



# Crowan School Newsletter – 27th January 2023

## CERTIFICATES

This week's certificates go to:

Releath: Ellis, Ollie and Ethan B  
Trenoweth: Harry, Poppy and Amelia  
Pengelly: Digby and William  
Crenver: Harry C and Lewis  
Well done everyone!

### Attendance!

Releath: 92.9%  
Trenoweth: 90.9%  
Pengelly: 92.2%  
Crenver: 90.3%  
Well Done Releath!



### Absence

Should your child be absent from school, please contact the school as soon as possible either by emailing [hello@crowanschool.org](mailto:hello@crowanschool.org) or phoning on 01209 831455.

When reporting absence, we do need a full reason given please e.g. high temperature, vomiting, earache.

### Appointments

Please could we remind you that routine medical appointments for your child/ren should be made outside school hours.

Thank you

## LATENESS

Please can we remind you that school starts at 8.45am and the gate will be closed at this time. If your child enters through the main entrance, they will be recorded as late and this will be monitored by the Education Welfare Officer.

## Dates for your diary

Wednesdays –SWIMMING sessions for TRENOWETH

Tuesday 31<sup>st</sup> January – Crenver visit to Royal Cornwall Museum (Greek workshop)

Thursday 9<sup>th</sup> February - Releath and Trenoweth visit to Newquay Zoo

Friday 10<sup>th</sup> February – INSET DAY (School closed to pupils)

Monday 13<sup>th</sup> February – Friday 17<sup>th</sup> February – HALF TERM

Monday 20<sup>th</sup> February – Book Fair week

Thursday 2<sup>nd</sup> March – World Book Day

Friday 17<sup>th</sup> March – Red Nose Day

Thursday 23<sup>rd</sup> March – Pengelly visit to Farm and Country at Royal Cornwall Showground

Monday 27<sup>th</sup> March – Thursday 30<sup>th</sup> March- Year 6 residential to London

Friday 31<sup>st</sup> March – Last day of term

Following the guidance of the government in the school food standard, please see the guidance below regarding what makes a healthy lunch box. Remember, all children in Releath and Trenoweth are entitled to a free school lunch every day.

#### The aim of our guidance is...

To keep up our success of being a Healthy School, we think all children should enjoy a healthy lunch. This guidance is to help packed lunches be as healthy as school meals which meet the School Food Standards.

[www.schoolfoodplan.com/standards](http://www.schoolfoodplan.com/standards)

#### How we will support the guidance

We will ensure that free, fresh drinking water is available at all times. It is not essential to include a drink in packed lunches as water is provided.

We will allow pupils who bring a packed lunch and pupils who have a school dinner to sit and eat together.

We will ensure we listen to our pupils' and parents' views to ensure that this guidance is fair and meets everyone's needs.

Our traffic light system is in line with the School Food Standards for school meals.

Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

Our packed lunch guidance has been developed following observations of children's packed lunches, that found some less healthy foods that can affect energy levels, allergies, concentration, behaviour and health.

A healthier packed lunch focuses on the five main food groups of the Eatwell Guide, foods in purple the small section should not be eaten in school.



## PACKED LUNCH GUIDANCE LEAFLET



### Red foods

These foods are discouraged in school lunch boxes.



### Amber foods

These types of foods could be included occasionally as part of a balanced packed lunch.



### Green foods

You should put these in lunch boxes everyday or as often as you like.

