

PORTHLEVEN SCHOOL

Friday 10th October 2025

Thank You for Supporting Hello Yellow!

A huge **thank you** to everyone who wore yellow to school on Friday and donated to **YoungMinds UK**.

The school was filled with sunshine and smiles — it was wonderful to see so many pupils and staff brightening up the day in their yellow outfits, all while supporting such an important cause.

Together, we helped raise awareness for young people's mental health and showed that no one is ever alone.



INSET Day

Monday 3rd November
school closed to children.



DAILY THINGS TO REMEMBER

- ☒ Water Bottle
- ☒ Coat
- ☒ Reading book and diary

PE Days this term

Please note the change to year 4

Reception - Monday

Year 1 - Thursday

Year 2 - Thursday

Year 3 - Monday

Year 4 - Thursday sailing

Year 5 - Friday

Year 6 - Wednesday



RECEPTION



A⁺ RECEPTION NEWS

Over the past two weeks, we've been exploring the concept of capacity – investigating whether objects are heavier or lighter, and comparing amounts of water in different containers. The children have also been learning about repeated patterns, using a variety of loose parts to create their own designs. A lovely way to support this learning at home is by making patterns with fruits, colours, or even through painting – a fun and creative way to help reinforce their understanding.

We also enjoyed a walk around the village, exploring the different places that make Porthleven special. We visited the clocktower and looked back across the harbour, and the children had fun spotting the different shops along the way. This experience helped us when it came to drawing our own maps of the village, using the landmarks we had seen on our walk. In class, we've also been thinking about what makes each of us unique. Now that the children have spent more time together and are getting to know one another well, they've been able to share something special about each classmate – a lovely way to celebrate kindness and individuality.

The Rainbowfish have settled into life at Porthleven School beautifully and are already showing how confidently they follow the Porthleven Way. We're so proud of them!



DOLPHINS



A⁺ DOLPHINS NEWS

It's been a busy and exciting few weeks in the Dolphins classroom as we've explored a wide range of new topics and developed our skills across all areas of learning!

In English, we have produced some amazing narrative writing, using flashbacks to bring our stories to life and hook the reader's imagination. After publishing our first pieces of writing, we used our persuasive skills to complete a lively debate, mostly linked to characters that we have read about. We have now begun working on a report linked to the journey of refugees, showing a deeper understanding of real-world experiences.

In Maths, we've been strengthening our understanding of the four key operations — addition, subtraction, multiplication, and division. We have been applying these skills in a range of problem-solving contexts, building confidence and fluency along the way.

Our Geography lessons have taken us across the Atlantic to North America, where we've learned more about its physical and human features. We have explored its diverse landscapes and discovered some of its most famous landmarks.

In Science, we've been delving into the fascinating world of electricity. Through hands-on investigations, we have explored how circuit design can influence the brightness of a bulb or the volume of a buzzer, helping them to understand how electrical components work together in practical ways.

Our sporting achievements have also been something to celebrate! The class has reached an excellent standard in netball, demonstrating great teamwork, skill, and sportsmanship. Inspired by this success, our Year 6 House Captains and Vice Captains are now taking the lead in organising a KS2 Netball Tournament. They'll be teaching younger pupils the rules of the game before leading their matches — a wonderful example of leadership in action. Finally, in Art and Design, we have been learning how to sketch with perspective and scale in mind. We will be bringing home some of our very large drawings soon!



Porthleven Notices & Reminders

Harvest Celebration

Porthleven School will be celebrating **Harvest** at **St. Bartholomew's Church** on **Thursday 23rd October at 1:30pm**.

The children have been practising their singing with great enthusiasm and are looking forward to performing at the church.

As in previous years, we would like to make food donations to the **Helston Lizard Foodbank**. Donations can be brought into school, and we kindly ask that they are from the items currently requested by the Foodbank:

- Tinned potatoes
- Instant mash
- Tinned meat
- Pasta sauce
- Small jars of coffee
- Custard
- Tinned rice pudding
- Tinned fruit
- Sponge puddings
- Crisps
- Toilet rolls



HARVEST APPEAL

the trussell trust
Stop UK Hunger

**HELP SUPPORT YOUR FOODBANK
WITH FOOD AND FUNDS THIS HARVEST**

DONATE FOOD
Help by donating an item or two from our shopping list to ensure we can provide food to help people in crisis.

DONATE MONEY
Help to cover the costs of storing and distributing food, as well as developing sustainable projects.

**SHOPPING LIST
TOP TEN ITEMS**

Don't forget...
You can help transform more lives with a financial donation too.

foodbank
by trussell trust
thank you!

Any contributions will be greatly appreciated.

Parents and carers are warmly invited to join us for the service, and we hope many of you will be able to attend.

Porthleven Notices & Reminders

500 Words is a story writing competition for children.

This year the two age categories will be 5-7 and 8-11 year-olds. To enter, children need to **write a story that they would love to read** which is **no more than 500 words**.

Children need to be the relevant age for the age category on the closing date **7 November 2025**.

The stories, once written by your child, **must be submitted by an adult using the entry form on the 500 Words website**. To sign up to be able to submit a story please visit the BBC 500 words website. You will also find more information on this years competition



Cross Country Race 2

Race 2 took place at Mullion School on Tuesday, and we have some fantastic results! Every runner's effort contributes to the school's total for the End of Year Shield, so well done to everyone who took part.

We would love to see even more runners joining in for the next race – every point counts, and it's a great way to be part of the team!

Reception Class photo

In next Wednesday's edition of The Packet (15th October), Porthleven School's Reception class will be featured in "First Day at School."

Bags2School Collection

Thank You for Your Donations!

Thank you to everyone who donated to our Bags2School collection! We raised £90, which will go towards our school panto trip in December.



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.

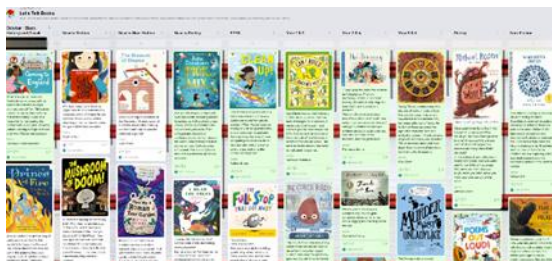


Reading Squad and Librarians

Our Reading Squad and school librarians are really enjoying their new roles in school. They absolutely love reading and are now offering their time to read with anyone who would like to join them during lunchtimes. If you'd like the pleasure of reading with them, they're easy to spot — just look out for their hats!

You'll also find a new Padlet board on all Google Classrooms, where you can vote for newly published books. If a book receives enough votes, it will be purchased for our school library. Books that are already in the library have a green background on the Padlet.

If you'd like to add your own recommendations, just let the librarians know. They're in the library every Tuesday and Thursday lunchtime, between 12:30 and 12:45.



Porthleven Notices & Reminders



Porthleven School
Torleven Road, Porthleven TR13 9BX

Reception Open Day

For parents whose children start school in September 2026
Tuesday 14th October
2:00 - 3:00pm

**A great opportunity to see the setting
and meet the team!**



Call: 01326 562249
Email: porthlevensecretary@croftymat.org

Achievements outside of school

We love hearing about what your children have been up to and any awards they've achieved outside of school!

If you'd like your child to be featured in newsletter, please send a picture and a short write-up by the end of the day on Wednesdays. We'll include it in that week's newsletter.

Important Safety Warning

We have been made aware of the following information regarding a set of children's books. The books involved are the series Spy Dogs/Pups and Spy Cat books written by Andrew Cope. These books contain a link to a website which contains highly pornographic content. The book asks children to explore the website to find more about the characters in the book. It appears the website identified (on the back or inside back page) has now been compromised and takes users to a pornographic website with no age verification. We would advise parents and guardians to check if these are present at home and remove from children access.

PORTHLEVEN HOUSE POINTS

RUNNING TOTALS



WELL DONE TO THIS WEEKS WINNERS – Gibson

ATTENDANCE THIS WEEK

Reception	98.8
Year 1	98.7
Year 2	92.8
Year 3	97.6
Year 4	99.3
Year 5	100
Year 6	95

This weeks winning
class for attendance
is
(Year 5)
Manta Rays

This weeks whole school attendance is 97.4%

Coffee & Support

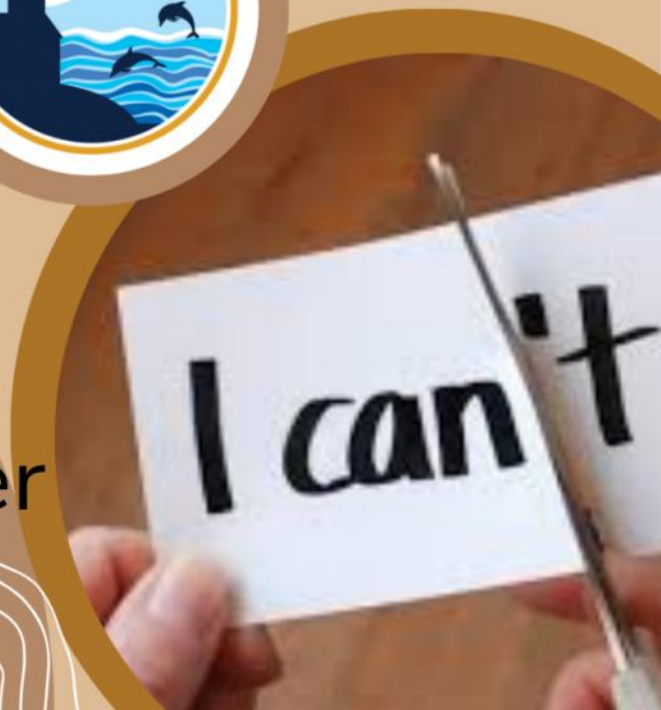
Come along and meet the
team from Cognition and
Learning



Talk with the team and find out
more about barriers to learning
and how to support.

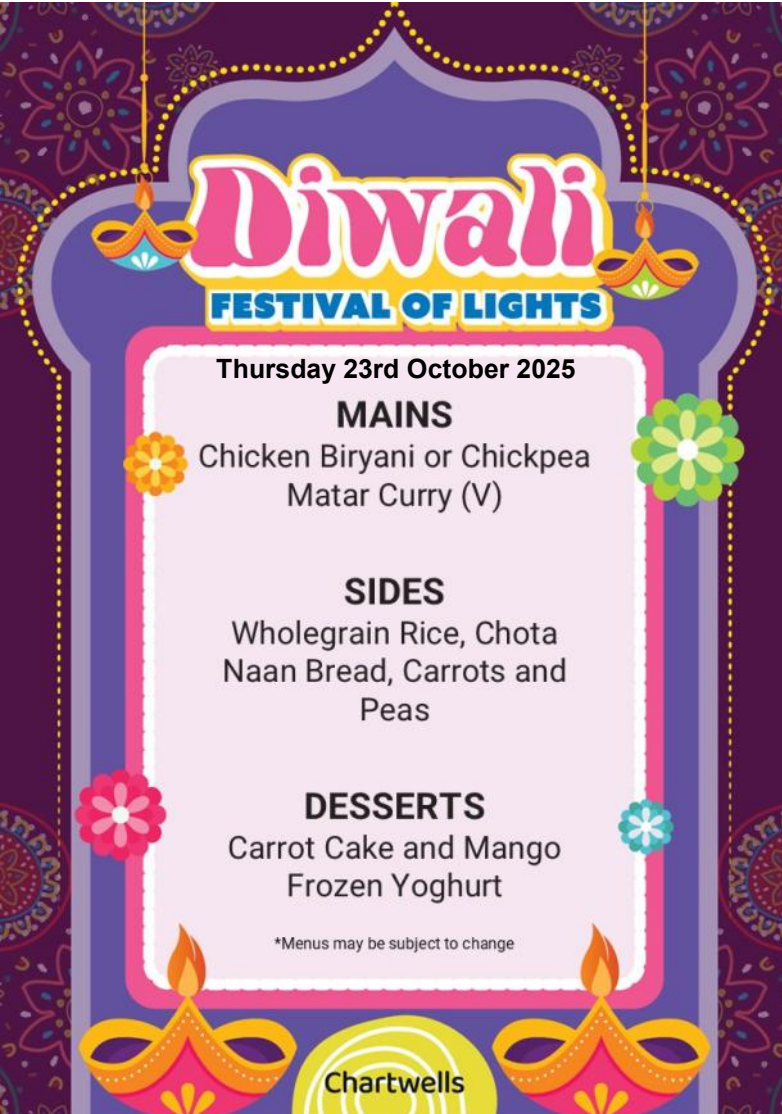


Porthleven School
Monday 13th October
1.45-3pm



Diary Dates

Date	Event
Monday 13th October	Cognition, Learning and coffee 1.45pm—3pm
Tuesday 14th October	Stay and Play - Reception 2026
Thursday 23rd October	Harvest Celebration
Thursday 23rd October	Special Menu see poster
Friday 24th October	Break the Rules day - <ore info to follow
Friday 24th October	School Spooky Disco - See Poster below
27th—31st October	Half term
Monday 3rd November	INSET Day
Wednesday 5th November	Special Bonfire Menu see poster
Thursday 6th November	Roast moved to Thursday due to firework menu
Thursday 6th November	Nasal Flu Immunisation
Friday 12th December	Whole School Panto
Wednesday 17th December	Christmas meal day - create a party hat to wear at lunch
Monday 5th January	INSET Day
Wednesday 4th—6th Feb	Year 5 School Camp
Monday 23rd February	INSET Day
Friday 8th May	INSET Day
Friday 5th June	INSET Day
Wednesday 10th—12th June	Year 4 School Camp
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



Christmas Lunch Order 2025

Please find below this year's Christmas Lunch order details.

We know it seems early, but to help the kitchen place their order for turkey, **all orders must be placed by Thursday 23rd October.**

Please click the link below to place your order.
<https://forms.cloud.microsoft/e/VgavsCxKNM>

On Christmas Lunch day there will only be **two meal options**:

- Traditional Turkey Dinner
- Vegetarian Quorn Option

If your child will be bringing a **home packed lunch**, please also complete the form so we know.

Thank you for your support!





PORTHLEVEN SCHOOL

SPOOKY Disca

EYFS & KS1 5-5.45pm

KS2 6-7 pm

FRIDAY | OCT 24

£2 PER CHILD

free drinks

50p sweet bags available



Nursery & reception
children must be
accompanied by an
adult.



Next Week's Menu

WEEK 2

W/C: 28/04/2025, 19/05/2025, 09/06/2025, 30/06/2025, 21/07/2025, 01/09/2025, 22/09/2025, 13/10/2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Macaroni Cheese 🌱 🍷	BBQ Chicken Pizza Served with Potato Wedges	Roast Gammon Served with Mashed Potato and Gravy	Beef Bolognese Served with Wholewheat Pasta 🍷 🍷	Southern Fried Chicken Served with Chips 🍷
		OR	OR	OR	OR	OR
	OPTION 2	Sweet and Sour Vegetables Served with Wholegrain Rice 🍷 🍷	Meatless Feast Cheesy Pizza Served with Potato Wedges 🌱 🍷	Sweet Potato, Chickpea and Herb Roast Served with Gravy 🌱	Tex Mex Vegetable Fajita Wrap 🌱 🍷 🍷	Veggie Fingers Served with Chips 🌱 🌱 🍷
		OR	OR	OR	OR	OR
	OPTION 3	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱 🍷	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱 🍷	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱 🍷	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱 🍷	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱 🍷

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD

DELI DISHES	OPTION 4	Ham Baguette	Ham Baguette	Cheese Wrap 🌱	Ham Baguette	Ham Wrap
		OR	OR	OR	OR	OR
	OPTION 5	Cheese Wrap 🌱	Tuna and Sweetcorn Wrap	Egg Mayo Baguette 🌱	Cream Cheese and Cucumber Wrap 🌱	Cheese Baguette 🌱

DELI DISHES ARE SERVED WITH MIXED SALAD

DESSERT	Caramel Mousse	Chocolate Brownie 🌱	Flapjack Served with Fruit or Apple Wedges 🌱	Lemon Emerald Cake	Chocolate Ice Cream
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BAKED POTATOES SERVED DAILY

With a choice of toppings 🌱 🍷



AVAILABLE DAILY

Fresh fruit, salad, yoghurt and water

🌱 Vegetarian 🌱 Vegan 🐟 Oily Fish 🍷 Wholegrain 🍷 Fruity! 🍷 Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for

HALLOWEEN FUN AND AGM

SUN
26TH
OCT

AT ST BLAZEY FAMILY HUB

11AM
TO
2PM

Magician, music & crafts

BOOKING IS ESSENTIAL

Christmas PARTY

December 14th | 11am to 2pm

St Erme Community Centre

Enchanting magic show

Hands-on Christmas crafts

Music to get everyone in the spirit

Plus, Santa himself will make
a special appearance bringing
a gift for every child!



SCAN QR CODE FOR FULL DETAILS

For families with children
when a parent/carer has
a terminal illness. FREE

gunnerskids.org

gunners kids

Extra Support this Christmas

We know how tough things can be when a
parent or carer is facing a terminal illness —
especially around the holidays.

That's why we've **extended our Crisis Fund**
to offer **shopping vouchers** for a range of
retailers, helping families with children
prepare for Christmas.

Whether it's gifts, food, or essentials - **don't
go without this year. We're here to help.**



APPLY USING THE QR CODE

#ChristmasSupport #CrisisFund
#FamilySupport #YouAreNotAlone

gunnerskids.org

gunners kids

MONTHLY DROP-INS

Edward Hain Centre, St Ives
Third Tuesday of every month 2pm to 4pm

St Austell Library
Third Friday of every month 10am to 12pm

Launceston Health Hub
Second Wednesday of every month
10am to 12pm

Open to families looking for
support or anyone wishing to find
out more about our services.
For families with children when a
parent/carer has a terminal illness

gunnerskids.org

gunners kids

Activity Day

with Memory Making Workshop
at Wheal Martyn

Sun, 2 November 11am - 3pm

For families with
children when a
parent/carer has
a terminal illness

Come and join us!

Our Activity Day includes access to the
museum and grounds as well as a
Memory Making Workshop, where you
can create a memory book to take home.



gunners kids

gunnerskids.org

10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



#WakeUpWednesday®

The National College®

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 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.

K-POP DEMON HUNTERS

workshop



29th/30th of October
at Porthleven School 9-3pm.

Come along and join in the fun
with dance, drama, singing &
craft.

Ages 5-14 years

£50 for the full 2 days with 1 day
options available

Ages 4-5 years

£25 for 2 Half days with 1 day
options available



For Info or to book a place:

Visit our website infinitydancecornwall.com

Or email infinitydancecornwall@gmail.com

Call Kathryn - 07891675753 or Lucy - 07793764919



Cornwall Partnership
NHS Foundation Trust

**The Mental Health Support Team warmly
invite you to attend...**

Wild Wellbeing

**During October half term we are offering FREE nature based
creative sessions linked to the 5 ways to wellbeing.**

**This is for parents and children aged 5-12 in Cornwall.
Please book EACH child on to a session.**

Morning and afternoon sessions available at:

The Core at St Ives Community

Orchard - Thursday 30 October

Hayle Family Hub - Friday 31 October

We are also offering a Parentwell session at

Penrose Estate - Monday 27 October

Each session will last approx. 2 hours

**To request a place, please complete the online
form or scan the QR code provided:**

<https://forms.office.com/e/vc2Dtk8C5B>



**Follow us on Facebook for updates and
upcoming events:**

Cornwall Mental Health Support Team (MHST)

