



Newsletter

Friday 21 March 2025

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

Email Secretary: sithneysecretary@croftymat.org

Email Head: sithneyhead@croftymat.org

FOSS Easter Tombola

Just a reminder that FOSS are seeking donations for their Easter Tombola. Donations can include Easter Eggs, Chocolate, Sweets, Books, Gifts, Toys & Crafting Items. Thankyou for

Changes to Waste at Sithney School

As you are all aware, there have recently been changes to how our waste is collected at home. These changes will now apply to our school as of 31 March 2025. As it appears that the school will only be provided with a domestic sized green food bin, we will be asking all children who bring in a packed lunch, to take all of their waste (both food and packaging) back home with them in their lunchbox. Chartwells, our caterers will be responsible for removing food waste left over from school dinners. We anticipate the next few months will be a learning curve as we get used to the new system at school. Thank you for your understanding.

Pokémon Cards

Unfortunately; due to ongoing issues caused by these cards in school, the decision has been made that Pokémon cards will not be allowed in school as of next term (commencing Tuesday 22 April). Any cards onsite from this date will be confiscated from students and will be handed back at the end of the day. We apologise for any disappointment this may cause students.

Vacancies

Crofty MAT are currently advertising for TA Roles at Garras, Godolphin and Parc Eglos.
Please see the Trust Website for further details and how to apply.

Sithney School is looking for a Catering Assistant. Please see the Chartwells Advert later on in this newsletter for further details.

Attendance—Week Ending Friday 21 March 2025

Busy Zone	87.66%
Wonder Zone	99.56%
Smart Zone	97.39%
Study Zone	93.94%
Whole School	95.07%

(**School Attendance Target: 97%)



Reading Roll of Honour

Charlie, Jago, Ethan, Noah, Oscar, Arthur, Tuva, Evie, Bodhi, Sebby, Harvey, Ned, Penny, Sephy, Thomas & Verity.



Word of the Week

Wonder Zone: 'Incredulous' - This means very surprising or shocking

Smart Zone: 'Bewitch' - This means to attract or interest someone so that you have power over them.

Study Zone: 'Minatory' - This means threatening



Diary Dates 2024 / 2025

Thursday 3 April—FOSS Tombola
Monday 7th April to Thursday 17th April 2025 Easter Holidays
Friday 18th April 2025—Good Friday
Monday 21st April 2025—Easter Monday
Monday 28 April—Easter Service at Sithney Church
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
Tuesday 13 May—Wonder Zone Surf Day - Letter to follow
Friday 23 May—VE Day Celebrations
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
Tuesday 10 June—Smart Zone Surf Day—Letter to follow.
Monday 16th June—Sustainability week will commence
Monday 23 June—Sports Day
Tuesday 1 July—Transition Morning for all year groups.
Tuesday 1 & Wednesday 2 July—Helston College induction for Year 6 students
Monday 7 July—Aspirations week will commence
Friday 11th—Weds 16th July—Y5/6 Bikeability (details tbc.)
Monday 14 July—Business Enterprise Week followed by a sale on Friday 18 July.
Monday 14 July—Reserve Sports Day
Monday 21 July - Leavers Assembly—Year 6 Parents only
Wednesday 23rd July 2025 INSET Day
Thursday 24th July 2025—Summer Holidays



Dates for
the Diary:

2024/2025 Cross Country Dates

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	31.01.25	07.02.25	14.02.25	28.02.25	07.03.25	14.03.25	21.03.25
Killigrew	★	★	★	★	★	★	★
Trevithick							
Bassett							



Evie Norris -Rock legend



NUMBOTS



MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Jemima—81 mins	Isobella—62	Oscar—99 mins
Jake—40 mins	Alex—61 mins	Ronan—85 mins
Evalyn—33 mins	Freddie—55 mins	Frank—69 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Clay—9 gems	Freddie—14 gems	Noah—12 gems
Carter & Dollie—	Evie—7 gems	Ethan—10 gems
	Harvey—5 gems	Ronan—9 gems

HALL OF FAME

Elsie, Essie, Ethan, Noah, Oscar, Ronan, Samuel, Teddie, Alex, Evie, Freddie, Harvey, Penny, Aerin, Carter, Clay, Dollie, Evalyn, Jake and Jemima.

Guess the Name!

Starting on Monday 24th March, FOSS are delighted to announce 'Guess the Name'. It will cost £1 for one guess or £2 for three guesses. If you would like to enter, please take your entry money to Mrs Butcher. The winner will be announced at the Easter Tombola on Thursday 3rd April, after school.





Happy EASTER

JOIN US AT SITHNEY SCHOOL FOR
TOMBOLA, GUESS THE TEDDY'S NAME,
HOT CHOCOLATE & HOT DOGS

AFTER SCHOOL
THURSDAY 3RD APRIL

RAISING MONEY FOR FOSS TO
SUPPORT YOUR CHILD'S EDUCATION



ARE YOU INTERESTED IN SCHOOL CATERING THAT FITS AROUND YOUR HOME LIFE.

NO WEEKENDS OR EVENINGS.

CHARTWELLS HAS A VACANCY IN YOUR SCHOOL.

20HR A WEEK CATERING ASSISTANT AT SITHNEY SCHOOL

(own transport required with fuel allowance)

POSITION IS TERM TIME ONLY WITH SALARY SPREAD OVER THE WHOLE YEAR.

IF YOU ARE INTERESTED, PLEASE CALL OR EMAIL

KAREN – 07760172002

Karen.wallens@compass-group.co.uk



Are you interested in school catering that fits around your family life.

No weekends or evenings

Chartwells have the following vacancies in your area.

16hr a week catering assistant Trannack school (own transport required with fuel allowance)

Positions are term time only with salary spread over the whole year.

If you are interested, please call or email

Karen – 07760172002

Karen.wallens@compass-group.co.uk

Join us at Breage Field for

GARDENING CLUB!



Discover the joys of gardening, learn new techniques, and connect with fellow gardening enthusiasts. Sessions are ad-hoc depending on field requirements and the weather!

Everyone Welcome! Regardless of knowledge or ability!

To join the group or find out more contact Caroline on 07791790075 or scan the QR code to find us on Facebook





BOOKS by the BOATING LAKE



Have you heard about the **Big Top** at **Coronation Park** during the Easter holidays? Percy Pengelly is bringing his Big Top and a live-action performance of *Percy Pengelly & the wibble-wobble* from **5-21 April 2025**, thanks to Cousin Jack's Theatre (www.cousinjacks.org). And while Percy is taking a break from his story, we will have a few friends of the Bookshop sharing their stories!

Tickets for all Bookshop events are £3, book through www.ticketsource.co.uk/the-bookshop-in-helston
Adults are to be accompanied by their responsible children at all events!



SATURDAY 5 APRIL, 3.30pm

Story Adventures with Alasdair Hoswell!

Join award-winning Cornish author and illustrator Alasdair Hoswell for an interactive, play-based storytelling adventure that brings Cornwall's culture, language, and wild imagination to life!

Alasdair's bilingual book, *Cornwall, The Land You Can Count On* takes children on a counting journey from 0-10 in Cornish and English, packed with Cornish culture, heritage, and fun! But the adventure doesn't stop there - he'll also share his hilarious books *There's Something Nasty in My Pasty!* and *I Brushed My Teeth with Hair Gel!* Get ready for laugh-out-loud moments, interactive storytelling, and immersive play where YOU can join in!

Suitable for 5+ Tickets £3 ticketsource.co.uk/the-bookshop-in-helston



TUESDAY 8 APRIL, 3.30pm

Keith Sparrow Manga Drawing Workshop

Join manga artist and writer Keith Sparrow for a fun drawing workshop and unleash your inner mangaka!

Keith runs regular manga-drawing sessions across Cornwall and Devon, and is the author of several books on the art of manga drawing. His new book, 'Cornwall's Fantastic 5!' features the stories of five outstanding figures in Cornish history, told in manga form!

Suitable for 8+ Tickets £3 ticketsource.co.uk/the-bookshop-in-helston



SATURDAY 12 APRIL, 3.30pm

Justyn Edwards and The Great Fox Illusion Workshop

This event will be a trick. Please don't trust it or sit back and enjoy it. In fact, don't take your eyes off it for a second, because by the end I'll have done several impossible things. **The question is, will you be able to work out how I did them?**

In the Great Fox books, Flick and Charlie are challenged to work out the secrets behind some of the most baffling magic tricks that have ever been performed. But how good are your detective skills? How quickly can you solve a mystery? **There's only one way to find out.**

Suitable for 6+ Tickets £3 ticketsource.co.uk/the-bookshop-in-helston

SATURDAY 19 APRIL, 3.30pm

Cornish Folk Tales of Place: Traditional Stories from Mid and West Cornwall

West Cornwall is a land of tin-mine strewn cliffs and safe south harbours, with all the bustle of ships, fishing boats and gig boats. The beaches are blessed with stretching sands, tempting surf, stunning caves and a theatre beside the ocean. Along the cliffs lurk grumpy giants, playful piskeys and hungry dragons.

The middle of Cornwall is clay country and farming. In the towns live wise women, dashing devils, strong wrestlers and fearless hurlers. Beware hissing spriggins, seducing sea women and restless ghosts.

Author Anna Chorlton and storyteller Sue Field will introduce Mazed, their project collecting the folklore of Cornwall and sharing those stories in new and interesting ways. Anna will read short tales centred on Helston and The Lizard from the brand new book, and Sue will accompany with puppets of folklore collectors Robert Hunt and William Bottrell.

Suitable for all ages Tickets £3 ticketsource.co.uk/the-bookshop-in-helston



The Bookshop in Helston, 77 Meneage Street, Helston TR13 8RB 07375 909813 info@thebookshopinhelston.co.uk



Sailing in the School Holidays



Easter Courses

Trevassack Lake

RYA Stages 1, 2 & 3 plus a Refresher course - two full days of safe, fun sailing at our fully accessible lake



FIND OUT MORE

Saturday Clubs

Helford River

RYA Stages 1 & 2 certification over six Saturday mornings - get more sailing for your money!



FIND OUT MORE

OR

Just for Fun Clubs to build skills and experience during Easter Holidays, Summer Term-Time or in the Summer holidays



TREVASSACK LAKE
THE HELFORD RIVER

01326 702326
HELLO@CSTEXPERIENCES.CO.UK

Activities are offered for 8-15 year olds and by joining our courses you're supporting the charity's work in providing accessible watersports activities for all



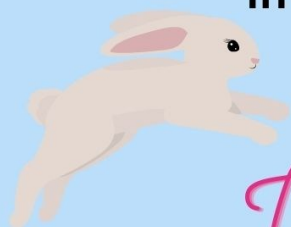
Cornwall Partnership
NHS Foundation Trust



National
Trust



The Mental Health Support Team warmly
invite you to attend an



EASTER

Wellbeing group



During the Easter holidays MHST, in collaboration with the National Trust would like you to join us on a FREE wellbeing session at various locations in Cornwall.

This is for parents and their primary aged children (5-11) in Cornwall to help understand and support emotional and mental wellbeing. Please book EACH child on to a session below:



Morning and afternoon sessions available:

Wednesday 9 April 2025 - Penrose Estate

10.00-12.00 or 2.00-4.00

or

Wednesday 16 April 2025 - Kennack Sands either

10.00-12.00 or 2.00-4.00



To request a place,
complete the online form
or scan the QR code
provided:

<https://forms.office.com/e/Epj7iLqgEc>

Come prepared for all weathers and
feel free to bring a picnic (please do
not bring any foods that may
contain nuts)



Follow us on Facebook for updates and upcoming events:
[Cornwall Mental Health Support Team \(MHST\)](#)

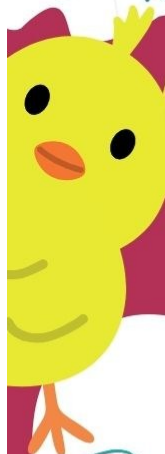
Please note: Places are limited and will be allocated on a first come, first serve basis. If you are allocated a place and cannot attend, please let us know so we can allocate your space to someone else



SPORTS AND ACTIVITIES

Coast
ACTIVITY PROGRAMME

**THIS
EASTER HOLIDAY**



Ofsted
Registered
See website for details



**Free Half Day Places
and a
Hot Meal for FSM Children**



**Hayle Academy
St Ives Secondary School
Helston Community College
St Mary's Catholic Penzance**



**£20 for Non Free School
Meal places**

ACTIVITIES

- Silent Disco
- Dodgeball
- Tennis
- Football
- Cricket
- Rugby
- Bike Riding
- Arts and Crafts
- and so much more



AGES 5-16

SCAN TO BOOK

07939863010



www.coastactivityprogramme.com
info@coastactivityprogramme.com



A WEEKEND OF **EXPLORATION & DISCOVERY**

HELSTON

SPRING THING

21 — 23 MAR




THE QUEST

Put your knowledge, observation and curiosity skills to the test in the Town Quest!

How to play

It's free and fun for all ages! Gather your team, follow the clues, and explore the town to uncover the answers. To begin your quest, collect the quest sheet from one of the following locations (see map)

**NO.42 THE LIVING ROOM
MUSEUM OF CORNISH LIFE
DALE'S FAMILY BUTCHERS
THE HELSTON BOOKSHOP
THE BLUE ANCHOR INN
CAST**



ACTIVITIES — **AROUND TOWN**

Spring has sprung and there's no better time to discover Helston!


TAKE PART IN **FREE WALKS & WORKSHOPS** springing up throughout the town.

Check out the full programme and book your **FREE TICKETS** at:
WWW.HELSTONSPRINGTHING.COM




HELSTON

Pick up a copy of The Quest at one of the marked locations.



Helston Place Shaping Board

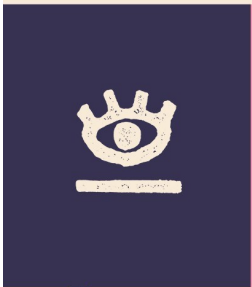
The Helston Spring Thing has been funded by Cornwall Council's Town Delivery Fund. This project is being developed and delivered by the Helston Place Shaping Board in conjunction with Helston Town Council.

HELSTON

SPRING THING



A WEEKEND OF **EXPLORATION & DISCOVERY** **21-23 MARCH**



TAKE PART IN —

THE QUEST

Put your knowledge, observation and curiosity to the test in the Town Quest!



FREE WALKS & WORKSHOPS

Explore Helston through guided walks and hands-on workshops happening all around town.

FREE
& fun for all ages!

Check out the programme and book your **FREE TICKETS** at: WWW.HELSTONSPRINGTHING.COM




TIME MOVE

Holiday Programme



EASTER 2025

- Activities including multi sports, forest schools, circus skills, water sports and lots more - for children aged 5 to 16
- Every session includes a healthy meal for all children
- Funded places for ALL children eligible for benefits related free school meals

Activities are taking place across Cornwall during the Easter holidays from April 7th - 18th

Scan here
to book!



www.activecornwall.org/T2MHolidayProgramme/
Time2Move.HolidayProgramme@cornwall.gov.uk
01872 324287

Funded by


Department
for Education


active
CORNWALL


CORNWALL
COUNCIL

FSM Funded Forest School Easter Holiday Club

Booking link

<https://playwaze.com/natures-playground/yegr8ngbfcido/session->

A colorful promotional poster for an Easter Forest School event. The background is light pink with illustrations of white rabbits, colorful Easter eggs (red and white stripes, blue, purple, green), and white daisies. At the top center is a circular logo for 'NATURE'S PLAYGROUND' featuring a tree. The main title 'Easter Forest School' is in large, pink, bubbly letters. Below it, the dates 'Tues 8th and Weds 16th April' and time '9:30-3:00' are in blue. The text '14 funded spaces available for free school meal families. Join our Forest School Leaders for a day of outdoor Easter themed fun. Campfire lunch and snacks provided.' is in blue. At the bottom are logos for 'TIME MOVE Holiday Programme', 'Department for Education', 'active CORNWALL', and 'Cornwall Council'.

Easter Forest School

Tues 8th and Weds 16th April

9:30-3:00

14 funded spaces available for free school meal families.
Join our Forest School Leaders for a day of outdoor Easter
themed fun

Campfire lunch and snacks provided.



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





Spring 2025 Newsletter

FACE delivers online support via zoom for parents across the UK
Talks are 90 minutes long, £24 each - Book Online at facefamilyadvice.co.uk



Schools can now buy a
FACE School Annual Membership
which means **ALL** parents and **ALL** staff
get unlimited **FREE** access to **ALL** 16 parent talks

Thursday
24th April
19:00 - 20:00
FREE



Responding to Angry Behaviour
What can we do in the moment?

Tuesday
18th March
10:00 - 11:30
£24



Anxiety Explained
Anxiety, especially in our young is rising.
This session explains what it is, why it happens and how you can help.

Tuesday
3rd April
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.

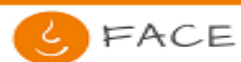
Tuesday
3rd April
19:00 - 20:30
£24



Improving Family Communication
How to reduce the shouting and arguing and start the talking.

facefamilyadvice.co.uk.

info@facefamilyadvice.co.uk



Spring Timetable

all sessions delivered live online via zoom £24 each 90 minutes long
book online at facefamilyadvice.co.uk

Anxiety Explained	18 MAR 7pm
What is ACT?	20 Mar 7pm
Understanding the Teenage Brain	24 MAR 10am
Supporting Healthy Sleep	24 MAR 7pm
Decreasing Depression	25 MAR 10am
Raising Self-Esteem	25 MAR 7pm
AUTISM: Improving Communication	2 APR 10am
Supporting a Child with ADHD	3 APR 10am
Improving Family Communication	3 APR 7pm
Supporting Healthy Screen Use	7 APR 10am
Facing Defiance	7 APR 7pm
Anxiety-Based School Avoidance	8 APR 10AM
Understanding Anger	8 APR 7pm
Anxiety Explained	14 APR 10am
Cannabis & Ketamine Awareness	14 APR 7pm

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