



Newsletter

Friday 9 May 2025

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

Email Secretary: sithneysecretary@croftymat.org

Email Head: sithneyhead@croftymat.org

Menu Change

Thursday 15th May will now be fish and chips day and Friday 16th May will be burger day.

Sithney School Inset Days 2025/2026

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

Busy Zone Trip to Helston Museum

Reception children from Busy Zone had a wonderful trip to Helston Museum on Tuesday for a toys from the past workshop. They had the opportunity to explore the old toys in the museum, before making their own toys to bring home. The final challenge of the day was to create a teddy timeline! Great fun was had by all.



Flora Day 2025

We hope you all had a great day yesterday. Sithney School was well represented throughout the day with participants in the Hal an Tow and the Helston Town Band. It was also lovely to see so many ex-students dancing with their new school. Pictured below are Ruby who played in the Children's & Midday Dance, alongside her Grandfather & Tuva who participated in the Hal an Tow.



Attendance—Week Ending Friday 9 May 2025

Busy Zone	92.47%
Wonder Zone	97.69%
Smart Zone	97.65%
Study Zone	99.09%
Whole School	96.89%

(**School Attendance Target: 97%)



Reading Roll of Honour

Bryer, Carey, Noah, Tuva, Oscar, Ethan, Billie-Jean, Jamison, Bodhi, Penny, Ned, Alex, Evie, Finley, Sebby, Alice, Thomas & Sephy



Word of the Week

KS1: Miserable – When someone is sad or upset or when something feels uncomfortable like miserable weather.

KS2: **Rampike**— This means a dead tree that has remained standing often with a bleached trunk or damage due to fire or lightening.



Diary Dates 2024 / 2025

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—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	14.03.25	21.03.25	28.03.25	04.04.25	25.04.25	02.05.25	09.05.25
Killigrew	★	★	★		★	★	★
Trevithick				★			
Bassett							



MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Jake—50 mins	Evie—54 mins	Elsie—52 mins
Carter—49 mins	Freddie—41	Oscar—51 mins
Clay—46 mins	Alex—33 mins	Grace—49 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Jake—4 gems	Freddie—9 mins	Noah—4 gems
Jemima & Eyalyn—3 gems	Alex & Finley—3 gems	Oscar & Grace—3 gems

HALL OF FAME

Elsie, Noah, Oscar, Alex, Freddie, Evie, Jemima, Jake, Evalyn, Dollie, Clay & Carter

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.

3rd, 10th and 17th May

7th, 14th and 21st 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.

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

Sign up today www.chsw.org.uk/rainbow

rainbow
RUN

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

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

Email: 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

[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





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

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



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

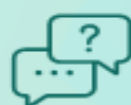
01326 702326
HELLO@CSTEXPERIENCES.CO.UK

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





Easter Timetable

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

Facing Defiance	7 April 7pm
Anxiety Based School Avoidance	8 April 10am
Understanding Anger	8 April 7PM
Anxiety Explained	14 APR 10am
Cannabis & Ketamine Awareness	14 APR 7pm
What is ACT	15 April 10am
Introduction to OCD	15 April 7pm
Supporting Healthy Sleep	22 April 10am
Understanding the Teenage Brain	22 April 7pm
FREE Responding to Angry Behaviour	24 April 7pm
Improving Family Communication	28 April 10am
Autism Improving Communication	28 April 7pm
Understanding Addictive Behaviour	29 April 10am
Supporting a Child with ADHD	29 April 7pm
Anxiety Based School Avoidance	6 May 7pm