Ocker Hill Academy

OCKER HILL ACADEMY

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Aim High • Aim Higher

November 2026

Dear Parent/Carer,

Gurdwara Visit

Continuing our RE work on places of worship, we will be taking Y4 to visit a temple in Smethwick on:

Tuesday 10th November HB

Wednesday 11th November LP

As we will be there from 10.00 – 12.30 All children will need to bring a packed lunch that will be eaten when we return.

If your child is entitled to a free school meal this needs to be ordered on live kitchen – without this the kitchen will not be able to provide a meal. Non free school meal children can still use this option, and order and pay in the usual way.

While we are there children will be able to taste some traditional langar food, please find attached an ingredients list – the attached form needs to be filled in to allow your child to take part.

As we will be entering a religious building there are a few rules that we will all have to follow:

In the Gurdwara

- Clothing must be decent and not revealing; full covering of legs (skirts with tights or trousers) and short/long sleeve tops are acceptable

- Heads must be covered at all times (with a woolly scarf, shawl, bandana, handkerchief) a hood/hat or cap is NOT acceptable and is found to be disrespectful.

There are no entry costs to the temple, but unfortunately, we must charge for transport. The cost will be £7.00 and is payable via ParentPay by Tuesday 10th November.

It has to be pointed out that under the Education Act, the cost of this visit must be met by voluntary contributions. Therefore, the visit can only take place if the parents of **all** participating pupils are prepared voluntarily to meet the full costs involved.

Yours sincerely,

Mrs Smith

Gurdwara Visit 10th & 11th November 2026

Childs name_____ Class_____

I am happy for my child to take part in the Food Tasting Session and understand the rules they will need to follow.

YES NO

GNG Langar traditional food sampling Ingredients

PURE VEGETARIAN

Ingredients for the food at the Gurdwara...

- Lentils (Daal) contains...onions, ginger, chilli, turmeric, salt, butter, mixed herbs & spices.
- Rice pudding- milk, **sometimes contains nuts**, butter & sugar.
- Porridge – Oats, Sugar, Milk
- Sweet Rice – Saffron, Rice, Food Colouring, Sugar, Cloves, **sometimes contains nuts**.
- Natural yogurt - with salt & pepper.
- Mixed veg curry-contains...onions, ginger, chilli, turmeric, salt, butter, herbs, vegetables Such as potatoes, carrots & peas.
- Chapatti- wholemeal/mixed white flour, butter spread on top.
- Squash/ water is available too.

'Products may contain sesame and nuts that are allergens'

Parental permission for food is required & precaution should be taken against children with allergies etc

Please note that even though we try our best to cater for your needs, we can NOT guarantee there will NOT be cross contamination. Therefore, it is at your OWN risk should you eat the langar at the gurdwara.

Many of our products are not allergen free. Products that appear allergen free may also contain traces of allergenic ingredients.