

WE'RE RAISING MONEY



FOR BBC CHILDREN IN NEED

WHAT?

- A Pudsey Morning Move.
- Wear something spotty.
- Colouring competitions.
- A Special School Council Assembly.
- A cake sale.
- Receive a Pudsey sticker.

WHEN & WHERE?

On: Friday 15th November.

Suggested donation £1
Don't forget money for the cake sale.

CONTACT:

The School Council for further information.

BBC Children in Need is not responsible for the organisation of this event or for the collection of the money.
PLEASE PHOTOCOPY THIS RESOURCE

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ZENARTH
SPORTS COACHING

HOCKEY CAMP



ZENARTH Sports Coaching is offering a holiday hockey day over the October half term. The emphasis will be on enjoying skills, games and building friendships.

Dates: Wednesday 23rd October 2019

Times: 9am – 3pm

Cost: £18 per player per day.

Children must attend with gum shields, shin pads, weather appropriate clothing, lunch and drinks.

Please contact Kelly for further details and a booking form: info@zenarth.co.uk / 07554 004877.



GAMES & SKILLS

—

GOALKEEPING &
GOALSCORING

—

MINI TOURNAMENTS

—

FUN TEAM BONDING

—

SUITED TO PLAYERS
FROM 6-11 YEARS
OLD/BEGINNERS

—

LEVEL 2 ENGLAND
HOCKEY COACH

—

INSURED, DBS AND
FIRST AID TRAINED

LOCATION

PENRYN COLLEGE
ASTRO
KERNICK ROAD
PENRYN

Book with

info@zenarth.co.uk
07554 004877

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.

Cornwall Menu Autumn 2019

caterlink
feeding the imagination

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 26th October 18th November 9th December 13th January 3rd February 2nd March 23rd March	Main Chicken Pizza with Pasta	Sausage Plait with Mash Potato and Gravy	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Spaghetti Bolognese with Garlic Bread	MSC Fish in Batter with Chips
Vegetarian	Cheese and Tomato Pizza with Pasta	Creamy Vegetable Pie with Mash Potato and Gravy	Quorn Fillet and Stuffing with Roast Potatoes and Gravy	Vegetarian Spaghetti Bolognese with Garlic Bread	Cheese Quiche with Chips
Dessert	Peas Sweetcorn	Cauliflower Broccoli	Savoy Cabbage Carrots	Peas Sweetcorn	Baked Beans Peas
	Orange Drizzle Cake	Yoghurt and Fruit	Apple Crumble with Custard	Jelly with Fruit	Oaty Cookie
Week 2 4th November 25th December 16th December 20th January 19th February 9th March	Main Sausage and Mash Potato with Gravy	Mild Chicken Curry with Fluffy Rice	Roast Gammon with Roast Potatoes and Gravy	Macaroni Bolognese with Tomato Bread	MSC Fishfingers or Salmon Fishfingers with Chips
Vegetarian	Quorn Sausage and Mash Potato with Gravy	Mild Vegetable Curry with Fluffy Rice	Vegetarian Wellington with Roast Potatoes and Gravy	Macaroni Cheese with Garlic Bread	Cheese Whirl with Chips
Dessert	Carrots Green Beans	Sweetcorn Broccoli	Cauliflower Carrots	Carrot and Cucumber Sticks Broccoli	Baked Beans Peas
	Iced Sponge	Eves Pudding with Custard	Apple Flapjack	Jelly with Fruit	Chocolate Shortbread
Week 3 17th November 2nd December 6th January 27th January 24th February 16th March	Main Beef Burger in a Bun with Pasta	Cottage Pie with Gravy	Roast Turkey and Stuffing with Roast Potatoes and Gravy	Chicken Lasagne with Garlic Bread	MSC Fishfingers with Chips
Vegetarian	Quorn Burger in a Bun with Pasta	Shepherdess Pie with Gravy	Quorn Fillet and Stuffing with Roast Potatoes and Gravy	Vegetarian Lasagne with Garlic Bread	Five Bean Chilli with Chips
Dessert	Sweetcorn Baked Beans	Broccoli Green Beans	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
	Berry and Apple Cobbler with Custard	Carrot Cake	Apple, Cheese and Biscuits	Jelly and Fruit	Vanilla Shortbread



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

Halloween



Thursday 31st October

BBQ Chicken Pizza

Or

Cheese and Tomato Pizza

Served with

Potato Salad,

Baked Beans and Sweetcorn

Chocolate Shortbread

Fresh Fruit

DIARY OF ACTIVITIES
w/c 28 October 2019
Breakfast Club runs daily on school days

	ACTIVITY	TEACHER	ADDITIONAL INFO
MONDAY	Keyboards	Mr Clapp	Payment direct to CMST
	KS2 Football Club	PAFC	3pm-4pm
TUESDAY	Wake and Shake	Mrs Ireson/Y6's	8.30am—8.45am
	NO KS2 Sports Club	Parent—teacher meetings	
	NO KS1 Art Club	Parent—teacher meetings	
WEDNESDAY	Y1 and Y2 Sports Club	PAFC	3pm—4pm
	Woodwind	CMST	Payment direct to CMST
THURSDAY	Wake and Shake	Mrs Ireson/Y5's	8.30am—8.45am
	Violins	CMST	Payment direct to CMST
	Performing Arts KS2	Miss Palmer and Mrs Ireson	3pm-4pm
FRIDAY	NO Guitars	CMST	Payment direct to CMST
	Drums	CMST	Payment direct to CMST

Breakfast Club

Our Breakfast Club runs daily on school days from **8am**.

Current prices as follows:

With breakfast: £2 per child per day

Without breakfast: £1 per child per day

Please book and pay via ParentPay

Cusgarne School

Email: secretary@cusgarne.org

Website: www.cusgarne.org

Telephone: 01872 863563

Head of School: Mr Tim Barnard

Follow us on Twitter!

