

# PORTHLEVEN SCHOOL

End of Year 2025

## Season Greetings

As we come to the end of the year, we would like to wish all our parents, carers, and families a very **Happy New Year**. Thank you for your continued support throughout the year. We look forward to welcoming you all back and working together again in the year ahead.



## INSET Day

Monday 5th January  
school closed to children.



## **DAILY THINGS TO REMEMBER**

- Water Bottle
- Coat
- Reading book and diary

## PE Days From January

Please note year 4 change

Reception - Monday

Year 1 - Thursday

Year 2 - Thursday

Year 3 - Wednesday

**Year 4 - Friday (Swimming)**

Year 5 - Friday

Year 6 - TBC



# RAINBOWFISH



## RAINBOWFISH NEWS

What an end to a busy half term! We have been celebrating the festive season since the December 1<sup>st</sup> with our Nativity play, 'Knock, knock!', a trip to the panto, a Christmas party and lots of Christmas crafting. In the classroom, we have had an elf called Ben who has been hiding in lots of places but we will be saying good bye to him as he heads back to the North Pole to help Santa get ready. Along with all the festivities we have still been busy in maths learning the names of squares and rectangles as well as subitising numbers 4 and 5. This half term our author has been Julia Donaldson and we have enjoyed reading a range of books by her including The Scarecrows wedding and The Christmas Pine.



After our trip into the village earlier in the month to look at the shapes of boats in the harbour, we headed back to school where the children tested different materials to investigate whether they would float or sink. This helped them to choose the materials they were going to use to make their boats with. Most of the children added a sail which worked well when they tested their boats in the water tray with a wind pump.

Mrs Wortley and I would like to say a huge thank you for all your support this term and we are looking forward to seeing what adventures we get up to next term. Merry Christmas everyone!





# NARWHALS

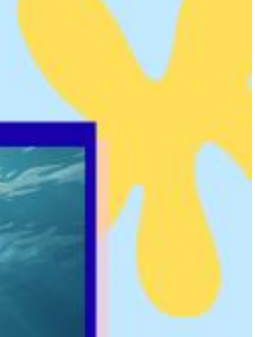


## NARWHAL NEWS

In Year 3, we are drawing to the end of a busy term. We were very lucky to go to CAST in Helston a few weeks ago and visit the artist studio of Nicola Bealing and look at lots of her artwork. We learnt about her career and her inspirations and had a go at recreating drawings of her work. Throughout the day we had sketchbooks to make drawings and to write our ideas down. We learnt about colour mixing on palettes and created our own artwork using watercolour in the afternoon.

In science, we have been learning about rocks and soils this half term and had a visit from Matt Tonkins a Geologist from Exeter University. He brought children lots of different rock samples including a meteorite that was billions of years old for the children to touch! He talked about different rocks we find in Cornwall and different jobs that a geologist could do.

We have almost finished our class book for this half term James and the Giant peach and have been loving it! We have written our own adventure stories using it as inspiration for our own characters to travel in different ways like James in his giant peach. Some class ideas include bubbles, shoes, footballs and umbrellas!



# *Porthleven Notices & Reminders*

## **Thankyou**

A big thank you to the PTA for organising the Christmas Fair, and to all the volunteers who gave their time and support to help make it such a success this year. Your hard work and generosity are very much appreciated by the whole school community.

## **Facebook**

Follow us on Facebook to see what we've been up to at school!

This month, we'll be counting down to Christmas and wishing you a season filled with magic, connection, and joyful moments.

We'd love for you to share your photos or favourite activities below each daily post!



## **Long hair**

We kindly ask that all children with long hair come to school with their hair tied up. This is important for health and safety and helps prevent the spread of head lice.

## **Arbor Consents**

Thank you to everyone who has already completed the photo consents on Arbor. Going forward, we will be using Arbor for more of our school consent processes.

We have recently had additional consents added to Arbor, which you will now be able to review and update when you log in. This will replace the online form completed at the start of the year.

We would really appreciate it if you could complete the new consents on Arbor, as this will help reduce the admin involved in transferring information manually from the earlier forms.

## **Flu Clinic**

As you may have heard, there have been flu outbreaks around the county and flu is predicted to be particularly virulent this year. Kernow Health will be running extra flu clinics at various locations across Cornwall by appointment only.

Please contact 01872 221105 or email [kernowhealthcic.schoolimmunisation@nhs.net](mailto:kernowhealthcic.schoolimmunisation@nhs.net) for further information on booking an appointment.

## **As a reminder to parents about attendance**

If you book a holiday in term time which is 5 days or more, and is not approved as an exceptional circumstance, our policy - in line with DFE guidance, is to refer this to the local authority for a fine to be issued. Please also be aware that schools need to consider fining if a child has 10 unauthorised sessions in a rolling 10 week period. Please do contact the school if you have further questions.



# PORTHLEVEN HOUSE POINTS RUNNING TOTALS



WELL DONE TO THIS TERMS WINNERS – Methleigh

## ATTENDANCE THIS WEEK

Reception	94.1
Year 1	100
Year 2	100
Year 3	96.4
Year 4	99.6
Year 5	95.5
Year 6	94

This weeks winning class for attendance is  
is  
(Year 1 & 2)  
Seahorses &  
Jellyfish

This weeks whole school attendance is 97.19%

# Diary Dates

Date	Event
Monday 5th January	INSET Day
Tuesday 6th January	First day of the Spring Term
Wednesday 4th—6th Feb	Year 5 School Camp
Monday 23rd February	INSET Day
Tuesday 3rd March	Year 1 Trip
Thursday 5th March	World Book Day
Friday 20th March	Reception Trip
Thursday 2nd April	Last day of term
Friday 8th May	INSET Day
Tuesday 2nd June	Year 4 trip
Friday 5th June	INSET Day
Wednesday 10th—12th June	Year 4 School Camp
Wednesday 24th June	Class Photos
Thursday 25th—26th June	Year 3 School Camp
Monday 13th –17th July TBC	Year 6 School Camp
Wednesday 22nd July	Last day of Term
Thursday 23rd July	INSET Day

# Weekly Menus

## Please order on ParentPay

### WEEK 1

W/C: 03/11/2025, 24/11/2025, 15/12/2025, 05/01/2026, 26/01/2026, 09/03/2026, 30/03/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
HOT DISHES	<b>OPTION 1</b>	Cheese and Tomato Pizza with Potato Wedges	Beef Bolognese with Wholewheat Pasta	Roast Chicken with Roast Potatoes and Gravy	Chicken and Vegetable Pie with Mashed Potatoes and Gravy	Southern Fried Chicken with Chips
	<b>OPTION 2</b>	BBQ Vegetable Wrap with Potato Wedges	Vegetarian Bolognese with Wholewheat Pasta	Roast Quorn with Roast Potatoes and Gravy	Cheesy Vegetable Hotpot	Quorn Dippers with Chips
	<b>OPTION 3</b>	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD						
DELI DISHES	<b>OPTION 4</b>	Cheese and Tomato Wrap	Tuna Wrap	Ham Wrap	Cheese and Tomato Wrap	Ham Wrap
	<b>OPTION 5</b>	Egg Mayonnaise Sandwich	Ham Sandwich	Cheese Sandwich	Tuna Mayonnaise Sandwich	Cheese Sandwich
DELI DISHES ARE SERVED WITH MIXED SALAD						
DESSERT	Crunchy Apple Slice	Strawberry Shortcake Mousse	Oat Cookie	Apple Crumble with Custard	Berry Blondie	



**BAKED POTATOES SERVED DAILY**  
With a choice of toppings



**AVAILABLE DAILY**  
Fresh fruit, salad, yoghurt and water

Vegetarian Vegan Oily Fish Wholegrain Fruity! NutriMinder's Choice  
Our menus are subject to change. Please be assured that all nutritional medical diets and allergy requirements will be safely catered for.

### WEEK 2

W/C: 10/11/2025, 01/12/2025, 12/01/2026, 02/02/2026, 23/02/2026, 16/03/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
HOT DISHES	<b>OPTION 1</b>	Macaroni Cheese	Pork Sausages with Mashed Potatoes and Gravy	Roast Chicken with Roast Potatoes and Gravy	BBQ Chicken with Rainbow Rice	Battered Pollock with Chips
	<b>OPTION 2</b>	Veggie Burrito with Wholegrain Rice	Vegetarian Sausage with Mashed Potatoes and Gravy	Veggie Shepherd's Pie with Gravy	Cheese and Tomato Pizza with Garlic Bread or Pasta Salad	Veggie Fingers with Chips
	<b>OPTION 3</b>	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD						
DELI DISHES	<b>OPTION 4</b>	Cheese and Tomato Wrap	Tuna Wrap	Ham Wrap	Cheese and Tomato Wrap	Ham Wrap
	<b>OPTION 5</b>	Egg Mayonnaise Sandwich	Ham Sandwich	Cheese Sandwich	Tuna Mayonnaise Sandwich	Cheese Sandwich
DELI DISHES ARE SERVED WITH MIXED SALAD						
DESSERT	Chocolate Caramel Crunch	Flapjack	Chocolate Brownie	Apple and Golden Syrup Sponge with Custard	Chocolate Cookie	



**BAKED POTATOES SERVED DAILY**  
With a choice of toppings



**AVAILABLE DAILY**  
Fresh fruit, salad, yoghurt and water

Vegetarian Vegan Oily Fish Wholegrain Fruity! NutriMinder's Choice  
Our menus are subject to change. Please be assured that all nutritional medical diets and allergy requirements will be safely catered for.

### WEEK 3

W/C: 17/11/2025, 08/12/2025, 19/01/2026, 09/02/2026, 02/03/2026, 23/03/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
HOT DISHES	<b>OPTION 1</b>	Cheese and Tomato Pizza with Potato Wedges	Beef Meatballs in Tomato Sauce with Wholewheat Pasta	Roast Gammon with Mashed Potatoes and Gravy	Chicken and Sweetcorn Pasta Bake	Battered Pollock with Chips
	<b>OPTION 2</b>	Veggie Meat Feast Pizza with Potato Wedges	Veggie Meatballs in Tomato Sauce with Wholegrain Pasta	Quorn Roast with Mashed Potatoes and Gravy	Macaroni Cheese	Veggie Fingers with Chips
	<b>OPTION 3</b>	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD						
DELI DISHES	<b>OPTION 4</b>	Cheese and Tomato Wrap	Tuna Wrap	Ham Wrap	Cheese and Tomato Wrap	Ham Wrap
	<b>OPTION 5</b>	Egg Mayonnaise Sandwich	Ham Sandwich	Cheese Sandwich	Tuna Mayonnaise Sandwich	Cheese Sandwich
DELI DISHES ARE SERVED WITH MIXED SALAD						
DESSERT	Chocolate Marble Cake	Orange Glazed Sticky Sponge Cake with Custard	Lemon Cookie	Crunchy Chocolate Mousse	Fruits of the Forest Jelly	



**BAKED POTATOES SERVED DAILY**  
With a choice of toppings



**AVAILABLE DAILY**  
Fresh fruit, salad, yoghurt and water

Vegetarian Vegan Oily Fish Wholegrain Fruity! NutriMinder's Choice  
Our menus are subject to change. Please be assured that all nutritional medical diets and allergy requirements will be safely catered for.

**NEW!**



# Musical Theatre Dance Classes

Want to dance? Love musicals? Join us and learn the moves to your favourite shows and songs!

**Starting 5th January 2026**  
**Porthleven School**



## Class Times:



Mondays 4:30-5:15pm: **Reception, Year 1, Year 2**

Wednesdays 4-5pm: **Year 3 - Year 6**



SCAN HERE



[infinitydancecornwall.com](http://infinitydancecornwall.com)



# SPACE

## Supporting Parents And Children Emotionally

**SPACE** is a **free** programme for **any parent or carer** who wants to better understand and support their children's emotions, as well as their own.

**Each SPACE course is 5 sessions long and will cover:**

- Understanding what is meant by a Trauma Informed approach
- Understanding toxic stress and the flight/fight response
- Practical approaches to support children to regulate their emotions
- Healthy coping strategies for dealing with stress
- Managing different emotions
- Understanding behaviour
- Building resilience in ourselves and our children
- Adopting appropriate expectations of children
- Enhancing your ability to provide nurturing care

**MHST has several upcoming 5 session SPACE courses as follows:**

**Every Monday from 12<sup>th</sup> January -9<sup>th</sup> February 2026 - 13:00-14:30**  
**FACE TO FACE at Helston Family Hub, Bulwark Road, Helston, TR13 8JF**

with **ONLINE** programmes on:

**Every Friday from 9<sup>th</sup> January-6<sup>th</sup> February 2026 - 09:30-10:30**

or

**Every Monday from 12<sup>th</sup> January-9<sup>th</sup> February 2026 - 09:30-10:30**

To request a place, complete the online form or scan the QR code provided **BY 19<sup>th</sup> DECEMBER 2025:**  
<https://forms.office.com/e/rrUONGgLMv>



**These courses are for parents/carers of children 5-11 yrs only**

**Spaces are limited (Max 8 per session); if you cannot attend, please notify us ASAP - 01726 873204**

# 10 Top Tips for Parents and Educators

## DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



# COMMUNICATION AT PORTHLEVEN SCHOOL



## BY PHONE

Ring 01326 562249 between 8.15am & 3.30pm to speak to Mrs Blight out side these hours please leave a message.



## BY EMAIL

Email [porthlevensecretary@croftymat.org](mailto:porthlevensecretary@croftymat.org) anytime or your class email. Queries will be responded to between 8.30 and 4pm.



## ARBOR

Photo consent and communication from school will be from Arbor please download the app (pls contact the office for support setting up).

## OUR NEWSLETTER

Up coming dates for your diaries are shared on the newsletter along with some classroom news.

## OUR WEBSITE

Our website contains useful information about our school.