



**Newsletter 8**  
**Spring 2023**  
**Friday 17<sup>th</sup> March 2023**

www.penponds.cornwall.sch.uk  
01209 713 929 [secretary@penponds.cornwall.sch.uk](mailto:secretary@penponds.cornwall.sch.uk)



### Sing-In Choir Workshop

Penponds and Bishop Bronescombe schools represented Rainbow and joined forces this week at the Sing In Choir workshop, part of Truro Music Festival. We contributed to a choir of 265 children's voice from across Cornwall! The children were excellent ambassadors for Rainbow and learned the skills to sing in a choir of that size, the importance of following the conductor and a new repertoire of music for warm ups and performances.



### Special Visitor - Jessica Roper

We were very excited to welcome top athlete **Jessica Roper, GB Kickboxing Champion** to Penponds School on **Wednesday, 15 March 2023**.

Jessica lead a **sponsored fitness circuit with all pupils** and followed-up with an inspirational assembly, and question and answer session. The aim of the event is to **inspire the pupils** to be more physically active, but just as importantly, encourage them to discover and pursue their **passion in life**.

The event both connected the pupils to an extraordinary athlete role model and **raised money to improve physical activity** in the school, while



### Diary Dates:

#### Extra-Curricular Clubs

**Monday 9<sup>th</sup> January – Friday 24<sup>th</sup> March.** No clubs in the last week of term (27<sup>th</sup>-31<sup>st</sup> March)

**DDMIX - Friday fun fitness classes on Fridays until 4pm and are Free.**  
Please register attendance by email to [diversedancemix.martha@gmail.com](mailto:diversedancemix.martha@gmail.com)

#### Red Nose Day

**Friday 17<sup>th</sup> March**  
**Red Nose Day - non-uniform day - donation suggested £1 per child please**

Here's the link to donate direct to Red Nose Day charity through Parentpay please. Just copy the link to your browser:

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=11066>

#### Monday 20<sup>th</sup> March

Carn Brea and Godolphin Class Trip to Camborne Library

#### Tuesday 21<sup>st</sup> March

**Downs Syndrome Awareness Day**

Wear odd socks today.

#### Tuesday 21<sup>st</sup> March

**Y5/6 Camp Meeting after school**

also supporting both athletes and para-athletes, so that they can continue to inspire the next generation. Thank you to all the families who sponsored the children in the worthwhile event.

If you haven't done so already please ensure that your child's **sponsorship form and money** is returned to the school office by **Wednesday 22<sup>nd</sup> March**. You will not need to return the sponsorship form to school if you have sponsored online.

### Red Nose Day

Thank you to all families who made donations to Red Nose Day. **If you haven't done so already and wish to donate please see link below to do so.**

Friday 17<sup>th</sup> March

Red Nose Day - non-uniform day - donation suggested £1 per child please

Here's the link to donate direct to Red Nose Day charity. Just copy the link to your browser:

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=11066>

### Parent Consultations

If you haven't done so already and wish to book a consultation with your child's teacher please do so using the online booking system using the following link.



Here is the link to book your parent consultation with your child's teacher:

<https://cal.smoothbook.co/5da5ce6f84e31e7aa72ad4c2>

Carn Brea Class - Monday 27<sup>th</sup> March 2pm-5.30pm

Godolphin, Trencrom and Tregonning Classes - Tuesday 28<sup>th</sup> March and Wednesday 29<sup>th</sup> March. 3pm-6pm

### Uniform

Please could you take a look through the uniform for Penponds School as detailed below. We are starting to see a variety of 'uniform' in school which is not part of the agreed uniform for our school. If there are ever any issues with purchasing any items of uniform, please do let us know and we will see where we can support. Remember there is a pre-loved uniform shop run by our lovely volunteer Mrs Stone which you can purchase good quality items from at a very low cost.

**Thursday 23<sup>rd</sup> March**  
**Trencrom Class Trip to Gwithian – Beach Clean**

**Monday 27<sup>th</sup> March, Tuesday 28<sup>th</sup> March, Wednesday 29<sup>th</sup> March**

**Parents Consultations:**

**Link to book:**

<https://cal.smoothbook.co/5da5ce6f84e31e7aa72ad4c2>

**Monday 27<sup>th</sup> March**  
**2pm-5.30pm**  
Carn Brea Class only

**Tuesday 28<sup>th</sup> March**  
**3pm-6pm**  
Godolphin, Trencrom and Tregonning Classes

**Wednesday 29<sup>th</sup> March**  
**3pm 6pm**  
Godolphin, Trencrom and Tregonning Classes

**Reminder:**  
No extra-curricular clubs running after school in last week of term (27<sup>th</sup>-31<sup>st</sup> March) or the first week back after the Easter Break (17<sup>th</sup> April-21<sup>st</sup> April)

**Inset Days:**  
**Monday 5<sup>th</sup> September 2022**  
**Tuesday 3<sup>rd</sup> January 2023**  
**Monday 17<sup>th</sup> April 2023**  
**Monday 24<sup>th</sup> July 2023**  
**Tuesday 25<sup>th</sup> July 2023**

**Extra Bank Holiday for King's Coronation**  
**Monday 8<sup>th</sup> May 2023**

- Grey skirt/pinafore or plain grey or black trousers or shorts. No jogging bottoms or leggings to be worn (unless on PE day)
- Red checked school gingham summer dresses may be worn in warm weather
- Red school fleece/sweatshirt/cardigan
- White polo shirt or white school blouse/shirt

School jumpers, cardigans, fleeces, summer baseball hats and book bags are available from the school office with the school logo.

Sensible black shoes should be worn. They need to be comfortable and hard wearing. Velcro fastenings are recommended for Reception/YR1. Lace-up shoes should only be worn once children are able to tie them. Smart all black trainers or boots may be worn.

**Jewellery** – children may wear up to one pair of plain stud earrings. All other jewellery should not be worn unless a specific requirement of religious beliefs. This can be discussed with headteacher. Staff will look after any additional jewellery worn and return it at the end of the day.

Nail varnish or make-up should not be worn.

Hair should be tied up if longer than shoulder length.

#### **PE KIT**

Black or red shorts, plimsolls/trainers, plain white t-shirt. Plain black leggings or jogging bottoms may be worn in colder weather. No logos.

PE Kits (complete with bag) are available to order from the school.

Stud earrings should not be worn on PE days, unless they are within the first six-weeks of piercing, in which case staff will help children to cover them with tape.

#### **Bags**

Book Bags for EYFS and KS1 only. These are available from the school office priced at £8.50

Back packs to be used from KS2. Only Year 5 and 6 to bring a pencil case to school.

#### **Water Bottles**

All children should have a water bottle in school which they can refill throughout the day.

Water bottles can be purchased from the school office priced at £3.50

#### **Toys**

We understand that on certain days, if children are upset, that bringing a cuddly toy to school with them can ease the transition of home to school. For these one-off times this is absolutely fine - a quick Dojo to the class teacher can help us know if children need an extra bit of support that morning too and staff will understand the reason for children arriving with a cuddly.

#### **Attendance week ending Friday 17<sup>th</sup> March:**

**Carn Brea:** 92%

**Godolphin:** 92%

**Trencrom:** 98%

**Tregonning:** 95%

Well done to **Trencrom** Class for best attendance

#### **Class Awards week ending Friday 17<sup>th</sup> March**



**Carn Brea:** Woody, Gracie, Ezra

**Godolphin:** Whole Class

**Trencrom:** Maddie, Archie, Isobel

**Tregonning:**

Mia, Emily Q, Abbie

#### **Quotes on Perseverance:**



If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.

**Martin Luther King Jr.**

It always seems impossible until it's done.

**Nelson Mandela**

For the most part, we ask that toys or card games etc are not brought into school for the main reason that there is often upset if they are lost or damaged.

### **Nut-Free School**

Please be aware that Penponds School is a nut-free school.

### **Posters/Information**

- Supporting Children and Young People following a traumatic event
- Safe and Healthy Online Habits – National Online Safety
- Time to Move Holiday Programme
- Dance Flash Mob for Down's Syndrome Day
- New School Lunch Menus
- New Breakfast and After School Club booking form
- Dance Camps at Pool Academy
- Afternoon at the Movies and Musical at Camborne Wesley Chapel
- All Stars and Dynamos Cricket – Links to book

I am a slow walker, but I never walk back.

### **Abraham Lincoln**

It's not that I'm so smart, it's just that I stay with problems longer.

### **Albert Einstein**

### **Poem:**

### **Heart Pocket**



I've got a special pocket  
that's stitched into my chest,  
It's full of all the moments  
that I've thought of as my  
best.

And when a good friend tells  
me  
about the things that make  
them smile,  
I place them in my pocket  
so I can keep them for a  
while.

And when I'm feeling  
saddened,  
just as I was today,  
I'll open up my pocket  
to help the sadness go away.

The pocket's always endless,  
yet sometimes it overflows,  
and the love that spills out  
from it  
is how the pocket grows.

And sometimes if you're  
lucky,  
if I hug you really tight,  
you can feel my pocket  
beating  
and you might just feel its  
light.

Jessy Humann



# Supporting Children After A Traumatic Event

## 1.Safe

Be open and honest  
Encourage and answer questions  
Be consistent and reliable  
Reinforce who is there for them

Following a traumatic event, children need to feel...

## 2.Calm

Validate feelings  
Encourage emotional expression  
Offer comforting items  
Suggest movement or breathing exercises

## 5.Hopeful

Recognise the severity of what's happened  
Validate their response  
Remind them things will feel more manageable in time

## 3.Connected

Encourage return to school  
Spend quality time together  
Enable time to be with friends

## 4.In Control

Involve them in decisions  
Provide choices within familiar boundaries  
Remind them they're capable and supported

This support is most helpful when given by people the child knows and trusts.





## Penhaligon's Friends

### **Supporting Children and Young People Following a Traumatic Event**

When a child or young person experiences or witnesses a traumatic event, such as a road traffic collision; an act of violence; a natural disaster; or a serious injury or crime; they may experience a traumatic stress reaction. This is a natural response and, with the right support from loved ones, they will often recover within a few weeks.

Traumatic stress will present differently across developmental stages and from person to person. Common signs include constant replaying of the event; nightmares and/or difficulty sleeping; increased anxiety, including separation anxiety; changes in behaviour; changes to appetite; hypervigilance (e.g., jumping at loud noises); difficulty concentrating/completing normal tasks; regression to earlier stages of development; risk taking behaviour and/or use of drugs and alcohol.

While this can feel scary to see, most parents/carers are able to support their child following a traumatic event.

#### ***What do children and young people need after a traumatic event?***

Children and young people need to feel safe, calm, connected, in control and hopeful.

##### **1. Safe**

The world may feel very dangerous and scary following a traumatic event. Re-establish feelings of safety by reminding them that, while tragic, these events are not usually common. Promote feelings of safety by being calm, empathetic, consistent, and reliable. Children will also need to make sense of what has happened. Be clear and factual, in child-appropriate language, when providing information. Let them know they can ask you questions, and you will answer them as honestly and openly as you can. Remember: it's okay to say, 'I don't know'. Continue to remind them you're there to support them and keep them safe. It can also be helpful to remind them who else is available for them to speak to if they need to, such as other family members, family friends, teachers etc.

##### **2. Calm**

Support your child to express their emotions, so they can get to a place of calm. This isn't about stopping your child from being angry or upset, it's about giving them the space to express how they're feeling in a safe way, so they can eventually get to a space of calm. Children may benefit from physical touch, such as hugs or a simple hand on the shoulder. They may find comfort in blankets, snuggly clothes, soft toys or warm drinks. You could offer to do breathing exercises with them if they need support in regulating difficult feelings. Some children also find calm in physical activity, such as walking, running or playing football.

### **3. Connected**

Quality connections can be very helpful during this time. Spending time with people they already know and feel safe with will help to regulate their feelings of traumatic stress. Returning to school can help many young people recover as it provides an opportunity to connect with peers and wider support systems, as well as the comfort of familiar routines. Quality time with loved ones can also be helpful: try to spend extra time with your child while doing comforting or enjoyable activities, such as baking, walking, drawing, playing...whatever they enjoy. Remind them it's okay to do these things, even when something very sad has happened.

### **4. In Control**

Traumatic events can lead to feelings of helplessness and lack of control, this can increase feelings of anxiety. Involving your child in decision making and providing your child with choices (with the reminder that they are capable and supported) can help to increase feelings of control. Maintaining pre-existing boundaries is important, but providing choices within this can really help a child to recover.

### **5. Hopeful**

It is important to recognise the severity of what has happened, to validate how some will be struggling to cope, while also holding onto the hope that eventually things will feel more manageable. Validate your child's feelings while also sensitively reminding them these difficult feelings are temporary. This isn't about making light of the situation or forgetting what's happened, but rather about providing a sense of hope for the future.

*Information gathered from the UK Trauma Council's Guide to Critical Incidents in Educational Communities*

<https://uktraumacouncil.org/>

### ***Who can I speak to if I'm worried about my child's wellbeing?***

Reach out to your child's educational setting or GP if you have concerns about their wellbeing. If the signs of traumatic stress continue for longer than six weeks, it may be helpful to seek some professional advice. If your child is at risk of harming themselves or others, reach out for support immediately.

If you're worried about your child's mental health or you require advice on how to support your child with their emotions, you can contact Young Minds UK through their webchat or through their Parent Helpline: 0808 802 5544, Monday - Friday 9:30am - 4:00pm.

If your child has experienced a traumatic bereavement, we can offer advice and guidance. Call our office on 01209 215 889 for support.



# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.

## REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.

- ✓ Monitor your screen time and stick to your limits.

- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.

- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.

- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.

- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?

- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.

- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?

- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**National  
Online  
Safety®**

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

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**TIME  
MOVE**

**Holiday Programme**

**AGES  
5-16**

**Easter 2023**

**Yoga, circus skills, rock  
pooling, multi-sports, forest  
schools and SO much more!**

**Every session includes a healthy meal for all children.**

**Activities are taking place across Cornwall during the Easter holidays**

**April 3rd - 14th**

**Visit our website to register now**

• Activities available for children aged 5 - 16 •

• Funded places for ALL children eligible for benefits related free school meals •

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# **Save the Date!** **Saturday 25th** **March 2023**

Yes - it is happening, finally we are all set to celebrate World Down Syndrome Day 2023 with a Dance Flash Mob in Truro, Lemon Quay.

Please save the date: Saturday 25th March, approx 11am to 11:30am.

~ YOUTUBE TUTORIAL ~

Here is the flashmob youtube link:-

[https://youtu.be/Ra\\_wU2FyF6w](https://youtu.be/Ra_wU2FyF6w)

Full dance is at 13mins 44secs



New Menus for after Easter. Please be aware Penponds School is a nut-free school

WEEK 1 MENU		W/C: 17/4 8/5 19/6 10/7 11/9 2/10 13/11 4/12 15/1 5/2 26/2 18/3				Chartwells So much more than Fantastic Food	
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Steampericity 2023/2024	Dish 1	<b>Cheese &amp; Tomato Pizza</b> ✓ Cheese and Tomato Deep base Pizza	<b>Sausages</b> Pork & beef cocktail sausages in gravy served with mashed potatoes	<b>Roast Chicken</b> ♥ with Roast Potatoes and Gravy	<b>Beef Pasta Bolognese</b> Traditional Beef Bolognese with Fusilli Pasta	<b>Fish Fingers</b> Breaded fish fingers, Chips, Beans or Salad	
	Dish 2	<b>Chickpea and Vegetable Tikka Masala and Rice</b> ✓ ♥ Mild Tikka Masala served with Wholegrain Rice	<b>Macaroni Cheese</b> ✓ Macaroni Pasta in a Cheese Sauce	<b>Cheese &amp; Vegetable Bake</b> ✓ Vegetable bake served with Roast Potatoes	<b>Vegetarian Meatless Balls</b> ✓ ♥ Served in a Tomato Sauce with Wholegrain Rice	<b>Vegetarian Burger</b> ✓ Served with Chips, Beans or Salad	
	Jacket Potato	<b>Jacket Potato</b> ✓ with Cheese	<b>Jacket Potato</b> ✓ ♥ With Vegetarian Bolognese	<b>Jacket Potato</b> ♪ with Salmon Mayonnaise & Salad	<b>Jacket Potato</b> ✓ ♥ with Baked Beans	<b>Jacket Potato</b> ✓ with Cheese	
	Allergy Meal	<b>SD CHICKEN CURRY WITH RICE</b>	<b>SD CHICKEN AND SWEETCORN PASTA</b>	<b>SD VEGETABLE PIE WITH POTATO TOP</b> ✓	<b>SD CHEESE AND TOMATO PASTA</b> ✓	<b>SD GF FISH AND CHIPS &amp; SD HERBY CHICKEN AND POTATOES</b>	
	Vegetables	<b>Golden Sweetcorn or Salad</b>	<b>Rainbow Vegetables or Salad</b>	<b>Carrots and Cabbage</b>	<b>Garden Peas or Salad</b>	<b>Baked Beans or Salad</b>	
	Desserts	<b>Smooth Fruit Yoghurt</b>	<b>Cranberry &amp; Orange Shortbread</b>	<b>Jammy Jack</b>	<b>Pineapple Upside down cake</b> ♪	<b>Fruity Friday</b> ♪	
		Bread, Salad, Water & Fruit available every day. Ketchup served on Friday					
		✓ Vegetarian ♪ Oily fish ♪ Wholegrain ♪ Fruity! ♥ Nutritionist's Choice					

WEEK 2  
MENU

W/C: 24/4 15/5 5/6 26/6 17/7 18/9 9/10 30/10 20/11  
11/12 1/1 22/1 4/3 25/3






**Chartwells**  
so much more than Fantastic Food

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish 1	<b>Cheese &amp; Tomato Pizza</b> ✓ Cheese and Tomato Deep base Pizza	<b>Chinese Chicken &amp; Egg Rice</b> ♥️ 🌾 Mild spicy egg rice and chicken	<b>Roast Ham with Roast Potatoes and Gravy</b> Roast Ham with Roast Potatoes and Gravy	<b>Beef Burger in a Bun</b> Traditional beef burger with ketchup and diced potatoes.	<b>Fish Fingers</b> Breaded fish fingers, Chips, Beans or Salad
Dish 2	<b>Cauliflower Macaroni Cheese</b> ✓ ♥️ Cauliflower and Macaroni in a Cheese Sauce	<b>Cheese &amp; Tomato Pasta</b> ✓ Tomato sauce with cheese and wholewheat Pasta	<b>Vegetarian Sausage</b> ✓ Quorn sausage served with Roast Potatoes and Gravy ♥️	<b>Vegetarian Pasta Bolognese</b> ✓ ♥️ Vegetarian mince Bolognese served with Wholewheat pasta	<b>Vegetarian Dippers</b> ✓ Crispy Quorn Dippers served with Chips, beans or Salad
Jacket Potato	<b>Jacket Potato</b> ✓ With Baked Beans	<b>Jacket Potato</b> ✓ With Cheese	<b>Jacket Potato</b> With Tuna Mayo & Salad	<b>Jacket Potato</b> ✓ With Baked Beans	<b>Jacket Potato</b> ✓ ♥️ With vegetarian bolognese
Allergy Meal	<b>SD TOMATO AND LENTIL PASTA</b> ✓	<b>SD CHICKEN 'FRIED' RICE</b>	<b>SD HERBY CHICKEN AND POTATOES</b>	<b>SD MINCED BEEF AND POTATOES</b>	<b>SD GF FISH AND CHIPS &amp; SD HERBY CHICKEN AND POTATOES</b>
Vegetables	Garden Peas or Salad	Green Beans or Salad	Carrots and Cabbage	Rainbow Vegetables or Salad	Baked Beans or Salad
	Banana Marble Sponge 🍌	Smooth Fruit Yoghurt	Apricot Shortbread	Jammy Jack	Fruity Friday 🍌

Steamplicity 2023/2024



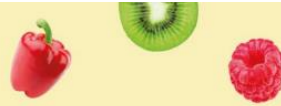

Bread, Salad, Water & Fruit available every day.  
Ketchup served on Friday

 Vegetarian
  Oily fish
  Wholegrain
  Fruity!
  Nutritionist's Choice



# WEEK 3 MENU

W/C: 1/5 22/5 12/6 3/7 24/7 4/9 25/9 16/10 6/11  
27/11 18/12 8/1 29/1 19/2 11/3



Steamplicity 2023/2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish 1	<b>Cheese &amp; Tomato Pizza</b> ✓ Cheese and Tomato Deep base Pizza	<b>Sausages</b> Pork & beef cocktail sausages in gravy served with mashed potatoes	<b>Roast Chicken</b> with Roast Potatoes and Gravy	<b>Chicken Tikka Masala and Rice</b> ♥ Mild Tikka Masala served with Wholegrain Rice	<b>Fish Fingers</b> Breaded fish fingers, Chips, Beans or Salad
Dish 2	<b>Beany Chilli &amp; Rice</b> ✓ Mixed Bean Mild Chilli served with Wholegrain Rice ♥	<b>Chinese Vegetable &amp; Egg Rice</b> ✓ 🌱 ♥ Stir Fried Vegetables with Wholegrain Rice and Egg	<b>Vegetarian Sausage</b> ✓ Quorn sausage served with Roast Potatoes and Gravy ♥	<b>Macaroni Cheese</b> ✓ Macaroni Pasta in a Cheese Sauce	<b>Vegetarian Meatless Balls</b> ♥ ✓ Served in a Tomato Sauce with Chips
Jacket Potato	<b>Jacket Potato</b> With Baked Beans	<b>Jacket Potato</b> ✓ With Tuna Mayo	<b>Jacket Potato</b> ✓ With Cheese & Salad	<b>Jacket Potato</b> ✓ With vegetarian bolognese ♥	<b>Jacket Potato</b> ✓ With Cheese
Allergy Meal	<b>SD BEEF CHILLI AND RICE</b> ✓	<b>SD Vegetable Paella</b> ✓	<b>SD MINCED BEEF AND POTATOES</b>	<b>SD GF MACARONI CHEESE</b> ✓	<b>SD GF FISH AND CHIPS &amp; SD HERBY CHICKEN AND POTATOES</b>
Vegetables	<b>Rainbow Vegetables or Salad</b>	<b>Garden Peas or Salad</b>	<b>Carrots and Cabbage</b>	<b>Green Beans or Salad</b>	<b>Baked Beans or Salad</b>
Desserts	<b>Pineapple Upside down cake</b> 🍌	<b>Smooth Fruit Yoghurt</b>	<b>Cranberry &amp; Orange Shortbread</b>	<b>Mandarin &amp; Lemon drizzle slice</b>	<b>Fruity Friday</b> 🍌

Bread, Salad, Water & Fruit available every day.  
Ketchup served on Friday

✓ Vegetarian 🐟 Oily fish 🌱 Wholegrain 🍌 Fruity! ♥ Nutritionist's Choice

## Breakfast Club and After School Club      Booking Sheet – Summer Term 2023

Child/Children's Name/s: .....

Emergency Parent/Carer Name & Telephone Number: .....

Payment made: .....

Please tick the sessions to book for your children and pay in advance via Parentpay/Childcare Vouchers

DAY	DATE	BREAKFAST CLUB		AFTER SCHOOL CLUB			Payments
Costs and Timings		8am start <b>£3.50</b> siblings £2.00		3.20-4pm	4-4.30pm	4.30-5pm	<b>£2 per half-hour Session,</b> siblings £1.50
Monday	17 <sup>th</sup> April	INSET DAY		NO	BOOKINGS		CLOSED
Tuesday	18 <sup>th</sup> April						
Wednesday	19 <sup>th</sup> April						
Thursday	20 <sup>th</sup> April						
Friday	21 <sup>st</sup> April						
Monday	24 <sup>th</sup> April						
Tuesday	25 <sup>th</sup> April						
Wednesday	26 <sup>th</sup> April						
Thursday	27 <sup>th</sup> April						
Friday	28 <sup>th</sup> April						
Monday	1 <sup>st</sup> May	BANK HOLIDAY		NO	BOOKINGS		CLOSED
Tuesday	2 <sup>nd</sup> May						
Wednesday	3 <sup>rd</sup> May						
Thursday	4 <sup>th</sup> May						
Friday	5 <sup>th</sup> May						
Monday	8 <sup>th</sup> May	BANK HOLIDAY		NO	BOOKINGS		CLOSED
Tuesday	9 <sup>th</sup> May						
Wednesday	10 <sup>th</sup> May						
Thursday	11 <sup>th</sup> May						
Friday	12 <sup>th</sup> May						
Monday	15 <sup>th</sup> May						
Tuesday	16 <sup>th</sup> May						
Wednesday	17 <sup>th</sup> May						
Thursday	18 <sup>th</sup> May						
Friday	19 <sup>th</sup> May						
Monday	22 <sup>nd</sup> May						
Tuesday	23 <sup>rd</sup> May						
Wednesday	24 <sup>th</sup> May						
Thursday	25 <sup>th</sup> May						
Friday	26 <sup>th</sup> May						



STEREN SCHOOL OF BALLET PRESENTS...

# MY CHANCE TO DANCE DANCE CAMPS

4TH, 5TH, 11TH AND 12TH OF APRIL

BALLET

ARTS AND  
CRAFTS

MUSICAL  
THEATRE

HEALTHY LUNCH  
AND SNACKS!

JAZZ

CONTEMPORARY

TAP THIS PHOTO IF ON A  
COMPUTER TO BOOK!



10:00-15:00 | POOL ACADEMY  
DANCE STUDIO | BOOK VIA QR CODE  
BELOW | VIA THE LINKS ON OUR  
SOCIAL MEDIA | OR EMAIL  
INFO@STERENBALLET.CO.UK | AGES  
5-16

FREE FOR FSM CHILDREN.  
LIMITED PAID PLACES  
AVAILABLE  
£18 A DAY - LUNCH PROVIDED

INFO@STERENBALLET.CO.UK  
STERENBALLET  
STEREN SCHOOL OF BALLET  
WWW.STERENBALLET.CO.UK  
07515129358



Playwaze -  
playwaze.com







# MY CHANCE TO DANCE

SPREADING OPPORTUNITIES THROUGH DANCE

WITH STEREN SCHOOL OF BALLET



## HOW TO BOOK

Scan the QR code, access the link through our social media, or email [info@sterenballet.co.uk](mailto:info@sterenballet.co.uk)

Create a Playwaze account or log in


Search for My Chance to Dance

Choose your days and book onto the sessions!

If you are eligible for FSM make sure you enter your code. If you aren't sure what your code

is you can access it here [https://www.cornwall.gov.uk/schools-and-education/schools-and-](https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/time2move-holiday-programme/)

[colleges/school-meals/time2move-holiday-programme/](https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/time2move-holiday-programme/)



Make sure you fill in all relevant information

Please contact us if you have any questions



Playwaze -  
[playwaze.com](https://playwaze.com)

[INFO@STERENBALLET.CO.UK](mailto:info@sterenballet.co.uk)

STERENBALLET 

 STEREN SCHOOL OF BALLET

[WWW.STERENBALLET.CO.UK](http://WWW.STERENBALLET.CO.UK)

07515129358



CHRISTOPHER BOND MUSIC PRESENTS

# AFTERNOON AT THE MOVIES & MUSICALS

WITH CITY OF CARDIFF (MELINGRIFFITH) BRASS BAND

&

RAOSTys

Redruth Amateur Operatic Society Trust's Youth Section

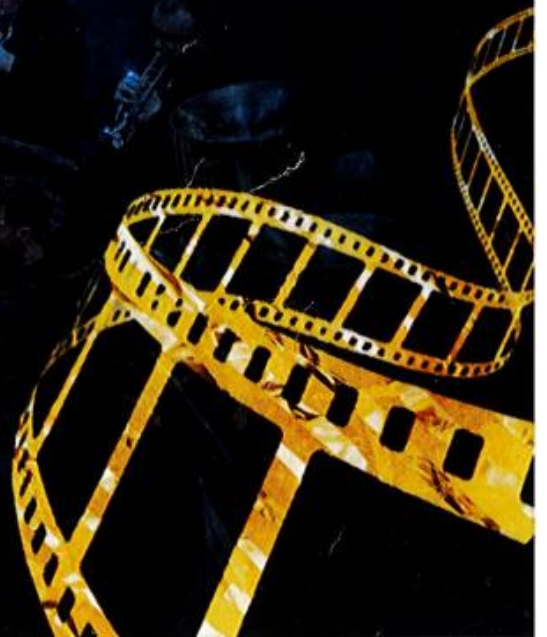
SUNDAY 2 APRIL

15:00

CAMBORNE WESLEY CHAPEL  
CHAPEL STREET, CAMBORNE, TR14 8EG



**TICKETS AVAILABLE NOW**  
Adults £10 | Child (Under 16) £8  
[www.eventbrite.co.uk](http://www.eventbrite.co.uk)





- **All Stars** (5-8 years old) - <https://www.ecb.co.uk/play/all-stars>
- 
- **Dynamos** (8-11 years old) - <https://www.ecb.co.uk/play/dynamoscricket>



**Big Moments of summer fun!**

**ALL STARS CRICKET**

**Cornwall Cricket**

**For all 5 – 8 year-old boys and girls**

Give your little star a summer of big moments, making new friends, learning new skills and creating new memories.

Every participant receives their very own personalised kit bag including bat, ball, cap and t-shirt!

**Sign up today at**  
[allstarscricket.co.uk](https://allstarscricket.co.uk) or at the centre