

St Margaret's at Hasbury Church of England Primary School

Hagley Road, Halesowen, West Midlands B63 4QD

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LIVING LIFE IN ALL ITS FULLNESS

25th January 2022

Dear Parents,

We are looking forward to our visit to the Guru Nanak Gurdwara on Monday 31st January.

Below is some further information regarding our trip.

The tour will finish with a sampling (taster only) of some traditional blessed food called Langar at 12:00pm. In order for the children to be able to take part in this tasting activity they must have parental permission. Please complete the slip below if you would like your child to take part. Only children with a signed returned slip will be allowed to take part in the tasting session. Please see the back of this letter for the ingredients.

Also please see the following information from the Gurdwara with regards to expectations from the Gurdwara.

Shoes must be removed before entering the Darbar sahib (prayer hall) & clothing must be modest, decent and not revealing; **such as full covering of legs (skirts with tights/ trousers)** and short/long sleeve tops are acceptable.

Heads must be covered at all times in the Gurdwara (with a woolly scarf/shawl/bandana/ handkerchief) a hood/ hat/cap is NOT acceptable and is found to be disrespectful in a place of worship; children will be asked to remove it and replace it with a headscarf, as there are a few head scarves available at the Gurdwara for those who do not have scarves, but we highly advise you to bring your own head scarves due to the public use and hygiene.

Please complete the slip below and return to school by Friday 28th January 2022.

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Langar Tasting Session – Year 3 Trip to Guru Nanak Gurdwara

I give permission for my child to take part in the Langar tasting session on Monday 31st January.

I confirm that my child does not have any allergies to the ingredients listed.

Child's name

Parent / Carer Signature

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GNG Langar traditional food sampling Ingredients

PURE VEGETAIRIAN

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.

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.

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