



Newsletter

Friday 19 December 2025

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

Email Secretary: sithneysecretary@croftymat.org

Email Head: sithneyhead@croftymat.org

Happy Christmas

On behalf of all of the staff at Sithney School, I would like to wish our students and their families, a happy and peaceful Christmas and New Year.

Enjoy the break—We return to school on Tuesday 6 January 2026

Miss Neil & Team

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.

FOSS

FOSS would like to thank all parents and carers who made purchases at the School Production on Monday. A grand total of £472.45 was raised for the benefit of our students.

Safeguarding Message from County

We have been made aware that the children's book series 'According to Humphrey' have several books that contain a link to a website which has been compromised and now takes people to highly inappropriate and unsafe content. We understand the problematic links can be found on the back cover and may be also included on a page inside.

Please can we ask all parents and carers to check at home, and if you have any of the books, to either remove the books immediately or remove the page with the weblink. We also ask parents and carers to be extra-vigilant with all children's books that contain links and ensure that they are checked by an adult.

Many thanks.



Student Success!

A huge congratulations to Millie and Finley for achieving their 1000m & 2000m badges at swimming on Wednesday 17 December. Millie and Finley both swim with Shark Swim School in Redruth.



Attendance—Week Ending Friday 19 December 2025

Busy Zone	89.54%
Wonder Zone	93.52%
Smart Zone	97.35%
Study Zone	85.38%
Whole School	91.77%
(**School Attendance Target: 97%)	



Badges

Reading Roll of Honour

Thomas, Archie, Aurora, Jenny, Jacca, Lydia, Odin & Finley N



Word of the Week

Wonder Zone: No word of the week this week .

Smart Zone: No word of the week this week.

Study Zone: No word of the week this week.



Diary Dates 2025 / 2026

Monday 22 December—Friday 2 January—Christmas Holidays
 Monday 5 January - Inset Day
 Tuesday 6 January 2026—First day of Spring 1 term
 Thursday 15 January—Reception Vision Checks by School Vision Screener—RCHT
 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	24.10.25	07.11.25	14.11.25	21.11.25	28.11.25	12.12.25	19.12.25
Killigrew	★	★	★		★		
Trevithick				★		★	
Bassett							



Essie - Unsigned Act

Star - Busker



NUMBOTS

Lorea & Oliver



MATHS WHIZZ

Study Zone Learning Time	Smart Zone Learning Time	Wonder Zone Learning Time
Evelyn—32 mins	Charlie—55 mins	Arthur G—61 mins
Carter—23 mins	Essie & Noah	Tuva & Noah
Jemima—11 mins		

Study Zone Gems	Smart Zone Gems	Wonder Zone Gems
Jemima, Evalyn & Owen—3 gems	Evie—9 gems	Arthur G—5 gems
	Noah D—8 gems	Noah—1 gem
	Oscar—5 gems	

HALL OF FAME

Arthur G, Bertie, Billie-Jean, Charlie, Essie, Evie, Jago, Noah D, Oscar, Penny, Ruben, Samuel, Evalyn & Sebby

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 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



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 12th January -9th 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 9th January-6th February 2026 - 09:30-10:30

or

Every Monday from 12th January-9th February 2026 - 09:30-10:30



To request a place, complete the online form or scan the QR code provided BY 19th 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

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

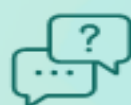
Book online at facefamilyadvice.co.uk

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
FREE Responding to Angry Behaviour	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

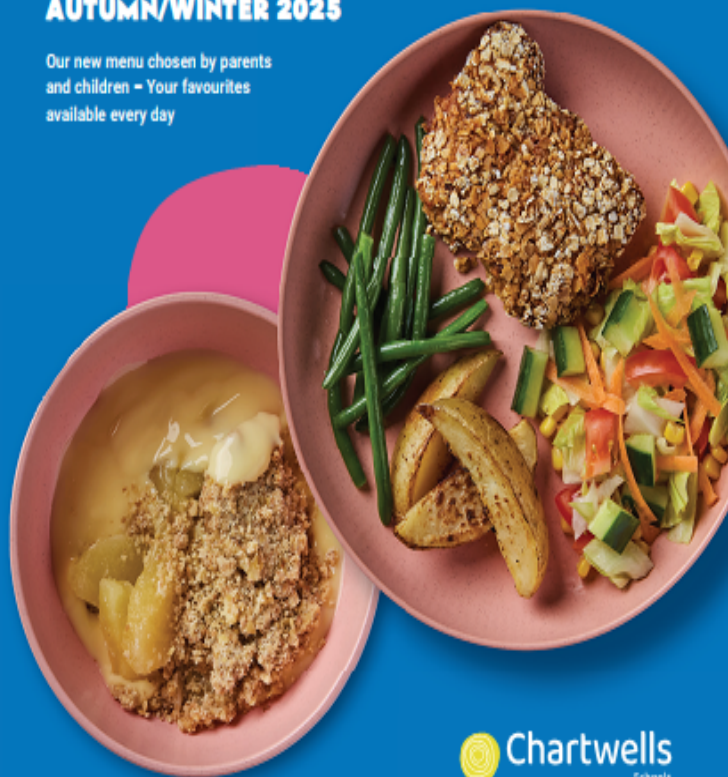
Vegetarian Vegan Oily Fish Wholegrain Fruitful Nutritionalist's Choice

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					
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
Nutritional Choice: A food product that is high in nutrients and low in calories, fat, sugar, and salt.

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
Nutritional Choice: A food product that is high in nutrients and low in calories, fat, sugar, and salt.