



Newsletter 7
Spring 2023
Friday 10th March 2023

www.penponds.cornwall.sch.uk
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School Councillors

On Monday 27th February our School Councillors met with Les who was a pupil at Penponds in 1953 for the coronation of Elizabeth II. Our School Councillors asked Les lots of questions to find out about how Penponds School celebrated the coronation so that we can celebrate in similar way for King Charles III's coronation in May. It was really enjoyable to chat with Les and we even managed to look at some really old photographs and squeeze some football chat in too! Thank you so much to Les for giving up his time to come into school to chat with us.



School Choir Visit to Memory Café on Wednesday 1st March



Diary Dates:

Extra-Curricular Clubs

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

DDMIX - Friday fun fitness classes on Fridays until 4pm and are Free.
Please register attendance by email to diversedancemix.martha@gmail.com

Jessica Roper in from Sports for Schools – Sponsorship Event
Wednesday 15th March

Red Nose Day
Friday 17th 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>

Downs Syndrome Awareness Day
Tuesday 21st March
Wear odd socks today.



Parents Evenings

Link to book:

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

Monday 27th March
2pm-5.30pm

Carn Brea Class only

Tuesday 28th March
3pm-6pm

Godolphin, Trencrom and
Tregonning Classes

Wednesday 29th March
3pm-6pm

Godolphin, Trencrom and
Tregonning Classes

Reminder:

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

Inset Days:

Monday 5th September 2022

Tuesday 3rd January 2023

Monday 17th April 2023

Monday 24th July 2023

Tuesday 25th July 2023

**Extra Bank Holiday for King's
Coronation**

Monday 8th May 2023





Attendance week ending
Friday 3rd March:

Carn Brea: 86%

Godolphin: 95%

Trencrom: 98%

Tregonning: 90%

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



Attendance week ending
Friday 10th March:

Carn Brea: 100%

Godolphin: 90%

Trencrom: 97%

Tregonning: 93%

Well done to **Carn Brea**
Class for best attendance



World Book Day in Godolphin Class

Godolphin had a wonderful World Book Day. We came into school dressed as a character from one of our favourite books and enjoyed sharing our books with each other. We spent the day learning all about Beatrix Potter. We created a fact file about her, read many of her stories and sequenced the events in them and drew and painted some of her characters.



Class Awards week ending Friday 3rd March



Carn Brea: Skye, Riley, Wilf

Godolphin: Millie, Alyssia, Blake, Byron, Eden, Ben, Caja, Joseph, Evan

Trencrom:
Holly, Florence, Lily

Tregonning:
Laurie, Charlie, Freya B

Headteacher Awards week ending Friday 3rd March



Emily G, Annabelle, Daisy, Robyn G

Carn Brea: Daisy

Godolphin: Robyn G

Trencrom: Emily G

Tregonning: Annabelle





Football match

On Wednesday 1st March Penponds football team headed to Trevithick. We played 7 aside and had 4 subs. Trevithick scored 1st but we kept working hard and Elffin scored the equaliser. Just before half time Elijah went into goal and Brody scored - he celebrated by doing the Griddy.

In the second half we put on the subs. Elijah was amazing in goal and kept us in the game. Unluckily Trevithick scored so was 2-2. We still worked hard but they managed to get their 3rd goal. Penponds were exhausted but in the last minute they managed to put a few good passes together and Joel scored the equaliser. It ended up 3-3.

Just for fun at the end they did penalty shoot outs which ended up 3-2 to Penponds.

Man of the match was Elijah.

'Penponds football team worked really well as a team and showed good

Class Awards week ending Friday 10th March



Carn Brea:
Charlie, Daisy, Riley

Godolphin:
Byron, Aggie, Zaci

Trencrom:
Austin, Archie, Logan

Tregonning:
Kaira, Maisy, Emily R

Headteacher Awards week ending Friday 10th March



Carn Brea: Wilf

Godolphin: Blake

Trencrom: Lily and Esmée

Tregonning: Eadie and Ethan

Top Table/Lunchtime Awards



Carn Brea: Will

Godolphin: Max, Millie

Trencrom: Bella, Austin

Tregonning: Kaira, Olivia

sportsmanship. I was so proud of all the children who put their heart and soul into this match'. Said Mrs Watts.

Visitor in Carn Brea Class

Following on from our visit from baby Bertie, Carn Brea had a visit from a toddler, Orlo, who came to play with us this week. He showed us the things he could do and we discussed how much toddlers can do compared to babies. We then talked about our own journeys from being a baby to now and even thought about what we might be like when we grow up. Thank you to Orlo and his dad for coming in to tell us all about the toddler stage of life.



Quote:

Dream big, start small



By Jessica Roper

English Kickboxing Champion

Poem:

Don't Worry



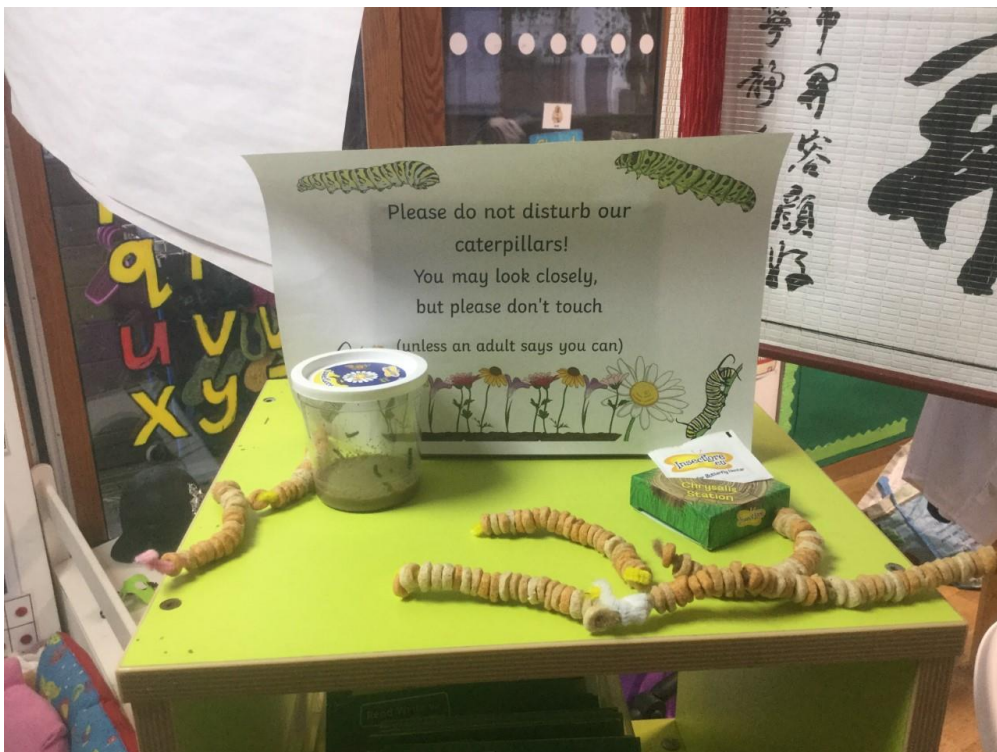
Hold my hand
To cross the lonely river
together
across the river
It is a small village
I have a wooden house
whose window opens to the
sea
Don't worry about the sea
I can be a dolphin
let me ride you on my back
And let's cross the lonely sea
together
Across the sea....

Mohsen Mansouri



Caterpillars in Carn Brea Class

Carn Brea have been lucky enough to get another class pet. We Have welcomed 5 tiny caterpillars into our classroom and have been enjoying watching them eat and grow. They have already doubled in size in one week! We have made a poster to tell people to be careful with them and we love to check up on them through the day. We have also been making them lots of caterpillar crafts in our rainbow challenges this week. We can't wait to see what happens to them next.





Ethan's Achievement

We are so proud of Ethan! Ethan has read and more importantly enjoyed, his first chapter book! He has read Diary of a Wimpy Kid and is already a good way into reading the second book in the series!

To celebrate Ethan's achievement he spent Friday afternoon watching the movie of the book with Mrs Bailey whilst chomping on popcorn. Ethan spotted lots of similarities between the film and the book, but the character Greg did not look how Ethan expected he would look in the film from the book description. Keep reading Ethan and Mrs Bailey thanks you for a wonderful afternoon!





Jessica Roper, GB Kickboxing Champion - Sponsorship Event

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

Jessica will be leading a **sponsored fitness circuit with all pupils** and will follow-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 will both connect the pupils to an extraordinary athlete role model and **raise money to improve physical activity** in the school, while also supporting both athletes and para-athletes, so that they can continue to inspire the next generation.

You can use the sponsorship form for your child to use to help raise money for the event or you can use the **following URL to easily set up an online sponsorship page**:

<https://sportal.sportsforschools.org/events/landing>.

You can also sponsor your child by visiting: www.sportsforschools.org and clicking on the button **"Set up a Fundraiser Page"**.

Please ensure that **sponsorship form and money** is returned to the school office by **Wednesday 22nd March**.

Please also make sure that your children come to school on the event day with their PE Kits! Thank you in anticipation of creating a terrific and memorable event.

Red Nose Day

Friday 17th 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>

Parent Consultations

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



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

Carn Brea Class - Monday 27th March 2pm-5.30pm

Godolphin, Trencrom and Tregonning Classes - Tuesday 28th March and Wednesday 29th 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.

- 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.

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.

Top Table this Week



Basketball Final



Penponds won a place in the final of Basketball at Penryn college on the 3rd March 2023. We took the 4 children who qualified and they played 5 games which they won 1, drew 1 and lost 3 but all were very close games and they put in 110% every game. Man of the match was Brody who was awesome.

They all showed great sportsmanship and were a credit to the school.

ART CLUB

Collagraph printing

FRIDAY 10TH MARCH
CAMBORNE LIBRARY
3:30PM / AGES 7-14
MATERIALS PROVIDED



COLLAGRAPH IS A PRINTMAKING TECHNIQUE USING COLLAGE WITH A SELECTION OF MATERIALS OF VARYING TEXTURES TO PRODUCE SURPRISING RESULTS!

What Parents & Carers Need to Know about

NGL

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

NGL (which stands for 'Not Gonna Lie') is an app through which users share a link to their Instagram story or Twitter account, inviting their followers to give anonymous feedback. The app includes some prewritten questions (such as 'if you could change anything about me, what would it be?'), plus the option to ask followers to simply 'send me anonymous messages'. All replies go into the user's NGL inbox, with the sender remaining anonymous – although subscribers to the app can receive hints about who each message was from.

ANONYMITY AND OVERSHARING

Anonymous messaging gives rise to the 'online disinhibition effect', which causes users to feel detached from their words and actions in the digital world. This can make young people in particular (as they tend to act more impulsively online) far more likely to disclose personal information on the internet, as well as making ill-advised confessions or revealing their fears and insecurities.

PROTECTION FOR BULLIES

Having their identity hidden makes bullies feel safe from repercussions, so anonymous chat sites are a major avenue for cyberbullying. NGL claims to use AI to filter out insulting terms, but our expert sent a range of such phrases (starting with 'cow' and 'ugly', and becoming progressively more offensive) to a 'dummy' account. All of these trial messages were delivered to the recipient's inbox.

COSTLY SUBSCRIPTIONS

NGL offers a subscription where – for a weekly fee – users can unlock hints about who's been messaging them, including the sender's approximate location and which device they used. Young people will naturally be extremely curious about who sent which message (especially if they have a lot of Instagram or Twitter followers) and may be unable to resist spending money to find out.

INFLATED ENGAGEMENT

1K

In June 2022, NGL had to revise its terms of service, informing users if a message was sent by the app's developers as opposed to genuine followers. It emerged that previously, NGL's makers had attempted to boost engagement with the app (as well as enticing users to pay for subscriptions) by sending fake anonymous messages from bots. This update was rolled out very quietly by the team.

QUESTIONABLE SUPPORT

NGL does have a 'report this message' button for users to flag upsetting content. After sending a message, however, an automated reply arrives stating '... NGL is 100% anonymous and we have no way of knowing the identity of the user and would not be able to find out, even if we tried.' This did not fill our expert with confidence that the app can address bad behaviour adequately.

ACCIDENTALLY GOING VIRAL

The messages on NGL itself are anonymous, but users can share these messages via their Instagram story or Twitter feed – enabling all their followers (or anyone, if their accounts are set to 'public') to see them. If a young person has disclosed something embarrassing or identifiable on NGL without realising, this information has the potential to be re-shared very quickly to a far wider audience.

Advice for Parents & Carers

DEALING WITH NEGATIVITY

Blocking another user on NGL will prevent them sending anonymous messages to your child in the short term – although a determined abuser could get around that obstacle simply by setting up a new Instagram account. If your child continually receives negative messages that upset them, it might be worth encouraging them to consider whether they really need to use the app at all.

BLOCK IN-APP PURCHASES

To avoid your child running up an eye-watering bill through an NGL subscription (or indeed any kind of costly in-app purchases), go into the settings on whatever devices they use to go online and either disable the ability to make purchases or protect that function with a password. If those options aren't available, it's prudent to ensure there aren't any payment methods linked to their account.

EXPLAIN ANONYMOUS APPS

We understand that a conversation with your child about the risks of anonymous messaging may seem difficult to initiate (especially if you aren't that comfortable with using social media yourself). It is vital, however, that young people understand that, for some people, having their identity obscured online can make them feel more powerful and less accountable for their actions.

THINK BEFORE SENDING

Regardless of whether a messaging app is anonymous or not, it's a good idea to regularly talk to your child about how it's wise to think through what they're sharing before they post it. Emphasise that nothing is truly private once it's online. If the post is something your child might hesitate to say to someone face to face, then it's probably not the sort of thing they should be writing online either.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS National Online Safety®
#WakeUpWednesday

Source: https://ngl.link/#what-s_ngl

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

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What Parents & Carers Need to Know about iPADS

Apple debuted the first iPad in 2010, kickstarting the tablet market, and it remains the best-selling tablet to this day. Although Apple doesn't offer a child-specific version, iPads are hugely popular with youngsters due to their ease of use and endless choice of apps. There's a selection of models, with different-sized screens and distinct features – including the standard iPad; the iPad Air; the iPad Pro; and the iPad mini. Thankfully, they all offer parental controls so you can regulate how your child uses the device ... and how long they spend on it.

WHAT ARE THE RISKS?

PHYSICAL DAMAGE

While some tablets (such as the Amazon Fire Kids editions) come with rugged shock-proof cases, iPads aren't built for rough and tumble. They're also more expensive than most other tablets, and any damage your child's iPad suffers could be costly to repair. Buying a child-friendly case and screen protector for the device could be a wise move, especially if it's being used by younger ones.

SCREEN ADDICTION

Like most digital devices, tablets have the potential to become quite addictive. You might find your child spending too long staring at their iPad, which could lead to irritability, mood swings and a loss of interest in more important tasks. If this happens, be sure to visit the built-in screen time settings and ensure you limit how long they're able to spend on the device each day.

INAPPROPRIATE CONTENT

18
CENSORED

Even if it would never occur to your child to go searching online for age-inappropriate sites, apps or information, there's always a possibility that something unexpected – perhaps a video that auto-plays or content incorrectly suggested by an algorithm – could appear on their tablet and upset them. You can help prevent this by adjusting the content settings (see our 'top tips' section below).

SIRI SUGGESTIONS

The parental controls built into iOS (the fundamental operating system of Apple devices) enable you to block access to most age-inappropriate content – but your child could potentially still bypass these restrictions (either accidentally or deliberately) by using Siri, Apple's voice-activated digital assistant. To avoid this, toggle the 'Ask Siri' functions to 'off' in the iPad's settings menu.

Advice for Parents & Carers

ENABLE FAMILY SHARING

Before letting little ones loose on an iPad, it's a good idea to set up Family Sharing, as this lets you utilise the parental controls to manage exactly how your child is able to use the device. You can do this fairly easily by going into the iPad's settings; once there, you'll be able to add an existing Apple account (if your child already has one) or set one up from scratch.

APPLY SOME LIMITS

The 'Downtime' function allows you to tell the iPad to lock itself at certain periods (at mealtimes or before bed, for instance), while 'App Limits' removes access to certain apps once they've been used for a specified length of time each day. The iPad can display a reminder when these limits have nearly been reached, letting your child mentally prepare for the end of their gaming or viewing time.

STOP ACCIDENTAL SPENDING

To empower your child with an increased sense of freedom on their device (without giving yourself something else to worry about in the process) you could enable the iPad's 'Ask to Buy' feature. Whenever your child tries to download or buy an app, game or product, the iPad sends you a request to approve (or deny!) it. This option only becomes available if you've set up Family Sharing.

SET CONTENT AND PRIVACY RESTRICTIONS

The parental controls can stop the iPad from displaying explicit or age-inappropriate content (in apps like iTunes and Safari, for instance) when your child is signed into their account. You'll also be able to restrict the capacity to download and install apps, and you can specify permissions which prevent children from changing the iPad's privacy settings once you've selected them.

TRACK IT DOWN

Just like the iPhone, Apple's iPads have 'Find My' software to help you locate your child's iPad – or indeed, any linked Apple devices that have gone AWOL, including phones, watches and AirPods. If you enable 'Find My' in the settings menu, it will display the last known location of an iPad that's been mislaid, as well as giving you the option to lock a missing iPad that you suspect has been stolen.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS
National Online Safety
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

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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

Full dance is at 13mins 44secs

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

Steamplicity 2023/2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish 1	Cheese & Tomato Pizza ✓ Cheese and Tomato Deep base Pizza	Sausages Pork & beef cocktail sausages in gravy served with mashed potatoes	Roast Chicken ♥ with Roast Potatoes and Gravy	Beef Pasta Bolognese Traditional Beef Bolognese with Fusilli Pasta	Fish Fingers Breaded fish fingers, Chips, Beans or Salad
Dish 2	Chickpea and Vegetable Tikka Masala and Rice ✓ ♥ Mild Tikka Masala served with Wholegrain Rice	Macaroni Cheese ✓ Macaroni Pasta in a Cheese Sauce	Cheese & Vegetable Bake ✓ ♥ Vegetable bake served with Roast Potatoes	Vegetarian Meatless Balls ✓ ♥ Served in a Tomato Sauce with Wholegrain Rice	Vegetarian Burger ✓ Served with Chips, Beans or Salad
Jacket Potato	Jacket Potato ✓ with Cheese	Jacket Potato ✓ ♥ With Vegetarian Bolognese	Jacket Potato ♥ with Salmon Mayonnaise & Salad	Jacket Potato ✓ ♥ with Baked Beans	Jacket Potato ✓ with Cheese
Allergy Meal	SD CHICKEN CURRY WITH RICE	SD CHICKEN AND SWEETCORN PASTA	SD VEGETABLE PIE WITH POTATO TOP ✓	SD CHEESE AND TOMATO PASTA ✓	SD GF FISH AND CHIPS & SD HERBY CHICKEN AND POTATOES
Vegetables	Golden Sweetcorn or Salad	Rainbow Vegetables or Salad	Carrots and Cabbage	Garden Peas or Salad	Baked Beans or Salad
Desserts	Smooth Fruit Yoghurt	Cranberry & Orange Shortbread	Jammy Jack	Pineapple Upside down cake	Fruity Friday 🍌

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

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

Internal

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

Steamplicity 2023/2024

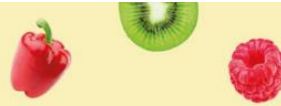
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish 1	Cheese & Tomato Pizza ✓ Cheese and Tomato Deep base Pizza	Chinese Chicken & Egg Rice ♥ 🌾 Mild spicy egg rice and chicken	Roast Ham with Roast Potatoes and Gravy Roast Ham with Roast Potatoes and Gravy	Beef Burger in a Bun Traditional beef burger with ketchup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

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

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 £3.50 siblings £2.00		3.20-4pm	4-4.30pm	4.30-5pm	£2 per half-hour Session, siblings £1.50
Monday	17 th April	INSET DAY		NO	BOOKINGS		CLOSED
Tuesday	18 th April						
Wednesday	19 th April						
Thursday	20 th April						
Friday	21 st April						
Monday	24 th April						
Tuesday	25 th April						
Wednesday	26 th April						
Thursday	27 th April						
Friday	28 th April						
Monday	1 st May	BANK HOLIDAY		NO	BOOKINGS		CLOSED
Tuesday	2 nd May						
Wednesday	3 rd May						
Thursday	4 th May						
Friday	5 th May						
Monday	8 th May	BANK HOLIDAY		NO	BOOKINGS		CLOSED
Tuesday	9 th May						
Wednesday	10 th May						
Thursday	11 th May						
Friday	12 th May						
Monday	15 th May						
Tuesday	16 th May						
Wednesday	17 th May						
Thursday	18 th May						
Friday	19 th May						
Monday	22 nd May						
Tuesday	23 rd May						
Wednesday	24 th May						
Thursday	25 th May						
Friday	26 th 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

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



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