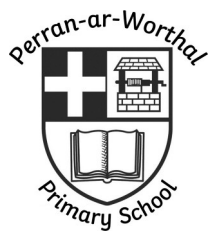


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he Heffington Post
10th November 2025



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VERY MOMENT MATTERS!



SILENT DISCO!

FRIDAY 14TH NOVEMBER

Perran-ar-Worthal Village Hall

£4
per child

KS1
5:30pm
- 6:15pm

KS2
6:45pm
- 7:30pm

Don't forget get your pennies for 30p snacks!
Bring your own water bottle for free refills

Our Starlings have been busy making the most delicious soup. If you would like to have a go at making this at home, then please do feel free to use the recipe below:

WARMING WINTER VEGETABLE SOUP

Ingredients:

2 onions; 4 carrots; 2 sticks of celery; 1 tin of chopped tomatoes; 2tbs of tomato puree; 1 vegetable stock cube; 50gms of red lentils; 2lt water; 1tsp dried oregano; 1tsp dried basil

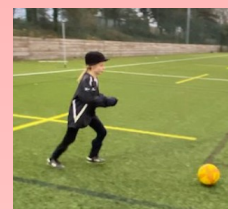
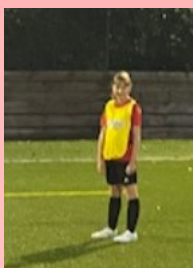
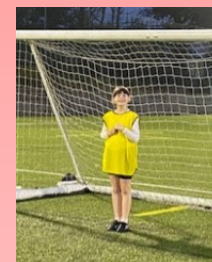
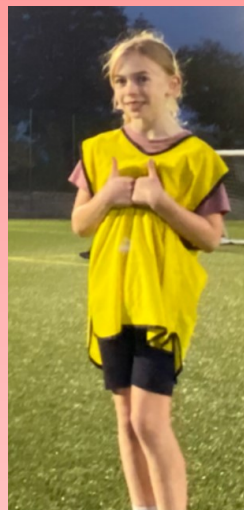
Method:

1. Peel and chop the carrots, onions and celery.
2. Fry in a little oil.
3. Add tin of tomatoes, vegetable stock cube and the water.
4. Add the tomato puree and the herbs.
5. Cook until the vegetables and lentils are soft.
6. You can either leave the soup chunky or you can blend it to make it smoother.
7. Serve with a delicious piece of fresh bread or cheese on toast.
8. Enjoy!





Girl's football friendlies!



On Wednesday, I took 11 Year 5 girls to Penryn for a football training session and a round –robin event. One of the children who came, couldn't play due to an injury, but was determined to come to support her peers. This says so much about the amazing attitude of the children at this school. The girls had so much fun and played great football. They supported each other and their smiles said it all. These girls have trained with me for a few years now and it was fantastic to see them put their skills into play. Well done all of you! I hope we can train again next year. We have Year 6 girls training and matches this Wednesday and Year 5 and 6 boys the following week.

Cross Country is back!



**You are all absolutely amazing!
Well done cross country runners!
We had 39 children running a 300metre course on the field this morning.**



Thank you to our cross country runners for being organised this morning. So many of you brought spare trainers and socks. With such a large group of children, we will be running at the field as much as possible. Can children please arrive punctually and organised with spare trainers and socks and wet weather gear in case of rainy weather?

The energy and encouragement on the field was incredible! We had many children running 6, 7 and 8 laps!

Well done all of you!

Thank you to Nadine, Mark, Karin and Jayne for coming down to support our runners! Your time and support is much appreciated.



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

Citizen / Learner of the Week – w/c 3rd November 2025

Puffins

Learner – Luna P (For always showing good listening skills and waiting her turn to speak at carpet times)

Citizen – Corey (For retelling our story of the week 'Goldilocks and the Three Bears' without any help)

Wagtails

Learner – Felix (For amazing knowledge and understanding in RE)

Citizen – Austin (For being incredibly thoughtful to his friends)

Robins

Learner – Jago, Isabelle and James (For approaching new challenges this week in Maths with confidence, curiosity and determination)

Citizen – Aurora (For always showing she is ready, respectful and safe in everything she does and everywhere she goes, setting an excellent example to others)

Starlings

Learner – Barnaby (For amazing Maths)

Citizen – Lettie (For her kind and helpful behaviour)

Skylarks

Learner – Bella (For always being ready to learn, showing such resilience even when she finds things tricky)

Citizen – Tristan (For being such a kind and thoughtful member of the class. He shares ideas and works brilliantly as part of a team. This was noticeable when he was building Roman arches.)

Kingfishers

Learners and Citizens – For solving the Lion and Wildebeast problem – they all ensured that no-one was left out and was able to be creative with a complex problem.

Swifts

Learner – Lincoln (For making great progress in the four operations)

Citizen – Darcy (For being a great role model when demonstrating the rules: ready, respectful, safe)



TEAM POINT CERTIFICATE WINNERS 6th November 2025

BRONZE CERTIFICATE – 50 TEAM POINTS

Reception: Elowen A

Year 1: Jonathan, Toby, Elijah and Logan

Year 2: Seb, Rafe, Piran, Ivy, Hugo, Jordan, Ember, Luna, Artie and Jack W

Year 3: Barnaby

Year 4: Poppy, Robyn, Luca W and Senara

Year 5: Daphne and Isabella

WRAPAROUND

Reminder: Wraparound sessions must be booked at least 24 hours before the start time of the session required.

All last minute bookings MUST be paid for on the same day and payment should not have to be chased.

If using voucher/tax-free facility, payments must be requested from your provider at the time of making your bookings.

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/>



WB 10th Nov: Camborne Music Festival

WB 10th Nov: Anti-Bullying Week

WB 10th Nov: Remembrance Day

Friday, 14th Nov: Winter Silent Disco at the Village Hall EYFS & KS1 5.30pm to 6.15pm; KS2 6.45pm to 7.30pm.

Friday, 14th Nov: Children in Need Day (wear something spotty)

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.

Cornwall Council 2025/2026 School Term Dates for Community and Voluntary-Controlled Schools



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

October 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		

November 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	29	
Sun	2	9	16	23	30	

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

January 2026						
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		

February 2026						
Mon		2	9	16	23	
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		

March 2026						
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	

April 2026						
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		
Sat	4	11	18	25		
Sun	5	12	19	26		

May 2026						
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	31	

June 2026						
Mon	1	8	15	22	29	
Tue	2	9	16	23	30	
Wed	3	10	17	24		
Thurs	4	11	18	25		
Fri	5	12	19	26		
Sat	6	13	20	27		
Sun	7	14	21	28		

July 2026						
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		

August 2026						
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	

School holidays

Bank holidays

Christmas Day	25 December 2025
Boxing Day	26 December 2025
New Year's Day	01 January 2026
Good Friday	03 April 2026
Easter Monday	06 April 2026
May Bank Holiday	04 May 2026
Spring Bank Holiday	25 May 2026
Summer Bank Holiday	31 August 2026

AUTUMN TERM (73 days)

3 September - 19 December 2025
(HALF TERM 27 - 31 October 2025)

SPRING TERM (59 days)

5 January - 2 April 2026
(HALF TERM 16 - 20 February 2026)

SUMMER TERM (63 days)

20 April - 22 July 2026
(HALF TERM 25 - 29 May 2026)

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.

Academy, trust and voluntary-aided schools set their own term dates and INSET days.

Saracens

PENRYN SARACENS COMMUNITY

Penryn College

Primary: Mondays 5-6pm

U14s: Tuesday 5-6.30pm

For details contact:

cornwallsaracensbasketball@gmail.com



We are offering a free taster session on Monday 29th September or Monday 6th October for all our feeder primaries. Please come along and try out our amazing primary basketball club. No booking needed, just show up around 16:50 and enjoy the session.