

Head teacher's Message

The term has got off to a great start this week with lots of happy children excited to learn about our new topics. In assembly on Monday we talked about the power of positive thinking and what people were capable of when given encouragement and support. They were blown away with this experiment from Brain Games <https://www.youtube.com/watch?v=kO1kgI0p-Hw>

They got to see the direct impact words and actions can have on others. We talked about some ways we can rephrase our thoughts to be more positive and generally kinder to ourselves! It was lovely to hear the children talking so openly about the importance of mental health and things they find difficult. We will be revisiting this concept regularly over the term through our assemblies.

World Book Day



Thank you so much for the effort made with helping us celebrate world book day! We had a great day and the children thoroughly enjoyed the activities and the time spent in each other's classes. Our shared work focused on the book 'Leaf' by Sandra Dieckmann, which you can watch here: <https://www.youtube.com/watch?v=H44d4MyQOIQ>

It focuses on the idea of 'difference' and how we sometimes treat people differently because we don't understand them. The children have produced some amazing work, which we will be adding to a display in the corridor.

We are currently revamping our corridor display and we are looking forward to sharing them with you as soon as they are done!



"YOU CAN'T HAVE A POSITIVE LIFE WITH A NEGATIVE MIND"

MASTER SELF-TALK
Say kind things to yourself every single day. Use positive affirmations to remind yourself that you deserve to give and receive love.

LET GO OF THE PAST
Your past does not dictate your future and shouldn't control your present.

BE OPTIMISTIC
FLIP THE SCRIPT! Rather than thinking of the horribly things that might happen, consider the great things that could come from this situation.

CELEBRATE THE SMALL WINS
Every single accomplishment and win should be celebrated. Even the small ones.

LET GO OF BAD BEHAVIOR & HABITS
Stop Complaining
Stop dwelling on negative situations.
Don't act impulsively.

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Important dates:

- 7.3.22—Year 5 @ Multi sports festival
- 7.3.22—Online safety workshop
- 7.3.22—9.3.22 —Parents evenings
- 15.3.22—Parent café run by Mrs Thomas pm
- 17.3.22—High Five Netball tournament
- 29.3.22—plastics workshops—whole school
- 7.4.22—whole school show—The Kiss That Missed
- 8.4.22—End of term 4—1.30 finish

Parents evenings

These will be taking place all next week in person at school. We will also be handing out the latest progress summaries so that you can see exactly how your child is doing. If you would prefer a phone call, please let us know and we will arrange a time with you. This can sometimes be tricky to do in between face to face sessions so we will find a time that suits all.

Covid Update

Whilst many of the restrictions have been lifted, the current guidance for schools still recommends 5 days of isolation and then testing on day 5, returning when negative or symptom free. If your child is unwell, please do a test to see if they are positive and then give us a call and we can discuss the best way forward. There is no need to test asymptomatic children.

Online safety

As we all know, the online world is becoming a more and more complex place to be and can be hard to navigate for us as parents. We are very lucky that we have been offered a TPAT parent workshop set up by Mr Higgs, who is the digital leader for TPAT. This will take place at 7pm on March 9th and will be run by Richard Pomfrett from the Stay Safe Initiative (www.thestaysafeinitiative.org.uk). You can book through the website in the links and downloads section.

PE for next week

Wednesday—Swimming for Aire

Thurs—PE for Brisons, Longships & Cowloe

Friday—PE for Cowloe, swimming for Longships, Brisons & Aire at Forest School

Clubs (3.15—4.15):

Tuesday—Running Club KS2 (until 4pm)

Thursday—High five netball KS2, Football KS1

Have a great weekend!

Nichola Smith

Important notices

- ⇒ A lot of children have expressed an interest in signing up for music lessons. The link is: <https://www.cornwallmusicstrust.org/>. You can specify if you are entitled to Pupil Premium discount.
- ⇒ PE days will be THURSDAY and FRIDAY, please come in your kit for those days. For a link to the correct uniform, please visit our policies page <http://www.sennen.cornwall.sch.uk/website/policies/399342>
- ⇒ Children are allowed a healthy snack for breaktimes, as well as access to the fruit from the shed. We are asking them to save crisps etc until lunch time. For ideas for healthy snacks please visit

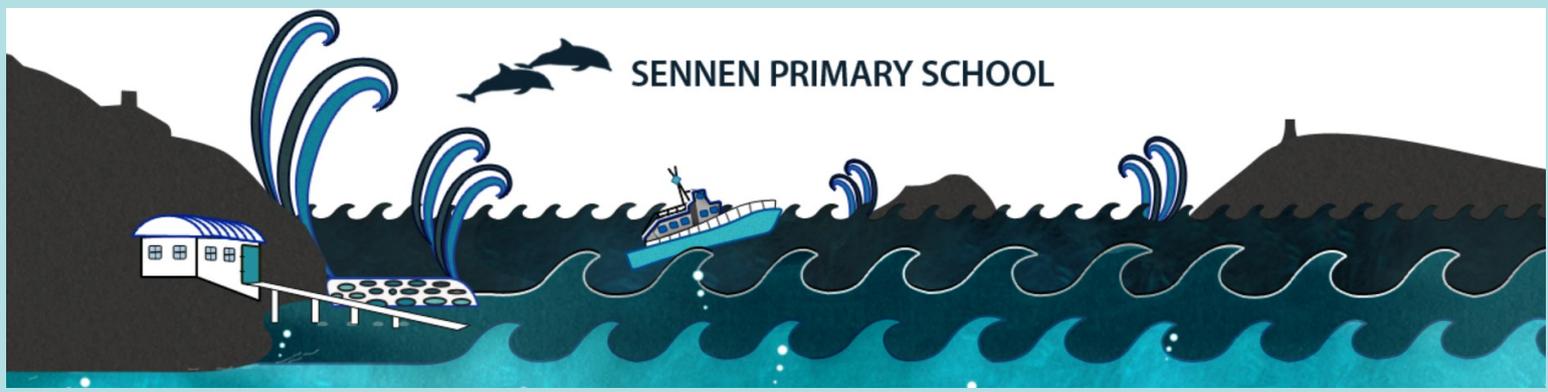
<https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/healthypackedlunches.html?start=3>

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids>

- ⇒ Clubs currently on offer: Running club - Years 3-6

Thursday Years 3-6—High five netball

Thursday years football (alternating weeks for each Key Stage)



Aire class round up

This week has flown by as we have had so many exciting things going on as we have got stuck into our new topic 'Let's Get Growing'. The children have loved reading Errol's garden and have designed gardens, thought about community and have prepared a bean seed that they will (hopefully) observe growing over the weeks to come! In Maths, the children have become very confident making 10 in various ways and also ordering numbers from 1-10 as well as counting back from 10. We had a blast on World Book Day, enjoying reading LOTS of books in class (and also with children from Longships), focusing on the story Leaf and having discussions and making art connected to this book. We also had our first swimming session - there was so much to take in and the children all impressed us with their listening skills! We also enjoyed really the sunshine at Forest School Friday! A great first week back...



Brisons class round up

It has been a great week back after a half term and it was so lovely to see all the smiling faces. We welcomed the lovely Oona to our class this week. She has joined year 1 and has settled in so well and all the children have been so welcoming and kind, I'm so proud of them all. We had World Book Day and our first Forest School session this week which the children really enjoyed, and we are so excited to continue for the rest of the term. Well done Brisons for such a brilliant week back.

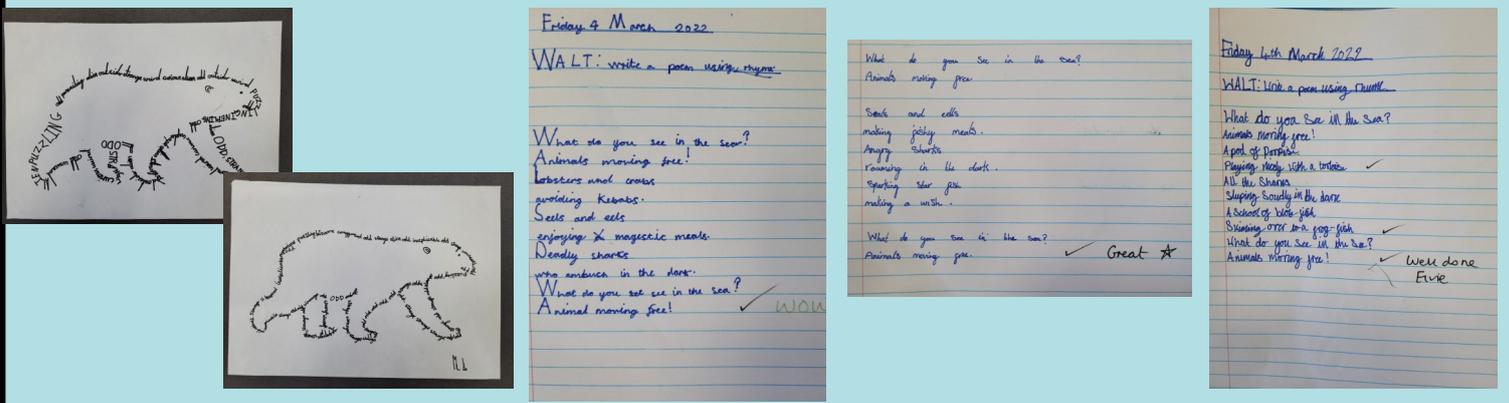




Longships class round up

This week Longships have started looking at their new topic 'The Deep Blue'. In literacy we have explored under water poetry that contained rhyming couplets and created our own. We were very impressed with their concentration and focus, they were so proud of their results. In maths we have been identifying some gaps from previous topics to make sure we revisit them over the term and have looked at measure, recapping centimetres and metres before moving on to the next stage of their learning next week.

Topic work has focused on Geography this week, where we have used atlases to remind ourselves of the continents and oceans, as well as identifying the smaller seas. We have also started some preparations for our talk from the Cornish Seal Sanctuary next week—it's going to be a busy term!



Cowloe class round up

What a fantastic start to the half term! World Book Day was lots of fun and it was great to see all of the children dressed up and so excited! We have started our new topic 'Darwin's Delights' and answered the question 'Who was Charles Darwin?' We have been researching his life and created a timeline of key events. This will be used to help us write our biography next week. In Maths we have started learning about decimals and I am so impressed with their confidence and positive attitude. We have talked about online friendships in PSHE and will continue to learn about how to keep ourselves safe online. I look forward to seeing you all at parents evening and sharing your child's progress with you!



Lunch Menu

Children will be asked what they would like each day by their teacher. Children in year R—2 get infant free school meals and it is £2.34 for the rest of the school, other than for those pupils who have been awarded income based free school meals.

		HOT SPECIALS...	DAILY FAVES...	WEEK 1	W/C: 20/09 11/10 01/11 22/11 13/12 03/01 24/01 14/02 07/03 28/03	
MONDAY	<p>Burrito </p> <p>A soft wrap filled with lightly spiced veggies and rice</p> <p>.....</p> <p>Macaroni Cheese </p> <p>Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p>Tomato Pasta </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>SIDES...</p> <p>Green Beans and Sweetcorn</p>	<p>PICK A PUD!</p> <p>Raspberry Ripple Ice Cream</p>	MONDAY	
TUESDAY	<p>Allegra's Chicken Filo Pie with Mashed Potato</p> <p>A delicious light filo pastry topped chicken pie</p> <p>.....</p> <p>Allegra's BBQ Beans served with Cornbread </p> <p>Tasty BBQ beans served with Cornbread</p>	<p>Jacket Potatoes </p> <p>with salmon mayonnaise</p> <p>.....</p> <p>Tomato Pasta </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>SIDES...</p> <p>Peas and Broccoli</p>	<p>PICK A PUD!</p> <p>Brownie</p>	TUESDAY	
WEDNESDAY	<p>Roast Chicken with Roast Potatoes & Gravy</p> <p>Succulent roast chicken with fluffy roasties and tasty gravy</p> <p>.....</p> <p>Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy </p> <p>A chunky sweet potato and chickpea roast</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p>Tomato Pasta </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>SIDES...</p> <p>Carrots and Cabbage</p>	<p>PICK A PUD!</p> <p>Shortbread Biscuit with Fresh Cut Fruit Slices </p>	WEDNESDAY	
THURSDAY	<p>Pasta Bolognese </p> <p>A classic Italian beef bolognese in a yummy tomato sauce</p> <p>.....</p> <p>Butternut Squash and Tomato Bake with Rice </p> <p>A delicious butternut squash and tomato bake served with rice</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p>Tomato Pasta </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>SIDES...</p> <p>Broccoli and Sweetcorn</p>	<p>PICK A PUD!</p> <p>Berry & Peach Oaty Crumble with Custard </p>	THURSDAY	
FRIDAY	<p>Golden Fish Fingers and Chips</p> <p>Crispy fish fingers with scrummy chips</p> <p>.....</p> <p>Quorn Dippers and Chips</p> <p>Crispy Quorn Nuggets with their fav sauce - Ketchup</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p> <p>.....</p> <p>Tomato Pasta </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>SIDES...</p> <p>Baked Beans and Peas</p>	<p>PICK A PUD!</p> <p>Orange, Sultana & Cake Slice</p>	FRIDAY	



Lunch Menu
Vegan - Week 1 - Mains

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Burrito (V) NO CHEESE IN BURRITO	Allegra's BBQ Beans (V) <i>With Potato Wedges</i> NO CORNBREAD	SD Sweet Potato and Chickpea Roast 93165175 <i>with Roast Potatoes and SD Gravy</i> 93132538	SD Butternut Squash and Tomato Bake with Rice (V) ** 93166601 NO BREADCRUMBS ON TOP	Vegetables Nuggets VMC 3732 <i>and Chips</i>
Jacket Potato	Jacket Potato With Baked Beans NO CHEESE OR TUNA MAYO				
Pasta	SD Tomato Pasta 93171286				
Vegetables	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Raspberry Smoothie 93166798	SD Chocolate Crispie 93158451	Shortbread Biscuit <i>with Fruit Slices*</i>	Berry & Peach Oaty Crumble* <i>With Rice Milk Custard</i> 93166606	Orange, Sultana & Carrot Crispie 93177935
Cool Water, Fresh Fruit, Freshly Baked Bread available daily *Fruit Based **Wholegrain SD = SPECIAL DIET RECIPE					

Lunch Menu
Vegan - Week 2 - Mains

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegan Cheese and Tomato Pizza ** 93170278 <i>with Dough Balls (V)</i>	Jacket Potato With Baked Beans	Vegetable Pie (V) <i>with Roast Potatoes and SD Gravy</i> 93132538	Mild Chickpea and Potato Curry (V) <i>with Rice **</i>	Tomato Veggie Burger NO MAYO IN BURGER <i>with Chips (V)</i>
Jacket Potato	Jacket Potato With Baked Beans NO CHEESE OR TUNA MAYO				
Pasta	SD Tomato Pasta 93171286				
Vegetables	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Flapjack <i>with Fruit Slices*</i>	Peach Shortbread Pudding* <i>With Rice Milk Custard</i> 93166606	SD Berry Crispie 93158452	SD Chocolate Crispie 93158451	Orange and Mango Smoothie 93199797
Cool Water, Fresh Fruit, Freshly Baked Bread available daily *Fruit Based **Wholegrain SD = SPECIAL DIET RECIPE					



Lunch Menu
Vegan - Week 3 - Mains

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetable Nuggets VMC 3732 with SD Mashed Potato 93165179 And SD Gravy (V) 93132538	SD Easy Peasy Risotto Bake (V) 93177963	SD Sweet Potato and Chickpea Roast 93165175 with Roast Potatoes And SD Gravy 93132538	SD Tomato Pasta 93171286	SD Mexican Tomato Lentil Taco 93170475 with Chips
Jacket Potato	Jacket Potato With Baked Beans NO CHEESE OR TUNA MAYO				
Pasta	SD Tomato Pasta 93171286				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Oatie Biscuit with Fruit Slices*	Flapjack with Apple Slices*	Raspberry Smoothie 93166798	SD Chocolate Crispie 93158451	Orange and Mango Smoothie 93199797

Cool Water, Fresh Fruit, Freshly Baked Bread available daily

*Fruit Based **Wholegrain

SD = SPECIAL DIET RECIPE