



Newsletter 4 23rd September 2022

Dear Parents and Children,

Thank you children, staff and parents for a sticking together in what has been a challenging week. Although we have had all of our teachers out all week, it has, I'm sure felt like a fairly "normal" and certainly happy week for our children. **Everyone stuck together, and everyone helped each other. Thanks again.**

Arrangements for next week – Having spoken to all of our teachers, they certainly plan to be in on Monday, but you never know! We will certainly be open to all children as normal, including breakfast club and after school care.

COVID Guidance - Current guidance for children with COVID is to isolate for 3 days, but to return to school after 3 days if they have no symptoms. Current guidance for adults in schools is the same, but for 5 days.

Cornwall Rural Community Food Programme - In 2020 and 2021, Cornwall Rural Community Charity set up and ran two food projects which saw thousands of free hot meals being delivered to numerous families in West Cornwall, many referred by local schools.

We are now setting up another food project – teaching small groups how to cook economic, healthy meals in batches and how to store and freeze them safely.

We will be running these free sessions in the Pendeen Centre on Mondays from 11.00 until 2.30 from the second week in November. The classes will be taken by a good fun professional local chef and will run for about two and a half hours around the middle of the day. They will finish well in time for school pick up.

The intention is to pass on cooking skills to help families cook cheaply and well, but by using as little expensive electric or gas as possible.

The groups will be of 6-8 people and each group will be taught once a week for three weeks. At each session not only will the participants be taught useful skills and tips but they will also go home with meals for a family of four, for three or four days. All of the ingredients will be free. Therefore participants will receive free meals to get them through most of the three weeks of the course. Every three weeks another group will start.

Please contact Liz via e-mail address below if interested.

Liz.Wilkin@cornwallrcc.org.uk

Questionnaires – Please continue to send them in to Rose in the office. They do make a difference and we do listen. Free after school clubs will begin after half term.

Please contact me via e-mail, phone or at the gate with any questions or concerns.

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