



menu for Next week

Week 2

Monday

Homemade Cheese & Tomato Pizza Baguette
Jacket Potato with Vegetarian Chilli

Egg Roll with Salad Garnish
Pasta or New Potatoes
Fresh Broccoli, Sweetcorn, Salad
Crumbly Apple Cake with Custard

Tuesday

Homemade Sausage Roll
Vegetable Stir Fry
Jacket Potato with Tuna
Jacket Wedges or Pasta
Carrot & Orange Salad, Baked Beans, Salad
Sticky Chocolate Slice with Chocolate Sauce

Wednesday

Roast Turkey
Roast Vegetable Tart
Cheese & Pineapple Mini Muffins
Roast or Creamed Potatoes
Fresh Carrots, Fresh Cabbage, Gravy, Salad
Orange Smoothie or Cheese Crackers & Apples

Thursday

Cottage Pie
Tomato Pasta Bake
Turkey Roll with Salad
Creamed Potatoes or Pasta
Farmhouse Vegetables, Gravy, Salad
Shortcake with Custard

Friday

Bite Sized Salmon Fillets in Natural Crumb
Vegetarian Sausage
Carrot & Pea Flan
Golden Fries or Pasta
Seasonal Vegetables, Tomato Sauce, Salad
Flapjack with Milk Shake

Friday Flyer

Friday 2nd July 2010

Monday 5th July	Miss Ablett work experience student in school for the week pm Andrew Riley – SIP visiting school Mr Muir in Class 5 3.30 – 4.30pm Netball with Lorraine Baker and Anne Sandford ~ all ages welcome 7pm Pilates with Shirley Edwards
Tuesday 6th July	7pm 14+ Netball with Karen Best
Wednesday 7th July	NO FURTHER ECO COUNCIL UNTIL SEPTEMBER Miss Fox and Miss Easterbrook's last day in school Assembly with Exeter Chiefs rugby players pm Cricket coaching for Class 5 with Sandford Cricket players
Thursday 8th July	Science Day for Year 6 pupils going to Okehampton College in September QECC Year 6 Transition Day/evening
Friday 9th July	OPEN MORNING am Yr 6 G/T pupils to QECC Science session on slime Nick Holmyard in Class 4 – Mr Beeks attending Open University maths course

There will be no public swimming session Saturday 3rd July due to the PTA Summer Fayre taking place

SUMMER FAYRE TOMORROW starting at 2.30pm!!!!

Please come along even for a short time

Come rain or shine the fayre will take place. Why not come and get into the spirit of the day. We have a pirate slide and sumo wrestling!!

1st prize for the raffle draw is £50 kindly donated by Steve Cockram of Steve Cockram Commercials



SCHOOL SPORTS DAY Success

Thank you to the parents who helped out with the competitions and scoring for those events. I would also like to thank all the staff involved who helped make the afternoon a great success. We were very fortunate that the weather was not too hot!!! I would welcome any constructive feedback you may have.

Keith Beeks – sports co-ordinator/Teacher

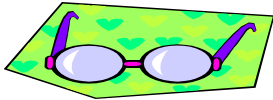
AFTER SCHOOL SWIM £1 per session – It has been lovely to see so



many children enjoying the pool after school. All children under 8 years of age **must** be accompanied by an adult or responsible person over the age of 16 (but does not have to be in the pool). We would love to see more children and parents enjoying this wonderful facility and it is an opportunity for parents/carers to get

together. This session like all swimming sessions have a lifeguard on duty.

LOST – a pair of glasses belonging to Megan Palfrey from Class 1.



HYGIENE NOTE FOR WATER BOTTLES

It is advisable that all water bottles are washed regularly, with a periodic soaking in a sterilising solution such as Milton, especially during the really hot spell we are having. They should be washed in hot soapy water, tops scrubbed and then rinsed in clean water and dried upside down. The bottles bought through school can be washed in a dishwasher. We now have two sizes of water bottles available, which have a suitable place for a name. These are priced at 83p for a 350ml and 85p for a 500ml. Please come and have a look at samples in the school reception if you are interested.

BARN DANCE SATURDAY 17th JULY AT THE VILLAGE HALL

Tickets now available in school and at the school fayre
Individual ticket £5
Family tickets £15 (2 adults, 3 children)



Date for your Diary – Wednesday 21st July 2pm

Open Afternoon to celebrate Mrs Herbert working in Bow School for 17 years. We have invited lots of visitors from the past and extend an open invitation to parents and pupils past and present to come and join in the celebration. Cream Tea will be served throughout the afternoon.



If you would like to donate to a leaving present please send donations into reception.