



26th January 2024

Dear Families

The children showed great resilience this morning when we had a fire drill. Everyone was out in a very calm manner and all accounted for in 1 min 39 seconds - well done all!

Thank you everyone that came to the phonics workshop on Thursday. It's really great for the children to see how engaged you are with their phonics learning.

I hope you weren't too alarmed by the many injured children emerging at the school gate yesterday! The inaugural first aid club was a great success - with many of the children keen to be anointed with fake blood and expertly bandaged by their friends.



Stars of the Week

Choughs: Taya - for embracing new challenges with determination and resilience. Well done!

Puffins: Rosalee - for being so positive and determined to develop your handwriting. Well done!

Attendance (YTD)

Whole school = 94%

Choughs = 91%

Puffins = 96%

Diary Dates

2023 - 2024

Term	Spring
Term starts	Thu 04/01/2024
Term Ends	Thu 28/03/2024
Half term starts	Mon 12/02/2024
Half term ends	Fri 16/02/2024
Event	Date
Children's Mental Health Week starts	Mon 05/02/2024
Safer Internet Day	Tue 06/02/2024
Whole school trip to Sennen (Choughs RNLI / Puffins Beach)	Wed 07/02/2024
Little Levans	Fri 09/02/2024
Last day before half term	Fri 09/02/2024
First day back after half term	Mon 19/02/2024
Choughs trip to PZ Fire station	Tue 20/02/2024
Big breakfast	Thu 07/03/2024
World book day	Thu 07/03/2024
Multi-skills event @ St Just Sports Centre (year 3/4) 1.45pm-3pm	Fri 08/03/2024
Parent consultations	Wed 13/03/2024
Parent consultations	Thu 14/03/2024
Red nose day	Fri 15/03/2024
Community duck race	Thu 28/03/2024
Last day of term	Thu 28/03/2024

Term	Summer
Term starts	Mon 15/04/2024
Term Ends	Wed 24/07/2024
Half term starts	Mon 27/05/2024
Half term ends	Fri 31/05/2024
Event	Date
Back to school	Mon 15/04/2024
School camp starts	Tue 30/04/2024
School camp ends	Thu 02/05/2024
INSET day	Fri 03/05/2024
Bank holiday	Mon 06/05/2024
KS2 SATS week starts	Mon 13/05/2024
KS2 SATS week ends	Fri 17/05/2024
Last day before half term	Fri 24/05/2024
First day back after half term	Mon 03/06/2024
Multi-skills event @ St Just Sports Centre (year 1/2) 1.45pm-3pm	Fri 07/06/2024
Year 2/3 sleepover	Thu 20/06/2024
Sports day	Thu 27/06/2024
Sports day backup	Thu 11/07/2024
School reports issued	Fri 12/07/2024
Whole school transition day	Mon 15/07/2024
Parent consultations (if required post school reports issued)	Tue 16/07/2024
Lafrowda day	Sat 20/07/2024
Leavers' assembly	Mon 22/07/2024
Last school day!	Tue 23/07/2024
INSET day	Wed 24/07/2024

Cooking on an Open Fire

Puffins have begun learning about four of the world's most ancient civilisations: The Indus Valley, Ancient Egypt, The Shang Dynasty and The Ancient Sumer.

They have learnt about where ancient civilisations began - where natural resources (including fresh water) were abundant.

This week, they tried their hand at cooking over an open flame. They had to ensure their bread was cooked but also not too burnt! They did a super job!



Thank you to Regan and Oscar who helped Mr Hooper get the fire going so brilliantly!

After, we talked about how the ancient civilisations might have needed to demonstrate similar values to those of our school.

Kindness: "If you got sick in an ancient civilisation you couldn't just get a Tesco delivery, someone would have to show you kindness and prepare food for you until you were better."

Creativity: "Ancient civilisations had to show creativity all the time. They had to invent new things and try and make things they already had better. Maybe they could have tried adding berries to their bread to see what it tasted like!"

Resilience: "We lit the fire and we had to show resilience because it took a few times to get it going."

Inquisitiveness: "Being inquisitive is about finding out more and asking questions. Ancient civilisations must have done this to learn how to do new things."

Determined: "We all had to be determined, especially if our bread got a bit burnt or fell off the stick a bit"

Dam building

That evil villain is at it again. This time he wants to flood the city! It's up to our engineering Choughs to build a strong enough dam to stop him. Inspired by beavers, we used mud and sticks to construct dams in the garden. Phenomenal team work, Choughs!



Cape weaving

Having practised going over, under, over, under with paper, it was time for weaving with wool! We were so determined and very careful to make some super stripy hero capes.



Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

5-11
FEB
2024

Children's Mental Health Week

Please be aware that it will soon be Children's Mental Health Week. Launched in 2015, the week exists to empower, equip and give a voice to every child in the UK. This year's theme is 'My Voice Matters'. Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.

As adults, we should empower children and young people, and provide them with time, space, and opportunities to express themselves. We must also ensure they have opportunities to influence aspects of their worlds that directly - or indirectly - affect their wellbeing.

Empowering children and young people can have a positive impact on their health and wellbeing. For example, children and young people who feel that their voices are heard - and that what they say makes a difference - have higher levels of self-efficacy and self-esteem. They also have a greater sense of community - and as people become empowered, they can work together to create positive changes for themselves and for others.

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say - and believe - "My Voice Matters". Further details will follow in next week's bulletin. For now, please find attached further information for families about Children's Mental Health Week.



Our Solar System!

Puffins had great fun modelling the movements of the planets in our solar system! Some people had to move extremely quickly and others extremely slowly!

"I was Neptune, I only went round the sun once! That was supposed to show 156 Earth years!"
Some of us were VERY dizzy by the end!

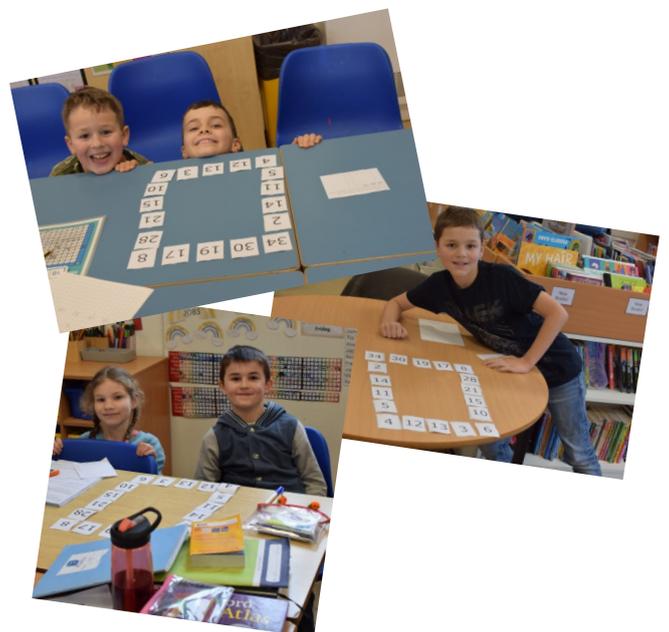


Cycling Squares!

Puffins finally solved our Challenge of the Week on Thursday (we had been trying since Monday!).

There were cheers in the classroom as different teams placed the final numbers in their puzzle.

Thank you to Paul for helping us along our way - we needed some clues to get it done!



My VOICE MATTERS

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCG18](https://bit.ly/3PzCG18)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?



WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

