



Newsletter

Friday 24 October 2025

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

Email Secretary: sithneysecretary@croftymat.org

Email Head: sithneyhead@croftymat.org

Half Term

Happy half term to everyone! We have an Inset Day on Monday 3 November and look forward to welcoming students back on Tuesday 4 November.

Student Absence

Please can we remind all parents and carers that for Safeguarding purposes you are required to telephone the school daily if your child is off sick, even if you have previously advised they will be off on multiple days. Thanks Miss Neil.

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.

Staff Governor

We are pleased to welcome Mrs O'Brien as the new Staff Governor.

Menu Changes

On Wednesday 5 November we have a special Bonfire Day menu (the scheduled Wednesday Roast that week will take place on Thursday 6 November).

Pre-School Closure—Monday 8 December 2025

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

Wonder Zone library time is on a Friday morning—Mrs O'Brien

Attendance—Week Ending Friday 24 October 2025

Busy Zone	93.42%
Wonder Zone	97.69%
Smart Zone	96.11%
Study Zone	92.98%
Whole School	95.27%

(**School Attendance Target: 97%)



Badges

Reading Roll of Honour

Aurora, Finley, Jenny, Jacca, Archie, Ronan, Tuva, Frank, Elsie, Ethan, Bryer, Oliver, Carey, Elijah, Mylor, Teddi, Arthur, Noah, Elowen, Grace, Penny, Noah, Evie, Samuel, Billie-Jean, Charlie, Emmelia, Arthur, Thomas, Wynter, Sebby, Harvey, Owen, Ned & Jamison



Word of the Week

Wonder Zone: **Constructed:** This means to build or form by putting together parts

Smart Zone: **Suspicious:** This means having a distrust of someone or something

Study Zone: **Eidolan:** This means spirit, phantom or apparition: a shade of the human form.



Diary Dates 2024 / 2025

Monday 27 October—Friday 31 October 2025—Half Term
Monday 3 November—Inset Day
Tuesday 4 November—Bikeability for Reception Students
Wednesday 5 & Thursday 6 November—Bikeability for Wonder Zone students ****cancelled****
Thursday 6 November—Smart Zone trip to King Edward Mine.
Monday 10 November—Study Zone trip to CAST
Wednesday 12 & Thursday 13 November—Bikeability for Non-Rider 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
Monday 22 December—Friday 2 January—Christmas Holidays
Monday 5 January - Inset Day
Monday 16 February - Friday 20 February—Half Term
Monday 23 February—Inset Day
Friday 3 April — Friday 17 April—Easter Holidays
Monday 4 May—Bank Holiday
Friday 8 May—Inset Day (Flora Day)
Monday 25 May—Friday 29 May—Half Term
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
Monday 22 June—Inset Day
Weds 1 July 2026—Mullion School Year 6 Transition day
Tuesday 7 & Weds 8 July—Helston College Transition Day—Y6
Thursday 23 July—Inset Day
Friday 24 July—School Summer Holidays commence

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 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	12.09.25	19.09.25	26.09.25	03.10.25	10.10.25	17.10.25	24.10.25
Killigrew	★			★		★	★
Trevithick					★		
Bassett		★	★				



Samuel and Jago—Wanabees



NUMBOTS



MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Thomas—73 mins	Essie—106 mins	Oliver - 59 mins
Carter—63 mins	Grace—60 mins	Arthur—58 mins
Finley—60 mins	Evie—49 mins	Noah—45 min s

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Alex, Finley & Owen—4 gems	Essie—16 gems	Noah—8 gems
	Oscar & Noah—5 gems	Arthur—6 gems
		Millie—4 gems

HALL OF FAME

Arthur, Bryer, Carey, Elsie, Millie, Oliver, Reuben, Tuva, Arthur, Essie, Evie, Jago, Noah, Oscar, Penny, Ruben, Alex, Carter, Clay, Finley, Ned, Owen, Sebby & Thomas

Student Success!

Congratulations to Jago who has been awarded Lodge Leader for Beavers this term.
What a great achievement—Well done from us all at Sithney School.



Bonfire Day Menu— Wednesday 5 November





Christmas tree making

in collaboration with Breage Christmas Lights Committee



Saturday 8th November, 13:00-16:00 Breage Field



Prizes
for best
trees!

Provided:

- 'Trees'!
- Paint
- Hot drinks
- Mince pies
- Some shelter in case of inclement weather
- Festive cheer!

Please bring:

- Your own paint brush
- Weather proof decorations
- Old clothes for painting

Everyone welcome.

Please scan the QR code here to register as spaces are limited and timeslots must be allocated



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



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

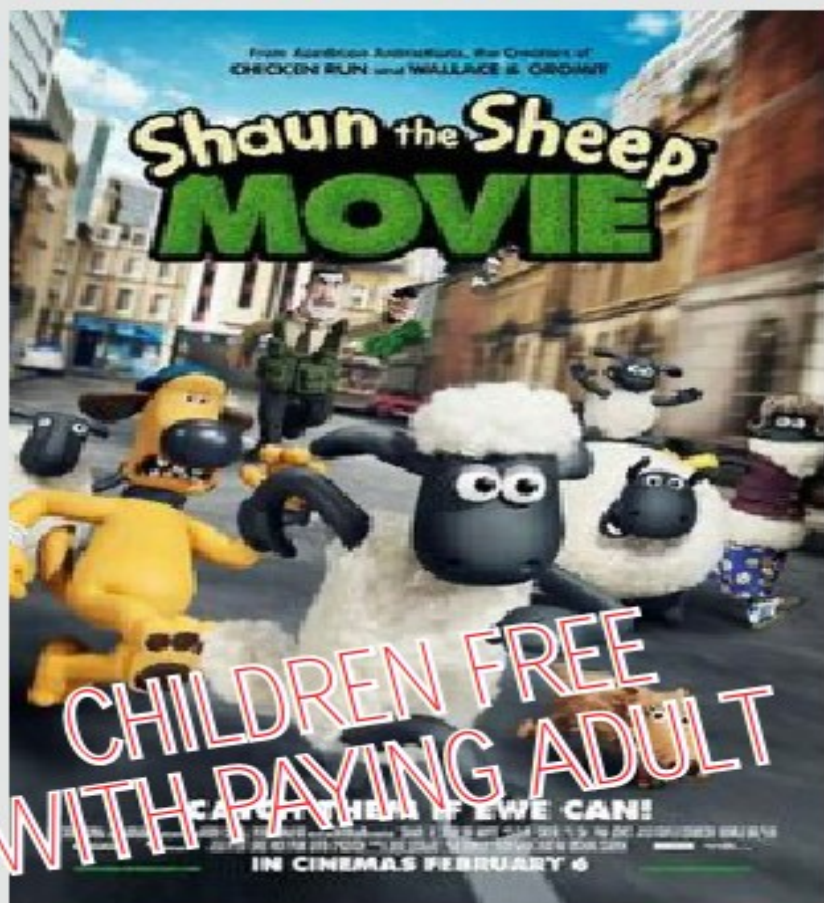
CONTACT:

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

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



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

www.praasandscommunitycentre.co.uk

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





**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**



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)





**RED RIVER
SCOUT GROUP
CROWLAS**



**WANT TO TRY
SOMETHING NEW?**

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

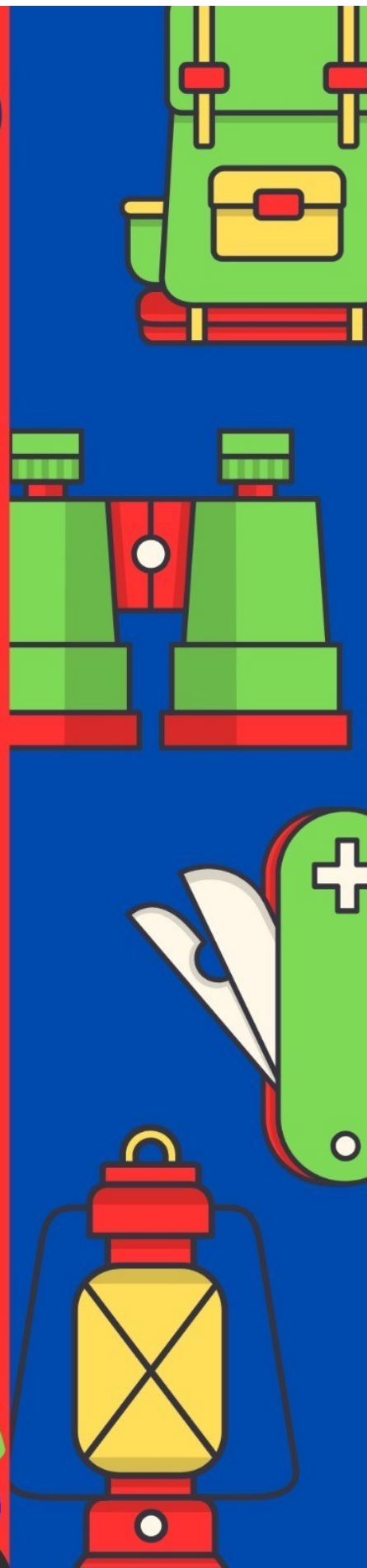
**JOIN US AT CROWLAS
METHODIST CHAPEL:
BEAVERS (5 ¾ - 8YRS) THURSDAYS
5.30-6.30
CUBS (8 - 10 1/2YRS) THURSDAY 6.50-
8.15
SCOUTS (10 ½ - 14YRS) MONDAYS 7-
9PM**

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

CONTACT KAREN

07989132280

KAREN.STEPHENS1@HOTMAIL.COM



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

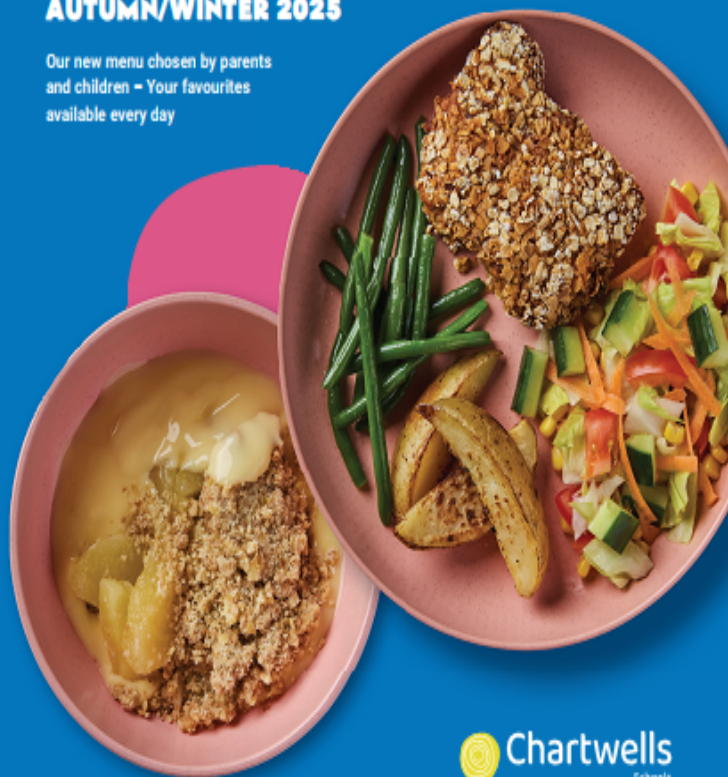
Vegetarian Vegan Oily Fish Wholegrain Fruitful Nutritionalist's Choice

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! 🌱🌱🌱🌱🌱 Nutritional Choice

Vegetarian, Vegan, Dairy Free, Wholegrain, Fruity!, Nutritional Choice

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! 🌱🌱🌱🌱🌱 Nutritional Choice

Vegetarian, Vegan, Dairy Free, Wholegrain, Fruity!, Nutritional Choice