

Headteacher update

	Daytime event	After school club option
Monday	Rugby for Cowloe—PE kits please	
Tuesday	Swimming / PE for Longships & Cowloe—PE / swimming kits please	Tennis—KS1—please book in the office
Wednesday	Year 5/6 Bikeability for those who signed up	High five netball KS2
Thursday	PE for Longships & Brisons	Multi sports KS2
Friday	Forest School for Brisons	Karate for all— please book in the office

It has been a great start to the term so far, despite the weather! This week’s newsletter is just some information about next week and the term ahead.

- **Brisons** class will be doing Forest School on a Friday
- **Bikeability** starts **Wednesday 9th January**
- **Cowloe** will be having Rugby, taught by Cornish Pirates. This will start on **Monday 8th Jan**

Swimming on Tuesdays (Longships & Cowloe)

We assessed all the children at the end of last term and have adjusted the groups again to ensure we are targeting the children’s needs correctly. An email was sent out at the end of term if your child is swimming this term. If you didn’t get an email, your child can swim at an age appropriate standard (at least) and will be doing PE in school on a Tuesday. After February half term, it will be Brisons’ turn to do their lessons

Sporting opportunities term 3

We are very lucky to have 2 opportunities for an after school club in January:

Karate—available to all. This begins on Friday 12th January for 5 weeks. It will be £2 a session. If you child would like to join, please see Rhiannon in the office and pay £10 for the block of sessions.

Tennis—for KS1 children. We have 8 spaces for this. This begins on Tuesday 9th for 5 weeks and will cost £20 for the block. This includes a tennis racket at the end of it. Please see Mrs Raitt in the office if you would like to sign up.

Sadly, the uptake for the Thursday clubs has been very poor. It is costing the school a lot of money each week and is not sustainable. We have decided that we will be running the club for KS2 next term, and KS1 in term 4. This will now be free of charge. It will focus on a specific sport (Football in the spring and cricket in the summer) in the hope that we can arrange some matches.

Bikeability

Cowloe would have received an email regarding Bikeability this term. We will be prioritising Year 6, and then year 5 on a first come, first served basis. Please send forms in on Monday so that we can let the organisers know who will be attending.

Contact information

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Mrs Raitt:  
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Mrs Thomas (SENDCO):  
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Mrs Baker:  
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Mrs Hulse:  
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Miss Clackworthy:  
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Miss Sawle:  
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Mrs Tindall:  
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Important dates:



8.1.24—Cowloe rugby begins—PE kits please.

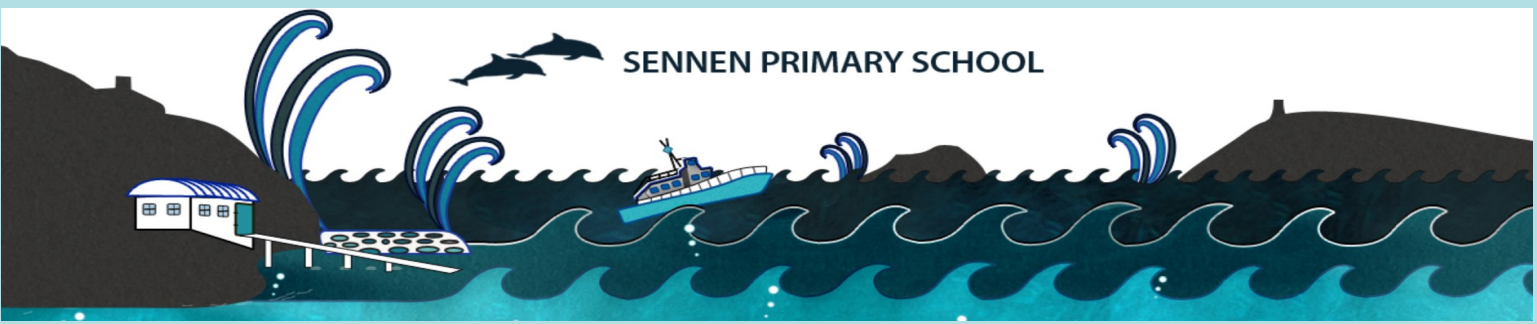
10.1.24—Bikeability

19.1.24—Longships’ trip to Penlee Museum

30.1.24—Cross Country @ St Ives

7.2.24—Brisons Trip to St Michael’s Mount

27.2.24—Cross Country @ Cape



Our FOSS Christmas Fayre raised a huge amount of money! Thank you so much to all who helped and supported the event, we are very grateful!

**2023**

**Christmas Fayre**

raised

**£929.35**

**Thank you to all FOSS members for making this event happen, and a huge thank you to stall holders and everyone who came to our wonderful fayre**

The poster is decorated with various Christmas-themed illustrations including a snowman, Santa Claus, gift boxes, holly leaves, and snowflakes. The text is centered and uses a mix of red, black, and yellow colors for emphasis.

**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 £2.65 for the rest of the school, other than for those pupils who have been awarded income based free school meals.

**WEEK 2**

W/C: 06/11, 27/11, 18/12, 08/01, 29/01, 19/02, 11/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT MAINS</b>	<b>Cheese and Tomato Pizza</b> 🌱 Served with Potato Wedges	<b>Turkey Con Chilli</b> 🍷 🍷 Served with Wholegrain Rice	<b>Roast Beef</b> Served with Roast Potatoes and Gravy	<b>Sausage Pasta Bake</b> 🍷 Served with Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
	<b>Vegetarian Cottage Pie</b> 🌱 🍷 Served with Gravy	<b>Macaroni Cheese</b> 🌱	<b>Cheesy Leek and Carrot Crumble</b> 🌱 🍷 Served with Roast Potatoes and Gravy	<b>Vegetarian Sausage Pasta Bake</b> 🍷 🌱 Served with Garlic and Herb Bread	<b>Crispy Quorn Nuggets</b> 🌱 Served with Chips
<b>JACKET POTATO</b>	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🌱 🍷					
All main meals are served with two vegetables					
<b>DESSERT</b>	<b>Apple Crumble with Custard</b> 🌱	<b>Crunchy Chocolate Biscuit</b>	<b>Chocolate and Vanilla Marble Cake</b>	<b>Carrot Cake</b> 🌱	<b>Strawberry Ice Cream</b>