



## Headteacher's Message

This week has been a very strange one indeed. We have had lots of our children at home this week, so home learning became a regular event and the school building was so much quieter than usual. A school without children feels so empty and sad, like it is missing a soul, and we have really noticed it this week. We have been very glad to hear that the children are getting back to normal and can't wait to welcome them back into school next week. We are aware that now some parents are testing positive, so if your child is negative and ready to come back to school, but you as parents are positive, please do get in touch so that we can come up with a plan to support you in getting the children back into school. As I said previously, we are able to stay open as long as we have enough staff. As the children start to come back, I am very mindful that staff may still test positive over the next week or so. Please bear with us while we do our best to cover classes as best we can and keep

## Parent's evenings

Thank you so much for your understanding with regards to parent's evenings this week. We have rescheduled your appointment to the same day / time as this week. If this is no longer convenient, or if you would now prefer a phone call, please let us know and we will arrange it for you.

Despite the very disruptive week, we have still been able to have some fantastic learning. On Monday I took Cowloe to a multi sports festival. They were so fantastically behaved and worked hard all afternoon—what a credit to our school!



## Comic relief

This has crept up on us a bit this year! We will have a think about something we could do to raise money for the charity and let you know early next week.

## PE this week

Thurs—PE for Brisons, Longships & Cowloe

Friday Forest School for Aire & Brisons, PE for Cowloe, **Swimming for Longships.**

## Clubs (3.15—4.15)

I am hopeful that I have secured another club for a Wednesday after Easter, but for next week clubs will be:

Tuesday—Running Club KS2 (until 4pm)

Thursday—High five netball KS2 (tournament), Football KS2

Here's to a better week next week!

Nichola Smith

## Contact information



Tel: 01736 871 392

**Mrs Smith:**

head@sennen.cornwall.sch.uk

**Mrs Mear:**

secretary@sennen.cornwall.sch.uk

**Mrs Thomas (SENDCO):**

rthomas@sennen.cornwall.sch.uk

**Mrs Baker**

sbaker@sennen.cornwall.sch.uk

**Mrs Hulse:**

khulse@sennen.cornwall.sch.uk

**Miss Clackworthy**

hclackworthy@sennen.cornwall.sch.uk

**Miss Sawle:**

csawle@sennen.cornwall.sch.uk

**Mrs Tindall:**

etindall@sennen.cornwall.sch.uk

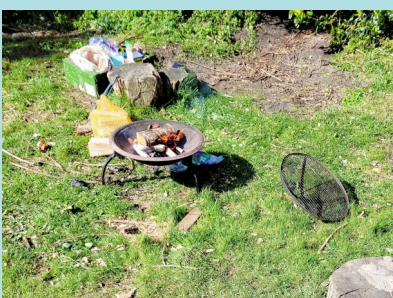


## Important dates:

- 14.3.22—16.3.22 —Parents evenings
- 15.3.22—Parent café run by Mrs Thomas pm
- 17.3.22—High Five Netball tournament
- 18.3.22—Comic Relief.
- 29.3.22—plastics workshops—whole school
- 7.4.22—whole school show—The Kiss That Missed
- 8.4.22—End of term 4—1.30 finish



## Our week in pictures



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## Important notices

- ⇒ PE days will be THURSDAY and FRIDAY for Brisons, Lonships and Cowloe, please come in your kit for those days.
- ⇒ Free Fruit is still available each day
- ⇒ You can find out exactly what your child is learning in class by seeing our class curriculum planners on our website. A copy can be found here: [http://www.sennen.cornwall.sch.uk/website/class\\_termly\\_curriculum\\_planners\\_1/579243](http://www.sennen.cornwall.sch.uk/website/class_termly_curriculum_planners_1/579243)



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



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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><b>Veggie Bolognese</b>  </p> <p>Penne pasta in a yummy tomato and Quorn sauce</p> <p>.....</p> <p><b>Cheese and Tomato Pizza with Dough Balls</b>  </p> <p>Cheesy tomato topped pizza slice</p>	<p><b>Jacket Potatoes</b> </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>SIDES...</b></p> <p>Green Beans and Sweetcorn</p>	<p>Flapjack with Fruit Slices </p>
TUESDAY	<p><b>Allegra's Chicken Katsu with a Rice Side</b> </p> <p>Yummy crispy Chicken Katsu with rice</p> <p>.....</p> <p><b>Allegra's Oodles of Noodles</b>  </p> <p>Delicious noodles with tofu and veggies</p>	<p><b>Jacket Potatoes</b> </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Broccoli and Peas</p>	<p>Peach Shortbread Pudding &amp; Custard </p>
WEDNESDAY	<p><b>Roast Turkey with Roast Potatoes &amp; Gravy</b></p> <p>Roast turkey with fluffy roasties and tasty gravy</p> <p>.....</p> <p><b>Creamy Vegetable Pie with Roast Potatoes and Gravy</b> </p> <p>Creamy vegetable pie with a cheesy shortcrust topper</p>	<p><b>Jacket Potatoes</b> </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Cabbage and Carrots</p>	<p>Raspberry Yoghurt Cake</p>
THURSDAY	<p><b>Cottage Pie</b>  </p> <p>Home cooked minced beef with a crispy potato topping</p> <p>.....</p> <p><b>Mild Chickpea and Potato Curry</b>   </p> <p>served with Wholemeal Rice</p>	<p><b>Jacket Potatoes</b> </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p><b>Tomato Pasta</b>  </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><b>Golden Fish Fingers and Chips</b></p> <p>Crispy fish fingers with scrummy chips</p> <p>.....</p> <p><b>Tomato Veggie Burger with Chips</b> </p> <p>A delicious homemade veggie burger</p>	<p><b>Jacket Potatoes</b> </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p><b>Tomato Pasta</b>  </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	
		SIDES...	PICK A PUDD!
MONDAY	<b>HOT SPECIALS...</b> <b>Macaroni Cheese</b> Cheesy Macaroni Pasta ..... <b>Veggie Sausage and Mash with Gravy</b> Fluffy mash with veggie sausages and rich gravy	<b>DAILY FAVES...</b> <b>Jacket Potatoes</b> A choice of hot and cold fillings ..... <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Peas and Carrots</b>  <b>Oatie Biscuit with Fruit Slices</b>
TUESDAY	<b>Allegra's Garlicky Chicken and Spanishy Spuds</b> Garlic seasoned chicken served with spanish style potatoes ..... <b>Allegra's Cheesy Peasy Risotto Bake</b> A delicious baked cheesy, pea rissoto	<b>Jacket Potatoes</b> A choice of hot and cold fillings ..... <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Sweetcorn and Broccoli</b>  <b>Apple and Carrot Yoghurt Muffin</b>
WEDNESDAY	<b>Roast Pork with Roast Potatoes &amp; Gravy</b> Roast pork with fluffy roasties and tasty gravy ..... <b>Meat-free Roast with Roast Potatoes and Gravy</b> Delicious Quorn roast with fluffy roasties and tasty gravy	<b>Jacket Potatoes</b> A choice of hot and cold fillings ..... <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Carrots and Cabbage</b>  <b>Strawberry Ice Cream</b>
THURSDAY	<b>Cornish Steak Pasty with Potato Wedges</b> Steak pasty with potato wedges ..... <b>Veggie Lasagne served with a Bread Wedge</b> Delicious sheets of pasta layered with veggies and tomato sauce	<b>Jacket Potatoes</b> A choice of hot and cold fillings ..... <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Green Beans and Sweetcorn</b>  <b>Chocolate Sponge Cake</b>
FRIDAY	<b>Southern Fried Chicken Tasters with Chips</b> Lightly seasoned crispy chicken strips and scrummy chips ..... <b>Soft Taco and Chips</b> A soft taco shell filled with a yummy veggie tomato chilli	<b>Jacket Potatoes</b> A choice of hot and cold fillings ..... <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Baked Beans and Peas</b>  <b>Crispy Snow Bar</b>



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### Lunch Menu Vegan - Week 1 - Mains

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Burrito (V) <b>NO CHEESE IN BURRITO</b>	Allegra's BBQ Beans (V) <i>With Potato Wedges</i> <b>NO CORNBREAD</b>	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 <b>NO BREADCRUMBS ON TOP</b>	Vegetables Nuggets <b>VMC3732</b> <i>and Chips</i>
Jacket Potato	Jacket Potato With Baked Beans <b>NO CHEESE OR TUNA MAYO</b>				
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 <b>NO MAYO IN BURGER</b> <i>with Chips (V)</i>
Jacket Potato	Jacket Potato With Baked Beans <b>NO CHEESE OR TUNA MAYO</b>				
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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Lunch Menu Vegan - Week 3 - Mains					
	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetable Nuggets <b>VMC 3732</b> 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 <b>NO CHEESE OR TUNA MAYO</b>				
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 <b>SD = SPECIAL DIET RECIPE</b>					