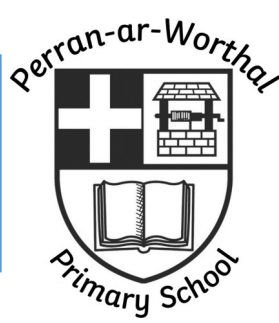


# T

**he Heffington Post**  
**20th January 2025**



# E

**VERY MOMENT MATTERS!**

**“Creativity  
is now  
as important  
in education  
as literacy.”**

Sir Ken Robinson



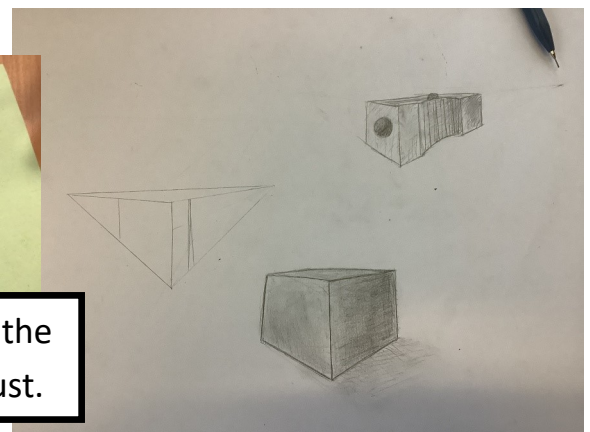
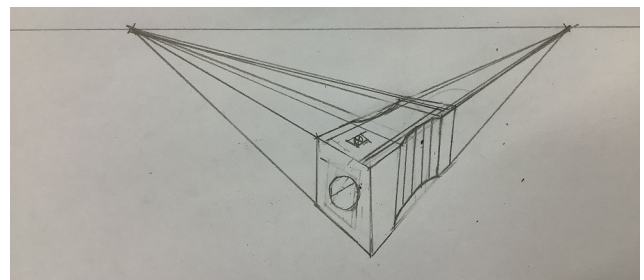
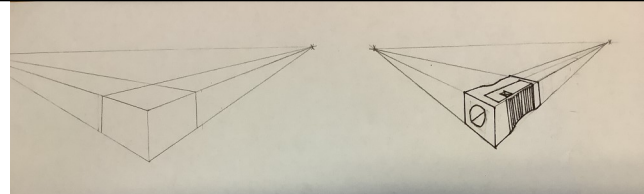
Creativity expert, Sir Ken Robinson (1950-2020), challenged the way schools educate their children, by championing a radical rethink of how our school systems cultivate creativity and acknowledge multiple types of intelligence.

Below are just some examples of the rich experience our pupils have on Fabulous Fridays and how our staff are delivering subjects throughout the week in a creative and memorable way at PAW School.

Whole class First Access Brass lessons with our Skylarks.



Yr6 Art lesson with a focus on developing an understanding of how to create perspective in 2D form.

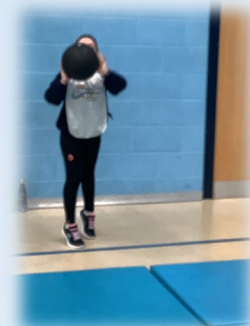


Use of playdough in a geography lesson to teach pupils about the many layers of the Earth, from the inner core to the Earth's crust.

# Indoor Athletics Qualifier. Friday 17th January 2025.



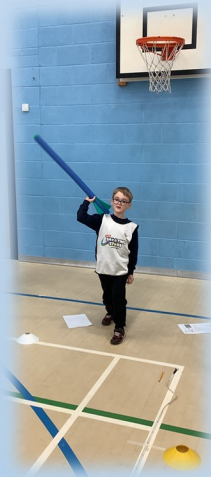
Myself and three parents were lucky enough to take eighteen incredible Students to Penryn College for the Indoor Athletics Qualifier. Students competed in two field events and two track events. They were challenged in relays, obstacle relays, hurdles javelin, chest push, agility vertical jump, standing long jump and five strides. The smiles on their faces throughout said it all. We came a very close second by only 2 points. Their attitude, confidence and teamwork should be celebrated.



**Agility**

**Relay races**

**Chest push**



Thank you so much to Roberta, Hermione and Katie for your help and support on the day.

# Nude Food Mondays!

12 RESPONSIBLE CONSUMPTION AND PRODUCTION



In Pupil Voice, throughout Autumn Term, Swifts have been working on three projects simultaneously linked to Global Goal 12. Their research actually started at the end of Year 5, where they looked at the enormous amounts of rubbish in our bins at school after playtimes. They were concerned not only at the amount of non-recyclable rubbish in our bins and escaping our bins, but also at the health implications of these packaged foods. Swifts have worked incredibly hard in three separate groups looking at how we can encourage composting at school, how we can reduce rubbish and how we can encourage responsible behaviours in all our children by having accessible recycling bins in the playground.



Swifts arranged a make and bake sale last term and raised funds to purchase recycling bins and composting bins for the playground. They worked on presentations to deliver to the whole school and would now like to introduce an initiative to help encourage our children to bring less wrapped produce to school which in turn, they are hoping will encourage children to also bring healthier options.

Swifts would like to introduce 'Nude Food Mondays'!

Their idea is to ask children who are packed lunch or who bring a snack to school to bring foods which require no wrappers. They feel that we will see a reduced number of wrappers in the bins and also hope that children will choose nutritious and healthy options. My we take this opportunity to thank you in advance for your support and assistance with this initiative. We have included a recipe idea below and hope that your child assists with creating a wrapper free lunchbox or snack.

## Vegetable savoury muffin



### INGREDIENTS

- 1 medium (210g) Zucchini *,grated*
- 1 medium (110g) Carrot *,grated*
- ¼ cup (30g) Frozen Peas
- ¼ cup (30g) Frozen Corn
- 1 ½ cup (125g) Cheddar Cheese *,grated*
- ½ Cup (125ml) Milk
- ¼ cup (60g) Plain Greek Yoghurt
- ¼ cup (60ml) Olive Oil
- 2 Eggs
- 3 tablespoon Chopped Parsley
- 2 cups (250g) Plain Wholemeal Flour *\*note 1*

### INSTRUCTIONS

- 1 Preheat oven to 180C/ 160C (Fan)/ 350F
- 2 Place the zucchini and carrot onto a clean dish towel and wrap it around the vegetables. Squeeze all the juice out. *\*note 2*
- 3 Place the zucchini and carrots into a large mixing bowl along with the peas and sweetcorn. Add the cheese, milk, yogurt, olive oil, egg and parsley. Stir until combined.
- 4 Mix the flour and baking powder together and then slowly add to the wet ingredients. Fold in gently, until just combined. *\*note 3*
- 5 Spray a 12 hole muffin tray with oil or grease with butter. Spoon the mixture, equally, between the 12 muffin sections. Bake for 20-25 mins. *\*note 4*

## Chia pudding:



**ART COMPETITION!** Please see below an opportunity for any child in the TRLC group of schools to take part in producing a piece of art work to form part of the brochure at this very prestigious annual event. Please see details in the poster below outlining how to enter, who to send your child's art work to and in what format. Thank you.



**Truro & Roseland**

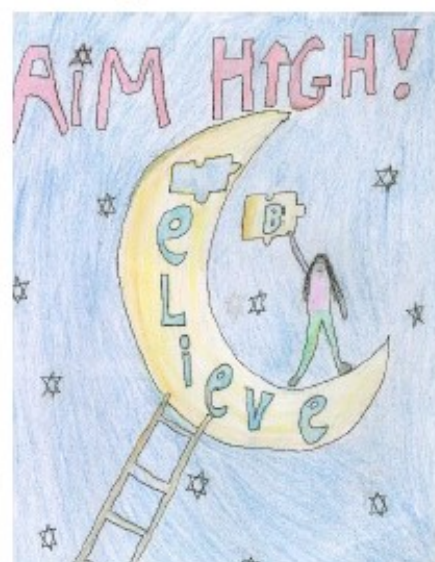
## **Learning Community (TRLC) Art competition 2024/25**

The annual TRLC Awards event is due to take place on Wednesday 25<sup>th</sup> June 2025 at Truro Cathedral. We intend to help celebrate this important event by inviting pupils/students from the TRLC group of schools to have the chance to submit a piece of Art that will feature in the brochure that will be distributed to all guests at the event. For those wishing to enter the competition the theme for the artwork is 'Endeavour'. The Artwork needs to be produced in colour as an **A4 size** and presented in **portrait view**, in **jpeg format**.

Your school, child's name and age need to appear on the rear of the A4 Artwork.

Entries need to be submitted by Friday 14<sup>th</sup> February 2025 at the latest. Please email entries to Sharon Tippett, TRLC Administrator:

[admin@devoranschool.co.uk](mailto:admin@devoranschool.co.uk)



## Citizen / Learner of the Week – 13<sup>th</sup> January 2025

### Puffins

**Learner** – Daisy (For progress and effort in phonics)

**Citizen** – Ada (For always working hard and trying her best)

### Wagtails

**Learner** – Sebbie (For trying really hard with place value work)

**Citizen** – Jordan (For making really good choices in the classroom)

### Robins

**Learner** – Isla (For amazing progress in swimming)

**Citizen** – Nancy (For always being helpful, kind and supportive of others)

### Starlings

**Learner** – Martha (For always trying hard and putting in her best efforts)

**Citizen** – Lara (For being helpful and kind)

### Skylarks

**Learner** – Flynn (For showing resilience in Maths; getting back up and doing really well)

**Citizen** – Toby (For being really helpful and taking ownership of keeping the classroom tidy)

### Kingfishers

**Learner** – Ula (For progress in Maths)

**Citizen** – Roly (For being extremely helpful in the classroom)

### Swifts

**Learner** – Jack (For explanation of understanding in Maths)

**Citizen** – Ellie (For demonstration of all the essential skills)



## TEAM POINT CERTIFICATE WINNERS 16<sup>th</sup> January 2025

### BRONZE CERTIFICATE – 50 TEAM POINTS

**Year 1: Rupert**

**Year 5: Aaradhya and Roly**

### SILVER CERTIFICATE – 100 TEAM POINTS

**Year 3: Robyn, Allana, Lara and Bella**

**Year 4: Lottie and Daniel**

### GOLD CERTIFICATE – 150 TEAM POINTS

**Year 3: Poppy**



Last week we received a lovely message from a KS1 parent asking us to celebrate the kindness of some of our Yr6 pupils. Mrs Frisk Twigg would like to have **Bodhi Williamson, Ollie Scrivener and Leo Arthur** recognised for their Random Acts of Kindness when allowing 4 of our little Puffin pupils to borrow their skateboards when playing at Mount Hawk Skateboard Park. Not only did these Yr6 pupils share their equipment, they also spent an extended period of time trying to teach the younger pupils how to safely use them. Thank you and well done to our Yr6 pupils for showing such kindness.

## Diary Dates



**WB 3rd February: Children's mental health week**

**Friday, 7th February: February School Disco at the Village Hall**

**Tuesday, 11th February: Safer Internet Day**

**WB 17th February: HALF TERM WEEK**

**WB 3rd March: Spring Term Progress Review Meetings**

**Monday, 3rd March: National Offer Day for Secondary School Places**

**Wednesday, 5th March: St Piran's Day**

**Thursday, 6th March: World Book Day (Come dressed as your favourite book character)**

**WB 10th March: Cornwall Music Festival for those taking part**

**Wednesday, 16th March: Songfest at Truro Cathedral for Yr6 singers**

**Friday, 21st March: World Poetry Day**

**Friday, 28th 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.**

**Wednesday, 2nd April: World Autism Awareness Day**

**Friday, 4th April: Last day of term**

**Monday, 7th April to Monday, 21st April: EASTER BREAK**

*Please note that there will 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.*



## Diary Dates



**Monday, 16th April: National Offer Day for Primary School Places**

**Tuesday, 22nd April: First day of Summer term—School open to all pupils**

**Thursday, 24th April: Non-Uniform Day for Choccy Bingo**

**Friday, 25th April: Choccy Bingo at Village Hall. More information about arrangements to be confirmed closer to the date.**

**Monday, 5th May: BANK HOLIDAY—School Closed**

**Thursday, 8th May: Victory in Europe Day**

**WB: Monday 12th May: KS2 SATS week**

**Tuesday, 20th May: Class photos (TBC)**

**WB 26th May: HALF TERM WEEK**

**Thursday, 5th June: World Environment Day**

**WB 9th June: Final Term Progress Review Meetings**

**Thursday, 12th June: Science Day**

**WB 30th June: Yr6 camp at Porthpean (TBC)**

**17th June, 24th June, 1st July 2pm to 2.45pm: Learning Together sessions**

**Thursday, 3rd July: Yr3 Seal Sanctuary and Tea (TBC)**

**Wednesday 9th July to Friday 11th July: Yr5 Camp at CampKernow**

**Thursday, 10th July: Yr4 Surf and Sleep (TBC)**

**Tuesday, 15th July: Yr6 Production Matinee and Evening performance**

**Thursday, 17th July: Sports Day**

**Monday, 21st July: Back up Sports Day**

**Tuesday, 22nd July: Yr6 leavers assembly 9.30am to 11am and last day of term**

**Wednesday, 23rd July: INSET day—School Closed**

**Thursday, 24th July to Tuesday, 2nd September: SUMMER BREAK**

*Please note that there will 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.*

Please note: there are some difficulties that the MHST do not work with, because they require more specialist intervention - if children or young people are experiencing severe difficulties, where symptoms are having a significant impact on their daily life, requiring more help, you can refer them to their own GP or the CAMHS service via the [Early Help Hub \(EHH\)](#). If you need to speak to someone urgently about your child's mental health you could contact NHS 111.

More helpful contacts:

**Childline** | Call 0800 111 (free)

Open 7:30am - midnight (Mon - Fri) and 9am - midnight (weekends). Available to anyone up to 18 years old.

**Mental Health Response Line**

Call 0800 038 5300 (free) Open 24 hours a day, 7 days a week.

**CRISIS** Text Service | Text SHOUT to 85258

Open 24 hours a day, 7 days a week.

**NHS Helpline** | Call 111

Open 24 hours a day, 7 days a week.

In an emergency, call 999 or go to hospital.

**Kooth** | Visit [kooth.com](http://kooth.com)

For young people aged 10-18 years.

Online chat open until 10pm every night.

**Headstart Kernow**

Visit [www.headstartkernow.org.uk](http://www.headstartkernow.org.uk) Information for parents and carers.

**Your Way** | Visit [your-way.org.uk](http://your-way.org.uk)



**MENTAL HEALTH SUPPORT TEAM - MHST**  
Cornwall Partnership NHS Foundation Trust

Parents and Carers - please join us at our 1hr online Resilience Workshop

Monday 20th January - 9.30am & 4pm  
Tuesday 21st January - 11am & 2pm  
Wednesday 22nd January - 11.30am & 4pm  
Thursday 23rd January - 9.30am & 1.30pm

This workshop aims to talk about the meaning of resilience, explore building resilience and look at how and when a young person should ask for help.

To book a place please complete the online form [HERE](#)  
<https://forms.office.com/e/TE2UmBZrHK> or scan the QR code

This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall



**MENTAL HEALTH SUPPORT TEAM - MHST**  
Cornwall Partnership NHS Foundation Trust

Parents and Carers - please join us at our 1hr online Behaviour Workshop

Monday 27th January - 9.30am & 2pm  
Tuesday 28th January - 11.30 am & 4pm  
Wednesday 29th January - 9.30am & 1.30pm  
Thursday 30th January - 11.00am & 4pm

This workshop provides parents with practical strategies to foster positive behaviour and communication at home.

To book a place please complete the online form [HERE](#)  
<https://forms.office.com/e/1PwGDXSQ40> or scan the QR code

This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall



**MENTAL HEALTH SUPPORT TEAM - MHST**  
Cornwall Partnership NHS Foundation Trust

Parents and Carers - please join us at our 1hr online Sleep Workshop

Monday 3rd February - 11am & 4pm  
Tuesday 4th February - 9.30am & 2pm  
Wednesday 5th February - 9.30am & 1.30pm  
Thursday 6th February - 11am & 1.30pm

This workshop aims to provide psychoeducation on sleep hygiene and sleep routines. Also includes practical strategies for helping children

To book a place please complete the online form [HERE](#)  
<https://forms.office.com/e/7ac7qHLPbc> or scan the QR code

This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall