


Menu



Week 3
Muller Yoghurt, Fresh Fruit Salad & Salad available daily
Monday ~ Menu Change

1: Golden Baked Fish
Served with Creamed Potatoes or Pasta, Peas & Sweetcorn

V: Homemade Pizza
Served with Peas & Sweetcorn
 Sponge with Custard

Tuesday
1: Westcountry Beef Burger in a Warm Roll
Served with Crispy Potato Wedges, Crunchy Homemade Coleslaw, Baked Beans
V: Tomato Tumble (Peppers, mushroom and onions in a tomato sauce/scone topping sprinkled with cheese)
Served with Crispy Potato Wedges, Crunchy Homemade Coleslaw, Baked Beans

Chocolate Cracknel with Fairtrade Fruit Juice

Wednesday
1: Roast Turkey
Served with Crispy Roast Potatoes, Fresh Sliced Carrots & Cabbage

V: Broccoli & Potato Cheese Bake
Served with Fresh Sliced Carrots, Cabbage
 Flapjack with Milk Drink

Thursday
1: Italian Lasagne with Garlic Bread
Served with Peas & Sweetcorn (veg change)
V: Sweet Potato & Lentil Curry
With Rice & Mango Chutney, Served with Peas & Carrots
 Muesli Crunch with Milkshake

Friday Menu Change ~ Valentines Special Meal in a Bag
1. Sausages in a warm baguette
Served with Chips, Tomato Sauce, Vegetable Sticks
V: Vegetarian Sausage in a roll
3. Cheese Roll
Served with Golden Fries or Pasta, Tomato Sauce, Seasonal Vegetables
 Valentine Iced Biscuit with Orange or Milk Drink
One lucky winner will win a small prize from each sitting!

JACKET POTATOES AVAILABLE DAILY

MONDAY ~ Baked Beans or Tuna Mayo
TUESDAY ~ Cheese Double Bake
WEDNESDAY ~ Coleslaw/Cheese
THURSDAY ~ Cheese/Beans
FRIDAY ~ Sausage and Beans
ALL SERVED WITH SALAD OR VEGETABLES and the pudding of the day



Friday 3rd February 2012
The Friday Flyer
 Your information for the forthcoming week



Monday 6 th ~February	Menu Change Netball with Anne Sandford (if bad weather this will be in the hall) 6pm Governing Body Resources meeting 7 – 8pm Pilates in the School Hall with Shirley Edwards 8-9pm Dance with Shirley Edwards
Tuesday 7 th February	One to One tuition (parents already notified) with Mrs Kingsley 3.40 – 4.30pm 4-4-2 Football coaching with Guy Gibson on the hard-court
Wednesday 8 th February	3.10pm Collective Worship with Colin Smallacombe
Thursday 9 th February	Stags visiting Poetry performance at The Phoenix Theatre, Exeter 6pm Governing Body Teaching & Learning meeting 6- 8pm School Valentine's Disco ~ to all Bow school children, KS1 must be supervised Refreshments available including Tea, Coffee and a tuck shop
Friday 10 th February	No Open morning ~ End of Half-Term BAD HAIR DAY!! Menu Change ~ Valentines Meal in a Bag Lunchtime Session ~ Yr5/6 dance session Mrs Wood's Last day in school



WHOLE SCHOOL SHARING ASSEMBLY 3pm
FRIDAY 10TH FEBRUARY



School Council Fund Raiser
BAD HAIR DAY
 Friday 10th FEBRUARY



Raising funds for playground bins as requested by the School Council
 £1 per pupil
 We are encouraging all children to go
Wild with their hair!!

Healthy Snacks/ Eating in Schools!

A Quote from Pam Ayres poem

“ Oh I wish I'd looked after my teeth

And spotted the dangers beneath

All the toffees I chewed, and the sweet sticky food Oh I wish I'd looked after my teeth”.

In line with national guidance we would like children to bring in fresh or dried fruit/raw vegetables for a snack. If your child will not eat these, then a plain biscuit (digestive or rich tea) or a muesli/healthy snack bar/ flapjack may be brought in as a substitute. We discourage chocolate, chocolate biscuits (ie penquins) or crisps for snacks. Drinks should be plain water or diluted fruit juice. Fizzy drinks are not permitted.



LUNCH NEWS ~ starting after half-term

We are now able to offer a further daily lunch service ~ *packed lunches for lunchtime*. Sandwiches or baps on offer will be as follows:-

There will be a choice of fillings:- Cheese, tuna, egg, ham or bacon, with Vegetable sticks, the dessert of the

day or fruit and a drink of aquajuce. If you are interested in this service, please mark your lunch ticket **on the front with PKL and the choice of filling.**



We have had notification from the British Heart Foundation that they have mislaid information on which children raised over £50. If you can remember if your child raised over this amount with sponsors, please come and talk to Mrs Brewer in the main office.

WARM COATS

We are still having children come into school without warm coats! Please could children come to school with (named) suitable coats, hats and gloves and sensible shoes during the very cold winter months. Our intention is to allow children outside as normal whenever possible. If it should snow, wellies are fantastic as the



children can then play in the snow. Please make sure they are named, and in a carrier bag. Children can then change back into their normal footwear.

ABLE, GIFTED & TALENTED ~ I am in the process of updating the Able, Gifted & Talented Register for pupils in years 1 – 6. As teachers we are aware of children who are gifted in academic subjects, however we do not always know of talents that children develop out of school. If your child is doing well in something outside of school ie swimming, gymnastics, music, dance etc, please let me know. We can then give them the recognition they deserve and include them if there are opportunities to use their talents within school and the local community. Thank you. *Jo Morgan*

Crediton Learning Community Dance Festival ~ 7pm Monday 26th March

Some children from Bow school will be performing at the Northcott Theatre as part of the CLC Dance Festival. This is an evening performance that takes place at 7pm on Monday 26th March. Tickets are selling fast, so if you want to attend, these are available online from the Northcott website now, priced between £3.50 to £6.50. Please book early to avoid disappointment!

REMINDER~ Monday 20th February is a NON PUPIL DAY

FRIDAY 10th FEBRUARY ~ VALENTINES SPECIAL MEAL IN A BAG

Child's Name Class

- Lunch voucher enclosed
- cheques made payable to DCC chq cash
- 1:** Sausages in a warm baguette
- V:** Vegetarian Sausage in a roll
- 3.** Cheese roll

PLEASE TICK ONE CHOICE and return by Tuesday 7th

If your child does not normally have lunch, please enclose a payment of £2.05 . Cheques for lunches to be made payable to DCC.

please return slip by Tuesday 7th February

