



# Newsletter

Friday 10 January 2025

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

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Email Head: [sithneyhead@croftymat.org](mailto:sithneyhead@croftymat.org)

## Busy Zone—Update

As of the start of Spring Term 2025, Miss Sumpter will be reducing her working days. Miss Sumpter will be working Monday – Thursday inclusive and Miss Bray will be teaching Busy Zone on a Friday. If you have any comments or concerns regarding this small change to personnel, please do not hesitate to Miss Neil or Miss Sumpter.

## Request from Miss Sumpter, Miss Bray & Busy Zone

This 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.

## Parent/Carer Notice

Please can we again remind all parents and carers that after-school club finishes at 5pm and that all students need to be collected by this time.

## 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.

## Diary Dates 2024 / 2025

Monday 3 February— Reception & Year 6 Height and Weight Checks

Monday 3 February—Will Keating workshop

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



Dates for  
the Diary:

## Welcome!

**We would like to welcome our new TA, Mrs Claire Neate to the Sithney team. Mrs Neate will be working with Wonder Zone and Study Zone.**

## **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.**

Attendance—Week Ending Friday 10 January 2025

Busy Zone	<b>98.01%</b>
Wonder Zone	97.78%
Smart Zone	91.36%
Study Zone	97.98%
Whole School	<b>96.47%</b>

(\*\*School Attendance Target: 97%)



Reading Roll of Honour

Noah, Oscar, Tuva, Evie, Jamison, Bella, Sebby, Lizzy & Dolly



Word of the Week

KS1: **Reign:** This means to reign as a king or a queen.

Smart Zone: **Malleable:** this means easily hammered into a new shape or easily influenced

Study Zone: **Advesperate:** this means to darken or to draw towards evening





## WELL DONE

TEAM	15.11.24	22.11.24	29.11.24	06.12.24	13.12.24	20.12.24	10.01.25
Killigrew		★	★	★			★
Trevithick							
Bassett	★				★	★	



## MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Ruby—52 mins	Bodhi—155 mins	Tuva—98 mins
Persephone—50 mins	Freddie—61 mins	Oscar—70 mins
Evalyn—43 min	Evie—40 mins	Arthur—33 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Persephone—6 gems	Bodhi—14 gems	Oscar—7 gems
Ruby—5 gems	Freddie—13 gems	Noah—6 gems
Jemima—5 gems	Evie—6 gems	Millie—5 gems

## **HALL OF FAME**

Alex, Bodhi, Evie, Freddie, Amy, Carter,  
Evalyn, Fritz, Jacob, Jemima, Sephy,  
Rosie & Ruby

Most pharmacies can help you with **seven common conditions** without needing a GP appointment



- **Sinusitis**  
(adults and children aged 12 years and over)
- **Sore throat**  
(adults and children aged 5 years and over)
- **Earache**  
(children and young adults aged 1 year to 17 years)
- **Infected insect bite**  
(adults and children aged 1 year and over)
- **Impetigo**  
(adults and children aged 1 year and over)
- **Shingles**  
(adults aged 18 years and over)
- **Urinary tract infection**  
(women, aged 16 to 64 years)



Ask your pharmacy for more information about this free\* NHS service



Visit your  
**Pharmacy First!**

\*NHS prescription charge rules apply where a medicine is supplied



# MATHS FOUNDATIONS

Wednesday 19 February 2025

10:30-12:30 or 1:30-3:30

Roarsome Play, Redruth



**BOOK  
NOW**



[www.mobilemultiply.co.uk](http://www.mobilemultiply.co.uk)

**FREE  
ENTRY**

*and lunch provided*

## Topics:

- Number recognition
- Number bonds
- Place value
- Time - digital and analogue
- 2D & 3D shapes



## Learn to:

- Make maths fun
- Reduce / prevent maths anxiety for you (and your children)
- Talk about maths

Work with us while your children play and gain number confidence to help your children develop a positive relationship with maths.



Funded by  
UK Government



FUTURE  
SKILLS  
INSTITUTE



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
<b>HOT MAINS</b>	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
<b>JACKET POTATO</b>	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					
<b>DESSERT</b>	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
<b>PACKED LUNCH</b> 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
<b>HOT MAINS</b>	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
<b>JACKET POTATO</b>	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					
<b>DESSERT</b>	Flapjack with Fruit	Apple Crumble with Custard	Rice Pudding with Jam or Chocolate Spread	Raspberry Jelly	Chocolate Brownie
<b>PACKED LUNCH</b> 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
<b>HOT MAINS</b>	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
<b>JACKET POTATO</b>	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					
<b>DESSERT</b>	Apple and Cinnamon Sponge with Custard	Crunchy Chocolate Mousse	Fruits of the Forest Jelly	Orange Glazed Sticky Sponge Pudding with Custard	Chocolate Cookie
<b>AVAILABLE EVERY DAY</b> Water, salad, freshly baked bread, yoghurt & fresh fruit					

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

Vegetarian Oily Fish Wholegrain Fruity! Nutritionist's Choice

GRAB YOURSELF A

PIZZA



THE ACTION

Thursday 16<sup>th</sup>  
January 2025

GRAB YOURSELF A

PIZZA



THE ACTION

**MAINS**

**pick a slice of your favourite**

Cheese and Tomato  
"Big Foot" Veggie Supreme  
BBQ Chicken  
Chicken and Sweetcorn

**SIDES**

Potato Wedges  
Cucumber and Tomato Salad

**DESSERT**

Vanilla or Chocolate Ice Cream

*Menus may be subject to change*



# 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/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