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**he Heffington Post**  
**25th November 2024**



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**VERY MOMENT MATTERS!**

## **TWO BIG EVENTS HAPPENING THIS WEEK! DON'T MISS OUT!**



### **ANNUAL WHOLE SCHOOL LANTERN MAKING!**

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

When do we need you? **Thursday, 28th November 2024**

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 and also, if you have any, some wire cutters.**



### **CHRISTMAS TREE DECORATING SERVICE!**

When? **Friday, 29th November 2024**

What time? **1.30pm for KS1 and 2.15pm for KS2.**

Where? **In the front playground.**

What do we need you to do? **Make a tree decoration with your child for them to bring in on Friday 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 two outdoor Christmas Trees become beautifully adorned with nearly 200 decorations whilst you enjoy a mince pie and some mulled apple juice organised by our amazing FOPS team.**

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

# A week of amazing sport!



The week started with eight of our dedicated gymnasts competing against four other schools in a Key Steps Gymnastics competition. Children were marked on body management, floor work and the vault. These eight competitors worked incredibly hard in their own time over half term and all presented their routines beautifully and skilfully. Well done to each one of you, you should be proud of yourselves.



Our touch rugby league competition started this week with ten students from Swifts representing the school. We had three exciting matches with each played supporting each other brilliantly both on and off the pitch.



A huge well done to our team of swimmers who represented our school in a swimming gala on Thursday last week in the Prep School interschool swimming gala at Truro High School. The children faced a few challenges—battles with swimming caps mid-race, goggles breaking, goggles coming off, and a false start and a re-race (which ended up being a 100m swim). When a child had doubt about a race, other children volunteered. We had one student competing in two 25metre butterfly races back to back! What a squad! Thank you to all parents for your support with this event!



Our netball squad entered the Penryn qualifier and played 5 successive matches on Friday 15th November. Again, their resilience and support for each other was incredible. We had a draw, a win and a couple of close losses.

They all gave the event 100% and worked well giving each other the chance to play in different positions.

Thank you all for your incredible teamwork and enthusiasm.

Miss Davies



**TEAM POINT CERTIFICATE WINNERS 21st November 2024**

**BRONZE CERTIFICATE – 50 TEAM POINTS**

**Reception: Rocky-Peach, Otis, Benjamin,  
Finn, Sol, Fearne, Austin, Ada and Logan**

**Year 1: Ivy and Emily**

**Year 2: Ruan, Jessica, Suri, Charlotte, Elowen,  
Nancy, Freya, Lettie, Agnes and Betsy**

**Year 4: Ned, Niamh, Lenny and Toby**

**Year 5: Theo**

**Year 6: Fearne and Tilly**

**SILVER CERTIFICATE – 100 TEAM POINTS**

**Year 3: Poppy**



**When?** Wednesday, 4th December 2024

**What can you do?** If you have clothes, shoes etc you no longer wear but are in good condition, then pop them in a bag and leave them in the school shelter on Wednesday morning, 4th December.

Thank you in advance!



# CHRISTMAS NEWSLETTER '24

## FRIENDS OF PERRAN-AR-WORTHAL CP SCHOOL

### BOOKS BOOKS BOOKS

This year FOPs are focusing on updating the schools library! We're asking parents to please consider purchasing a book as entry to the KSI Nativity/ KS2 Christmas Concert. More info to follow...



### NON-UNIFORM DAY

Monday 9th December, children are invited to dress in Non-uniform in return for a donation for our Christmas Hampers.

### RAFFLE TICKETS

FOPs MEGA Festive raffle tickets have been sent home with children. Tickets are £1 each and will also be available at upcoming events and from Jo's office.

### CHRISTMAS CRACKER MAKING

Thank you for all of the kitchen roll tube donations! This year's annual cracker making will take place at Kelly's on Friday 29th November, ready for the school Christmas meal on 11th December.

### CHRISTMAS JUMPER SWAP

- From 25th November: Drop off your Christmas jumper donations in the box located in the reception area.
- 29th November: Join us for a Jumper Sale at the Tree Decorating Service. Each jumper will be sold for £1.
- Any unsold jumpers will be donated to the school for children in need of a Christmas jumper.



### UPCOMING FOPS EVENTS

- Friday 29th November: Tree Decorating Service with Festive Refreshments and the Christmas Jumper Sale.
- Wednesday 4th December: Bags2Scool Bags All bags to be returned by 9am to school shelter
- Monday 9th December: Non-uniform day for Christmas hamper donations.
- Friday 13th December: Festive Film Night with FOPs bar and hotdogs.
- Tuesday 17th December: KSI Nativity & KS2 Christmas Concert, optional book donation for entry, with festive refreshments and FOPs Christmas Raffle prize draw.



**KINGFISHERS**



**Bake  
Sale**

**Thursday 12th December**  
After school in the shelter

**Cash & QR payment**

## Diary Dates



**WB 25th November: Whole School lantern making workshops**

**Friday, 29th November: Tree Decorating Service outdoors (weather permitting) KS1: 1.30pm to 2pm; KS2: 2.15pm to 2.45pm.**

**Tuesday, 3rd December: International Day for People with Disabilities**

**Wednesday, 4th December: Bags2School Day (please leave your items in a sealed bag in the shelter on this day)**

**Monday, 9th December: Non-Uniform Day for donations for Xmas Raffle**

**Tuesday, 10th December: Human Rights Day**

**Wednesday, 11th December: Xmas Dinner—Wear your favourite Christmas Jumper or Christmas outfit on this day.**

**Friday, 13th December: Festive Film Night at the school**

**Tuesday, 17th December: KS1 Christmas Nativity at 2pm and KS2 Christmas Concert at 5.30pm**

**Thursday, 19th December: Last day of term – Christmas Party Day (Wear your favourite Christmas Outfit)**

**Friday, 20th December: INSET Day—School Closed**

**Monday, 23rd December to Friday 3rd January: CHRISTMAS 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, 6th January: First day of Spring term—School open to all pupils**

**Friday, 10th January: PAW School Building Birthday (Opened in 1879)**

**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 23rd June: Yr6 camp at Porthpean (TBC)**

**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.*



# MENTAL HEALTH SUPPORT TEAM - MHST



Cornwall Partnership  
NHS Foundation Trust

Parents and Carers -  
please join us at our  
1hr online  
Worry Workshop

Monday 13th January - 9:30am & 2pm  
Tuesday 14th January - 11am & 4pm  
Wednesday 15th January - 09:30am & 1:30pm  
Thursday 16th January - 11am & 4pm

This workshop aims to provide psychoeducation on "What is worry?" and "Why does my child worry?" Also includes practical strategies for helping children manage their worries.

To book a place please complete the online form [HERE](https://forms.office.com/e/YR5MeEwtEF)  
<https://forms.office.com/e/YR5MeEwtEF> 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

# MENTAL HEALTH SUPPORT TEAM - MHST



Cornwall Partnership  
NHS Foundation Trust

Parents and Carers -  
please join us at our  
1hr online  
Resilience Workshop

Monday 20th January - 9.30am & 4pm  
Tuesday 21st January - 11am & 2pm  
Wednesday 22nd January - 11.30am & 4pm  
Thursday 23rd January - 9.30am & 1.30pm

This workshop aims to talk about the meaning of resilience, explore building resilience and look at how and when a young person should ask for help.

To book a place please complete the online form [HERE](https://forms.office.com/e/TE2UmBZrHK)  
<https://forms.office.com/e/TE2UmBZrHK> 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

# MENTAL HEALTH SUPPORT TEAM - MHST



Cornwall Partnership  
NHS Foundation Trust

Parents and Carers -  
please join us at our  
1hr online  
Behaviour Workshop

Monday 27th January - 9.30am & 2pm  
Tuesday 28th January - 11.30 am & 4pm  
Wednesday 29th January - 9.30am & 1.30pm  
Thursday 30th January - 11.00am & 4pm

This workshop provides parents with practical strategies to foster positive behaviour and communication at home.

To book a place please complete the online form [HERE](https://forms.office.com/e/1PwGDXSQ40)  
<https://forms.office.com/e/1PwGDXSQ40> 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

# MENTAL HEALTH SUPPORT TEAM - MHST



Cornwall Partnership  
NHS Foundation Trust

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/7ac7qHLPbc)  
<https://forms.office.com/e/7ac7qHLPbc> 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