

22 March 2024

Sithney CP School, Crowntown, Helston, Cornwall, TR13 0AE Phone: 01326 572910

Email Secretary: sithneysecretary@croftymat.org

Email Head: sithneyhead@croftymat.org

Notices

Absences

For Safeguarding purposes, please can we ask all parents and carers to remember to contact the school office daily (either by telephone or email) to report student absences. This includes any subsequent days that your child may be off sick.

Parking

Please can we again, respectfully ask parents not to park directly in front of, or within a few meters of the staff car park entrance. Parking so close to this entrance significantly impacts staff visibility of the main road when trying to exit the car park with school minibuses and cars. We thank you for your understanding in this matter.

Medication

Please note that prescription medication must be provided to the school in its original packaging and with the original pharmacist's label confirming dosage. We regret that we are unable to accept any prescription medication without the original box and pharmacist's directions. We thank you for your understanding.

Oracy focus of the fortnight

The school council will be looking closely for children achieving the following oracy skill:



*I ask questions to
find out more.*

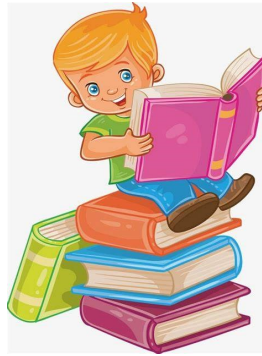
Cross Country News & Congratulations!

A HUGE congratulations to Ruby C. Last week, Ruby qualified for the Peninsula Finals by finishing 1st in her Year 5 Race, and she has now gone on and reached the County Finals in Newquay by finishing 3rd in the Peninsula Qualifier.

All at Sithney School wish Ruby the best of luck at the County Finals!

READING ROLL OF HONOUR

Reuben, Tristan, Teddie, Lowen, Ethan, Tuva, Matilda, Ronan, Millie, Jago, Penny, Evie, Noah, Evalyn, Tabitha, Sofia, Ned, Sebby, Wynter, George, Ollie, Lily, Max, Nico, Ruby C, Jenson, Keynvor, Ben, Ruby G, Rosie & Aerin



Cross Country Events 2023 / 2024

TBC March	Peninsula Final	KS2	Location TBC
TBC March	School Games Final	KS2	Newquay
Tuesday 14 May	Race 5	R/KS1/KS2	Mullion 4pm
Tuesday 21 May	Race 6	KS2	Porthleven 4pm

WELL DONE

TEAM	09.02.24	23.02.24	01.03.24	08.03.24	15.03.24	22.03.24
Killigrew				★	★	★
Trevithick	★					
Bassett		★	★			



Alice, Harry & Ruby



Thomas—Rock Legend
 Jamison—Headliner
 Jakub—Support Act
 Tabitha—Garage Rocker
 Isobella—Gigger
 Harvey—Gigger

Alex—Rock Legend
 Wynter—Rock Star
 Evie—Unsigned Act
 Noah—Headliner

Smart Zone Learning Time	Study Zone Learning Time	Wonder Zone Learning Time
Bodhi—86 mins	Lily-May—142 mins	Merryn—55 mins
Freddie—52 mins	Ben—80 mins	Noah D—40 mins
Matilda—37 mins	Jacob W—45 mins	Oscar—34 mins

MATHS WHIZZ

Smart Zone Gems	Study Zone Gems	Wonder Zone Gems
Bodhi—16	Aerin—6	Merryn—15
Freddie—9	Ban & Jacob R—5	Noah—10
Finley—7		Oscar—7

Attendance—Week Ending 22nd March 2024

Study Zone 96.00%

Whole School Attendance 95.24**

Wonder Zone 95.70%

Busy Zone 93.52%

Smart Zone 94.91%

(**School Attendance Target: 97%)



Diary Dates

29th March - 12th April 2024 - School Holidays

20th April 2024—Coose Trannack Cross Country Race 2024

22nd April 2024—RNLI visit to Sithney: Water Safety

6th May 2024 - Bank Holiday

27th - 31st May 2024 - Half Term

3rd—7 June 2024—Year 5 & 6 Bikeability Training

10th—12th June—Year 5 & 6 Residential (Newquay)

17th June 2024—INSET Day

17th & 18th June—Year 6 transition day at Helston School

Week of 24th June—Aspirations Week

Monday 1st July—Sports Day

3rd July 2024—Year 6 transition day at Mullion School

Tuesday 9th July—Reserve Sports Day

Week of 15th July - Business Enterprise Week

24th July 2024 - INSET Day



Word of the Week

KS1: "Hectic"

A situation that is busy and involves a lot of activity

KS2: 'Arcadian'

Adjective: *idyllic and serene, often used to describe pastoral scenes; can be used as a noun to describe someone who lives a simple life without the hustle and bustle of the city.*

10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College



Free Family Art Sessions

Easter Holidays

Healthy Cornwall are working with Toughdough to bring you a fun family day of adventure and creativity in Marazion.

We will be walking to the beach to collect some beach treasures, please make sure you have suitable footwear and clothing

Dates: 3rd, 4th or 5th April 2024 in Marazion 10am - 3pm

Booking is essential



To book your family a place please email:-

Healthy.cornwall@cornwall.gov.uk or call us on 01872 324200

Please note: Lunch will not be provided, therefore please bring a packed lunch for you and your family.





**TRURO
SCHOOL**

YEAR 5 MATHS MASTERCLASSES

Truro School warmly invites Year 5 pupils from across Cornwall to join them for their Year 5 Maths Masterclasses.

Saturday 20 April - Probability

Saturday 27 April - The Mobius Strip

Saturday 11 May - Tactics in Games

Session time: 10.00am – 12.00pm

Location: Truro School TR1 1TH

There is no charge for the event and all Year 5 children are welcome.
Spaces are limited and will be allocated on a first-come basis.

Please sign up here >

<https://forms.office.com/e/PH7mBAnDVW>

Any questions?

Please email admissions@truroschoo.com



COOSE TRANNACK CROSS COUNTRY RACES

Coose Trannack Cross Country Race 2024

Trannack Primary school and the FTS have announced the date of this year's event as 20th April 2024.

A map and information sheet have been emailed to parents and carers this week.

The entry fees for this event is £4.00 for children and £6.00 for adults.

Please keep an eye on the Coose Trannack Facebook page for further details and announcements, and should you have any queries, please do not hesitate to contact the team via their Facebook page.

SPORTS AND ACTIVITIES

Coast
ACTIVITY PROGRAMME

**THIS
EASTER HOLIDAY**

Ofsted

Registered
See website for
details



FREE

**Free Half Day Places
and a**

Hot Meal for FSM Children



Hayle Academy

St Ives Leisure Centre

Helston Community College

Goldsmithney– St Piran’s Hall



ACTIVITIES

Swimming
Dodgeball
Tennis
Football
Cricket
Rugby
and so much more

AGES 5–16

**£18 for Non Free School
Meal places**



SCAN TO BOOK

07939863010



www.coastactivityprogramme.com
info@coastactivityprogramme.com



SPRING/SUMMER '24 THEME DAYS

DATE

THEME

MENU

APRIL
w/c 15th or
22nd



GLOBAL ADVENTURES

WE GO AROUND THE WORLD
STOPPING OFF AT A SURPRISE DESTINATION...

Enjoy the food specialities of one of these countries:
France, Spain, Italy or India

APRIL
Tues 23rd



ST GEORGE'S DAY

GENUINE BRITISH CLASSICS TO SAVOUR

Shepherd's Pie or Vegetable Pie served with
Mini Yorkshire Pudding, Carrots, Peas and Gravy
Victoria Sponge with Custard

MAY
Thurs 16th



FIESTA FUN

A MEXICAN FOOD CELEBRATION FOR CINCO DE MAYO!

Loaded Beef Nachos or Loaded Veggie Nachos served with
Sweetcorn Salad
Chocolate Raspberry Slice