



Newsletter

Friday 7 February 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.



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

Candlemas—Sunday 9 February 2025

Sithney Church would like to invite all children and parents of the school to the church Candlemas Evensong on Sunday 9th February at 6-00pm.

Candlemas is the end of the Christmas season, when we begin to look forward to Spring, Lent and Easter. There will be the opportunity for any children present to take part in the service during the candle procession, and for the closing of the curtains on the crib.

Visit from Will Keating!

The school had a lively and exciting start to the week, as Cornish singer and songwriter, Will Keating, led a singing workshop for each class and then ended the day with a whole school assembly. We are now looking forward to being a part of the Mass Sing at the Hall for Cornwall on Monday 3rd March, celebrating St. Piran's Day.'



Wonder Zone Art!

This week Wonder Zone have created an amazing piece of 3D art for their classroom .

Please meet **Gerald** the new Wonder Zone house spider!



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.

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.

Attendance—Week Ending Friday 7 February 2025

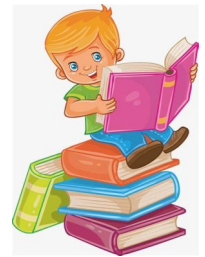
Busy Zone	98.68%
Wonder Zone	92.44%
Smart Zone	88.27%
Study Zone	92.89%
Whole School	92.93%

(**School Attendance Target: 97%)



Reading Roll of Honour

Oscar, Ruben R, Tuva, Noah, Ronan, Arthur, Frank, Ethan, Lowen, Rocco, Rosie, Ruby, Clay, Carter, Sephy, Jemima, Dollie & Thomas



Word of the Week

Wonder Zone: **Compose:** This means to put something together.

KS2: **Minatory:** This means threatening



Diary Dates 2024 / 2025

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 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
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.



WELL DONE

TEAM	13.12.24	20.12.24	10.01.25	17.01.25	24.01.25	31.01.25	07.02.25
Killigrew			★	★	★	★	★
Trevithick							
Bassett	★	★					



Freddie- Rock Hero



NUMBOTS

Ruby C



MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Evalyn—77 mins	Isobella—73 mins	Lowen—92 mins
Sephy—71 mins	Evie—56 mins	Ethan—85 mins
Jacob—66 mins	Harvey—41 mins	Tuva—74 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Carter—9 gems	Isobella & Evie—10 gems	Ethan—22 gems
Dollie—8 gems	Sebby—6 gems	Lowen—15 gems
Sephy—5 gems		Noah—12 gems

HALL OF FAME

Essie, Charlie, Ethan, Lowen, Noah, Oscar, Samuel, Teddie, Tuva, Alex, Bodhi, Evie, Harvey, Owen, Penny, Aerin, Alice, Amy, Carter, Clay, Dollie, Evalyn, Fritz, Jacob, Jemima, Sephy, Rosie & Ruby



CAMBORNE GIRLS U12 LOVE RUGBY FESTIVAL



Special guests, Red Roses:
Maddie Feaunati
and
Claudia Macdonald

All U12 (Year 6 and 7) girls welcome. No experience required. Learn new skills and make new friends. Find a club for you wherever you're from in Cornwall.



**CAMBORNE RFC
CRANBERRY ROAD
TR14 7PJ**

**SUNDAY 9TH FEB.
12 - 3**

Register here!



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

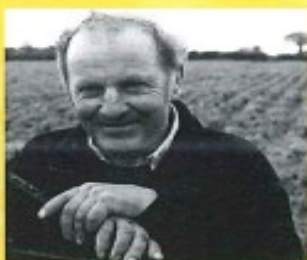
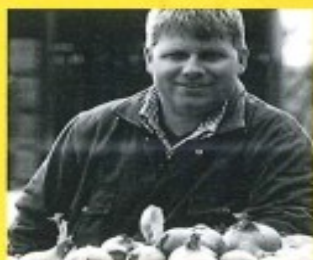
Traditional Steak Pasty
or Cheese and Onion Pasty

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

**BUY NOW
SAVE 30%!**

On Standard Admission Tickets

**Limited time
offer...**

DON'T MISS OUT!

Only available to buy in FEBRUARY



*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



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UK Government



CORNWALL
COUNCIL



Council of the
ISLES OF SOLLY

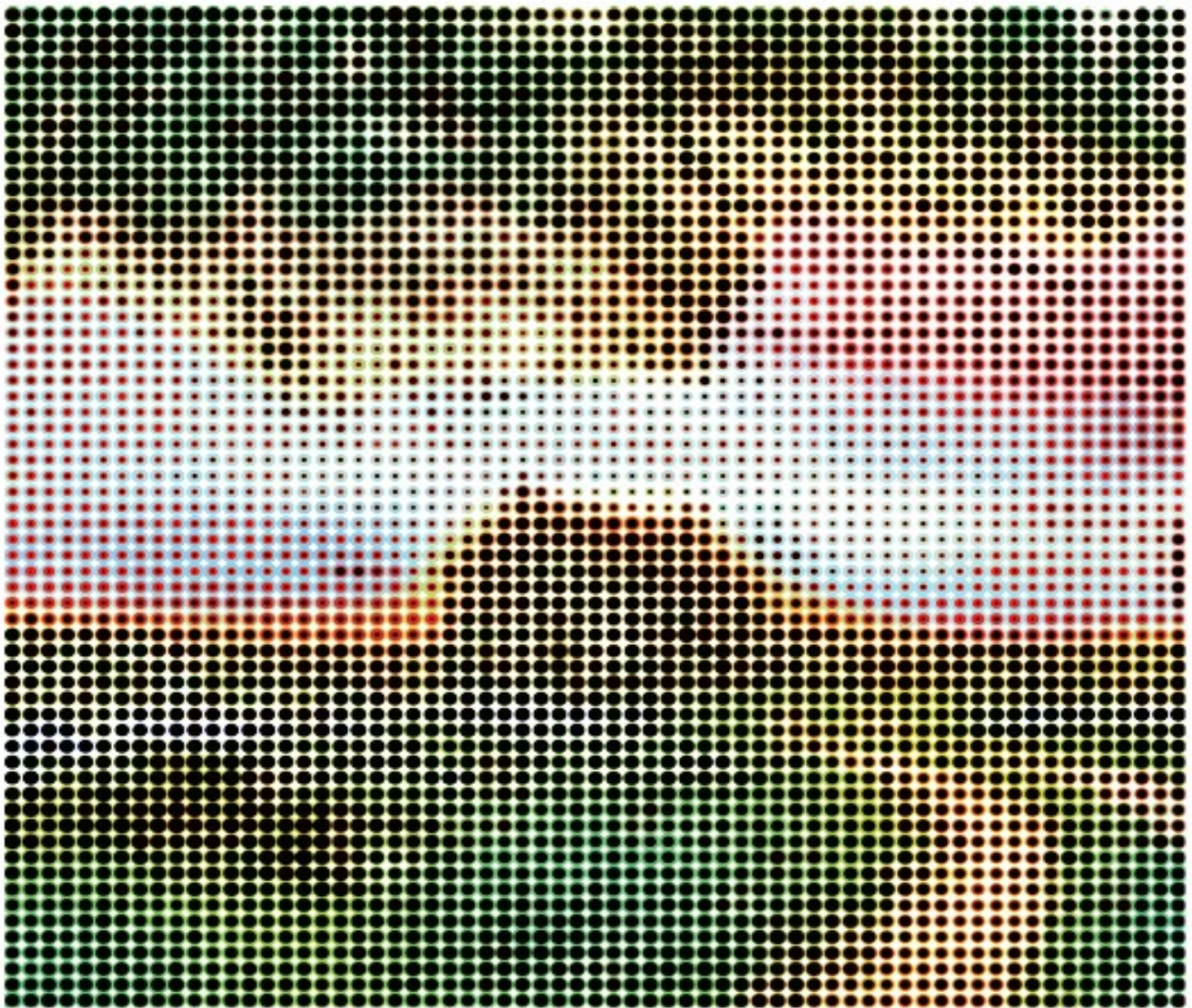


GOOD
GROWTH



@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.



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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