



Newsletter

Friday 10 October 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.

Can we also remind all parents and carers that After School Club ends at 5pm. Late pickup from After-School club will incur a flat rate of £9 per half hour to cover the resulting costs of increased staff salaries. Recurrent lateness may result in a discretionary cancellation of provision for a period of time.

We currently have a case of Head Lice in school so would advise all parents and carers to check their children's hair.

Menu Changes

On Thursday 23 October we have a special Diwali Day menu and on Wednesday 5 November we have a special Bonfire Day menu (the scheduled Wednesday Roast that week will take place on Thursday 6 November). Menus for both special days can be found later in the newsletter.

Study Zone - RE

In our RE lesson this week, Rev. Rebecca came in to speak about her faith — about how believing in God is valuable, but can also be challenging. The children asked thoughtful questions, which she answered honestly. The aim of this session was for the children to make clear connections between what people believe about God and the impact of those beliefs on how they live.

Attendance—Week Ending Friday 10 October 2025

Busy Zone	100%
Wonder Zone	95.37%
Smart Zone	100%
Study Zone	93.57%
Whole School	97.1%

(**School Attendance Target: 97%)



Badges

Reading Roll of Honour

Oliver, Carey, Ronan, Elsie, Teddie R, Tuva, Arthur, Bryer, Elowen, Elijah, Clay, Thomas, Dollie, Wynter, Sebby, Harvey & Jamison



Word of the Week

Wonder Zone: Combine: This means to mix things together.



KS2: Ammil: noun. A glistening film of ice that covers twigs, leaves and grass after a freeze.

'The light caught the ammil, which sheathed every surface, and in the early morning sunshine a glittering splendour shone across the valley'

Diary Dates 2024 / 2025

Wednesday 22 October—Flu Immunisations—Reception to Yr6 students

Monday 27 October—Friday 31 October 2025—Half Term

Monday 1 December—Height & Weight Checks for Reception and Year 6

Monday 8 December—Pre-School Closed

Monday 15 December—School Christmas Production

Wednesday 17 December—School Christmas Lunch

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

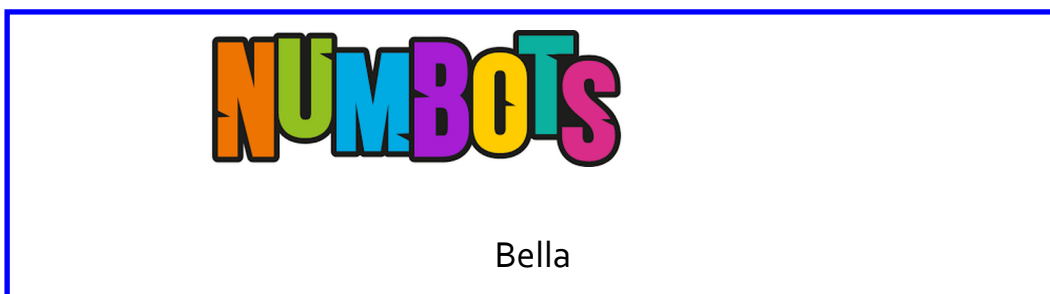
Tuesday 4th November	Race 3	KS2	Helston North Site– 4pm
Tuesday 24th February	Race 4	KS2/Peninsula qualifier	Helston South Site 4pm
March	Peninsula Final	KS2	TBC 4-5pm
March	School Games Final	KS2	Newquay
Tuesday 28th April	Race 5	Reception/KS1 and KS2	Helston North Site 4pm
Tuesday 12th May	Race 6	Reception/KS1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



WELL DONE



TEAM	11.07.25	18.07.25	12.09.25	19.09.25	26.09.25	03.10.25	10.10.25
Killigrew		★	★			★	
Trevithick	★						★
Bassett				★	★		



MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Ned—101 mins	Essie—161 mins	Oliver—106 mins
Dollie—54 mins	Evie—105 mins	Tuva—72 mins
Jemima—52 mins	Penny—99 mins	Arthur G—64 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Ned—16 gems	Essie—17 gems	Elsie—8 gems
Alex & Bodhi—9 gems	Evie—14 gems	Oliver—6 gems
	Penny—11 gems	Marina—5 gems

HALL OF FAME

Arthur G, Carey, Elsie, Oliver, Tuva, Arthur T, Billie-Jean, Charlie, Emmeliah, Essie, Evie, Henry, Jago, Noah, Oscar, Penny, Rocco, Ruben R, Alex, Bodhi, Carter, Clay, Dollie, Evalyn, Jemima, Sephy, Ned & Sebby

Cross Country—Tuesday 7 October 2025

Congratulations to all of our amazing students who participated in the Cross Country at Mullion on Tuesday. The next race is for KS2 students only at 4pm on Tuesday 4 November at the Helston CC North site.





FOSS NEED YOU!

Find out what its about, Join
us for the first meet of the
year!

Thursday 16th Oct
14:30

Friends of Sithney School (FOSS) support
your child's education with materials,
supplies, events and activities.

Diwali Day Menu— Thursday 23 October



Bonfire Day Menu— Wednesday 5 November



HARVEST APPEAL



HELP SUPPORT YOUR FOODBANK WITH FOOD AND FUNDS THIS HARVEST

DONATE FOOD

Help by donating an item or two from our shopping list to ensure we can provide food to help people in crisis.



SHOPPING LIST TOP TEN ITEMS

Long life fruit juice
Long life milk
Tinned cold meats
Tins of custard
Tins of rice pudding
Tinned fruit
Small jars of coffee
Sponge puddings

THANK YOU



Helston and the Lizard foodbank is a project supporting local people run by the charity

mustard seed

www.mustardseedcharity.org.uk

Charity Number 1127110

14-16 Wendron Street, Helston, Cornwall TR13 8PS

www.helstonthelizard.foodbank.org.uk

PRESENTING THE WORLD'S NUMBER ONE ED SHEERAN TRIBUTE

PERFORMED BY THE INCREDIBLE JACK SHEPHERD

ED SHEERAN EXPERIENCE

SPECIAL OFFER

Bring up to 3
Under 18s Free
with the
purchase of
an adult ticket!

**Saturday
11th October
8pm**

'I THINK WHAT YOU DO IS AWESOME' - ED SHEERAN



WWW.EDSHEERANEXPERIENCE.COM

HELSTON RFC U8'S & U7'S



COME AND JOIN US !!!!

HELSTON RFC ARE LOOKING TO INCREASE OUR NUMBERS OF BOYS & GIRLS FOR OUR U8'S & U7S TEAMS FOR THE FORTHCOMING SEASON.

IF YOUR CHILD IS ENTERING EITHER YEAR 3 OR YEAR 2 AND IS KEEN TO BE PART OF A FUN, INCLUSIVE TEAM SPORT, WE WELCOME YOUR CHILD TO COME AND GIVE IT A..... TRY.

FOR MORE DETAILS, PLEASE FEEL FREE TO CONTACT OUR MANAGEMENT TEAM ON THE DETAILS LISTED BELOW:

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



Allantide

A Cornish Autumn Celebration

Wednesday 29th October

10.00am - 3.30pm

Apple Decorations **£1.00**

Site Entry **FREE**

Craft activities **FREE**

Badge Making **£1.00**

Activity Trail **FREE**

Pop up caf serving drinks,
snacks and cakes.

Join us for a fun-filled family day out celebrating
Autumn. Explore our beautiful site and learn about
October festivals around the World

Kehelland Trust,
Kehelland
Camborne.
TR14 0DD
01209 613153

Scan to find us
on Google maps



Well behaved dogs on leads welcome



U18's must be accompanied by an adult

Kehelland Trust,
Kehelland
Camborne.
TR14 0DD
01209 613153



All Things Batty!

Wednesday
29th October
5.00pm- 7.30pm

Join us for an evening learning about our
night flying residents.

Games

Walk around
site

Talk by a
local expert

Bat box building £5 per box

Tickets available from our website

www.kehellandtrust.org.uk

£5 per person including a filled jacket potato

Scan to find us
on Google maps



Well behaved dogs on leads welcome



U18's must be accompanied by an adult

FOOD FRIENDS

Drawing Competition for 4-12 Year-Olds



Sporty **banana**,

a gardening **lime**,

Detective **Cheese** solving crime,

cupcake hero,



pirate **pasta**,



imagination running faster,

dancing **doughnut**,



magic **milkshake**...

what **food friend** will you create?



Fun, free
activity for
your club



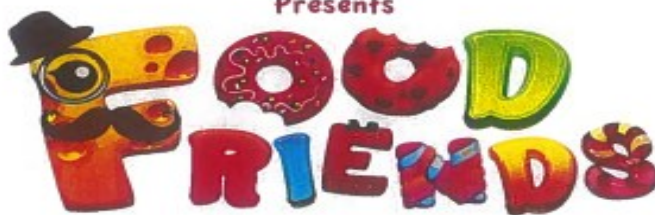
Amazing
prizes to be
won for clubs
and children



Drawings
could be
published in
a cool book

Young Artists

Presents



Food Friends is a fun and creative activity inviting your children to turn food into a character. From drawing food best friends or villainous vegetables to their favourite treat, the **Food Friends** national drawing competition lets imaginations run wild!

Read out the poem overleaf to help inspire your children with ideas. What is their favourite food, or one they dislike? What would it do or wear if it came to life? Have fun discussing ideas to create your club's food friends.

Drawings will feature in a special **Food Friends** book series showcasing children's artwork alongside cool fact pages. Plus, our favourite drawing from each book will be chosen to feature as the front cover!

How To Enter

- 1 Ask your children to draw their Food Friend-inspired picture on an entry form.
- 2 If you need any more forms, you can request as many as you need from www.youngartists.co.uk or by calling us on 01733 898109 and we'll send them to you free of charge. (Forms can be photocopied too!)
- 3 Send your drawings to us with your club's completed entry form using the FREEPOST sticker enclosed:

FREEPOST RSLY-AUJA-RAHY
Young Artists ASC
Remus House
Peterborough
PE2 9BF

Or email scans to
info@youngartists.co.uk

Or upload entries at
www.youngartists.co.uk/new-uploader

(Please don't send photos! See our website for phone scanning instructions.)



Prizes For Clubs

- ★ The club that sends in the best set of drawings will win an amazing **£1,000!**

PLUS Clubs will receive a complimentary copy of the book their children's work features in!

£1,000
for best set
of drawings!

Prizes For Children

- ★ The best Food Friends drawing in each book will become the book's title and front cover. The artist will receive a goody bag full of creative supplies!

PLUS A sticker strip for every entrant. Children whose work we'd like to publish also receive a certificate.

(Club & individual winners will be chosen from entries received Sept-Nov 2025.)



Closing Date: 31st October 2025

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





Pop up Food Hub

See our Facebook Page

Helston

Pre-Order Only – payment on the day

Last order 4 days prior to event

To guarantee your bundle please contact

Debbie on 07880 835 331

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 welcome. No referral needed
We look forward to seeing you there

Remember to bring a trolley or plenty of strong bags

Saturday 18th October 10:00 – 11:00

Please use the link to book or scan the QR code

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

Devon & Cornwall Food Action
PRE-ORDER Form





**SCAN HERE TO BOOK >>>
OR VISIT OUR FACEBOOK PAGE**



OCTOBER FOOTBALL CAMPS

ESTD 2009

SUPASPORT

SOUTHWEST

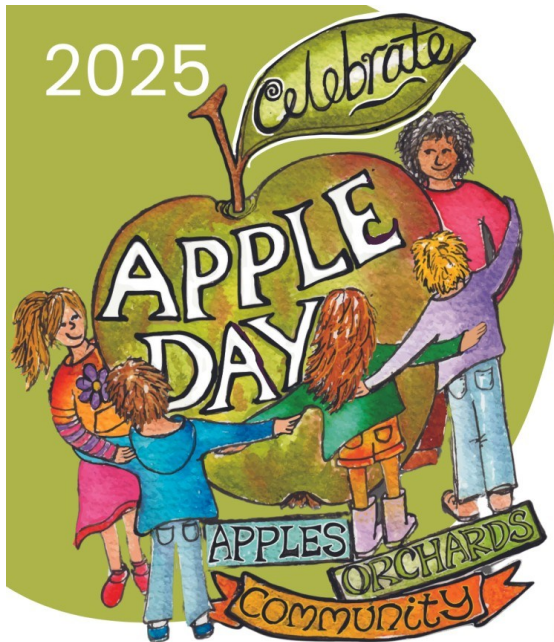
**Fun football and multi
skill games for children
aged 5-11.**

**Wendron School
Helston
TR13 0PX
09:30 - 15:00**

**TUESDAY, WEDNESDAY & THURSDAY
28th, 29th & 30th OF OCTOBER**

**PLEASE BRING LUNCH, DRINK AND SUITABLE CLOTHING.
FOR MORE INFORMATION EMAIL MARTYN:
MARTYN.SUPASPORTSW@OUTLOOK.COM**

2025



Saturday
11th October
11am until 6pm



Refreshments & Bar

Children's Games & Activities

Live Music all day, Procession
Orchard Blessing, Ceilidh

Join Us!
TR14 0DD

Rural Crafts & Demonstrations

Exhibition, Tasting, ID, Trees, Orchard Tours
& Advice, Juice & Juice Pressing, Games,
Traditions, Crafts, Cakes, Cider & more

The Apple!

Please car-share if you can
or come by bus (T1 T2)...or
on your bike....or your feet!



TICKETS

It's cheaper to book in advance
Adults £5 (£6 on the day) Children
6-16 £3 (£4 on the day) Carers and
children 5 & under FREE



www.kehellandtrust.org.uk



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)



Supporting a Child with ADHD



Challenge the stereotypes and get practical help

Tuesday 11th November 7 - 8:30pm

90 minute session. Recording available for 48hrs

£24.

Available to book now
facefamilyadvice.co.uk



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**

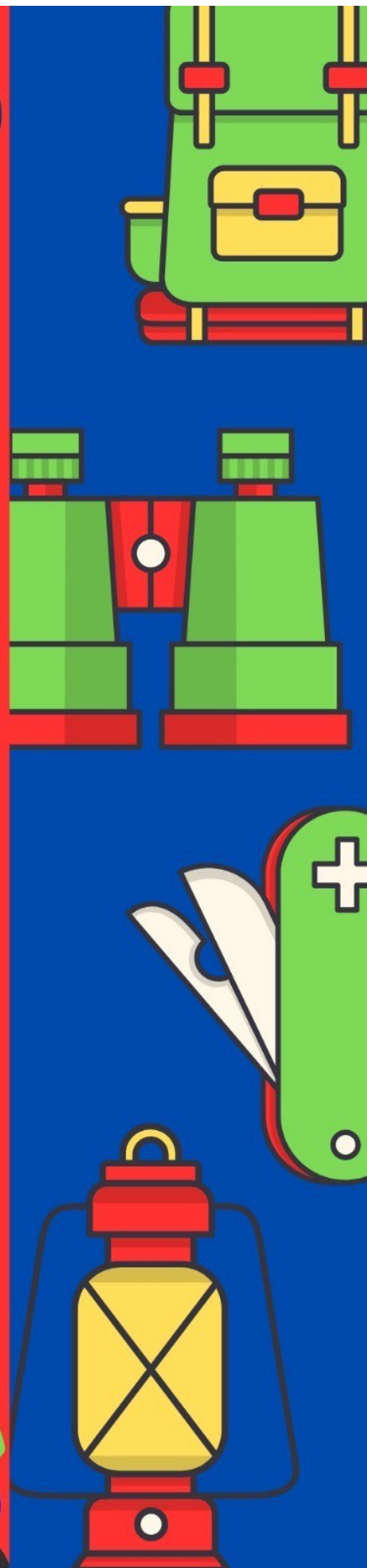
**JOIN US AT CROWLAS
METHODIST CHAPEL:
BEAVERS (5 $\frac{3}{4}$ - 8YRS) THURSDAYS
5.30-6.30
CUBS (8 - 10 $\frac{1}{2}$ YRS) THURSDAY 6.50-
8.15
SCOUTS (10 $\frac{1}{2}$ - 14YRS) MONDAYS 7-
9PM**

**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



November Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Raising Self Esteem	3 Nov 10am
Decreasing Depression	3 Nov 7pm
Supporting Healthy Sleep	4 Nov 10am
Understanding the Teenage Brain	4 Nov 7pm
Improving Family Communication	10 Nov 10am
Autism - Improving Communication	10 Nov 7pm
Understanding Addictive Behaviour	11 Nov 10am
Supporting A Child with ADHD	11 Nov 7pm
FREE ADHD Kids & Homework	13 Nov 6-7pm
Understanding Anger	17 Nov 10am
Supporting Healthy Screen Use	17 Nov 7pm
Facing Defiance	18 Nov 10am
Anxiety Based School Avoidance	18 Nov 7pm
Cannabis and Ketamine Awareness	24 Nov 10am
Anxiety Explained	24 Nov 7pm

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

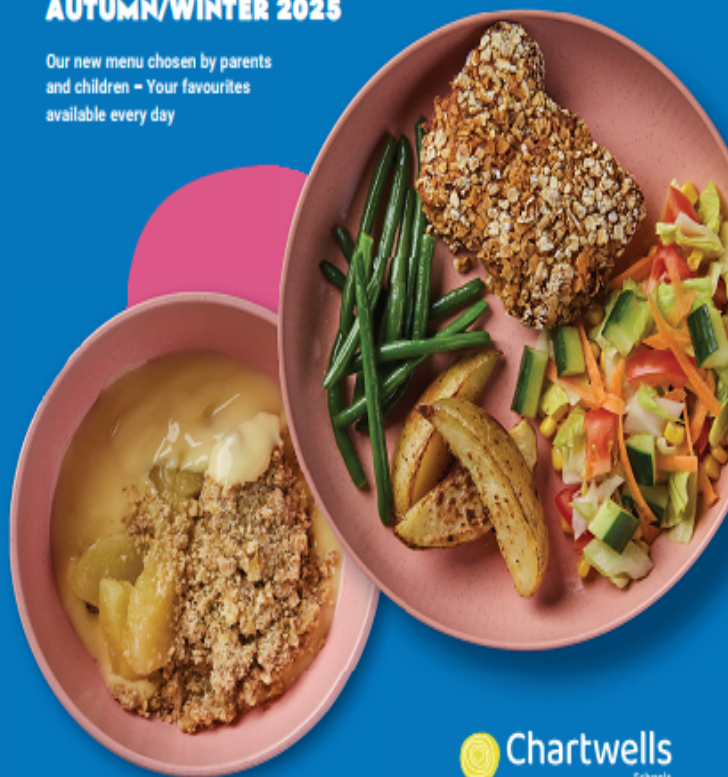
Vegetarian Vegan Oily Fish Wholegrain Fruitful Nutritionalist's Choice

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

Wk: 03/11/2025, 24/11/2025, 15/12/2025, 05/01/2026, 26/01/2026, 09/03/2026, 30/03/2026

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD.

ROLL RINDERS ARE CROWD WITH MIXED SALAD

DESSERT

Vegetarian Vegan **Oily Fish** **Wholegrain** Fruity! **Nutritionist's Choice**



W/C: 10/11/2025, 01/12/2025, 12/01/2026, 07/07/2026, 23/02/2026, 16/03/2026

HOT DINERS ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD.

ALL DISHES ARE SERVED WITH MIXED SALAD

DESSERT



🌱 Vegetarian
🌱 Vegan
🐟 Oily fish
🐳 Whalemeat
🍏 Fruity!
👩 Nutritionist's Choice