



# CUSGARNE SCHOOL THIS WEEK

Date: 22nd March 2018



## Diary Dates

27 March  
Mr Martin from  
Redruth School for  
year 6 parents  
3pm

28 March  
Music Assembly  
1.30pm in the Hall

29 March  
Celebration Assembly

Last day of term  
School closes at  
1.15pm

Friends Cake Stall  
Donations welcome!

16 April  
Summer Term begins

May  
Assessment month  
including  
14—17 May  
SATs

28 May  
Half term

18 June  
Sports Day  
(reserve day 19th)

23 June  
Gwennap Parish  
Community Fete

20 July  
Last day of the school  
year

Dear All

The mini Beast from the East caused some disruptions on Monday but I know that many of the children enjoyed seeing the snow again. Hopefully Spring is finally here and we can look forward to some sunshine. Remember that the clocks go forward 1 hour this weekend!

Despite the cold, the children wrapped up and most took part in our Walk to School Day on Tuesday. We are tweeting photos of our special events as they take place, so if you haven't already done so, please have a look at Twitter and follow us.

Our Healthy Schools week has been great fun and educational. Class 1 loved cleaning the giant teeth and finding out why it is important that they know how to look after their teeth. The School Council have completed a survey on healthy snacks (see overleaf). As a result of their research, after Easter the children in KS2 will no longer be given a piece of fruit each day but fruit will continue for KS1 children. On Friday, we are excited about our school outings to Raze the Roof for KS1 and Granite Planet for KS2. Remember that we will not be back until 3.40pm (ish) and to park so that the coaches can get past us!

On Wednesday, the year 5 girls took to the stage in the Carrick Dance Project at the Hall for Cornwall. This is a student led project with pupils from over 20 local schools, colleges and Falmouth University taking part. Well done girls—you were brilliant!

Next Wednesday we are having a Music Assembly at 1.30pm in the Hall to which you are all welcome. Years 1,2 and 3 will be performing their pieces from the Cornwall Music Festival along with musical pieces from our children.

Please remember that the last day of the Spring Term is next Thursday when school will be closing at 1.15pm

Have a lovely weekend.

Tim Barnard, Acting Head of School.

## Friends of Cusgarne—Easter Cake Stall

Thursday 29 March at 1pm in the Gazebo  
Donations can be left in Reception during the morning.  
We would also like to hold a chocolate  
tombola so welcome small chocolate  
donations (again, left in Reception)  
Thank you!



## Pupils of the Week

Class 1  
Logan T  
Maximilian

Class 2  
Bethan  
Oliver  
Harrison C

Class 3  
Sofia  
Archie P

Hepworth  
246

Trevithick  
245

Vickery  
260

## School Council Report on Healthy Snacks Survey

The School Council have been thinking about playtime snacks that the children could have. They asked each class:

Do you think you should be allowed to bring in your own healthy snack to eat at playtime?

Would you like to bring in your own healthy snack?

What is a healthy snack?

The Council looked at the answers which are below:

	Class 1	Class 2	Class 3
Bring in own snack	88%	100%	81%
What is a healthy snack? Here are a few of their answers.	Banana, apple, orange, grapes, raisins, carrot, pear, kiwi	Raisins, grapes, strawberries, mango, cucumber, watermelon, crackerbread	Cheese, salad, dried fruit, cereal bars, berries, tomato, fruit and veg

Based on these responses, the School Council has decided that the children can bring in their own healthy snack in a named bag or small breaktime box. The snack could be any fruit or vegetable but definitely no sweets or chocolate; and no crisps because they contain too much fat and salt.

As a School Council we have decided that no nuts should be brought into school due to allergies and please avoid cereal bars or fruit bars such as winders and bear yos because they contain more sugar than sweets and more importantly have no nutritional value. Also, try to keep to snacks that are under 100 calories.

We have met with Mrs Murray and it has been agreed that children can start to bring their own healthy snacks in after Easter.

## Walk to School Day and Carrick Dance



Follow us on Twitter!



When we return on 16th April 2018, Caterlink will have a new menu. Please have a look below.

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Week 1	Main	Monday	Tuesday	Wednesday	Thursday
16/04/2018	Vegetarian	Sausages with Mashed Potatoes and Gravy	Spaghetti Bolognese	Roast Pork with Roast New Potatoes & Gravy	Mediterranean Chicken with Rice
07/05/2018		Quorn Sausages with Mashed Potatoes and Gravy	Soya Mince & Veg Stir Fry with Noodles	Homemade Quorn Roast with Roast New Potatoes & Gravy	Cheese, Onion and Spinach Quiche with Jacket potato
04/06/2018		Carrots	Sweetcorn	Fresh Mixed Seasonal Vegetables	Mixed Peppers & Green Beans
25/06/2018		Garden Peas	Broccoli	Sliced Cheese, Apple and Biscuits	Apple Pie with Custard
16/07/2018	Dessert	Wholemeal Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Chocolate and Beetroot Brownie Yoghurt Fresh Fruit Salad	Fresh Fruit Platter	Iced Sponge Yoghurt Fresh Fruit Salad
Week 2	Main	Monday	Tuesday	Wednesday	Thursday
23/04/2018	Vegetarian	Chicken Arrabiata Pasta	Beef Fajitas with Baked Jacket Wedges	Roast Turkey with Roast Potatoes & Gravy	Chicken with Jollof Rice
14/05/2018		Quorn Mince Vegetarian Bolognese	Vegetable (Soya) Chilli, Rice and Wholemeal Flatbread	Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Macaroni Cheese with Tomato topping
11/06/2018		Roasted Peppers & Sweetcorn Mix	Mixed Green Salad	Fresh Mixed Seasonal Vegetables	Broccoli
02/07/2018		Berry and Apple Cobbler & Cream	Lemon Drizzle Yoghurt Fresh Fruit Platter	Oaty Cookie with Fruit Yoghurt Yoghurt Fresh Fruit Salad	Sweet corn Chocolate Mandarin Sponge with Choc Sauce Yoghurt Fresh Fruit Platter
23/07/2018	Dessert	Fresh Fruit Salad			Fruit Yoghurt Fresh Fruit Salad
Week 3	Main	Monday	Tuesday	Wednesday	Thursday
30/04/2018	Vegetarian	Cajun Chicken with Rice	Wholemeal Beef and Red Pepper Pizza with Baby New Potatoes	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Beef in Soy Sauce with Noodles
21/05/2018		Lentil and Sweet Potato Curry with Rice	Cheese and Tomato Pizza with Baby New Potatoes	Creamy Vegetable Wholemeal Pie with Roast Potatoes & Gravy	Wholemeal Vegetable Pasta Bake
18/06/2018		Mixed Peppers & Green Beans	Sweetcorn and Roasted Tomatoes	Fresh Mixed Seasonal Vegetables	Broccoli and Cauliflower
09/07/2018		Apple Crumble with Custard Yoghurt Fresh Fruit Salad	Fruit Yoghurt Fresh Fruit Platter	Apple Flapjack Yoghurt Fresh Fruit Salad	Peach Upside Down Cake Yoghurt Fresh Fruit Platter
	Dessert				Spanish Omelette with Chips Garden Peas Baked Beans Vanilla Shortbread Yoghurt Fresh Fruit Salad

**ALLERGY INFORMATION:** If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.



Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
Bread freshly baked on site daily  
Daily salad selection  
Fresh fruit and yoghurt

<b>DIARY OF ACTIVITIES</b> <b>w/c 26th March 2018</b> <b>Breakfast Club runs daily on school days</b>			
	ACTIVITY	TEACHER	ADDITIONAL INFO
<b>MONDAY</b>	Guitars	Mr Collington	Payment per term
	Keyboards	Mr Clapp	Payment per term
	Woodwind	Miss Sampson	Payment per term
	Class 3 Homework Club	Mrs Turner	12.30pm-12.55pm
	Sports Club Reception, yr 1 + 2	Mrs Murray Mrs Ireson	3pm-4pm
	Sports fixtures As advised	Mr Barnard	As advised
<b>TUESDAY</b>	Wake and Shake	Mrs Ireson/Y6's	8.30am—8.45am
	Art Club KS1 and KS2	Mrs Turner/ Mr Barnard KS2 Miss Palmer/Mrs Ireson KS1	3pm-4pm
<b>WEDNESDAY</b>	Violins	Miss Hewitt	Payment per term
	Class 2 Ukuleles	Miss Hewitt	
	Drums	Mr Robinson	Payment per term
	<b>NO</b> Brass Club	Mr Pope	3pm—3.30pm
<b>THURSDAY</b>	Wake and Shake	Mrs Ireson/Y5's	8.30am—8.45am
	Recorders	Ms Hawken	

#### **Breakfast Club**

Our Breakfast Club runs daily on school days from 8am. Please book your child's place in advance.

Current prices as follows:

With breakfast: First child £2 per morning; siblings £1 per morning

Without breakfast: First child £1 per morning; siblings 50p per morning

If you would like a copy of the weekly newsletter emailed to you, or know of anyone who would like a copy, please contact reception who can arrange this.

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