



Newsletter

13th September 2023

Sithney CP School, Crowtown, Helston, Cornwall, TR13 0AE Phone: 01326 572910

Email Secretary: secretary@sithney.cornwall.sch.uk Email Head: sithneyhead@croftymat.org

Dear Parents and Visitors

My name is Mrs Linda May, and I am thrilled to be the Executive Headteacher of this school. I am responsible for 5 closely located schools in the Helston area; all with a unique identity and yet shared desire to offer our children the best possible start to their educational journey.

I am ably supported by an experienced Senior Teacher who is our Head of School, and a dedicated and talented staff that have the same high expectations as you do for your child. We believe in a close working relationship between teachers and parents is essential to success and we look forward to welcoming you to our many special events.

I firmly believe that every child deserves to have a happy and fulfilling primary education. I also know that children learn best through an interesting and engaging curriculum. Together, we will strive to make learning enjoyable, varied and challenging so that all children achieve well and are motivated to do their very best.

I look forward to our paths crossing and sharing some of the special moments in the life of our school.

Please browse our website for more information.

With all good wishes,

Mrs L May

Blue Peter

Exciting news!

Blue Peter have just launched a Reading for Pleasure Badge. If you love to escape into another world with a book, then this is the badge for you! Designed by Sir Quentin Blake, you need to tell Blue Peter about a book you have read and what you think about it in order to apply. More details are in the link below:

<https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-book-badge>



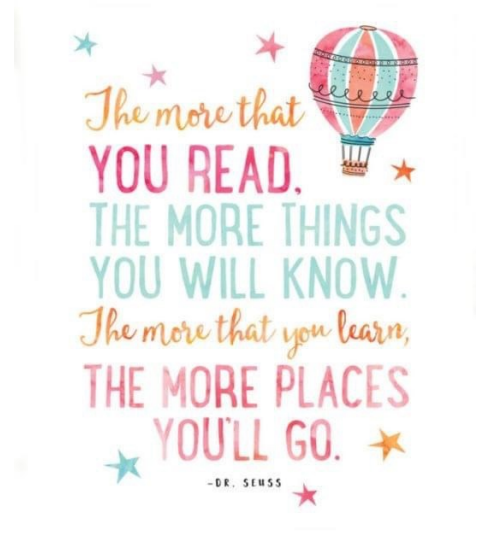
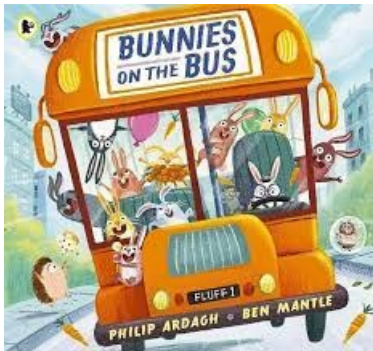
Bunnies on the bus by Philip Ardagh

The mischievous bunnies go on a wild ride around Sunny town!

This is a fabulous story to read aloud which bounces along with rhyme and repetition. The spectacular illustrations make this book so engaging, both my 4-year-old and 2-year-old love to point out the various characters on each page. The added side stories of mischief and mayhem allow plenty of opportunities for book talk. This story would suit EYFS children.

We enjoyed it so much that we have borrowed 'Bunnies in a boat' from Helston library!

Mis Bray



Diary Dates

22nd September 2023 - INSET day
6th October - INSET day
11th October—Individual Photos
16th October—Nasal Flu Programme
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



Wraparound Care September 2023

Please find below new prices and times for Breakfast & After School Club

For Breakfast Club

7.30 - 8.45 am - £5.25

7.45 - 8.45 am - £4.20

8.00 - 8.45 am - £3.15

8.15 - 8.45 am - £2.30

For After school club

3.15 - 4.00 pm- £3.15

3.15 - 5.00 pm - £7.35

3.15 - 5.30 pm - £9.45 (THIS IS BY PRIOR ARRANGMENT ONLY AND WE WOULD NEED TO KNOW

IN ADVANCE IF YOUR CHILD IS GOING TO STAY UNTIL 5.30 PM)



School Office

The school office will now be open from 8.30 am to 3.45 pm Monday to Friday

Tracy Kapp will be working Monday, Tuesday & Wednesday

From Thursday 28th September Elizabeth Ellis will be working in the office on Thursday and Friday



Online-safety

If you need any advice re online safety, please go to our school website where you will find lots of resources to help. [Sithney Community Primary School - Safeguarding information](#)



Walnut Allergy

Due to having a child in school who has a severe nut allergy we are a '**Nut Free**' School. Please ensure you do not provide your child with a packed lunch or snack containing nuts.



Morning Drop off

We have noticed that some children are being left in the morning before the gate is open. For your child's safety all children need to be supervised in the mornings until they are handed over to the class teacher. No child should be left in the playground or waiting area.

Thank you for your cooperation.



Primary Sports Cluster Cross Country Events For 2023 / 2024

2023/24			
Tuesday 19th September	Race 1	KS2	<u>Porthleven</u> - 4pm
Tuesday 3rd October	Race 2	Reception/KS1 and KS2	Helston North Site– 4:15pm
Tuesday 7th November	Race 3	KS2	Mullion– 4pm
Tuesday 27th February	Race 4	KS2/Peninsula qualifier	Helston South Site 4pm
TBC March	Peninsula Final	KS2	TBC
TBC March	School Games Final	KS2	Newquay
Tuesday 14th May	Race 5	Reception/KS1 and KS2	Mullion 4pm
Tuesday 21st May	Race 6	KS2	<u>Porthleven</u> 4pm
Tuesday 11th June	Fun Run	KS2	Mullion 4pm

WEEK 3

W/C: 01/05, 12/05, 12/06, 03/07, 24/07, 04/08, 23/08, 14/09

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizzas  Served with Potato Wedges	Mexican Beef Sizzles Pls  Served with Wholegrain Rice	Beef Pork Served with Diced Potatoes and Gravy	Butter Chicken Curry  Served with Wholegrain Rice	Southern Fried Chicken Served with Chips
	Vegetarian Bolognese  Served with Wholemeal Pasta	Mexican Vegetarian Tortilla Pls  Served with Wholegrain Rice	Cheesy Ploughman's Placis Plate  Served with Bread	Macaroni Cheese 	Tomato Vegetable Burger  Served with Chips
JACKET POTATO	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings
	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 				
	All main meals are served with two vegetables				
DESSERT	Mango Frozen Yoghurt	Berry Flipjack with Fruit 	Chocolate Bismie with Fruit 	Pineapple Upside Down Cake with Custard	Chocolate Milkshake and Shortbread

PACKED LUNCH AVAILABLE
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

Chartwells Network Ltd

THREE WEEK MENU

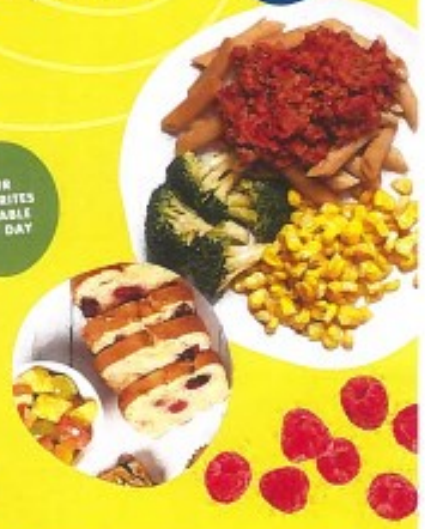
SPRING/SUMMER 2023

Chartwells

£2.65

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN

YOUR FAVOURITES AVAILABLE EVERY DAY



Our menu is subject to change. Please be assured that all verified medical diets and allergy requirements will be safely catered for.

WEEK 1

W/C: 07/04, 06/05, 29/05, 19/06, 10/07, 11/08, 02/09

















	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizzas  Served with Potato Wedges	Pork Sausages Served with Mashed Potatoes and Gravy	Roast Turkey  Served with Roast Potatoes and Gravy	Beef Bolognese  Served with Wholemeal Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
	Vegetable Pesto Pasta Bake 	Macaroni Cheese 	Roasted Vegetable Butterbean Crumble  Served with Roast Potatoes and Gravy	Vegetarian Bolognese  Served with Wholemeal Pasta	Vegetarian Dippers  Served with Chips
JACKET POTATO	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings, including Salmon Mayonnaise	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings
	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 				
	All main meals are served with two vegetables				
DESSERT	Vanilla Ice Cream	Hot Chocolate Sprunge with Chocolate Custard	Strawberry Jelly with Fruit 	Fruity Placis Bar 	Chocolate Ice Cream

PACKED LUNCH AVAILABLE
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day






WEEK 2

W/C: 24/04, 15/05, 05/06, 24/06, 17/07, 16/08, 09/09

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizzas  Served with Potato Wedges	Chinese Chicken and Vegetable Rice 	Beef Goussan Served with Roast Potatoes and Gravy	Beef Lasagne  Served with Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
	Vegetable Pesto Pasta Bake 	Cauliflower Macaroni Cheese 	Sweet Potato and Chickpea Roast  Served with Roast Potatoes and Gravy	Vegetable Lasagne  Served with Garlic and Herb Bread	Vegetarian Dippers  Served with Chips
JACKET POTATO	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings
	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 				
	All main meals are served with two vegetables				
DESSERT	Oat Chocolate Cookie with Fruit 	Orange Jelly	Chocolate and Bismie Marble Cake	Bismie and Apricot Flipjack with Fruit 	Strawberry Ice Cream

AVAILABLE EVERY DAY
Water, salad, freshly baked bread, yoghurt & fresh fruit

 Vegetarian  Oily Fish  Wholegrain  Fruity  Nutritionist's Choice



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 intolerance can eat safely at school with their friends.

To find out more please email chartwellshelth@chartwells.co.uk or call

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 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 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.

 **Chartwells**
The Healthiest School Food in the World

LOVE SCHOOL MEALS

NUTRITIOUS FOOD AND MEMORABLE EXPERIENCES



 **Chartwells**
The Healthiest School Food in the World

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

