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he Heffington Post
29th January 2024



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VERY MOMENT MATTERS!

*Collect moments
not things.*

SURPRISE VISITOR! Our Fab Friday was made particularly memorable last week with a surprise guest buzzard that brought the school to an exciting but very calm stand still. Mrs Arthur was quick off the mark to 'capture the moment' on camera whilst Mr Farrell and Mrs Rolleston took the opportunity to get the Forest Schoolers doing a spot of bird watching. The playground was cordoned off temporarily to allow our new found feathered friend the space and time to investigate our little school before flying off to a nearby garden. It was clear that the children were in awe of this beautiful creature and showed their respect for its needs by remaining quiet and calm as they watched from a distance. RSPB were called to inform them of the buzzard as staff and pupils were concerned that it may have been injured or very young and in need of help. A moment to remember for us all!





Football Friendly tournament 19/01/2024

We had an amazing afternoon versing six other schools in a football friendly competition at Penryn College. We tried a few different formations and varied player positions whilst allowing each student to play to their strength. Whichever combination of students was out on the field, they worked brilliantly together and supported each other. Well done to all of you!



Netball 7 a-side Peninsula Qualifier Friday 26th January 2024.

Perran-ar-Worthal netball team competed in the 7-a-side netball qualifier.

The team played brilliantly – smooth, well-calculated passing, accurate shooting, supportive teamwork and strong defence. They won all of their three matches and are now through to the Peninsula Finals later this term. Well done! It was a privilege to take the team down to Penryn. You represented the school brilliantly in every way possible.





THE SOUND OF MUSIC! Yes, they are back! The ‘dulcet’ tones of 27 cornets being played all at once resounded throughout the school building on Friday. Joe Hamlyn, our brass teacher, is truly an inspiration to our pupils with his enthusiasm for teaching brass. We are very lucky to have Joe visiting our school on a regular basis to deliver individual and small group lessons in addition to the 10 week First Access programme with our current Yr4 pupils. Having the opportunity to experience these instruments as part of the First Access programme enables pupils to consider whether they would like to continue to take their learning further. If you would like to find out more about individual lessons for your child, then please get in touch with the school office and Miss Deakin will put you in touch with the brass teacher. We also have music teachers who come to school to deliver small group and individual lessons for piano, guitar, recorder and drums.



TALENTED PUPILS DAZZLE ON STAGE! Last week, these Perran-ar-Worthal pupils were part of the Mother Goose Pantomime cast, which was staged at the Perranwell Centre. They have spent many evenings over the last few weeks diligently attending rehearsals to ensure they were able to perform to the best of their ability and what a brilliant show it was. Well done to all involved! We clearly have some future actors in the making. Watch this space!



WOW! Another amazingly successful bake sale took place on Friday last week with the Starlings providing a wide range of yummy offerings raising an incredible £186! Well done and thank you to all involved in making and selling the



ANOTHER WOW! Indeed, last week was a very successful fund raising week all round with the bag2school donations generating 50p per kg resulting in the school receiving £185 in funds raised. Thank you for all your donations!

What are the latest rules around COVID-19 in schools, colleges, nurseries and other education settings?



This article was first published on 14 December 2022 and continues to reflect the latest guidance.

Respiratory infections, including the common cold and COVID-19, are common in children and young people, particularly during the winter months. For most children and young people, these illnesses will not be serious, and they will soon recover following rest and plenty of fluids.

Routine testing for [Covid-19](#) ended in April 2022 and UK Health and Security Agency (UKHSA) [guidance](#) says that it is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

But as the winter months kick in, your child may be showing symptoms that leave you wondering whether they can go to school.

[Attending school and college](#) is hugely important for children and young people's health, wellbeing and their future. Here's what you need to know.

Can my child go to school if they have Covid-19 symptoms?

As COVID-19 presents a low risk to children and young people, combined with high vaccination rates in the population, there are no longer specific rules relating to it in [schools](#), colleges, [childcare](#) and other education settings.

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to go to school, college or childcare.

However, those who are unwell and have a high temperature should stay at home and avoid contact with other people where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature, and they are well enough to attend.

All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

[UKHSA guidance](#) says that it is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

For children and young people aged 18 and under who are recommended to take a COVID-19 test by a health professional and test positive, the advice is to try to stay at home and avoid contact with other people for three days. This is because children and young people tend to be infectious to other people for less time than adults.



RANDOM ACT OF KINDNESS (RAK)

This week's RAK nomination has come via an email from the Chair of the Parish Council, Colin Bridges.

Dear Headteacher: You will know that the parish council is responsible for the playing field, but you may not know that six parish councillors are on a weekly rota to collect litter. It was my turn this week.

Carrying my 'helping hand' and refuse bag, I collected the litter in the car park and made my way around the field, past the play equipment and football pavilion and along the western and northern boundaries. As I was completing the circuit and approaching the picnic tables, one of your pupils (a boy, possibly year 6) greeted me and thanked me for helping to keep the playing field clean and tidy for everybody. Imagine my surprise! We had a brief chat, and then his mum arrived and we went our separate ways.

That encounter made my day. It's very rare to be thanked for picking up litter and it cheered me up enormously.

I'm sorry that I did not catch the boy's name. Nevertheless, I thought it worthwhile to let you know that his kind gesture was very much appreciated.

Regards

Colin Bridges

Chairman

Perranarworthal Parish Council

TEAM POINT CERTIFICATE WINNERS 25th January 2024

BRONZE CERTIFICATE – 50 TEAM POINTS

Year 5: Arthur

Year 6: Saylor

SILVER CERTIFICATE – 100 TEAM POINTS

Reception: Tiber

Year 1: Freya

Year 2: Robyn, Sophie and Joseph

Year 4: Dylan

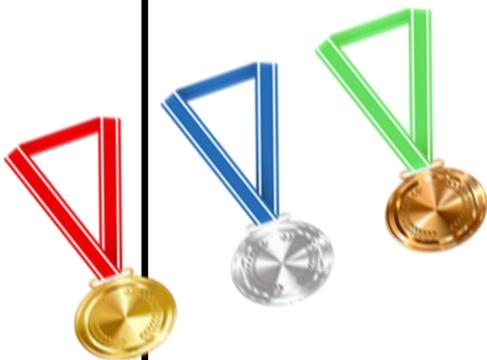
Year 5: Morwenna and Ellie

GOLD CERTIFICATE – 150 TEAM POINTS

Year 3: Toby

MEDAL – 200 TEAM POINTS

Year 3: Isabella and Maddox



What Parents & Carers Need to Know about SMART TVs

Smart TVs connect to the internet without the need for a set-top box or streaming device, letting users access a range of features through the TV set itself: from on-demand content apps like BBC iPlayer to streaming services such as Netflix, as well connecting to smartphones and other wireless devices. Most new televisions are internet enabled – so whether you're thinking of upgrading your home viewing system or buying an additional TV for your child's room, it's now even more important to consider the online safety aspects.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

From Netflix to Disney+ to Prime Video, there is a plethora of streaming services available. While these services offer content catering for younger viewers, they also provide material for more mature audiences. If you don't have parental controls set up on your accounts, your child could find themselves being exposed to shows and movies with adult themes, strong language and violence.



INCREASED SCREEN TIME

The array of content available through smart TVs could lead to your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time distract from important activities such as schoolwork or exercise, but experts have also warned that endless hours in front of the box can lead to health problems including obesity, poor sleeping patterns and depression.



REMOTE-CONTROL RETAIL

Like many online devices, smart TVs facilitate digital purchases: buying a new app or the latest season of a favourite show, for example. If your child has access to a bank card and isn't restricted by spending controls on the system, they could run up a sizeable bill through a smart TV fairly quickly – especially if they're not quite old enough to fully appreciate the value of money.



UNCONVINCING SECURITY

As Internet of Things (IoT) devices, smart TVs can be uniquely vulnerable to attack. Experts warn that internet-enabled TVs tend not to support high-level security software, so you won't always be able to download strong antivirus programmes like you would on a phone or computer. Being targeted by hackers could be deeply upsetting for your child, as well as putting their personal data at risk.



A SILENT SPY?

Some smart TVs already collect data on users' viewing habits and then display targeted advertising based on that personal information – while there have also been reports of internet-enabled TVs (and the apps installed on them) being used to 'eavesdrop' on owners. In models with a built-in microphone (for voice activation), third parties could potentially listen in on someone's home life.



CONTACT FROM STRANGERS

Many smart TVs can be used for web browsing, social media and live streaming – all of which could allow unknown users to contact your child (or vice versa). If your child engages with these functions of the TV, a stranger could potentially discover their contact information and potentially then use it to obtain even more sensitive personal details, such as your home address.



Advice for Parents & Carers

MAKE IT A FAMILY THING

Family TV time is a great way to model the responsible enjoyment of technology – showing your child how to use the smart TV safely for when they're old enough to watch it independently. You could also take this opportunity to establish some healthy TV boundaries, such as time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.



CREATE CHILD PROFILES

Much like with smartphones and tablets, apps can be downloaded onto smart TVs: from free content platforms such as BBC iPlayer to paid-for services like Prime Video. Most of these apps allow you to create a separate account for your child which has different settings to your own – suggesting more child-friendly material and reducing the possibility of them viewing explicit content.



SET UP PARENTAL CONTROLS

It's likely that your smart TV has built-in parental controls, which not only let you filter out age-inappropriate shows, movies and games but can also restrict in-app purchasing, so your child can't accidentally spend money through the device. When you've enabled these safeguards, have an open conversation with your child about the reasons, helping them to understand the potential risks.



CONSIDER THE LOCATION

If you're concerned about the online safety hazards that a smart TV might pose to your child, you could consider where in your home you put the device. The safest option would be to place the smart TV in a shared family space – so that an adult is usually nearby and able to supervise while your child's watching it – rather than in the relative privacy of a bedroom.



Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



The graphic is divided into three horizontal bands. The top band is light blue and contains 'ChatHealth Parent Line 0-5' and a text icon with the number '07312 263 423'. The middle band is purple and contains 'ChatHealth Parent Line 5-19' and a text icon with the number '07312 263 499'. The bottom band is dark blue and contains 'ChatHealth Young People 11-19' and a text icon with the number '07312 263 096'. Below these bands is a white section with the ChatHealth logo (a speech bubble with three dots) and the text 'ChatHealth Cornwall and the Isles of Scilly' and the website 'www.cornwall.gov.uk/chathealth'. To the right of the logo is a light blue speech bubble containing the text 'Get confidential health and wellbeing advice and support'.

Dear Parents

On Monday 22 January 2024 Cornwall Council launched its enhanced offer for young people and parents / carers to contact Health Visitors and School Nurses in Cornwall and the Isles of Scilly.

There are three advice lines as follows:

- young people aged 11-19: **07312 263 096**
- parents / carers of children aged 0-5: **07312 263 423**
- parents / carers of children and young people aged 5-19: **07312 263 499**

Users can send a message, anonymously if they wish, to Health Visiting and School Nursing to get confidential help and advice about a range of health concerns, including:

- Sleep
- Child development
- Support with behaviour
- Toileting
- Feeding and nutrition
- Keeping safe and healthy
- Childhood illnesses and support with medical conditions at school
- Emotional, mental health and wellbeing
- Relationship
- Smoking and vaping
- Drugs and alcohol

The messaging service is available Monday to Friday (excluding bank holidays) from 9am to 5pm. When a message is sent to the numbers, an automated reply confirms the message has been received. A trained healthcare professional will reply to the message within 48 hours (within office time).

Alternatively users can continue to contact the service via:

- Telephone: 01872 324261

Email: hvsnadvice@cornwall.gov.uk

Our web page is being regularly updated at www.cornwall.gov.uk/healthadvice.

You can read our press release on our news page at: www.cornwall.gov.uk/council-news/together-for-families/new-health-advice-messaging-service-launches-for-families-in-cornwall-and-the-isles-of-scilly



Diary Dates



Friday, 2nd February: School Disco at the Village Hall (KS1 5.45pm to 6.30pm and KS2 7pm to 8pm)

WB 5th February: Children's Mental Health week

Tuesday, 6th February: FOPS Meeting (all welcome)

WB Monday, 12th February: HALF TERM WEEK

WB 26th February: Progress Review Meetings

Tuesday, 5th March: St Piran's Day

Wednesday, 6th March: Songfest at Truro Cathedral

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

Friday 2nd Feb
Fancy Dress Disco @ Village Hall
KS1 5.45 - 6.30 PM
KS2 7-8PM

Friday 2nd Feb - Parent Pub
@ Village Hall 5.45 - 8PM

Tuesday 6th Feb @ 8pm
FOPS Meeting for all @ School



WOW
370 KG

Starlings 
Bake Sale raised....

AMAZING 

£186

THANK YOU FOR ALL
YOUR 'BAG 2 SCHOOL'
DONATIONS
TOGETHER WE
RASIED A WHOPPING

£185

FANCY DRESS DISCO
& PARENT PUB
THIS FRIDAY @ VILLAGE HALL

PLEASE SUPPORT US TO CREATE & GROW
OUR COSTUME LIBRARY



FANCY DRESS LIBRARY



DONATE
RE-USE
RAISE
FUNDS!

THUR 8TH FEB - PLEASE BRING ALONG
ANY UNWANTED FANCY DRESS ITEMS

You can then hire for a small donation to FOPS
for events like world book day / discos etc!



Donations on Thur 8th Feb - The Shelter After School

WITH QUIETER
COLOURING
TABLES

FANCY DRESS
OPTIONAL!

February Fancy Dress

Disco



BYO WATER BOTTLE
FREE SQUASH &
WATER REFILLS

KS1 5.45 - 6.30

KS2 7.00 - 8.00

STARLINGS CAN CHOOSE

20P SNACKS
BRING CHANGE

TICKET £3.50 - QR CODE OR CASH ON DOOR

Friday 2nd February | THE VILLAGE HALL

Back after popular demand, FOPS presents...

The Thirsty Parent Pub



BEER - CIDER - WINE / PROSECCO & SOFT DRINKS

Friday 2nd February
5.45 - 8pm



The Village Hall
South Room

Adults only - no children in the Parent Pub please