

# LADOCK CHURCH OF ENGLAND SCHOOL

Celtic Cross Education, Ladock School, Ladock, Truro, Cornwall, TR2 4PL

Tel/Fax: 01726 882622

Email: [ladock.secretary@celticcross.education](mailto:ladock.secretary@celticcross.education)

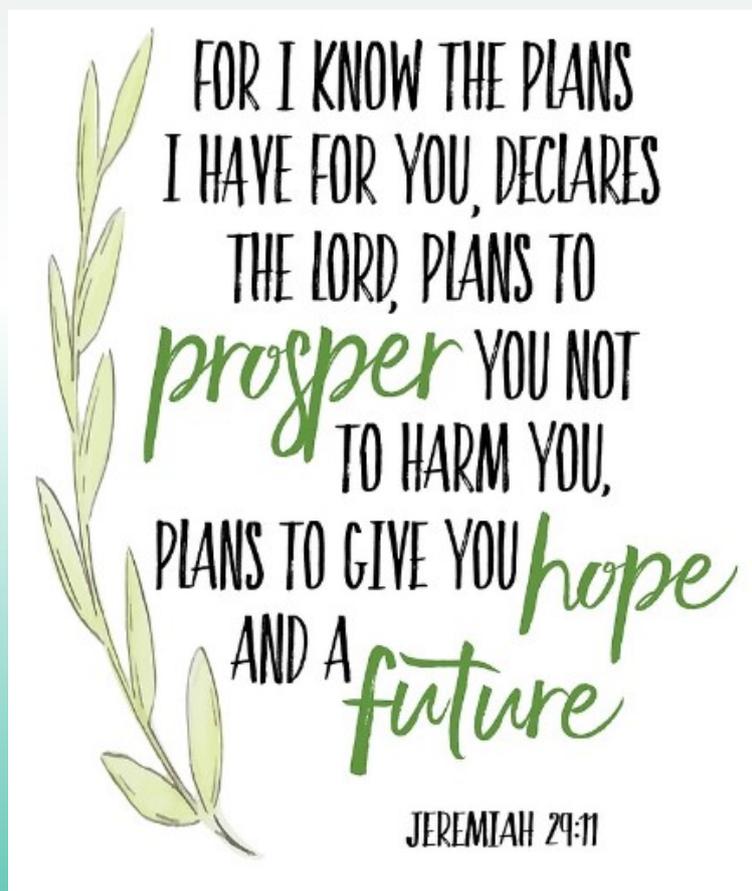
Website: [www.ladock.cornwall.sch.uk](http://www.ladock.cornwall.sch.uk)

Issue 1 – 8th September 2022



## A Note from Mr Hobbs

It has been fantastic to welcome back all those smiling faces this week and listen to them excitedly catching up with their friends. I have been given a very warm welcome by both staff and children and have spent lots of time in all the classes getting to know them. I am both proud and excited to become head of such a fantastic school and am looking forward to meeting many of you over the coming weeks. Please come and say hi to me when I am out at the beginning and the end of the day and if there is anything you wish to discuss, an appointment can be made via Jane in the office.



# Dates for your Diary

13th September Keyne class trip to Royal Cornwall Museum [click here](#) for consent form

13th September 1st Stay & Play session in Ladock Village Hall

30th September am—Individual school photos

4th October Year 1 Hearing screening

17th October Year 6 level 1 bikeability

18th October Year 6 level 2 bikeability session 1

20th October Year 6 level 2 bikeability session 2

21st October End of 1st half Autumn term

31st October Start of 2nd half Autumn term—**Inset day**

**INSET Days 2022-23**

**31st October 2022**

**24th July 2023**

**25th July 2023**



## Positive Parenting Bitesize (formerly Behaviours that Challenge) Virtual/On-line Support Group

Information Classification: CONTROLLED

**Thursday 18<sup>th</sup> August at 12:30 - 2:30 pm – Family Information Service, Volunteer Cornwall and Community Support**

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

**Or call in (audio only)**

[+44 20 3443 6327.145840654#](#) United Kingdom, London

Phone Conference ID: 145 840 654#

[Find a local number](#) | [Reset PIN](#)

[Learn More](#) | [Meeting options](#)

**Thursday 22<sup>nd</sup> September at 12:30 - 2:30 pm – social media and internet safety**

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

**Or call in (audio only)**

[+44 20 3443 6327.399692076#](#) United Kingdom, London

Phone Conference ID: 399 692 076#

[Find a local number](#) | [Reset PIN](#)

[Learn More](#) | [Meeting options](#)

**Friday 21<sup>st</sup> October at 12:30 - 2:30 pm – ADHD Myth busting from CAMHS access team**

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

**Or call in (audio only)**

[+44 20 3443 6327.615898382#](#) United Kingdom, London

Phone Conference ID: 615 898 382#

[Find a local number](#) | [Reset PIN](#)

[Learn More](#) | [Meeting options](#)

**Monday 21<sup>st</sup> November at 12:30 - 2:30 pm – Passionate about Being Calm**

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

**Or call in (audio only)**

[+44 20 3443 6327.312113926#](#) United Kingdom, London

Phone Conference ID: 312 113 926#

[Find a local number](#) | [Reset PIN](#)

[Learn More](#) | [Meeting options](#)

**Monday 12<sup>th</sup> December at 10-12.00pm - Autism with Matt Wilmott Autism Advisor**

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

**Or call in (audio only)**

[+44 20 3443 6327.717314886#](#) United Kingdom, London

Phone Conference ID: 717 314 886#

[Find a local number](#) | [Reset PIN](#)

[Learn More](#) | [Meeting options](#)

**PLEASE NOTE – you may need to install the free app if using an Apple device or phone**

**For further information please contact**  
Julie Attwell Email:  
[julie.attwell@cornwall.gov.uk](mailto:julie.attwell@cornwall.gov.uk)

# Do you have a child born **between 1 September 2018** and **31 August 2019?**

If so, you will need to apply for a place in a reception class in September 2023 for that child by the deadline of **15 January 2023**.

**Please note:** you will need to apply even if your child attends a school's nursery or pre-school class. If a school is oversubscribed the fact that a child attends a school's nursery or pre-school, or a local nursery or pre-school, does not automatically guarantee a place at that school. The school's oversubscription criteria will be used to allocate places. Visit our website or contact us for more information.

Visit [www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions) for more information and to access the online application system

## **Need help with your application?**

Contact the Family Information Service on **0800 587 8191**

The  
deadline for  
applications is  
**15 January  
2023**





# YOGA

*Recharge Therapy have kindly offered to give some of their time voluntarily to help raise funds for the children at Ladock Primary School in offering an Adult Yoga class on Saturday 24<sup>th</sup> September 2022 at 9.30am till 10.30am at Fraddon Village Hall – Plenty of free parking available. The cost will be £5 per Adult and places/payments can be booked/made via Jane the school secretary.*

*The yoga class is suitable for beginners and beyond and will focus on breathing, relaxation and flowing yoga.*

*The PTFA thought this may be a nice relaxing event for parents/guardians after the school holidays and all funds go to the children for fun activities / extra resources for the children.*

*If you would like to attend and can not get childcare its no problem as they can come along and we will supervise/ provide activities for them. (Limited spaces for childcare available so please book if needed.*

The  
deadline for  
applications is  
**31 October  
2022**

# Transfer to secondary school

## September 2023

Applying for a place in year seven at a secondary school

### Information and guidance

Website and application form: [www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions)

Email: [schooladmissions@cornwall.gov.uk](mailto:schooladmissions@cornwall.gov.uk)

Post: **School Admissions Team, County Hall, Truro, TR1 3AY**

Telephone: **0300 1234 101**

### Need help with your application?

Contact the Family Information Service on **0800 587 8191**





Jude—Year 5, has had a huge personal achievement this summer with his surf life saving.

Following his success at the Cornish Champs we travelled up to Branksome Chime beach in Poole for the National Championships where he competed against all the other clubs in England, Scotland and Wales.

He competed over two days in a range of events and came home with a bronze, two silvers and a gold! He is now the National beach sprints champion 2022!!

**A HUGE CONGRATUATIONS TO YOU JUDE!!**

### School Uniform Information reminder

- ◆ Dark grey tailored shorts or trousers for boys and girls
- ◆ Or dark grey skirts or pinafores for girls
- ◆ White polo shirts with or without the school logo
- ◆ Red sweatshirts **WITH** the school logo (no fleeces or hoodies)
- ◆ Or red cardigans **WITH** the school logo for girls
- ◆ Tights for girls must be red or grey
- ◆ Grey or white socks must be worn with shorts/skirts/dresses
- ◆ Girls may wear red and white checked summer dresses
- ◆ Closed toe, black shoes must be worn (**NO TRAINERS**)
- ◆ PE uniform – Plain black shorts/jogging bottoms, plimsolls/trainers, round necked red t-shirt **with** school logo
- ◆ Long hair to be tied back

### Uniform Ordering from My Clothing

1. Go to [www.myclothing.com](http://www.myclothing.com)
2. Select your school uniform from the list and you'll see all the customised items you can buy.
3. Choose the quantity sizes you'd like, then add them to your basket.
4. Pay easily with a debit or credit at the checkout.
5. Your embroidered items will be delivered within 14 days.

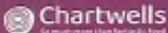
**If you do not have access to the internet, please speak to Jane in the office.**

# School meals price increase

From the 5th September, the price of a school will increase from £2.34 to £2.41, please see menu below. This menu will run up to the October half term, when there will be a new menu.

**WEEK 3**

W/C 02/05 03/05 13/06 04/07 25/07 05/09  
 26/09 17/10



	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!	
MONDAY	<b>Macaroni Cheese</b> 🍴 Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Vegetarian Sausage with Mashed Potato and Gravy</b> 🍴 Veggie sausage and mash with rich gravy	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Peas and Carrots	<b>Oaty Biscuit with Fresh Cut Fruit Slices</b> 🍴
TUESDAY	<b>Allegra's Chilli Con Chicken and Sweet Potato Bake</b> 🍴 Baked wedges of sweet potato, topped with tomato chicken & tortilla crunchies	<b>Allegra's Cheesy Peasy Risotto Bake</b> 🍴 A delicious baked cheesy, pea risotto	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Broccoli and Green Beans	<b>Carrot Cake with Citrus Frosting</b> 🍴
WEDNESDAY	<b>Tender Roast Gammon with Roast Potatoes &amp; Gravy</b> 🍴 Tender roast gammon with fluffy roasties and tasty gravy	<b>Quorn Roast with Roast Potatoes and Gravy</b> 🍴 Delicious Quorn roast with fluffy roasties and tasty gravy	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	<b>Strawberry Ice Cream</b> 🍴
THURSDAY	<b>Beef Meatballs in Tomato Sauce with Pasta</b> 🍴 Delicious beef meatballs in a tasty tomato sauce with pasta	<b>Veggie Lasagne served with a Bread Wedge</b> 🍴 Delicious sheets of pasta layered with veggies and tomato sauce	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Broccoli and Sweetcorn	<b>Chocolate Sponge Cake</b> 🍴
FRIDAY	<b>Golden Fish Fingers and Chips</b> 🍴 Crispy fish fingers with scrummy chips	<b>Veggie Soft Taco and Chips</b> 🍴 A soft taco shell filled with a yummy veggie tomato chilli	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	<b>Crispy Crackle Bar</b> 🍴

## THREE WEEK MENU

### SPRING/SUMMER 2022

£2.41

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN

YOUR FAVOURITES AVAILABLE EVERY DAY



MONDAY	<b>Veggie Burrito</b> 🍴 A soft wrap filled with lightly spiced veggies and rice	<b>Macaroni Cheese</b> 🍴 Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	<b>Raspberry Ripple Ice Cream</b> 🍴	MONDAY	<b>Veggie Bolognese</b> 🍴 Yummy veggie Bolognese with pasta	<b>Cheese and Tomato Pizza</b> 🍴 Cheesy tomato topped pizza slice	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Cucumber Sticks and Carrot Sticks	<b>Flapjack with Fruit Slices</b> 🍴
TUESDAY	<b>Allegra's BBQ Chicken Burger, Corn and Pineapple Relish with Potato Wedges</b> 🍴 BBQ chicken breast burger with zingy corn relish	<b>The Incredible Burger served with Potato Wedges</b> 🍴 Meatless burger in a soft bap with ketchup	<b>Jacket Potatoes</b> 🍴 with Assorted Fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Sweetcorn and Broccoli	<b>Brownie</b> 🍴	TUESDAY	<b>Sausage and Mash with Gravy</b> 🍴 Sausage and mash with rich gravy	<b>Vegetable Lasagne with a Garlic &amp; Herb Bread Wedge</b> 🍴 Delicious sheets of pasta layered with veggies and tomato sauce	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Cauliflower and Peas	<b>Orange Shortbread with Fruit Slices</b> 🍴
WEDNESDAY	<b>Roast Chicken with Roast Potatoes &amp; Gravy</b> 🍴 Succulent roast chicken with fluffy roasties and tasty gravy	<b>Quorn Roast with Roast Potatoes and Gravy</b> 🍴 Delicious Quorn roast with fluffy roasties and tasty gravy	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	<b>Shortbread Biscuit with Fresh Cut Fruit Slices</b> 🍴	WEDNESDAY	<b>Roast Turkey with Roast Potatoes &amp; Gravy</b> 🍴 Roast turkey with fluffy roasties and tasty gravy	<b>Creamy Vegetable Pie with Roast Potatoes and Gravy</b> 🍴 Creamy vegetable pie with a cheesy shortcrust topping	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Cabbage and Carrots	<b>Raspberry Yoghurt Cake</b> 🍴
THURSDAY	<b>Beef Bolognese</b> 🍴 A classic Italian beef bolognese in a yummy tomato sauce	<b>Quorn Hot Dog with Potato Wedges</b> 🍴 A delicious Quorn hot dog	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Broccoli and Sweetcorn	<b>Banana &amp; Apricot Flapjack with Fruit Slices</b> 🍴	THURSDAY	<b>Beef Lasagne with a Garlic &amp; Herb Bread Wedge</b> 🍴 A classic Italian layered pasta dish with beef mince	<b>Mild Chickpea and Potato Curry with Rice</b> 🍴 Tasty chickpea and potato curry served with rice	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Mixed Salad	<b>Fruity Chocolate Brownie</b> 🍴
FRIDAY	<b>Golden Fish Fingers and Chips</b> 🍴 Crispy fish fingers with scrummy chips	<b>Quorn Nuggets and Chips</b> 🍴 Crispy Quorn nuggets with their love sauce - ketchup	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	<b>Orange, Sultana &amp; Carrot Slice</b> 🍴	FRIDAY	<b>Battered Fish Fillet with Chips</b> 🍴	<b>Tomato Veggie Burger with Chips</b> 🍴 A delicious veggie burger in a soft bap with chips	<b>Jacket Potatoes</b> 🍴 A choice of hot and cold fillings <b>Tomato Pasta</b> 🍴 Fresh, homemade tomato and basil sauce with penne pasta	Peas and Baked Beans	<b>Vanilla Ice Cream</b> 🍴

# Did you know your child's meal could be FREE?

School meals for children in Reception, Years 1 and 2 are FREE to all pupils, but did you know that children in Years 3 to 6 could also get their hot school meal or packed lunch for FREE?

If you are in receipt of selected Government benefits e.g. Universal Credit, your child may be entitled to free nutritious school meals saving you approx. £400\* a year!

\*This saving will depend on the cost of a meal at your school.

YOU COULD  
SAVE  
£400\*



Check if you're eligible and start saving today!

Head to:  
[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)

Or speak to your school office.



You could  
save over  
£  
per child per year\*

**FREE**  
Super Hero school  
meals for every  
child in reception  
and years 1 & 2

Since September 2014, children in reception and years 1 & 2 are entitled to **FREE** school meals through the Government's 'Universal Infant Free School Meals' initiative.

So who are we? We're Chartwells and are responsible for preparing your children's tasty meals. We love to help children discover and learn about the food they eat, where it comes from and how it's prepared. It's great fun for them and us!

\*This saving will depend on the cost of a meal at your school.

We engage with children through fun food activities.



Lovingly prepared, tasty and nutritious school meals.



We are proud to have our own team of registered nutritionists.

# *Ladock Parish Church*

## Flower and Arts Sea Festival

23<sup>rd</sup> – 25<sup>th</sup> September 2022, 10am – 4pm



## *A Celebration of the Sea*

Flower Arrangements    Arts and Crafts

Refreshments    Raffle

*Sea Themed Concert with Will Keating & John Dowling*

*Sunday 25<sup>th</sup> September 7pm*

# Sea Songs & Shanties Concert

with Will Keating and John Dowling



at Ladock Church

Sunday 25 September at 7.00 pm

Refreshments and Bar

*Tickets £10 through Ladock Shop, on the door or online:*

<https://uk.patronbase.com/CornishRivieraBoxOffice/Productions/WK03/Performances>

Queries: call 07816 317180

# PATRICIA ESCHEN PRIZE FOR POETRY 2022 CHILDREN'S COMPETITION MORRAB LIBRARY & THE DENNIS MYNER TRUST



A FREE TO ENTER, INTERNATIONAL POETRY COMPETITION,  
WITH A CHILDREN'S CATEGORY.

40 LINES MAXIMUM | ENGLISH LANGUAGE | ONE ENTRY PER PERSON

UNDER 16S CATEGORY PRIZES:

1ST PRIZE: £150 | 2ND PRIZE: £100 | 3RD PRIZE: £50

CLOSING DATE: 30TH SEPTEMBER 2022 (23:59 GMT)

FOR HOW TO ENTER, COMPETITION RULES &  
MORE ABOUT INFO ABOUT THE OTHER CATEGORIES:  
[MORRABLIBRARY.ORG.UK/POETRY PRIZE](http://MORRABLIBRARY.ORG.UK/POETRY PRIZE)

@PEPOETRYPRIZE

# Sleep Takeaways

## Trouble Sleeping?...

Real advice for health, schools and people like you. From young children to young adults and those with additional needs.

Access the digital cards here



Hunrosa Sleep Take Away Cards – Cards to help give sleep advice, and for patients to takeaway. For children and young people and their families, including those children with additional needs. A section for those up to the age of 25 years. These have been developed by Hunrosa sleep consultancy working within the NHS. These commissioned cards use evidence based sleep information and advice.



# Volunteering

Making a **difference** to others, making a  
difference to **you**

Gardening

Learning

Confidence Building

Cafe

Fundraising

Driver

Administration

Reception

Oxygen Assistant

New Friendships

Skill Sharing



**Merlin  
MS Centre**

UK Charity Reg No: 1093691

## **Free time after the school run?**

Volunteering is a great way to meet people, gain experience, confidence and skills, all while helping a local charity like ours. Once a week, once a month or just a couple of hours. We have lots of volunteering roles both in the community and at our Centre at Hewas Water. If you would like to find out more call our Volunteer Coordinator Caroline 01726 885530

or

e-mail [caroline@merlinmscentre.org.uk](mailto:caroline@merlinmscentre.org.uk)

Merlin MS Centre, Bradbury House Hewas Water PL26 7JF

# Your School Nurse

Your child can have access to a School Nurse at any time if you have any health concerns, in addition your School Nurse offers a full health assessment in reception and year 6.

## The School Nurse can check:

- Your child is growing healthily and support with healthy eating
- Support with access to dental care and general support for dental hygiene
- Help with day / night time wetting or soiling
- Provide Information about Immunisations
- Guidance re healthy lifestyles
- Support with general hygiene issues including head lice and worms
- Support with general emotional health issues
- Support to access other health professionals
- Routines, including sleep

## Additionally in Year 6:

- Friendships
- Relationships
- Development, including periods and puberty
- Access to specialist services – including dietician, healthy weight programmes and voluntary services
- Developmental issues
- Transition to secondary school
- Healthy lifestyles



## Find out more...

Call **01872 322779**

Email [hvsnadvice@cornwall.gov.uk](mailto:hvsnadvice@cornwall.gov.uk)

Follow us @tffcornwall   

 [www.cornwall.gov.uk/schoolnursing](http://www.cornwall.gov.uk/schoolnursing)

# Parents 4 Parents Cornwall

**Are you a parent/carer of a child with additional needs or disabilities?**

**Do you attend meetings with schools, health services and organisations?**

**Do you lack confidence in attending these on your own and wish you had someone who could go with you?**

Parents 4 Parents Cornwall will accompany you to important meetings, empowering you to ask the questions about your child's needs whether at schools, health, care providers, short breaks, etc.

Parents are trained in

- Understanding and supporting your needs
- Developing Education, Health and Care Plans
- Signposting

They are part of the Parent Carer Council for Cornwall, an independent organisation that enables parent carer voices to be heard through parent participation.

You can access Parents 4 Parents Cornwall and book a trained parent to accompany you to a meeting by calling **07591 019548**

Please try to give at least 10 days notice of a meeting taking place where you require support. You must have all of the details of the meeting to hand.

You will receive a confirmation of who will be accompanying you and they will meet you at the location of your meeting.

*Please note trained parent supporters cannot take you to the meetings and you will need to organise your own transport.*

**To book support contact 07591 019548**  
**infoparentcarercornwall@gmail.com**



# Ladock Church

## Children's Sunday Club

11am



Please join us every 4th Sunday of the month for exciting activities, arts and crafts, games, bible stories and lots of fun in a Covid safe environment.

Roxana

[pray.4us@outlook.com](mailto:pray.4us@outlook.com)

07927023582