

# Parent / Carer Bulletin



Care • Inspire • Succeed

Week Commencing 21<sup>st</sup> November 2022

## Headteacher's Update

Dear parent/carer

It was a real honour to take some students into the town last Friday for the Remembrance Service. Our students were respectful, engaged and great role models for the primary children that also came. There are some pictures included.

I hope parents and carers in Years 7 and 12 found the Tutor Review evening informative and useful. A parent survey will be coming to those parents to gauge their satisfaction with the event and the school. Please do not worry if you do not receive a survey link. It will be sent to every parent and carer at some point over the year.

Mr Farrer

WEEK B	CALENDAR
Monday 21 <sup>st</sup> November	<ul style="list-style-type: none"><li>Rewards Event (selected students) 1:00pm – 3:00pm</li></ul>
Tuesday 22 <sup>nd</sup> November	<ul style="list-style-type: none"><li>Y11 Mock Practical Exams Begin</li><li>Y8 &amp; Y9 Shakespeare Festival Workshop 9:00am – 4:30pm</li></ul>
Wednesday 23 <sup>rd</sup> November	<ul style="list-style-type: none"><li></li></ul>
Thursday 24 <sup>th</sup> November	<ul style="list-style-type: none"><li>6<sup>th</sup> Form Sociology &amp; Criminology Lecture 3:15pm – 4:15pm</li></ul>
Friday 25 <sup>th</sup> November	<ul style="list-style-type: none"><li>Y10 &amp; Y11 West Wilts Badminton Championships 8:30am – 4:30pm; (JoG School)</li></ul>

## **Collective Worship Term 2: Hope**

Help us to find the reason to face the world with confidence.

May we be given opportunities to see the world as a place we can expect good things to happen.

We want to be able to develop our own knowledge and understanding of the positive stories in our community and around the world.

We know that if we embrace all the opportunities we are given, we will be able to look to the future with excitement.

May all of our actions and accomplishments be a sign that we can trust in the younger generation.

Let us see challenges as real opportunities for change and improvement.

## **Save your St Laurence School Association – We Need You!**

The St Laurence School Association (SLSA) is the Parent Teacher Association of the School.

Established in the 1980s, the SLSA runs social events for parents and carers, along with students, to enjoy and raise additional funds for school resources and infrastructure, via donations and events, and is run by parent and carer volunteers.

### **How you can help support the SLSA**

Activities run in the past include Bingo Night; Quiz Night, Christmas Tree and uniform sales and we would love to hear your ideas for putting the “fun” into fundraising.

We need a minimum of three additional parents and carers to join the SLSA as part of the committee (see available roles below). Alternatively, you can join the SLSA to help at events – no minimum time commitment is required for non-committee members, just help as and when you can.

### **Committee Roles**

The parents and carers who previously made up the committee and volunteers for many years no longer have children at the school and can no longer continue to be a part of the SLSA.

The remaining roles on the committee include **Vice-chair, Secretary and General Enquiries**. No previous experience is necessary as full training will be given.

Without these roles being filled, the SLSA, after nearly forty years, will not be able to continue; this vital source of fundraising for the school will be lost, as well as great events which form connections with the Community, Students, Teachers and Parents and Carers.

We promise we will be respectful of committee members (and volunteers) time and make it as rewarding as we possibly can!

Please do email [ruthovenshr@gmail.com](mailto:ruthovenshr@gmail.com) or text/call 07792 406517 if you would like to know more, or even better, put yourself forward, by no later than the 1st December 2022.

Thank you everyone on behalf of the SLSA - Ruth Ovens and Tom Naysmith, members of the SLSA

## **A guide to BeReal – a popular social media app – From: Mrs Barber, Assistant Headteacher**

**Reporting a Student Absence: 01225 309501 or Email: [attendance@st-laurence.com](mailto:attendance@st-laurence.com)**



BeReal (a social media app with an age restriction of 13+) has been around for a long time but recently it has surpassed the likes of TikTok and Instagram in the iOS downloads.

Essentially, BeReal is a French social media app designed to strip back all the glossiness and fakery of Instagram and Facebook. BeReal has no filtering or image enhancement tools and champions the issue of self-esteem. Users receive a daily alert and then have a 2-minute window in which to post a 'real' photo of what they are doing, there and then.

This all seems like a great idea because it breaks down the unrealistic image created by influencers and the pressure that our young people are under aspiring to create their own positive online presence.

### **What are the drawbacks?**

You can only see other people's posts when you have posted a picture. This can put pressure on our young people to upload a photo so that they can take part. There are implications with this pressure to perhaps:

- stay up late waiting for an alert
- take a photo at school in uniform (and breaking the mobile phone ban rules)
- take inappropriate photos
- take photos when they don't feel up to it, leaving them feeling vulnerable

The app comes with similar privacy risks as other social media apps so it is essential that users have their privacy settings set so that strangers cannot view their content or interact with them in any way. This app has two modes, 'private' or 'discovery'; discovery allows anyone in the world to view your photo and to comment on it.

Also, you must tap the location icon before you make a post to disable the app from displaying your exact location on a map – there is no way to permanently disable your location being shown, unless you turn off location tracking in your phone's settings. They should ensure they have their location settings off on their device so that their photo cannot pin point their exact location, giving away their home address, school address or whereabouts (depending on where they post from).

### **Safety Features**

If you think a post is inappropriate, you can report it to BeReal or the user themselves – just click "report" in the settings of the photo or of the user profile.

There is no block button as of yet for iOS, but there is for Android.

If you have the app and find that after you've reported a user you wish to block them, the best you can do is unfriend them:

1. Click on the "Add friends" section
2. Click on the cross sign next to the user you wish to unfriend
3. Click delete

**From: Mrs Barber – Assistant Headteacher**

Reporting a Student Absence: 01225 309501 or Email: [attendance@st-laurence.com](mailto:attendance@st-laurence.com)

## Online Safety – setting boundaries

As part of my role, I speak to parents and carers about the online risks that our young people are taking. I often get asked questions about how to prevent our young people from taking these risks and making mistakes. In reality, we cannot prevent this entirely, but we can educate our young people to recognise the risks associated with being online and can regulate themselves or avoid making the mistake repeatedly.

The article on the link below offers some guidance for parents/carers faced with safety concerns for online apps and games. It also suggests helpful ways to set boundaries for internet and device use.

[Setting Boundaries around apps and games — Digital Families Counselling](#)

### **Lost Property**

Each term, we have a large amount of lost property left at Student Reception, which often goes unclaimed.

To help us to reunite lost property with their owners please ensure that **ALL** belongings have your child's name in them – if we can identify an owner the item will be placed in the Tutor Tray, collected each morning and returned to students during their Tutorial time. ***Remember to also put names in any items bought throughout the year.***

At the end of each term unclaimed belongings are disposed of and can no longer be collected.

Please remind students that they are only allowed to look for lost property after **3:00pm** each day.

Phones and items of value are stored at the main Reception desk if they have been handed in.

Lost PE kit will be held in the PE Department. Students arriving to school without should go to the PE Department to be borrow it, to be returned after the lesson.

## **Reminder: Sociology and Criminology Masterclass Thursday November 24th 3:15pm – 4:00pm**

The Social Science department are delighted that Dr Jen Dvorak from Canterbury Christ Church University is offering a lecture to A level students on **November 24<sup>th</sup>, 3:15pm – 4:00pm.**

Dr Dvorak is a senior lecturer and author of sociology and criminology and will be giving a lecture on Crime, Power and The State.

We cover state crime in both subjects so this lecture will give students a first-hand opportunity to explore the topic from a leading subject specialist.

Students should sign up with Mrs Butterworth or Mrs Haigh to secure a free space on this lecture.

## **From: Mr Morris – STEM Coordinator**

Reporting a Student Absence: 01225 309501 or Email: [attendance@st-laurence.com](mailto:attendance@st-laurence.com)

Thank you to everyone involved with the STEM workshops last week.

Despite the rain, the Year 8 AB Dynamics workshop was a great success.

Year 7 students also enjoyed the drone workshop and I've already had requests for another one in the future!



## **From: Mrs Hancock – Head of Music**

### **Dates for your diary:**

Carol Service

When: **Wednesday 14<sup>th</sup> December**

Where: Holy Trinity Church, Bradford-on-Avon

Time: 7:00pm

**The Percussion Club** are performing as the pre-concert entertainment in the Wiltshire Music Centre

When: Friday 18th November

Where: Wiltshire Music Centre foyer

Time: 7.00pm - 7.30pm

### **Singing Success**

3 students from St Laurence School have been selected for solo parts (after some very competitive auditions!), in a production of 'Stardust – A Musical Journey' by Jools Scott and Sue Curtis.

Chloe Smith (Year 12), Lily Jeffries (Year 10) and Josh Blake (Year 9) will all be performing in the production by Voices for Life at the Wiltshire Music Centre on **Friday 2<sup>nd</sup> December**.



## **From: St Laurence English Department**

### **The importance of reading**

At St Laurence School, we study whole literary texts in English lessons in all years. We also make access to the ILC available in order to choose reading books, and we try to encourage students to have a reading book on the go at all times – whether this is the latest novel in a series that students have been reading, a biography of a sporting hero, or a collection of short stories.

Books make the perfect Christmas gifts and stocking fillers - so if you have young people in Years 7, 8 and 9 to buy gifts for why not choose one of the books from this great selection:

#### **Year 7**

**Difficult Choices:** Framed – Frank Cottrell Boyce  
Cosmic – Frank Cottrell Boyce  
(Un)arranged Marriage – Bali Rai  
Pig Heart Boy – Malorie Blackman  
Holes – Louis Sachar  
The Diary of Anne Frank  
Wed Wabbit - Lissa Evans

**More of a challenge:** Touching the Void – Joe Simpson  
After the Fire – Will Hill

#### **Year 8**

**Visions:** The Curious Incident of the Dog in the Night-time – Mark Haddon  
I Capture the Castle – Dodie Smith  
My Sister Lives on the Mantelpiece - Annabel Pitcher  
Ghost Hawk – Susan Cooper  
The Ghost of Thomas Kempe – Penelope Lively  
A Stitch in Time – Penelope Lively  
Skellig – David Almond  
My Name is Mina – David Almond  
Mondays Are Red – Nicola Morgan  
A Skinful of Shadows – Frances Hardinge

**More of a challenge:** *The Woman in Black* – Susan Hill

#### **Year 9**

**Inequality:** *The Hunger Games* - Suzanne Collins  
*Time Riders* series - Alex Scarrow  
*Refugee Boy* - Benjamin Zephaniah  
*The Wall* - William Sutcliffe  
*Noughts and Crosses* - Malorie Blackman  
*The Perks of being a Wallflower* - Stephen Chobsky  
*Divergent* - Veronica Roth  
*Stone Cold* – Robert Swindells  
*Wonder* – R.J. Palacio  
*Trash* – Andy Mulligan  
*Tom Sawyer and Huckleberry Finn* – Mark Twain  
*To Kill a Mockingbird* – Harper Lee

*Chains* – Laurie Halse Anderson  
*Of Mice and Men* - John Steinbeck  
*All The Truth That's in Me* – Julie Berry  
*Between Shades of Grey* – Ruta Sepetys  
*Saint Death* by Marcus Sedgwick  
*Things a Bright Girl Can Do* – Sally Nicholls  
*The Poet X* – Elizabeth Agevedo

**More of a challenge:**

*Oliver Twist* - Charles Dickens  
*Hard Times* – Charles Dickens  
*Great Expectations* - Charles Dickens  
*Les Miserables* - Victor Hugo  
*12 Years a Slave* - Solomon Northup  
*The Help* - Kathryn Stockett  
*North and South* – Elizabeth Gaskell

**From: Mr Blowers, Director of 6<sup>th</sup> Form**

**Reminder - Applying to St Laurence 6<sup>th</sup> Form**

This year we are using a new electronic application form where students will need to create an account. This can be found on our school website in the **Latest News** column and on our 6<sup>th</sup> Form page at: **Join us – Applications to 6<sup>th</sup> Form**

**Deadline for Applications:** Friday 25<sup>th</sup> November 3pm

**Places will be allocated on a strictly first come first served basis so early application is recommended**

**St Laurence School Christmas Fair – Wednesday 14<sup>th</sup> December**



On Wednesday 14 December we are planning to host our inaugural Annual Christmas Fair.

We are pleased to announce a Book Signing by a guest author (more about this to follow).

Our stalls are getting booked up so if you, or someone you know, are crafty and creative tables can be booked by emailing [admin@st-laurence.com](mailto:admin@st-laurence.com)

# E-Car/Bike Club

The Town Council are working with Wiltshire Council and Co Cars to determine if there is sufficient interest to bring a shared use electric car club and E-Bike scheme to Bradford on Avon. A shared use electric car and bike club presents members with a potentially exciting opportunity to help save money, cut down on personal vehicle use and further demonstrate our commitment to tackling the Climate Crisis.

- Save money
- Reduce ownership hassle
- Reduce your carbon/pollution footprint

Take the survey:  
<https://bit.ly/ElectricBoA>



\*The survey will close on Sunday, 11 December 2022.

**Co Cars**  
**Wiltshire Council**



Service of Remembrance

Reporting a Student Absence: 01225 309501 or Email: [attendance@st-laurence.com](mailto:attendance@st-laurence.com)



**Students from St Laurence School taking part in the Remembrance Service on Armistice Day**

**St Laurence School students, along with The Reverend Canon Joanna Abercassis and pupils from local primary schools, at the Memorial in the town centre**



# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (provided they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, lumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.  
**ENIGMA:** talk to a trained counsellor for an 0800 111 or online at [www.childline.org.uk/get-support](http://www.childline.org.uk/get-support)  
**National Bullying Helpline:** confidential and available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)  
**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying), and can be reached on 0800 800 8000

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'taking their side' as for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on), by allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyberbullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyberbullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

## Meet Our Expert

Dr Claire Duffield is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and eating behaviour of young people in the UK, USA and Australia.



September 2023						October 2023						November 2023						
M		4	11	18	25	M		2	9	16	23	30	M		6	13	20	27
Tu		5	12	19	26	Tu		3	10	17	24	31	Tu		7	14	21	28
W		6	13	20	27	W		4	11	18	25	W	1	8	15	22	29	
Th		7	14	21	28	Th		5	12	19	26	Th	2	9	16	23	30	
F	1	8	15	22	29	F		6	13	20	27	F	3	10	17	24		
Sa	2	9	16	23	30	Sa		7	14	21	28	Sa	4	11	18	25		
Su	3	10	17	24		Su	1	8	15	22	29	Su	5	12	20	27		

December 2023						January 2024						February 2024					
M		4	11	18	25	M	1	8	15	22	29	M		5	12	19	26
Tu		5	12	19	26	Tu	2	9	16	23	30	Tu		6	13	20	27
W		6	13	20	27	W	3	10	17	24	31	W		7	14	21	28
Th		7	14	21	28	Th	4	11	18	25	Th	1	8	15	22	29	
F	1	8	15	22	29	F	5	12	19	26	F	2	9	16	23		
Sa	2	9	16	23	30	Sa	6	13	20	27	Sa	3	10	17	24		
Su	3	10	17	24	31	Su	7	14	21	28	Su	4	11	18	25		

March 2024						April 2024						May 2024					
M		4	11	18	25	M	1	8	15	22	29	M		6	13	20	27
Tu		5	12	19	26	Tu	2	9	16	23	30	Tu		7	14	21	28
W		6	13	20	27	W	3	10	17	24	W	1	8	15	22	29	
Th		7	14	21	28	Th	4	11	18	25	Th	2	9	16	23	30	
F	1	8	15	22	29	F	5	12	19	26	F	3	10	17	24	31	
Sa	2	9	16	23	30	Sa	6	13	20	27	Sa	4	11	18	25		
Su	3	10	17	24	31	Su	7	14	21	28	Su	5	12	19	26		

June 2024						July 2024						August 2024					
M		3	10	17	24	M	1	8	15	22	29	M		5	12	19	26
Tu		4	11	18	25	Tu	2	9	16	23	30	Tu		6	13	20	27
W		5	12	19	26	W	3	10	17	24	31	W		7	14	21	28
Th		6	13	20	27	Th	4	11	18	25	Th	1	8	15	22	29	
F		7	14	21	28	F	5	12	19	26	F	2	9	16	23	30	
Sa	1	8	15	22	29	Sa	6	13	20	27	Sa	3	10	17	24	31	
Su	2	9	16	23	30	Su	7	14	21	28	Su	4	11	18	25		

key:	
<span style="background-color: #90EE90; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span>	School Holiday
<span style="background-color: #FFD700; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span>	Bank holiday
<span style="background-color: #FFFFFF; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span>	Term Time

Academy, Free Schools, Foundation & Voluntary Aided schools can set their own term dates and may differ from ours. Please check with the individual schools for their term dates.

5 days are also available for professional training day closures during term time, set by the Headteacher and Governors of each school.

Term dates summary:		
<b>Term 1</b>	01 September to 18 October 2023	34 days
<b>Term 2</b>	30 October to 20 December 2023	38 days
<b>Term 3</b>	04 January to 09 February 2024	27 days
<b>Term 4</b>	19 February to 28 March 2024	29 days
<b>Term 5</b>	15 April to 24 May 2024	29 days
<b>Term 6</b>	03 June to 24 July 2024	38 days
<b>TOTAL</b>		195 Days

Bank and Public Holidays 2023/2024	
Christmas Day Holiday	25th December 2023
Boxing Day Holiday	26th December 2023
New Years Holiday	1st January 2024
Good Friday	29th March 2024
Easter Monday	1st April 2024
May Day Holiday	06th May 2024
Spring Bank Holiday	27th May 2024
Summer Bank Holiday	26th August 2024

St Laurence Inset Days 2023 - 2024		
• Friday 1 <sup>st</sup> and Monday 4 <sup>th</sup> September	No students in school	
• Tuesday 5 <sup>th</sup> September	ONLY Year 12 & Year 7 in school	
• Friday 29 <sup>th</sup> September	No students in school	
• 22 <sup>nd</sup> 23 <sup>rd</sup> 24 <sup>th</sup> July 2024	No students in school	

## Restaurant Menu for Week Commencing Monday 21<sup>st</sup> November

**SIDE DISHES: A seasonal selection of fresh vegetables and potatoes.**  
*\*Homemade soup of the day personalised with a selection of toppings.*  
*\*\*Jackets available "naked" or "rubbed" with a choice of chilli oil, garlic oil or Indian spice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>				
<b>Pasta Bolognese</b> Savoury Mince Beef Pasta with Garden Salad or Steamed Broccoli	<b>Chicken and Leek Pie</b> Creamy Chicken & Leek Pie Topped with Shortcrust Pastry, Jacket Wedges & Seasonal Vegetables	<b>Hand Carved Roast Turkey</b> with Roast Potatoes and Seasonal Vegetables Homemade Gravy	<b>Chicken Tikka Masala Curry</b> A Lightly Spiced Chicken Curry served with Turmeric Infused Rice & Poppadum	<b>Crispy Fried Fillet of Fish</b> Flaky Fish Fillet served with Oven Baked Fries and Baked Beans
<b>MAIN COURSE (MEAT FREE)</b>				
<b>Vegetable Pasta Bolognese</b> Pasta Spirals in a rich Italian Sauce with Garden Salad or Steamed Broccoli	<b>Mushroom and Sweetcorn Calzone</b> A folded pizza filled with Mushroom, Sweetcorn & Mozzarella with Wedges	<b>Roasted Quorn Fillet</b> with Roast Potatoes and Seasonal Vegetables Homemade Gravy	<b>Vegetable Masala Curry</b> A Lightly Spiced Vegetable Curry with Turmeric Infused Rice	<b>Spicy Veggie Supreme Pizza</b> With Oven Baked Fries and Peas
<b>TUBS &amp; BOWLS</b>				
<b>Jamaican Chicken</b> Jamaican Spiced Chicken & traditionally served with rice & peas	<b>Fiery Pasta Spirals</b> Pasta Spirals bound in a Spicy Tomato Sauce with Grated Cheese & Garlic Bread	<b>Macaroni Cheese Bake</b> Mixed Vegetables and Pasta bound in a Cheese sauce served with Garlic Bread	<b>Singapore Rice Noodles</b> Stir-Fried Vermicelli, Vegetables & Seasoned with Curry Powder	<b>Nacho Beef Chilli</b> Mexican Spiced Beef with Nachos served with Jalapenos & Sour Cream
<b>HAND HELD</b>				
<b>Naan Bread Pizza</b> With Sweetcorn & Mushroom	<b>Pulled Pork Bap</b> Homemade Pulled Pork with Crispy Coleslaw served in a Toasted Bap	<b>Southern Style Chicken Bap</b> Southern Spiced Coated in a Bap with Tossed Salad	<b>Jumbo Hotdog</b> With Cheese and Bacon	<b>Cajun Salmon Wrap</b> Cajun Spiced Flaked Salmon pieces with Mixed Salad & folded in a flour Tortilla