



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	Class 2	Class 3
Logan T	Bethan	Sofia
Maximilian	Oliver	Archie P
	Harrison C	
Hepworth	Trevithick	Vickery
246	245	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.

**Cornwall
Summer Silver
Menu 2018**

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.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
16/04/2018	Sausages with Mashed Potatoes and Gravy	Spaghetti Bolognese	Roast Pork with Roast New Potatoes & Gravy	Mediterranean Chicken with Rice	Salmon Fish Finger / Fish Fingers, Chips and Tomato Sauce
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	Wholemeal Pasta Neapolitan with Spinach
04/06/2018	Carrots	Sweetcorn	Fresh Mixed Seasonal Vegetables	Mixed Peppers & Green Beans	Baked Beans
25/06/2018	Garden Peas	Broccoli	Sliced Cheese, Apple and Biscuits	Apple Pie with Custard Yoghurt	Garden Peas
16/07/2018	Wholemeal Peach Crumble with Custard Yoghurt	Chocolate and Beetroot Yoghurt	Fresh Fruit Platter	Fresh Fruit Salad	Iced Sponge Yoghurt
	Fresh Fruit Platter	Fresh Fruit Salad			Fresh Fruit Salad
Week 2					
23/04/2018	Chicken Arrabiata Pasta	Beef Fajitas with Baked Jacket Wedges	Roast Turkey with Roast Potatoes & Gravy	Chicken with Jollof Rice	Breaded Fish Chips, Tomato Sauce
14/05/2018	Quorn Mince Vegetarian Bolognese	Vegetable (Soya) Chili, Rice and Wholemeal Flatbread	Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Macaroni Cheese with Tomato Topping	Homemade Spicy Bean Burger with Chips
11/06/2018	Roasted Peppers & Sweetcorn Mix	Mixed Green Salad	Fresh Mixed Seasonal Vegetables	Broccoli	Baked Beans
02/07/2018	Berry and Apple Cobbler & Cream	Coleslaw	Oaty Cookie with Fruit Yoghurt	Sweet corn	Garden Peas
23/07/2018	Yoghurt	Lemon Drizzle Yoghurt	Fresh Fruit Salad	Chocolate Mandarin Sponge with Choc Sauce	Fruit Yoghurt
	Fresh Fruit Salad	Fresh Fruit Platter		Fresh Fruit Platter	Fresh Fruit Salad
Week 3					
30/04/2018	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	Fish in Batter, Chips, Tomato Sauce
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	Spanish Omelette with Chips
18/06/2018	Mixed Peppers & Green Beans	Sweetcorn and Roasted Tomatoes	Fresh Mixed Seasonal Vegetables	Broccoli and Cauliflower	Garden Peas
09/07/2018	Apple Crumble with Custard Yoghurt	Fruit Yoghurt	Apple Flapjack Yoghurt	Peach Upside Down Cake Yoghurt	Vanilla Shortbread Yoghurt
	Fresh Fruit Salad	Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Platter	Fresh Fruit Salad

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



DIARY OF ACTIVITIES
w/c 26th March 2018
Breakfast Club runs daily on school days

	ACTIVITY	TEACHER	ADDITIONAL INFO
MONDAY	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
TUESDAY	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
WEDNESDAY	Violins	Miss Hewitt	Payment per term
	Class 2 Ukuleles	Miss Hewitt	
	Drums	Mr Robinson	Payment per term
	NO Brass Club	Mr Pope	3pm—3.30pm
THURSDAY	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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