



# Newsletter

Friday 16 May 2025

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

Email Secretary: [sithneysecretary@croftymat.org](mailto:sithneysecretary@croftymat.org)

Email Head: [sithneyhead@croftymat.org](mailto:sithneyhead@croftymat.org)

## Year 6—SATS

We would like to congratulate our Year 6 students upon completing their SATS this week. All of our Year 6 students have worked so hard this year. Well done all!

## School Field

Please can we ask parents and carers not to allow students to climb over the hedge or gate, into the school field to play after-school. Many thanks

## Sithney School Inset Days 2025/2026

Inset days for 2025/2026 are: Wednesday 3<sup>rd</sup> September 2025, Monday 3<sup>rd</sup> November 2025, Monday 5<sup>th</sup> January 2026, Monday 23<sup>rd</sup> February 2026, Friday 8th May 2026 (Flora Day), Monday 22nd June 2026 and Thursday 23<sup>rd</sup> July 2026.

## After-School Club

Please can we remind all parents and carers that after-school club finishes at 5pm and that all students need to be collected by this time. We would also like to again remind parents that ASC no shows, will 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.

## Nancegollan Toddler Group

Nancegollan Toddler Group have SupaStrikers football joining them on Tuesday 20th May from 9.30am-11.30am. The cost is £1 per family.



### Leavers Hoodies!



There was great delight this week as Year 6 students received their Leavers Hoodies!

### Muddy Race for Life!

A huge congratulations to Jemima, who along with younger brother Oscar and their older sister, completed the Cancer Research 5K Muddy Race for Life, last weekend. The fab trio along with mum, completed the gruelling course in just over 50 minutes. Jemima said the hardest part for her was running between the obstacles! The family raised the incredible sum of £515 for the charity, and in loving memory of their aunt.



## Cross-Country



Sithney School was again represented well at the recent Cross Country. It was particularly great to see some of our younger students coming up through the ranks! Well done to all!

If your child would like to join the team, the last race of the season is a fun run, and takes place on Tuesday 10 June at 4pm at Mullion. This race is open to Reception students as well as KS1 and KS2

A



## DragonFly on the School Field

One of our student's was delighted to find a Dragonfly on the school field this week



## Wonder Zone Surf Day

Students from Wonder Zone enjoyed the most fabulous day at Praa Sands beach this week. Under the expert instruction of Global Boarders, they enjoyed a day of surfing and beach games. The day ended with many smiles and many students wanting to go back the next day!



### Attendance—Week Ending Friday 16 May 2025

Busy Zone	92.5%
Wonder Zone	93.59%
Smart Zone	95.42%
Study Zone	<b>97.47%</b>
Whole School	94.47%

(\*\*School Attendance Target: 97%)



### Badges

Verity - Music badge

Ruby - Community badge

### Reading Roll of Honour

Mylor, Carey, Marina, Oliver, Arthur G, Elowen, Ethan, Arthur T, Ruben, Oscar, Eddie, Charlie, Wynter, Penny, Ned, Alex, Harvey, Evie, Finley, Owen, Sebby, Thomas & Jemima.



### Word of the Week

**KS1: 'Investigate'** - This means to carefully look into something to learn more about it, like solving a mystery or finding out how something works.



**KS2: 'Brumous'** - This means of grey skies and wintry days; heavy cloud or fog; a period of cold and sunless weather.



## Diary Dates 2024 / 2025

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—Helston Community College Roadshow for Year 5 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  
Friday 23 September 2025—Languages Day



Dates for  
the Diary:

## 2024/2025 Cross Country Dates

All remaining cross country races include KS1.








Tuesday 6th May	Race 5	Reception/KS1 and 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	21.03.25	28.03.25	04.04.25	25.04.25	02.05.25	09.05.25	16.05.25
Killigrew							
Trevithick							
Bassett							



## MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Evalyn—53 mins	Bodhi & Evie—42 mins	Oscar—54 mins
Jemima—42 mins	Sebby—30 mins	Tuva—50 mins
Sephy—36 mins		Grace—47 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Jake—4 gems	Finley, Sebby & Evie—3 gems	Noah—6 gems
Jemima & Carter—3 gems		Oscar & Grace—3 gems

## HALL OF FAME

Charlie, Noah, Oscar, Tuva, Evie, Carter, Dollie, Jake, Jemima & Sephy

# TRY TENNIS FOR FREE

## Hayle Tennis Club Open Day

SATURDAY 17TH MAY FROM 9AM

FREE ENTRY

OPEN FOR ALL AGES



Coaching



Membership Offers



Try Pickleball

### On the day

9AM-10AM 5-8 YEAR OLDS COACHING  
10AM-11AM 9-12 YEAR OLDS COACHING  
11AM-12PM 13-16 YEAR OLDS COACHING  
11AM-12PM PICKLEBALL (ALL AGES)  
12-1PM ADULT TENNIS



VISIT [CSPARK.AT/HAYLELTC/OPENDAY](https://cspark.at/hayleltc/openday) OR  
SCAN THE CODE FOR MORE INFO



## **SATURDAY ART CLUBS AT CAST**



*Our popular Saturday art club for young people is open to new members.*

*Age 11-16? Join us on Saturdays at CAST to work with artists, explore your creativity, learn new skills, and develop creative projects!*

*All sessions are free with materials provided and you don't need any previous experience to take part.*

*Our Saturday Art Club enjoys a variety of workshops and projects including printmaking, textiles, stone carving, darkroom photography, ceramics, sculpture, zine-making, badge-making, painting, drawing and more! Join us to make art, experiment with materials and relax in a welcoming studio space supported by professional artists <https://castcornwall.art/learning/programme/saturday-club/>*

*We have 2 Saturday Art Club groups. The morning group meets from 10.30-13.00 and the afternoon group from 14.00-16.30. Summer term sessions will take place on the following dates and then resume in the autumn term.*

*3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup> May*

*7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> June*

### **HOW TO TAKE PART**

*We recommend registering as soon as possible to avoid disappointment.*

*To take part, or to find out more please contact [Kate@castcornwall.art](mailto:Kate@castcornwall.art).*

### **ABOUT CAST**

*CAST is a visual arts organisation, based in Helston, Cornwall. Our programme includes exhibitions of artist's film, talks, screening events and workshops. We provide learning programmes for schools and creative activities for children, families, and young people. CAST is also home to artists' studios, an open-access ceramics studio and a Café. For more information, please see our website: <https://castcornwall.art/>*

Sponsored by:



children's hospice  
SOUTH WEST



The brightest fun  
run for everyone!

Saturday 21 June 2025 at  
RAF St Mawgan, Newquay

rainbow  
RUN

Sign up today [www.chsw.org.uk/rainbow](http://www.chsw.org.uk/rainbow)

Registered Charity  
No. 1003314



# May Half Term Forest School



Carwynnen, Camborne

Friday 30th May

9:30 - 3:30

£35 per child (morning and  
afternoon snack included)

✉ [naturesplayground@hotmail.com](mailto:naturesplayground@hotmail.com)

Join us on  

@cornwallsnatureplayground





# Become a Parent Champion



## What is a Parent Champion?

Parent Champions are parent volunteers who give a few hours a week to talk to other parents about the local services available to them. **Parent Champions can make a big difference by sharing their experiences and knowledge with other parents.**

## Volunteering can help you to...

- Build confidence and skills
- Meet other parents/carers
- Access to free training
- Develop your communication and language skills
- Learn new skills to help you return to work

## Are you interested in becoming a Parent Champion?

Do you...

- Live in Cornwall?
- Have a child under 16?
- Use the Family Hubs and other local groups?
- Enjoy meeting and chatting with other parents?

## Then why not contact us to find out about our Parent Champion programme?

Visit: [fis.cornwall.gov.uk](https://fis.cornwall.gov.uk)

Email: [deborah.manning@cornwall.gov.uk](mailto:deborah.manning@cornwall.gov.uk)

Call: 07591 444532



**Parent  
Champions**  
Cornwall



Supported by



**CORNWALL  
COUNCIL**  
*one and all • oen hag all*

Together   
for Families



# SUGAR REDUCTION: THE CHARTWELLS STORY



## DID YOU KNOW? CHILDREN ARE EATING 2 TIMES MORE SUGAR THAN THEY SHOULD\*

Fuelling pupils with nutritious and delicious food is our number one priority. We are committed to meeting the School Food Standards and promise that our menus will never include banned sugary snacks or drinks, which typically account for half of children's sugar intakes.

As advocates of the Public Health England sugar reduction programme we are proud to have gone beyond the 20% reduction targets in all categories for recipes on our menu.

**OUR NEW SPRING/SUMMER 2025 MENU HAS ACHIEVED A 61% REDUCTION IN SUGAR ON OUR DESSERT LINE!**



**OUR CHOCOLATE  
BROWNIE  
CONTAINS OVER  
50% VEGETABLES**

## OUR AMBITION TO REDUCE SUGAR HAS BEEN ACHIEVED BY:

- Reformulation of popular recipes to reduce total sugar content
- Reduction in portion sizes of high sugar items, staying within the School Food Standards portion guidelines
- Working with suppliers to reduce sugar content in products
- Innovative development for new desserts
- Analysing menus year on year to ensure reduced sugar content
- Raising awareness of sugar consumption through a range of nutrition education initiatives

## DID YOU KNOW? OVER 50% OF OUR PRIMARY MENU DESSERT RECIPES CONTAIN FRUIT OR EVEN VEGETABLES!

Chartwells' pledge to reduce the sugar in children's diet doesn't end there! Our nutrition team are also on hand to deliver nutrition education sessions, supporting children to understand how to make their own balanced dietary choices, to best prepare children for a healthy life beyond the school gates. For further enquiries or bookings, please contact your local Chartwells manager or email: [Chartwells.CSU@compass-group.co.uk](mailto:Chartwells.CSU@compass-group.co.uk)

[For more information on our sugar journey please contact: menu@chartwells.co.uk](mailto:menu@chartwells.co.uk)

## THE FACTS

- Excess sugars linked to tooth decay, obesity and type 2 diabetes
- Free sugars add calories to diets without nutritional benefit
- Harvesting sugar beet is using prime agricultural land - a crop which we should be eating less of
- Reformulation has the potential for a huge, positive impact on our food system and health



**ALL CHARTWELLS SCHOOL DESSERTS ARE...**

✓ School Food Compliant

✓ Achieved over 61% reduction in total sugars since 2016

✓ Tasty and delicious

✓ Over half contain fruit or vegetables

\*\*<https://www.nhs.uk/healthier-families/food-facts/sugar/#~:text=Kids%20are%20having%20over%20family%20be%20healthier%20and%20happier>

It all starts with...



All Stars Cricket is the best cricket experience for **5-8 year-olds**

All kids are guaranteed to develop **new skills** while **having fun** and **making friends**

Participants receive a **personalised t-shirt**



Sign up today at  
**[allstarscricket.co.uk](http://allstarscricket.co.uk)**







# This is our game.

## Calling all 8-11 year olds!

Whether a graduate from All Stars or new to the sport, Dynamo's Cricket is an exciting way for kids to **play, learn** cricket skills and make **new friends**.

Participants receive a personalised New Balance shirt with their name and chosen number.

Sign up  
today



[dynamoscricket.co.uk](https://dynamoscricket.co.uk)

# MENTAL HEALTH SUPPORT TEAM - MHST



**Parents and Carers**  
Please join us for a  
5 session online  
workshop for  
**Behaviour as  
Communication**  
**- Parent support**

Various morning and  
afternoon sessions available  
starting week commencing  
9 June 2025 , please select  
when you sign up. Please note  
you will be signed up to the  
same day and time for the  
duration of the workshop.

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/BVHDPYUCQA)  
[HTTPS://FORMS.OFFICE.COM/E/BVHDPYUCQA](https://forms.office.com/E/BVHDPYUCQA)

OR SCAN THE QR CODE BELOW

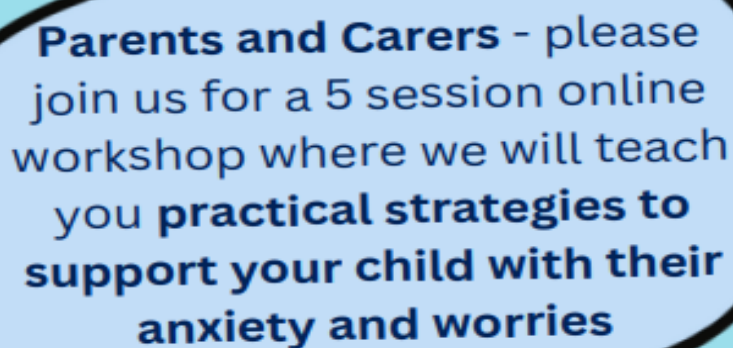


This workshop is open to  
parents/carers of  
primary aged children  
enrolled in Reception to  
Year 6 in any school in  
Cornwall





# MENTAL HEALTH SUPPORT TEAM - MHST

A speech bubble with a black outline, containing text, is positioned in the upper right. It is connected by a line to a cartoon lizard on the left. The lizard is blue with a rainbow-colored body and a rainbow on its back.

**Parents and Carers** - please join us for a 5 session online workshop where we will teach you **practical strategies** to support your child with their anxiety and worries

Various morning and afternoon sessions available starting week commencing 9 June 2025 , please select when you sign up. Please note you will be signed up to the same day and time for the duration of the workshop.

To book a place please complete the online form **HERE**  
<https://forms.office.com/e/OqRnKmCw1i> 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

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







# 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

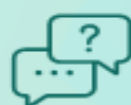
01326 702326  
HELLO@CSTEXPERIENCES.CO.UK

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



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

