



Newsletter

Friday 31 January 2025

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

Email Secretary: sithneysecretary@croftymat.org

Email Head: sithneyhead@croftymat.org

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.



Parking at the end of the School Day

We have received a complaint from a member of the public regarding the parking at the end of school day. Specifically parking near to the traffic calming system which is blocking the flow of traffic.. Please can we ask all parents and careers to be mindful when parking and to use the school's car park where possible.

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

Diary Dates 2024 / 2025

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.

Head Lice

Please note that we have several cases of head lice in school at present. Can we please ask that all parents and carers to check hair and treat accordingly, where necessary.

Attendance—Week Ending Friday 31 January 2025

Busy Zone	98.69%
Wonder Zone	90.22%
Smart Zone	85.19%
Study Zone	97.47%
Whole School	92.82%

(**School Attendance Target: 97%)



Reading Roll of Honour

Tuva, Matilda, Ruben R, Ethan, Izabella & Thomas



Word of the Week

Wonder Zone: 'Pioneering': This means involving new ideas or methods



KS2: 'Caliginous': This means dark, dim or gloomy



WELL DONE

TEAM	06.12.24	13.12.24	20.12.24	10.01.25	17.01.25	24.01.25	31.01.25
Killigrew	★			★	★	★	★
Trevithick							
Bassett		★	★				



Penny & Emmeliah
(Rock Stars)



NUMBOTS



MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Amy—95 mins	Bodhi - 111 mins	Tuva—112 mins
Sephy—65 mins	Penny—40 mins	Grace—64 mins
Evalyn—48 mins	Sebby—36 mins	Charlie—53 mins

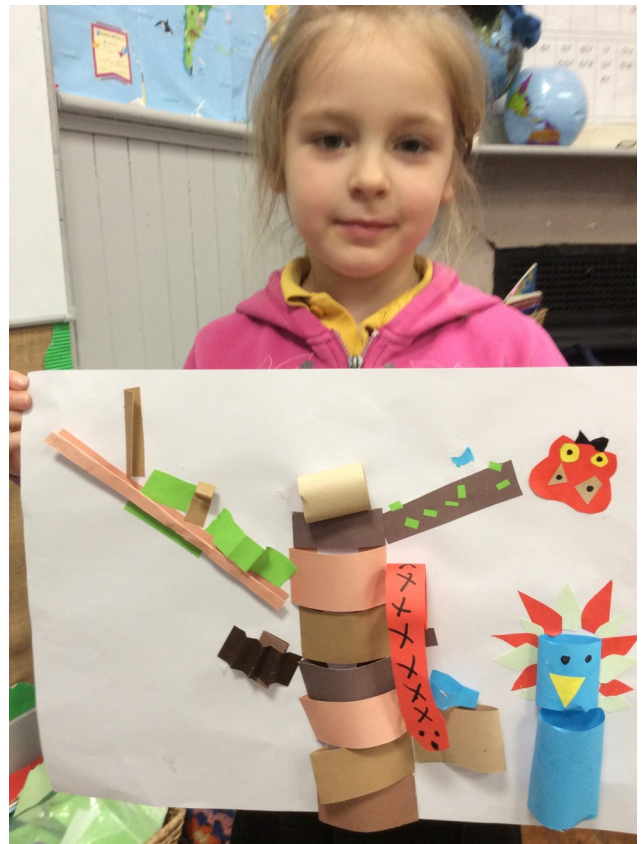
Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Ruby, Jacob & Dollie—6 gems	Bodhi—10 gems	Essie & Noah—7 gems
	Penny—6 gems	Oscar—6 gems
	Harvey—5 gems	

HALL OF FAME

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

Wonder Zone Art

To continue with our Art unit of Sculpture, Wonder Zone have made their very own trees of life using their paper sculpture skills.



Garrison
Keillor



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



Pudding Change—Tuesday 4 March 2025

**IT'S
PANCAKE
TIME!**

DELISH!

**American Pancakes
served with**

**Lemon and Sugar
or
Chocolate Spread**

**Menus may be subject to change*

GOOL PERAN LOWEN!



ST PIRAN'S DAY CELEBRATIONS

Menu

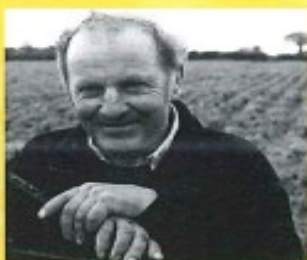
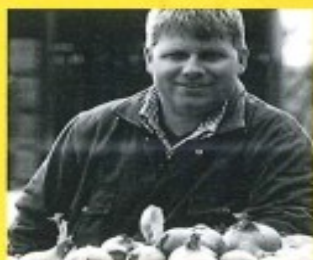
Traditional Steak Pasty
or Cheese and Onion Pasty

Hevva Cake

Jacket Potato available on request



Pasties were taken down the mines by the adults and children who worked there; the shape and size made them ideal for carrying. It's distinctive D shape with the crust acting as a handle, which was discarded to prevent contaminating the food with grubby, possibly arsenic-ridden hands



At Proper Cornish we are passionate about quality pastry, filled with great tasting ingredients, made properly in Cornwall for people who love food.

We are passionate and honest about where our ingredients come from. At Proper Cornish, we believe in supporting our local farmers. Our swede comes from Hayle, courtesy of Trevor Goldsworthy's family run farm, our potatoes come from third generation farmer Chris Dustow from Par and our onions are grown by Anthony West of Torpoint. Cornwall grows some of the highest quality produce in the world, so why go anywhere else?


Chartwells

Seals  **Locals!**

Locals' Annual Pass 2025

Every pass purchased supports the animals in our care...we couldn't do it without you!

Your pass gives you...

- A 30% saving on Standard Admission
- A whole 12 months of **unlimited entry!**
- 20% off in our cafe and gift shop every visit



SCAN HERE!

Exclusively for residents living in EX, PL & TR Postcodes*

Adults: £16.05 Children: £13.95

Limited time offer...

DON'T MISS OUT!

Only available to buy in FEBRUARY

**BUY NOW
SAVE 30%!**

On Standard Admission Tickets



*proof of address required on collection

o-region



A SUMMER AT THE
EDGE OF THE WORLD
CAN CHANGE
EVERYTHING...

WHITE HORSE

Based on *The White Horse of Zennor* by Michael Morpurgo
Written & directed by Simon Harvey



28 Feb to 8 Mar 2025
Regal Theatre Redruth

Book tickets at hallforcornwall.co.uk • Suitable for ages 8+



Arts Council
ENGLAND



Funded by
UK Government



CORNWALL
COUNCIL



Council of the
ISLES OF SOLLY



GOOD
GROWTH



@oregioncornwall



My self care plan

Self-care is anything you do to help look after your wellbeing and happiness. It can be the little every day things that give us what we need, and make us feel calmer, and more able to cope.

➔ What does self care mean to you?

Everyday things I really need

(Example: drinking water, getting enough sleep, activities to get my body moving)

Things that soothe me when I'm having a tough day

(Example: the feel of certain clothes, warm drinks, a hug from someone you love)

Things I enjoy that give me a boost

(Example: playing a game, watching TV, reading a book, drawing, making a playlist)

Things to help me express myself

(Example: writing in a journal, talking to someone you trust, painting)



Make a calm jar

Equipment needed for this:

- Jar
- Food colouring
- Glitter

Giving yourself a moment of calm is a great way to practise self care. Calm jars are a creative way to look after yourself when you need a bit of calm in your life, and also a great way to manage big emotions like anger, anxiety and stress.

Step 1:

Get yourself a clean and transparent jar or a plastic bottle. This can be any size, or shape, and you can use something that you already have at home.

Step 2:

Fill your jar with some water, making sure you don't over fill it.

Step 3:

Now, pour some glitter in the jar.

Step 4:

This step is optional, so if you want to, add a couple of drops of food colouring to the water.

Step 5:

Next pop the lid on and get ready to test it out.

Step 6:

Make sure your lid is on tight and shake your jar.

Step 7:

Now, just watch the glitter settle down. While you watch, focus on taking some big deep breaths, and enjoy this calming moment.

As your glitter stops swirling, and becomes calmer, hopefully you can feel calmer too.

You can use your calm jar whenever you like - to give you a calm moment to yourself, or to manage difficult emotions too. How and when you use it, is totally up to you.

For more ideas on how to practise self care, or if you want some support about anything at all, reach out to Kooth today.

For free and anonymous support, go to [Kooth.com](https://www.kooth.com)



Thursday
20th Feb
19:00 - 20:00
FREE



FREE SESSION
Supporting Healthy Screen Use
A range of steps that can help minimise the harms from screens

Monday
3rd Feb
10:00 - 11:30
£24



Supporting a Child with ADHD
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
11th Feb
19:00 - 20:30
£24



Facing Defiance
Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday
18th Feb
19:00 - 20:30
£24



Cannabis & Ketamine Awareness
Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday
25th Feb
19:00 - 20:30
£24



Understanding the Teenage Brain
A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

facefamilyadvice.co.uk

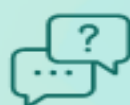
info@facefamilyadvice.co.uk

Understanding Anger	10 FEB 7pm
Supporting Healthy Screen Use	11 FEB 10am
Facing Defiance	14 FEB 7pm
Raising Self-Esteem	27 JAN 7pm 25 FEB 10am
Supporting Healthy Sleep	28 JAN 7pm 24 FEB 10am
Supporting a Child with ADHD	3 FEB 10am 3 MAR 7pm
Improving Family Communication	3 FEB 7pm 4 MAR 10am
AUTISM: Improving Communication	4 FEB 10am 4 MAR 7pm
Understanding Addictive Behaviour	4 FEB 7pm 3 MAR 10am
Anxiety-Based School Avoidance	10 FEB 10am 10 MAR 7pm
What is ACT?	17 FEB 10am 17 MAR 7pm
Introduction to OCD	17 FEB 7pm 18 MAR 10am
Anxiety Explained	18 FEB 10am 18 MAR 7pm
Cannabis & Ketamine Awareness	18 FEB 7pm 17 MAR 10am
Decreasing Depression	24 FEB 7pm 25 MAR 10am
Understanding the Teenage Brain	25 FEB 7pm 24 MAR 10am

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
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