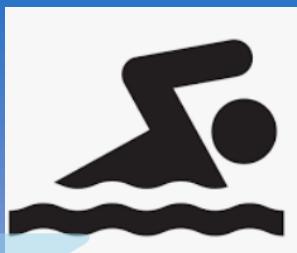


Swim Gala 5th December 2025.



Swimming champions!



On Friday, I took 16 children to compete in the Penryn swim gala at the Ben Ainslie Centre. The Perran-ar-Worthal squad won 5 medals for individual races and two of our relay teams won their heats; our Year 5 girls and our Year 6 girls. It was a very close competition with Perran-ar-Worthal just beating Constantine to come first out of all 6 schools and bring the shield home. What stood out with our children that swam, was not only their incredible capacity to swim, but their kindness and consideration to each other, to me and to other teams. When Flushing was short of a swimmer, Flynn volunteered to swim with them, versusing our own year 5 competitor. I felt extremely privileged to be able to take this team of children to represent the school. Well done to each and every one of you! Thank you for representing our school so well! **You are all amazing!**

Tuesday sport's club Autumn Term 2



Our Tuesday's sports club has been an amazing success. Thank you to these children for their enormous energy each week. We have had sessions on tennis, hockey, netball and football.

It has been a great opportunity to see their skills develop in different sports. Their attitudes to these sessions and the way they have worked together has been extremely impressive with a lot of natural talent emerging. Thank you all of you!



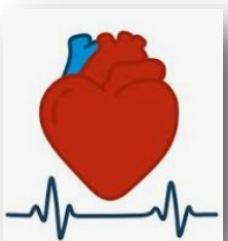
Two amazing cross country runners!



These two incredible athletes ran for Cornwall in the U11 Westward League Cross Country Race in Exeter a week ago! Both boys ran amazing races in extremely muddy conditions. Huge congratulations to them both, this is an enormous achievement.



An enormous thank you to Sophie Dunkley, who came in to school on Monday afternoon to talk to the children about Heart Health. Starlings have been learning about Heart health; what the heart does and how exercise benefits it. Sophie brought in stethoscopes for the children to listen to their own hearts. The children were able to examine models of the structure of the heart and ask incredibly thoughtful and intellectual questions. Thank you so much Sophie! It was a brilliant afternoon!



Thank you!



Christmas / festive cross country!



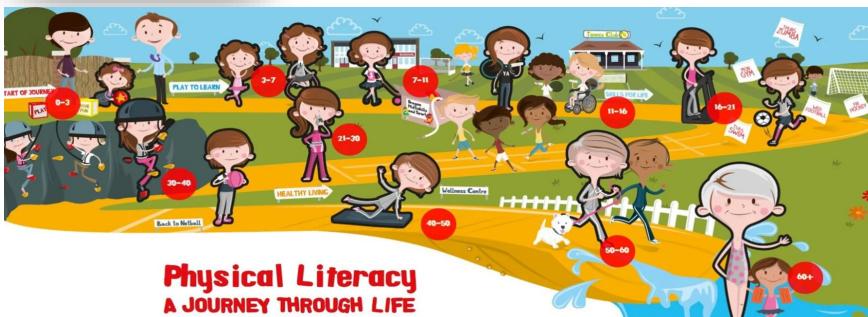
**Thank you for
your commitment
every Friday, children
and parents! You
make Friday mornings
buzz with energy!**



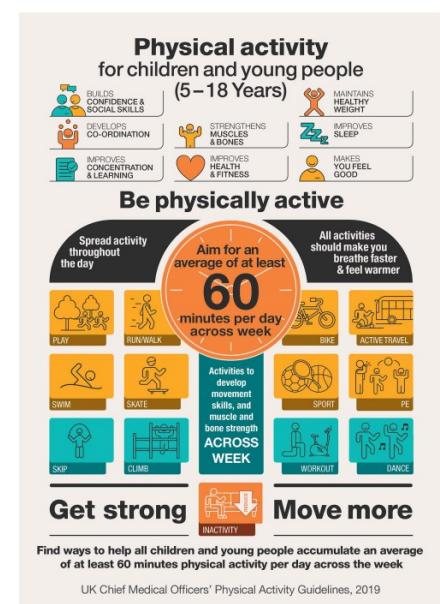
2025 PE & School sport conference.



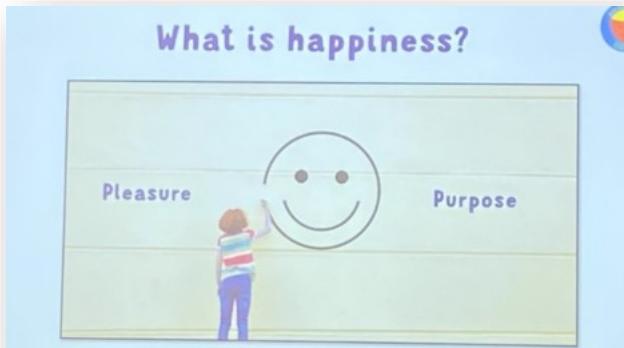
A week ago on Friday, I was lucky enough to attend the 2025 PE conference. Kate Thornton, CEO of the association for PE, spoke passionately on the power and benefit of children accessing physical activity to enable them to flourish throughout life. Her talk was inspiring. Access to sport has never been more important! At Perran-ar-Worthal, our PE vision underpins the aim for all of our children to adapt lifelong and life wide habits of being active.



Chris Caw, from the YST, spoke of the power of highly active schools and the relationship between being active and positive effects on our wellbeing and ability to learn.



It was an honour to hear Adrian Bethune speak about 'What makes a happy school' - he spoke of children having '*emotional agility*' and '*emotional health*'. It was lovely to hear of so many strategies that he spoke of that are embedded into daily life at Perran-ar-Worthal. He spoke of emotional resilience - of 'getting comfortable with being uncomfortable' as a natural part of life.



“
EXERCISE IS THE CLOSEST THING WE HAVE TO A MAGIC BULLET FOR PHYSICAL AND MENTAL HEALTH.
DR. RAY FOWLER