

Dream Big, Start Small and Never Give Up! Jessica Roper April 2023

Perran-ar-Worthal staff were lucky enough to meet Jessica Roper last Wednesday as she put our students and some teachers through four physical challenges to raise money for PE equipment and to support the organisation **Sports For Schools**. Sports for schools invites English, Irish, Scottish, Welsh and international athletes to come visit schools to inspire children and young people to have fun whilst keeping active.



Jessica began kickboxing just for fun at the age of 19, but soon decided she wanted to fight competitively and began to train more intensely, sometimes five or six times per week. At the start of her career, Jessica did not win many fights, however she did not let that stop her from trying. She was determined to succeed and through her own resilience and with the help of her coaches, she went on to become English Kickboxing champion. Jessica is also a kickboxing coach and hopes to use her experiences in the future to help encourage people to get fit and prioritise their health.

Jessica challenged every student to push themselves with four physical exercises – spotty dogs, mountain climbers, push ups and star jumps. She then held an assembly where she spoke of the challenges she faced and the determination that allowed her to succeed. She demonstrated some punches and kicks before hearing the dreams of some of our own students.



Thank you all so much for supporting this event. Sponsorship forms and any money raised needs to be in by Friday 5th May please. If your son or daughter raised sponsorship money online, could you please send their form in with a note on the form letting us know this? Thank you. Miss Davies.

FOPS newsletter

Friends Of Perran-Ar-Worthal School

Upcoming Events

Friday 5th May

Robins bake sale

Thursday 18th May

Family Quiz

6-7.30pm at The Village Hall

Tuesday 23rd May

FOPs meeting

7.30pm at School

Thursday 6th July

Bags2School collection

Friday 9th June

Puffins Frozen Friday

Ice Lolly sale

Saturday 15th July

Perranfest 2023

Gates open from 3pm at School

What are we fundraising for?

- Revamping the KSI outside area
- Upcoming school trips
- Topic Library books

Date of next meeting



Tuesday 23rd May

7.30pm at school

If you would like to get involved please join us!

If you have any ideas, suggestions or questions please email:

fops@perran-ar-worthal.cornwall.sch.uk

Preloved School Uniform

Thank you for your donations so far!



We haven't been able to collect enough to warrant a stand alone sale however Charli has a small selection of 7+ Jumpers and a large selection of 5-6 Jumpers all freshly washed and ready to go.

School Jumpers £1

Swift Hoodies £2

T-shirts 50p

Please contact Charli directly on 07740090777 to make your order.

We accept donations of good condition uniform with the school logo.

All proceeds go to the school.

(New parents will receive this information in their welcome packs)

Family Quiz

Family Quiz night will make it's return on Friday 18th May !

Doors open from 6pm and it promises to be a fun family evening suitable for all ages! Teams need to be maximum group of 8 with at least one adult and one child



More details to follow

Bring your own refreshments



Fundraising online...

If you're unable to attend an event and would like to make a donation to our

JustGiving page, the link is:

<https://www.justgiving.com/campaign/FOPS2023>

Please sign up to easyfundraising which donates a commission to our school every time you shop:

www.easyfundraising.co.uk



JOIN US FOR A COMMUNITY CORONATION TEA PARTY



SATURDAY 6TH MAY
FROM 4PM-6PM
AT THE PERRANWELL CENTRE

ROYAL THEMED ACTIVITIES AND DISPLAY

POP UP PERFORMANCES

CREAM TEAS AND PROSECCO

BRING A PICNIC AND SHARE SOME GOOD TIMES



THIS IS A
FREE EVENT!

ORGANISED BY THE TRUSTEES OF THE PERRANWELL CENTRE AND SUPPORTERS



TEAM POINT CERTIFICATE WINNERS 27th April 2023

BRONZE CERTIFICATE – 50 TEAM POINTS

Year 3: Felix

Year 5: Saylor

SILVER CERTIFICATE – 100 TEAM POINTS

Year 4: Arthur

Year 5: Quilla and Ralph

Year 6: Tallulah and Grace

GOLD CERTIFICATE – 150 TEAM POINTS

Reception: Lettie

Year 1: Leo and Thomas

Year 3: Agnes

Year 4: Primrose and Will

Year 5: Rafferty

MEDAL – 200 TEAM POINTS

Reception: Agnes

Year 1: Poppy

Year 2: Lenny and Eva

Year 4: Leo

Year 5: Eliza, Harley, Isla and Nuala

BADGE – 250 TEAM POINTS

Reception: Tilly

Year 3: Sienna, Dylan, Caspar and Eleni

HEADTEACHER AWARD CERTIFICATE – 300 TEAM POINTS

Year 3: Amelia

Year 5: Lily-Rose