



# Newsletter

Friday 28 November 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)

## Christingle Service —Sunday 30 November

We have been invited to attend the Sithney Church Christingle Service at 6.00pm on Sunday November 30th. All children will be making Christingles in school on Friday 28<sup>th</sup> November. A Christingle service is a candlelit Christian celebration at Christmas time, that uses a symbolic orange to represent Jesus' light and message of hope, and is child-centred. Mrs O'Brien will be in attendance at the church and it would be wonderful to see as many families attending as possible.

## Carol Concert—Wednesday 10th December

Sithney School will be visiting Sithney Church for a Carol Concert on Wednesday 10<sup>th</sup> 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

## Positive Noticing Week

This week at Sithney, we have been supporting Positive Noticing Week. Each of the children have written a luggage label, telling someone else in their class something positive they have noticed about them this week! These will be sent home shortly.

Please can we ask that students bring a reusable water bottle to school every day—thanks

## British Legion Poppy Appeal

Thank you Sithney School, we have raised £95.71 for the 2025 Poppy Appeal.

# SITHNEY SCHOOL OPEN DAY WED 10<sup>TH</sup> DEC 9:30 - 11:30



Come and visit us for a tour and learn about our exciting curriculum, outdoor learning and enrichment opportunities.

**We look forward  
to meeting you.**

[www.sithney.croftymat.org](http://www.sithney.croftymat.org)

01326 572910

[Sithneysecretary@croftymat.org](mailto:Sithneysecretary@croftymat.org)

## Message from the School Immunisation Team

(For those students who did not access the recent Nasal Immunisations at School)

There have been flu outbreaks in schools around the county and flu is predicted to be particularly virulent this year. **Kernow Health will be running flu clinics at various locations across Cornwall in early/mid-December, by appointment only.** If this is something you are interested in, please contact the Schools Immunisation Team on **01872 221105** or email [kernowhealthcic.schoolimmunisation@nhs](mailto:kernowhealthcic.schoolimmunisation@nhs) for further information



### School aged vaccinations

**Did you know children will be offered these routine vaccinations at school?**

- ✓ **FLU**- Reception - Year 11
- ✓ **MMR** - Catch-up
- ✓ **HPV**- Year 8 - Year 11
- ✓ **Meningitis ACWY**- Year 9 - Year 11
- ✓ **Diphtheria, Tetanus, Polio (DTP)** Year 9 - Year 11

**HPV**

**FLU**

**MMR**

**MENINGITIS  
ACWY**

**DIPHTHERIA  
TETANUS  
POLIO (DTP)**

### Did you miss us?

**We also have community clinics across Cornwall for:**

- ✓ Home educated children
- ✓ Anxious children
- ✓ Children who missed the session at school

Call us on

**01872 221105**

[Kernowhealthcic.schoolimmunisation@nhs.net](mailto:kernowhealthcic.schoolimmunisation@nhs.net)



Please can we ask parents and carers to send in healthy snacks for breaktimes, such as fruit and vegetables. Thank you

### Attendance—Week Ending Friday 28 November 2025

Busy Zone	97.93%
Wonder Zone	97.22%
Smart Zone	<b>98.89%</b>
Study Zone	97.08%
Whole School	97.93%

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



### Badges

### Reading Roll of Honour

Archie, Aurora, Jenny, Finley, Jacca, Mirri, Grace, Thomas, Odin, Tommy, Ronan, Ethan, Tuva, Elsie, Arthur G, Teddi, Evie, Billie-Jean, Charlie, Bertie, Noah D, Essie, Grace, Jamison, Owen, Harvey, Finley, Sebby & Thomas



### Word of the Week

Wonder Zone: **Forbidden** : This means when you are not allowed to do something.

Smart Zone: **Sublime**: If you describe something as sublime, you mean that it is wonderful.

Study Zone: **Foliage**: Noun. Collectively, the leaves of one or more plants.



## Diary Dates 2025 / 2026

Sunday 30 November—Sithney Church Christingle Service at 6.00pm  
 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  
 Friday 19 June—Class Photos with Jo Buckley photography (*please ensure have ticked your Arbor consent for your child to be photographed with their class*)  
 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



you

**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	10.10.25	17.10.25	24.10.25	07.11.25	14.11.25	21.11.25	28.11.25
Killigrew		★	★	★	★		★
Trevithick	★					★	
Bassett							



Billie-Jean - Rockstar



# NUMBOTS

Isobella



## MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Bodhi—45 mins	Essie—88 mins	Tuva & Carey—38 mins
Alex—39 mins	Oscar—74 mins	Oliver—35 mins
Ned—34 mins	Grace—69 mins	

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Isobella—6 gems	Essie—13 gems	Millie—8 gems
Ned & Finley R—5 gems	Oscar & Evie—5 gems	Arthur G & Elsie—3 gems

## HALL OF FAME

Arthur G, Carey, Elsie, Millie, Oliver, Tuva, Billie-Jean, Essie, Evie,  
Jago, Noah D, Oscar, Ruben R, Alex, Dollie, Evalyn, Isobella, Jemima,  
Ned & Sephy

# 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](http://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 15<sup>th</sup> 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](http://www.parentcarerscornwall.org.uk)



**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](http://www.helstonrailway.co.uk)



# 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 13th December 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





# 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](http://facefamilyadvice.co.uk)

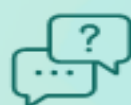
Recordings available for 48 hours (excluding Free Talk)

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

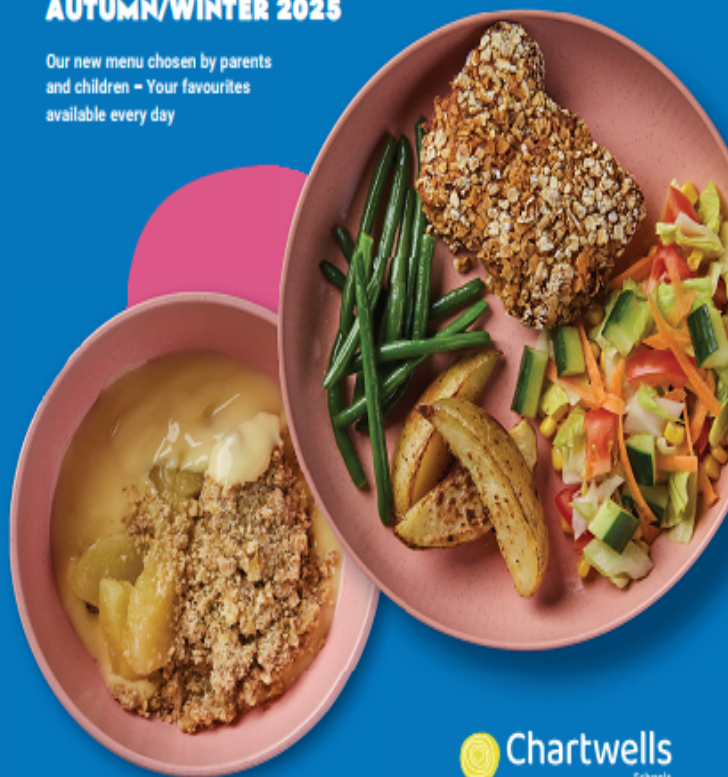
Vegetarian Vegan Oily Fish Wholegrain Fruitful Nutritionalist's Choice

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
<b>HOT DISHES</b>					
<b>OPTION 1</b>	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
<b>OPTION 2</b>	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 🌱
<b>OPTION 3</b>	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
<b>DELI DISHES</b>					
<b>OPTION 4</b>	Cheese and Tomato Wrap	Tuna Wrap	Ham Wrap	Cheese and Tomato Wrap	Ham Wrap
<b>OPTION 5</b>	Egg Mayonnaise Sandwich	Ham Sandwich	Cheese Sandwich	Tuna Mayonnaise Sandwich	Cheese Sandwich

DELI DISHES ARE SERVED WITH MIXED SALAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DESSERT</b>	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

For more information on our products and services, please visit our website at [www.bakersfield.co.uk](http://www.bakersfield.co.uk)

# 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
<b>HOT DISHES</b>					
<b>OPTION 1</b>	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
<b>OPTION 2</b>	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 🌱
<b>OPTION 3</b>	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
<b>DELI DISHES</b>					
<b>OPTION 4</b>	Cheese and Tomato Wrap	Tuna Wrap	Ham Wrap	Cheese and Tomato Wrap	Ham Wrap
<b>OPTION 5</b>	Egg Mayonnaise Sandwich	Ham Sandwich	Cheese Sandwich	Tuna Mayonnaise Sandwich	Cheese Sandwich

DELI DISHES ARE SERVED WITH MIXED SALAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DESSERT</b>	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

For more information on our products and services, please visit our website at [www.bakersfield.co.uk](http://www.bakersfield.co.uk)