



Newsletter

Friday 13 December 2024

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

Email Secretary: sithneysecretary@croftymat.org

Email Head: sithneyhead@croftymat.org

Christmas at Sithney!

School Christmas Production

The school Christmas production takes place on Monday 16th December at the Light and Life centre in Helston. Pupils who usually attend breakfast club between 7.30am and 8.15am will be transported to the church by a member of staff in the minibus. All other students must be dropped off at the church, not at school between 8.35am & 9am ready for a dress rehearsal in the morning.

If you have not pre-ordered a school lunch, please send your child in with a home packed lunch. The afternoon performance will begin at 1.30pm and guests may arrive from 1pm onwards. If you have not booked to attend the matinee, please collect your child from the church at the usual time of 3.15pm. After-school club will still be available until 5.00pm but will be run from the Church. The evening performance will begin at 6.30pm and we request that parents and children do not arrive before 6pm



Parent/Carer Notice

Please note that students should not be left unaccompanied on site before 8.40am. If you need to drop your children off early, please book breakfast club. Thank you

Request from Miss Sumpter & Busy Zone

Next term as part of our learning in Busy zone, we will be exploring cameras and how they have changed over time. If anyone has any old cameras (film or digital) that could be used as play accessories OR for the children to study (used as display items only) and sequence as part of their learning please speak to Miss Sumpter.

Thank you!

We would like to thank Colin, Kevin and all at Team Warnes for their donation of a Christmas Tree to Sithney School. Warnes have always been very generous to our school and have championed and supported our ongoing outdoor education programme. We thank them for all of their support over 2024.



Diary Dates 2024 / 2025

Monday 16th December—Christmas Production at the Light and Life Church

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

Monday 16th June—Sustainability week will commence

Wednesday 23rd July 2025 INSET Day

Thursday 24th July 2025—Summer Holidays



Dates for
the Diary:

2024/25 Cross Country Dates

Tuesday 25th February	Race 4	KS2/Peninsula qualifier	Helston South Site 4pm
March	Peninsula Final	KS2	Pool School 4-5pm
March	School Games Final	KS2	Newquay
Tuesday 29th April	Race 5	KS2	Helston North
Tuesday 13th May	Race 6	Reception/KS1 and KS2	Helston South Site - 4pm
Tuesday 10th June	Fun Run	Reception/KS1 and KS2	Mullion 4pm

Please park in the bus by for the north site races and NOT to arrive before 3:50. There will be plenty of parking after the busses have left at 3:50. All Reception and KS1 races are fun runs. Only KS2 races are scored.

After-School Club

Please note there will be no after-school club on Friday 20 December.

School uniform 'Swap Shop'

Our next 'swap shop' is on **Tuesday 17th December**, after school, in the playground.

We have lots of pre-loved school uniform items, so please come along and help yourself!

We are looking forward to seeing you all there.

Sithney School Trust Council

Attendance—Week Ending Friday 13 December 2024

Busy Zone 97.2%

Wonder Zone **100%**

Smart Zone 95.68%

Study Zone 97.98%

Whole School 97.94%

(**School Attendance Target: 97%)



Attendance Cup - Autumn Term

Congratulations to Busy Zone and Study Zone who are joint winners of the attendance cup, and who have won a Non-Uniform day on Friday 20th December

Reading Roll of Honour

Noah, Ronan, Ruben, Ethan, Henry, Evie, Bodhi, Ned, Harvey, Wynnie,





WELL DONE

TEAM	8.11.24	15.11.24	22.11.24	29.11.24	6.12.24	13.12.24	20.12.24
Killigrew	★		★	★	★		
Trevithick							
Bassett		★				★	



Emmeliah -Rock Legend



NUMBOTS

Bodhi, Emmeliah and Charlie



MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Jemima—111 mins	Jamison—118 mins	Tuva—148 mins
Evalyn—69 mins	Evie—46 mins	Oscar—90 mins
Rosie—65 mins	Sebby—31 mins	Grace—55 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Jemima—11 gems	Jamison—10 gems	Oscar—10 gems
Amy & Evalyn—3 gems	Evie—8 gems	Noah—9 gems
	Alex—5 gems	Tuva—7 gems

HALL OF FAME

Arthur, Noah, Oscar, Tuva, Alex,
Bodhi, Jamison, Owen, Sebby,
Aerin, Amy, Carter, Clay, Dollie,
Evalyn, Fritz, Jemima & Rosie

Santa Fun Run

On Friday 6 December students from Sithney School took part in a Santa Run to raise funds for FOSS (Friends of Sithney School). A great time was had by all and the weather held out just long enough...!!! A grand total of funds raised will be confirmed once all sponsorship forms and monies have been handed in. A big thank you to all who took part in or supported this festive event - Mrs Butcher & FOSS





Community Family Christmas Party



Nancegollan village hall
22nd December 2pm - 4pm

TRADITIONAL CHILDRENS CHRISTMAS PARTY
SUITABLE FOR CHILDREN PRIMARY AGE AND
UNDER.

LETTER WRITING TO SANTA

PLACEMAT COLOURING

STICK THE NOSE ON RUDOLF

SNOWFLAKE BISCUITS



ORGANISED CHRISTMAS PARTY GAMES
WITH MOTHER CHRISTMAS

AND MORE

BOOK FOR FREE TICKET ON EVENTBRITE
SEARCH NANCEGOLLAN VILLAGE
CHRISTMAS PARTY

BRING A PLATE OR CAKE
IF YOU ARE ABLE



Dear parent/carer,

Please find below a letter from Kooth about wellbeing support for students and families during the holiday period.

With the winter break fast approaching, at Kooth Digital Health we appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, teaching staff and friends that the school community provides. Seasonal illness and the closure of many services at this time of year can also lead to extended wait times for support across both adult and young people's NHS and community services.

WE ARE STILL HERE.

Kooth Digital Health offers free and anonymous therapeutic mental health and wellbeing support to young people in Cornwall & IOS aged between 11-18. Funded and endorsed by NHS Cornwall & IOS ICB, our services remain available over the winter period, offering 'on the day' wellbeing support from the comfort of your own home, via any web-enabled device via the following website-

Ages 11-18 www.kooth.com

Ages 19-25 and ALL parents and carers: www.qwell.io

Kooth offers free access to online text-based practitioner chats, self help tools and activities, journal spaces and advice from our non-judgemental, safe and moderated peer:peer communities.

With no threshold, waiting list or referral process, young people in Barnsley can access support for ANY issues they may be experiencing. These may include; body image, self-esteem, loneliness, bereavement, academic pressures, stress, anxiety, friendships, sexuality, life changes etc.

The registration process is quick, anonymous and safe, simply by registering at www.kooth.com using non-identifiable information.

Kooth delivers 1000's of online wellbeing sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are unfortunately deemed inappropriate to their criteria, Kooth gives schools, professionals and families an alternative way of ensuring children and young people can access free support when they need it, in a way that they find comfortable to access, via any web-enabled device.

If you have any questions regarding the service, please contact school. Or if you would prefer to contact Kooth directly, simply email parents@kooth.com. A selection of Parent/Carer resources can be accessed using this link: [Kooth. Parent & Carer resources](#)

Casey Goes Christmas Crackers



Throughout December Casey Carrot is going to be causing chaos in the school kitchen.

Dine with us daily from December 2nd to see if she has been naughty or nice.

Will you get an additional treat with your lunch? Look for the lucky sticker under your plate.



Chartwells

Week 1
Menu this
week



Chartwells
So much more than fantastic food

WEEK 3

W/C: 18/11, 09/12, 20/01, 10/02, 03/03, 24/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Macaroni Cheese	Pork Sausages Served with Mashed Potato and Gravy	Roast Beef Served with Roast Potatoes and Gravy	Chicken and Vegetable Korma Served with Wholegrain Rice	Fish Fingers 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	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 sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	Chocolate Beet Brownie with Orange Slices	Bread and Butter Pudding with Custard	Sicilian Lemon Cookie with Fruit	Jam and Coconut Sponge with Custard	Vanilla Ice Cream

PACKED LUNCH

Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

THREE WEEK MENU

AUTUMN/WINTER 2024

Our new menu chosen by parents and children – Your favourites available every day



Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

Chartwells
Schools

WEEK 1

W/C: 04/11, 25/11, 16/12, 06/01, 27/01, 10/03, 31/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Macaroni Cheese	Classic Beef Burger Served with Potato Wedges	Roast Gammon Served with Roast Potatoes and Gravy	BBQ Chicken Pizza Served with Pesto Pasta	Fish Fingers 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 Mayonnaise	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 sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	Flapjack with Fruit	Apple Crumble with Custard	Rice Pudding with Jam or Chocolate Spread	Raspberry Jelly	Chocolate Brownie

PACKED LUNCH

Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

WEEK 2

W/C: 11/11, 02/12, 13/01, 03/02, 24/02, 17/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Veggie Supreme Pizza Served with Pesto Pasta	Beef Bolognese Served with Wholewheat Pasta	Roast Chicken Served with Roast Potatoes and Gravy	Chicken and Vegetable Pie Served with Mashed Potato and Gravy	Crispy Chicken Burger 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	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 sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	Apple and Cinnamon Sponge with Custard	Crunchy Chocolate Mousse	Fruits of the Forest Jelly	Orange Glazed Sticky Sponge Pudding with Custard	Chocolate Cookie

AVAILABLE EVERY DAY

Water, salad, freshly baked bread, yoghurt & fresh fruit

Vegetarian Oily Fish Wholegrain Fruity! Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

HELSTON RAILWAY

Christmas TRAINS

Sherry and drinks available

Xmas stalls and music

Performances from Helston Town Band and more

TRAINS RUNNING
7th & 8th, 14th & 15th
and 21st, 22nd & 23rd
DECEMBER

TRAIN TIMES:
 10:00, 11:30, 13:30, 15:00 & 17:30

Adult: £10

Child: £11.50 including a present from Santa

under 5: £5 inc Santa Present

Santa's Grotto

Park at Prospidnick Station and catch the North Pole train to Truthall Halt to see the lights and meet Santa

01326 572 977 07895 500545 WWW.HELSTONRAILWAY.CO.UK



"A book is a gift you can open again and again."

— Garrison Keillor

MENTAL HEALTH SUPPORT TEAM - MHST



Parents and Carers -
please join us at our
1hr online
Worry Workshop

Monday 13th January - 9:30am & 2pm
Tuesday 14th January - 11am & 4pm
Wednesday 15th January - 09:30am & 1:30pm
Thursday 16th January - 11am & 4pm



This workshop aims to provide psychoeducation on "What is worry?" and "Why does my child worry?" Also includes practical strategies for helping children manage their worries.



To book a place please complete the online form [HERE](https://forms.office.com/e/YR5MeEwtEF)
<https://forms.office.com/e/YR5MeEwtEF> or scan the QR code



This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall

MENTAL HEALTH SUPPORT TEAM - MHST



Parents and Carers -
please join us at our
1hr online
Resilience Workshop

Monday 20th January - 9.30am & 4pm

Tuesday 21st January - 11am & 2pm

Wednesday 22nd January - 11.30am &
4pm

Thursday 23rd January - 9.30am & 1.30pm



This workshop aims to talk about the
meaning of resilience, explore
building resilience and look at how
and when a young person should ask
for help.

To book a place please complete
the online form **HERE**

[https://forms.office.com/e/TE2U](https://forms.office.com/e/TE2UmBZrHK)

[mBZrHK](https://forms.office.com/e/TE2UmBZrHK) or scan the QR code



This workshop is open to parents/carers of
primary aged children enrolled in Reception
to Year 6 in any school in Cornwall

MENTAL HEALTH SUPPORT TEAM - MHST



Parents and Carers -
please join us at our
1hr online
Behaviour Workshop

Monday 27th January - 9.30am & 2pm
Tuesday 28th January - 11.30 am & 4pm
Wednesday 29th January - 9.30am & 1.30pm
Thursday 30th January - 11.00am & 4pm



This workshop provides parents with
practical strategies to foster positive
behaviour and communication at
home.

To book a place please complete
the online form **HERE**
<https://forms.office.com/e/1PwGDXSQ40> or scan the QR code



This workshop is open to parents/carers of
primary aged children enrolled in Reception
to Year 6 in any school in Cornwall

MENTAL HEALTH SUPPORT TEAM - MHST



Parents and Carers -
please join us at our
1hr online
Sleep Workshop

Monday 3rd February - 11am & 4pm
Tuesday 4th February - 9.30am & 2pm
Wednesday 5th February - 9.30am &
1.30pm
Thursday 6th February - 11am &
1.30pm



This workshop aims to provide
psychoeducation on sleep hygiene
and sleep routines. Also includes
practical strategies for helping
children

To book a place please complete
the online form [HERE](#)

[https://forms.office.com/e/7ac7q
HLPhc](https://forms.office.com/e/7ac7qHLPhc) or scan the QR code



This workshop is open to parents/carers of
primary aged children enrolled in Reception
to Year 6 in any school in Cornwall