



Pensilva Primary School

Working Together To Make A Difference

To Live

To Love

To Learn

Friday 18th
October

Pupils of the Week

Wrens – Lara

For her fantastic writing

Doves – Indra

For her amazing story writing using a range of sentence openers and adjectives

Puffins – Jack

For his phenomenal writing linked to 'Peanut Jones' focussing on his specific targets

Buzzards – Caden

For his good use of synonyms for the word said in direct speech

Headteacher Award – Alice

For her determination in all subjects

Space Programme

The Space programme is open to children in Key Stage 2 and limited to 15 spaces. Full details can be found on the final page of the newsletter. The course starts on 7th November. If you would like to sign up, please complete the form below:

<https://forms.office.com/e/egEDf0JgWG>

Club News

With the exception of cross-country, dance and football with Pro20, there will be no clubs the week of 4th November due to it being parents evening week. Further details of next term's dance and football clubs will be circulated next week.

Good Luck

Good luck to the school's cross country team for the opening race of the season. We have a strong team heading to Great Trethew – see next week's newsletter for how we get on.

Autumn Term Key Dates

Wednesday 23rd October – IEP Meetings

Thursday 24th October – non-school uniform. £1 voluntary donation for the PSA

Monday 4th November – Wrens and Doves Parents Evening – 3.30-5.30pm

Wednesday 6th November – Parents Evening – 3.30-6.00pm

Thursday 7th November – Puffins and Buzzards Parents Evening 3.30-5.30pm

Wednesday 11th December – KS1 and Reception Christmas performances (2.00pm and 5.30pm)

Friday 13th December – Christmas Fayre – 1.30pm.

Christmas Jumper Day. £1 voluntary donation for Save the Children

Wednesday 18th December – Whole school trip to the Plymouth Theatre Royal

Friday 20th December – Christmas lunch

Friday 20th December – 1.30pm finish for the Christmas break

AGES 5-14 FROM £15

PRO20
SPORTS ACADEMY

OCTOBER HALF TERM FOOTBALL COURSES
28TH OCTOBER - 1ST NOVEMBER

28TH & 29TH OCTOBER: BUDE RFC - £27

29TH OCTOBER: TRETHERNE GOLF CLUB - £15

30TH OCTOBER: CAMELFORD FC - £15

30TH OCTOBER: LISKEARD AFC - £15

31ST OCT: LOOE TOWN FC - £15

31ST OCT & 1ST NOV: WADEBRIDGE FC 2 DAY COURSE - £27

1ST NOVEMBER: ST NEOT PRIMARY SCHOOL - £15

BOOK NOW: WWW.PRO20SPORTS.COM

PCSO Visit – Again!

This afternoon PCSOs Bex Steed and Steve Alder visited school. This time they brought along their vehicle! The children from Wrens and Doves the opportunity to hear about the work that the police carry out and see inside the van. Some even got locked in the holding cell!




Fantastic Writing


Many of this week's pupils of the week were chosen for their fantastic writing this week. Below are copies of some of Jack and Lara's writing from this week. Well done!

1 The door opened Peanut felt snow on
2 her bare feet. She looked left to right
3 on her left side she saw a hat none
4 lived there and now she looked to her right
5 and saw a Morrisons. All of the shelves are
6 stock to the brim with food.*

Jack



The fuffy cat said help.
The old man said yes. They
budd and budd ~~add~~ but it was still stuck.
man
Finally the old child
was in a shock. The
cute mouse pulled
it out with a Pop!



Lara

While walking around the school today, I visited Puffins Class. All of the children were engaged in writing their Peanut Jones stories that they have been writing all week. Many were using iPads to record voice notes in order to help remember what they wanted to write. It was a fantastic atmosphere and a privilege to see so many enthusiastic children.



BBC Children in Need Fundraising

Dear Parents/Guardians,

As you may already know, Monday 11th November is the start of this year's BBC Children in Need Appeal Week. Our school is excited to be joining with many others around the UK to participate in the fundraising programme.

This is where we need your help!

You can help us make a memorable event that raises as much money as possible by supporting the fundraising activities in our school.

On Monday 11th November, we will be having a special assembly to explain what Children in Need is all about and how it helps children.

From Monday 11th November to Thursday 14th November, we will be having a Guess the Name of the teddy competition.

On Thursday 14th November, we will be holding a cake/bun sale. It would be greatly appreciated if you could donate cakes/buns. If they are homemade, please could you include a list of ingredients in case of allergies. Please note we are a nut free school.

On Friday 15th November, non-school uniform day. Please come dressed in a onesie or pyjamas - £1.00 voluntary contribution.

Activity	Date	Time	Venue	Classes
Guess the name of the teddy 50p a go.	Monday 11 th November through to Thursday 14 th November	During morning break	Playground	Whole School
Bun/cake sale 50p a bun.	Thursday 14 th and Friday 15 th November	During morning break	Playground	Whole School
Non-school uniform onesie/pyjama day £1 voluntary donation.	Friday 15 th November			Whole School

Children in Need are aiming to raise even more money this year to support disadvantaged young people across the UK. Let's make a big difference to the lives of children across the UK.

Thank you for your continued support.

Yours faithfully,
Becky Palfrey



Proud Schools Partner



Little Sips BIG ADVENTURES

Dear parent/guardian,

As you may be aware your child's school has a milk scheme, administered by Cool Milk. Mid-morning milk provides a much-needed nutritional boost and keeps children hydrated between breakfast and lunch. Children receive free milk until the age of 5. After that, they can continue to reap the benefits of fresh mid-morning milk at a subsidised* cost.

If you'd like to opt in and have not already done so, simply register your child at www.coolmilk.com/register. Your child(ren) will continue to receive free milk whilst under the age of 5 and Cool Milk will get in touch with further information by email shortly before their 5th birthday.

For children who are already over 5, it's not too late – our scheme is flexible! As well as being able to register and make payment straight away, you can join and cancel the scheme at any time. We offer yearly, termly and half termly payment periods and a recurring payment option to give you one less thing to remember.

If you already have an online Cool Milk account for a sibling, you can manage your account, make payment and add extra children by logging in at www.coolmilk.com/parents.

Should you have any questions or need any help, send us a message at www.coolmilk.com/contact or give us a call on the number listed below – we're here to help!

Kind regards,

Cool Milk

☎: 0800 321 3248

🌐: www.coolmilk.com



SCAN TO REGISTER

**Milk for under-5s is fully funded by DHSC via the Nursery Milk Scheme. Milk for over-5s is subsidised by Defra via the School Milk Scheme.*



**FEED YOUR
FAMILY
FOR £5**

ROAST SWEET POTATO AND CHICKEN TRAYBAKE



INGREDIENTS

Main Ingredients	Cost £	Veggie Switch	Cost £
1kg Chicken Legs	£2.50	300g Quorn Chicken style pieces	£2.50
2 x Sweet Potatoes	£0.84		
1 1/2 x Red Onions	£0.30		
2g Dried Thyme	£0.11		
2 X Lemons	£0.34		
10g Parsley	£0.12		
30ml Vegetable oil	£0.06		
120g Cauliflower Florets	£0.50		
TOTAL COST	£4.77		£4.77

Prices correct at time of printing and my vary. All items available from leading supermarkets.

Please observe the allergen information on the product packaging.

Based on a family of four.

View our
video online



1.

Pre heat the oven to 180°C

PREPARE THE VEGETABLES

2.

Wash the sweet potatoes and peel the onion. Dice both into bite-sized pieces.

3.

Add to a large bowl with the cauliflower florets and season with half the thyme, salt, pepper and juice of half a lemon. Mix well to combine.

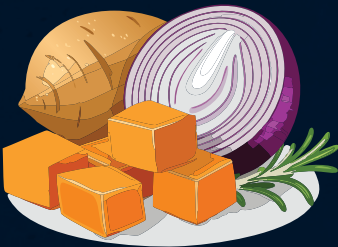
PREPARE THE CHICKEN

4.

Cut each chicken leg in half to separate the thigh and drumstick. Score the chicken pieces with a knife and place them in another bowl.

5.

Season with the rest of the thyme, salt, pepper and juice of half the lemon. Add a splash of olive oil and mix well to marinate.



COOK THE DISH

6.

Arrange the seasoned vegetables and marinated chicken pieces on a baking tray. Place the tray in the preheated oven and roast for 20 minutes.

7.

After 20 minutes, remove the tray from the oven and stir the ingredients to ensure even cooking. Return to the oven and continue roasting until the chicken is fully cooked and golden brown.

8.

Once cooked, remove from the oven. Slice the remaining lemon into wedges and roughly chop the fresh parsley.

9.

Plate the roasted chicken and vegetables, garnishing and serve!



Aspens


FEED YOUR
FAMILY
FOR £5

VEGAN HARISSA 
**CHICKPEA &
LIME STEW**
WITH COUSCOUS





INGREDIENTS

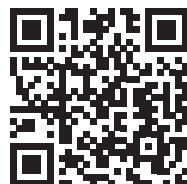
Main Ingredients	Cost £
2 x Tins of Chickpeas in Water	1.18
20g Harissa Paste	0.40
1 x Brown Onion	0.12
3 x Garlic Cloves	0.14
1 x Green Pepper	0.55
1 x Tin of Chopped Tomatoes	0.35
1/2 Aubergine	0.43
1 x Lime	0.24
1 x Vegetable Stock Cube	0.09
240g Couscous	0.55
360ml Water	0.00
15g Coriander	0.26
TOTAL COST	4.31

Prices correct at time of printing and may vary. All items available from leading supermarkets.

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THE STEW

1.

1st Preparation! Dice the onion, pepper and aubergine then grate the garlic cloves.

3.

Add the tinned tomatoes and fill the empty tin half full with water to rinse the tin out and add this to the stew.

4.

Add the zest and juice of the lime. *Then drain the chickpea water (save the water) and add the chickpeas to the stew.

2.

Gently fry the onion and pepper in a saucepan with a little oil until softened and they start to brown. Then add the aubergine, garlic and harissa paste and fry for another 2-3 mins.

5.

Simmer on a low heat for 30 minutes.

MEANWHILE...



- Good for you



- Good for the planet



THE COUSCOUS

6.

Boil the water in a saucepan and add the stock cube.

7.

Measure the couscous into a heat proof bowl, add the stock and boiled water. Cover tightly with cling film or a lid and leave for 10 minutes.

8.

Shred and add the coriander to garnish before serving.



ZERO WASTE

Save the chickpea water you have drained to make vegan meringues for your dessert! * additional cost, not costed into original recipe.

