

Headteacher's Message

What a great start to the term! It was so lovely to see everyone back smiling and ready to learn again. The week kicked off with the introduction of the new topics which are:

Aire: Mysterious happenings...

Brisons: Marvellous Mixtures

Longships: Traiders and raiders

Cowloe—Frozen planet

You can find more information about our curriculum and topic content by looking on the curriculum page of our website.

We are busy arranging lots of exciting activities to match these new topics, starting with Longships' visit to Penlee museum next week. We are keeping a close eye on any new restrictions but plan to make the most of our local area while we can!

Swimming and forest school started again today, the children didn't let the weather worry them and they all had a wonderful time. I was so impressed with Cowloe class, it was their first session and they got stuck straight into den building and worked well as a team.

Residential trips

Thank you so much for your positive responses regarding the residentials for Cowloe and Longships. They will be such valuable experiences for them and they absolutely deserve it after a bumpy few years. Whilst we won't be doing one for KS1, we will be doing a forest school / campfire evening when the weather warms up, we will post details nearer the time.

Progress updates / parent workshops

These were sent out today for last term. We closely monitor children's progress and next steps in learning so that we can make sure our teaching is targeted in the best way. We are developing our parental support at the moment and would like to know what workshops would be beneficial to you as parents to help you support your child. We have already done a reading one, we have a spelling one planned for later this term, but would like to know what other ones may be beneficial. If you have any ideas, please let me know via email on head@sennen.cornwall.sch.uk.

Parental Surveys

Thank you so much to those who responded to this before Christmas, the responses were very positive and there was some constructive feedback that we have taken on board. A summary will be sent out at the beginning of next week and put on our website.

Clubs

There will be a few changes to clubs over the next few weeks, but for next week the clubs will be:

Wednesday KS2 Football

Thursday KS2 High five netball & KS1 Multisports

Finally, we have been sent some details of some interesting workshops taking place at the Minack over the next few months. These 'Play in a day' activities are great for children who enjoy drama and the results are always good to watch. If you would like to know more, please go to <https://www.minack.com/create-play-day>.

Have a great weekend!

Nichola Smith

Contact information



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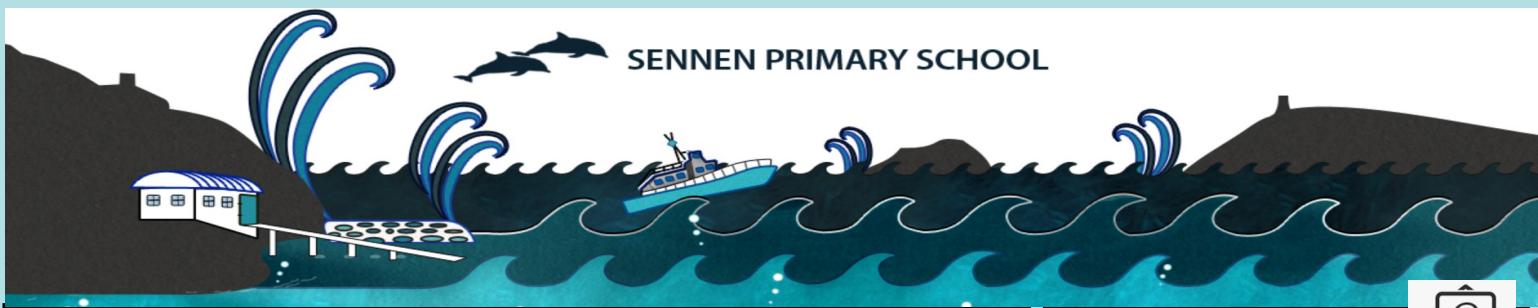
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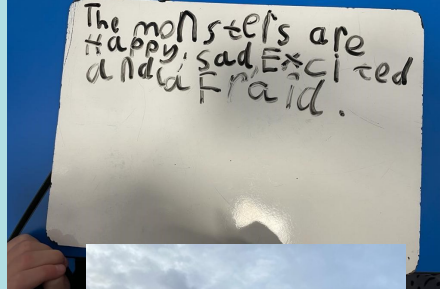
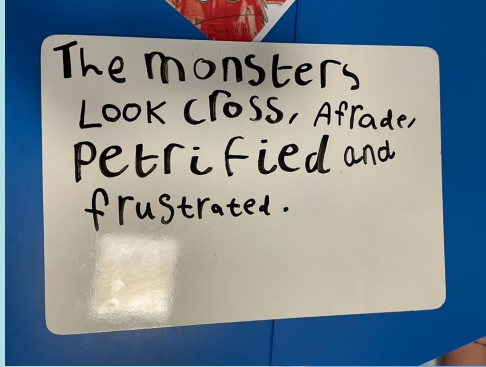


Important dates:

- 11.1.22—Longships trip to Penlee Museum
- 25.2.22—Parent workshop 2.30 — spelling
- 18.2.22—End of term 3
- 8.4.22—End of term 4



A few lovely pictures taken this week.



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Important notices

- ⇒ PE days will be WEDNESDAY and FRIDAY, please come in your kit for those days.
- ⇒ Free Fruit is still available each day.



Lunch Menu

Children will be asked what they would like each day by their teacher. Children in year R—2 get infant free school meals and it is £2.34 for the rest of the school, other than for those pupils who have been awarded income based free school meals.

WEEK 1		W/C: 20/09 11/10 01/11 22/11 13/12 03/01 24/01 14/02 07/03 28/03	
HOT SPECIALS...		DAILY FAVES...	PICK A PUD!
MONDAY	Burrito   A soft wrap filled with lightly spiced veggies and rice Macaroni Cheese  Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Jacket Potatoes  A choice of hot and cold fillings Tomato Pasta  Fresh, homemade tomato and basil sauce with penne pasta	SIDES... Green Beans and Sweetcorn Raspberry Ripple Ice Cream
TUESDAY	Allegra's Chicken Filo Pie with Mashed Potato A delicious light filo pastry topped chicken pie Allegra's BBQ Beans served with Cornbread   Tasty BBQ beans served with Cornbread	Jacket Potatoes  with salmon mayonnaise Tomato Pasta  Fresh, homemade tomato and basil sauce with penne pasta	Peas and Broccoli Brownie
WEDNESDAY	Roast Chicken with Roast Potatoes & Gravy Succulent roast chicken with fluffy roasties and tasty gravy Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy   A chunky sweet potato and chickpea roast	Jacket Potatoes  A choice of hot and cold fillings Tomato Pasta  Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage Shortbread Biscuit with Fresh Cut Fruit Slices 
THURSDAY	Pasta Bolognese   A classic Italian beef bolognese in a yummy tomato sauce Butternut Squash and Tomato Bake with Rice  A delicious butternut squash and tomato bake served with rice	Jacket Potatoes  A choice of hot and cold fillings Tomato Pasta  Fresh, homemade tomato and basil sauce with penne pasta	Broccoli and Sweetcorn Berry & Peach Oaty Crumble with Custard 
FRIDAY	Golden Fish Fingers and Chips Crispy fish fingers with scrummy chips Quorn Dippers and Chips Crispy Quorn Nuggets with their fav sauce - Ketchup	Jacket Potatoes  A choice of hot and cold fillings Tomato Pasta  Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas Orange, Sultana & Cake Slice


























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WEEK 2				
W/C: 06/09 27/09 18/10 08/11 29/11 10/01 31/01 14/03 04/04				
	HOT SPECIALS...	DAILY FAVES...	PICK A PUD!	
MONDAY	<p>Veggie Bolognese  </p> <p>Penne pasta in a yummy tomato and Quorn sauce</p> <p>.....</p> <p>Cheese and Tomato Pizza with Dough Balls  </p> <p>Cheesy tomato topped pizza slice</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>SIDES...</p> <p>Green Beans and Sweetcorn</p>	<p>Flapjack with Fruit Slices </p>
TUESDAY	<p>Allegra's Chicken Katsu with a Rice Side </p> <p>Yummy crispy Chicken Katsu with rice</p> <p>.....</p> <p>Allegra's Oodles of Noodles  </p> <p>Delicious noodles with tofu and veggies</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Broccoli and Peas</p>	<p>Peach Shortbread Pudding & Custard </p>
WEDNESDAY	<p>Roast Turkey with Roast Potatoes & Gravy</p> <p>Roast turkey with fluffy roasties and tasty gravy</p> <p>.....</p> <p>Creamy Vegetable Pie with Roast Potatoes and Gravy </p> <p>Creamy vegetable pie with a cheesy shortcrust topper</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Cabbage and Carrots</p>	<p>Raspberry Yoghurt Cake</p>
THURSDAY	<p>Cottage Pie  </p> <p>Home cooked minced beef with a crispy potato topping</p> <p>.....</p> <p>Mild Chickpea and Potato Curry   </p> <p>served with Wholemeal Rice</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Green Beans and Sweetcorn</p>	<p>Fruity Chocolate Brownie</p>
FRIDAY	<p>Golden Fish Fingers and Chips</p> <p>Crispy fish fingers with scrummy chips</p> <p>.....</p> <p>Tomato Veggie Burger with Chips </p> <p>A delicious homemade veggie burger</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Peas and Baked Beans</p>	<p>Vanilla Ice-Cream</p>

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		WEEK 3		
		W/C: 13/09 04/10 15/11 06/12 17/01 07/02 28/02 21/03		
MONDAY	HOT SPECIALS...	DAILY FAVES...	PICK A PUD!	
	Macaroni Cheese Cheesy Macaroni Pasta Veggie Sausage and Mash with Gravy  Fluffy mash with veggie sausages and rich gravy	Jacket Potatoes  A choice of hot and cold fillings Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	SIDES... Peas and Carrots	Oatie Biscuit with Fruit Slices
	Allegra's Garlicky Chicken and Spanishy Spuds  Garlic seasoned chicken served with spanish style potatoes Allegra's Cheesy Peasy Risotto Bake  A delicious baked cheesy, pea rissoto	Jacket Potatoes  A choice of hot and cold fillings Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Sweetcorn and Broccoli	Apple and Carrot Yoghurt Muffin 
	Roast Pork with Roast Potatoes & Gravy Roast pork with fluffy roasties and tasty gravy Meat-free Roast with Roast Potatoes and Gravy  Delicious Quorn roast with fluffy roasties and tasty gravy	Jacket Potatoes  A choice of hot and cold fillings Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	Strawberry Ice Cream
	Cornish Steak Pasty with Potato Wedges Steak pasty with potato wedges Veggie Lasagne served with a Bread Wedge   Delicious sheets of pasta layered with veggies and tomato sauce	Jacket Potatoes  A choice of hot and cold fillings Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	Chocolate Sponge Cake
FRIDAY	Southern Fried Chicken Tasters with Chips Lightly seasoned crispy chicken strips and scrummy chips Soft Taco and Chips   A soft taco shell filled with a yummy veggie tomato chilli	Jacket Potatoes  A choice of hot and cold fillings Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	Crispy Snow Bar

Lunch Menu

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Lunch Menu

Vegan - Week 1 - Mains

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Burrito (V) NO CHEESE IN BURRITO	Allegra's BBQ Beans (V) <i>With Potato Wedges</i> NO CORNBREAD	SD Sweet Potato and Chickpea Roast 93165175 <i>with Roast Potatoes and SD Gravy</i> 93132538	SD Butternut Squash and Tomato Bake with Rice (V) ** 93166601 NO BREADCRUMBS ON TOP	Vegetables Nuggets VMC3732 <i>and Chips</i>
Jacket Potato	Jacket Potato With Baked Beans NO CHEESE OR TUNA MAYO				
Pasta	SD Tomato Pasta 93171286				
Vegetables	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Raspberry Smoothie 93166798	SD Chocolate Crispie 93158451	Shortbread Biscuit <i>with Fruit Slices*</i>	Berry & Peach Oaty Crumble* <i>With Rice Milk Custard</i> 93166606	Orange, Sultana & Carrot Crispie 93177935

Lunch Menu

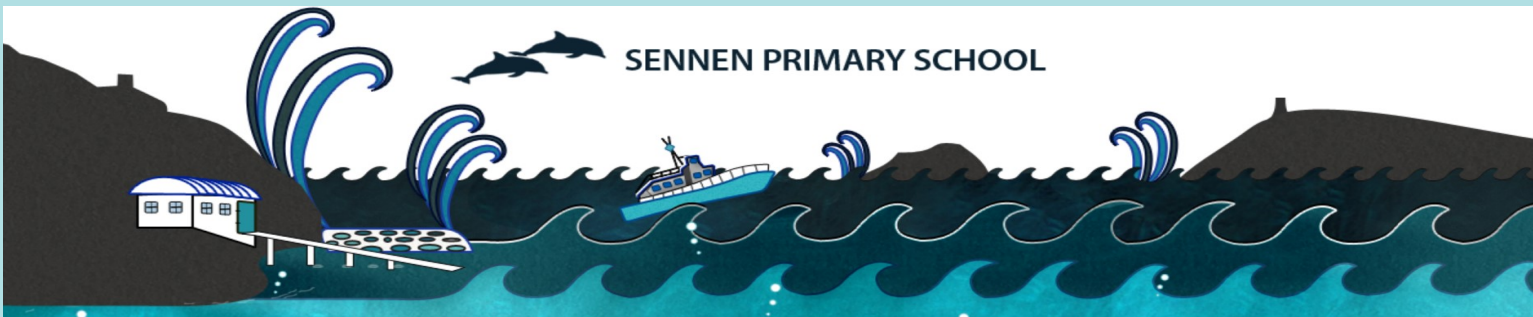
Vegan - Week 2 - Mains

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegan Cheese and Tomato Pizza ** 93170278 <i>with Dough Balls (V)</i>	Jacket Potato With Baked Beans	Vegetable Pie (V) <i>with Roast Potatoes and SD Gravy</i> 93132538	Mild Chickpea and Potato Curry (V) <i>with Rice **</i>	Tomato Veggie Burger NO MAYO IN BURGER <i>with Chips (V)</i>
Jacket Potato	Jacket Potato With Baked Beans NO CHEESE OR TUNA MAYO				
Pasta	SD Tomato Pasta 93171286				
Vegetables	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Flapjack <i>with Fruit Slices*</i>	Peach Shortbread Pudding* <i>With Rice Milk Custard</i> 93166606	SD Berry Crispie 93158452	SD Chocolate Crispie 93158451	Orange and Mango Smoothie 93199797

Cool Water, Fresh Fruit, Freshly Baked Bread available daily

*Fruit Based **Wholegrain

SD = SPECIAL DIET RECIPE



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<div>Lunch Menu</div> <div>Vegan - Week 3 - Mains</div>					
	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetable Nuggets VMC 3732 with SD Mashed Potato 93165179 And SD Gravy (V) 93132538	SD Easy Peasy Risotto Bake (V) 93177963	SD Sweet Potato and Chickpea Roast 93165175 with Roast Potatoes And SD Gravy 93132538	SD Tomato Pasta 93171286	SD Mexican Tomato Lentil Taco 93170475 with Chips
Jacket Potato	Jacket Potato With Baked Beans NO CHEESE OR TUNA MAYO				
Pasta	SD Tomato Pasta 93171286				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Oatie Biscuit with Fruit Slices*	Flapjack with Apple Slices*	Raspberry Smoothie 93166798	SD Chocolate Crispie 93158451	Orange and Mango Smoothie 93199797
Cool Water, Fresh Fruit, Freshly Baked Bread available daily *Fruit Based **Wholegrain SD = SPECIAL DIET RECIPE					