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he Heffington Post
20th May 2024



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VERY MOMENT MATTERS!

Last week was a particularly busy time for our oldest year group. Our Yr6 were presented with a range of thought provoking and challenging SATS tasks, but not one of our amazing Swifts faltered. We were all so impressed with their positive attitude, resilience and stamina during a tough week at school. Just remember, SATS will never be able to test the awesomeness of each and every one of these pupils! We are all so very proud of who they are!

So, I bet you are wondering what this lovely crew get up to after they finish SATS? Well, the pictures below will tell that story!

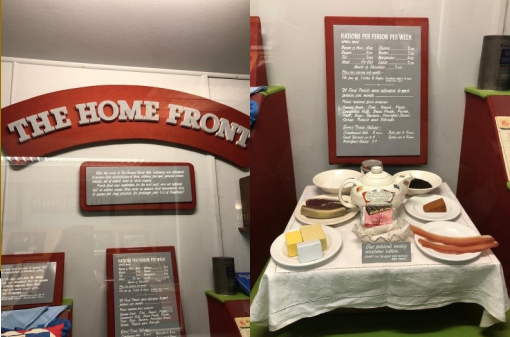


★ We Are So ★
Proud Of You

THE BLITZ OF LONDON



Last week, as part of their history unit on World War 2, the Skylarks took a trip to Flambards to experience what life might have felt like for children during The Blitz. As a cross curricular element to their learning, during our Fab Friday art sessions, the children recreated a scene from The Blitz using recognisable London landmarks.





THE
BLITZ
OF LONDON



PUFFINS UP THE GAME WITH THEIR CAKE SALE!

Last week, Fabulous Friday was made even more fabulous with the end of day culminating in a very impressive cake sale. What an incredible selection there was on offer. As a result, over £300 was raised, which we think may be the record so far for class bake sales! Well done and thank you to all our little Puffins and their parents for running such a successful stall.



DON'T FORGET!

Raffle tickets are still on sale but must be returned to the office by 17th June. If you need any more raffle tickets, to be in with a chance to win one or more of the incredible prizes on offer this year, then please pop to the office to collect more tickets.





My Nutrition Matters quiz.

Have a go at this quiz with your son / daughter. Good luck!

Questions.

Q1: What are the 5 food groups. Name one food from each food group and explain how they help our body.

Q2: Why are fruits and vegetables so important in our diet?

Q3: What can happen to our bodies as a result of having a highly processed diet?

Q4: How can a healthy diet improve our mental wellbeing?

Q5: How does protein help our muscles?

Q6: Which foods are a good source of healthy fats and how can they help our body?

Q7: Why do we need some salt in our diet? How much should we not exceed each day? Where can we find hidden salt?

Q8: How much sugar should we not exceed each day?





My Nutrition Matters quiz.

Answers.

A1: Carbohydrates - energy— bread, rice, pasta, potatoes.

Fruits and vegetables—fibre, vitamins and minerals, and energy—(any fruits or vegetables)

Protein—growth and repair—meat, fish, eggs, legumes, nuts.

Dairy - calcium for teeth and bones—milk, cheese, curly kale.

Fats— for energy and to protect our internal organs and vitamins AEDK need fat to be absorbed. —avocado, fatty fish, nuts.

A2: Fruits and veg contain vitamins and minerals. Vitamins and minerals boost our immune system and dietary fibre helps keep our digestive system healthy so we don't become constipated.

A3: A highly processed diet can cause our hunger hormone to increase, our fullness hormone to decrease, new connections to be made in our brain that tell us to eat more of those foods and can increase our amount of body fat. Eating a diet high in ultra-processed foods can also mean a diet low in fibre which can cause constipation.

A4: A healthy diet gives us sustained energy, allows us to be more focussed and keeps us fuller for longer.

A5: Protein help our muscles because it contains essential amino acids. When we lift heavy weights or run, we cause micro tears in our muscles, the protein in our diet helps those muscles repair stronger.

A6: Foods such as avocado, olive oil and salmon and fish are good sources of unsaturated fats. Unsaturated fats are healthier for our bodies and they help clean out cholesterol from our arteries.

A7: Salt helps regulate our body temperature and helps control our muscles and nerves. We should not exceed 5g of salt each day. Hidden salts are often present in highly processed foods.

A8: We should not consume more than 24g of sugar each day. Some soft drinks contain more than this per serve.



WHAT'S IN YOUR DRINK?

Many people consume drinks that are high in sugar content and calories, but its surprising which drinks contain a higher amount than others. It's easy to overlook this, but choosing healthier beverages is a key part of maintaining a balanced diet. Those that are high in sugar are also often high in calories, which when consumed frequently can lead to weight gain and cavities to more serious health conditions such as type 2 diabetes, heart disease and kidney disease.

Here are some of the UK's most popular drinks that you might not have realised have a high sugar and calorie amount:

The NHS recommends no more than 30 grams of sugar a day for adults, 24 grams a day for children aged 7-10 and 19 grams a day for children aged 4-6.



The maximum recommended daily amounts of sugar are:



4 to 6 years old: 19 grams (5 cubes)



7 to 10 years old: 24 grams (6 cubes)



11 and older: 30 grams (7 cubes)

Chia pudding.



Ingredients

- 2 tbsp [chia seeds](#)
- 125ml oat milk, or substitute for any nut milk, rice milk or dairy milk
- 2 tsp [maple syrup](#), plus a drizzle to serve
- fruit, such as berries, banana, kiwis or mango, to serve

Method

STEP 1

Combine the chia seeds, milk and 2 tsp maple syrup in a jar or bowl. Cover and chill overnight or for at least 8 hrs.

STEP 2

When ready to serve, top with fruit and a drizzle of maple syrup.

Chia Pudding:

Chia seeds are the tiny black seeds from the *Salvia hispanica* plant. A member of the mint family, the plant originates from Central and South America.

A handful of chia seeds (25g) **supplies almost 9g fibre** which makes a healthy contribution towards the daily recommended amount of 18-24g.

IMPORTANT CHANGES AHEAD!

In March 2022, the Government introduced a non-statutory expectation of a 32.5 hour minimum core school week by September 2023. In July 2023 the deadline to meet this expectation was deferred to September 2024 at the latest, in recognition of the pressures facing schools. This applies to all mainstream, state-funded schools in England. A core school week is the time from morning registration to the official end of the school day for all pupils, including breaks. *(This has been taken from the DfE document 'Length of the School Week' Non-Statutory Guidance July 2023)*

To enable our school to meet this statutory expectation, as from Tuesday, 4th June, our classroom doors will open at 8.35am each morning to allow the children to arrive and be in class ready for registration at 8.45am. We will start the day with an assembly at 8.50am to enable all our pupils to be ready for their learning by 9.05am. As this is not statutory until September, we will use the final half term of this academic year to allow families to adjust to this earlier time expectation.

However, as from September 4th 2024, classroom doors will open at 8.35am and lock at 8.45am. Any child arriving after 8.45am will need to report to the office where they will be registered as arriving late.

We thank you in advance for supporting this change and to ensure your children are in school on time each day to be registered at 8.45am, to attend our whole school assemblies and be ready for their learning.

Unfortunately, open days on Thursdays will cease for the final half term of this year to allow for this change to take place. We will inform you in the new academic year of the day and time the open door sessions will take place.

Every Moment Matters!



TEAM POINT CERTIFICATE WINNERS 16th May 2024

BRONZE CERTIFICATE – 50 TEAM POINTS

Year 3: Henry

SILVER CERTIFICATE – 100 TEAM POINTS

Year 1: Ariana

Year 5: Daisy

GOLD CERTIFICATE – 150 TEAM POINTS

Reception: Piran

Year 1: Tilly

Year 4: Ula, Amelia, Roly, Noa and Indie

Year 5: Seth, Morwenna and Jasmine

Year 6: Quilla and Elwood

MEDAL – 200 TEAM POINTS

Reception: Hugo and Jack H

Year 1: Ruan, Isaac and Lettie

Year 2: Poppy and Senara

Year 3: Raffy and Charlie

Year 4: Loic

Year 5: Rosie

Year 6: Isla

BADGE – 250 TEAM POINTS

Reception: Jago

Year 5: Leo

HEADTEACHER'S AWARD – 300 TEAM POINTS

Year 3: Genevieve

Diary Dates



Monday, 20th May: Class photos

Tuesday, 21st May: Yr6 Trip to Bodmin Jail

Friday, 24th May: INSET Day—School Closed

WB 27th May: HALF TERM WEEK

Monday, 3rd June: INSET Day—School Closed

Thursday, 6th June: Science Day (children to come dressed as something science related)

WB 17th June: Yr6 camp at Porthpean

19th June, 26th June, 3rd July 2pm to 2.45pm: Learning Together sessions

Saturday, 22nd June: PERRANFEST on the Village Green

Wednesday, 26th June: Workshop for all recorder players at Truro School

DATE TO BE CONFIRMED: Yr3 off site trip (to be confirmed)

Monday, 1st July to Wednesday 3rd July: Yr5 Camp at CampKernow

***Thursday, 4th July: Yr4 Surf and Sleep**

Tuesday, 16th July: Yr6 Production Matinee performance

Tuesday, 16th July: Yr6 Production Evening performance

Thursday, 18th July: Sports Day

Monday, 22nd July: Back up Sports Day

Tuesday, 23rd July: Yr6 leavers assembly 9.15am to 11am and last day of term

Wednesday, 24th July: INSET day—School Closed

Thursday, 25th July to Monday, 2nd September: SUMMER BREAK

Tuesday, 3rd September: INSET—School Closed

Wednesday, 4th September: INSET—School Closed

Thursday, 5th September: First Day of School for All Pupils.

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.

***PLEASE NOTE CHANGE OF DATE FOR YEAR 4 SURF AND SLEEP**

FOPS NEWS

FRIENDS OF PERRAN-AR-WORTHAL SCHOOL

DATES TO REMEMBER

Wednesday 22nd May
FOPS meeting @ school
7.30pm (@ on teams)



Monday 17th June
Last date for raffle tickets
to be returned to Reception

Saturday June 22nd
Perranfest! 

FOPS AGM - 10th July
7.30pm @ school

THANK YOU FOR SUPPORTING THE

PUFFINS BAKE SALE



**BREAKING ALL BAKE
SALE RECORDS!!
THEY RAISED OVER £300**

PLEASE REMEMBER TO RETURN YOUR



SOLD AND UNSOLD



TICKETS TO RECEPTION ASAP - THANK YOU



MEGA RAFFLE



PERRANFEST RAFFLE

EXTRA TICKETS AT RECEPTION



THE MOST AMAZING PRIZES WE'VE EVER HAD - DON'T MISS OUT!



PLEASE SUPPORT PERRAN-AR-WORTHAL'S SCHOOL SUMMER

MEGA RAFFLE

TICKETS ONLY £1

Tresanton Hotel - Cream Tea for 2

2 x day tickets for Tremenheere Sculpture Gardens

Glazing Waves: DIY pottery painting party for 6 - £75

Mylor Sailing School: Intro to sailing for family of 5 - £240

Penryn Campus Sports Centre: Bouncy castle party - £120

1kg Pick & Mix Cornish Cheese vouchers - £25 each

Garath the Goat: A clay workshop worth £100

Signed Exeter Chiefs Rugby Shirt

Trebah Garden - Family Tickets

2x Merlin Cinema Tickets

Trio of Victoria Aveyard books

Cornwall Gold: Cream Tea voucher

Rock Oyster Festival: A pair of day tickets

Truro Fabrics: Workshop Voucher

Penmorvah Manor Hotel - Afternoon Tea for 2

St Michaels Mount: Family admissions ticket

Number 8 hairdressers: Luxury treatment, cut & style - £58

Julian Foye: Framed picture

Old Ale House: 2 bottles of wine

Float Cornwall Voucher - 1 hour float

Hall For Cornwall: Two tickets for Jack and the Beanstalk

AK Wildlife Cruises Falmouth: 3h wildlife cruise worth £58

Dynamite Brewery: 2x Gift Packs of 3 bottles of beer

St Piran Café: Cycle hire vouchers

Hamper of Alcohol, Ceramic herb pot....and lots, lots more!!

TICKETS ON SALE IN VILLAGE SHOP, ROYAL OAK PUB, AT SCHOOL

AND ON THE DAY AT 'PERRANFEST' 22.6.24

ALL PRIZES WILL BE KEPT FOR THOSE UNABLE TO ATTEND

COME HAVE A BROWSE & SAY HELLO



POP-UP FOPS SHOP



**Bargain
priced
school
uniform!**



**Toys
Books
Shoes
Clothes &
lots more!**

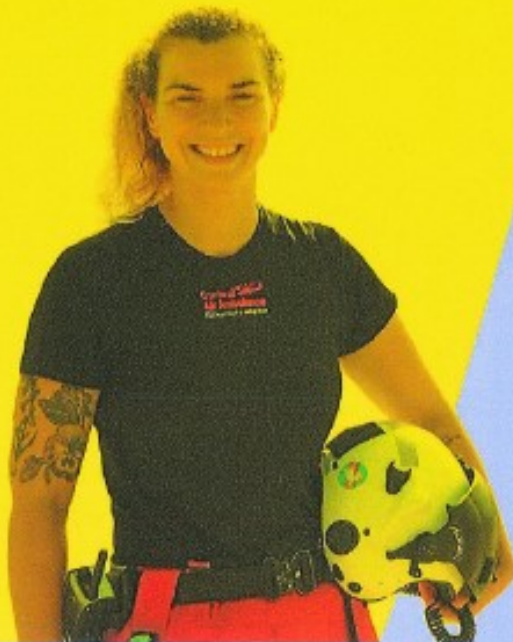
**Chytroon Farm, Perranwell Station, TR3 7PT - Open Now!
(until stocks last) Daily 9am - 8pm**



**CAKES
DRINKS
& PLANTS TOO!**




HUGE THANK YOU TO THE KNEEBONE FAMILY FOR HOSTING THE SHOP!



Cornwall 

Air Ambulance

HELIFEST

A family fun day out
not to be missed
at  Scorrier House,
Redruth.

Saturday 6 July

11am - 8.30pm

Helifest 2024 promises a day of festival fun to celebrate the hard work of Cornwall's vital blue light services.



Tickets


Family £20

Adult £8

Child £5



Book your tickets
and find out more


Great local music 

Arts & Craft stalls

Food stands and bar

Circus Skills

Inflatables and rides

Blue Light services displays
and demonstrations 


Cornwall
Air Ambulance
Helicopter 

Adventure 001
Helicopter Rides

+ lots more
to see and do



cornwallairambulancetrust.org/events

 @cornwallairamb
01637 889926
enquiries@cornwallairambulancetrust.org
Registered charity 1188295



 Your charity, saving lives



MAY HALF TERM HOLIDAY CAMPS

Come and take part in our EdVenture half term provision, offering children a fantastic opportunity to build friendships through team sports and outdoor adventures, and explore their creativity with themed group games and arts & crafts.

TUE 28TH - THUR 30TH MAY 3 DAY SUPER CAMPS

5-7 YEARS | 8+ YEARS

FEATURING A RANGE OF ACTIVITIES INCLUDING:

**DODGEBALL, DEN BUILDING, GYM,
PAPER PLANE WARS, ARTS & CRAFTS,
DANCE OFF, FOOTBALL, GYMNASTICS,
CAPTURE THE FLAG, BOARD GAMES,
FILMS, TEAM CHALLENGES
& LOTS MORE!**



**JUST £75 FOR 3 DAYS
OR £30 A DAY**

**FOR MORE DETAILS ON THE COURSES & HOW TO BOOK:
WWW.MYEDVENTURE.CO.UK
01326 372379**



ARGYLE
COMMUNITY
TRUST

WHITSUN HALF TERM ROADSHOWS

BOOK
NOW!

MID/WEST CORNWALL MAY 2024 | 9.30AM-3.30PM
BOYS & GIRLS ALL ABILITIES AGED 5-15

(Football Roadshow unless stated)

TUESDAY 28TH

Tretherras School

WEDNESDAY 29TH

Carn Brea Leisure Centre
Penrice Academy

THURSDAY 30TH

Helston AFC
Brannel School

FRIDAY 31ST

Falmouth Sports Hub
Penair School



SCAN ME

Book now 01752 522202

www.officialsoccerschools.co.uk/argyle/courses.html

www.argylecommunitytrust.co.uk

FOOTBALL ROADSHOW

Our Soccer Roadshows are age and football specific with the emphasis on fun, enjoyment and development. Sessions include skills, techniques, competitions and small sided games.

GIRLS ONLY ROADSHOW

Girls of all abilities have the chance to learn new skills, make new friends and really feel part of the football community. These sessions are in place to shatter any lingering pre-conceptions about women's and girls' football and boost participation whilst learning skills and techniques and playing small sided games.

MINI PILGRIMS 10AM - 11PM

Mini Pilgrim football sessions are aimed at three – six year olds, who are experiencing their first taste of a structured coaching session. The sessions are staffed at a ratio of 1 coach to 12 children. The emphasis is to improve the children's listening and concentration skills whilst working on balance and co ordination. The children can develop in a safe and fun environment over the duration of the sessions.

STRIKERS & GOALKEEPERS

This specific day will cover a variety of shooting activities and goalkeeper training. With opportunities for defenders and attackers to showcase their skills.

SEND ROADSHOW 10AM-3PM

Our Special Education Needs and Disability (SEND) Roadshows are inclusive sessions for children with a disability. This can be physical disabilities such as visual and hearing impairments and cerebral palsy, or children with learning needs such as autism and ADHD.

MULTI SPORTS/SKILLS

Chance for participants to undertake a wide range of sports throughout the day. Sports will vary from football, handball, tag rugby plus many more. Each venue and area will offer different sports.

SHORT BREAKS 10AM-1PM

Fun and inclusive football and multi-sport activities for children aged 7-15 with a disability and educational health & care plan (EHCP).



ARGYLE
COMMUNITY
TRUST

PHONE 01752 562561 ext 6

REGISTERED CHARITY NUMBER 1128906

For our cancellation policy please visit
<https://argylecommunitytrust.co.uk/terms>



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<https://officialsoccerschools.co.uk/argyle/courses.html>

LEARN. PLAY. SUCCEED