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NEWSLETTER

08/02/2019



PERRAN-AR-WORTHAL  
CP SCHOOL

This week's focus was on PERSERVERANCE



**FIZZ FREE FEBRUARY!** - This week , the school council have been promoting healthy drink choices through the Healthy Schools Fizz Free February Project. How many glasses of water have you consumed this week? We are looking forward to hearing how many extra glasses of water the children have been drinking. Adults are encouraged to join in too.....it's similar to having a 'dry January'....well, sort of similar! Good luck, everyone!

	Glasses Drank	Notes
Friday 1 <sup>st</sup>		
Saturday 2 <sup>nd</sup>		
Sunday 3 <sup>rd</sup>		
Monday 4 <sup>th</sup>		
Tuesday 5 <sup>th</sup>		
Wednesday 6 <sup>th</sup>		
Thursday 7 <sup>th</sup>		

This week I drank an average of \_\_\_\_\_ glasses.\*



Join the challenge  
and drink more  
water!

## Go fizz free!

Cutting back on fizzy, sugary drinks is good for your body, your mind and your bank balance!

### Did you know?

- ♥ if you drink one 500ml bottle of fizzy drink every day, it will **cost you around £438** over a year
- ♥ drinking one 330ml can of fizz a day for a year could cause you to **gain up to 1 stone** in weight
- ♥ 79% of fizzy drinks contain **six or more teaspoons of sugar**

### Download our hydration booklet

We have prepared a four week hydration challenge booklet which includes reasons to stay fizz free, staying hydrated at work along with health and wellbeing information.

Find out more and download our booklet  
📄 [www.behealthyatwork.org/what-we-do/fizz-free-february/](http://www.behealthyatwork.org/what-we-do/fizz-free-february/)





### Netball: Penryn Partnership Tournament

Congratulations to the Perran-ar-Worthal Netball team who were runners-up in the Penryn Partnership tournament that was held on Wednesday 6th February. The team only lost one game, against the over-all winners, and demonstrated respect and teamwork throughout the tournament. Thank you to Mrs Cameron for helping to transport the team, supporting the players and being photographer! A special thank you to Mrs Woodrow who has, once again, showed her tremendous coaching ability and passion for the school. Well done, Netballers!

### Cross Country Competition / 25.01.19

30 children from Perran-ar-Worthal entered a Cross Country event at the Chanel 4 Pitch in Falmouth. All children from years 4, 5 and 6 had to tackle a tough course that tested their endurance. With roughly 80 children entering each race, each one of the PAW children showed tremendous perseverance to finish in decent positions. Twelve of the children finished in positions that have qualified them for the next round! Considering the size of our brilliant school, I think that it is a remarkable achievement!

A special thank you must be made to all of the parents who attended the event. Without those parents, the children would not have been able to attend.







**FINGER LICKING GOOD!** - Fab Fridays have never tasted so good, with French toast covered in chocolate and fruit—just to get the balance right! A treat for our Year 4 pupils who left very little remaining after feasting on the sweetness of French cooking.



**FAMILY TALENTS**—This week, Mrs Searle came in to school on Fab Friday to play her cello for Year 6, performing some well known tunes with her son. Mrs Whomersley was also in the mix—a wonderful trio of talent! The Year 6 were mesmerised. If any other parents would like to come in and share their skill with the children, please don't be shy! A big thank you to Mrs Searle for coming in to play.



# KIDS WORKSHOP

## FEBRUARY HALF TERM

### MAGNIFICENT MOBILES

Thursday 21st Feb 10 - 11.15am  
Ages 5+ £8

Be inspired by the bright, bold and brilliant work of the famous artist, Kandinsky.

We will show you how to create your very own colourful hanging mobile by cutting and sticking funky shapes. They will be brought to life with layers and lots of laughs along the way!



01872 240 567 - arts@truroartscompany.co.uk  
www.truroartscompany.co.uk - 26 River St, Truro TR1 2SJ

TRURO  
ARTS  
COMPANY

# KIDS WORKSHOP

## FEBRUARY HALF TERM

### ECO ANIMATION

Thursday 21st Feb 3 - 5pm  
Ages 8+ £12.50

Do you have Ideas about a robot who can fish all the plastic out of the ocean or a satellite with a net which can catch the rubbish in space?

Be an arty eco-warrior and join us for a workshop where we will storyboard our eco ideas in groups, then form plasticine models to create imaginative and original animations.



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# KIDS WORKSHOP

## FEBRUARY HALF TERM

### PAINTING THE GALAXY

Sat 23rd Feb 9.30 - 11am  
Ages 8+ £10

Working with vibrant watercolours on watercolour paper, we will guide you through each step of how to create a cosmic painting of the milky-way!

Learn how to blend colours using sponges, and experiment with spray bottles, colour mixing and adding fine detail with white gouache.

Will you add a galactic spaceship to your lunar landscape?



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**Lots of lovely  
things to do  
over  
Half Term!**



**WELL DONE TO ALL THOSE INVOLVED IN THE FUND RAISING FOR SHELTER BOX!** - Please see below for the letter we received from ShelterBox thanking our school for the incredible effort! Well done to all involved!



Mrs R Heffer  
Perran-Ar-Worthal C P School,  
School Hill,  
Perranwell Station,  
Truro,  
Cornwall, TR3 7LA

18 January 2019

Dear Mrs Heffer,

A sturdy green ShelterBox. Hardwearing tools and equipment. The practical basics a family needs in the aftermath of disaster or conflict. It's astonishing what your generous donation of £391.87 can provide.

Crucially, by fundraising for ShelterBox, you've allowed us to hand-deliver more than just simple items – together you've given vulnerable families around the world the power to transform despair into hope. More than solar lights, thermal blankets and cooking utensils – you've helped entire communities in desperate need begin the process of rebuilding not just their homes, but their lives too.

Right now, that means sending teams to the Indonesian islands of Sulawesi and Lombok. It means assessing the needs of families made homeless in Kenya after an unusually severe monsoon season caused heavy flooding. It means supporting nomadic families in Somaliland with a variety of aid items such as tents, tarpaulins and rope, after the continuing drought has left entire communities displaced and destitute. And it means providing aid to families caught in extreme conflict zones including the Syrian conflict and the Lake Chad Basin crisis, whose homes have been left in tatters by bombing and fighting.

If you haven't already, why not tune in to watch ShelterBox live on Facebook? A member of the Operations Team will brief you on these disasters and all our other current deployments. There's time too for your questions – so you can post a comment on behalf of Perran-Ar-Worthal Community Primary School and we'll answer it there and then if we can! Watch live on Tuesdays at 2:30pm, or catch up at any time on our Facebook page: [www.facebook.com/ShelterBox](http://www.facebook.com/ShelterBox).

Please pass on our thanks to everyone at Perran-Ar-Worthal Community Primary School for your amazing continued support. Your generosity means we can keep doing what we do best. We're determined, and we won't stop. Day after day, we'll keep hammering pegs, tying knots and building shelter.

From all of us here at HQ, thank you for supporting ShelterBox.

A handwritten signature in black ink, appearing to read "S. Paroe".

Sophie on behalf of your Supporter Care Team



**ShelterBox**  
Falcon House, Charles Street,  
Truro, TR12PH, UK

T +44 (0)1872 302600  
E [hello@shelterbox.org](mailto:hello@shelterbox.org)

**President**  
Her Royal Highness  
The Duchess of Cornwall

### **BRONZE CERTIFICATE WINNERS THIS WEEK!**

Oliver Scrivener, Isla Jarvis, Lola Shelton, Harley Yendle, Lucien Ansary, Jack Jamieson, Grace Harvey-James

Well done for getting 50 team points!

### **SILVER CERTIFICATE WINNERS THIS WEEK!**

Rosie Sells, Lily Smallman, Isla Ashton, Amelia Vincent

Well done for getting 100 team points!



**R**AK club Nomination: Kaia Warr has nominated Courtney Saayman for sharing her yummy melon with her at break time. Alex Teff has nominated Oliver Cunliffe for helping him stick his work into his book because he had hurt his hand and was finding it difficult to do on his own. Thank you Kaia and Oliver for your kindness.

Once a  
**week**  
take a  
**peek**

**HEADLICE PROBLEM!** - As you may already be aware, as in all schools, the headlice problem is often raised in a letter that goes home. We would like ask parents to do a weekly check to help resolve the problem that seems to be reoccurring. With half term only a week away, this is also a really good time to use any necessary treatments. Thank you for your support.

**HELP US TO KEEP YOUR CHILDREN SAFE!** - Please could we politely ask you to ensure your child does not run across the carpark or climb on the railings at the end of the school day as we are concerned that an accident may happen. If you are waiting for your child to come out of school at the end of the day and have younger children with you, please do feel free to allow your child to run around the KS2 playground adjacent to the carpark. The only rules we stipulate for it's use at this time, in addition to the children being the responsibility of the person collecting them, is that children do not cross the red line where other children are waiting and do not use balls or any wheeled vehicles e.g. scooters. This is to ensure the safety of those pupils waiting to be collected. Thank you for your support.



## UDDGP Site Visits

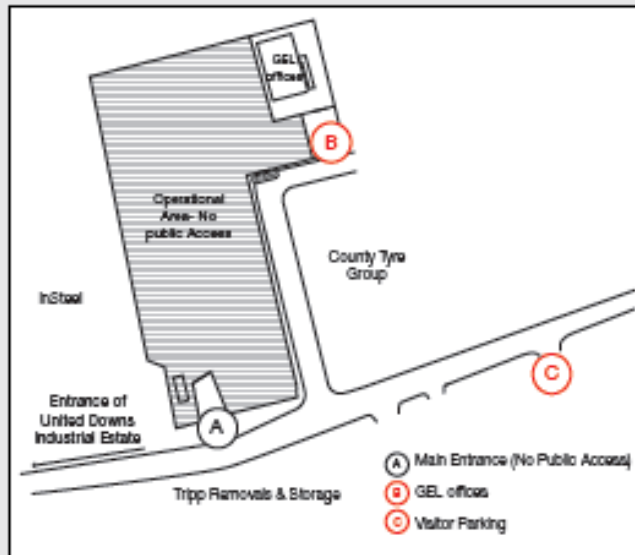
Geothermal Engineering Limited (GEL) has secured funding of £10.6 million from the European Regional Development Fund, £2.4 million from Cornwall Council and £5 million from private investors, to explore the geothermal resources deep beneath Cornwall.

This funding will allow GEL to drill two deep geothermal wells from its site within the United Downs Industrial Estate and build a 1MW - 3MW pilot power plant to demonstrate the technical and commercial viability of supplying both electricity and heat.

### Public Drop-in Session

# Monday 18<sup>th</sup> February 2 - 4pm

\*No booking required



Drop-in any time between 2 - 4pm talk to a member of the project team, browse the information panels, watch educational and project films and view the rig from our viewing platform.

The map on the left shows the UDDGP site office. Please park at Gate C and walk to our site entrance at Gate B to enter the office, where our staff will meet you.

If you wish to book a group visit or for more information on the project, please see our website [www.uniteddownsgeothermal.co.uk](http://www.uniteddownsgeothermal.co.uk) or contact us via the details below.

Site address:  
Unit 3, United Downs Industrial Estate,  
United Road,  
Redruth  
Cornwall  
TR16 5HY

Phone: 01326 218955  
Web: [www.uniteddownsgeothermal.co.uk](http://www.uniteddownsgeothermal.co.uk)

### PARKING

Please Do Not park on the Industrial Estate roads.

Vehicles can be parked at Gate C after dropping passengers at the UDDGP visitor entrance

Vehicles are parked at owner's risk  
Under 18s must be accompanied by a responsible adult at all times



European Union  
European Regional  
Development Fund

