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 14th October 2022    Issue 6

**Believe, Work Hard, Succeed**

## Portreath Primary School Newsletter

We started the week by celebrating World Mental Health Day by wearing a t-shirt that makes us happy. We raised £90 for 'Young Minds'. We also enjoyed a day of skipping. Liz, who led the workshops, was impressed by the skill and determination of our children. I loved watching the whole celebration at the end of the day. Thanks to Mrs Doble for organising this fabulous event. The link between physical activity and mental health is strong, so a great way to celebrate the day. I have popped the A-Z of mental health that I looked at with the older children in assembly this week, at the end of the newsletter.

This week we had Phil Rundle, from Cornwall Council, in school to complete a health and safety audit. We received really positive feedback, which we were delighted with. On Tuesday evening we hosted some governance training for all the headteachers and the chairs of the governors for Crofty MAT. Before starting, Jess Cafe and myself gave our guests a tour of the school. It always feels great to show off our wonderful school. Although of course they didn't get to see the best bit, as they didn't get to meet all the people – our wonderful staff and children!

Thanks to everyone who attended Open Classroom this week. A wonderful opportunity for parents and carers (plus other family members) to look at and celebrate their child's work. Thanks to Cherry Class for their assembly today. I really enjoyed their artwork and poetry.

Cassie Pamplin

### Stars of the Week

**Maple Class:** Bligh - For being a superstar and settling into Maple class.

**Rowan Class:** Soren - For listening attentively and working independently.

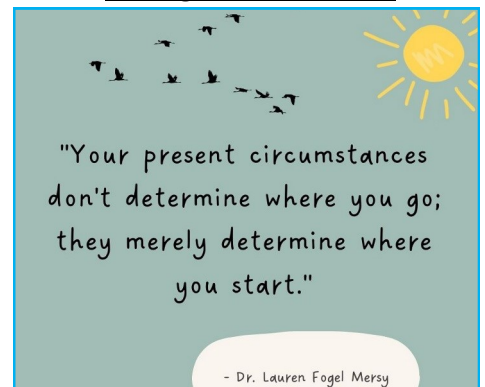
**Sycamore:** Volodymyr - For excellent work in phonics.

**Oak Class:** Kenzie - For working hard at practising her handwriting.

**Cherry Class:** Blake - For showing maturity and bravery within the class situation.



### Thought of the Week



### This Week's Highest Scoring Team is:

**Enchanted Wood**



### Value Champions

This week's value champions are:

**Maple Class:** Mhairi  
**Rowan Class:** Harry  
**Sycamore Class:**  
 Bethan  
**Oak Class:** Logan  
**Cherry Class:**  
 Tamsin



### This Week's Attendance

Maple Class - 98.8%  
 Rowan Class - 92.0%  
 Sycamore Class - 96.8%  
 Oak Class - 93.9%  
 Cherry Class - 98.1%

Whole School attendance for the year is currently at: 96.4%

### Sports Star

This week's Sports Stars are:  
 Eadie and Liam



## Safeguarding

Please can we ensure that there is enough space on the pavement outside the school gate for children to safety exit and walk without having to step into the road to pass waiting parents and dogs.

World Mental Health Day is not just for children it is for adults too. Here is some information that you might find helpful:

**Samaritans** – aren't just here for people in crisis and are free to call **116 123**

**CALM** - (Campaign Against Living Miserably, specifically for men) **0800 585858**

**Papyrus** - (for people under 35) **0800 068 4141**

**Childline** - (for anyone under 19) **0800 1111**

**SHOUT** - 24/7 crisis text service. Text **85258**

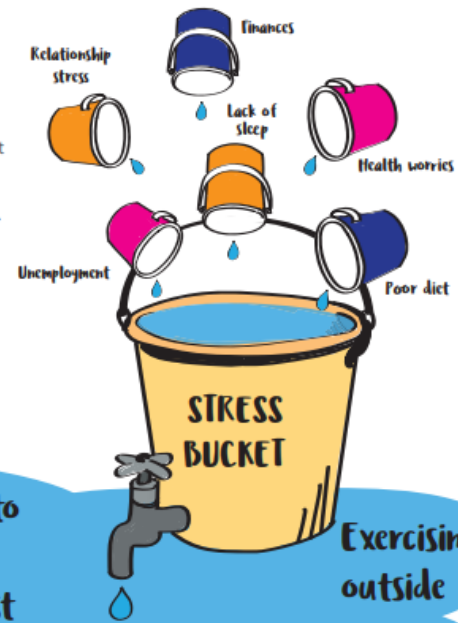
**Valued Lives** - **0800 2606759**

**National Domestic Abuse Helpline** – **0808 2000 247**

## Stress Bucket

Stress is a part of everyday life and can be beneficial. But if our 'Stress Bucket' becomes full, it can overwhelm us and impact our mental health. Our normal ways of coping might be unavailable. We might need to rethink how we cope with stress. You might find some ideas from the **5 ways to wellbeing**:

**Connect, Be Active,  
Give, Take Notice and  
Keep Learning**



## Star Writers

This week's star writers are:

**Maple Class:** Molly

**Rowan Class:** Elsie

**Sycamore Class:** Sophie

**Oak Class:** Ellie

**Cherry Class:** Bessie



Each week some children's writing will be selected to be displayed outside my office.

## Reminders

Book a parent consultation

Please note the new lunch menu starts after half term (this will be sent home next week). It says that there is a slight increase in price (4p) but Crofty schools won't introduce this until January 2023.

Please be aware a couple of cases of headlice have been noticed in school.

We would be very grateful if you could check your child's hair and treat if required.

Many thanks.

## Pupil Leadership Team

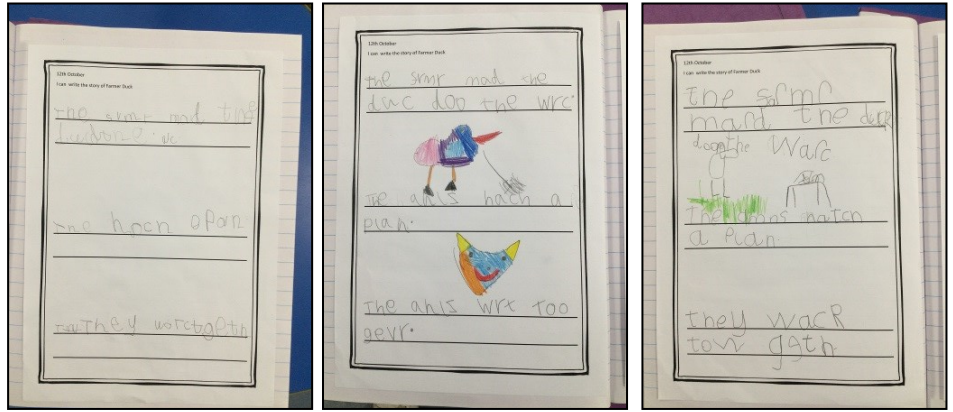
Congratulations to those Year 6 children who have become part of the pupil leadership team.

Team	Captain	Vice
Enchanted Wood	Myah	Alexi and Harrison
100 Acre Wood	Bessie	Martha
Forbidden Forest	Meredith	Corin
Farthing Wood	Sophia	Zara
Sports Captains	Dane and Liam	
Sports Leaders	Sophie and Maria	
Ambassadors	Tamsin and Romey	



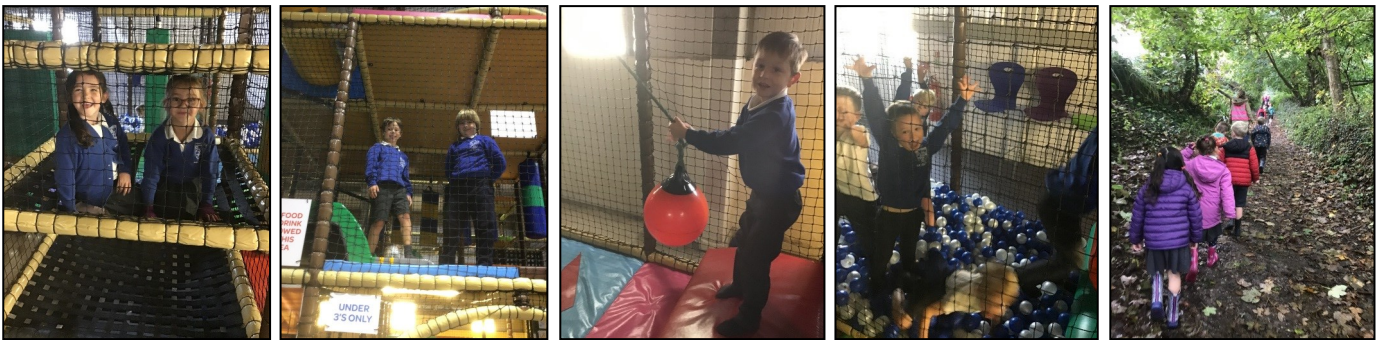
## Maple Class

Maple have been learning about the number 6 and have been re-telling the story of Farmer Duck. The class helped write a simple version and the Year 1's wrote their own versions. We have also found a few creepy crawlies outside! We loved our skipping session on Monday too.



## Rowan Class

This week Rowan have begun a new writing topic about Hedgehogs. We have enjoyed discussing and learning new facts about hedgehogs ready for some independent writing next week. We have begun to learn about the 5 senses and put our taste buds to work with Guess the Flavour...? We thoroughly enjoyed our walk to Basecamp and spotted more signs of Autumn and used our senses.



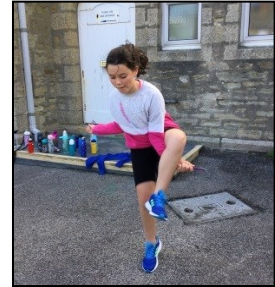
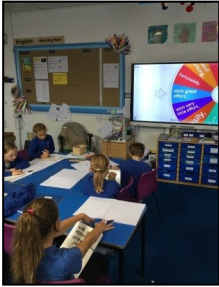
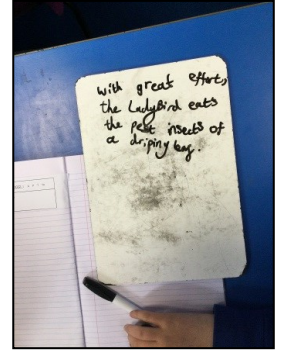
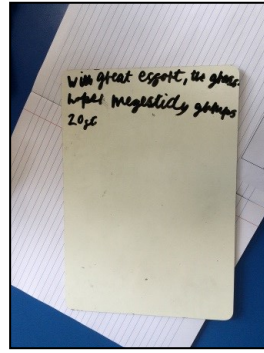
## Sycamore Class

This week Sycamore have been working hard to learn all about the 5 oceans, including where they are on the map and some key facts about them. We have also been preparing to write our own fantasy stories next week.



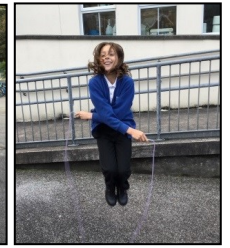
## Oak

Oak have had such a brilliant week! We started off with a fantastic skipping workshop – so nice to be in the sunshine! We have also been thoroughly enjoying our class text; James and the giant peach! We're basing our non-chronological reports around the insects featured in this book. We've starting learning about the many Roman gods in History and also the digestive systems and diets of animals (not too dissimilar to ours!)



## Cherry

We LOVED the skipping workshop on Monday and have discovered that Cherry class have some world class skippers – incredible! Highlights from the rest of the week have been continuing with our watercolour art work based on the work of Viktoria Kravchenko and starting our new class reader – Darwin's Dragons.



### Lunchtime

Skipping ropes will be out at lunchtimes. We are encouraging children to beat their personal best score. Posters will be up around school to remind them of the skills. They will need an adult or a Year 6 leadership team to verify their count.

### Cross Country

Thirty-one children represented the school at the Crofty Cross Country event at Pool Academy this afternoon. Congratulations to all children who took part and showed great grit and determination.





We have made the decision to introduce Class Dojo as our primary form of communication to further improve communication with parents. This app will allow you to keep up to date with whole school information but also class specific news/messages. This digital platform also allows direct communication between you and your child's teacher and any adults who support your child in school.

Some of you may already be aware of how this works but if it is new to you, there will be a letter coming home explaining how to log in and set things up for you and your child at the beginning of next week.

Class Dojo will be the school's primary form of communication, replacing class emails and the school's text messaging service.

Please can I reassure you that we will be available in the coming weeks to support you with how everything works and help set things up if you come across any technical hitches in the early days. Please can we ask you sign up as soon as you receive your letter, more than one parent/carer can download the app and connect. We thank you in advance.

## Pupil Achievement

### Endless Summer Swim

Well done to Corin took part in the Endless Summer swim on Sunday at Gyllyngvase Beach.

He had to swim 600m in very demanding conditions with a strong on shore wind.

He came 3rd in his age group.



## Clubs

Please book clubs and afterschool wraparound using the following link:

[Portreath After School Wraparound and Clubs Booking form Autumn Term 1 \(google.com\)](#)

Monday	Dance - Mrs Doble	Art and Craft - Miss Cafe
Tuesday	Multi-sports - Miss Cafe	Lego - Mrs Barnes
Wednesday	Drama - Mrs Rosser	
Thursday	Computer club - Mrs Rosser	Outdoor games club - Mrs Barnes
Friday	Chess, cards and board games club - Mrs Kerlake	

## PE Days

Monday - Rowan  
 Tuesday - Sycamore  
 Thursday - Cherry  
 Thursday - Maple  
 Friday - Oak  
 Outdoor learning is on  
 Fridays for Rowan

## Key Dates

**w/b Monday 17th October** - Parent Consultations  
**w/b Monday 24th October** - Half Term  
**Friday 4th November** - Oak Class Assembly  
**Friday 11th November** - Flu Immunisations

## Key Dates

**2022-23 Inset days:**  
*School inset days:*  
 3rd January 2023  
 4th January 2023  
 5th June 2023  
*Crofty MAT inset day*  
 20th February 2023

## Reading to Holly

Holly and Ruth are enjoying their sessions with children from Rowan Class. She will work with different classes throughout the year. If you haven't already, you can consent for your child to read to her here.

[Paws and Read Consent \(google.com\)](https://www.google.com)



## Open Afternoon

Another wonderful Open Classroom afternoon. Thanks to all those who came along.



## Community News



**Flying Start's  
Autumn  
Holiday Club**

**Based @ Illogan  
Pumpkin Potions  
Forest Fun  
Daily Crafts  
And lots more!**

FOR PRIMARY  
CHILDREN

Half Day £17.50  
Full day £28  
Lunch and snacks  
included  
reception@  
flyingstart.uk.com  
to book/more info!



Portreath Primary School, throughout the year, distributes fliers and magazines offering family services or posts details of local activities on the newsletter. Whilst we think that parents might like the information and find it useful, the school does not endorse these services.

# A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.



## ASK FOR HELP

You are not alone, so reach out and ask for help



## BREATHE

Focus on your breath to find a sense of calm



## CONNECT

Connect with friends, family and trusted adults



## DETOX

Unplug from social media and other distractions



## EMOTIONS

Observe how you feel and label your emotions



## FIND SAFE PLACE

Go to a place where you feel safe and at ease



## GRATITUDE

Focus on the things you're grateful for



## HEALTHY HABITS

Create a balanced routine with healthy habits



## INQUIRE

Pause and ask yourself, 'how do I feel right now?'



## JOURNAL

Use a journal to express your thoughts and feelings



## KINDNESS

Be kind and compassionate to yourself and others



## LET GO!

Feel more energised, by moving your body



## MEMORIES

Visualise three things you are proud of



## NATURE

Improve your mood by exploring the great outdoors



## OPENNESS

Be open to new activities and notice what happens



## PATIENCE

It's okay to not be okay, so give yourself time



## QUIET

Take quiet moments every day to reflect



## REST

Be mindful, rest often and get plenty of sleep



## SUPERHERO

Stand in the Superhero Pose for two minutes every day



## THOUGHTS

Track your thoughts in a journal, and notice any themes



## UNIQUE

You are unique, and so is your mental health



## VOLUNTEER

Boost your self-esteem by giving back to others



## WORRY TIME

Schedule 'worry time' to help solve practical worries



## EXCITEMENT

Do more of the things that bring you joy and excitement



## YOU MATTER!

You are important and your feelings matter



## ZEN

Practise calming activities like yoga and meditation

Find out more about how Optimus Education can help boost your wellbeing at [healthinschoolsuk.com](https://healthinschoolsuk.com)