

ST NEOT PRIMARY SCHOOL NEWSLETTER



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22 NOVEMBER 2024

'A happy learning environment for all'

NURSERY NEWS

Theme: Traditional Tales

Book: The Gingerbread Man

Please could you bring in or send via email a family photo for our display.

It is important that you read your child's communication book.

Please return clothes that have been borrowed.
Does anyone have spare socks for nursery 2-4 years?

DATES FOR THE DIARY

- 4th Dec: Non-uniform day - bring a raffle prize
- 4th Dec: Christmas Story Time 5-6pm school hall
- 6th Dec: Christmas Fayre - 2pm school hall
- 11th Dec: Christmas Concert in the Church - 1.30pm and 6pm
- 18th Dec: Christmas Jumper and Dinner Day

Keep checking these dates as they may change at short notice.

HOUSE POINTS

This week's house points have been awarded to children who have worked hard, been polite and helpful and gone above and beyond to help the school run smoothly.

	Aylward: 38	Davy: 36	Trevithick: 26
Total	2291	2318	2060

Well done to Eddie, his football team St Cleer & Liskeard U7's played an away game against St Blazey. They've already played them, and were defeated, but on this occasion they had a win of 8-5 to them, with Eddie scoring an eye watering 6 of those goals!

After school Dodgeball club will finish on Friday 29th November for KS2 and Wednesday 4th December for KS1



School and nursery children are invited to the school hall at 5pm - 6pm on Wednesday 4th December, where the staff will be reading Christmas tales. Children are able to wear Pj's and bring in a teddy. Each child will receive a chocolate lolly and hot chocolate for £1.



1st and 2nd in a Martial Arts Competition



Ada came 1st in bar & vault
2nd in beam
3rd in floor
1st overall



Henry

Reggie

Head Teacher Awards

Daisy

Sam

PTA EVENTS

Tuesday 3rd December - Wreath Workshop - Trevenna

If you have booked a place on the wreath workshop, please let the PTA or office know whether you would like to do a table decoration or wreath, and make payment prior to the event.

Friday 6th December - Christmas Fayre

Are you able to help run a stall at the Christmas Fayre for the PTA? Please let the PTA know.

Would you like your own stall at the Christmas Fayre?
If so, please contact the office to book a table at a cost of £5.

PTA@st-neot.cornwall.sch.uk

NON-UNIFORM DAY - WEDNESDAY 4TH DECEMBER

Children are able to come in dressed in non-uniform and bring a prize for the Christmas raffle which will be held on Wednesday 11th December at the Christmas Concert in the Church.

CHRISTMAS POST BOX

The Christmas post box will open on Monday 2nd December. Children can post their cards and pay 2p for the stamp, same day delivery is guaranteed! We do encourage children not to send too many cards.



Autumn Winter 2024/25 Menu Information

Menu Key

Freshly Made on Site from Scratch by our brilliant Catering Teams

Added Plant Protein (50% of the Protein in the Dish comes from Plant Based Sources)

Vegan Option

A source of Wholemeal Carbohydrates

At Least 50% of the Dessert is Fruit

Red Tractor Assured British Meat

MSC Certified Sustainable Seafood

Meets Government Free Sugar Recommendations for a School Lunch (6.5g Free sugar or less)

caterlink



Food for Life Served Here (FFLSH) is an independent accreditation which we have been awarded year-on-year since 2009, and our Silver award shows our food is fresh, local, sustainable and ethical. To gain accreditation you must get points from the FFLSH standard, meaning local meat is Red Tractor assured, eggs are free range, and we only serve sustainably sourced fish, such as MSC. The standards also demonstrate our menus use less ultra-processed foods and no unbranded additives or sweeteners, focusing more on fresh ingredients. Find out more about the FFLSH award here: [Food for Life Served Here - Food for Life](#)

Our recipes all meet the School Food Standard portion sizes, meaning pupils are getting the right requirements for their age groups. We provide visual portion size training resources for our kitchen teams. We also offer unlimited vegetables, salads and bread for any pupils who may need a bit extra food that day!

We do not serve any chocolate or confectionery within our school menus, as per the Standards. Our chocolate desserts contain only cocoa powder.

As per the School Food Standards we do not add salt to any of our meals. We also work with suppliers to ensure we are working towards our salt reduction target.

The average daily free sugar content of this menu is 4.2g, well under the government recommendation of 6.5g!

All of our menus meet the School Food Standard, meaning our menus are balanced, nutritious and contain lots of healthy foods! Read more about the School Food Standards here - [Homepage - School Food Plan](#)



WEEK ONE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Meatballs in Tomato Sauce with Rice Red Tractor Assured Chicken and Sweetcorn Meatballs in a Homemade Tomato Sauce Served with 50/50 Wholemeal Rice	Cottage Pie with Gravy Red Tractor Assured Beef Mince and Brown Lentil Sauce Topped with Mashed Potatoes	Roast of the Day with Stuffing Roast Potatoes and Gravy Red Tractor Assured Meat (either Chicken, Cornish or Turkey), Served with Homemade Roast Potatoes and Vegan Gravy	Chicken Tikka Masala with Rice Red Tractor Assured Chicken with Lentils in a Homemade Mad Tikka Masala Sauce Served with 50/50 Wholemeal Rice	Fishfingers or Sausages Red Tractor Assured Chicken with Onion Mince, Sweet Potato, Accredited Potatoes, Friedfingers with Onion Baked Chips & Tomato Ketchup
NEW Tomato and Vegetable Pasta Freshly Made Tomato and Vegetable Pasta with Red Tractor Assured Beef Mince, Sweetcorn, Battered Potatoes, Sweet Potato and Cornflour, served with a Homemade Tomato and Lentil Sauce	NEW Creamy Chicken and Potato Curry with Rice Creamy Chicken Curry with Mashed Potatoes, Sweet Potato and Wholesome Rice	Vegetarian Cottage Pie with Gravy Major Mince in a Tomato Sauce with Mashed Potatoes, Sweet Potato, Mashed Lentils, Topped with Mashed Potatoes	NEW Cheese and Broccoli Pasta Red Tractor Assured Pasta with Cheddar Cheese, Mashed Potatoes, Sweet Potato, Served with a Garlic and Herb Flavoured 50/50 Wholemeal Bread	Mexican Bean Roll with Chips and Salsa Red Tractor Assured Puff Pastry, Mashed Potatoes, Sweet Potato, Chickpeas, Kidney Beans, Peppers and Onion Baked Chips & Tomato Ketchup
Apple and Blueberry Cumble with Custard Homemade Apple and Blueberry Cumble with an Oily Topping, Served with Custard	Making Moment Biscuits A Homemade Soft Cookie Mince With Oats, Flour, Egg and Sugar	Fruit Fritter A selection of Apple, Orange, Melon and Pineapple	Corn and Courgette Cakes Homemade Corn and Courgette George Cakes	Chocolate Orange Cookies Homemade Chocolate Cookies with the Zest of Fresh Oranges

The information should not be used to manage allergies or intolerances as not all ingredients may be listed out. Please let us know if your child has an allergy or intolerance.

WEEK TWO



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Classic Chicken and Tomato Pizza with Potato Wedges Homemade 50/50 Wholemeal Base topped with Cheddar Cheese and a Homemade Tomato Sauce (Chopped Tomatoes, Tomato Puree and Onions) Served with New Potatoes	NEW Chicken Pasta Bake with Garlic Bread Pasta in a tomato sauce with Red Tractor Assured Chicken baked in the oven, Served with a Garlic and Herb Flavoured 50/50 Wholemeal Bread	Sausages, Mash or Roast Potatoes Red Tractor Assured and Accredited Pork Sausages served with Homemade Roast Potatoes and Gravy	Pork Pie or BBQ Chicken with Diced Seasonal Potatoes Red Tractor Assured Chicken prepared in either a mild Pork Pie or BBQ Seasoning, served with Seasoned Potatoes and Sweetcorn Salsa	Fishfingers with Chips and Tomato Sauce Oven Baked Young MFC Accredited Pollock Friedfingers with Onion Baked Chips & Tomato Ketchup
Rainbow Pizza with Potato Wedges Homemade 50/50 Wholemeal Base topped with Cheddar Cheese and a Homemade Tomato Sauce (Chopped Tomatoes, Tomato Puree and Onions) Served with New Potatoes	Chinese Vegetable Curry with Rice A Chinese Spiced Curry with Roasted Vegetables (Sweet Potato, Carrot, Peppers, Swede, Courgette) With Red Lentils and Stock Beans Served with 50/50 Wholemeal Rice	Vegan Sausages, Mash and Gravy Devil's Kitchen Vegan Sausage Served with Homemade Roast Potatoes, and Vegan Gravy	Pork Pie or BBQ Quorn with Diced Seasonal Potatoes and Sweetcorn Salsa Vegan Quorn Filler prepared in either a mild Pork Pie or BBQ Seasoning, served with Seasoned Potatoes and Sweetcorn Salsa	Cheese and Tomato Quiche with Chips and Tomato Sauce Homemade Baked Quiche with a Homemade Wholemeal Base with Onion Baked Chips & Tomato Ketchup
Mable Sponge Cake Homemade Vanilla and Cocoa Flavored Sponge Cake Topped with Meringue	Jelly with Mandarins 500g Strawberry or Orange Jelly served with Mandarins	Fruit Medley A selection of Apple, Orange, Mandarin, Peach, Apricot or Kiwi	Peach Upside Down Cake with Custard Homemade Vanilla Sponge Cake with Peach Topping	Oily Cookies An Oily Cookie made from Soft Baking Flour and Self-Raising Flour

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WEEK THREE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Masaman Cheese Homemade Classic Masaman! Cheese, made with Cheddar and Sweetcorn	NEW Mild Caribbean Chicken with Rice and Peas Red Tractor Assured Chicken High in Protein, Caribbean Seasoning Served with Rice and Peas/Kidney Beans	Roast of the Day with Stuffing Roast Potatoes and Gravy Red Tractor Assured Meat (either Chicken, Cornish or Turkey), Served with Homemade Roast Potatoes and Vegan Gravy	Sorghum Bolognaise Red Tractor Assured Beef Mince and Brown Lentil Bolognaise Sauce Served with Sorghum Filler with Sweet Potato	Breaded Fish, Chips and Tomato Sauce Oven Baked Young MFC Accredited Breaded Pollock Friedfingers with Onion Baked Chips & Tomato Ketchup
Plant Balls in Tomato Sauce with Rice Devil's Kitchen Vegan Plant Balls in a Homemade Tomato Sauce Served with 50/50 Wholemeal Rice	NEW Caribbean Butterbean Stew with Rice and Peas Mild Caribbean flavoured Stew with Butterbeans and Seasonal Vegetables (Battered Squash, Carrots, Sweet potato) Served with 50/50 Wholemeal Rice	Vegetable Wellington with Gravy Vegetables, Onions, Carrots, Peas and Mashed Herbs wrapped in puff pastry, served with Homemade Roast Potatoes and Vegan Gravy	NEW Hot Pot Baked Bean Casserole with Rice Devil's Kitchen Vegan Sausage with Baked Beans in a Smoky Papaya Tomato Sauce, Topped with Sliced Potatoes	Cheese and Pepper Frittata, Chips and Tomato Sauce Homemade Baked Cheddar Cheese and Red Pepper Frittata with Onion Baked Chips and Tomato Ketchup
Chocolate and Beetroot Brownie A Chocolate Brownie made with Added Beetroot and Cocoa Powder	Sticky Toffee Apple Cumble with Custard Homemade Sticky Toffee Apple Cumble with an Oily Topping	Freshly Chopped Fruit Salad A selection of Apple, Orange, Melon, Mandarin and Pear	NEW Savoury Cheese Scone Homemade Savoury Cheese Scone with Cheddar Cheese	Vanilla Shortbread Homemade Vanilla Flavoured Shortbread

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