

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

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Big Garden Birdwatch

<https://www.rspb.org.uk/whats-happening/big-garden-birdwatch>

How to take part

- 1 Get your free guide and stock up on supplies, with 20% off and free delivery on food and feeders at the RSPB shop.
- 2 Spend an hour watching the birds in your patch, between 24 and 26 January, and record the birds that land.
- 3 Tell us what you saw (even if that's nothing at all)! You can submit your results online or by post.



Choose an hour
between 24 and 26
January



Only record the birds
that land in your
patch



Record the highest number
of each bird species you
see at any one time

Message from Miss Sumpter—Soup Packaging Donations

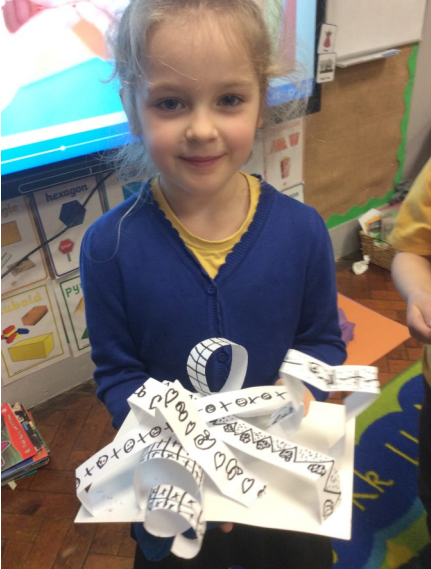
Next half term, Busy Zone will be making their own soup and as part of our learning, we will be looking at soup packaging. I know during these winter months, a lot of us are eating soup for lunch and the empty packaging would be really helpful for our studies. We want to collect a variety of packages so as many different types as possible. If you are happy to pass any empty containers to Busy Zone for our studies, we would be most grateful.

Water Bottles

In the interests of health and safety, please could we remind parents and carers to regularly and thoroughly, wash water bottles belonging to students. We have found a couple of bottles in school that have a bit of mould around the mouthpiece area. Thank you

Wonder Zone—Art

This half term for Art, the children in Wonder Zone have been learning about 3D sculpture using paper.' They have been learning about the different ways t of folding paper to make it 3D. Keep an eye out for some of their creations in the next few weeks!



Smart Zone—Art

Inspired by the work of Barbara Hepworth, this week Smart Zone attempted sculpting using soap during art.



Diary Dates 2024 / 2025

Friday 31 January—Year 1 Hearing checks with the School Nurse
Monday 3 February— Reception & Year 6 Height and Weight Checks
Monday 3 February—Will Keating workshop
Thursday 13 February—Smart Zone trip to Helston Railway
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



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.

Menu Change—Wednesday 5 March

On Wednesday 5 March, to celebrate St Piran's Day, we have a change of menu to Pasties (Jacket potatoes will also be available that day). The scheduled roast dinner that day will then be served on Thursday 6 March.

Attendance—Week Ending Friday 24 January 2025

Busy Zone	98.71%
Wonder Zone	91.07%
Smart Zone	92.59%
Study Zone	92.43%
Whole School	93.37%

(**School Attendance Target: 97%)



Reading Roll of Honour

Charlie, Tuva, Lowen, Ronan, Noah, Rocco, Bodhi, Sebby, Harvey, Lizzy, Owen, Evie, Tom, Ruby, Thomas, Jemima, Sephy & Izabella



Word of the Week

Wonder Zone: 'Sodden' This means when something is really wet.
'Queen Victoria's bathing costume was sodden.'

Smart Zone: "Contemplate" This means to think about something in a deep way.

Study Zone: 'Foudroyant' This means sudden or overwhelming; stunning; dazzling.





WELL DONE

TEAM	29.11.24	06.12.24	13.12.24	20.12.24	10.01.25	17.01.25	24.01.25
Killigrew	★	★			★	★	★
Trevithick							
Bassett			★	★			



MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Clay—57 mins	Alex—94 mins	Tuva—77 mins
Jemima & Rosie—	Penny—89 mins	Oscar—73 mins
	Freddie—65 mins	Jago—58 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Jemima , Amy &	Penny—10 gems	Oscar—7 gems
	Evie—9 gems	Jago—6 gems
	Owen—8 gems	Essie—5 gems

HALL OF FAME

Essie, Charlie, Elsie, Jago, Noah, Oscar, Ruben, Tuva, Alex, Billie-Jean, Lizzy, Evie, Finley, Freddie, Harvey, Isobella, Ned, Owen, Penny, Wynter, Aerin, Alice, Amy, Carter, Dollie, Evalyn, Fritz, Jacob, Jemima, Sephy & Rosie

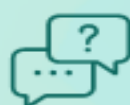
The MORE
that you read,
the MORE things
you will know.
The MORE that you
LEARN,
the MORE places you'll go.



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

**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
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.

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/1Pw
GDXSQ40](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