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## he Heffington Post

### 16th June 2025



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## VERY MOMENT MATTERS!



"Community is much more than belonging to something; its about doing something together that makes belonging matter"







"There is no power for change greater than a community discovering what it cares about."

MARGARET J. WHEATLEY



A fantastic day was had by all at our annual Perranfest on Saturday. We cannot thank you all enough for taking the time to come along to support this community event. With over £3000 raised, we are very grateful to FOPS for organising such a brilliant day. With the huge number of volunteers and the additional support of the football club, the cricket club, the WI, the Parish Council, the choir, the brownies and many more, the day brought the whole community of Perranwell together to enjoy and highlight such a great sense of belonging.





WITHOUT COMMUNITY  
YOU CANNOT BE YOURSELF. THE COMMUNITY IS WHERE  
WE DRAW THE STRENGTH NEEDED TO EFFECT CHANGES INSIDE OF US.  
WHAT ONE ACKNOWLEDGES  
IN THE FORMATION OF THE COMMUNITY  
IS THE POSSIBILITY OF DOING  
TOGETHER WHAT IS IMPOSSIBLE TO DO ALONE.  
- Malidoma Somé





“ALONE, WE  
CAN DO SO  
LITTLE;  
TOGETHER,  
WE CAN DO  
SO MUCH”

HELEN KELLER





## Quad Kids 13th June 2025!

Mrs Parker and I took a team of 16 Year 4 children to compete in the Athletics competition at Carn Brae. Their attitudes, resilience and performances were brilliant to watch. Rain did not dampen their enthusiastic shouting nor their singing on the return journey. Thank you so much to Emily Lord for your support on the day and your photographic skills. Thank you to Mrs Parker for your support on the day and for bringing our mascot for the day—Emma!



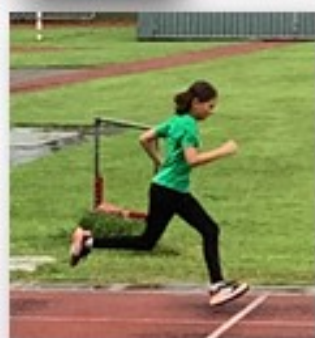
Long jump  
& Vortex howler throw. Long distance  
running—  
400m  
Sprint—60m







The support they showed for each other was in true Perran-ar-Worthal style!



You all showed perseverance, resilience with injuries, passion for sport, cooperation and respect!

Skylarks	
Respect	
Personal best	
Resilience	
Perseverance	
Cooperation	
Passion	





**NHS** Cornwall Partnership NHS Foundation Trust

## MENTAL HEALTH SUPPORT TEAM - MHST

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

Monday 22 September - 9.30am & 1pm  
Tuesday 23 September - 11am & 4pm  
Wednesday 24 September - 9.30am & 1pm  
Thursday 25 September - 10.00am & 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 <https://forms.office.com/e/gA2jNGbZ4F> or scan the QR code

This workshop is open to parents/carers of school aged children enrolled in Reception to Year 7 in any school in Cornwall

**NHS** Cornwall Partnership NHS Foundation Trust

## MENTAL HEALTH SUPPORT TEAM - MHST

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

Monday 8 September - 9:30am & 1pm  
Tuesday 9 September - 10am & 4pm  
Wednesday 10 September - 9:30am & 1pm  
Thursday 11 September - 11am & 4pm

This workshop aims to provide psychoeducation on "What is worry?" and "Why does my child worry?" Also includes practical strategies for helping children manage their worries.

To book a place please complete the online form <https://forms.office.com/e/hkyaFeuY1Z> or scan the QR code

This workshop is open to parents/carers of school aged children enrolled in Reception to Year 7 in any school in Cornwall

**NHS** Cornwall Partnership NHS Foundation Trust

## MENTAL HEALTH SUPPORT TEAM - MHST

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

Monday 15 September - 9.30am & 1pm  
Tuesday 16 September - 10am & 4pm  
Wednesday 17 September - 11am & 1pm  
Thursday 18 September - 9.30am & 4pm

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 <https://forms.office.com/e/260T74xF2v> or scan the QR code

This workshop is open to parents/carers of school aged children enrolled in Reception to Year 7 in any school in Cornwall

**NHS** Cornwall Partnership NHS Foundation Trust

## MENTAL HEALTH SUPPORT TEAM - MHST

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

Monday 29 September - 11am & 4pm  
Tuesday 30 September - 9.30am & 1pm  
Wednesday 1 October - 9.30am & 1pm  
Thursday 2 October - 10am & 4pm

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 <https://forms.office.com/e/6cJiu8PArV> or scan the QR code

This workshop is open to parents/carers of school aged children enrolled in Reception to Year 7 in any school in Cornwall

A Sleep Workshop - <https://forms.office.com/e/6cJiu8PArV>

Resilience Workshop - <https://forms.office.com/e/260T74xF2v>

Worry Workshop - <https://forms.office.com/e/hkyaFeuY1Z>

Behaviour Workshop - <https://forms.office.com/e/gA2jNGbZ4F>

**Sign up will close a week before the workshop.**



# Citizen / Learner of the Week – w/c 9th June 2025

## Puffins

**Learner** – Capucine (For independently writing an amazing sentence with great spelling)

**Citizen** – Toby (For always contributing enthusiastically to class discussions)

## Wagtails

**Learner** – Renn (For making great connections in Science)

**Citizen** – The Whole Class! (For amazing resilience whilst taking part in the phonics screening this week)

## Robins

**Learner** – Jovie (For incredible descriptive writing about Kelp's feelings in the 'Not Quite Narwhal' book)

**Citizen** – Freya (For demonstrating excellent teamwork and problems solving skills during the Science Day challenge)

## Starlings

**Learner** – Allana (For challenging herself to improve her spellings)

**Citizen** – Joseph (For sharing his amazing knowledge about Greek Myths and living creatures with the class – he is always happy to answer others' questions)

## Skylarks

**Learner** – Tamsyn (She blew Miss Hodges away with her History work on Wednesday. Her conscientious attitude throughout was brilliant.)

**Citizen** – Jason (For demonstrating an incredible attitude in our Skills Builder Science Day. Working well amongst a team and encouraging others around him.)

## Kingfishers

**Learner** – Finn (For consistently participating in the whole class learning)

**Citizen** – Harriet (For showing great leadership including everyone on Science day)

## Swifts

**Learners and Citizens** – Bethany, Jack, Lily and Jasmine (For working so well as a group on Science Day)





**TEAM POINT CERTIFICATE WINNERS 12<sup>th</sup> June 2025**

**SILVER CERTIFICATE – 100 TEAM POINTS**

**Year 4: Jason and Hugo**

**Year 5: Rosann and Harriet**

**GOLD CERTIFICATE – 150 TEAM POINTS**

**Reception: Jasper, Somhairle, Ryan, Benjamin, Pearl, Otis,  
Alice, Finn, Finlay and Logan**

**Year 2: George**

**Year 4: Maria, Teddy, Ted and Lenny**

**Year 5: Loic and Darcy**

**MEDALS – 200 TEAM POINTS**

**Year 1: Jack W**

**Year 3: Lara**

**Year 4: Daniel, Thora, Anoushka, Evelyn and Toby**

**BADGE – 250 TEAM POINTS**

**Year 3: Senara**

**Year 5: Juno**



## HELPFUL PARENT PAGES ON OUR WEBSITE:

Please click on each picture below to see further information on our website about keeping your child safe online and how the School Nursing Service can offer parents and their children support.



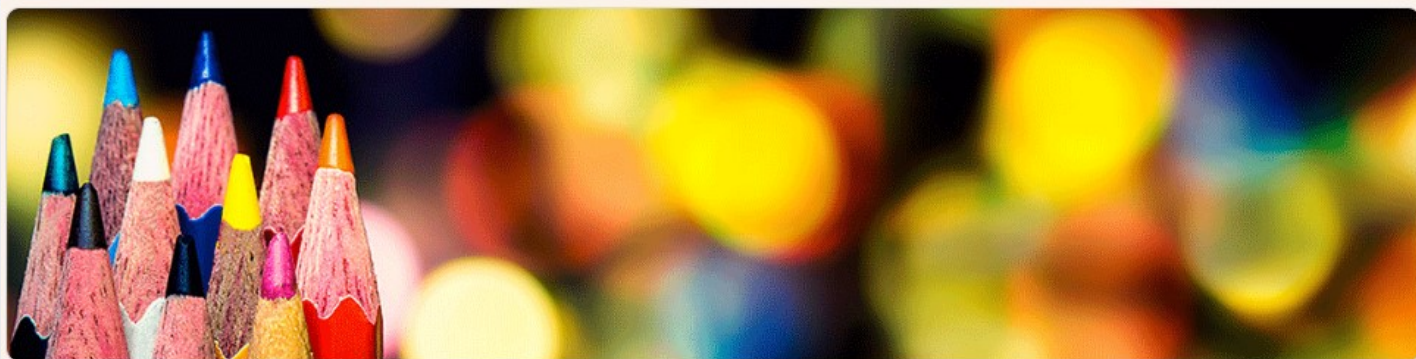
**CORNWALL COUNCIL**  
*one and all • oen hag all*

Together   
for Families

### School Nursing service

The School Nurse team would like to offer you some ideas, information and ways to contact us, for us to support you and your children to achieve Physical and Emotional, health and well being during their time at school.

 [www.cornwall.gov.uk](http://www.cornwall.gov.uk)



## Perran-ar-Worthal CP School Parent Survey 2025

We are always keen to work closely with our Perran-ar-Worthal families for the benefit of the children. We welcome your feedback/suggestions so that we can continue to improve. The questions below are taken from the 'parent view' survey, as used by Ofsted. If your child uses our wraparound facility we would also welcome your feedback on these additional questions.

Please complete a separate survey for each child you have in school.

Thank you in advance for your support with completing this brief survey. We very much appreciate your feedback.

This survey will close on Friday, 20th June 2025.

The link below will take you to the online parent survey:

<https://forms.gle/SDeuJ8iv1SDYUfhY9>



# PARENT GOVERNOR VACANCY

Do you want to want to be more involved in school improvement and be a voice on our governing board? Then, now is your chance to stand for election!

We have 2 forthcoming vacancies commencing on 1st September 2025. Please see the nomination form sent out recently if you wish to be considered.

Want to know more about what is involved? Then, there will be an opportunity over the next couple of weeks to attend an information meeting to find out more.

As a governor you will be involved in:

- ♦ Developing a vision and strategy for the school
- ♦ Overseeing financial performance and make sure money is well spent
- ♦ Holding the headteacher to account for the educational performance of the school
- ♦ Engaging with pupils, staff, parents and the wider school community to understand their views



## Diary Dates



**30th June, 1st and 2nd July: Yr6 camp at Porthpean**

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

**Tuesday, 1st July: Tec Girls STEM Day**

**Wednesday, 2nd July: Open Evening At Penryn for Yr6 Pupils**

**Thursday, 3rd July: Yr3 Trip to Recycling Centre**

**Thursday, 3rd July: Yr4 Surf and Sleep**

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

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

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

**Friday, 18th July: Yr2 On Site Camping 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.*

**Wednesday, 3rd September: INSET day—School Closed**





**Cornwall  
Wildlife Trust**



**Cornwall Partnership  
NHS Foundation Trust**

The Mental Health Support Team warmly  
invite you to attend...

# Wild Wellbeing

During the summer holidays MHST, in collaboration with Natural England, Cornwall Wildlife Trust and National Trust, would like you to join us on a FREE Wild Wellbeing session at various locations across Cornwall.

This is for parents and children aged 5-12 in Cornwall to help understand and support emotional and mental wellbeing.

Please book EACH child on to a session

Morning and afternoon sessions available at:

**Golitha Falls  
Dipping Pond, Goss Moor  
Tehidy Woods  
Penrose Estate  
Heamoor Primary School  
Hayle Family Hub**

Each session will last approx. 2 hours

To request a place, complete the online  
form or scan the QR code provided:

<https://forms.office.com/e/NRrN3NXSvH>



Please note: Places are limited and will be allocated on a first come, first serve basis. If you are allocated a place and cannot attend, please let us know so we can allocate your space to someone else



Follow us on Facebook for updates and upcoming events:  
[Cornwall Mental Health Support Team \(MHST\)](#)



# The Woodland Ways

WHERE OUTDOOR LEARNING COMES TO LIFE



The Woodland Ways offers engaging, hands-on outdoor experiences that help children build confidence, curiosity, new skills and a deep respect for the natural world.



Whether you'd like a one-day adventure or a term-long enrichment programme, we tailor every session to suit your child.



Activities include:

- Forest School sessions
- Bushcraft skills (fire lighting, shelter building, foraging)
- Nature crafts/cooking and storytelling
- Eco-awareness and environmental education



Our experienced leaders foster a sense of wonder and confidence, helping children of all abilities thrive in a private woodland setting, in Mylor.

## Learn, Engage & Grow Outdoors

[www.thewoodlandways.com](http://www.thewoodlandways.com)



CORNWALL CRICKET PRESENTS

# CORNWALL VS SOMERSET

50 OVER SHOWCASE GAME



## AUG 4

WADEBRIDGE CRICKET CLUB  
DOORS OPEN 9AM | 11AM START

Adults **£10**

Under 18 **£5**



Scan the QR Code or visit  
<https://booking.ecb.co.uk/WyOIko>

Parking available at the rugby club for  
£5 per car payable on the day when  
you park. Other parking available at  
car parks in the town.



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