



menu for Next week

Week 1

Monday

Pasta Bolognese with Crusty Bread
Jacket Potato with Baked Beans

Tuna Baguette with Salad Garnish
Fresh Sliced Carrots, Green Beans, Salad
Cookie & Milk Shake

Tuesday

Oven Baked Fish Fingers
Vegetarian Wrap
Cheese Filled Pitta with Salad Garnish
Potato Wedges or Pasta
Sweetcorn, Fruity Coleslaw, Tomato Sauce
Apricot Muesli Crunch with Custard

Wednesday

Westcountry Roast Gammon & Pineapple
Vegetable Roast
Bite Sized Salmon Fillets in Natural Crumb
Roast or Creamed Potatoes
Fresh Broccoli & Cauliflower, Gravy, Salad
Jelly with Fruit

Thursday

Chicken Breast Fillets in a Bap with Salad
Red Pepper & Spinach Quiche
Ham Ploughman's Lunch
Creamed Potatoes or Pasta
Farmhouse Vegetables, Salad
Fruit Crumble with Custard

Friday

Oven Baked Fish in Breadcrumbs
Freshly Baked Omelette
Vegetarian Wrap
Golden Fries or Pasta
Seasonal Vegetables, Tomato Sauce, Salad
Custard Biscuit with Fair Trade Fruit Juice



Friday Flyer

Friday 12th March 2010

Monday 15th March	3.45 – 5pm Curriculum Governors meeting 3.30 – 4.30pm Netball with Lorraine Baker and Anne Sandford ~ all ages welcome 7pm Pilates with Shirley Edwards here in school
Tuesday 16th March	Mrs Morgan attending Maths subject leader course 1.30pm Mrs Courtier in Class 1 ~ Early Years Foundation Subject CLC meeting in school One to One Tuition 4.30pm in the hall (for specific children) 3.45pm Mad Science Club PARENTS EVENING will be held in classrooms (Class 5 will be in Robo Lab) 7pm 14+ Netball with Karen Best
Wednesday 17th March	Mrs Morgan attending French Scheme of Work course Mr Heath in Class 5 ~ Miss Cleaver attending Literacy subject leader course Lunchtime running club for KS2 pm Keyboard Lessons 3.45 – 4.45pm Eco Council with Mrs Herbert One to One Tuition 4.30pm in the hall (for specific children)
Thursday 18th March	Mrs Morgan ~ Crediton Learning Community meeting 9.30am – 12noon Class 5 North Wyke Science Fair 3.10pm Collective Worship with Graham Harry – Lay Preacher 3.30pm – 4.30pm Badminton Club all ages welcome PARENTS EVENING will be held in classrooms
Friday 19th March	NO OPEN MORNING Miss Beaver in Class 1 ~ Mrs Wood on PPA SPORTS RELIEF WALK 10.15am Leaving School (Please contact Miss Hammond if you can walk/run with us) 3.45 – 4.45pm Nippers Football Club if sufficient numbers 3.35 – 4.45pm KS2 FOOTBALL (WILL BE THURSDAY'S NORMALLY)

2LTR BOTTLE TOPS – WE NOW HAVE 335 – PLEASE KEEP THEM COMING!

A Plea from KS1 ~ we are in desperate need of any small sized long grey trousers please as sometimes the children have accidents and we have a shortage of these! CAN WE PLEASE HAVE ANY ITEMS RETURNED TO CLASS 1 .

Can We Believe The Climate Predictions?

See the film 'The Age Of Stupid'

- Octagon Theatre, Okehampton College
- Friday 12th March
- The film shows some outcomes if the climate predictions are true
- There will be a before and after film discussion about climate predictions and fuel security – what should we believe?
- Doors open at 6.30pm for a discussion – the film will start at 7.00pm
- To reserve seats (no charge) please email me kwebb@okehamptoncollege.devon.sch.uk

Please feel free to encourage family and friends to come along with you. As well as being newsworthy, this topic is hot curriculum material and will be of interest to those studying for GCSE's and 'A' levels.

Let me know how many seats you want.

Rgds, Keith Webber.

Village Breakfast Tuesday 30th March 8.30 – 10.30 a.m.

At Bow Congregational Church (Opposite Village Hall)

Drop in anytime

Everyone welcome FREE buffet breakfast

Toddlers activities Book swap – bring one, swap one

Any issues or queries do please contact me...

Pippa Tarr 82535 ~ Many thanks Regards Pippa



Many thanks for all of the book donations. Mrs Morgan was able to give about 500 books to Book-Cycle Exeter who are sending them out to Ghana for us today.

SWIMMING POOL COMMITTEE CAR BOOT SALE ATTENDANCE

It's off to bed early for the volunteers (including Mrs Morgan) offering their support for this event as they will be getting up at 5am on Sunday . This is in aid of earning some cash for the swimming pool so that children of Bow school and visitors can enjoy our unique amenity!

SPORTS RELIEF WALK – If your child owns a reflective jacket or tabard please could they bring it into school for the Sport Relief walk. Please could you ensure that these are named. Thank you.

SPORT RELIEF SOCKS

We still have socks for sale if you are interested in purchasing a pair or maybe more. Please complete the attached slip and return to school together with your payment. (cheques made payable to DCC) Limited numbers available. This will be the last chance to buy these from school!

X ~~~~~

Pull Your Socks Up! £2 a pair

Sport Relief ~Friday 19th March 2010

Child's Name Class

Sizes available 9 – 12 12 ½ – 3 ½ 4 – 7

How many pairs Please tick Chq Cash

Signed Parent/Carer