



Newsletter

Friday 26 September 2025

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

Email Secretary: sithneysecretary@croftymat.org

Email Head: sithneyhead@croftymat.org

Student Stories

We love to hear of student achievements outside of school. If you have a success story you would like included in the newsletter, please email the school office.

Pre-School Closure—Monday 8 December 2025

Apologies but due to staffing, there will be no pre-school on Monday 8 December.

Wraparound Care

Please can we remind all parents and carers that sessions booked but not taken, unless cancelled 48hrs in advance, will still be charged for the full slot booked. This applies for both breakfast and after-school club. Thank you.

Parking outside of School

We have received an email from PCSO Julia Berry who attended our school yesterday afternoon. PCSO Berry would like to remind all parents and carers that there are double yellow lines in the layby outside of the school. This means unless you hold a blue badge, you are not allowed to park in this area. PCSO Berry also observed some parents undertaking three point turns in the road, two of which were carried out in front of oncoming traffic and were particularly dangerous. For the safety of our students and other road users, can we please ask our parents and carers to drive in a safe manner, and to park only in the school car park or where road markings allow. Thank you.

****Please can we remind all parents to return their data collection sheets to the school office, and to ensure they have completed their child's photo consents on the Arbor App—thanks****

Attendance—Week Ending Friday 26 September 2025

Busy Zone	95.97%
Wonder Zone	94.91%
Smart Zone	97.78%
Study Zone	95.91%
Whole School	96.09%

(**School Attendance Target: 97%)



Badges

Reading Roll of Honour

Carey, Bryer, Arthur G, Mylor, Noah, Marina, Frank, Matilda, Elsie, Tuva, Penny, Oscar, Grace, Evie, Noah, Thomas, Wynter, Jamison & Finley



Word of the Week

Wonder Zone: Snuggled: This means to cuddle up close to some one in a cosy way

Smart Zone: Navigate: This means to move carefully in order to avoid an obstacle or to find your way to a place.



Study Zone: Advesperate: To darken or to draw towards evening.

'The day began to advesperate: the sky darkened, workers hurried home, fires were lit and curtains were drawn'.

Diary Dates 2024 / 2025

Wednesday 22 October—Flu Immunisations—Reception to Yr6 students

Monday 27 October—Friday 31 October 2025—Half Term

Monday 8 December—Pre-School Closed

Monday 15 December—School Christmas Production

Weds 3 to Friday 5 June 2026—Year 5&6 Residential

Weds 10 June 2026—8.40am to 12.30pm—Y6 Mullion School Y6 transition morning

Weds 1 July 2026—Mullion School Year 6 Transition day

Tuesday 7 & Weds 8 July—Helston College Transition Day—Y6

Dates for
the Diary:

Coastal Crew (selected students only) - Friday 3 October, Thursday 5 February & Friday 10 July

**Eco Council (selected students only) - Friday 7 November, Wednesday 14 January,
Wednesday 25 February, Friday 24 April & Friday 5 June**

Cross Country

Tuesday 7th October	Race 2	Reception/KS1 and KS2	Mullion— 4pm
Tuesday 4th November	Race 3	KS2	Helston North Site— 4pm
Tuesday 24th February	Race 4	KS2/Peninsula qualifier	Helston South Site 4pm
March	Peninsula Final	KS2	TBC 4-5pm
March	School Games Final	KS2	Newquay
Tuesday 28th April	Race 5	Reception/KS1 and KS2	Helston North Site 4pm
Tuesday 12th May	Race 6	Reception/KS1 and KS2	Helston South Site - 4pm
Tuesday 9th June	Fun Run	Reception/KS1 and KS2	Mullion 4pm



WELL DONE



TEAM	27.06.25	04.07.25	11.07.25	18.07.25	12.09.25	19.09.25	26.09.25
Killigrew	★	★		★	★		
Trevithick			★				
Bassett						★	★



Essie - Wannabe
Oscar - Headliner



NUMBOTS



MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Jamison—140 mins	Essie—138 mins	Arthur—183 mins
Isobella—89 mins	Oscar—58 mins	Oliver—94 mins
Ned—87 mins	Evie—56 mins	Lowen—80 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Jamison—24 gems	Essie—17 gems	Arthur—13 gems
Isobella—14 gems	Evie—9 gems	Oliver—12 gems
Ned—12 gems	Oscar— 8 gems	Bryer—9 gems

HALL OF FAME

Arthur, Bryer, Carey, Elsie, Lowen, Mylor, Reuben, Tuva, Essie, Evie, Henry, Jago, Noah, Oscar, Ruben, Alex, Carter, Clay, Dollie, Elizabeth, Finley, Isobella, Jamison, Ned & Wynter

Student Stories

At the end of summer term, Study Zone took home Pepper plants to grow. Thomas in Year 6 had great success in growing his and managed a good harvest.

Well done Thomas!



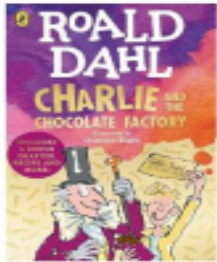
Space Day Menu - Thursday 2 October 2025



Class Novels

Over this half term, Wonder Zone, Smart Zone and Study Zone will be reading the following class Novels.

Wonder Zone – Charlie and the Chocolate Factory.



'Charlie Bucket's life is about to change forever, thanks to one miraculous moment!

Willy Wonka, chocolate maker extraordinaire, has hidden five golden tickets in five ordinary bars of chocolate, and any child who finds one will get the chance to visit his incredible factory. And Charlie has found one . . . With a chocolate river, delectable confectionery and mysterious Oompa Loompas, Mr Wonka's factory is the most wondrous place Charlie has ever seen.'

Wonder Zone have been enjoying this delightful and funny book by Roald Dahl. They have also been learning how to use their 'TV's in their heads' in this chapter book. Roald Dahl, a former spy and fighter pilot, is a classic children's author and is famous for other brilliant stories such as The Twits, Fantastic Mr Fox and James and the Giant Peach.

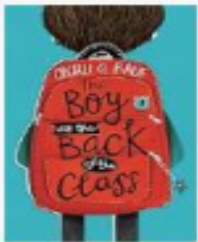
Smart Zone – A Mummy Ate My Homework



'Being whisked back to 1300 BC certainly wasn't on Henry's to-do list. Can he make his way through a new school, odd sports, unexpected friends and deadly pets, Egyptian style? And will he ever find his way back to the present day?'

Based on the Ancient Egyptians and this term's history topic, Smart Zone will be reading A Mummy Ate My Homework by Thiago De Moraes in their reading sessions and also as their reading for pleasure book. This riotously funny story has amusing illustrations throughout and hieroglyphics for the children to crack codes. Thiago De Moraes has also written other books such as the Myth Atlas and History Atlas.

Study Zone – The Boy at the Back of the Class.



'Told with heart and humour, The Boy at the Back of the Class is a child's perspective on the refugee crisis, highlighting the importance of friendship and kindness in a world that doesn't always make sense.'

Based on the current refugee crisis and the importance of acceptance and friendship, this book will also support Study Zone's History topic of The Ancient Islamic Civilisation and will be read during reading sessions and as their reading for pleasure book. This was the first book to be written by Onjali Q Rauf and was the winner of the Waterstone Book Prize in 2019. She has gone on to write The Star Outside my Window, The Night Bus Hero and The

Great Food Bank Heist.

The background of the poster features a photograph of two young boys singing into microphones. The boy in the foreground is wearing a dark blue shirt, and the boy behind him is wearing a white shirt. The image is partially obscured by large, stylized brushstrokes in blue, yellow, and white. There are also several musical notes and a treble clef graphic scattered throughout the design.

Get your music on!

Voice, Piano, Ukulele
or Recorder
Lessons

Lessons now available in
Voice, Piano/Keyboard, Ukulele and
Recorder with our amazing
Vocal Lead, **Cheryl Brendish.**

*Fun, inspiring lessons for all
ages & levels!*

- Individual lessons from just
£12 for 15 minutes
- Group lessons from £6

Sing, Play, Shine!

Don't delay—sign up today at
www.cmst.co.uk/SignUp



OCTOBER HALF TERM ACTIVITY CAMPS

SCHEDULE 2025

Tuesday 21st Bushcraft

(Survival skills & Combat)

Wednesday 22nd - Bushcraft

(Wild cooking & foraging)

Thursday 23rd - Bushcraft

(Explorer, navigation & tracking)

Monday 27th - Multi Sport Activity Camp

Tuesday 28th - Multi Sport Activity Camp,

Wednesday 29th - Multi Sport Activity Camp

Thursday 30th - Multi Sport Activity Camp

Friday 31st - Halloween Special Activity Camp

BOOKINGS GO LIVE MONDAY 22ND SEPTEMBER!

SIR BEN
AINSLIE
**SPORTS
CENTRE**

www.sirbenainsliesportscentre.com



HELSTON RFC U8'S



NEW PLAYING KIT SPONSORSHIP REQUEST

HELSTON RFC U8s CURRENT PLAYING KIT HAS REACHED END OF LIFE AND WITH INCREASING NUMBERS JOINING UP TO THE SQUAD THIS SEASON, WE ARE ON THE LOOKOUT FOR SOME GENEROUS BENEFACTORS WHO MIGHT BE WILLING TO SUPPORT OUR YOUNG WARRIORS WITH SOME NEW PLAYING KIT.

RUGBY PLAYING ATTIRE DOES NOT COME CHEAP, EVEN FOR 7 AND 8-YEAR-OLDS, AND AS SUCH, WE ARE SEEKING THE FOLLOWING SPONSORS:

- 2NO. FRONT OF SHIRT SPONSORS
- 2NO. BACK OF SHIRT SPONSORS
- 2NO. SLEEVE SPONSORS

IF YOU WOULD BE INTERESTED IN SUPPORTING US WITH THE ABOVE, PLEASE FEEL FREE TO GET IN CONTACT FOR MORE DETAILS:

Steven Jones - Team Manager

07866 836309



Kevin Orchard - Coach

07488 279136



Barry Hennesy - Admin

07946 898192



www.helstonrfc.com



01326 569195



King George V Playing Field,
Clodgy Ln, Helston TR13 8PJ



Cornwall Partnership
NHS Foundation Trust

**The Mental Health Support Team warmly
invite you to attend...**

Wild Wellbeing

**During October half term we are offering FREE nature based
creative sessions linked to the 5 ways to wellbeing.**

**This is for parents and children aged 5-12 in Cornwall.
Please book EACH child on to a session.**

Morning and afternoon sessions available at:

**The Core at St Ives Community
Orchard - Thursday 30 October**

Hayle Family Hub - Friday 31 October

**We are also offering a Parentwell session at
Penrose Estate - Monday 27 October**

Each session will last approx. 2 hours

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

<https://forms.office.com/e/vc2Dtk8C5B>



**Follow us on Facebook for updates and
upcoming events:**

Cornwall Mental Health Support Team (MHST)



It's a Family Affair with Will Keating & Friends

Join **Will Keating** for ***It's a Family Affair*** on Sun 02 Nov for a heartwarming afternoon of music, laughter, and stories for all generations. Celebrate the power of song and family togetherness in a show packed with joy, energy, and unforgettable moments. Bring everyone along for an uplifting experience you won't want to miss!

Will Keating

It's a Family Affair



Hall for Cornwall

Sunday 2nd November @ 3pm

Adults £11 - Children £6



**RED RIVER
SCOUT GROUP
CROWLAS**



**WANT TO TRY
SOMETHING NEW?**

**LEARN LIFE SKILLS
MEET NEW FRIENDS
HAVE EXCITING ADVENTURES
BE CHALLENGED**

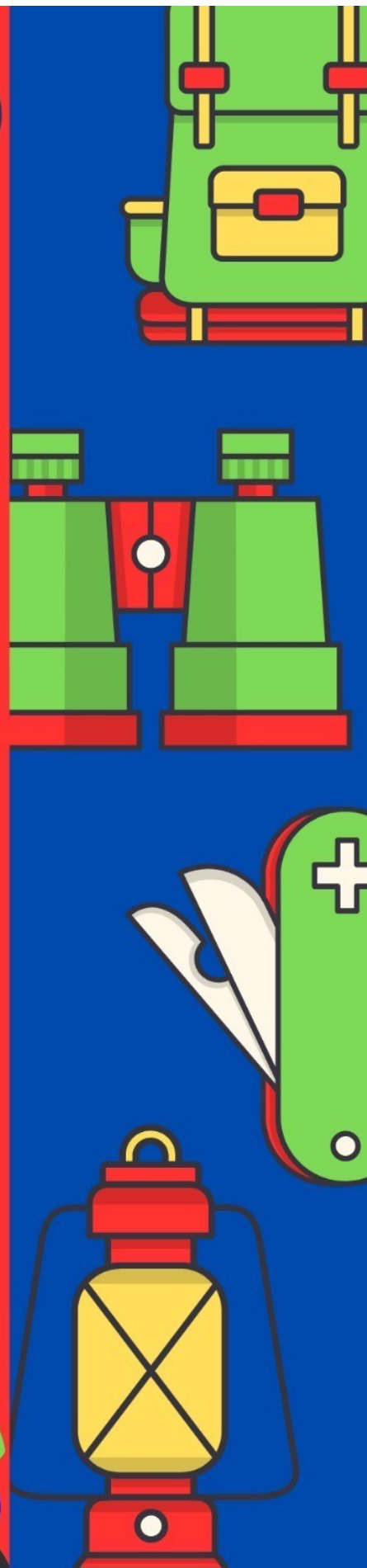
**JOIN US AT CROWLAS
METHODIST CHAPEL:
BEAVERS (5 ¾ - 8YRS) THURSDAYS
5.30-6.30
CUBS (8 - 10 1/2YRS) THURSDAY 6.50-
8.15
SCOUTS (10 ½ - 14YRS) MONDAYS 7-
9PM**

**AVAILABILITY IN ALL SECTIONS
FIRST 3 SESSIONS FREE!
AFFORDABLE TERMLY FEES**

CONTACT KAREN

07989132280

KAREN.STEPHENS1@HOTMAIL.COM



Sponsored by:

polymer
medics



children's hospice
SOUTH WEST



Santas on the Run

Experience the magic of a festive
fun run at the **Eden Project** on
Sunday 7 December

eden
project

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

Registered
Charity No.
1003314

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



WEEK 3

W/C: 17/11/2025, 08/12/2025, 19/01/2026, 09/02/2026, 02/03/2026, 23/03/2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Potato Wedges	Beef Meatballs in Tomato Sauce with Wholewheat Pasta	Roast Gammon with Mashed Potatoes and Gravy	Chicken and Sweetcorn Pasta Bake	Battered Pollock with Chips
	OPTION 2	Veggie Meat Feast Pizza with Potato Wedges	Veggie Meatballs in Tomato Sauce with Wholegrain Pasta	Quorn Roast with Mashed Potato and Gravy	Macaroni Cheese	Veggie Fingers with Chips
	OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD						
DELI DISHES	OPTION 4	Cheese and Tomato Wrap	Tuna Wrap	Ham Wrap	Cheese and Tomato Wrap	Ham Wrap
	OPTION 5	Egg Mayonnaise Sandwich	Ham Sandwich	Cheese Sandwich	Tuna Mayonnaise Sandwich	Cheese Sandwich
DELI DISHES ARE SERVED WITH MIXED SALAD						
DESSERT		Chocolate Marble Cake	Orange Glazed Sticky Sponge Cake with Custard	Lemon Cookie	Crunchy Chocolate Mousse	Fruits of the Forest Jelly



BAKED POTATOES SERVED DAILY

With a choice of toppings



AVAILABLE DAILY

Fresh fruit, salad, yoghurt and water

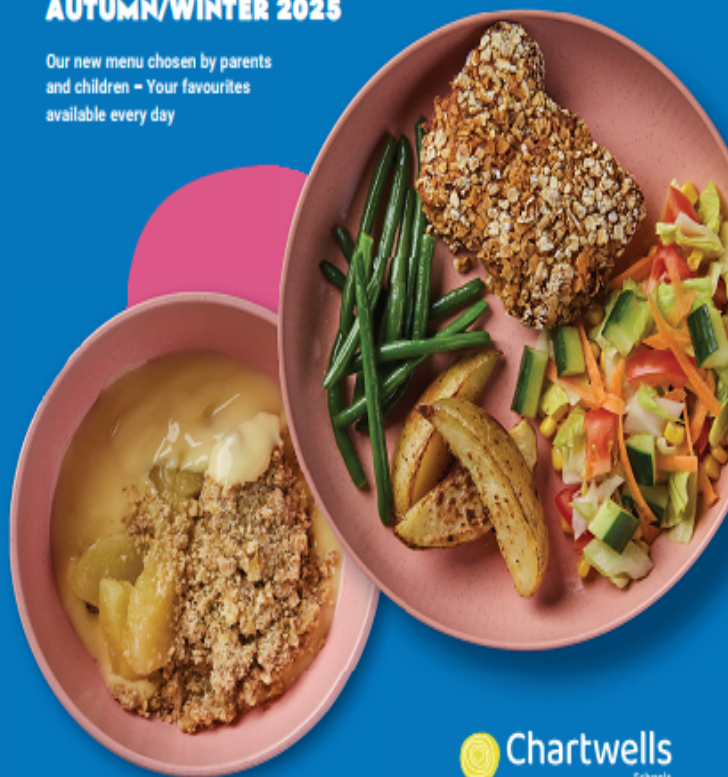
Vegetarian Vegan Oily Fish Wholegrain Fruitful Nutritionalist's Choice

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 2025

Our new menu chosen by parents and children - Your favourites available every day



Chartwells
Schools

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

Menu_101_00000

WEEK 1

W/C: 03/11/2025, 24/11/2025, 15/12/2025, 05/01/2026, 26/01/2026, 09/02/2026, 30/03/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES					
OPTION 1	Cheese and Tomato Pizza with Potato Wedges 🌱	Beef Bolognese with Wholewheat Pasta 🌱🌱	Roast Chicken with Roast Potatoes and Gravy	Chicken and Vegetable Pie with Mashed Potatoes and Gravy	Southern Fried Chicken with Chips
OPTION 2	BBQ Vegetable Wrap with Potato Wedges 🌱🌱	Vegetarian Bolognese with Wholewheat Pasta 🌱🌱🌱	Roast Quorn with Roast Potatoes and Gravy	Cheesy Vegetable Hotpot	Quorn Dippers with Chips 🌱
OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DELI DISHES					
OPTION 4	Cheese and Tomato Wrap 🌱	Tuna Wrap	Ham Wrap	Cheese and Tomato Wrap 🌱	Ham Wrap
OPTION 5	Egg Mayonnaise Sandwich 🌱	Ham Sandwich	Cheese Sandwich 🌱	Tuna Mayonnaise Sandwich	Cheese Sandwich 🌱

DELI DISHES ARE SERVED WITH MIXED SALAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DESSERT	Crunchy Apple Slice 🌱	Strawberry Shortcake Mousse	Oat Cookies 🌱	Apple Crumble with Custard 🌱	Berry Blondie



BAKED POTATOES SERVED DAILY
From a locally sourced potato



AVAILABLE DAILY
From a locally sourced potato

🌱 Vegetarian 🌱🌱 Vegan 🌱🌱🌱 Dairy Free 🌱🌱🌱🌱 Wholegrain 🌱🌱🌱🌱 Fruity! 🌱🌱🌱🌱🌱 Nutritionalist's Choice
Nutritionalist's Choice: A dietitian's choice for a healthy, balanced diet. It's a dietitian's choice for a healthy, balanced diet. It's a dietitian's choice for a healthy, balanced diet.

WEEK 2

W/C: 10/11/2025, 01/12/2025, 12/01/2026, 02/02/2026, 23/02/2026, 16/03/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES					
OPTION 1	Macaroni Cheese 🌱	Pork Sausages with Mashed Potatoes and Gravy	Roast Chicken with Roast Potatoes and Gravy	BBQ Chicken with Rainbow Rice	Battered Pollock with Chips
OPTION 2	Veggie Burrito with Wholegrain Rice 🌱🌱🌱	Vegetarian Sausage with Mashed Potatoes and Gravy	Veggie Shepherd's Pie with Gravy 🌱🌱	Cheese and Tomato Pizza with Garlic Bread or Pasta Salad	Veggie Fingers with Chips 🌱
OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DELI DISHES					
OPTION 4	Cheese and Tomato Wrap 🌱	Tuna Wrap	Ham Wrap	Cheese and Tomato Wrap 🌱	Ham Wrap
OPTION 5	Egg Mayonnaise Sandwich 🌱	Ham Sandwich	Cheese Sandwich 🌱	Tuna Mayonnaise Sandwich	Cheese Sandwich 🌱

DELI DISHES ARE SERVED WITH MIXED SALAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DESSERT	Chocolate Caramel Crunch	Flapjack 🌱	Chocolate Brownie 🌱	Apple and Golden Syrup Sponge with Custard 🌱	Chocolate Cookie 🌱



BAKED POTATOES SERVED DAILY
From a locally sourced potato



AVAILABLE DAILY
From a locally sourced potato

🌱 Vegetarian 🌱🌱 Vegan 🌱🌱🌱 Dairy Free 🌱🌱🌱🌱 Wholegrain 🌱🌱🌱🌱 Fruity! 🌱🌱🌱🌱🌱 Nutritionalist's Choice
Nutritionalist's Choice: A dietitian's choice for a healthy, balanced diet. It's a dietitian's choice for a healthy, balanced diet. It's a dietitian's choice for a healthy, balanced diet.