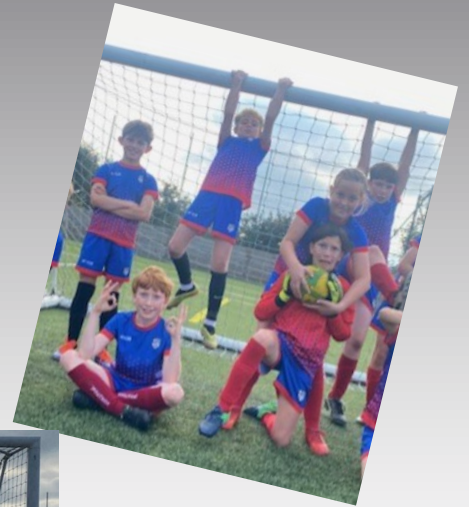




Football Leagues Autumn



2025 week 2.



Another two brilliant wins from our 12 footballers on Wednesday night at Penryn.

It is such a privilege to take these twelve students down to Penryn to play against other schools. This week brought an enormous challenge as the grassroots rule was brought into play—that if a team is 4-0 ahead, they must remove a player. I have 12 children who would play every minute of every match—so to ask a child to come off the pitch was extremely difficult. A huge shout out to the players that I had to ask to come off. This obviously affected the amount of play each child was able to have on the pitch.

The footwork, dribbling, passing and moving skills were extraordinary. A huge shout out to all players; to Ula for your skills in goal, to Eleni for your amazing tackling and dribbling skills, to Theo for creating a solid defence, Aubrey, for your ability to read the game and move into space to create attacking opportunities, Ted, for your composure and patience and seeing a gap and shooting and scoring, Loic, for your amazing skills on the wing and accurate receiving and passing skills also allowing brilliant attacking opportunities—which you took and scored with! For Arthur, for all round amazing defence and composure when I needed a player to come off, Roly and Dylan for your outstanding dribbling and passing skills and abilities to play anywhere! Finn, you created such a strong defence and demonstrated such composure throughout! To Caspar and Jude for using your skills to get past defence and shooting. All of you make up such a strong team. Thank you for your energy and humility. Eleni—you made a terrific team captain! Thank you again to Quilla for coming down and supporting and to all parents for your continued support. Sorry we were late back—leaving Penryn was congested!



Morning snacks and lunchboxes at Perran-ar-Worthal.



The Perran-ar-Worthal staff and community care deeply about healthy daily habits instilled in childhood that can be positively continued for life. We would like to promote healthier choices at break time and lunchtimes wherever possible. For this reason, we would like children to bring a healthy morning snack and a healthy lunchbox Monday to Thursday with an opportunity for a treat on a Fab Friday. We hope to instil habits for life, by choosing a predominantly healthy diet without eliminating less healthy options completely.

While there's no single UK-wide government guideline for packed lunchboxes, Perran-ar-Worthal would like to encourage all families to help their child pack a healthy morning snack and healthy lunchbox. Throughout KS1, children are offered fruit or vegetables at break time and we would like to see this habit continue throughout KS2. Please pack fruit or vegetables for morning snack. For lunchboxes, please aim for a balance of the following food groups in lunchboxes;

- **Starchy carbohydrates:** Bread, pasta, rice, potatoes, wraps, or crackers. (preferably wholegrain for added fibre)
- **Fruit and vegetables:** Include plenty of variety; carrot sticks, celery, blueberries, kiwi, chopped fruit.
- **Protein:** Beans, pulses, eggs, fish, meat, or dairy alternatives, hard boiled egg
- **Dairy or alternatives:** Milk, cheese, yogurt, or unsweetened fortified alternatives.
- **Drinks:** **Water is the best choice.**

Foods to Limit or Avoid:

- **High-fat, high-sugar, and high-salt foods:** Confectionery such as chocolate bars or sweets, very salty snacks like crisps, and some pastry products.
- **Sugary drinks:** Fruit juice, squashes, and fizzy drinks are high in sugar.

Nuts: Our school has a "no nuts" policy due to severe allergies in other children, so please check any products carefully.

Thank you all for your support with creating healthy habits for life.