

**T**he Heffington Post  
21st October 2021



**E**VERY MOMENT MATTERS!



Last week, over 160 energetic Perran-ar-Worthal students joined thousands of other students across the UK to run the Virgin Mini London Marathon. More than 500,000 children were registered to join in and be part of the world's biggest marathon. At our amazing school, all children throughout KS1 and KS2 committed to running the minimum of 2.6 miles. Some students challenged themselves to complete more than the 2.6 miles; some running as far as 7 miles in total. The school already participates in the Daily Mile initiative which encourages children to participate in 15 minutes of self-paced exercise.



Staff members dressed in fancy dress for the event. Mrs Heffer, the Head Teacher, also dressed up and encouraged students along the course as the theme tune to the London Marathon (The trap Ron Goodwin) blared out over the playground. As the school currently does not own a mini-bus the event was also used as a fundraiser. Should anyone wish to make a financial contribution to the school, please email [secretary@perran-ar-worthal.cornwall.sch.uk](mailto:secretary@perran-ar-worthal.cornwall.sch.uk) Any donations will be gratefully received. Thank you. Well done to all runners and thank you to all family and friends of Perran-ar-Worthal CP school for sponsoring our children.

Miss Davies  
PE and Health Lead Teacher

### Inspiring Activity

The Virgin Money Giving Mini London Marathon in schools is all about inspiring children and young people of all ages and abilities to be physically active. Regular exercise has a positive impact on children's health and fitness and taking part can help start a habit that stays with children for the rest of their lives. Physical activity also supports good mental health and wellbeing – everyone feels happier after they've been for a run!

Virgin London Marathon

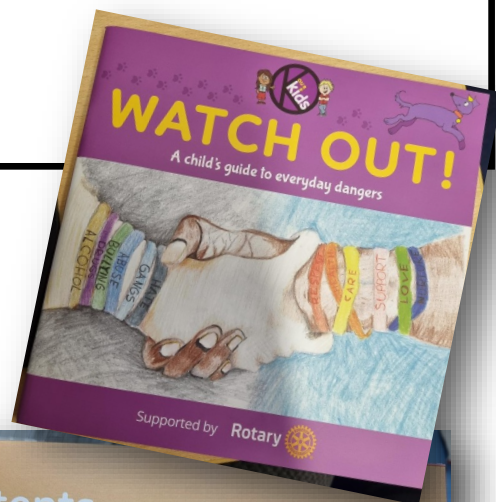


**WE LOVE OUR FABULOUS FRIDAYS**—so what do our little Pufflings get up to in their Out of the Box activities on Fridays?





**THANK YOU!** Last week we had a visit from Mr Julian Herbert from Rotary along with Mr Mike Grundy, Rotary Chairman and Mr Colin Bridges, Parish Council Chair. The reason for their visit was to present all our KS2 pupils with this high quality book entitled 'Watch Out! A Children's guide to everyday danger.' The contents of the book are designed to help young children deal confidently with the challenges and dangers of staying safe at home, in school and in the community. The book has been fully supported by the Rotary Club and the Parish Council have kindly agreed to fund enough copies for all our KS2 pupils to benefit from. A huge thank you to both the Rotary Club and Parish Council for their continued support for helping to keep out young people safe.



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**THANK YOU!** A huge thank you for all your generous donations for the food bank this year. £10 was also raised from selling these two very lovely offerings. We hope you enjoyed the filmed version of our Harvest Celebrations. We very much hope that next time we will be able to perform to a live audience.

**HELLO!** We welcome Charlie Fuller and Charlie Hubbard to our school this year as they join us at the start of their training to become teachers on the SCITT course. We wish them both all the very best for a successful year and look forward to supporting them as they develop their skills as teachers.



**TEAM POINT CERTIFICATE WINNERS 14<sup>th</sup>**  
**October 2021**  
**BRONZE CERTIFICATE – 50 TEAM POINTS**  
**Year 3: Leo**



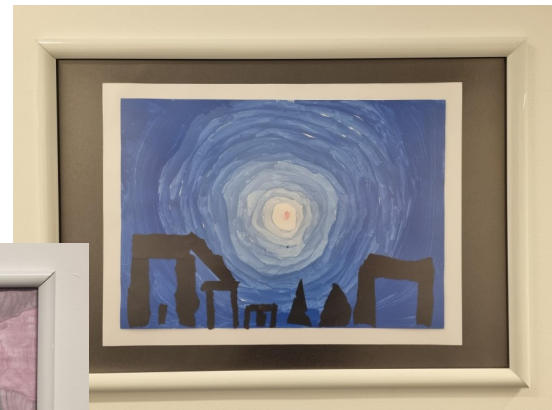
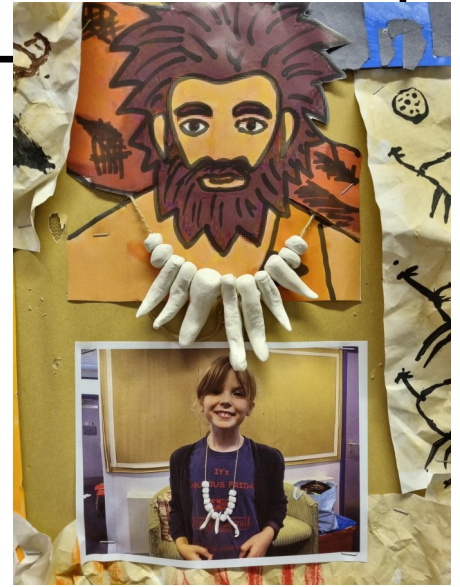


**THERE'S A LOT OF PHYSICAL ACTIVITY GOING ON AT PERRAN-AR-WORTHAL!** In addition to our fund raising marathon and daily mile, our pupils have been very busy this half term doing bikeability, playing in the football and netball leagues and attending gifted and talented sporting events. Phew! What an active lot!





**FABULOUS FRIDAY ART!** This half term our Year 2 and Year 3 pupils have been busy developing their skills and learning about different artists. The Year 2 pupils have been looking at the artist Piet Mondrian and working with colour mixing and blocks of colour. Year 3's art has been inspired by their Stone, Bronze and Iron Age history unit. They have been developing their use of colour through investigating tone, shade and tint and creating stone age jewellery using modelling clay.





**AHHH! FAB FRIDAY COOKING IS BACK ON THE MENU!** Year 6 have been making the most wonderful meals as part of their cooking in the curriculum sessions on Fridays this half term. Sausage and pasta bake and cottage pie have had us all feeling hungry with the wonderful smell of home cooking wafting throughout the school. We can certainly see some professional chefs in the making!



**PENRYN OPEN DAY!**  
 What an exciting day our pupils had when they attending the open day at Penryn College. The pupils were all in awe of the inflating lungs! That certainly will be a lesson they will remember. Many thanks for Penryn College for putting on such an exciting day.



FAB FRIDAY FOREST SCHOOL—WE LOVE IT!





**SO, THAT'S GEOGRAPHY YOU SAY?** I certainly don't remember my geography lessons being this exciting or yummy! Our Kingfishers have been tasting a wide range of traditional foods as part of their Eastern Europe geography Unit. Our Starlings, on the other hand, have been enjoying the flavours of France for their unit of work. What a great way to learn and experience first hand, the traditions and cultures from different parts of the world. They certainly won't forget this learning in a hurry!





DYSLEXIA AWARENESS WEEK—October 5th to October 11th.



After, what has felt like, an endless sprint this half term, the children and the staff are now ready for a little rest. We cannot be more delighted with the several weeks of hard work and incredible energy that we have seen from our pupils. They have all been amazing! So much has happened in a short space of time and we are very much looking forward to more weeks of exciting learning and Fabulous Fridays.

Please do take care and enjoy your half term. We look forward to seeing you all back with us on **Monday, 1st November.**

STAY  
SAFE  
EVERYONE