



## Headteacher's Message

This week has been such fun for the children. We had 2 forest schools, Bikeability, held our very own multi-sports festival, had a visit from Mark's Ark and his predators, and went off into space with the Space Dome! The children have had such an amazing time and all the visitors commented on our childrens' excellent behaviour, wonderful manners and interesting questions.

Our year 5/6 play leaders were fantastic; they really rose to the challenge and set up such exciting activities for the children to do. We thought they were very brave inviting the whole school to join in, but they remained in control the whole time and kept things going. We are so impressed with how they have risen to the challenge of being in year 5 and 6, they are excellent role models for the other children. To build on this further, I am going to be asking the children if they would like to volunteer some time after school on a Thursday to help plan and run the KS1 multi-sports club. This gives them a chance to build on their leadership skills, as well as giving the younger children a chance to spend time with them.

We want to thank you all for your continued support regarding the Covid situation in school. Our cases stayed very low and we currently have very few cases. Whilst we are not out of the woods yet, we are hoping that with one more careful week we can be case free. We are very grateful for your cautious approach and swift actions, they have played a huge part in stopping the spread and minimising disruption and absence. If you have any questions or queries, please get in touch.

Now that the situation is more settled staffing wise, we can go back to some sort of normality. Thank you all so much for your flexibility the last 2 weeks, it has meant that the children haven't missed out on their activities. Next week will run as follows:

- Wednesday PE & Football after school (this is confirmed until Christmas)
- Thursday high five netball and KS1 multi-sports after school
- Friday PE for Brisons am, forest school for Aire & Brisons group pm
- Friday Forest school for Longships at Higher Keigwin Farm
- Friday swimming for Cowloe

**Christmas dinner**—Our catering company want to know approximate Christmas dinner numbers so that they can begin to plan ahead. We won't hold you to it at this stage, we just need a rough idea. If you would like your child to have a Christmas dinner this year, please go to:

[https://docs.google.com/forms/d/e/1FAIpQLSfdb3epO9ZO-SnLkgMPv2DP8sjzTYgQarM\\_qrPmRCgcKwA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfdb3epO9ZO-SnLkgMPv2DP8sjzTYgQarM_qrPmRCgcKwA/viewform?usp=sf_link)

**Tea & Talk**—Mrs Thomas will be holding our first Tea and Talk session on Tuesday at 2pm in the community centre. She has arranged for 2 parent support workers to come along for useful advice on what is happening and available locally. There will be free cake too!

**RWI Phonics workshop**—This will be held this Thursday 2nd December at 2.30 in the community centre. We will put the information onto our website too so that those that can't make it can still access it.

Have a great weekend!

Nichola Smith

## Contact information



Tel: 01736 871 392

**Mrs Smith:**

head@sennen.cornwall.sch.uk

**Mrs Mear:**

secretary@sennen.cornwall.sch.uk

**Mrs Thomas (SENDCO):**

rthomas@sennen.cornwall.sch.uk

**Mrs Baker**

sbaker@sennen.cornwall.sch.uk

**Mrs Hulse:**

khulse@sennen.cornwall.sch.uk

**Miss Clackworthy**

hclackworthy@sennen.cornwall.sch.uk

**Miss Sawle:**

csawle@sennen.cornwall.sch.uk

**Mrs Tindall:**

etindall@sennen.cornwall.sch.uk



## Important dates:

- 30.11—Brisons' trip to Helston Museum
- 30.11—Tea & Talk session @ 2pm
- 2.12 —Phonics workshop @2.30
- 13.12 - Aire & Brisons xmas performances 1.30pm
- 14.12—Longships & Cowloe xmas performance 1.30 pm
- 15.12—xmas party TBC
- 16.12—School xmas dinner
- 17.12—End of term—1.30 finish
- 4.1.22—INSET DAY—school closed
- 5.1.22—First day back for children



Our week in pictures!



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Mrs Tindall:

etindall@sennen.cornwall.sch.uk



Important notices

- ⇒ PE days will be WEDNESDAY and FRIDAY, please come in your kit for those days.
- ⇒ Free Fruit is still available each day.

**Time to Move holiday club**

Bookings are now open from 20th—23rd December at school. If your child is entitled to free school meals then the sessions are free, if they aren't then you can pay at the time of booking. It is a great way to keep them active and entertained in the run up to Christmas!



Fun activities for everyone varying from survival skills to nerf battles and every session includes a FREE festive meal for all children.

NEW for Christmas 2021 the Virtual Reality (VR) experience!

Activities taking place in: Camborne, Perranporth, Sennen, St Dennis and Biscovey



To book go to: <https://dtcoaching.co.uk/upcoming-events>

- Activities available for children aged 6 -14
- Free places for ALL children eligible for Free School Meals

**DT**  
COACHING SERVICES

Contact us:

Email: [dtcoaching@gmail.com](mailto:dtcoaching@gmail.com)

Phone: 07773 444632

Come and join us on:  
Monday 20th December  
Tuesday 21st December  
Wednesday 22nd December  
&  
Thursday 23rd December



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

**Lunch Menu**

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		WEEK 2		
		W/C: 06/09 27/09 18/10 08/11 29/11 10/01 31/01 14/03 04/04		
<p><b>MONDAY</b></p> <p><b>TUESDAY</b></p> <p><b>WEDNESDAY</b></p> <p><b>THURSDAY</b></p> <p><b>FRIDAY</b></p>	<p><b>HOT SPECIALS...</b></p> <p><b>Veggie Bolognese</b>                        Penne pasta in a yummy tomato and Quorn sauce</p> <p>.....</p> <p><b>Cheese and Tomato Pizza with Dough Balls</b>                        Cheesy tomato topped pizza slice</p>	<p><b>DAILY FAVES...</b></p> <p><b>Jacket Potatoes</b>                       A choice of hot and cold fillings</p> <p>.....</p> <p><b>Tomato Pasta</b>                        Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>SIDES...</b></p> <p><b>Green Beans and Sweetcorn</b></p>	<p><b>PICK A PUD!</b></p> <p><b>Flapjack with Fruit Slices</b> </p>
	<p><b>Allegra's Chicken Katsu with a Rice Side</b>                       Yummy crispy Chicken Katsu with rice</p> <p>.....</p> <p><b>Allegra's Oodles of Noodles</b>                        Delicious noodles with tofu and veggies</p>	<p><b>Jacket Potatoes</b>                       A choice of hot and cold fillings</p> <p>.....</p> <p><b>Tomato Pasta</b>                        Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Broccoli and Peas</b></p>	<p><b>Peach Shortbread Pudding &amp; Custard</b> </p>
	<p><b>Roast Turkey with Roast Potatoes &amp; Gravy</b>                      Roast turkey with fluffy roasties and tasty gravy</p> <p>.....</p> <p><b>Creamy Vegetable Pie with Roast Potatoes and Gravy</b>                       Creamy vegetable pie with a cheesy shortcrust topper</p>	<p><b>Jacket Potatoes</b>                       A choice of hot and cold fillings</p> <p>.....</p> <p><b>Tomato Pasta</b>                        Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Cabbage and Carrots</b></p>	<p><b>Raspberry Yoghurt Cake</b></p>
	<p><b>Cottage Pie</b>                        Home cooked minced beef with a crispy potato topping</p> <p>.....</p> <p><b>Mild Chickpea and Potato Curry</b>                         served with Wholemeal Rice</p>	<p><b>Jacket Potatoes</b>                       A choice of hot and cold fillings</p> <p>.....</p> <p><b>Tomato Pasta</b>                        Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Green Beans and Sweetcorn</b></p>	<p><b>Fruity Chocolate Brownie</b></p>
	<p><b>Golden Fish Fingers and Chips</b>                      Crispy fish fingers with scrummy chips</p> <p>.....</p> <p><b>Tomato Veggie Burger with Chips</b>                       A delicious homemade veggie burger</p>	<p><b>Jacket Potatoes</b>                       A choice of hot and cold fillings</p> <p>.....</p> <p><b>Tomato Pasta</b>                        Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Peas and Baked Beans</b></p>	<p><b>Vanilla Ice-Cream</b></p>



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		WEEK 3		
		W/C: 13/09 04/10 15/11 06/12 17/01 07/02 28/02 21/03		
		SIDES...	PICK A PUD!	
 <b>MONDAY</b>  <b>TUESDAY</b>  <b>WEDNESDAY</b>  <b>THURSDAY</b>  <b>FRIDAY</b>	<b>HOT SPECIALS...</b> <b>Macaroni Cheese</b> Cheesy Macaroni Pasta ..... <b>Veggie Sausage and Mash with Gravy</b>  Fluffy mash with veggie sausages and rich gravy	<b>DAILY FAVES...</b> <b>Jacket Potatoes</b>  A choice of hot and cold fillings ..... <b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Peas and Carrots</b>	<b>Oatie Biscuit with Fruit Slices</b>
	<b>Allegra's Garlicky Chicken and Spanishy Spuds</b>  Garlic seasoned chicken served with spanish style potatoes ..... <b>Allegra's Cheesy Peasy Risotto Bake</b>  A delicious baked cheesy, pea risotto	<b>Jacket Potatoes</b>  A choice of hot and cold fillings ..... <b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Sweetcorn and Broccoli</b>	<b>Apple and Carrot Yoghurt Muffin</b> 
	<b>Roast Pork with Roast Potatoes &amp; Gravy</b> Roast pork with fluffy roasties and tasty gravy ..... <b>Meat-free Roast with Roast Potatoes and Gravy</b>  Delicious Quorn roast with fluffy roasties and tasty gravy	<b>Jacket Potatoes</b>  A choice of hot and cold fillings ..... <b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Carrots and Cabbage</b>	<b>Strawberry Ice Cream</b>
	<b>Cornish Steak Pasty with Potato Wedges</b> Steak pasty with potato wedges ..... <b>Veggie Lasagne served with a Bread Wedge</b>   Delicious sheets of pasta layered with veggies and tomato sauce	<b>Jacket Potatoes</b>  A choice of hot and cold fillings ..... <b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Green Beans and Sweetcorn</b>	<b>Chocolate Sponge Cake</b>
	<b>Southern Fried Chicken Tasters with Chips</b> Lightly seasoned crispy chicken strips and scrummy chips ..... <b>Soft Taco and Chips</b>   A soft taco shell filled with a yummy veggie tomato chilli	<b>Jacket Potatoes</b>  A choice of hot and cold fillings ..... <b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Baked Beans and Peas</b>	<b>Crispy Snow Bar</b>

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**Lunch Menu  
Vegan - Week 1 - Mains**

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Burrito (V) <b>NO CHEESE IN BURRITO</b>	Allegra's BBQ Beans (V) <i>With Potato Wedges</i> <b>NO CORNBREAD</b>	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 <b>NO BREADCRUMBS ON TOP</b>	Vegetables Nuggets <b>VMC 3732</b> <i>and Chips</i>
Jacket Potato	Jacket Potato With Baked Beans <b>NO CHEESE OR TUNA MAYO</b>				
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

**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 <b>NO MAYO IN BURGER</b> <i>with Chips (V)</i>
Jacket Potato	Jacket Potato With Baked Beans <b>NO CHEESE OR TUNA MAYO</b>				
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**



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**Lunch Menu**  
**Vegan - Week 3 - Mains**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Vegetable Nuggets <b>VMC 3732</b> 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
<b>Jacket Potato</b>	Jacket Potato With Baked Beans <b>NO CHEESE OR TUNA MAYO</b>				
<b>Pasta</b>	SD Tomato Pasta 93171286				
<b>Vegetables</b>	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
<b>Desserts</b>	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 <b>SD = SPECIAL DIET RECIPE</b>					