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he Heffington Post
23rd November 2025



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VERY MOMENT MATTERS!

TWO BIG EVENTS HAPPENING THIS WEEK AND NEXT! DON'T MISS OUT!



ANNUAL WHOLE SCHOOL LANTERN MAKING DT PROJECT!

What do we need you help with? **Making lanterns.**

When do we need you? **Thursday, 27th November 2025**

What time? **9.15am to 12noon OR 1.15pm to 3pm OR both**

Who needs to know if you can help? **Your child's class teacher or the school office (please let them know by Tuesday at the latest).**

What do you need to bring? **Safety mug for, what will be, your much needed coffee break; glue worthy clothing; sense of humour and fun!**

Extra items, if you have them—**please bring some named safety secateurs for cutting the willow (this can only be used by adults and must remain with you at all times whilst in school)**



CHRISTMAS TREE DECORATING SERVICE!

When? **Monday, 1st December 2025 (fingers crossed for decent weather!)**

What time? **EYFS and KS1—1.30pm to 2pm; KS2—2.15pm to 2.45pm**

Where? **In the back playground.**

What do we need you to do? **Make a tree decoration with your child for them to bring in on Monday morning clearly labelled with their name and year group.**

What's in it for you? **A chance to join in with some festive songs and watch our 7ft Christmas Trees (kindly donated by FOPS) become beautifully adorned with nearly 200 decorations.**

The children can be collected from their class, straight after their service.



AMAZING FUND RASIER CHALLENGE!

Well done to these two resilient youngsters!



Proud to support
**Cornwall
Wildlife Trust**



We would like to share the amazing achievements of these siblings from the weekend. Each year they complete a birthday charity challenge and this year has been no exception.

Every year, they complete a challenge around their birthdays, to raise awareness and money for a charity of their choice.

Their idea this year was to clean a beach and walk a mile for each of their years - quite a thing for their little legs! So that was 7 miles & 7 beaches for the eldest sibling and 5 miles and 5 beaches for youngest (although, amazingly she completing the same challenge as her big brother). This took them from Trebah Gardens all the way around the coast to Gyllyngvase beach! They completed the challenge on Saturday, so the weather was quite a challenge to start, but they were motivated and determined—what great role models!

This year they decided to raise money for the Cornwall Wildlife Trust. This inspirational brother and sister both love the outdoors and are grateful to enjoy both the landscape and animals that Cornwall has. They have so far raised an incredible £270 for their chosen charity.

As we are sure you can imagine, this is an achievement to be truly proud of, not only for achieving the challenge but the way they took it on with determination and care.

Congratulations and well done to them both. I wonder what their annual challenge will take them next year?

Citizen / Learner of the Week – w/c 17th November 2025

Puffins

Learner – Phoebe (For some excellent writing this week. Not only was her writing great in phonics, she was choosing to write labels in continuous provision.)

Citizen – Remi (For being 'Ready, Respectful and Sage' during carpet times. Remi listens to adults and her friends, waiting her turn in class discussions).

Wagtails

Learners and Citizens – Everyone (For working incredibly hard during this week's quizzes and demonstrating how to be 'Ready, Respectful and Safe' on our walk to the war memorial).

Robins

Learner – Jack H (For excellent contribution and good focus in phonics)

Citizen – James (For always being 'Ready, Respectful and Safe' demonstrating excellent listening, speaking and problem-solving skills in everything he does).

Starlings

Learner – Rohan (For the amazing effort he is making with his handwriting)

Citizen – Harry (For his enthusiasm for his class mates as they move up the Golden Boot levels)

Skylarks

Learner – Sophie (For brilliant discussion in RE)

Citizen – Poppy (For using her initiative to help and support everybody)

Kingfishers

Learner – Mhoirbheinn (For always doing her best in everything she does)

Citizen – Thora (For always making friends feel included)

Swifts

Learner – Indie (For effort and understanding of Karma in Hinduism. She demonstrated excellent note-taking skills to aid her listening.

Citizen – Aubrey (For completing a multitude of tests after being poorly at the beginning of the week. He demonstrated amazing problem solving, great attitude and team work on his return.)



TEAM POINT CERTIFICATE WINNERS 20th November 2025

BRONZE CERTIFICATE – 50 TEAM POINTS

Reception: Blaze

Year 1: Rosie, Somhairle and Finn

Year 2: Jack H

Year 3: Sam, Suri, Florence, Isaac, Willow and Jessica

SILVER CERTIFICATE – 100 TEAM POINTS

Reception: Eera

Year 3: Charlotte

Anxiety

Silvercloud: <https://cornwallcyp.silvercloudhealth.com/signup/>

Young People Cornwall: <https://youngpeoplecornwall.org/>

Family Support and Early Help

The Early Help Hub

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/>

Sleep or diet

The School Nursing team can offer advice and support with this

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/health-visiting-and-school-nursing/school-nursing/>

Parent Sessions

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/parenting/>



Monday, 24th Nov: Positive Noticing Day

Thursday, 27th Nov: Whole School Lantern Making Workshops (volunteers welcome)

WB 24th Nov and WB 1st Dec: Progress Review Meetings with Parents

Monday, 1st Dec: Tree Decorating Service outdoors EYFS & KS1 1.30pm to 2pm; KS2 2.15pm to 2.45pm (this will take place on the back playground this year)

Thursday, 4th Dec: Non-Uniform Day for Christmas Fair

Friday, 5th Dec: Festive Film Night at the school 5.30pm to 7.15pm

Wednesday, 10th Dec: Christmas Lunch (wear your favourite Christmas Jumper or Christmas Outfit on this day)

Saturday, 13th Dec: Christmas Fair (more details to follow)

Tuesday, 16th Dec: EYFS and KS1 Morning Christmas Performance in the village hall at 10am

Tuesday, 16th Dec: EYFS and KS1 Afternoon Christmas Performance in the village hall at 1.30pm

Tuesday, 16th Dec: KS2 Christmas Concert in the village hall at 5.30pm

Thursday, 18th Dec: Christmas Party Day (wear your favourite Christmas outfit)

Friday, 19th Dec: LAST DAY OF TERM

Monday, 22nd Dec to Friday, 2nd Jan: CHRISTMAS BREAK

Monday, 5th Jan: First day of Spring term—school open 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.

Family/Parenting Worker Drop In

Perran-Ar-Worthal CP School

These sessions will be run by Leah Derrick, Family Worker, from the Early Help Team.



Do you need some support and advice to understand your child's needs and behaviours?

Advice on positive parenting and how to keep your child safe?

Support with budgeting and debt advice?

To understand the importance of routines for your family?

We are running drop-in sessions at the school with no appointment necessary on following date this term.

Wednesday 26th November 2025 3.15pm-5.15pm.

Please head to the school Reception area and you will be shown through to the meeting room.

For more information please contact:

Email: carrickfamilyhubs@cornwall.gov.uk

Call: 01872 322661



Together 
for Families



www.cornwall.gov.uk

[Parenting - Cornwall Council](#)

[Empowered Parenting Podcasts - Cornwall Council](#)



Merry Christmas!



December Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Decreasing Depression	1 DEC 10am
Raising Self Esteem	1 DEC 7pm
Understanding the Teenage Brain	2 DEC 10am
Supporting Healthy Sleep	2 DEC 7pm
Autism - Improving Communication	8 DEC 10am
Improving Family Communication	8 DEC 7pm
Supporting A Child with ADHD	9 DEC 10am
Understanding Addictive Behaviour	9 DEC 7pm
Anxiety Based School Avoidance	15 DEC 10am
Understanding Anger	15 DEC 7pm
Supporting Healthy Screen Use	16 DEC 10am
Facing Defiance	16 DEC 7pm



EXPLORE AUTISM, THE 4 AREAS OF DIFFERENCE AND THE PDA PROFILE

17TH NOVEMBER 2025
10.30AM - 12.30PM
ST AUSTELL CONFERENCE CENTRE

To book your place email:
laurenlpcc@outlook.com