



# Newsletter

Friday 12 December 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)

## Christmas Lunch

Just a reminder we have our School Christmas lunch on Wednesday 17 December. If you have not pre-ordered a lunch, please remember to send your child in with a home packed lunch

Thanks

## Office Cover

Please note that as of January 2026, Mrs Neate will be covering Mrs Ellis in the school office on a Friday. Please use the usual Sithney Secretary email address to contact her.

## After School Club: Friday 19 December 2025

Just a reminder there is no after-school club on Friday 19 December due to it being the end of term. Thanks, Miss Neil

## Student Christmas Cards

There is a post-box in the reception area for your children to post their Christmas Cards .

## School Parking

We have received an email from a resident of Plovers Field with regards to school traffic/parking. The resident who has contacted us, has recently experienced several near-miss incidents caused by oncoming vehicles travelling on their side of the road, this being a direct result of parents parking on the blind corner and creating a significant obstruction. In addition, many vehicles are being parked far too close to the junction, further limiting visibility and increasing the risk of an accident. It has also been observed that some of the parent vehicles parked on estate road, have been parked there despite ample space being available in the car park. As a school can we please therefore again, ask all parents and carers to park considerately, in order to keep our students, all pedestrians and local residents safe. Many thanks

Christingle Service at Sithney Church—Sunday 30 November 2025

Sithney School kicked off Christmas celebrations on Sunday 30 November by attending the Sithney Church Christingle Service. Thank you to all students and their families, who attended this lovely service—Mrs O'Brien





## Sithney Coding Club

On Wednesday 3 December, students from the Sithney School Lego Club were offered the chance to enhance their coding skills today with the support of King Edward Mine. All students built a robot from scratch then programmed it to get to endzone. The club will return in the new year to learn how to add attachments to their robot designs.





## Thank you FOSS!

On Monday 8 December 2025, the longest and most well-kept Sithney School secret came to fruition with the entire school attending a performance of Aladdin at the HFC. We all had the most incredible time, and our heartfelt thanks go to Mrs Butcher and the FOSS team for their tireless work, and for arranging this wonderful treat. We would also like to thank all of our parents and carers for keeping the secret well and truly under wraps until the big day —Miss Neil







### Attendance—Week Ending Friday 12 December 2025

Busy Zone	88.15%
Wonder Zone	93.52%
Smart Zone	86.77%
Study Zone	<b>93.57%</b>
Whole School	90.72%

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



### Badges

### Reading Roll of Honour

Lydia, Grace, Thomas, Odin, Archie, Jacca, Aurora, Finley, Jenny, Elijah, Carey, Bryer, Arthur G, Ethan, Evie, Bertie, Charlie, Essie, Isobella, Sebby, Harvey, Owen & Finley



### Word of the Week

**Wonder Zone:** No word of the week this week .

**Smart Zone:** No word of the week this week.

**Study Zone:** **Diaphanous:** This means very delicate & thin; translucent



## Diary Dates 2025 / 2026

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 9 February—Year 1 Hearing Screening  
 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	17.10.25	24.10.25	07.11.25	14.11.25	21.11.25	28.11.25	12.12.25
Killigrew	★	★	★	★		★	
Trevithick					★		★
Bassett							



Essie - Busker  
Arthur - Wannabe



# NUMBOTS



## MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Evalyn—33 mins	Essie—76 mins	Arthur G—68 mins
Finley—32 mins	Evie—47 mins	Millie—38 mins
Alex—28 mins	Bertie—40 mins	Oliver—26 mins

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Finley—6 gems	Essie—11 gems	Arthur G & Millie—5 gems
Jemima & Alex—3 gems	Noah D—7 gems	Oliver—3 gems
	Jago—5 gems	

## HALL OF FAME

Arthur G, Millie, Oliver, Arthur T, Emmeliah, Essie, Evie,  
Jago, Noah D, Ruben R, Jemima



## 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)

**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)





# SPACE

## Supporting Parents And Children Emotionally

**SPACE** is a **free** programme for **any parent or carer** who wants to better understand and support their children's emotions, as well as their own.

### Each SPACE course is 5 sessions long and will cover:

- Understanding what is meant by a Trauma Informed approach
- Understanding toxic stress and the flight/fight response
- Practical approaches to support children to regulate their emotions
- Healthy coping strategies for dealing with stress
- Managing different emotions
- Understanding behaviour
- Building resilience in ourselves and our children
- Adopting appropriate expectations of children
- Enhancing your ability to provide nurturing care

### MHST has several upcoming 5 session SPACE courses as follows:

**Every Monday from 12<sup>th</sup> January -9<sup>th</sup> February 2026 - 13:00-14:30**  
**FACE TO FACE at Helston Family Hub, Bulwark Road, Helston, TR13 8JF**

**with ONLINE programmes on:**

**Every Friday from 9<sup>th</sup> January-6<sup>th</sup> February 2026 - 09:30-10:30**

**or**

**Every Monday from 12<sup>th</sup> January-9<sup>th</sup> February 2026 - 09:30-10:30**



**To request a place, complete the online form or scan the QR code provided BY 19<sup>th</sup> DECEMBER 2025:**  
<https://forms.office.com/e/rrUONGgLMv>



**These courses are for parents/carers of children 5-11 yrs only**

**Spaces are limited (Max 8 per session); if you cannot attend, please notify us ASAP - 01726 873204**

HEADSTART  
KERNOW



Together   
for Families





# 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





## January 2026 Timetable

All sessions delivered live online via zoom. 90 minutes long

**£24 each or FREE with School Membership**

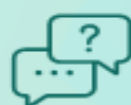
Book online at [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)

Recordings available for 48 hours (excluding Free Talk)

Autism - Improving Communication	5 Jan 10am
Improving Family Communication	5 Jan 7pm
Supporting A Child with ADHD	6 Jan 10am
Understanding Addictive Behaviour	6 Jan 7pm
Anxiety Based School Avoidance	12 Jan 10am
Understanding Anger	12 Jan 7pm
Supporting Healthy Screen Use	13 Jan 10am
Facing Defiance	13 Jan 7pm
Cannabis and Ketamine Awareness	19 Jan 10am
Anxiety Explained	19 Jan 7pm
Introduction to OCD	20 Jan 10am
What Is ACT	20 Jan 7pm
<b>FREE Responding to Angry Behaviour</b>	22 Jan 7-8pm
Raising Self-Esteem	26 Jan 10am
Decreasing Depression	26 Jan 7pm
Supporting Healthy Sleep	27 Jan 10am
Understanding the Teenage Brain	27 Jan 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

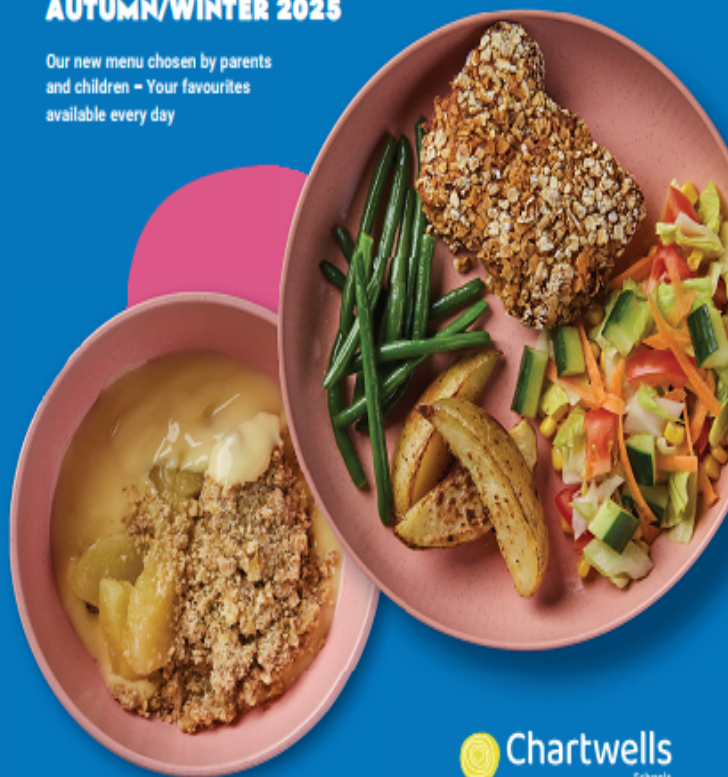
Vegetarian Vegan Oily Fish Wholegrain Fruitful Nutritionalist's Choice

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	<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
	OR	OR	OR	OR	OR
	<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
HOT DISHES	<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

DELI DISHES	<b>OPTION 4</b> Cheese and Tomato Wrap 🌯	Tuna Wrap	Ham Wrap	Cheese and Tomato Wrap 🌯	Ham Wrap
	OR	OR	OR	OR	OR
DELI DISHES	<b>OPTION 5</b> Egg Mayo/Maisie Sandwich 🥪	Ham Sandwich	Cheese Sandwich	Tuna Mayo/Maisie Sandwich	Cheese Sandwich

DELI DISHES ARE SERVED WITH MIXED SALAD

DESSERT	Crunchy Apple Slice 🍏	Strawberry Shortcake Mousse 🍓	Oat Cookies 🍪	Apple Crumble with Custard 🍏	Berry Blondie 🍰
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**BAKED POTATOES SERVED DAILY**  
From a local potato grower



**AVAILABLE DAILY**  
From a local potato grower

🌱 Vegetarian 🌿 Vegan 🐟 Oily Fish 🌾 Wholegrain 🍌 Fruity! 🍷 Nutritional Choice

Vegetarian, Vegan, Oily Fish, 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	<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
	OR	OR	OR	OR	OR
	<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
HOT DISHES	<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

DELI DISHES	<b>OPTION 4</b> Cheese and Tomato Wrap 🌯	Tuna Wrap	Ham Wrap	Cheese and Tomato Wrap 🌯	Ham Wrap
	OR	OR	OR	OR	OR
DELI DISHES	<b>OPTION 5</b> Egg Mayo/Maisie Sandwich 🥪	Ham Sandwich	Cheese Sandwich	Tuna Mayo/Maisie Sandwich	Cheese Sandwich

DELI DISHES ARE SERVED WITH MIXED SALAD

DESSERT	Chocolate Caramel Crunch 🍫	Flapjack 🍪	Chocolate Brownie 🍰	Apple and Golden Syrup Sponge with Custard 🍏	Chocolate Cookie 🍪
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**BAKED POTATOES SERVED DAILY**  
From a local potato grower



**AVAILABLE DAILY**  
From a local potato grower

🌱 Vegetarian 🌿 Vegan 🐟 Oily Fish 🌾 Wholegrain 🍌 Fruity! 🍷 Nutritional Choice

Vegetarian, Vegan, Oily Fish, Wholegrain, Fruity!, Nutritional Choice