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he Heffington Post
25th March 2024



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VERY MOMENT MATTERS!

Why do Forest Schools? It is so much more than just getting muddy—although wet weather gear is certainly needed!



Touch Rugby Leagues Spring Term 2 - 2024

We have had the most amazing touch rugby season. Our team included Year 5 and 6 students. They encouraged and supported each other brilliantly throughout. There are certainly some phenomenal defenders among them and incredible dodgers. Their confidence grew over the weeks and the team came in 4th place overall. I would like to thank all the parents for their support with this event.



FUND RAISER SUCCESS! On Saturday, despite the wind, rain and hail, 5 pupils from Kingfishers organised and ran a very successful fund raiser stall for the Sunrise Charity. Following a Pupil Voice lesson on how we can help others in need, Will, Seth, Jack, Sebbie and James were inspired to run a charity stall which successfully raised around £200! What an amazing achievement and for such a worthy cause! Well done to all those who took part and for the support from their parents. A great effort all round!

There will be a final fund raiser cake sale on Thursday (last day of term) after school in the shelter where some of our Yr5 and Yr6 pupils will be raising money for a charity that supports families affected by Dementia.

Thank you in advance for your support for these worthy causes.



Diary Dates



Tuesday, 26th March: **Yr3, 4 and 5 Spring Play and KS2 Spring Concert at the Village Hall at 5.30pm in Village Hall (please see changes to running order below with no interval)**

KS2 SPRING CONCERT AND PLAYS

WHEN: Tuesday, 26th March

WHERE: In the Village Hall

ARRIVE: Doors open at 5.15pm for cream teas

START: All pupils to be in position for a 5.45pm start

END: We are aiming for the event to finish by 7pm

REMEMBER: Please bring some 'pennies' for cream teas, raffle and donation on the door.

Programme of events:

Recorders supported by Mrs Whomersley

Year 4 Play: The Mousehole Cat

Brass supported by Joe Hamlyn

**Year 3 Play: Jack and the Beanstalk based on
The Giant of St Michael's Mount**

Guitar solo

Double Bass solo

Year 5 Play: The Mermaid of Zennor

RAFFLE DRAW

Please note: We are not selling tickets for entry but we would welcome any donations on the door towards our library resources.

Thank you!



Monday, 15th April: First day of Summer term—School open to all pupils

Thursday, 18th April: Non-Uniform Day for Choccy Bingo

Friday, 19th April: Choccy Bingo at Village Hall. More information about arrangements to be confirmed closer to the date.

WB: Monday 13th May: KS2 SATS week

Monday, 20th May: Class photos

Friday, 24th May: INSET Day—School Closed

WB 27th May: HALF TERM WEEK

Monday, 3rd June: INSET Day—School Closed

WB 17th June: Yr6 camp at Porthpean

18th June, 25th June, 2nd July 2pm to 2.45pm: Learning Together sessions

Thursday, 27th June: Yr3 Seal Sanctuary and Tea (TBC)

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

Thursday, 11th 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.

2024/2025 School Term Dates for Community and Voluntary-Controlled Schools



September 2024						
Mon	2	9	16	23	30	
Tue	3	10	17	24		
Wed	4	11	18	25		
Thurs	5	12	19	26		
Fri	6	13	20	27		
Sat	7	14	21	28		
Sun	1	8	15	22	29	

October 2024						
Mon		7	14	21	28	
Tue	1	8	15	22	29	
Wed	2	9	16	23	30	
Thurs	3	10	17	24	31	
Fri	4	11	18	25		
Sat	5	12	19	26		
Sun	6	13	20	27		

November 2024						
Mon			4	11	18	25
Tue			5	12	19	26
Wed			6	13	20	27
Thurs			7	14	21	28
Fri		1	8	15	22	29
Sat		2	9	16	23	30
Sun		3	10	17	24	

December 2024						
Mon	2	9	16	23	30	
Tue	3	10	17	24	31	
Wed	4	11	18	25		
Thurs	5	12	19	26		
Fri	6	13	20	27		
Sat	7	14	21	28		
Sun	1	8	15	22	29	

January 2025						
Mon		6	13	20	27	
Tue		7	14	21	28	
Wed	1	8	15	22	29	
Thurs	2	9	16	23	30	
Fri	3	10	17	24	31	
Sat	4	11	18	25		
Sun	5	12	19	26		

February 2025						
Mon		3	10	17	24	
Tue		4	11	18	25	
Wed		5	12	19	26	
Thurs		6	13	20	27	
Fri		7	14	21	28	
Sat	1	8	15	22		
Sun	2	9	16	23		

March 2025						
Mon	3	10	17	24	31	
Tue	4	11	18	25		
Wed	5	12	19	26		
Thurs	6	13	20	27		
Fri	7	14	21	28		
Sat	1	8	15	22	29	
Sun	2	9	16	23	30	

April 2025						
Mon		7	14	21	28	
Tue	1	8	15	22	29	
Wed	2	9	16	23	30	
Thurs	3	10	17	24		
Fri	4	11	18	25		
Sat	5	12	19	26		
Sun	6	13	20	27		

May 2025						
Mon		5	12	19	26	
Tue		6	13	20	27	
Wed		7	14	21	28	
Thurs	1	8	15	22	29	
Fri	2	9	16	23	30	
Sat	3	10	17	24	31	
Sun	4	11	18	25		

June 2025						
Mon	2	9	16	23	30	
Tue	3	10	17	24		
Wed	4	11	18	25		
Thurs	5	12	19	26		
Fri	6	13	20	27		
Sat	7	14	21	28		
Sun	1	8	15	22	29	

July 2025						
Mon		7	14	21	28	
Tue	1	8	15	22	29	
Wed	2	9	16	23	30	
Thurs	3	10	17	24	31	
Fri	4	11	18	25		
Sat	5	12	19	26		
Sun	6	13	20	27		

August 2025						
Mon		4	11	18	25	
Tue		5	12	19	26	
Wed		6	13	20	27	
Thurs		7	14	21	28	
Fri	1	8	15	22	29	
Sat	2	9	16	23	30	
Sun	3	10	17	24		

School holidays

Bank holidays

- 25 December 2024
- 26 December 2024
- 01 January 2025
- 18 April 2025
- 21 April 2025
- 05 May 2025
- 26 May 2025
- 25 August 2025

AUTUMN TERM (74 days)

3 September - 20 December 2024
(HALF TERM 28 October - 1 November 2024)

SPRING TERM (60 days)

6 January - 4 April 2025
(HALF TERM 17-21 February 2025)

SUMMER TERM (61 days)

22 April - 23 July 2025
(HALF TERM 26-30 May 2025)

195 days are included on the school calendar. Schools will be open to pupils for 190 days. The five additional days are allotted for In-Service Training (INSET). Schools allocate their own INSET days.



TEAM POINT CERTIFICATE WINNERS 21st March 2024

SILVER CERTIFICATE – 100 TEAM POINTS

Year 2: Bella

Year 5: Jasmine and Blakely

GOLD CERTIFICATE – 150 TEAM POINTS

Rec: Gracie-May, Arthur C, Hugo and Tiber

Year 1: Freya and Lettie

Year 2: Sophie and Henry

Year 3: Lenny

Year 5: Ellie

MEDAL – 200 TEAM POINTS

Reception: James and Jago

Year 3: Toby

Year 4: Theo

HEAD TEACHER'S CERTIFICATE – 300 TEAM POINTS

Year 6: Lily-Rose



**We look forward to seeing
you all back with us on
Monday, 15th April 2024!
See you all soon!**

FOPS NEWS

FRIENDS OF PERRAN-AR-WORTHAL SCHOOL

DATES TO REMEMBER

Tuesday 26th March
KS2 Plays & Spring Concert
Spring Raffle drawn!

Tuesday 16th April 
FOPS Meeting
All welcome 7.30pm @ School

Thursday 18th April 
Non - Uniform Day please bring in
Choccy Bingo Donations

 Friday 19th April
Choccy Bingo 6-7.30pm
at the Village Hall


NEW

FOPS PRESENTS
SPRING CONCERT CAFE

SERVING BEFORE THE START OF THE KS2 SPRING CONCERT (OPEN FROM 5.15PM)

HOT / COLD DRINKS & CREAM TEAS



Don't forget your Spring Raffle tickets so many fabulous prizes we couldn't fit them all on the poster! 

Selling after school in the shelter today!

THE FOPS SUPER DUPER SPRING RAFFLE

★ CHECK OUT THESE AMAZING PRIZES! ★

- SIGNED PIRATES RUGBY SHIRT & TOTE BAG
- AFTERNOON TEA FOR 2 AT THE PENVENTON HOTEL
- TINSMITHS HEART NECKLACE (WORTH OVER £30)
- TRIO OF PATRICK NESS BOOKS
- LAPPA VALLEY VOUCHER (WORTH £25)
- DAY PASS FOR 2 FOR TATE ST IVES & BARBARA HEPWORTH MUSEUM & SCULPTURE GARDENS
- PROSECCO - CHOCS & LOTS MORE!



TICKETS ONLY £1/£5 A STRIP

SELLING AFTER SCHOOL & AT KS2 SPRING CONCERT

WINNERS TO BE DRAWN AT THE SPRING CONCERT
(PRIZES WILL BE SAVED FOR THOSE NOT ATTENDING)

PLEASE COME ALONG AND SUPPORT THE

WAGTAILS



BAKE SALE

FRIDAY 26TH APRIL 

AFTER SCHOOL
ALL CAKES 50P / £1
CASH OR QR CODE



Are you interested in running the Coose Trannack Cross Country Race this year?

COOSE TRANNACK CROSS COUNTRY RACES

FRIENDS OF TRANNACK SCHOOL

Registered charity: 1077109

Trannack C.P. School, Trannack, Helston, Cornwall, TR13 0DQ

COOSE TRANNACK — Saturday, 20th April 2024

Coose Trannack is a Millennium Woodland planted by the Woodland Trust in 2000 in conjunction with Trannack School. The woodland is open all year round to the public.

The event is open to ALL children of school age from Yr R through to U16 and we will again be running our Adult Race (4800m) for ages 16 and over.

Hot food and drinks will be served from 08:30.

The Registration Office will be in the school hall, within the main school building and will be open from 08:30 to 11:00.

From 08:30 until the start of the races all competitors are invited to walk the course.

The event will start @ **09:35** and will end around 1pm. There will be a presentation ceremony in the playground for Primary Schools. U13 and U16 Medals will be handed out at the finish line but competitors are welcome to stay until completion of the event. The Adult Race will commence after the Yr6 race.

Competitors are advised to come already changed as there are no indoor changing facilities.

Primary School Event

Yr. R	300m	10:00am
Yr.1	500m	10:15am
Yr.2	500m	10:30am
Yr.3	900m	10:45am
Yr.4	1200m	11:00am
Yr.5	1500m	11:15am
Yr.6	1800m	11:30am

Adult Race 4800m 11.45am.
£6 entry, 1st, 2nd and 3rd place Medals

Information and entry forms will be available from the front office this week. If you would like to enter as part of Perran-ar-Worthal Primary School, please return your entry forms in a clearly labelled envelope and £4 to the front office with the child's name and year group marked by Wednesday 27th March 2024. I will enter these students before 13th April. Please note that entries can also be made on the day.

10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday®

The National College®



£100 FOR 4 DAYS OR £30 A DAY

EASTER HOLIDAY SUPER CAMPS

Come and take part in our EdVenture holiday 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.

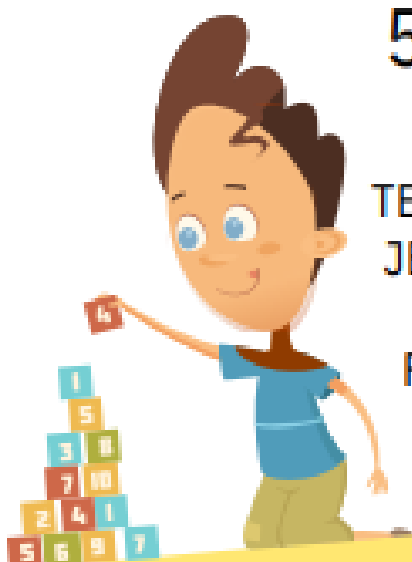
EASTER HOLIDAY SUPER CAMP:
TUESDAY 2ND APRIL - FRIDAY 5TH APRIL

4 DAY SUPER CAMP

5-7 YEARS | 8+ YEARS

RANGE OF ACTIVITIES INCLUDING:

DODGEBALL, DEN BUILDING, GYM,
TENNIS, ARTS & CRAFTS, COMIC BOOKS,
JEWELLERY, RUGBY, ASSAULT COURSE,
CAPTURE THE FLAG, BOARD GAMES,
FILMS, TEAM GAMES, ORIENTERRING
TREASURE HUNT & LOTS MORE!

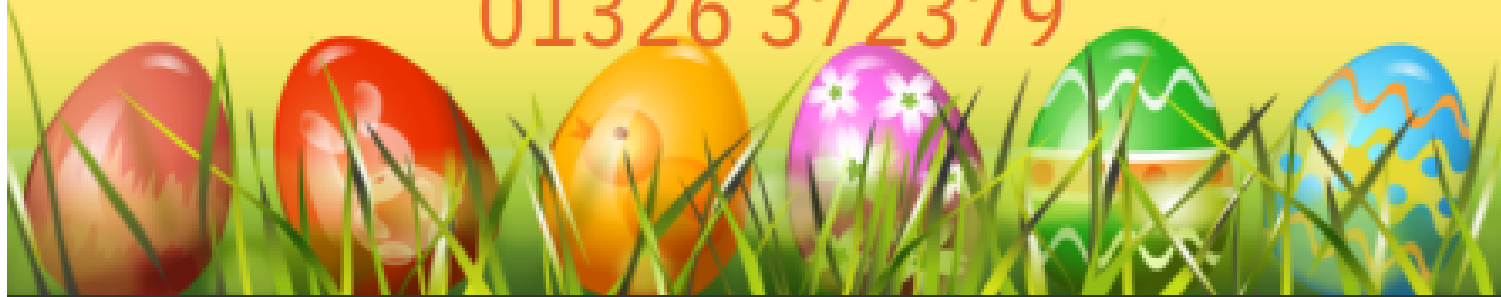


OTHER ACTIVITIES ALSO AVAILABLE:
FOOTBALL, RUGBY, WATERSPORTS, ART

FOR MORE DETAILS ON THE COURSES & HOW TO BOOK:

WWW.MYEDVENTURE.CO.UK

01326 372379





EASTER 2024

- Activities including multi sports, forest schools, circus skills, water sports and lots more - for children aged 5 to 16
- Every session includes a healthy meal for all children
- Funded places for ALL children eligible for benefits related free school meals

Activities are taking place across Cornwall during the Easter holidays, from April 2nd - 12th

Scan here to book!



www.activecornwall.org/T2MHolidayProgramme/Time2Move.HolidayProgramme@cornwall.gov.uk
01872 324287

Funded by



EASTER HOLIDAY CLUBS

The Writers' Block at The Ladder, 2-4 Clinton Rd, Redruth TR15 2QE



Clubs

Story Adventurers for 6 - 8s

When: 4 April 10am - 4pm
£20 - bursaries available

Drama Club for 9 - 11s

When: 11 April 10am - 3pm
£20 - bursaries available

Theatre

How to Catch a Book Witch

When: 5 April 11am & 2pm
£6

An open hearted show aimed at children aged 3+. Exploring the importance of libraries, sharing stories and not judging people. The show features live music, puppetry and storytelling.

Booking essential:

www.thewritersblock.org.uk/events

Funded and supported by:



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