



menu for Next week

Week 3

Monday

Westcountry Sausages
Bean Paella
Cheese Bap with Salad Garnish
Creamed Potatoes or Pasta

Peas, Sweetcorn, Tomato Sauce, Salad
Chocolate Cracknel with Fair Trade Fruit Juice

Tuesday

Homemade Beef Burger in Pitta Bread
Lentil Lasagne

Jacket Potato with Coleslaw
Pasta or Potato Wedges, Tomato Sauce or Relish
Baked Beans, Fruity Coleslaw, Salad
Fruit Jelly

Wednesday

Roast Turkey
Broccoli & Potato Cheese Bake
Tuna Mayo Pasta with Salad
Roast or Creamed Potatoes
Fresh Swede, Green Beans, Gravy, Salad

Thursday

Lasagne with Crusty Bread
Roasted Vegetable Pizza
Turkey Roll with Salad
Farmhouse Vegetables, Orchard Salad
Salad
Fruit Salad with Ice Cream

Friday

Bite Sized Salmon Fillets in Natural Crumb
Sweet Potato & Lentil Curry with Rice & Naan Bread
Tuna and Sweetcorn Wrap
Golden Fries or Pasta
Seasonal Vegetables, Tomato Sauce, Salad
Iced Bun with Milk Drink



Friday Flyer

Friday 5th March 2010

Monday 8th March	pm Mr Owens in Class 3 ~ Miss Hammond attending a SENCO meeting 3.30 – 4.30pm Netball with Lorraine Baker and Anne Sandford ~ all ages welcome 7pm Pilates with Shirley Edwards here in school
Tuesday 9th March	Mrs Courtier in Class 1 ~ Mrs Wood ECAT meeting in school One to One Tuition 4.30pm in the hall (for specific children) 3.45pm Mad Science Club 7pm 14+ Netball with Karen Best
Wednesday 10th March	3.10pm Collective Worship with Pastor Colin Smallacombe Lunchtime running club for KS2 pm Keyboard Lessons After school ~ Teaching staff attending Robo Craft training at Haywards School One to One Tuition 4.30pm in the hall (for specific children)
Thursday 11th March	Legionella Audit Eco Council have invited Rachel Ridge from Ernest Giles (carers for Britains Wildlife) to visit school assembly to talk about wild birds and feeding 3.45 – 4.45pm Eco Council with Mrs Morgan/Mrs Herbert 3.30pm – 4.30pm Badminton Club all ages welcome
Friday 12th March	OPEN MORNING Mrs Hirst's last day SPORT RELIEF SOCKS ON SALE 3.45 – 5.45pm FILM CLUB TONIGHT

Devon County Catering ~ Catering Assistant required at Spreyton School. Monthly Pay £169.82 for 7.5 hours per week (1.5 hours daily) term time only. For an application form please contact Dawn Wood on 07867 650415

FILM CLUB ~ Please note we will run the first session on Friday 12th March. The next session will be a Friday after Easter – date to be confirmed.

Matford Car Boot Sale - Sunday 14th March 2010

Good condition items gratefully received in school on

Friday 12th March (Willing helpers please contact

Sally Reed 82975 or Jenny Sanders 82746)

Raising money for Bow Swimming pool



Collect triple value Tesco for Schools & Clubs vouchers with the Daily Mirror!

Next week on **March 8th, 9th and 10th** Tesco for Schools & Clubs has teamed up exclusively with the **Daily Mirror** to give readers the unique opportunity to collect additional vouchers for their local schools and clubs to help them save for fantastic equipment! **Each voucher featured in the paper is worth three times the value of a voucher obtained in store!**

CLASS 1 REMINDER ~ when your child is having a school meal, can dinner tickets be put in children's contact books, so we can easily find them.

Sport Relief ~ Friday 19th March 2010

The Sport Relief weekend kicks off on Friday 19th March with three days of entertainment, events and energy designed to challenge the entire nation. The school will be organising our own sport relief mile around the willage - see attached letter, having fun and raising money at the same time. Comic Relief spends the money raised to help vulnerable people living incredibly tough lives both at home in the UK and in the world's poorest countries and helps children rise to the challenges they face and help them turn their lives around.

Pull Your Socks Up! £2 a pair

Just like the Red Nose idea, we are encouraging everyone to wear the special Sport Relief Socks for the day. 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.



X ~~~~~

Pull Your Socks Up! £2 a pair

Sport Relief ~Friday 19th March 2010

Child's Name Class

Sizes available 9 - 7 12 1/2 - 3 1/2 4 - 7

How many pairs Please tick Chq Cash

Signed Parent/Carer

