# he Heffington Post 19th February 2024









#### Youth Speaks 2024

The annual event hosted by the Rotary Club of Truro Boscawen has been attended by teams from Perran-ar-worthal Primary School over the last few years and has seen the children compete well with local schools and enjoy some success in qualifying for the County Finals.

Preparations for the first round have been going on for some time. Lily (Chairperson) Isla (Speaker) and Eliza (Proposer for the vote of thanks) were selected to represent PAWS ensuring that their public speaking skills were up to the high standards of recent years. Their chosen subject was Artificial Intelligence. (AI).

For readers who are not familiar with 'Youth Speaks' a team of three prepare a chosen subject. The Chair has 90 seconds to prepare the audience for the Speaker who has 4 minutes to speak about the chosen subject. The Chair invites a question from the audience (usually the adjudicator) the Speaker responds and then the Proposer concludes the group's chosen subject.

That all seems very straight forward doesn't it. Our three young speakers will tell you about the nerves of speaking to an audience they have not met before. The possibility of forgetting or being distracted or the chance that you might 'freeze'......

A rehearsal at PAWS in front of their peer group and adult judges gave the team an insight into what was ahead of them. Their coach/mentor Mr Mark Teasdale had assisted them to prepare their speeches with facts, opinion and humour giving a balance to the subject of Al and its usefulness to their generation and the need of older generations to engage with this development. The audience had plenty to think about and by the end of the presentation were positively enlightened about this subject.

The next stage for the three girls was the local competition held in the assembly hall at Truro Prep School. A room that needs big voices and clear heads with an audience to be engaged. PAWs were drawn as the first team to present. What a composed well delivered presentation it was. The team fielded a particularly difficult question from one of the judges with good composure. It was time to sit and listen to the other teams present. The judges declared they needed time to deliberate on what they had seen while the participants and audience tucked into refreshments

Finally, the judges re-emerged and began their debrief of each team. There were some positive comments and some could do better comments for PAWs. Devoran school received quite a lot of praise for their thoughtful presentation 'How is the cost-of-living crisis affecting children' and that was followed by Truro Prep being congratulated for their informative, humorous presentation 'Why is everyone scared of spiders'.

All the competitors received a certificate from the President of the Rotary Club of Truro Boscawen and praised for their efforts.

It was finally time to announce the winning team that would receive the Rotary Club shield and would go on to the Area Junior Competition at Penzance at the end of February.

The room went quiet, excitement and tension filled the room.

The Chairman of the judges announced the winner..... Perran-ar-worthal CP School!

Can you imagine the cheering and clapping....

Well done one and all!

Report written by Mr Chris Lea

# THANK YOU TO THE ENVIRONMENT WORKING GROUP!

The Parish Council's Environment Working Group organised a tidy-up event over half term. Various areas of the village were tackled, including the footpath beside the school - see photos below. The Environment Working Group plan to return soon to complete the work.

This event was part of the parish council's ongoing efforts to benefit the environment and improve accessibility to





the parish's footpaths. The Parish Council would welcome any further suggestions from the school community regarding additional work that could be undertaken by this working group. If you or anyone in your family (all ages welcome) would like to get involved in the great work of the Environment Group, then the 'Tidy Up Day' on Saturday, 23rd March 10am to 12noon will be the perfect chance to get involved in helping to get the village looking spick and span for the Spring!





During the morning of Saturday, 10th February, the village was also treated to a spruce up by these helpful volunteers spanning a considerable age range, including one of our Yr1 pupils. As part of the 'Tidy up the Village for Spring Event' litter was collected, flower beds were weeded and paths were cleared and swept. What an incredible effort by all involved.

The group would be thrilled to see more children and their families get involved in this newly formed group as they feel it helps to bring the community together and provide children with a sense of ownership and pride over where they leave as well as create an interest in their local environment and the world around them. So do come along to the next gathering of the group—they would be delighted to see you join them—many hands make light work!

# Tidy Up Day

# Come and join in our volunteer session to litter pick and tidy up verges and paths in and around the village in time for spring!

Meet at Perranarworthal Village Hall Saturday 23rd March | 10am-12 | TR3 7NJ

All tools and refreshments provided

All Ages welcome

Please dress in robust footwear <u>and</u>
<u>clothing</u> suitable for gardening and the
weather!

Contact: Lea Thomas Community Partnership Officer

Email: Lea.thomas@cormacltd.co.uk

Mobile: 07563252740

alternatively contact: Ashley Bridges

cllr.abridges@perranarworthalpc.org.uk











## Power up to Play Initiative.

With the recent awareness of the increase in ACL injuries in footballers, predominantly in women's football, and in many high impact sports, I just wanted to let parents and students know, that, having liaised with an orthopaedic surgeon, I will be including a Power up to Play warm up before all matches and game sessions in PE. There are many reasons why there is an increase in ACL injuries, but it is likely to be the higher participation rates in year – round sports among children, like football and basketball.

In order to prevent these injuries, which can have a recovery time of up to a year, a warm up has been created in order to strengthen important muscles and reinforce the use of strong body position. As seen in the photograph to the right, good form, maintaining stability, landing with control with the knee directly over the foot are imperative when conducting this warm up. The warm up works through strengthening, plyometrics, agility and stretching. This has been proven to strengthen the knee in order to help prevent ACL injuries. These warm ups have been proven to be enormously effective in children 8+.









In order to allow us to access the PE curriculum as much as possible over the next half term, please help your child to be organised with bringing wet weather gear on PE days. Thank you for your continued support. Miss Davies.





#### **RANDOM ACT OF KINDNESS AWARD!**

This week, the RAK award goes to **George Angus Forster** who's name was put forward by the **Parish Council's Environment Group.** George was noted for his boundless enthusiasm for volunteering as part of the Tidy Up for Spring Group. He was also delighted to have found a broken tile which was disposed of carefully. Thank you for your kindness George!





### \*PLEASE NOTE ADDITIONAL DATES ADDED:

\*Wednesday, 21st February: Yr6 to see High School Musical Matinee at Penryn College

\*Tuesday, 20th February: Youth Speaks District Final

**WB 26th February: Progress Review Meetings** 

Tuesday, 5th March: St Piran's Day

Wednesday, 6th March: Songfest at Truro Cathedral (Yr6)

Thursday, 7th March: World Book Day (Come dressed as your fa-

vourite book character)

WB 11th March: Cornwall Music Festival for those taking part

Tuesday, 26th March: Yr3, 4 and 5 Spring Play and KS2 Spring

Concert at the Village Hall (more information about arrangements to be confirmed closer to the date).

**WB 25th March: Autism Acceptance Week** 

Thursday, 28th March: Last day of term

Friday 29th March to Sunday, 14th April: EASTER BREAK

Please note that there may be further dates added as the year progresses. If any dates need changing due to unforeseen circumstances, then we will give you as much notice as possible. We will keep you informed of any changes and additions on our weekly newsletter and via dojo.

# FOPS NEWS

FRIENDS OF PERRAN-AR-WORTHAL SCHOOL

## UPCOMING EVENTS

Tuesday 20th Febrostponed
FOPS Perranfest planning meeting
\*POSTPONED\* New date TBC

Friday 23rd Feb
Robins Bake Sale - after school

Thursday 7th March World Book Day!

SO FAR THIS YEAR WITH ALL YOUR WONDERFUL SUPPORT WE'VE RAISED...

13,295

THIS FUNDRAISING HAS ENABLED FOPS TO DONATE THE CHUNKY SUM OF

15,500

TOWARDS UPDATING & EXPANDING THE FOREST SCHOOL AREA\*

TO MAKE IT AN EVEN BETTER SPACE FOR ALL THE CHILDREN!

## "THE READING RETREAT"

THANK YOU FOR YOUR AMAZING BOOK SUGGESTIONS AND KIND DONATIONS TOWARDS BUILDING OUR NEW LIBRARY

WE'RE STILL IN NEED OF MORE BOOKS, SO EVERY DONATION HELPS:)

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DETAILS
Thank you

THANK YOU FOR ALL THE FANCY DRESS DONATIONS:)



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SOON....