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6th February 2023



PERRAN-AR-WORTHAL
CP SCHOOL

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VERY MOMENT MATTERS!



Children's Mental Health Week will take place from 6-12 February 2023. This year's theme is Let's Connect.

This week the children will be involved in a range of creative activities that will develop their understanding of the importance of feeling connected.

Let's Connect is about making meaningful connections. Human beings thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

You can access a range of family friendly resources from the Place2Be website using this link: <https://www.childrensmentalhealthweek.org.uk/families/>



This half term, our Jigsaw has focused on Our Dreams and Goals. Above are just a few examples of the work that children have done in their Jigsaw lessons as part of our PSHE curriculum.



DREAMS AND GOALS IN REALITY! This term, our Jigsaw theme has focused on Dreams and Goals. As part of this theme, the Year 6 had the opportunity to hear from Mrs Emma Nicholls, a parent of two children in our school, about her **Dream** and how she accomplished her **Goal** of completing the Arc of Attrition,

which is a point-to-point race from Coverack to Porthtowan taking in 100miles of stunning and dramatic Cornish coast-path.

The path involves the runner completing an Arc around the entire south west foot of Cornwall. The race has a strict 36hour cut-off with additional checkpoint and safety cut-offs on route . There is often up to a 50% drop out rate as the distance to be covered and the terrain is so demanding that many are not able to complete it.

Mrs Nicholls completed this run in 33hrs and she shared with the class the steps she took to achieve this goal. A big thank you to Mrs Nicholls for her inspirational presentation where she shared her amazing experience with us and many congratulations for an incredible achievement.

If you are interested in finding out more about The Arc of Attrition and other similar events then please click on this link: <https://mudcrew.co.uk/>



CHECKPOINT	LOCATION	DETAIL	AT MILE	GRID REF	CP CLOSE / CUT OFF
START	COVERACK	CAR PARK	0.0	SW 784 186	FRI 12:00
CP1	PORHTLEVEN	FOOTBALL CLUB	24.5	SW 627 262	FRI 19:30
CP2	PENZANCE	RUGBY CLUB	38.5	SW 467 296	FRI 23:45
CP3	LANDS END	LANDS END HOTEL	55.0	SW 343 251	SAT 05:30
CP4	ST IVES	GUILD HALL	78.0	SW 517 404	SAT 14:00
FINISH	PORHTTOWAN	ECO PARK	100.0	SW 696 468	SAT 23:59

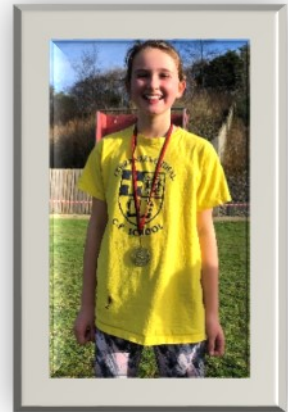
IMPORTANT NUMBERS
EMERGENCY: 999
RACE CONTROL: 07932 558 821
COURSE HEAD MARSHALL: 07967 174 412
MEDICAL LEAD : 07702 477 106

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? Last week, the children in Puffins had the opportunity to listen to a presentation about what it is like to be a Paramedic. Mrs Stephanie Hobbs, a paramedic and mum of two children in our school, arrived at the school with her ambulance and talked to the children about her job whilst showing them how the equipment is used. The children had a very exciting day and we have no doubt that there will be a few paramedics in the making after this inspirational introduction to a career in this field. A huge thank you to Mrs Hobbs for taking the time to come in to share her expertise with us.



Sporting Celebration Spring Term 1 2023

It has been an incredible term for cross-country, basketball and football. On the 26th January, 26 amazingly resilient and determined students competed in the Penryn Peninsular Cross Country Qualifier. The races were fast and tough and every student ran their hardest. Ten have qualified for the next round which will be held on Monday 20th March at Helston. Congratulations to all runners. We also celebrate two students who won their races! Brilliant effort!



Our amazing year 6 basketball squad played brilliantly in some fast and furious matches in a 3 v 3 tournament. They just missed out on getting through to the finals. Well done!

This term, we entered two teams into the basketball leagues. Our Pool 2 Basketball team are through to the play-offs on Wednesday 10th February 2023. We wish them all the best. The standard of play over the term by both pools has been impressive. Well done!

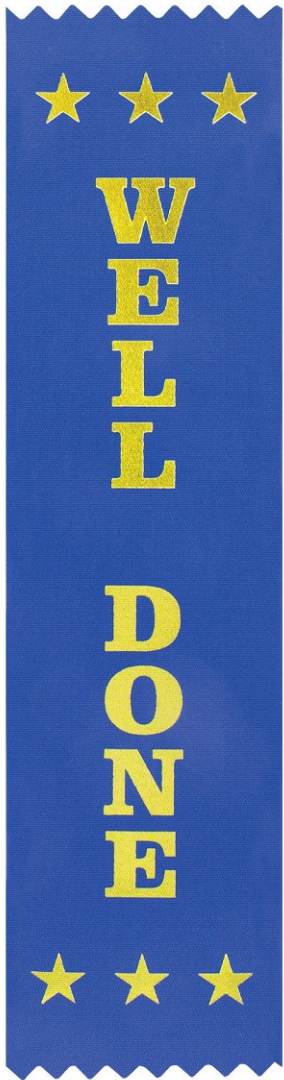


A squad of keen footballers travelled to Penryn on Friday the 3rd February for a Cornwall School Games event. They were by far the happiest team on the pitch and demonstrated incredible determination, resilience and sportspersonship. Well done all of you!



Coose Trannack Cross Country Races Saturday 11th March 2023.

Registration forms and further information will be left at the front office on **Monday the 6th February.** If you wish to enter your child (Reception – Year 6) please collect a form and return it with the **£3** entry fee **by Thursday 9th February.**



TEAM POINT CERTIFICATE WINNERS 2nd February 2023

BRONZE CERTIFICATE – 50 TEAM POINTS

Year 5: Lily

SILVER CERTIFICATE – 100 TEAM POINTS

Reception: Freya and Agnes

Year 1: Henry and Brynley

Year 2: Max

Year 3: Indie and Loic

Year 4: Archie and Jack

Year 5: Layla

Year 6: Martha

GOLD CERTIFICATE – 150 TEAM POINTS

Year 2: Isabella, Maddox, Tamsyn, Daniel and Raffy

Year 3: Sienna, Dylan and Caspar

**Random
Acts of
Kindness**

RANDOM ACT OF KINDNESS NOMINATION: Last week, one of our very kind Yr4 pupils was nominated for a RAK award by another child in the same class. Archie Lewis nominated Primrose Di Maio for helping him to find his hat, which had been missing for 3 days! Thank you for your kindness, Primrose. Archie is very grateful to you for helping him.



Truro & Roseland Learning Community (TRLC)

Art competition 2022/23

The annual TRLC Awards event is due to take place on Wednesday 28th June 2023 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 broad theme for the art work is 'Our Cornish Community'. The Art work 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 Art work.

Entries need to be made to your school/college **by Friday 10th February 2023** at the latest. Please email entries to Sharon Tippett, TRLC Administrator: admin@devoranschool.co.uk



Your Art work could appear on the brochure
for this year!

FOPS newsletter

Friends Of Perran-Ar-Worthal School

Upcoming Events

Thursday 9th February

School Disco

KS1 6-7pm

KS2 7.15-8.15pm

Starlings can choose

their preferred time.

Please bring small change

Friday 24th February

Skylarks bake sale

Saturday 11th March

Code Breaker Challenge 2023

Thursday 30th March

Bags2school collection

Having a clear out over half term?

Please could donations be left in the shelter at drop off on the 30th March.

Thank you!

Fundraising online...

We have created a new FOPS JustGiving page:
<https://www.justgiving.com/campaign/FOPS2023>

www.easyfundraising.co.uk

THANK YOU!

Code Breakers 2023

Code Breakers 2023 will take place in the afternoon of Saturday 11th March at school.

Last year saw a fantastic turn out from across the whole school, working in teams to solve clues in the light, dark, rain and wind... it was a massive hit!

This year, Code Breakers will need to be in teams of 3, 4 or 5, with at least one accompanying adult.

You will need to work together to solve clues at either KS1 or KS2 level.

There will be 3 different sessions running from 2-3pm, 3.30-4.30pm and 5-6pm, with a maximum of 15 teams per session.

Tickets will be available online from the 28th February. When registering, teams will need to specify their clue level (KS1 or KS2) and provide their team name and list of members.

More information will be sent out in the week beginning 27th February.

We rely on a rota of parents in order for these events to run smoothly and safely, please keep an eye out for sign up information if you're able to spare an hour or two, it would be greatly appreciated!

Get in touch!



If you have any fundraising ideas or would like to get involved please reach out to your FOPS class rep,
drop us an email at
fops@perran-ar-worthal.cornwall.sch.uk
or come along to our next meeting on:

Tuesday 28th February
7.30pm at school



SCHOOL DISCO! Don't miss out on an evening of fun and dancing and the school to end the half term with a swing! Another very popular FOPS fund raising event that is always a great success. See you all there!

DISCO NIGHT

**THURSDAY 9TH
FEBRUARY**

£3.50

**PAY ON THE DOOR
CASH OR CARD**



**KS1 6-7PM
KS2 7.15-8.15PM
STARLINGS CAN
CHOOSE**

**SNACKS 20P
PLEASE BRING
SMALL CHANGE
FREE DRINKS**



REMAINING SPRING TERM DATES FOR YOUR DIARY:

WB 6th February: Children's Mental Health Week

Tuesday, 7th February: Yr6 Careers Day at Penryn College **(CANCELLED)**

Thursday, 9th February: School Disco (please see poster for timings)

WB 13th February: HALF TERM

Friday, 24th February: Skylarks cake sale

WB 27th February: Progress Meetings

Thursday, 2nd March: World Book Day (dress up as your favourite book character)

Friday, 3rd March: St. Piran's Day Celebration -Whole School Pasty Making!

WB 6th March: Science Week

Saturday, 11th March: FOPS Code Breaker Challenge Fund Raiser Event

WB 13th March: Cornwall Music Festival Week

Wednesday, 22nd March: SingUp at Truro Cathedral for Yr6 small group singers
6pm

Saturday, 25th March: Spring Concert (details to be confirmed closer to the time)

WB 27th March: Autism Awareness Week

Thursday, 30th March: Bags for School

Friday, 31st March: Last Day of Spring Term

NB: If, due to unforeseen circumstances, there is a need to change any dates or times, we will notify you as soon as possible.

PLEASE NOTE...

LAST CALL FOR TRLC ART COMPETITION:

Please note, the art competition entries must be handed in to the school office no later than **Friday, 10th February**. Thank you!

CALLING ALL CROSS COUNTRY RUNNERS!

Coose Trannack Cross Country Races Saturday 11th March 2023.

Registration forms and further information will be left at the front office on **Monday the 6th February**. If you wish to enter your child (Reception – Year 6) please collect a form and return it with the **£3** entry fee **by Thursday 9th February**.

THIS IS THE FINAL WEEK OF THE HALF

TERM! We will finish at the usual time on Friday for KS1 and KS2 pupils. Wrap-around will run as normal on Friday.

CODE BREAKER CHALLENGE EVENT!

Please ensure you don't miss out on the events planned by our fabulous FOPS team. See the FOPS news page in this newsletter for more information about the Code Breaker Challenge event coming up **Saturday, 11th March 2023**. It is an event not to be missed!

SCHOOL DISCO IS THIS WEEK! Don't forget to get your party outfit on to end this half term throwing some shapes on the dance floor! We look forward to seeing you all there on **Thursday, 9th February**. See the poster for details of times and entry prices.

EXTRA-CURRICULAR CLUBS

Go Active Alternative Sports Club – Continues straight after half term (Monday 20th February) for those children already signed up.

Go Active Scooter Club – New club on a Thursday for KS2, starting 23rd February. Information on how to sign up will be sent via email.

Plymouth Argyle ASC – Tuesday for Year 1&2, Friday for KS2, starting Tuesday 21/2 and Friday 24/2. Information on how to sign up will be sent via email.

Cupcake Club – As communicated via dojo by Mrs Rawlings, Monday 20/2 will be a final session for her **current group**. Mrs Rawlings will then run her club for the children that missed out last time (these parents I will email/dojo separately to confirm)

Cross Country – Mr Teasdale and Miss Davies will continue with Cross Country Club after half term. If your child has been attending in Spring Term 1 there is no requirement to complete another form. If your child would like to stop attending or your child would like to start attending, please let me know as soon as possible to enable me to adjust the register accordingly.