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16th September 2022



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VERY MOMENT MATTERS!



WRAPAROUND AT PERRAN-AR-WORTHAL HAS BEEN LAUNCHED! Last Tuesday, we launched Wraparound at our school where we welcomed our lovely pupils to our first ever breakfast club from 7.45am and again to our after school club from 3.15pm to 6pm. The pictures below will give you a flavour of what is on offer.

If you are interested in finding out more about booking your child on to our Wraparound Club, this link will take you to the information page on our school website:

https://perran-ar-worthal.eschools.co.uk/web/wraparound_care_at_perran-ar-worthal_school_/617360



Early morning breakfast with plenty of healthy options on offer.



If you like the look of our new Wraparound at Perran-Worthal School get in touch if you want to know more about bookings.



Our 2022/2023 Puffins!



Our 2022/2023 Robins!



Our 2022/2023 Starlings!



Our 2022/2023 Skylarks!



Our 2022/2023 Kingfishers!

Our 2022/2023 Swifts start their final year at Perran-ar-Worthal School!



First Day of School

The first day of school
Can be hard for Mom and Dad.
Part of you feels excited,
The other part feels sad.
For many years you've held their hand,
And have been their loving guide.
Now you know the time has come
To leave them by my side.
But it is only for a little while,
As your child will learn and grow.
And at the end of everyday,
They will share with you all they know.
So as you walk away
Don't worry anymore.
I'll take care of all those precious gifts
When you leave them at my door.



MUSICAL TALENT! These three pupils have just achieved their Grade 1 Recorder exam with flying colours. With their dedication to practicing their skill with the support of Mrs Whomersley, we have no doubt that these three pupils will continue to go on to achieve many more grades in the future. Well done!

COVID: We are aware that covid continues to circulate in many areas of the county. As such we would ask that you continue to be vigilant with hand washing etc. If your child contracts covid, we ask that they remain at home for 3 days and then return if they feel well enough. If a member of your household contracts covid but your child does not, your child can still attend school but we ask that you observe them for any symptoms that may arise as a result of a member of the household having covid.



PLEASE PARK CONSIDERATELY: We have been asked by a resident in the village to share their concerns regarding cars being parked on Treworthal Road at a place which is making it difficult for vehicles to pass safely. Thank you for your support with this matter.



My Health Matters Policy

Welcome to a new school year! We are very excited to introduce our new Health Policy. Our intent is to empower all students at Perran-ar-Worthal with an accessible toolkit to allow them to become the healthiest version of themselves; mentally, physically and nutritionally. Each week, students in years 3, 4, 5 and 6 will access short Health lessons to help students build knowledge in these three areas.

In Spring term 2022, we learned about **My Nutrition Matters**. This gave students an overview into the macronutrients and their vital role in maintaining a health. It also looked at understanding how too much salt, sugar, saturated and trans fats can damage our bodies. This is done in a sensitive and careful manner.

In order to guide our students towards creating healthy life long nutritional habits, our new Health Policy includes guidelines as to which foods they are encouraged to include in their packed lunches, as well as which foods should be avoided. Water is promoted as our drink of choice as fizzy drinks or squash contain high levels of sugar for children. Food choices should be based on the Eat Well Plate model, (please see below) -which our canteen embraces also. We are hoping students will help create lunchboxes with good sources of protein and carbohydrates and healthy fats- this might be in the form of a wholegrain wrap with chicken or a vegetarian alternative, with salad, a piece of fruit, some vegetables chopped up and maybe cubed cheese. We encourage fewer high fat, high salty snacks such as crisps and would ask you not to include confectionary such as chocolate bars, chocolate coated biscuits or sweets. The school recognises that some pupils may require special diets that may not allow for the standards to be met exactly. Pupils with a special diet or food allergy will be given due consideration. We hope that you find the following resources helpful and thank you for your support. Just as a reminder – we are a nut free school. Thank you for your consideration in helping create healthy nutritional habits with our students - now and for their futures.



Let's Do Lunch!

Vegetables

Contain carbohydrates and are a vital source of vitamins, minerals, and fibre, vegetables should be a main part of our diet. We should aim to eat vegetables with a variety of colours to give us a range of different nutrients. Part of our '5 a Day', aim for at least 3 portions.

Fruit

Contains carbohydrates and are another vital source of vitamins, minerals, and fibre. We should aim to eat a variety of fruits to give us a range of different nutrients and is part of our '5 a Day'.

Water

The best option for keeping us hydrated! Drinking water helps to keep us alert, helps to maintain healthy digestion and metabolism. It is also good for our teeth!

Dairy & Alternatives

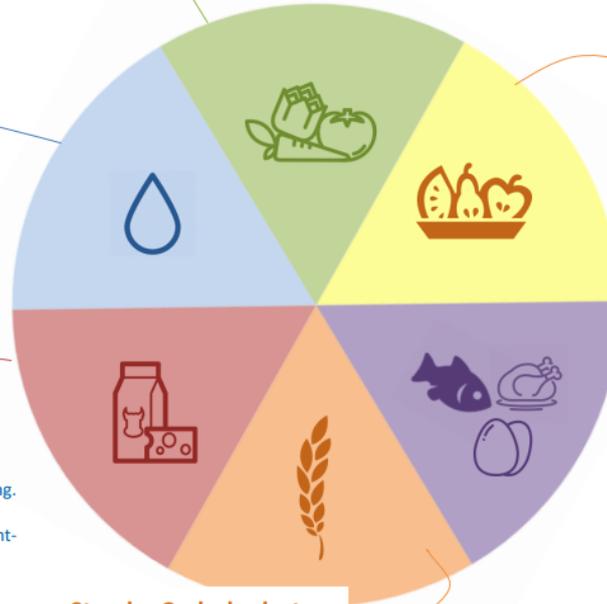
Great sources of protein and mineral, such as calcium, which is needed for growth, strong teeth and bones, muscle use, and blood clotting. Foods such as milk, cheese, and yoghurt are included, as well as unsweetened fortified plant-based alternatives.

Protein

Essential for growth and repair, foods include: meat and poultry, which are good sources of vitamins and minerals such as iron, zinc, and B vitamins such as B12; fish, which is an excellent source of omega-3; and also eggs, tofu, beans, and pulses.

Starchy Carbohydrates

Used for energy and a source of fibre, they are also sources of calcium, iron, and B vitamins. Foods such as rice, pasta, bread, quinoa, couscous, potatoes and root vegetables are included. Aim for some wholegrain varieties.



Lunchbox Builder

Vegetables	Fruit	Protein	Carbohydrate	Dairy & Alternatives	Water
Choose 2 from me!	Choose 1-2 from me!	Choose 1 from me!	Choose 1 from me!	Choose 1-2 of me!	I am unlimited!
<ul style="list-style-type: none"> ✓ Carrot sticks ✓ Pepper slices ✓ Cucumber sticks/slices ✓ Celery sticks ✓ Sugar snap peas ✓ Green beans ✓ Salad leaves ✓ Sweetcorn ✓ Broccoli ✓ Beetroot ✓ Tomatoes ✓ Avocado ✓ Roasted vegetables 	<ul style="list-style-type: none"> ✓ Apple ✓ Banana ✓ Orange segments ✓ Melon chunks ✓ Pineapple chunks ✓ Mango chunks ✓ Grapes ✓ Plum ✓ Nectarine ✓ Peach ✓ Strawberries ✓ Blueberries ✓ Kiwi halves ✓ Pear ✓ Mixed fruit salad 	<ul style="list-style-type: none"> ✓ Tuna ✓ Salmon ✓ Chicken ✓ Beef slices ✓ Falafel ✓ Lentil patties ✓ Lentils ✓ Lean carved ham ✓ Boiled eggs ✓ Bean patties ✓ Bean salad ✓ Tofu ✓ Nut butter* 	<ul style="list-style-type: none"> ✓ Wholemeal wrap ✓ Wholemeal bread/roll ✓ Wholemeal pitta ✓ Flatbread ✓ Whole-wheat pasta ✓ Rice ✓ Couscous ✓ Quinoa ✓ Noodles ✓ Rice cakes ✓ Rye crackers ✓ Oatcakes 	<ul style="list-style-type: none"> ✓ Milk ✓ Fortified plant-based milks ✓ Natural yoghurt ✓ Greek yoghurt ✓ Cheese cubes/slices ✓ Cream cheese ✓ Cottage cheese 	<ul style="list-style-type: none"> ✓ Plain still water ✓ Unflavoured sparkling water
<p>Top tips:</p> <ul style="list-style-type: none"> • Try including vegetables in main lunch item and add an additional item as a snack • Choose at least 3 different veggies per week 	<p>Top tips:</p> <ul style="list-style-type: none"> • Take 1 with lunch, 1 as a snack, or both! • Choose at least 3 different fruits per week 	<p>Top tips:</p> <ul style="list-style-type: none"> • Have oily fish once a week • Choose lean cuts of meat <p>*check school policy on nuts</p>	<p>Top tips:</p> <ul style="list-style-type: none"> • Try using ½ white and ½ whole-wheat if whole-wheat is disliked 	<p>Top tips:</p> <ul style="list-style-type: none"> • Choose natural or Greek varieties and add your own fruit for flavour • Avoid flavoured yoghurts as they can contain lots of added sugar 	<p>Top tips:</p> <ul style="list-style-type: none"> • Freeze overnight to help keep lunch cool • Add in lemon, orange, lime, cucumber, mint etc. to add some healthy flavouring

Please don't include me:

- ✗ Confectionery, chocolate, or chocolate coated products
- ✗ Crisps and similar items (such as crackers, 'baked' varieties etc.)
- ✗ Fizzy drinks, sports drinks, flavoured water, or squash – even if they have 'no added sugar'

Sometimes you can include me:

- Items with pastry
- Breadcrumb coated products
- Dessert and cake items (no confectionery)

Go Cornish!

We are very excited to announce that we are now a Go Cornish School! The aim of this programme is to raise awareness of the Cornish language and Cornish Heritage; have fun with Cornish; and engage with Cornish as a whole school.

Each week we will learn a new phrase and try to use it around school.

So far we have learnt to say dydh da (pronounced dith da) - hello and myttin da - good morning.



Be a wild thing....

Forestpathways CIC - Saturday Forest School Sessions



Autumn dates -

1st, 15th, 22nd October

5th 19th, 26th November

3rd December & Xmas

special on 17th

December

Join us on Saturday

mornings from 10am - 12

midday at Pelere Woods,

Nr Mylor Bridge for fun

filled sessions for

children aged from 5 - 12

years old. £12 per child.

For booking and further info

please contact Francis at:

forestpathwayscic@gmail.com,

07730922826 or

www.forestpathwayscic.com

Donations
£12,910

Jubilee
Perranfest
£2,265

Christmas
Raffle
£614

Bike raffle
£1,376

THANK YOU!

**FOPS
Fundraising
2021-2022**

Film Night
£357

London
Marathon
£2,959

We raised an
amazing

Choccy
Bingo
£506

£21,863!

Towards the mini bus

Smarties
Challenge
£382

Plus another
£2,461

Code
Challenge
Event
£246

Christmas
Cards
£364

to go towards a new
sensory space and
many other things
for school

Christmas
Farmers
Market
£242

Grants
£1,700

Easyfundra
sinng.co.uk
£211

Bags 2
Schools
£192



Diary Dates

AUTUMN TERM

Emotion Coaching Workshop for Parents: Thursday 22nd September

Parent Phonic Workshop: Tuesday 27th September

Black History Month: October

Dyslexia Awareness Week: WB 3rd October

Individual Photos: Wednesday 5th October

Harvest Festival: Wednesday 19th October. 1:30-2:00pm KS1. 2:15-2:45pm KS2.

INSET DAY: Friday 21st October CAPH Conference for ALL

HALF TERM: WB 24th October

Progress Meetings: WB 7th November

Remembrance Day: Friday 11th November

Anti-bullying Week: WB 14th November

Children in Need: Friday 18th November

KS2 Lantern Making: WB 21st November

Tree Decorating: Thursday 1st December. 1:30-2:00pm KS1. 2:15-2:45pm KS2.

Christmas Market: Friday 2nd December TBC

Assessment Week: WB 5th December

Christmas Jumper Day: Friday 9th December

Festive Film Night: Friday 9th December

KS1 Nativity: Monday 12th and Tuesday 13th December

KS2 Christmas Play: Wednesday 14th and Thursday 15th December

Last Day of Term (Christmas Party): Friday 16th December

SPRING TERM

First day of Term: Tuesday 3rd January

School Eden Trip: Friday 6th January TBC

School Disco: Thursday 12th January. KS1 5:30-6:30. KS2 7:00-8:00

Children's Mental Health Week: WB 6th February

Women and Girls in Science: Friday 10th February

Diary dates continued....

HALF TERM: WB 13th February

Progress Meetings: WB 27th February

World Book Day: Thursday 2nd March

St Piran's Celebration: Friday 3rd March

Science Week: WB 6th March

Cornwall Music Festival: WB 13th March

Autism Awareness Week: WB 27th March

Last Day of Term: 31st March

SUMMER TERM

First Day of Term: Monday 17th April

Non-school Uniform Day: Thursday 20th April

Choccy Bingo: Friday 21st April TBC

KS2 SATs Week: WB 8th May

KS1 SATs Week: WB 15th May

INSET: Friday 26th May (report writing day for Teachers. Online training for TAs)

HALF TERM: WB 29th May

World Environment Day: Monday 5th June

Learning Together: Tuesday 20th June, Tuesday 27th June, Tuesday 4th July, Tuesday 11th July

Year 4 Surf and Sleep: Thursday 15th June (Global Boarders / Camp in tents on school field)

Year 5&6 Camp: WB 19th June (TBC) (Newquay and Porthpean?!)

Year 3 Seal and Sleep: Thursday 29th June (Seal Sanctuary / Sleep in school hall)

Sports Day: WB 3rd July

KS2 Production: WB 17th July

Leavers Assembly: Friday 21st July

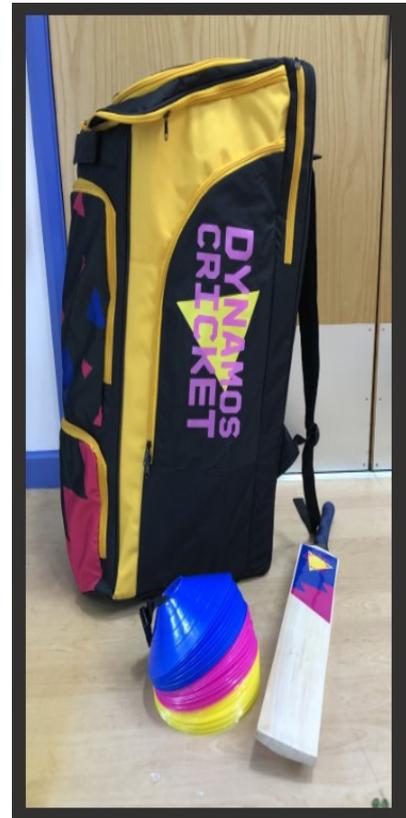
Last Day of Term: Friday 21st July

INSET: Monday 24th July and Tuesday 25th July

Please note that we aim to stick to these dates but at times there may be a need to adjust dates of events. We will endeavour to inform you as soon as possible of any changes or additions to the above.

A Huge Thank you!

Perran-ar-Worthal staff and students would like to thank Adam Widdison for his enormous generosity. Adam, who runs cricket each summer in the village through All Stars and Dynamo's, has kindly donated two cricket sets to the school. Thank you so much! We look forward to using these immensely.



Good luck and we will see you again soon!

Mrs Benner had her last day in school this week before starting her maternity leave. We are all very excited for Mr and Mrs Benner who are expecting their second child in less than two weeks! We wish them both all the very best of luck and cannot wait to see the new arrival very soon.

While Mrs Benner is away, we are delighted that Mrs Nadler will be in Puffins full time until Mrs Benner returns in June.

Good luck Mrs Benner! We will miss you while you are gone!



Hello again Libbet ♥

**See you all on
Tuesday, 20th September.**