



Headteacher’s Message

On Monday I had the privilege of taking 10 children to the Penwith Schools’ cross country competition. They all ran their socks off, which made me so proud, but I was even more proud of their attitude and spirit. They cheered each other on and built each other up and all left full of smiles. We will be joining the next round in the Spring so will start a running club after Christmas to get practising!

Forest school was wonderful this afternoon. Longships class had the pleasure of going to a very special site over in Morvah where they had a lot of fun playing in the mud! A huge thank you to Lisa at Higher Keigwin Farm for making us feel so welcome. We didn’t do very well with our timings though, which I apologise for, hopefully next week will run smoother!

Parent Consultations—These will be held next week on Tuesday, Wednesday and Thursday (depending on the class) after school. We have made the decision to hold these face to face. We ask that you wear your mask (unless exempt) while waiting for your appointment, but you can remove it once in class as the chairs will be an appropriate distance apart. We ask that you do not attend if you are feeling unwell. If you would prefer, we are more than happy to contact you by telephone, just let us know and we can make sure that a phone is available.

Residentials—we have booked our year 5&6 residential trip! It is fantastic to be able to offer this again this year, it is such a memorable experience for children and staff alike. Mrs Tindall will be sending out a letter next week for those interested. We are also intending on doing a shorter residential trip for years 3&4, and an evening event for years 1&2 in the summer term.

Christmas events—We are so excited at the prospect of holding Christmas events this year. Each class is going to be doing a performance so get ready to learn some songs at home! We have decided to hold these performances as 2 smaller shows this year, one for KS1 & Reception, and one for KS2. We have made the decision not to hold a Christmas fair in the traditional sense this year. The school building is very small and it is usually a very popular event. Instead, we will hold ‘mini fairs’ as part of the Christmas productions, or one evening after school where the children can sell their crafts. We will have a tombola, a raffle and refreshments available at the productions. We will send out more information nearer the time. We are also waiting to confirm the date for the party but hope to hold it at Lands End as we have in previous years.

Children in Need— The official date for Children in Need is Friday, but as most of the school is out at Forest School or swimming, we have decided to hold our fundraising event on Thursday. On Thursday, children are welcome to come into school in their PJs, or their own clothes, for a donation towards the charity. After School, we are also hoping to hold a fundraising event in place of High Five Netball and Multi-sports, I will send some more information out about it on Monday.

WOW days— These have been booked for Cowloe and Longships so far. Cowloe will be having a space dome experience in the hall on 25.11 and Longships are having a visit from Mark’s Ark who is bringing some animals into school. Miss Clackworthy is doing a site visit to Helston museum this weekend and is hoping to take the children there to look at all of the old vehicles as part of their project. We will hopefully have a date set by next week.

Contact information



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Important dates:

- 12.11—Cowloe Residential parent meeting 3.30
- WB 15.11—Parents’ evening
- 18.10—parent clinics
- 18.10—Children in need pj / non uniform day
- 23.11—SEND parents’ appointments
- 24.11—KS1 Multisports festival
- 25.11—Y5/6 Space dome experience
- 25.11—Y3/4 Mark’s Ark animal visit
- 25.11—Phonics workshop
- 13.12 & 14.12 xmas performances (details to follow)
- 15.12—xmas party TBC
- 16.12—School xmas dinner
- 17.12—End of term



PE—we have had some challenges trying to secure a sports coach for all 3 classes, plus an after school club. It is looking likely that we will be moving PE to Thursday and Friday instead so that Brisons, Longships and Cowloe can all have a session, plus an after school club (in place of Wednesday). This does clash with the clubs already on offer, so we will have a think about how we could rearrange things and get it set up for week beginning 22.11. If anybody knows of any sports coaches that might be able to help us increase our provision, please let us know—the children are desperate to try everything at the moment and we want to give them as many experiences as possible.

Our week in pictures!



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Important notices

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

Lunch Menu

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

Lunch Menu

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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	
<p>MONDAY</p> <p>TUESDAY</p> <p>WEDNESDAY</p> <p>THURSDAY</p> <p>FRIDAY</p>	<p>HOT SPECIALS...</p> <p>Veggie Bolognese   Penne pasta in a yummy tomato and Quorn sauce</p> <p>Cheese and Tomato Pizza with Dough Balls   Cheesy tomato topped pizza slice</p>	<p>DAILY FAVES...</p> <p>Jacket Potatoes  A choice of hot and cold fillings</p> <p>Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>SIDES...</p> <p>Green Beans and Sweetcorn</p>	<p>PICK A PUD!</p> <p>Flapjack with Fruit Slices </p>	
	<p>Allegra's Chicken Katsu with a Rice Side  Yummy crispy Chicken Katsu with rice</p> <p>Allegra's Oodles of Noodles   Delicious noodles with tofu and veggies</p>	<p>Jacket Potatoes  A choice of hot and cold fillings</p> <p>Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Broccoli and Peas</p>	<p>Peach Shortbread Pudding & Custard </p>	
	<p>Roast Turkey with Roast Potatoes & Gravy Roast turkey with fluffy roasties and tasty gravy</p> <p>Creamy Vegetable Pie with Roast Potatoes and Gravy  Creamy vegetable pie with a cheesy shortcrust topper</p>	<p>Jacket Potatoes  A choice of hot and cold fillings</p> <p>Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Cabbage and Carrots</p>	<p>Raspberry Yoghurt Cake</p>	
	<p>Cottage Pie   Home cooked minced beef with a crispy potato topping</p> <p>Mild Chickpea and Potato Curry    served with Wholemeal Rice</p>	<p>Jacket Potatoes  A choice of hot and cold fillings</p> <p>Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Green Beans and Sweetcorn</p>	<p>Fruity Chocolate Brownie</p>	
	<p>Golden Fish Fingers and Chips Crispy fish fingers with scrummy chips</p> <p>Tomato Veggie Burger with Chips  A delicious homemade veggie burger</p>	<p>Jacket Potatoes  A choice of hot and cold fillings</p> <p>Tomato Pasta   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 PUD!
 HOT SPECIALS...	MONDAY	Macaroni Cheese Cheesy Macaroni Pasta Veggie Sausage and Mash with Gravy ✓ Fluffy mash with veggie sausages and rich gravy	DAILY FAVES... Jacket Potatoes ♥ A choice of hot and cold fillings Tomato Pasta 🍅 ✓ Fresh, homemade tomato and basil sauce with penne pasta
	TUESDAY	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
	WEDNESDAY	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
	THURSDAY	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
	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
		Peas and Carrots	Oatie Biscuit with Fruit Slices
		Sweetcorn and Broccoli	Apple and Carrot Yoghurt Muffin 🍏
		Carrots and Cabbage	Strawberry Ice Cream
		Green Beans and Sweetcorn	Chocolate Sponge Cake
		Baked Beans and Peas	Crispy Snow Bar

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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 VMC 3732 <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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Lunch Menu
Vegan - Week 3 - Mains

	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					