



# Newsletter

Friday 17 October 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)

## 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.

If you have not already done so, please can you log on to your Arbor App and complete your child's photo consents.

## 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.

### Attendance—Week Ending Friday 17 October 2025

|              |               |
|--------------|---------------|
| Busy Zone    | 94.23%        |
| Wonder Zone  | 93.06%        |
| Smart Zone   | <b>99.44%</b> |
| Study Zone   | 97.08%        |
| Whole School | 95.85%        |

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



### Badges

#### Reading Roll of Honour

Jenny, Jacca, Elowen, Noah, Bryer, Teddi, Elsie, Tuva, Alex, Sebby, Jamison, Wynter,  
Thomas & Harvey

(Apologies no Smart Zone data this week)



#### Word of the Week

KS1: Spectacular: This means big and exciting to look at.

Smart Zone: Gist: This means its general meaning

*i.e. the gist of a speech or a piece of writing*

Study Zone: Amorphous: This means without a clear shape or structure



## Diary Dates 2024 / 2025

Thursday 23 October—Flu Immunisations—Reception to Yr6 students  
Monday 27 October—Friday 31 October 2025—Half Term  
Tuesday 4 November—Bikeability for Reception Students  
Wednesday 5 & Thursday 6 November—Bikeability for Wonder Zone students  
Thursday 6 November—Smart Zone trip to King Edward Mine.  
Wednesday 12 & Thursday 13 November—Bikeability for Smart Zone students  
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:

## 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<br>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       | 18.07.25 | 12.09.25 | 19.09.25 | 26.09.25 | 03.10.25 | 10.10.25 | 17.10.25 |
|------------|----------|----------|----------|----------|----------|----------|----------|
| Killigrew  | ★        | ★        |          |          | ★        |          | ★        |
| Trevithick |          |          |          |          |          | ★        |          |
| Bassett    |          |          | ★        | ★        |          |          |          |



# NUMBOTS

Isobella



## MATHS WHIZZ

| Study Zone Learning Time | Smart Zone Learning Time | Wonder Zone Learning Time |
|--------------------------|--------------------------|---------------------------|
| Bodhi—72 mins            | Essie—121 mins           | Bryer—158 mins            |
| Jamison—49 mins          | Noah & Grace — 50 mins   | Tuva—80 mins              |
| Carter—43 mins           |                          | Elsie—52 mins             |

| Study Zone Gems    | Smart Zone Gems | Wonder Zone Gems      |
|--------------------|-----------------|-----------------------|
| Jamison—11 gems    | Essie—18 gems   | Bryer—12 gems         |
| Ned & Bodhi 8 gems | Noah—8 gems     | Elsie & Millie—5 gems |
|                    | Ruben—6 gems    |                       |

## HALL OF FAME

Arthur G, Bryer, Carey, Elsie, Millie, Tuva, Charlie, Essie, Evie, Noah, Oscar, Ruben, Alex, Bodhi, Carter, Clay, Isobella, Jamison, Jemima, Ned, Owen & Sephy

# Diwali Day Menu— Thursday 23 October





# Bonfire Day Menu— Wednesday 5 November



# 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](http://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](http://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





CFYLM PRESENTS

a screening of

# SHAUN THE SHEEP

SATURDAY 6TH DECEMBER

**PRAA SANDS  
COMMUNITY  
CENTRE**

**DOORS:** 5.00pm

**FILM:** 5.30pm

**ADULT PRICE**

£6 new members/£4 members

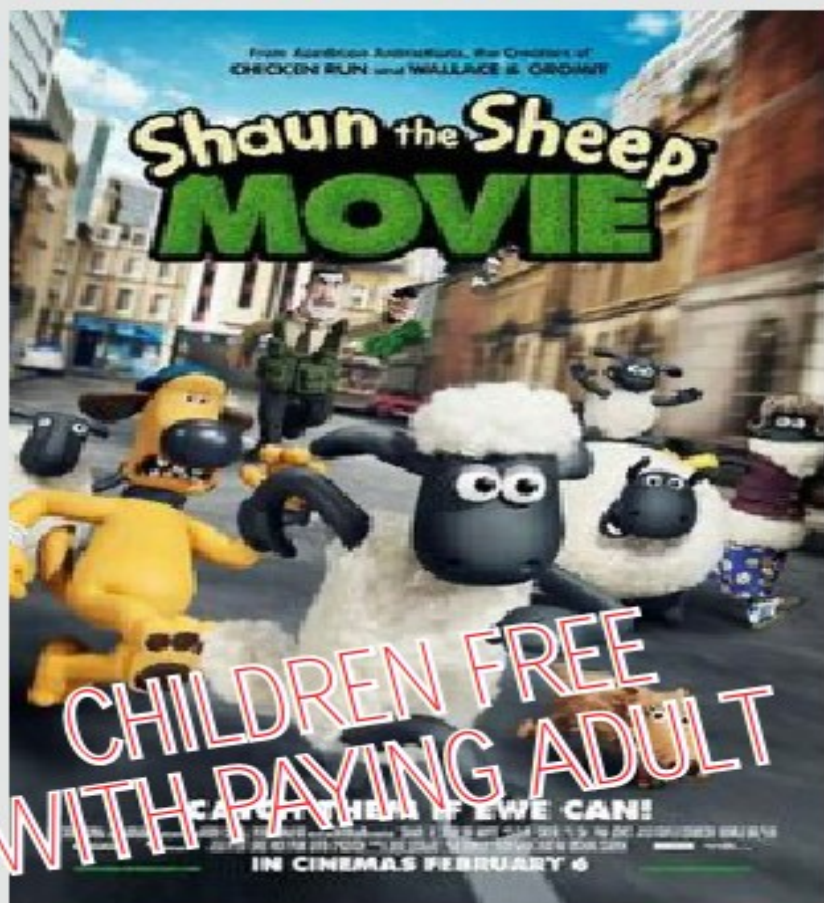
**CONTACT:**

01726 467128

PRAASANDSCOMMUNITYCENTRE@GMAIL.COM

## ABOUT

When Shaun decides to take the day off and have some fun, he gets a little more action than he bargained for. A mix up with the Farmer, a caravan and a very steep hill lead them all to the Big City and it's up to Shaun and the flock to return everyone safely to the green grass of home.



  @CFYLM  @CFYLM\_CORNWALL

[WWW.CFYLM.CO.UK](http://WWW.CFYLM.CO.UK)

BROUGHT TO YOU IN ASSOCIATION WITH





**PRAA SANDS & DISTRICT  
COMMUNITY CENTRE**

# Christmas Fair

on  
**Saturday 22nd November**  
**12.00pm - 3.00pm**

Cakes, Tea & Coffee, Bacon Rolls, Mince  
Pies, Mulled Wine... guaranteed to get you  
in the Christmas spirit!



Stalls include: Raffle,  
Jewellery, Painting/Art, Textiles, Ceramics,  
Cakes, Photography, Tombola and more!

Please email us if you would like more  
information or to book a craft table...  
limited spaces left!

**...Join in the fun and see  
what activities YOUR Village  
Hall has to offer!**



*Contact us...*

Pengersick Lane • Praa Sands • Penzance • TR20 9RB • Telephone: 01726 467128

Email: [praasandscommunitycentre@gmail.com](mailto:praasandscommunitycentre@gmail.com)



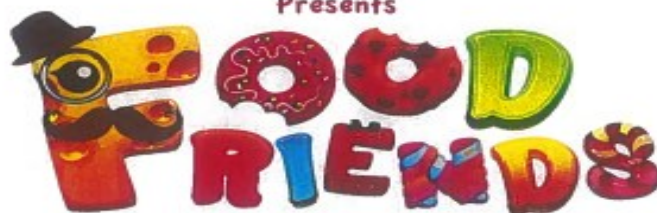
Follow us on Facebook: <https://en-gb.facebook.com/PraaSandsDistrictCommunityCentre/>

**[www.praasandscommunitycentre.co.uk](http://www.praasandscommunitycentre.co.uk)**



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](http://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](mailto:info@youngartists.co.uk)

Or upload entries at  
[www.youngartists.co.uk/new-uploader](http://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

# 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



# OCTOBER HALF TERM ACTIVITY CAMPS

## SCHEDULE 2025

**Tuesday 21<sup>st</sup>** Bushcraft

(Survival skills & Combat)

**Wednesday 22<sup>nd</sup>** - Bushcraft

(Wild cooking & foraging)

**Thursday 23<sup>rd</sup>** - Bushcraft

(Explorer, navigation & tracking)

**Monday 27<sup>th</sup>** - Multi Sport Activity Camp

**Tuesday 28<sup>th</sup>** - Multi Sport Activity Camp,

**Wednesday 29<sup>th</sup>** - Multi Sport Activity Camp

**Thursday 30<sup>th</sup>** - Multi Sport Activity Camp

**Friday 31<sup>st</sup>** - Halloween Special Activity Camp

**BOOKINGS GO LIVE MONDAY 22<sup>ND</sup> SEPTEMBER!**

SIR BEN  
AINSLIE  
**SPORTS  
CENTRE**

[www.sirbenainsliesportscentre.com](http://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  
28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup> OF OCTOBER**

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





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 11<sup>th</sup> November 7 - 8:30pm**

90 minute session. Recording available for 48hrs

**£24.**

Available to book now  
[facefamilyadvice.co.uk](https://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 2<sup>nd</sup> 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**

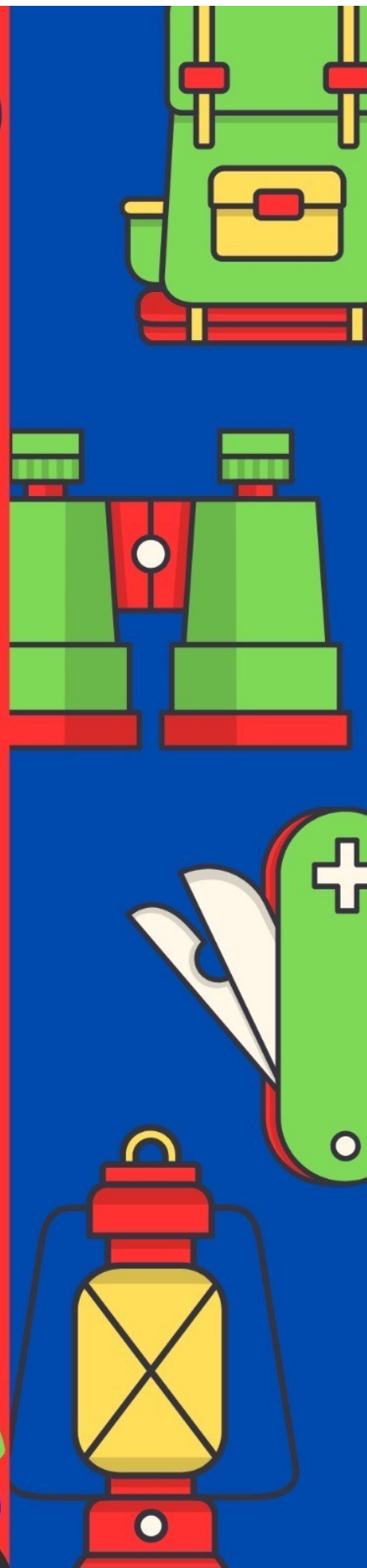
**JOIN US AT CROWLAS  
METHODIST CHAPEL:  
BEAVERS (5  $\frac{3}{4}$  - 8YRS) THURSDAYS  
5.30-6.30  
CUBS (8 - 10  $\frac{1}{2}$ YRS) THURSDAY 6.50-  
8.15  
SCOUTS (10  $\frac{1}{2}$  - 14YRS) MONDAYS 7-  
9PM**

**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](http://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](https://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          |
| <b>FREE ADHD Kids &amp; Homework</b> | <b>13 Nov 6-7pm</b> |
| 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

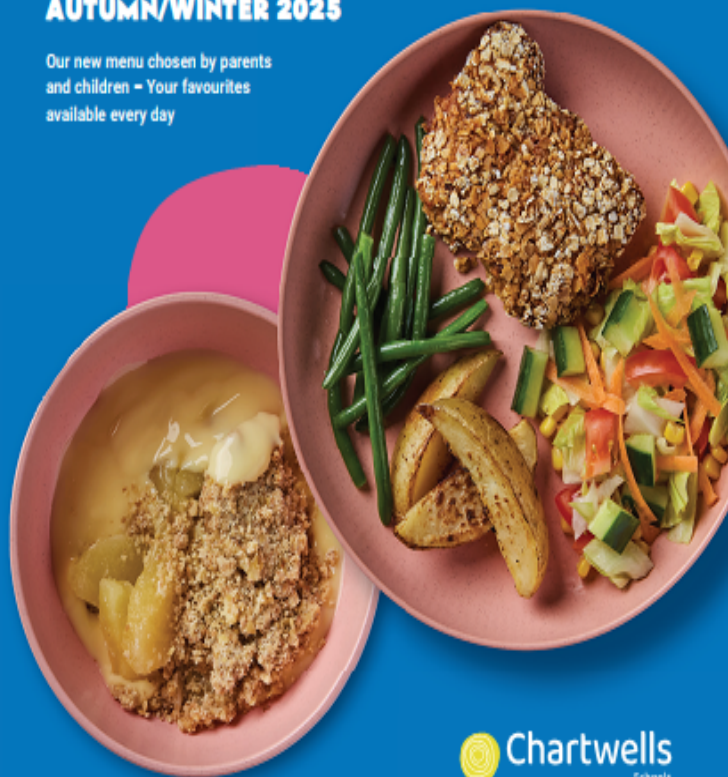
Vegetarian Vegan Oily Fish Wholegrain Fruitful Nutritionalist's Choice

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 ☐ Dairy Free ☐ 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](#)