



Newsletter

Friday 13 June 2025

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

Email Secretary: sithneysecretary@croftymat.org

Email Head: sithneyhead@croftymat.org

Hello from Mrs Sanderson

My name is Vicky Sanderson; I was lucky enough to work with Miss Neil and the Sithney Team during their 2023 OFSTED inspection, and am delighted to be returning to take over from Linda May as the Executive Headteacher of Sithney School.

I have been a head teacher in Cornwall since 2017, leading Halwin, Mylor Bridge and Marlborough primary schools, before moving to Parc Eglos in September of this academic year.

Working with your children, alongside this talented and dedicated staffing team is an absolute privilege. I am excited to embrace this role, and look forward to getting to know you, your children and your families in the coming weeks and months. Though I will be working across both Sithney and Parc Eglos Schools, I am contactable throughout the week either through Mrs Ellis in the school office, or at sithneyhead@croftymat.org.

Maths Whizz

Just a reminder to parents and carers that students should be completing Maths Whizz homework regularly. As part of our monitoring, we are noticing that some students are doing little, or no homework at all. This homework supports classroom learning, so is very

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 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.

Attendance—Week Ending Friday 13 June 2025

Busy Zone	97.02%
Wonder Zone	97.01%
Smart Zone	98.69%
Study Zone	97.98%
Whole School	97.61%

(**School Attendance Target: 97%)



Badges

Reading Roll of Honour

Elowen, Oliver, Elijah, Noah, Bryer, Arthur G, Eddie, Tuva, Oscar, Bella, Jamison, Ned,
Alex, Evie



Word of the Week

KS1: Steep—This means to rise or fall sharply.

KS2: Eldritch—This means weird and sinister.



Diary Dates 2024 / 2025

Monday 16 June—Sustainability week will commence
Monday 16 June - Outdoor learning (AM) for Study Zone,
Monday 23 June—Sports Day
Tuesday 24 June — Year 6 treat (AM)
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 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 commence
Wednesday 3 September 2025—INSET DAY
Thursday 4 September 2025—First day of term for students
Friday 23 September 2025—Languages Day



Dates for
the Diary:

18

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



WELL DONE



TEAM	25.04.25	02.05.25	09.05.25	16.05.25	23.05.25	06.05.25	13.06.25
Killigrew	★	★	★	★	★	★	
Trevithick							★
Bassett							



NUMBOTS

Harry



MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Jake—36 mins	Evie—87 mins	Frank—90 mins
Verity—18 mins	Billie—39 mins	Henry—79 mins
Aerin—7 mins	Freddie—31 mins	Teddie—68 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Jake—2 gems	Freddie—8 gems	Henry—12 gems
	Billie—6 gems	Frank—8 gems
	Evie—5 gems	Teddie—6 gems

HALL OF FAME

Oscar, Noah, Henry, Ethan, Charlie, Sebby, Penny, Freddie, Evie, Billie-Jean & Alex

PENZANCE
LEISURE CENTRE

LEARN TO SWIM

Scan the QR code



Working in Partnership
with your Local Authority



Learn to Swim
Programme



LeisureCentre.com

LOCALS SUMMER

ART WORKSHOPS FOR 7-13s

KINDLY FUNDED BY
LITTLE PARC OWLES TRUST.

JULY

Fri 2pm - 4pm

£12

Coastal Colour & Collage 25 July

Using a mixture of materials, have fun making art outside and capturing what you see.

AUGUST

Fri 2pm - 4pm

£12

Expressive Painting 1 Aug

Unleash your creativity and explore the vibrant world of abstract and expressive painting.

Playful Print: Collagraph 8 Aug

Experiment with collagraph, a textural and layered approach to printmaking.

Expressive Painting 15 Aug

Another chance to unleash your creativity and explore the vibrant world of abstract and expressive painting.

Ink + Paint + Paper 22 Aug

Learn how to create atmospheric artworks on paper, inspired by images of the wild landscape of Cornwall, using acrylic inks and paint.

Playful Print: Repeat Pattern 29 Aug

Learn how to make a never ending pattern through a satisfying trick in print-making!

ST IVES SCHOOL OF PAINTING®

schoolofpainting.co.uk

01736 797 180

St Ives School of Painting, Porthmeor Studios
Back Road West, St Ives, Cornwall TR26 1NG.
Registered charity no: 1146825 Registered company no: 7871063



Songtreats Music Club

excellent music education experiences

**3 days of musical
activities for children
to inspire and motivate
Cornwall's budding musicians**

Ensembles, composition, improvisation, music games, creativity, jam sessions, performances and loads of fun



CMST
ILOW RAG OLL

9am until 3pm 29th to 31st July 2025

BOOK NOW

**FOR
KEY STAGE 2**

£120 for 3 days or £42.75 per day

In partnership with Cornwall Music Service Trust

Hosted at the Truro School Music Block, Trennick Ln, Truro TR1 1TH

songtreats.com

WEST CORNWALL FAMILY MOTOR SHOW

**AT WENDRON CRICKET CLUB
UNDERLANE, CARNKIE, HELSTON, TR13 0EH**



SUNDAY 29TH JUNE

Family entertainment

10am - 4pm

Live music on stage

Traders & Catering

**Contact us:
wcfmshow@gmail.com**

**Admission:
Adult: £5
Under 16's: £2
Under 5's: FREE**

**Cider & Beer Festival
Fri 27th - Sun 29th**

**Camping available:
£5 per person, per night**



**Follow us:
West Cornwall Family Motor show**

WCFMS

THE MORRAB LIBRARY CHILDREN'S SHORT STORY



COMPETITION 2025

For 4-16 year olds who live in Cornwall.
Closing date Friday 11th July 2025.

Free to enter.



More information and entry guidelines
on our website:
morrablibrary.org.uk/shortstory2025
or scan the QR code.

Instagram: @morrablibrary



HOLIDAY CLUB

Carwynnen, Camborne

Thursday 24th July
&
Thursday 14th August

9:30 - 3:30
£35 per child

-  campfire snack
-  den building
-  flora and fauna ID
-  real tool use
-  woodland craft
-  child led play



✉ naturesplayground@hotmail.com

Join us on  

@cornwallsnatureplayground

SITHNEY SCHOOL COLOUR FUN RUN!

WEDNESDAY 9TH JULY

3.30PM, ON THE SCHOOL FIELD

INCLUDES TSHIRT, SUNGLASSES,
MEDAL, SPONSORSHIP FORM, BAG OF
SWEETS AND LOTS OF FUN!

SEE MRS BUTCHER WITH £10 PER
PERSON TO ENTER!

ENTRY DEADLINE 6.6.25



ALL FUNDS RAISED TO SUPPORT YOUR CHILDS EDUCATION



Pop up Food Hub

See our Facebook Page

Helston

Pop up Saturday June 21st **10:00 – 11:00**

Last Order Tuesday 17th June

Helston Community College

Pre-Order Only – payment on the day

**For £30, which helps to keep the charity running,
you will receive a trolley load containing:**

Tea or coffee
Pasta or rice
A selection of tins and cereal
Bag/box of Crisps
A box of pasties or pies
A bag of frozen items
A bag of fresh fruit/veg
A bag of household toiletries
Bread/rolls/cakes
Pet Food
Other extra items as available

ALL ITEMS SUBJECT TO AVAILABILITY



All welcome. No referral needed

We look forward to seeing you there

Remember to bring a trolley or plenty of strong bags

To guarantee your bundle please contact

Debbie on 07880 835 331

DCFA will endeavour to honour accepted special dietary request orders but cannot guarantee this.
Please note DCFA cannot guarantee that bundles are free from allergenic ingredients.

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

An online talk by Jane Keyworth



Supporting a Child with ADHD

Challenging the stereotypes, offering practical support and explaining more about this condition

June 23rd 7 - 8:30pm

Talks are recorded and available to watch for up to 48hrs after the session £24



Book online
facefamilyadvice.co.uk
go to **PARENTS**
on the **Homepage**





July Timetable

All sessions delivered live online via zoom £24 each 90 minutes long
Book online at facefamilyadvice.co.uk Recordings available for 48 hours

Understanding Anger	1 July 10am
Supporting Healthy Screen Use	1 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Cannabis & Ketamine Awareness	8 July 10am
Anxiety Explained	8 July 7pm
Raising Self-Esteem	14 July 10am
Supporting Healthy Sleep	14 July 7pm
Decreasing Depression	15 July 10am
Understanding the Teenage Brain	15 July 7pm
Supporting a Child with ADHD	21 July 10am
Understanding Addictive Behaviour	21 July 7pm
Autism Improving Communication	22 July 10am
Improving Family Communication	22 July 7pm
Facing Defiance	28 July 10am

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%202,family%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)

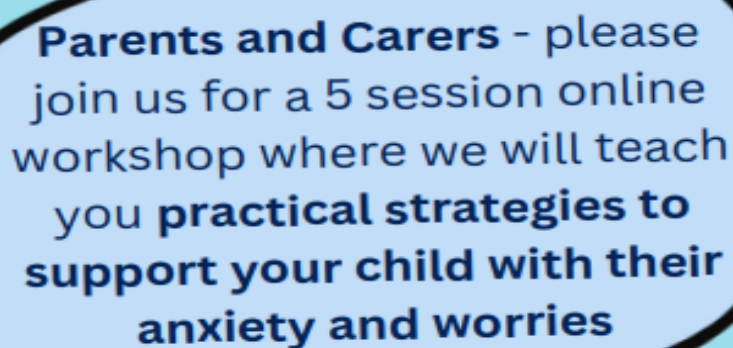
OR SCAN THE QR CODE BELOW



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

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

