



Newsletter

Friday 14 February 2025

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

Email Secretary: sithneysecretary@croftmat.org

Email Head: sithneyhead@croftmat.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.



Pokemon

Please can we ask all parents and carers to remind their children that Pokemon cards are not allowed to be traded in school. Thank you for your understanding

Wraparound Care: After-School Club

Please ensure that if you have booked Wraparound care & do not need the place, you let the school know in advance. We have had various students recently not showing up for bookings. ASC no shows will be charged to 5pm if not cancelled 48h in advance. We have a waiting list for places so it is important if you do not need the place, you let the school know. If you are unsure what bookings we hold for you, please contact the school office.

Study Zone – Bible Explorers

Last week, Study Zone enjoyed the annual Bible Explorer event at the Light and Life Church, Helston. This year the children learnt about the life of Jesus, meeting characters from the Bible, such as Mary, Nicodemus and the Roman Centurion. Afterwards they completed a quiz, finding the information on the display boards. The workshop was rounded off with some food tasting – this is always a favourite part!



Wonder Zone: Victorian Day—Thursday 13 February 2025



Wonder Zone — Victorian Day



Hot Chocolate & Bake Sale—Wednesday 26 February

After school on Wednesday 26th February, FOSS are holding a bake and hot chocolate sale.

Mrs B's luxury hot chocolate will be on sale for £1.50 and cakes available for a donation. We are also asking for donations of cakes from parents. Thank you

Attendance—Week Ending Friday 14 February 2025

Busy Zone	98.84%
Wonder Zone	95.20%
Smart Zone	91.11%
Study Zone	98.64%
Whole School	95.99%

(**School Attendance Target: 97%)



Reading Roll of Honour

Noah, Ronan, Tuva, Oscar, Samuel, Ruby, Izabella, Jemima, Sephy and Thomas H



Word of the Week

KS1: 'Squabble' - This means to have a small argument or fight.

KS2: 'Arcadian' - This means idyllic and serene



Diary Dates 2024 / 2025

Monday 17th February to Friday 21st February 2025—Half Term
Monday 24th February 2025—INSET Day
Monday 3 March—Mass Sing at HFC (selected year groups only)
Monday 7th April to Thursday 17th April 2025 Easter Holidays
Friday 18th April 2025—Good Friday
Monday 21st April 2025—Easter Monday
Thursday 1 May—RNLI Water Safety Assembly (Yr's 1-6)
Monday 5th May 2025 —May Bank Holiday
Thursday 8th May 2025—INSET Day (Flora Day)
Monday 12th—Thursday 15 May—Year 6 SATS week
Monday 26th 2025 May—Spring Bank Holiday
Tuesday 27th to Friday 30th May—Half Term
Monday 2nd June 2025—INSET Day
Monday 9th—Weds 11th June 2025— Year 5/6 Camp/Residential
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.



WELL DONE

TEAM	20.12.24	10.01.25	17.01.25	24.01.25	31.01.25	07.02.25	14.02.25
Killigrew		★	★	★	★	★	★
Trevithick							
Bassett	★						



Owen -Headliner



NUMBOTS



MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Franklin—142 mins	Evie—55 mins	Tuva—112 mins
Jemima—70 mins	Bodhi—54 mins	Charlie—63 mins
Evalyn—60 mins	Freddie—45 mins	Daisy—59 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Carter—9 gems	Freddie—7 mins	Daisy—8 gems
Franklin & Alice—7 gems	Sebby—5 gems	Noah—7 gems
	Alex—3 gems	Essie—6 gems

HALL OF FAME

Charlie, Elsie, Essie, Ethan, Lowen, Oscar, Samuel, Tuva, Millie, Alex,
 Evie, Isobella, Alice, Amy, Carter, Clay, Dollie, Franklin, Fritz, Jake,
 Jemima, Rosie & Ruby

WILD ABOUT WILDLIFE

FRIDAY 21ST FEBRUARY
12.00PM – 3.00PM

On Events square, Coronation Park



Come and meet some Exotic animals



Take part in ,
foraging walks
and nature trails,
plus lots of free
activities



**Cornwall
Wildlife Trust**



**Cornwall
Butterfly
Conservation**



Find out about
local
organisations
and what you
can do to help

Join us for another
WILLOW DAY

@ Breage Field
10.30 – 12.30 Saturday
22nd February

FREE EVENT
OPEN TO ALL
DONATIONS WELCOME
REFRESHMENTS AVAILABLE
CASH ONLY

Join us for a couple of hours to
prune and tidy our willow den
and reinstate the willow “nest”.
Learn some weaving techniques
and how to build a willow
structure.





"A mix of great traditional kids' entertainment with a smidge of adult humour thrown in for free!"

- Audience feedback

**Tickets
just £5**

Squashbox: The Sea Show

Meet crazy characters like Morwenna the 'beautiful' mermaid, Ruan the reformed seagull and salty seadog Captain Pemburthy, as well as a cast of mischievous sea-squirts, anemones, limpets, crabs and pilchards.

Come and celebrate the sea with tall tales, silly slapstick, fantastic facts, live music and songs - unmissable fun for children and adults of all ages!

**Trevow
Helston**

23rd February 11am & 2pm
Helston Old Chapel, Meneage Rd, TR13 8BH
www.trevowhelston.co.uk 01736 810181

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

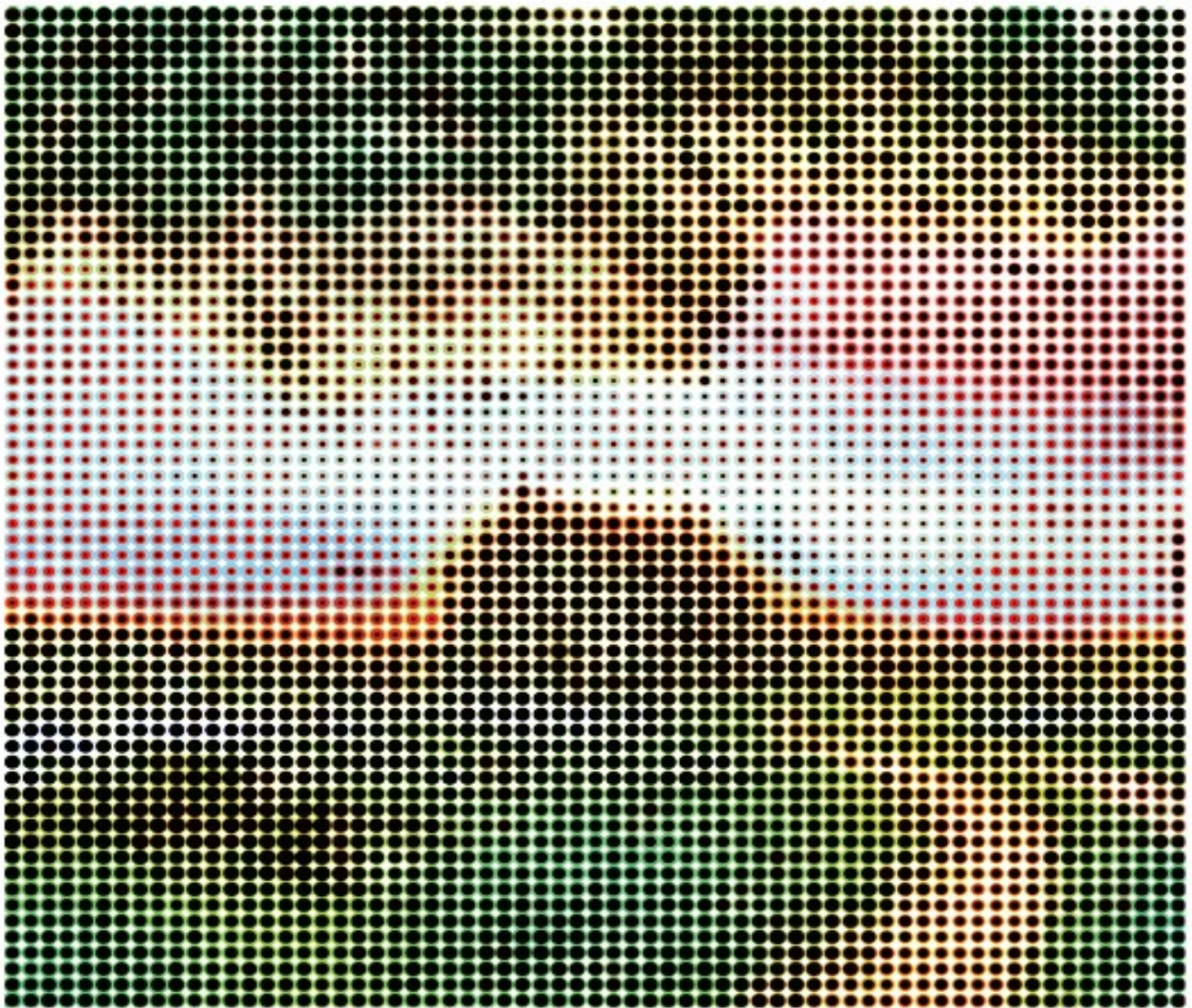


GOOD
GROWTH



@oregioncornwall

**Do not look at
this poster.**



Hey rule breaker, well done for seeing things differently! Some people spot the house instantly; others see something else entirely. That's the beauty of perspective - everyone experiences the world in their own way. However you see things, you're not alone.

If you ever need support or just a space to talk, visit kooth.com.

kooth



Virtual Sessions with Kooth

Tuesday 18th February

**Young People's Online Safety Session
for parents and carers**

10:00am-11:00am

Tuesday 18th February

**What is Kooth?
Session for parents & carers**

1:00pm - 2:00pm

Wednesday 19th February

**Managing anxiety with self care
Session for those aged 11-18**

10:00am - 11:00am

Wednesday 19th February

**Managing anxiety with self care
Session for those aged 11-18**

2:00pm-3:00pm

Friday 21st February

**Young People's Online Safety
Session for parents and carers**

5:00pm - 6:00pm

kooth

Kooth provides free, safe, anonymous mental health support and counselling for all 11-18 year olds in Cornwall

kooth.com



Book for
free here



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

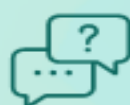
info@facefamilyadvice.co.uk

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



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	BBQ Quorn Fillet Served with Wholegrain Rice	Quorn Sausages Served with Mashed Potato and Gravy	Roasted Vegetable and Cranberry Slice Served with Roast Potatoes and Gravy	Tomato and Sweetcorn Pasta	Cheese and Sweetcorn Omelette 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	Cheesy Bean Burrito	Quorn Burger Served with Potato Wedges	Roast Quorn Served with Roast Potatoes and Gravy	Meatless Feast Cheesy Pizza Served with Pesto Pasta	Veggie 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	Vegetable Fajita Served with Wholegrain Rice	Chinese Vegetable Noodles	Winter Vegetable Hotpot Served with Gravy	Macaroni Cheese	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	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					

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