



Newsletter

Friday 14 November 2025

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

Email Secretary: sithneysecretary@croftymat.org

Email Head: sithneyhead@croftymat.org

Carol Concert—Wednesday 10th December

Sithney School will be visiting Sithney Church for a Carol Concert on Wednesday 10th December at 2pm. We will be sharing Christmas songs and performing readings with support from Reader Kim who will lead the service. More details will follow closer to the time. Thanks Miss Sumpter

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.

RWI

We are missing quite a few copies from all colours of our Read, Write, Inc books. These are the black and white copies and the Book Bag Books that are sent home with your child to read. Please could you have a look at home even if your child has completed RWI to see if you have any that need to come back to school. Thank you! Mrs O'Brien



Our Non-School Uniform Day has raised £71.60 for Children in Need! Thank you

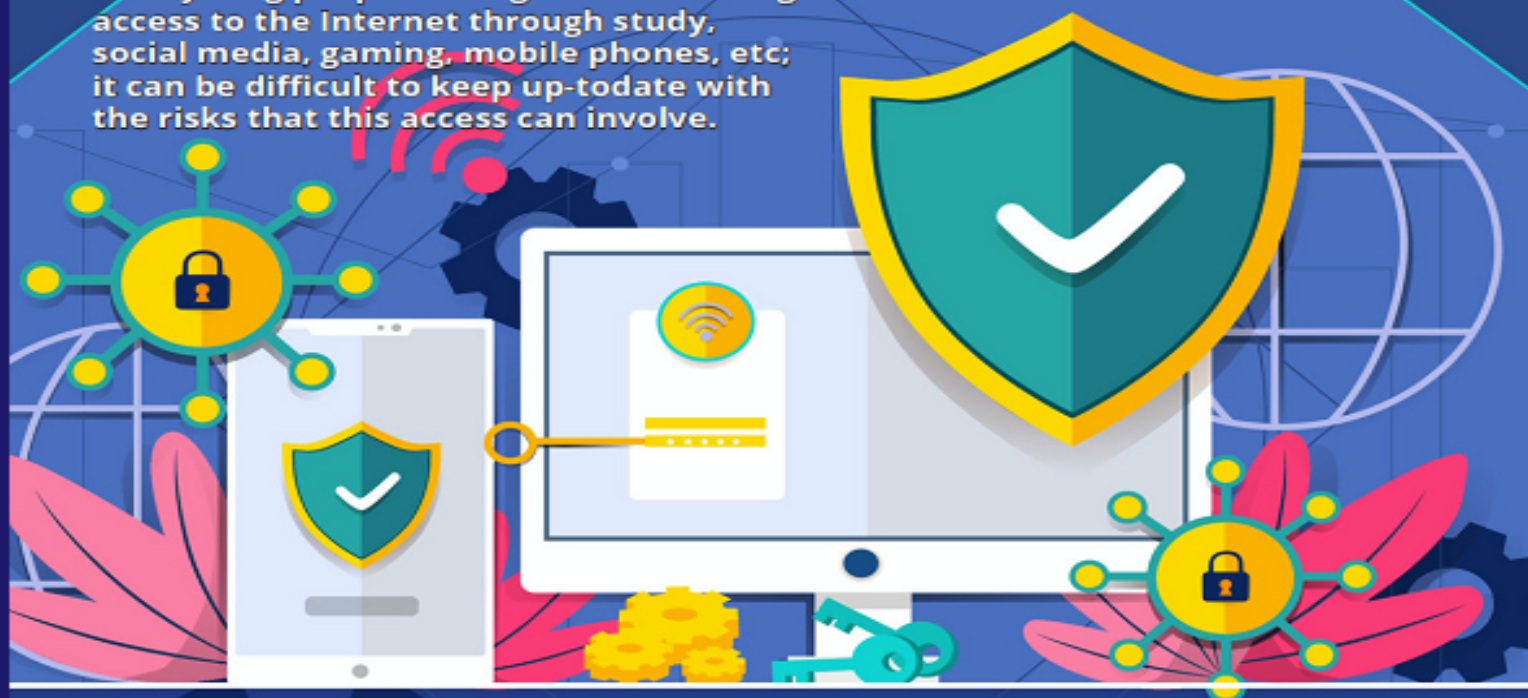
Pre-School Closure—Monday 8 December 2025

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

Parents Information Evening – Internet Safety

TUESDAY 25 NOVEMBER

Keeping young people safe online is one of the biggest challenges facing parents, carers and professionals. With young people having ever-increasing access to the Internet through study, social media, gaming, mobile phones, etc; it can be difficult to keep up-to-date with the risks that this access can involve.



- 6.00pm Upon arrival, you will be greeted at North Site Reception
- 6.10pm Tea and Coffee in the C01 Computing Suite
- 6.20pm – 7.00pm Presentation in C01 Computing Suite followed by Q&A session

At this information evening, I will outline some of the most common risks to young people online as well as the opportunities these tools can offer in terms of supporting them in being safe.

- Areas for discussion include:
- Consequences of not being safe while online
- How to be safe while on the internet
- Social Media Dangers
- How to Report Online Bullying
- Introduction to Apps and Tools used by students (iPads)
- Parental Safety Tools E.g. Google Family Link and Apple Parental Controls

If you would like to attend, please complete this short Microsoft Form

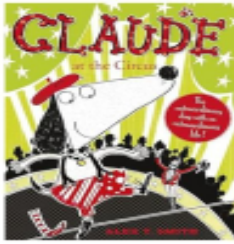
<https://forms.office.com/e/GgRgFUg8sr>

This will allow us to cater accordingly, letting us know the intended number in your party. If you have any questions about this event, please do not hesitate to contact the College.

Class Novels

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

Wonder Zone – Claude at the Circus



Come with **CLAUDE**
on a Smashing Adventure!

'For newly emergent readers keen to venture into chapter books'
Amazon reviewer



'The Claude books are some of the best children's books about'
Amazon reviewer

Wonder Zone have been enjoying a new author for the class so far this half term. Based on a book about a dog called Claude and his best friend Mr Bobbysock, these are short chapter books and are aimed at engaging younger readers who are making that transition from phonics to reading more independently. The author and illustrator Alex T Smith has written a series of Claude books such as Claude in the Spotlight and Claude at the Palace.

Smart Zone – Rage Against the Sea Witch



'A new adventure series about the pivotal moments of discovery through the ages, bringing the past to life with a generous helping of fantasy, humour and delightful, black and white illustrations.'

Linking to this half term's Geography unit of The Water Cycle, Smart Zone will be reading the text *Rage Against the Sea Witch* written by Roland Chambers. Roland Chambers lives on a farm with his family on Dartmoor and has begun to write the Billy Sharman series with *Rage of the Sea Witch* being the first in this adventure series. Another title in this series is *The War of Heavenly Horses*.

Study Zone – Freedom 1783



'An action packed story about a boys experience of slavery in Britain.'

Based on this term's Geography unit of Fair Trade, *Freedom – 1783* is a book about slavery and the injustice that many people suffered under it. This book is filled with humour, compassion and hope and was written by an author called Catherine Johnson. It was also the winner of the Little Rebels Children's Book Award in 2019. Catherine Johnson has written other titles that include *Race to the Frozen North* and *Journey back to Freedom*.

“

If a child memorizes ten words, the child can only read ten words, but if a child learns the sounds of ten letters, the child will be able to read 350 three sound words, 4,320 four sound words and 21,650 five sound words."

-Dr. Martin Kozloff

”

Attendance—Week Ending Friday 14 November 2025

Busy Zone	100%
Wonder Zone	96.3%
Smart Zone	99.44%
Study Zone	98.83%
Whole School	98.48%

(**School Attendance Target: 97%)



Badges

Reading Roll of Honour

Tommy, Jenny, Jacca, Grace, Archie, Thomas, Mirri, Finley, Lydia, Tuva, Bryer, Elowen, Monica, Oliver, Carey, Marina, Arthur, Millie, Ethan, Elsie, Penny, Emmelia, Charlie, Trinity, Evie, Ruben, Thomas, Jemima, Sebby, Harvey and Jamison



Word of the Week

Wonder Zone: Voyage – This means a very long journey, usually by sea.

Smart Zone: Betray– If you betray someone who loves or trusts you, your actions hurt and disappoint them.

Study Zone: Advesperate —This means to darken or to draw towards evening.



Diary Dates 2025 / 2026

Monday 1 December—Height & Weight Checks for Reception and Year 6
Monday 8 December—Pre-School Closed
Wednesday 10 December—Carol Concert at Sithney Church at 2pm
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
Tuesday 23—Friday 26 June - Year 5 & 6 Bikeability
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:

Coastal Crew (selected students only) - Thursday 5 February & Friday 10 July
**Eco Council (selected students only) - Wednesday 14 January,
Wednesday 25 February, Friday 24 April & Friday 5 June**

Cross Country

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	26.09.25	03.10.25	10.10.25	17.10.25	24.10.25	07.11.25	14.11.25
Killigrew		★		★	★	★	★
Trevithick			★				
Bassett	★						



NUMBOTS

Isobella and Billie-Jean



MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Bodhi—252 mins	Noah D—41 mins	Oliver—58 mins
Isobella—60 mins	Essie & Evie—36 mins	Carey—45 mins
Alex—35 mins		Arthur G—43 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Bodhi—44 gems	Evie—7 gems	Millie & Oliver—7 gems
Isobella—10 gems	Essie—6 gems	Lowen—5 gems
Alex—5 gems	Charlie—4 gems	

HALL OF FAME

Arthur G, Carey, Lowen, Oliver, Arthur T, Essie, Evie, Oscar, Ruben, Alex, Bodhi, Clay, Dollie, Evalyn, Isobella & Jemima



Christmas Lunch

MAINS

Roast Turkey
Or
Quorn Roast (V)

SIDES

Roast Potatoes, Stuffing,
Carrots, Peas and Gravy

DESSERTS

Vanilla Christmas
Shortbread

*Menus may be subject to change

Want to play drums?



Learn your favourite songs!

**SCAN ME TO
SIGN UP!**



Fun lessons from beginner to pro!

Lessons available now!

More information visit: www.cmst.co.uk/music-lessons



PARENT CARER COFFEE MORNING

A relaxed drop-in event for Parents and Carers of Children with Special Educational Needs and/or Disabilities (SEND).



- Grab a free drink and snack.
- Meet other Parents and Carers.
- Ask your questions and give feedback.
- Have a look through our resources and signposting information.

WHERE AND WHEN

Date: Monday 15th December 2025

Time: 09:30-11:30am

Location: Helston Family Hub, Bulwark Road, Helston, TR13 8JF.

Hosted by: Georgie Watson (she/her)
georgiepcc@outlook.com

www.parentcarerscornwall.org.uk



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

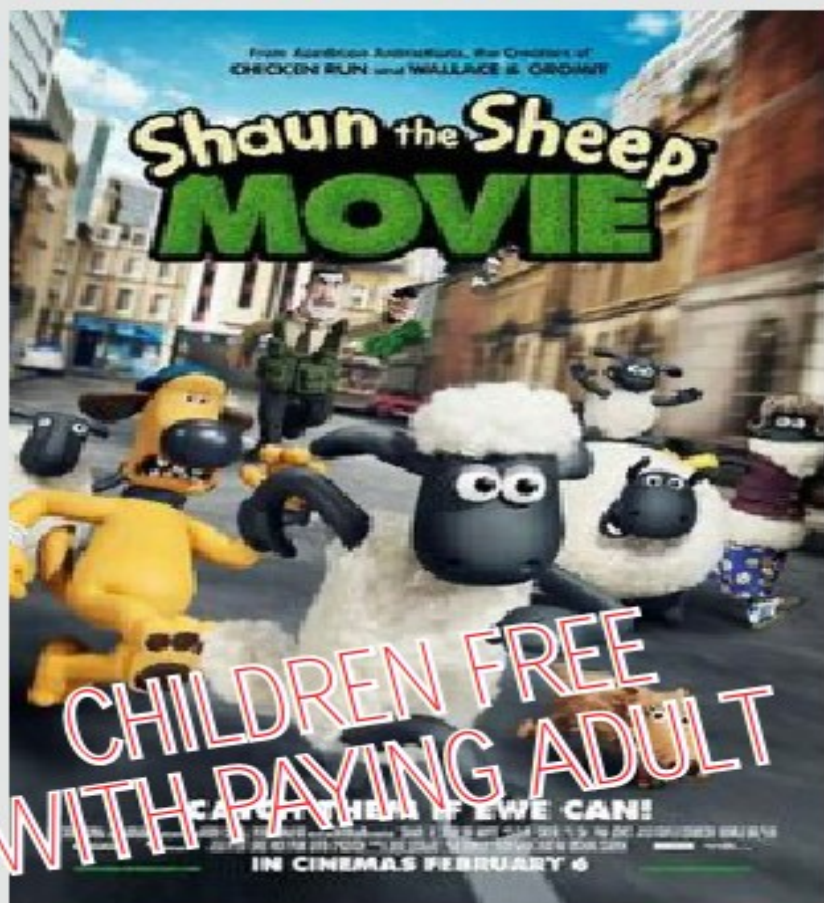
CONTACT:

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



**HELSTON
RAILWAY**

Christmas Trains



Santa Train Dates (December 2025)
6th, 7th, 13th, 14th, 20th, 21st, 22nd

Santa Train Times
10:00, 11:30, 15:00

Train of Light Time
17:30



Ticket Prices

Adult £10

Child £11.50

Under 5 years £5

Child and under 5 prices include
present from Santa!

visit www.helstonrailway.co.uk



**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



**RED RIVER
SCOUT GROUP
CROWLAS**



**WANT TO TRY
SOMETHING NEW?**

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

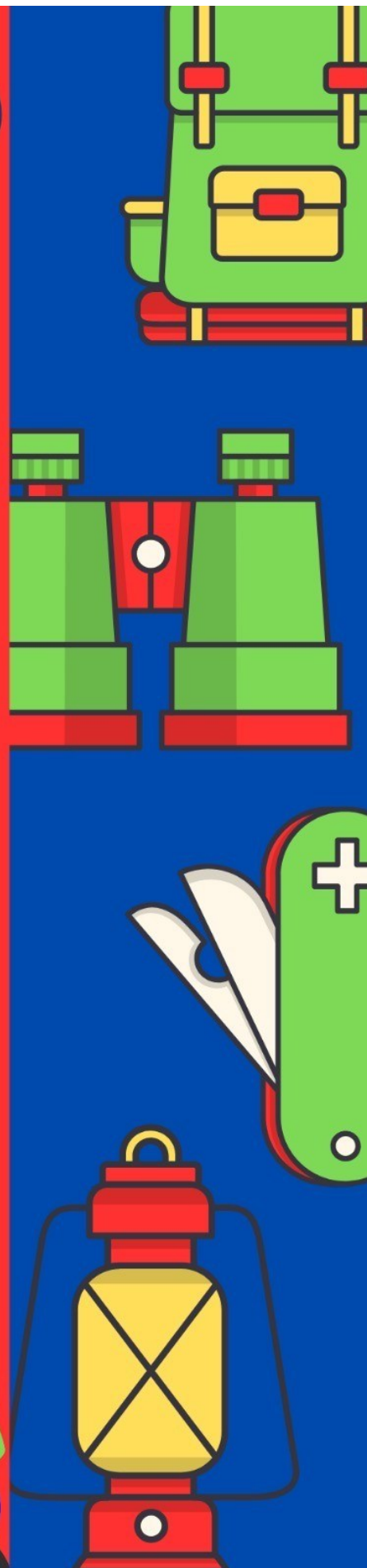
**JOIN US AT CROWLAS
METHODIST CHAPEL:
BEAVERS (5 ¾ - 8YRS) THURSDAYS
5.30-6.30
CUBS (8 - 10 1/2YRS) THURSDAY 6.50-
8.15
SCOUTS (10 ½ - 14YRS) MONDAYS 7-
9PM**

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

CONTACT KAREN

07989132280

KAREN.STEPHENS1@HOTMAIL.COM





Merry Christmas!



December 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)

Decreasing Depression	1 DEC 10am
Raising Self Esteem	1 DEC 7pm
Understanding the Teenage Brain	2 DEC 10am
Supporting Healthy Sleep	2 DEC 7pm
Autism - Improving Communication	8 DEC 10am
Improving Family Communication	8 DEC 7pm
Supporting A Child with ADHD	9 DEC 10am
Understanding Addictive Behaviour	9 DEC 7pm
Anxiety Based School Avoidance	15 DEC 10am
Understanding Anger	15 DEC 7pm
Supporting Healthy Screen Use	16 DEC 10am
Facing Defiance	16 DEC 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

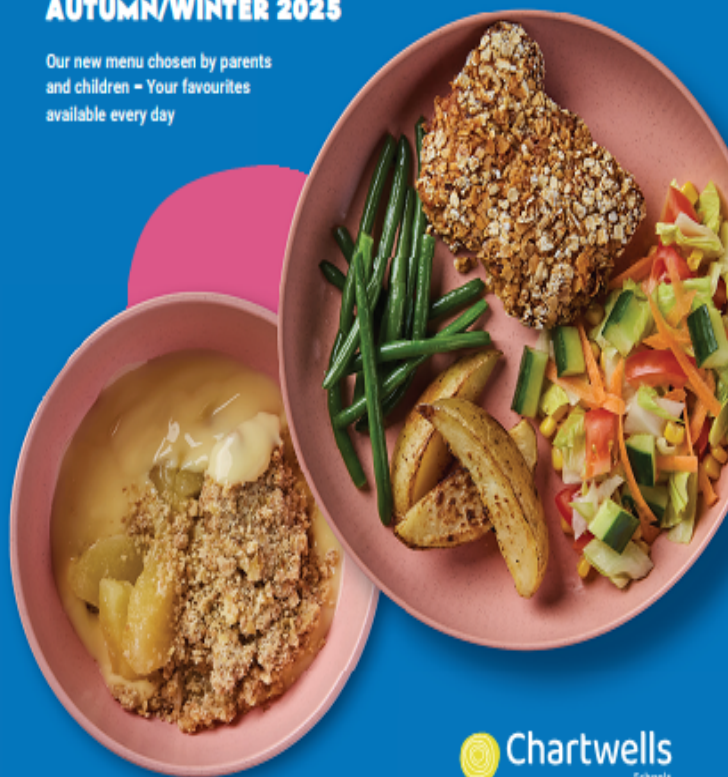
Vegetarian Vegan Oily Fish Wholegrain Fruitful Nutritionalist's Choice

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

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 local artisanal producer



AVAILABLE DAILY
From a local artisanal producer

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

For more information on our products and services, please visit our website at www.ourwebsite.com

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 local artisanal producer



AVAILABLE DAILY
From a local artisanal producer

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

For more information on our products and services, please visit our website at www.ourwebsite.com