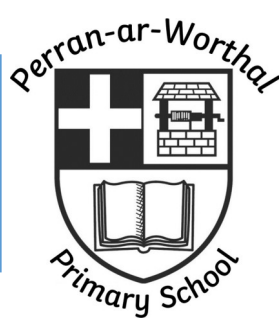


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3rd February 2025



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VERY MOMENT MATTERS!

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

THE PLIGHT OF THE PERRAN-AR-WORTHAL SNOWMAN!

After my saviours walked past me several times due to my undistinguished position, next to the entrance of the car park...they finally found me! It was to be an emotional reunion but they refused to give me a welcoming hug - apparently dampness is not an acceptable state!

I was placed in the warmth and settled in for a sleep, only to be hauled back into the cold and thrown around between a few different people in high vis jackets ...they were all fighting over who got to be my friend, I am sure...

Finally one person won and I was placed carefully safe and sound, where luckily there was a mattress so I could have my long awaited for sleep...it was a little smelly though...

Thank you Perran-ar-Worthal School for giving me a special place in your Christmas plays over the years!



BATTLESHIPS IN A SPANISH LESSON? WHAT IS THAT ALL ABOUT?

Last week, our Yr3 pupils were playing battleships in their Spanish lesson. When asked why, they explained that they were learning how to say instructions with numbers in Spanish! Mr Trudgeon certainly took a very creative and most enjoyable approach to teaching this aspect of Modern Foreign Languages which ensured every child was engaged in their learning. What a great way to improve your Spanish! Well done Yr3 and well done Mr Trudgeon!



TEAMWORK! RESILIENCE! DETERMINATION! ENJOYMENT!

What a privilege it was to see our amazing PAW pupils play, no less than 6 games, last Friday at the Yr5 and Yr6 Penryn Girls Football Tournament. With so many of our Yr5 and Yr6 girls enthusiastic about football, we were the only school that arrived with two squads. Every game was played with the same level of enthusiasm and enjoyment. Outstanding teamwork was demonstrated throughout the afternoon, on and off the pitch! The pictures below will hopefully give you a flavour of why we are so proud of our PAW pupils. Team spirit ruled on Friday and the journey back to school on the bus was certainly filled with the sounds of celebration and team spirit! Thank you to Mr Rob Sharpe for driving the bus and cheering on the teams.



HAPPINESS IS



...realizing how awesome the people around you are.




Alone we can do so little; together we can do so much.

—Helen Keller



The truth is that teamwork is at the heart of great achievement.

John C. Maxwell


@pawpaaw



FOPS WORLD BOOK DAY VIRTUAL BALLOON RACE!



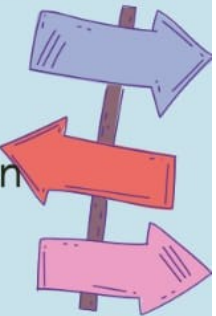


Perran-ar-Worthal CP School are set to embark on a thrilling virtual balloon race inspired by some of the greatest explorers - raising funds for new books for our school library!




How to Join the Fun:



- 1. Buy a Balloon:** Visit www.balloonrace.net/ppsz - 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)





TEAM POINT CERTIFICATE WINNERS 30th January 2025

BRONZE CERTIFICATE – 50 TEAM POINTS

Year 2: Rohan

Year 4: Sienna, Hugo and Jason

Year 5: Annie

Year 6: Rosie E

SILVER CERTIFICATE – 100 TEAM POINTS

Reception: Elowen, Rowan, Lily, Felix, Toby and Joshua

Year 1: Rafe and Noah

Year 2: Isla

Year 3: Elodie

Year 4: Tamsyn, Mhoirbheinn, Flynn, Eva, Toby and Pippa

Citizen / Learner of the Week – 27th January 2025

Puffins

Learner – Sol (For amazing independent writing)

Citizen – Rowan (For always following instructions thoughtfully)

Wagtails

Learner – Hugh (For working really hard on presentation and amazing vocabulary)

Citizen – Tiber (For always being respectful of everybody in class)

Robins

Learner – Jack (For great progress in our most recent spelling unit)

Citizen – Lettie (For supporting others, being caring and thoughtful, always putting others before herself)

Starlings

Learner – Kaiser (For persevering in his multiplication work this week)

Citizen – Luca R (For settling so well and becoming a great member of the Starlings class and school community)

Skylarks

Learner – Jason (For hard work and conscientious attitude this week, particularly in History when investigating artifacts from the Shang Dynasty)

Citizen – Daphne (For demonstrating some lovely teamworking skills in Maths and History, putting forward her ideas as well as looking out for others)

Kingfishers

Learner – Aubrey (For persevering and adapting with his learning despite his broken finger)

Citizen – Eleni (For dedication to learning and helping others)

Swifts

Learner – Will (For effort and progress in Maths)

Citizen – Primrose (For helping members of staff and children in other classes this week, especially in the library)

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.



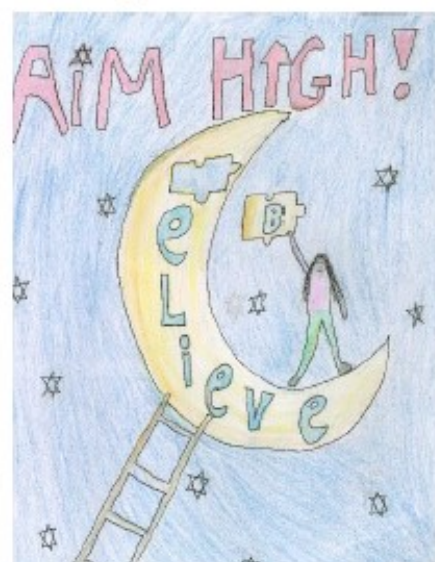
Truro & Roseland Learning Community (TRLC) Art competition 2024/25

The annual TRLC Awards event is due to take place on Wednesday 25th 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 14th February 2025 at the latest. Please email entries to Sharon Tippett, TRLC Administrator:

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

WB 30th June: Yr6 camp at Porthpean

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.

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

For young people aged 10-18 years.

Online chat open until 10pm every night.

Headstart Kernow

Visit:

www.headstartkernow.org.uk Information for parents and carers.

Your Way | Visit your-way.org.uk

Services for young people aged 10 and over.

NHS Cornwall Partnership NHS Foundation Trust

MENTAL HEALTH SUPPORT TEAM - MHST

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/7ac7qHLPhc) <https://forms.office.com/e/7ac7qHLPhc> 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

Thursday
20th Feb

19:00 - 20:00

FREE



FREE SESSION

Supporting Healthy Screen Use

A range of steps that can help minimise the harms from screens

Monday
3rd Feb

10:00 - 11:30

£24



Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
11th Feb

19:00 - 20:30

£24



Facing Defiance

Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday
18th Feb

19:00 - 20:30

£24



Cannabis & Ketamine Awareness

Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday
25th Feb

19:00 - 20:30

£24



Understanding the Teenage Brain

A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

Understanding Anger	10 FEB 7pm
Supporting Healthy Screen Use	11 FEB 10am
Facing Defiance	14 FEB 7pm
Raising Self-Esteem	27 JAN 7pm 25 FEB 10am
Supporting Healthy Sleep	28 JAN 7pm 24 FEB 10am
Supporting a Child with ADHD	3 FEB 10am 3 MAR 7pm
Improving Family Communication	3 FEB 7pm 4 MAR 10am
AUTISM: Improving Communication	4 FEB 10am 4 MAR 7pm
Understanding Addictive Behaviour	4 FEB 7pm 3 MAR 10am
Anxiety-Based School Avoidance	10 FEB 10am 10 MAR 7pm
What is ACT?	17 FEB 10am 17 MAR 7pm
Introduction to OCD	17 FEB 7pm 18 MAR 10am
Anxiety Explained	18 FEB 10am 18 MAR 7pm
Cannabis & Ketamine Awareness	18 FEB 7pm 17 MAR 10am
Decreasing Depression	24 FEB 7pm 25 MAR 10am
Understanding the Teenage Brain	25 FEB 7pm 24 MAR 10am