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he Heffington Post
20th March 2023

**E**

VERY MOMENT MATTERS!

SPRING CONCERT

We are very much looking forward to our **2023 Spring Concert** taking place in **The Village Hall on Saturday, 25th March at 3pm.**

Many of the children in school have expressed an interest in taking part and we hope that they will be free to come along on 25th March to be part of this exciting fund raising event, which will also include a yummy cream tea!

In addition to solo instrumental performances from pupils across the school the programme will also include:

- ◇ ***Mrs Whomersley's County Music Festival and Year 2 Recorder Players***
- ◇ ***Year 3 Poetry Recital***
- ◇ ***Year 4 Brass Ensemble***
- ◇ ***Year 6 Songfest Singers***
- ◇ ***The Perran-ar-Worthal School Youth Speaks Team***
- ◇ ***The Perran-ar-Worthal Adult Community Choir***
- ◇ ***Easter Bonnet Parade***



The concert will end with a rousing performance of some of our favourite songs, which will include the voices of all children from the school who wish to perform as part of our ***Whole School Choir!***

We are also delighted that Mrs Teasdale and Mrs Lea have kindly agreed to be the official judges for the **Easter Art Competition** which will include:

Easter Bonnet , Easter Garden and most creatively decorated boiled egg!

To help us cater for numbers, please could you indicate by using the link below if you will be attending: <https://forms.gle/SVQ1nNNDmP1e3zS4A>

Thank you to those of you who have already completed this form.

SO, WHAT IS A GOVERNOR MONITORING VISIT? Recently, one of our parent governors, Mrs Mary Arthur, who has responsibility for monitoring safeguarding and well-being in our school, spent some time visiting classrooms and talking to children about keeping safe and what activities they do for supporting their emotional wellbeing through the whole school PSHE programme, Jigsaw. Being a Flagship School for Jigsaw, Mrs Arthur was keen to see how this was evident in each class.

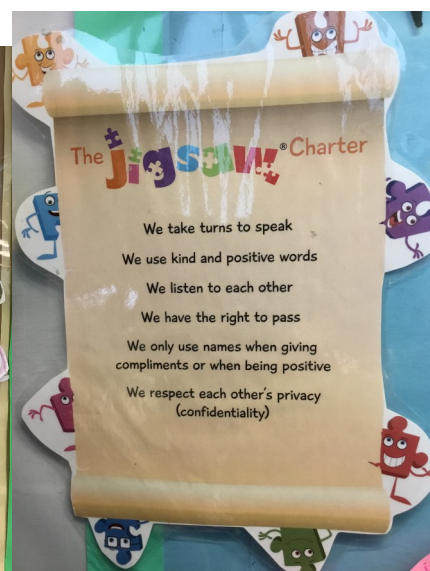
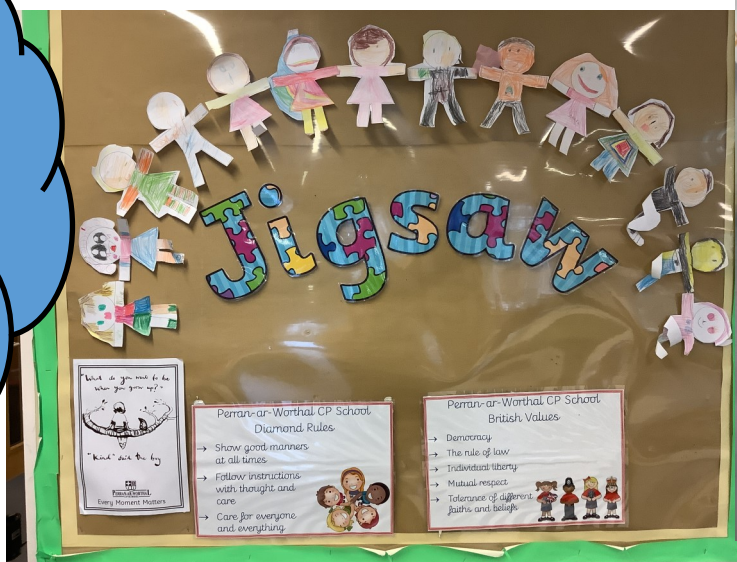


Following her visit, Mrs Arthur kindly provided a paragraph for our newsletter:

This week I had the pleasure of visiting the school again in my capacity as Safeguarding Governor. One of the key parts of this role is to ensure that the school are following best practice in terms of ensuring a safe environment within it, including physical and emotional well-being for all. Along with speaking to Mrs Pallot, Designated Safeguarding Lead, I was able to conference with a group of pupils and discuss their understanding of what it means to be safe at school. The children all spoke with enthusiasm and passion about their Jigsaw lessons which link to Personal, Social, Health and Economic Education (PSHE) and were able to talk through how the lessons are connected but differentiated to be appropriate for their age. All the children were able to discuss who they could speak to if they needed support or were unhappy at school and knew that safeguarding was something everyone was responsible for, including them. It was a privilege to be able to speak with the children and listen to them positively share their knowledge of such an important topic. One of the key points that stood out in my discussion was the wide range of support provided by the school, some of which had been borne from pupil ideas, and the confidence with which the children understood the reason for such provision. As one of the group said; 'I know if I have a problem, I can speak to my teacher and they will help me. They are always there to listen'.

We would like to thank Mrs Arthur for giving so generously of her time.

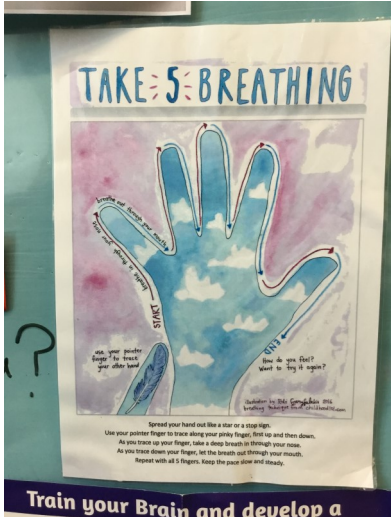
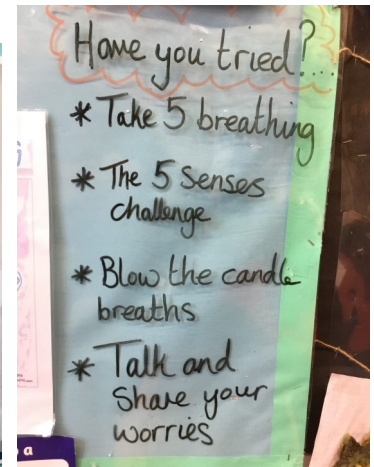
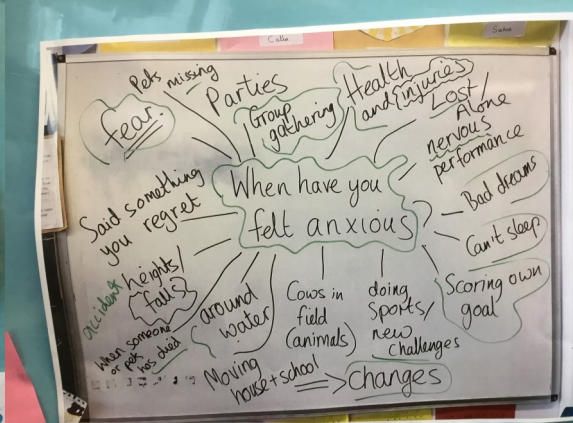
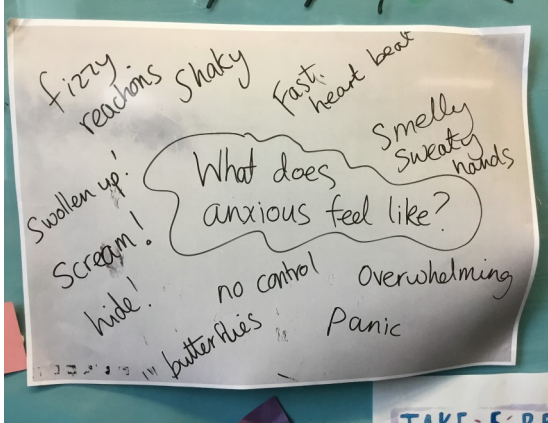
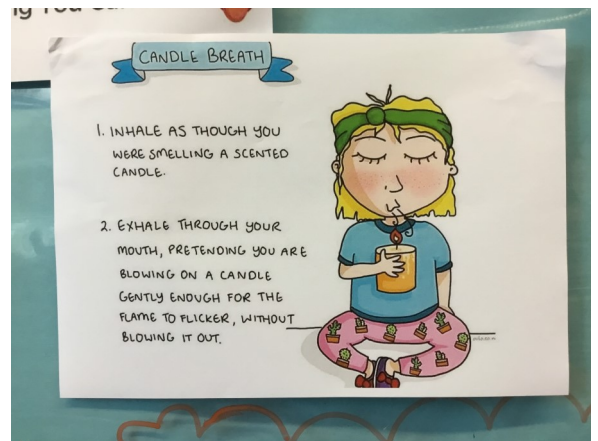
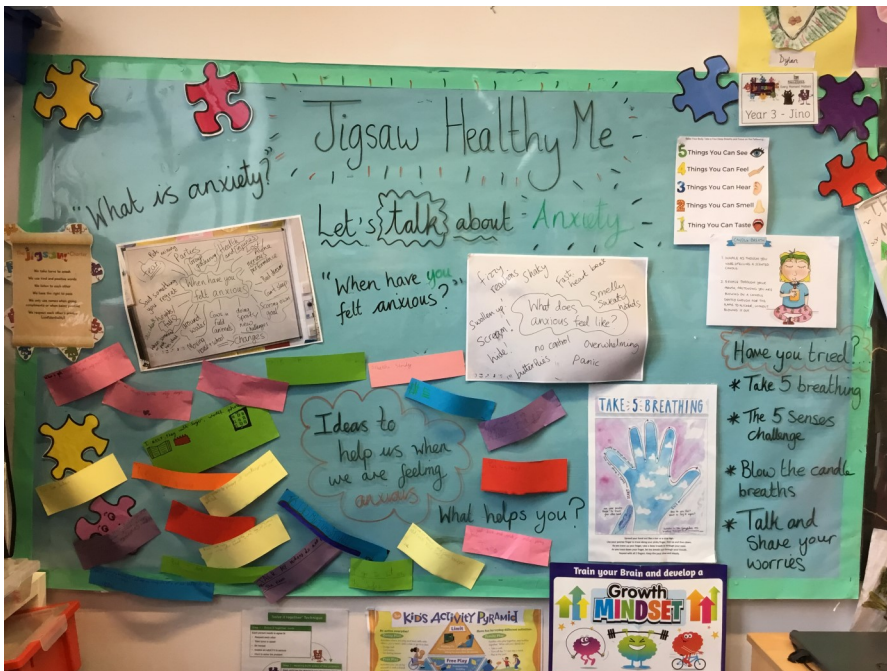
So, what do we do in school to support the emotional well being of our pupils? Here are just some examples of what goes on....





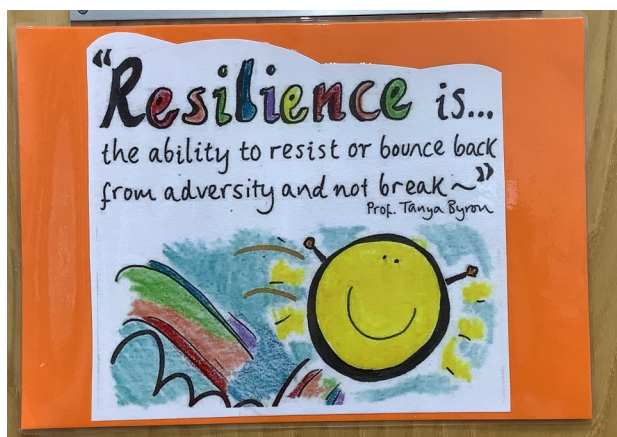
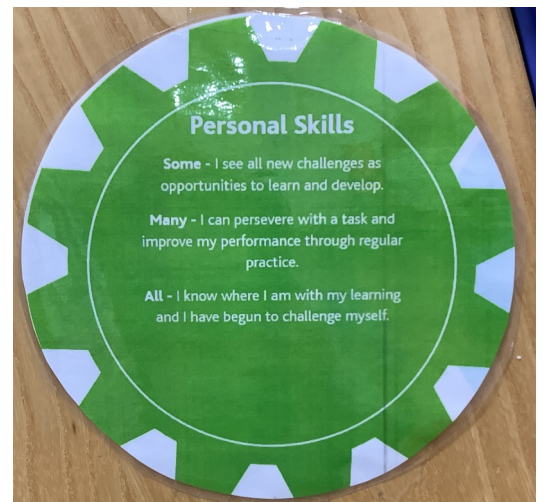
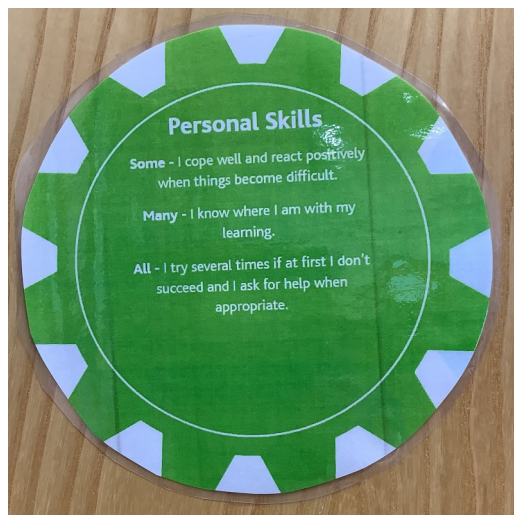
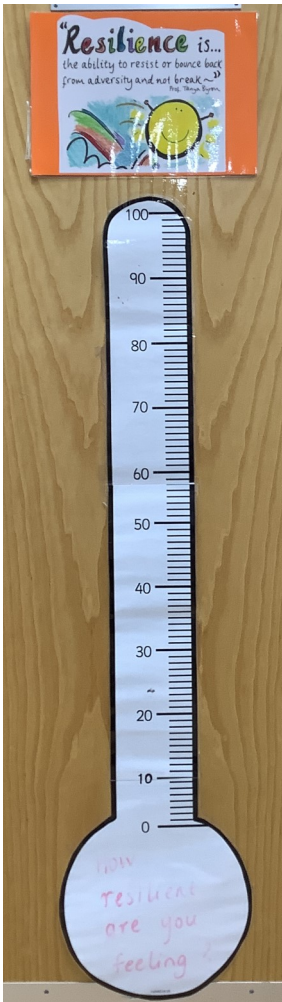
HAVING A VOICE! Every class has a box where the children can write a private note to their teacher under the headed notepaper 'I wish my teacher knew'. This gives every child a voice if they wish their thoughts to be shared.

SENSORY SPACES! Our amazing FOPS team have worked with the school to help fund resources to develop areas of the school in to a more sensory learning environment.

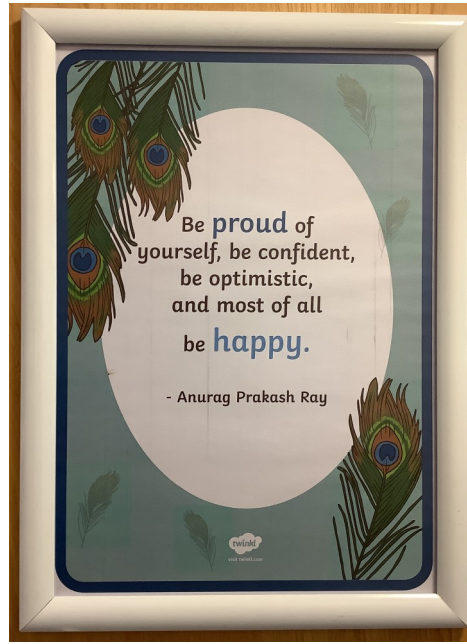


JIGSAW LESSONS AND DISPLAYS—Every week, each class take part in a Jigsaw lesson where the focus changes each half term. Currently, the school is focusing on the Jigsaw theme 'Healthy Me' which includes Healthy Mind as well as Healthy Body. Each class collate all their class jigsaw work in a whole class Jigsaw evidence book which was shared as good practice with other schools as part of our Flagship status. We are very proud of how well our pupils respond to these weekly lessons where they are given the opportunity to discuss in detail their thoughts and feelings about the current Jigsaw theme. If you would like to know more about our Jigsaw curriculum then this is can be found on our website by clicking on this [LINK](#).

PSHE IN PE LESSONS! In our school hall Miss Davies continues to promote Emotional Wellbeing as part of our Sports Curriculum which is split in to three strands: Physical Health, Nutritional Health and Mental Health. See the displays below which surround our school hall.



MENTAL HEALTH WEEK! This plays a key part in our school events calendar where the staff plan a week's worth of daily activities to promote the importance of emotional wellbeing.



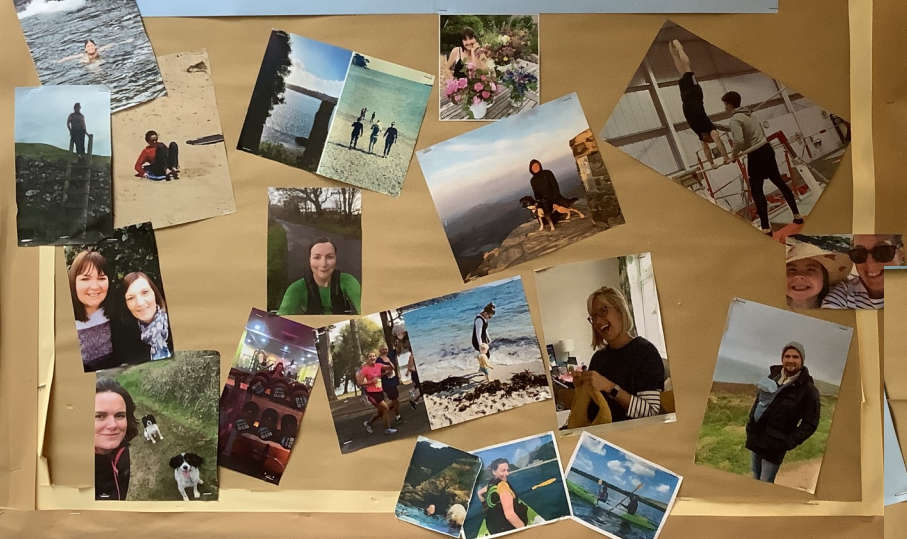
EMOTIONALLY AVAILABLE ADULTS! All our staff have received Emotion Coaching Training from Behaviour Specialist, Penny Hermes. This training has also been made available to parents, which was well received by those who attended. All our staff are classed as emotionally available adults where we aim to be available for our pupils to share their worries whenever they need to. Mr Teasdale is our Senior Mental Health Lead and our Trauma Informed School Practitioner. As a staff, we receive regular training to ensure we continue to develop our skills to support our pupils and each other.

Mental Wellbeing

Your mental wellbeing is about your thoughts and feelings and how you cope with the ups and downs of everyday life.

- Mental Wellbeing**
How can we support our mental wellbeing?
1. Connect with others
 2. Be physically active
 3. Learn new skills
 4. Give to others
 5. Being present in the moment

How do your teachers look after their mental wellbeing?



LOOKING AFTER OUR TEAM! We even make sure the staff are not forgotten by checking in on how they are and making sure they also have a good work-life balance which allows them the space to do the activities that they enjoy.

If you are keen to know how to further support your child's emotional wellbeing then you can find many useful links on our school website by clicking on this [LINK](#).

Your mental wellbeing is about your thoughts and feelings and how you cope with the ups and downs of everyday life.



TEAM POINT CERTIFICATE WINNERS 15th March 2023

SILVER CERTIFICATE – 100 TEAM POINTS

Reception: Samuel and Jack

Year 1: Micky and Bella

Year 4: Jasmine and Morwenna

Year 5: Dexter

GOLD CERTIFICATE – 150 TEAM POINTS

Reception: Willow and Freya

Year 1: Elodie, Joseph, Hetty and Lauren

Year 3: Calla

Year 5: Eliza

MEDAL – 200 TEAM POINTS

Year 3: Sienna, Dylan and Caspar

Year 4: Connie

BADGE – 250 TEAM POINTS

Year 2: Isabella



MUSIC FESTIVAL SUCCESS! We wanted to say a huge well done to all those who performed in the County Music Festival this year as all who took part performed to the very best of their ability and did themselves proud. Mrs Whomersley was delighted with the high standard across the board and with the enthusiasm and dedication with which the children had prepared for their performances.

We owe a great deal of thanks to Mrs Whomersley for her total commitment and passion for music. The children have had great opportunities to develop their instrumental playing under her expert guidance. We are very much looking forward to hearing the high standard of performance at the Spring Concert. Sadly, the rules of the Music festival did not allow for photographs to be taken so we are not able to include any pictures of those who took part. Well done to all involved and many, many thanks to the continued support of the parents.



FOPS newsletter

Friends Of Perran-Ar-Worthal School

Date of next meeting

Tuesday 24th April

7.30pm on Teams

If you have any fundraising ideas or questions,

please email us on:



fops@perran-ar-worthal.cornwall.sch.uk

Upcoming Events

Saturday 25th March

Spring Concert

3-5pm at The Village Hall

Thursday 30th March

Bags2school collection

Please leave donations in the

shelter at drop off

Friday 31st March

Starlings bake sale

Thursday 20th April

Non Uniform day

Please bring your chocolate donation

Friday 21st April

Choccy Bingo

6-7pm at The Village Hall

Friday 5th May

Robins bake sale

Thursday 18th May

Family Quiz

6-7pm at The Village Hall

Preloved School Uniform

We will be holding a preloved school uniform sale and in need of ages 7+ branded school jumpers, PE tops and Fab Friday T-shirts.

We have a large stash of 5-6 Jumpers available.

There is a FOPS box in reception.

Thank you!



What are we fundraising for now?

Revamping the KSI outside area

Upcoming school trips

Topic Library books

Spring Concert - Saturday 25th March

We are really looking forward to the

Spring Concert this Saturday.

It promises to be a brilliant afternoon full of Music, Spoken Word, Poetry, Art and cream teas.

The Easter Art competition categories are:

Easter Garden, Easter Bonnet and most creatively decorated boiled egg!

Please could entries be clearly labelled and brought to

The Village Hall at 2pm.

Thank you!

Fundraising online...

If you are unable to attend an event and would like to make a donation

to our JustGiving page the link is:

<https://www.justgiving.com/campaign/FOPS2023>

Please sign up to easyfundraising which donates a commission

to our school every time you shop:

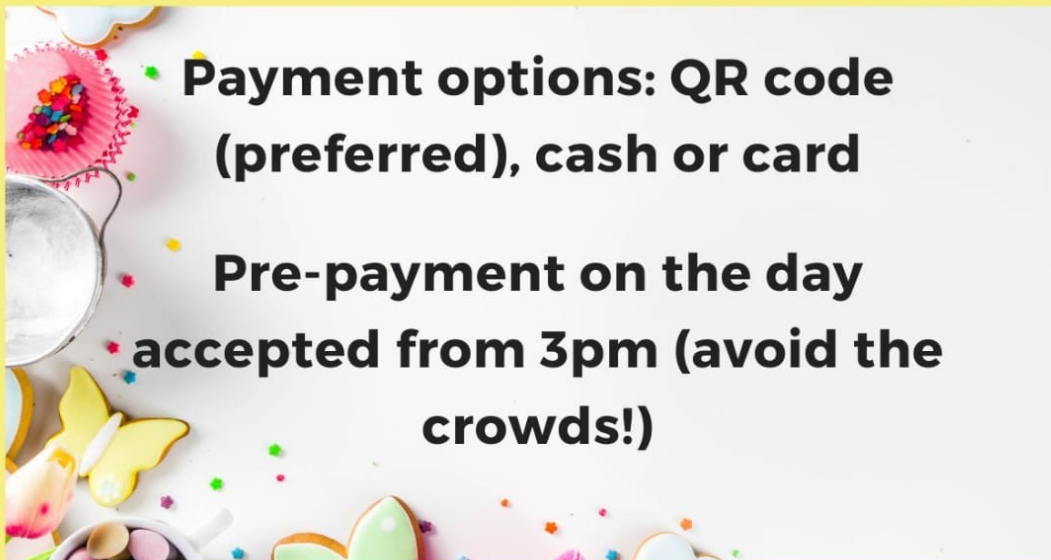
www.easyfundraising.co.uk





**THURSDAY 30th
MARCH
STARLINGS
EASTER
BAKE SALE**

All items 50p / £1



**Payment options: QR code
(preferred), cash or card**

**Pre-payment on the day
accepted from 3pm (avoid the
crowds!)**



REMAINING SPRING TERM DATES FOR YOUR DIARY:

Wednesday, 22nd March: Songfest at Truro Cathedral for Yr6 small group singers. 6pm

Saturday, 25th March: Spring Concert (please see information on front page of this newsletter)

WB 27th March: Autism Awareness Week

Thursday, 30th March: Bags for School

Thursday, 30th March: Starlings Easter Bake Sale

Friday, 31st March: Last Day of Spring Term

NB: If, due to unforeseen circumstances, there is a need to change any dates or times, we will notify you as soon as possible.

PLEASE NOTE...

FOPS FUNDRAISING EVENTS! Please see the FOPS news page which outlines several exciting future fund raising events which we are all looking forward to.

Saturday, March 25th at 3pm!

Don't forget to come and support our **2023 SPRING CONCERT and CRAFT COMPETITION**. All craft entries to be taken to the Village Hall at 2pm on the day for judging before the concert starts. Don't forget to use the link to let us know if you are coming so we know how many cream teas to organise! <https://forms.gle/>



STARLINGS EASTER CAKE SALE!

Thursday, 30th March at 3.15pm in the playground.

SCHOOL ABSENCES!

A reminder that the school office **MUST** be advised of all child absences, including the reason for absence. This should ideally be before the registers are taken at 9am but no later than 9.30am.

SCHOOL LUNCHES—REMINDER!!

All school lunches **MUST** be booked via ParentPay. Please ensure your child is booked in as we have seen an increase in the number of children not being booked onto the system. This does cause issues for the kitchen staff as they should only cook to the numbers on the system. Thank you for your assistance with this.