



menu for Next week

Week 1

Monday

Oven Baked Fish Fingers
Vegetarian Sausage Wrap

Cheese Filled Pitta with Salad Garnish
Mashed potatoes or Pasta
Sweetcorn, Fruity Coleslaw, Tomato Sauce
Happy face ice-cream log and banana

Tuesday

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

Wednesday

Sports day meal in a bag

A: Chicken breast in a bread roll

B: Tuna/cucumber bap

C: Cheese/coleslaw bap

Jacket wedges, carrot & cucumber sticks, tomato sauce

Chocolate bun and milkshake

Thursday

Pasta Bolognaise
Jacket Potato with Baked Beans
Tuna Baguette with Salad Garnish
Fresh Sliced Carrots, Peas, Salad
Cookie & Milk Shake

Friday

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

Friday Flyer

Friday 25th June 2010

Monday 28 th June	MENU CHANGE KS1 Wembworthy school visit pm Keyboard/Piano Lessons ~ change from Wednesday 3.30 – 4.30pm Netball with Lorraine Baker and Anne Sandford ~ all ages welcome 7pm Pilates with Shirley Edwards
Tuesday 29 th June	MENU CHANGE 7PM Full Governing Body Meeting 7pm 14+ Netball with Karen Best 7.30pm PTA meeting in school
Wednesday 30 th June	MENU CHANGE SPORTS DAY 3.45 – 4.30pm Eco Council with Miss Fox & Mrs Herbert
Thursday 1 st July	MENU CHANGE Mrs Morgan attending CLC meeting Transition day for pupils transferring to Okehampton Community College in September pm Josie Copp QECC Transition tutor to see Year 6 3.40 – 4.40pm Badminton with Queens BC – Sue No further athletics until September
Friday 2 nd July	OPEN MORNING am Early Years moderation meeting to be held in school with Mrs Wood and Karen Best, Four Plus Leader ~ Miss Fox in Class 1

Saturday 3rd July Bow School PTA Summer Fayre

If you have any items that you wish donate, such as preserves, plants, crockery for the smash, etc could you please bring these into school Friday 2nd by the end of school day. Cakes can be brought in on the morning of the fayre by 11am!



How do you know when a clock is hungry?

It goes back four seconds!!

SCHOOL SPORTS DAY – Wednesday 30th June 1.30pm



We would welcome friends, families and carers of pupils of the school to come along and enjoy our sports day and support their child/ren. Children will need to wear their house colour t-shirts if possible and suitable footwear for the afternoon. It is anticipated that there will be lots of sunshine so please make sure your child has sun cream, a hat and a named water bottle. Drinks will be available throughout the afternoon for children to have during their activities. Children will need to be collected from their classrooms at the end of the day. Please let the school office know in advance, if your child **will not** be going home on the bus.

Beech:	Blue
Elm:	Yellow
Ash:	Green
Oak:	Red

What do you get if you cross a husky dog with a kangaroo?

A dog that has somewhere to put its own lead!



SWIMMING ITEMS

Please label all items of swimwear including towels!

LOST PROPERTY

Please come and look in the lost property box (which is located in the entrance lobby) as we have lots of unnamed items of clothing, non school and school, including shoes and trainers