



# Newsletter

Friday 20 June 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)

## Sports Day 2025

Just a reminder that weather permitting, it is our annual Sports Day on Monday, starting at 1.30pm. Students will get the opportunity to complete in eight fun events throughout the afternoon, winning points for their house team and the much coveted House Cup. FOSS will be attending the event and drinks, cakes and ice lollies will be for sale.

## School Hedge/Wall

Can we please ask parents and carers not to allow their children to walk or run along the top of the grassy wall/hedge which separates the school playground from the pavement. This wall/hedge is uneven in places and is slippery in wet conditions and could cause an accident. We thank you for your cooperation.

## 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

## Breakfast Club

Please can we remind all parents and carers that Breakfast Club needs to be booked in advance  
Thanks

### Attendance—Week Ending Friday 20 June 2025

Busy Zone	98.79%
Wonder Zone	99.57%
Smart Zone	98.69%
Study Zone	98.87%
Whole School	98.79%

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



### Badges

### Reading Roll of Honour

Monica, Carey, Elowen, Mylor, Arthur, Marina, Noah, Oscar, Tuva, Ethan, Evie, Sebby,  
Jamison, Harvey, Penny, Thomas, Jemima & Sephy



### Word of the Week

**KS1: Wobbly:** This means tending to move from side to side. Shake or unbalanced

**KS2: Murmurous:** A low indistinct murmuring



## Diary Dates 2024 / 2025

Monday 23 June—Sports Day 1.30pm

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

Wednesday 17 September—School Photos Day

Friday 23 September 2025—Languages Day

Monday 27 October—Friday 31 October 2025—Half Term

Monday 15 December—School Christmas Production



Dates for  
the Diary:

18

## 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**



## WELL DONE



TEAM	02.05.25	09.05.25	16.05.25	23.05.25	06.06.25	13.06.25	20.06.25
Killigrew	★	★	★	★	★		★
Trevithick						★	
Bassett							



## MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Carter—40 mins	Bodhi—54 mins	Grace—90 mins
Thomas H—32 mins	Alex & Billie – Jean—39 mins	Ronan—84 mins
Evalyn—29 mins		Tuva—54 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Jake—4 gems	Bodhi—10 gems	Ronan—8 gems
Thomas H & Jemima—3	Freddie—7 gems	Elsie—5 gems
	Sebby—4 gems	Oscar—4 gems

## HALL OF FAME

Elsie, Millie, Noah, Oscar, Ronan, Alex, Billie-Jean, Bodhi, Evie, Freddie, Jamison, Amy, Carter, Dollie, Jake & Jemima



## Reception Class Art Day at Gunwalloe

Busy Zone Reception children had an amazing beach trip with the other hub schools last Thursday. We meet with local Artist Mrs Pope, who led us through an exploration of beach art inspired by the work of Andy Goldsworthy. We then created our own interpretations using treasure that we found on the beach. We had great fun meeting the children in the other hub schools and working together to explore art. Despite the dreary weather we all had a great time!





### **Congratulations Tuva!**

Tuva attended the Helston Netball club presentation evening last weekend where she was awarded a trophy, t-shirt and keyring for her help in coaching Helston Hornets and Helston Cober netball teams. Tuva kept details of scores at each quarter break and gave each team a pep talk pre-match, telling them to go out and be awesome. Tuva was also tasked with keeping a tally of which players on court were doing the most shouting and she made an award to give to the player who gained the most ticks this season! Tuva has had a lot of fun being part of Helston netball club this season and she's excited about the next season starting. Head coach, Rach, said 'she's been an absolute delight to have and huge encouragement for the ladies'



# Do you want to find out more about teaching and learning in primary schools?

If you are saying 'yes' to this, Truro and Penwith College University Centre has the answer – the foundation degree (FdA) in Teaching and Learning.

The FdA Teaching and Learning course is a two-year programme, and you can study alongside working in school. Attendance at Truro College is required on one day in the week and the teaching is delivered during both the afternoon and evening of that day. As part of the course, you need to be in an education setting (working with Year 1 to Year 6 children) for a minimum of 15 hours each week based in a classroom. This means that you can continue working in your school whilst completing this foundation degree.

Want to find out more? Then email  
[heenquiry@truro-penwith.ac.uk](mailto:heenquiry@truro-penwith.ac.uk)

## What our students have said about the course?

"Very engaging course, that offers hands on experience alongside learning. Amazing opportunity to meet other people in the same field."

"An extremely insightful and helpful course - a real look at why teachers teach the way they do. Makes you 100% better at your role."

"The tutors are very supportive, and they do everything that they can to help!"

"Very glad I applied for this course. I'm really enjoying it, and I am part of a fantastic group! I work as a TA at a primary school currently. This course has given me an insight as to why class teachers do things certain ways. I'm a mature student with no regrets."

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](http://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





# BECOME A HUMAN BEAVER

EVER WONDERED WHAT IT'S LIKE TO BE NATURE'S FINEST ENGINEER?

## BUILD A TRICKLE DAM

07 JULY 2025 | 10AM - 3PM

A FUN AND EDUCATIONAL DAY WORKING TOGETHER AS 'HUMAN BEAVERS' TO BUILD A NATURAL FLOOD MANAGEMENT SYSTEM USING TRICKLE DAMS.

 The Grower Ltd  
Collections and Delivery Car Park  
Penwinick Road, Saint Agnes. TR5 0PA

**REGISTER NOW**




This activity is funded by the Future is Green project at Truro and Penwith College, which is part-funded by the UK Government through the UK Shared Prosperity Fund.





# 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 29<sup>th</sup> to 31<sup>st</sup> 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](http://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](http://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](mailto:naturesplayground@hotmail.com)

Join us on  

@cornwallsnatureplayground

# SITHNEY SCHOOL COLOUR FUN RUN!

WEDNESDAY 9<sup>TH</sup> 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



# 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

An online talk by Jane Keyworth



# Supporting a Child with ADHD

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

**June 23<sup>rd</sup> 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](https://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](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%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](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)

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

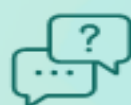
Activities are offered for 8-15 year olds and by joining our courses you're supporting the charity's work in providing accessible watersports activities for all





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

