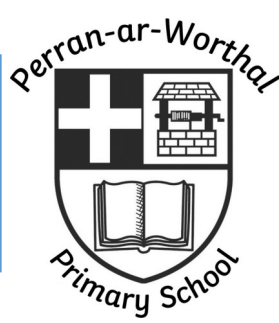


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## he Heffington Post

27th January 2025



# E

## VERY MOMENT MATTERS!



### A WONDERFUL TWO WEEKS OF INCREDIBLE PROGRESS!

For the past two weeks, Robins have been very busy each afternoon swimming at Truro Leisure Centre. They have all had a fantastic time and it has been a pleasure for staff to watch the incredible progress that each and every child has made.

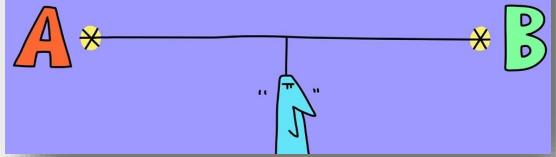
This half term, our Jigsaw theme has been Dreams and Goals and how we can achieve these. A two-week intensive course has allowed swimmers of all abilities to develop their skills, improve their stroke technique and increase their water confidence whether they started off last Monday as a complete non-swimmer or someone who could already swim lengths of the pool. Staff have been so incredibly impressed with the attitude, resilience and determination of every child during these swimming sessions.

We would like to thank Truro Leisure Centre swimming teachers for all their dedication and hard work as well as Mr Farrell, Mr Teasdale, Mrs Szepietowska, Mrs Hamilton and Mrs Rawlings who have accompanied them throughout the two weeks.

An extra special thanks has to go to all the parent volunteer drivers – without you all these swimming sessions would not have been able to take place. A huge THANK YOU for your time and effort, especially with accommodating changes to timings!

motivation is 3 things:

1. a compelling goal
2. A to B
3. confidence that you can get from A to B



## WHY FABULOUS FRIDAYS ARE...WELL...JUST TRULY FABULOUS!

The smell of freshly baked quiche filled the school corridors on Friday as it wafted from the staffroom where 10 of our Yr5 pupils were busy making the most delicious mini quiches—many of which were eaten before they left the building!

Whilst the cooking was making us all feel very hungry, our Wagtails were creating the most delightful 2D moving pictures with moving characters set in their own mini story telling scene.

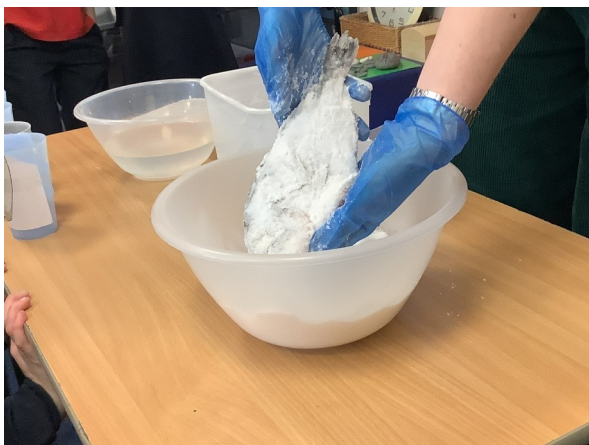
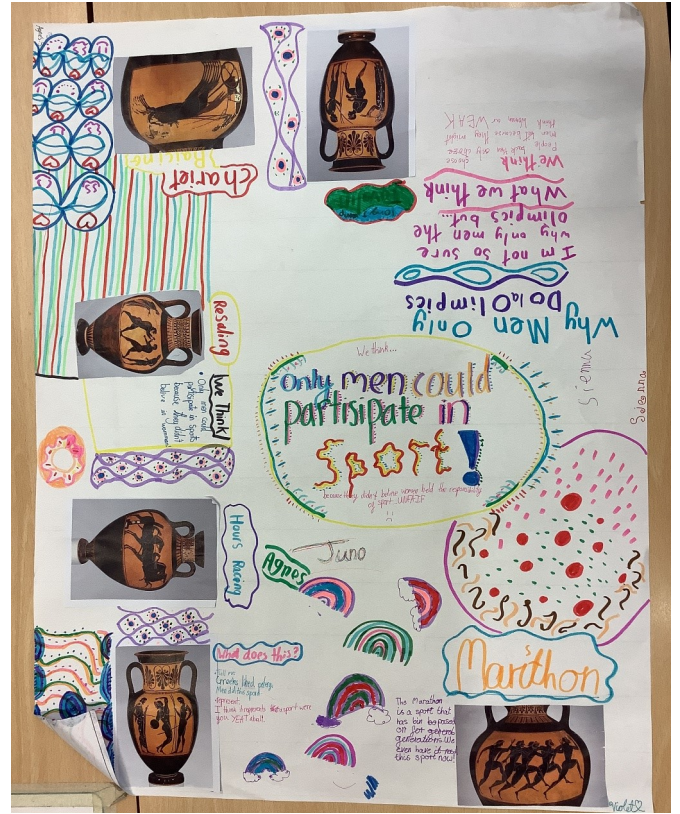
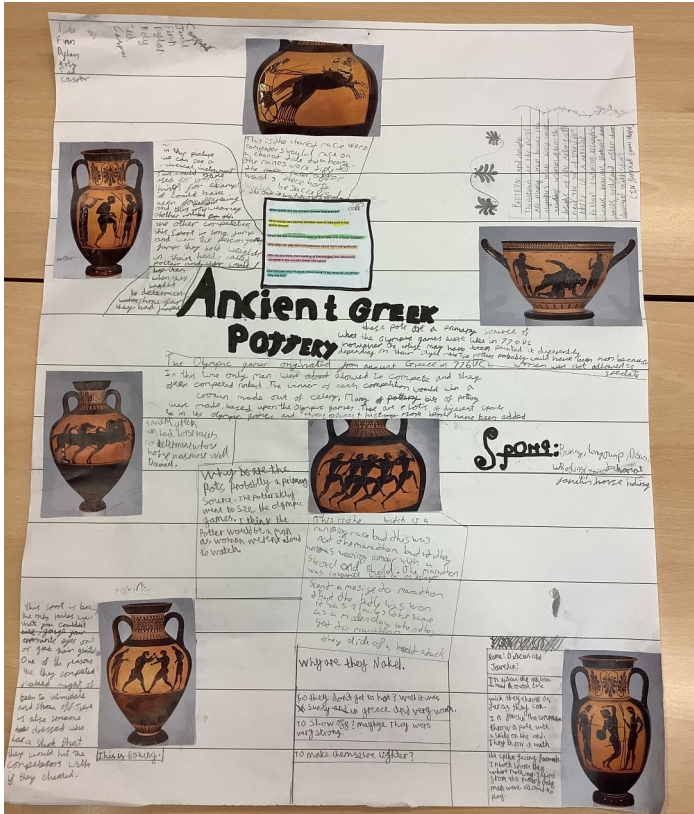
With so many wonderful activities happening in every available space, in and outside of the school building, it is no surprise that this is our favourite day of the week.



  
**FRIDAY IS  
MY FAVORITE  
FABULOUS  
DAY!**

**AND WHAT ELSE IN THE WEEK HAS BEEN FABULOUS?** Well, we have focused on sharing history with you this week—from studying Ancient Greek pots that tell the story of the Olympics to mummifying fish to help develop a greater understanding of how the Ancient Egyptians would have preserved bodies as part of the embalming process.

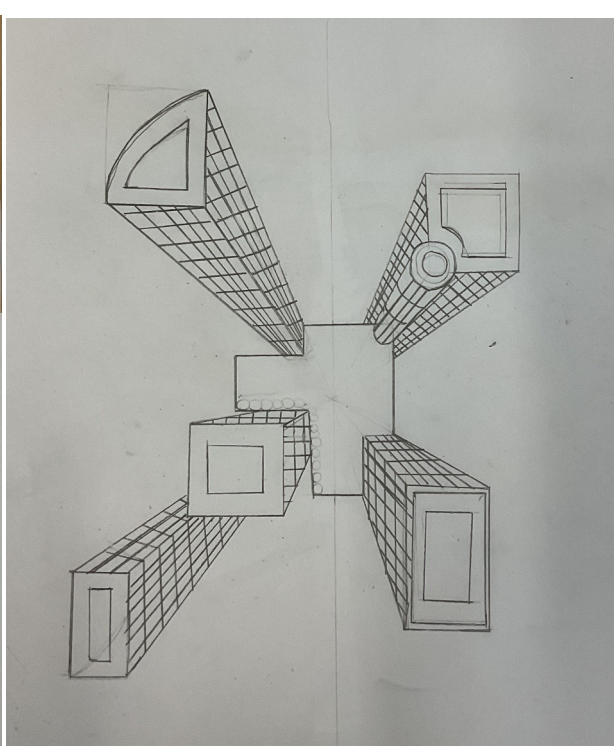
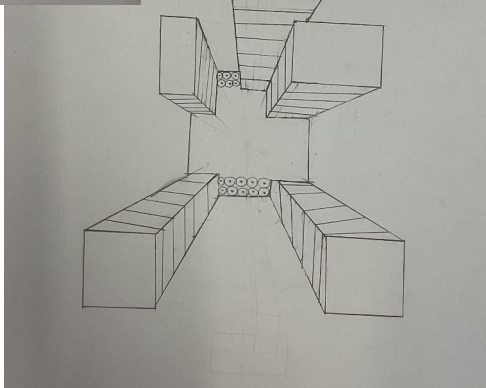
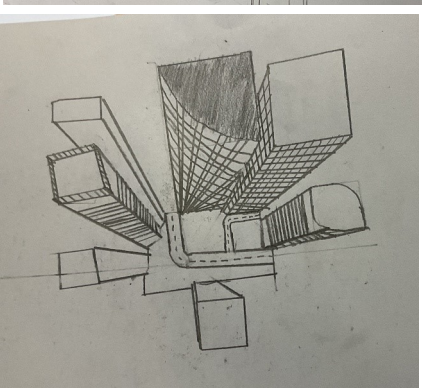
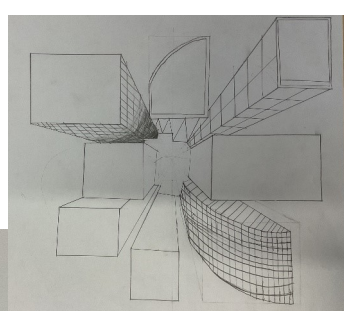
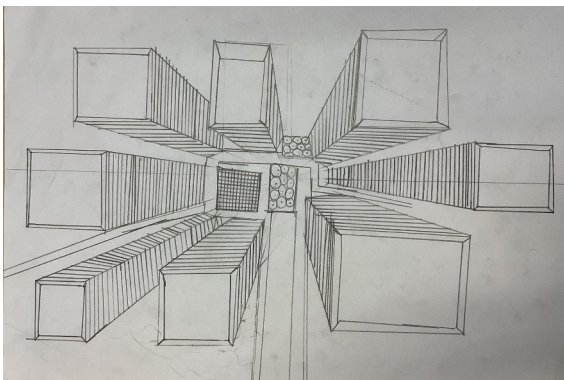
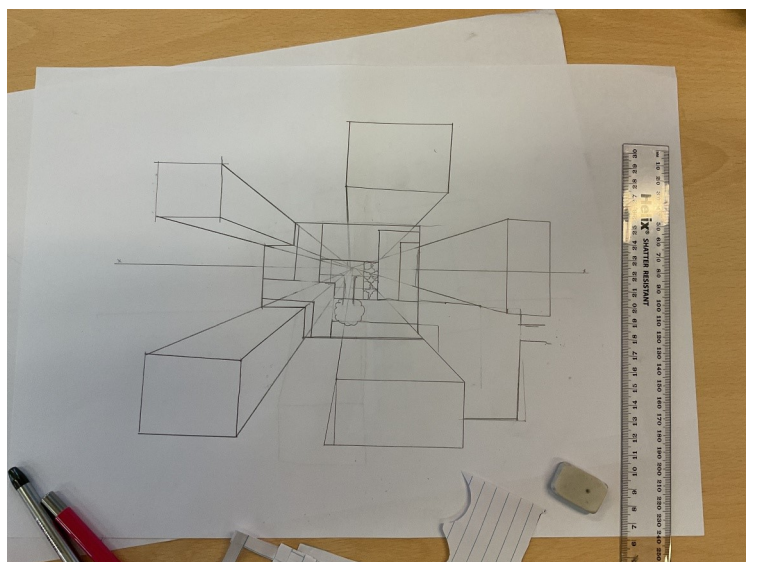
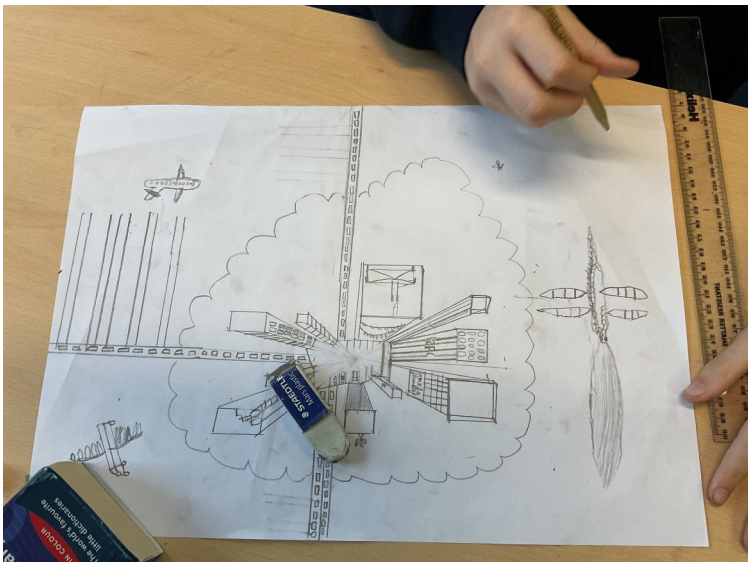
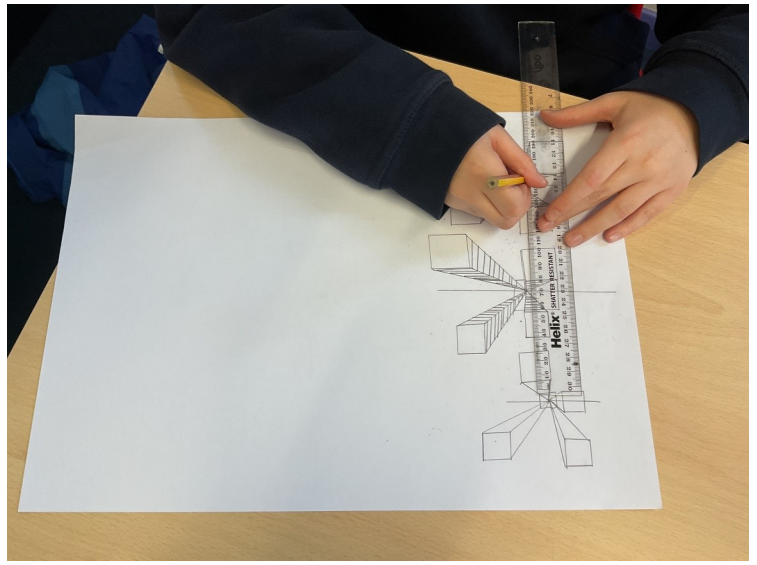
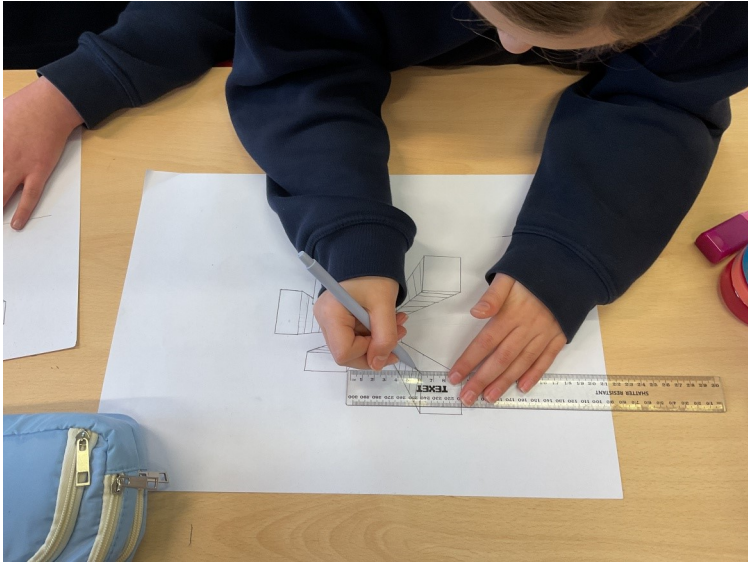
Our staff work incredibly hard to deliver memorable, exciting and creative lessons that make coming to school the best way to spend your week, learning with your friends!



**I FACILITATE THINKING.**  
**I ENGAGE MINDS.**  
**I LISTEN TO QUESTIONS.**  
**I ENCOURAGE RISK.**  
**I SUPPORT STRUGGLE.**  
**I CULTIVATE DREAMS.**  
**I LEARN EVERY DAY.**

**I TEACH.**

**IS IT ALL A MATTER OF PERSPECTIVE?** Perspective drawing, is a technique that creates the illusion of depth and space on a flat surface. It can be used to make objects appear 3D and realistic. Below are the latest perspective drawings from our talented Yr6 class. Another example of how Fab Fridays give our children time to explore new ideas and develop their skills.





**TALENTED SPEAKERS!** What an incredible talent these three Yr6 pupils shared for public speaking at last week's 2025 Rotary Youth Speaks Competition. They shared their interests, thoughts and feelings about Myths and Legends with great clarity and conviction—an excellent performance filled with character and brilliance! They should all feel mightily proud of their achievement and we look forward to see how they continue to develop their skills for presenting to the public in the future. A huge thank you to Mr Mark Teasdale who, once again, gave so very generously of his time, helping to prepare the PAW team for this prestigious event.

We hope to see many more of our PAW pupils take part in this event in years to come and we look forward to sharing

this year's team presentation with you at the Spring Concert later this term.



### TEAM POINT CERTIFICATE WINNERS 23<sup>rd</sup> January 2025

#### BRONZE CERTIFICATE – 50 TEAM POINTS

Year 2: Jack

Year 4: Olivia

Year 6: Lily and Jamie

#### SILVER CERTIFICATE – 100 TEAM POINTS

Year 1: Jago and James

Year 2: Elspeth

Year 3: Kaiser, Micky, Joseph and Brynley

Year 4: Ned, Evelyn, Genevieve and Anoushka

#### GOLD CERTIFICATE – 150 TEAM POINTS

Year 3: Martha, Logan and Luca

## Citizen / Learner of the Week – 20<sup>th</sup> January 2025

### Puffins

**Learner** – Fearne (For progress and hard work in phonics)

**Citizen** – Somhairle (For trying to encourage others to join in with their play)

### Wagtails

**Learner** – Emelia (For excellent poetry writing and taking her learning home)

**Citizen** – Ruben Bawden (For always spotting problems and solving them independently in the classroom)

### Robins

**Learner** – Elspeth (For writing an incredible shape poem with excellent use of ambitious vocabulary)

**Citizen** – Sam (For working hard to improve listening skills)

### Starlings

**Learner** – Bella (For making really good progress in class and working especially hard in Science with Mrs Royle)

**Citizen** – Elodie (For helping new students with class routines – she is so kind and patient!)

### Skylarks

**Learner** – Tamsyn (For pushing herself in Maths and growing in confidence as she persevered throughout the tricky unit of learning)

**Citizen** – Maria-Sophia (For being incredibly kind and accommodating towards others, compromising to diffuse tricky situations)

### Kingfishers

**Learner** – Aubrey (For beautiful presentation in Maths)

**Citizen** – Sophie (For always being helpful, especially when tidying up the equipment at break times)

### Swifts

**Learner** – Morwenna (For improvement in Maths)

**Citizen** – Leo (For improvement in communication skills to better his learning)

# 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)





## 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**

**30th June to 2nd July: 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.*

# AUTISM CAFE

## AUTISM CAFE

On Monday 10th February we will be hosting the second of our 'Autism Cafés' in conjunction with Mylor Bridge School and the Autism in Schools team. This session will be held at Mylor Bridge School from 4pm til 5pm. If you've never heard of this before, or if you came to the first session before Christmas, there should be something on offer for everyone!

The Autism Café will be run jointly between Perran-ar-worthal Primary School and Mylor Bridge Primary School and hosted by the Cornwall Council Autism in Schools team who have a wealth of experience to share with parents and carers. This is not just for parents / carers of children who have Autism, but for anyone who may have worries, concerns or questions surrounding the topics being presented.

The café will focus on topics which parents want to discuss so if you'd like to come along and see what it's all about then we will look forward to welcoming you at 4pm on Monday 10th February at Mylor Bridge School.

Jude Osborne (SENCo at Mylor Bridge) and Katie Rawlings (SENCo at Perran-ar-worthal) will both be attending, so please feel free to stay and chat with us afterwards if you need to.

Please complete the short Google Form below to let us know you'll be attending and so we can provide enough biscuits!

<https://forms.gle/w1tEMSez6aDztbHu8>

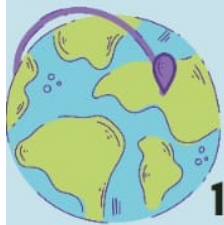
Please note: Autism Café events are for adults only.



# FOPS WORLD BOOK DAY VIRTUAL BALLOON RACE!



**Perran-ar-Worthal CP School are set to embark on a thrilling virtual balloon race inspired by some of the greatest explorers - raising funds for new books for our school library!**



## **How to Join the Fun:**

**1. Buy a Balloon:** Visit [www.balloonrace.net/ppsz](http://www.balloonrace.net/ppsz)  
- **Each balloon costs £2**

**2. Spread the Word:** Tell your family and friends so they can join in the fun - simply share the link above.

**3. Last chance:** Balloons must be purchased by  
***Tuesday, 25th February at 9am!***

**4. Launch Day:** Get ready to launch your balloon during assembly on

**Thursday, 27th February at 9am!**

**5. Race Finish:** Celebrate the end of the race on World Book Day,

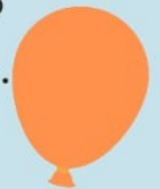
**Thursday, 6th March at 9am!**

## **Win Amazing Prizes!**

The two fastest balloons will win fantastic prizes!

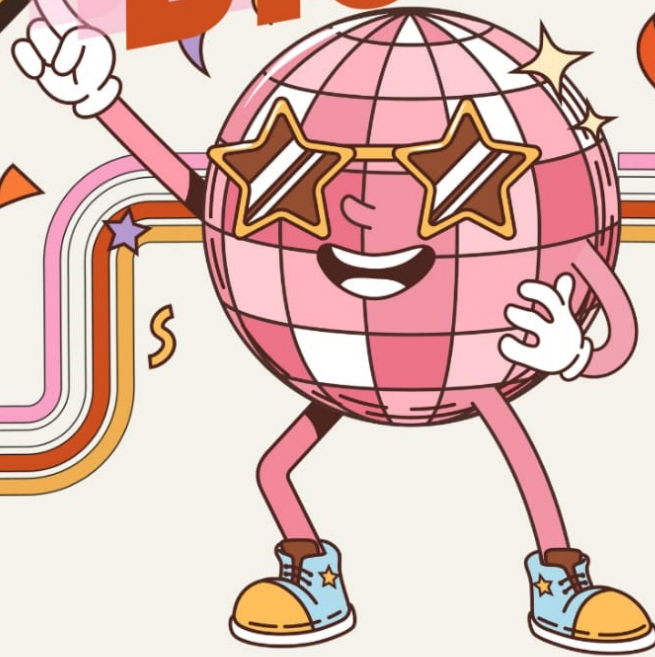
Not only is this a fun and exciting way to support our school, but it's also environmentally friendly!

**(No real balloons will be released into the sky)**



FOPS OF PAW SCHOOL PRESENTS

# THE FUNKY THING DISCO



**FRIDAY 7TH FEBRUARY**

**KS1 = 6-7PM**

**KS2 = 7:30-8:30PM**

**£3.50**

**20P CASH  
FOR  
TREATS AND  
SNACKS**

**PERRANWELL VILLAGE HALL**

**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)

Services for young people aged 10 and over.

**MENTAL HEALTH SUPPORT TEAM - MHST** NHS 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) <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** NHS 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/7ac7qHLP) <https://forms.office.com/e/7ac7qHLP> 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