



Newsletter

Friday 13th September 2024

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

Email Secretary: sithneysecretary@croftymat.org

Email Head: sithneyhead@croftymat.org

Welcome Back!

Welcome to the new school year. We hope that you have had a happy and safe holiday. A very warm welcome to all our new pupils and their families. We are delighted to have all children back in the school again; this last week they have settled in brilliantly and are adjusting very well to their new routines and environment.



Harvest Festival

The Harvest Festival will be held on Friday 30th September at Sithney Church. We will be collecting donations for Helston food bank. Further details will follow on Monday.



Study Zone Design and Technology lessons

Can we please have the following for lessons at the beginning of October:
Supermarket Bolognese packaging (jars and ready meals).
Empty jars of any size.



Diary Dates 2024 / 2025

Thursday 5th September 2024 - Children return to school
Monday 14th October 2024—INSET Day
Friday 20th September—Nasal Flu Vaccine Day
Monday 30th September—Harvest Festival
Tuesday 15th October—Road Safety Assembly
Monday 28th October to Friday 1st November 2024—Half Term
Monday 23rd December to 6th January 2025—Christmas Holidays
Monday 17th February to Friday 21st February 2025—Half Term
Monday 24th February 2025—INSET Day
Monday 7th April to Thursday 17th April 2025 Easter Holidays
Friday 18th April 2025—Good Friday
Monday 21st April 2025—Easter Monday
Monday 5th May 2025 —May Bank Holiday
Thursday 8th May 2025—INSET Day
Monday 26th 2025 May—Spring Bank Holiday
Tuesday 27th to Friday 30th May—Half Term
Monday 2nd June 2025—INSET Day
Wednesday 23rd July 2025 INSET Day
Thursday 24th July 2025—Summer Holidays



Dates for
the Diary:

School Office



The school office will be open from 8.30am to 3.45pm Monday to Friday
Elizabeth Ellis will be working Monday, Tuesday and Wednesday.
Andrea Gee will be working Thursday and Friday

Helston Youth Football Club

Helston Youth Football Club are running an open session for girls who would fall into their U8's (Children currently in year 2 and 3).

It will be running on Saturday 14th September 2024 between 0930 & 1100 hours at Helston Athletic Football Club Training Pitches, TR13 8PJ.

The point of contact is Martin Northcott.

He can be contacted on 07402279562 or via email on northcottm24@gmail.com



Lunch Time Music Club

On Tuesday lunchtimes, Miss Bray will be in Study Zone to supervise a lunch time club. This is an opportunity for KS2 children who are learning an instrument to bring their instrument in and practise it in school.

Please note that Miss Bray will not be teaching any music, but this is a chance for those who are learning an instrument to practise playing it.

Children who wish to attend can just pop along to Study Zone after they have eaten their lunch, bringing their instrument with them.



Gardening Club

The garden has looked beautiful over the summer and we have had great success with our crops, an abundance of strawberries, raspberries, tomatoes and courgettes have been enjoyed!

We are still seeing new crops emerge, and continue to share these, mostly within Busy Zone as they are the quickest to pick them!!! Although we still have the potatoes to dig up and we eagerly await our corn crop.



Gardening club will begin again in a couple of weeks, this time focusing on getting the garden ready for winter and planning our crops for next year!! Miss Sumpter will send a letter shortly.

Thank you to all that have helped make our school garden such a success this year. We look forward to improving our skills even further next year.



Attendance—Week Ending 13th September 2024

Whole School Attendance 99.05%

Study Zone— 97.47%

Wonder Zone— 99.15%

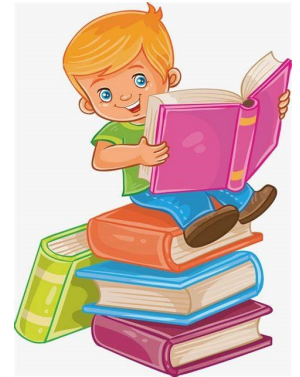
Busy Zone— 100%

Smart Zone- 100%



Reading Roll of Honour

Jemima	Arthur	Ronan
Dollie	Frank	Merryn
Persephone	Teddie	Tuva
	Ethan	



Word of the Week

Wonder Zone: **Dragged**

This means to pull something roughly.

Smart Zone: **Anxious**

The feeling or showing of worry

Study Zone: **Ineffable**

This means too great or extreme to be expressed or described in words.





WELL DONE



TEAM	13.09.24	20.09.24	27.09.24	4.10.24	11.10.24	18.10.24
Killigrew						
Trevithick						
Bassett						

MATHS WHIZZ

Smart Zone Learning Time	Study Zone Learning Time	Wonder Zone Learning Time
Jemima	Isobella	Tuva
Thomas	Evie	Noah
Jacob	Freddie	Millie



Smart Zone Gems	Study Zone Gems	Wonder Zone Gems
Aerin	Isobella	Noah
Jemima	Finley	Millier
Evalyn	Alex	Tuva

WEEK 1

W/C: 15/04, 06/05, 17/06, 08/07, 09/09, 30/09, 21/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza Served with Potato Wedges	Classic Beef Burger Served with Potato Wedges	Roast Pork Served with Roast Potatoes and Gravy	Turkey Lasagne Served with Garlic and Herb Bread	Fish Fingers Served with Chips
JACKET POTATO	Tomato Pasta	Vegetarian Burger Served with Potato Wedges	Vegetarian Cottage Pie Served with Gravy	Vegetable Spanish Rice	Quorn Dippers Served with Chips
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings, including Salmon Mayo/aioli	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	Forest Fruits Jelly	Crispy Crackle Bar with Fruit	Banana Cake	Original Flapjack	Vanilla Ice Cream
PACKED LUNCH AVAILABLE Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day AVAILABLE EVERY DAY Water, salad, freshly baked bread, yogurt & fresh fruit Vegetarian Oily Fish Wholegrain Fruity! Nutritionist's Choice					

WEEK 2

W/C: 22/04, 13/05, 03/06, 24/06, 15/07, 16/09, 07/10, 28/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza Served with Potato Wedges	Beef Bolognese Served with Wholewheat Pasta	Roast Chicken Served with Roast Potatoes and Gravy	Butter Chicken Curry Served with Wholegrain Rice	Southern Fried Chicken Served with Chips
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings, including Salmon Mayo/aioli	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	Chocolate Cookie	Banana and Carrot Cake	Orange Jelly	Chocolate Shortbread with Fruit	Orange Drizzle
PACKED LUNCH AVAILABLE Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day AVAILABLE EVERY DAY Water, salad, freshly baked bread, yogurt & fresh fruit Vegetarian Oily Fish Wholegrain Fruity! Nutritionist's Choice					

WEEK 3

W/C: 29/04, 20/05, 10/06, 01/07, 22/07, 02/09, 23/09, 14/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza Served with Potato Wedges	Pork Sausages Served with Mashed Potato and Gravy	Roast Chicken Served with Roast Potatoes and Gravy	Chicken and Broccoli Pasta Bake	Fish Fingers Served with Chips
JACKET POTATO	Tomato and Herb Lentil Pasta	Vegetarian Sausage Served with Mashed Potato and Gravy	Cheese and Onion Slice	Meatless Balls in Tomato Sauce Served with Rainbow Rice	Quorn Dippers Served with Chips
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings, including Salmon Mayo/aioli	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	Chocolate Brownie	Strawberry Jelly	Banana Cake	Lemon Sicilian Cookie	Chocolate Ice Cream
PACKED LUNCH AVAILABLE Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day AVAILABLE EVERY DAY Water, salad, freshly baked bread, yogurt & fresh fruit Vegetarian Oily Fish Wholegrain Fruity! Nutritionist's Choice					

FREQUENTLY ASKED QUESTIONS

LOVE SCHOOL MEALS

NUTRITIOUS FOOD AND MEMORABLE EXPERIENCES

WHAT IF MY CHILD HAS AN ALLERGY OR SPECIAL DIET?
 Our primary intention is to have our meals your children - safe every day when enjoying their school lunch.

WHAT IS INCLUDED IN A SCHOOL MEAL?
 Every day you can be assured that a school meal will offer:

- At least two portions of fruit and vegetables
- Dairy food items rich in calcium for strong bones and teeth
- Starchy carbohydrates to provide energy
- A suitable source to support the body's growth and repair

HOW DO I ORDER AND PAY FOR SCHOOL MEALS?
 All children in the UK in Reception, Year 1 or Year 2 are entitled to a delicious hot meal or packed lunch for FREE.

Can a packed lunch be provided instead of a hot meal?
 Absolutely! Our packed lunches are made fresh every day and are designed to be both tasty and nutritious, ensuring that children enjoy a balanced and satisfying meal.

Our menus are packed with fantastic favourites such as chicken & tomato pizza, meaty burgers and lovely pies.

MAKING HEALTHY CHOICES

THE BENEFITS OF SCHOOL MEALS

AT CHARTWELLS, WE ARE PASSIONATE ABOUT ENCOURAGING AND ENABLING MORE CHILDREN TO MAKE HEALTHY CHOICES AND ENJOY A NUTRITIOUS SCHOOL MEAL TO GET THE MOST OUT OF THEIR DAY.

Chartwells' school meals have been thoughtfully created by a team of talented chefs and dedicated nutritionists making sure menus are packed with all the ingredients children need to grow strong and healthy.

Making a home-packed lunch for your child each day can be time-consuming and expensive. School meals can relieve some of this pressure by providing a hot, nutritious lunch for your child every school day.

MAKING CHILDREN HEALTHIER
 Children leaving school meals are more likely to eat fruit and vegetables and drink water throughout the day.

BEHAVIOUR & CONCENTRATION
 A healthy school meal helps children get the best from their learning.

THEY ARE FREE IN RECEPTION, YEAR 1 & YEAR 2
 Speak to your school about signing your child up today!

TASTY THEME DAYS
 Throughout the term, your child will get to experience delicious theme days where we bring excitement to the dining hall with new and inspiring choices such as our Space Adventure or Mid-Summer Madness.

MAKING FOOD FUN
 We want your children to have fun and the dining hall is a great place for them to enjoy themselves with friends whilst they learn about different types of food.

WE EDUCATE AND INSPIRE CHILDREN WITH OUR BEYOND THE CHARTWELLS' KITCHEN WORKSHOPS

Save up to £457 with FREE school meals

Online-safety

If you need any advice re online safety, please go to our school website where you will find lots of resources to help. [Sithney Community Primary School - Safeguarding information](#)



Walnut Allergy

Due to having a child in school who has a severe nut allergy we are a **'Nut Free'** School. Please ensure you do not provide your child with a packed lunch or snack containing nuts.



EMPOWERED PARENTING PODCASTS

For every step of your parenting journey.

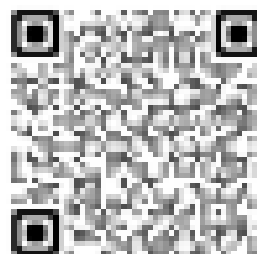


INTRODUCING OUR NEW PODCASTS, AVAILABLE NOW

Check out our new Empowered Parenting Podcasts from Cornwall Council's Together for Families. We will be releasing new episodes each week, bringing you top tips and guest speakers to discuss a range of topics relating to your parenting journey.

Upcoming topics include: Back-to-school, Praise and Encouragement, Routines, Boundaries, SEND Navigators, Brain Development, and many more!

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