



# Newsletter

21st July 2023

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## A message from the Headteacher

I can scarcely believe that this is the last newsletter of the year, and indeed my last at Sithney CP School. I have really loved my two years at Sithney; they have flown by. Sithney CP is a truly special school and that is due to the whole community- staff, pupils and parents. I will really miss everyone but know that the school is in safe hands with Mrs May and Miss Neil at the lead supported by the exceptional team; Mr Williams is lucky to be joining such a great school. I would like to thank the community of Sithney CP School for your continued support over my time here (especially during the building work) and wish you all a wonderful summer break.

Very best wishes,  
Mrs Sarah French

## Goodbye Mrs French

We would just like to say a huge thank you to Mrs French for all the hard work and dedication she has shown the school during her time with us over the last two years. She has been a tremendous support to both pupils and staff, and has had a clear vision and aim for how the school can move forwards, ensuring teaching and learning continues with the children at the heart of what we do. Although she will be dearly missed we wish her good luck for her new role and look forward to continuing to work with her within the Trust.

## Well done Sebby

Sebby would like to share that he has completed the summer reading challenge at the library ! Perhaps he'll have another go during the holidays!

## Eco Summit

Agnes and Nico, two of our Eco Council students attended an Eco Summit, organised by the Crofty MAT, at Pennoweth School last week. It was a great event that brought together Eco Council students from 16 schools.

Several companies attended to present their organisation's intentions about becoming more energy efficient. Chartwells demonstrated what to do with fruit and vegetables that may usually be discarded due to being misshaped or "past their best". Two student teams were formed, and they both made stir fries and another team made cheesecake using spoiled milk and vinegar and then flavoured it with strawberries that might otherwise have been thrown away.

Agnes and Nico had a lovely day, and both said they had enjoyed meeting Eco Council students from the other schools. Both pupils had lots to say during and after their experience and were both given gift bags that contained a notebook, a pencil, a bamboo straw and toothbrush and a t-shirt.



## Diary Dates

24th & 25th July 2023 - INSET Days  
4th & 5th September 2023 - INSET Days  
6th September 2023 - Return to school  
22nd September 2023 - INSET day  
6th October - INSET day  
11th October—Individual Photos  
23rd October - 27th October 2023 - Half term  
20th December - 3rd January 2024 - School Holidays  
12th - 16th February 2024 - Half Term  
19th February 2024 - INSET Day  
29th March - 12th April 2024 - School Holidays  
6th May 2024 - Bank Holiday  
27th - 31st May 2024 - Half Term  
17th June 2024—INSET Day  
24th July 2024 - INSET Day  
25th July 2024 - Summer Holidays



## FREQUENTLY ASKED QUESTIONS



### WHAT IF MY CHILD HAS AN ALLERGY OR SPECIAL DIET?

Our primary objective is to keep our pupils - your children - safe every day when enjoying their school meals.

We take allergies very seriously and, supported by our robust Medical Diet Policy, we've taken every step to ensure that as many children as possible living with food allergies and intolerances can eat safely at school with their friends.

To find out more please email [chartwells.medicaldiet@compas-group.co.uk](mailto:chartwells.medicaldiet@compas-group.co.uk)

### CAN A PACKED LUNCH BE PROVIDED INSTEAD OF A HOT MEAL?

Absolutely! Our packed lunches are made fresh each day and are designed to be both tasty and nutritious, ensuring that children enjoy a balanced and satisfying meal.

Our menus are packed with fun for favourites such as cheese & tomato pizza, roast dinners and honey pie.

### WHAT IS INCLUDED IN A SCHOOL MEAL?

Every day you can be assured that a school meal will offer:

- At least two portions of fruit and vegetables
- Dairy food items rich in calcium for strong bones and teeth
- Starchy carbohydrates to provide energy
- A protein source to support the body's growth and repair.

### HOW DO I ORDER AND PAY FOR SCHOOL MEALS?

All children in the UK in Reception, Year 1 or Year 2 are entitled to a delicious hot meal or packed lunch for FREE.

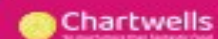
From Year 3 (KS2), your child may still be eligible for free school meals, simply visit [www.gov.uk/school-meals](http://www.gov.uk/school-meals) to check.

Schools may have an online facility that allows you to order your child's meals. If your child is in KS2 and above, then the portal will allow you to order and pay for meals.



# LOVE SCHOOL MEALS

## NUTRITIOUS FOOD AND MEMORABLE EXPERIENCES



## MAKING HEALTHY CHOICES

### AT CHARTWELLS, WE ARE PASSIONATE ABOUT ENCOURAGING AND ENABLING MORE CHILDREN TO MAKE HEALTHY CHOICES AND ENJOY A NUTRITIOUS SCHOOL MEAL TO GET THE MOST OUT OF THEIR DAY.

Chartwells' school meals have been lovingly created by a team of talented chefs and dedicated nutritionists making sure menus are packed with all the ingredients children need to grow strong and healthy.

Making a home-packed lunch for your child each day can be time-consuming and expensive. School meals can relieve some of this pressure by providing a hot, nutritious lunch for your child, every school day.



## THE BENEFITS OF SCHOOL MEALS

### MAKING CHILDREN HEALTHIER

Children having school meals are more likely to eat fruit and vegetables and drink water throughout the day.

### BEHAVIOUR & CONCENTRATION

A healthy school meal helps children get the best from their learning.

### THEY ARE FREE IN RECEPTION, YEAR 1 & YEAR 2

Speak to your school about signing your child up today!

### TASTY THEME DAYS

Throughout the term, your child will get to experience delicious theme days where we bring excitement to the dining hall with new and inspiring choices such as our Space Adventure or Mid-Summer Mashup.

### MAKING FOOD FUN

We want your children to have fun and the dining hall is a great place for them to enjoy themselves with friends whilst they learn about different types of food.

### WE EDUCATE AND INSPIRE CHILDREN WITH OUR BEYOND THE CHARTWELLS' KITCHEN WORKSHOPS

Save up to **£457** with FREE school meals

