

PORTHLEVEN SCHOOL

Friday 21st November 2025

Swimming Gala

This week, a group of children took part in a Swimming Gala against nine other schools in the area. They did an amazing job, achieving a fantastic range of results, including several 2nd, 3rd, and 4th place finishes.

Our Year 3 & 4 team finished 4th overall, while the Year 5 & 6 team placed an impressive 2nd.

When the scores from both groups were combined, the school finished 4th overall.

Well done to all the swimmers for their hard work, determination, and team spirit!



INSET Day

Monday 5th January
school closed to children.



DAILY THINGS TO REMEMBER

- Water Bottle
- Coat
- Reading book and diary

PE Days From November

Please note year 4 change

Reception - Monday

Year 1 - Thursday

Year 2 - Thursday

Year 3 - Wednesday

Year 4 - Thursday

Year 5 - Friday

Year 6 - Friday (swimming)



SEAHORSES



A+ SEAHORSE NEWS

This week in Seahorses, the children have been working incredibly hard.

In **Maths**, we have been exploring *fact families*. The children have enjoyed discovering how numbers can be linked and have shown growing confidence in identifying the relationships between addition and subtraction facts.

In **Writing**, our focus has been on *old and new toys*. The children have been practising writing clear, factual sentences and have produced some wonderful explanations about how toys have changed over time.

Our **Science** lesson was a big hit! We put our problem-solving skills to the test by designing and building waterproof dens for Incy Wincy Spider. The children worked brilliantly as a team and demonstrated a real “can-do” attitude throughout.

We are also very excited for our upcoming **museum trip next Friday**, where we will continue our learning about old toys.

Well done, Seahorses—what a fantastic week of teamwork, curiosity, and determination!



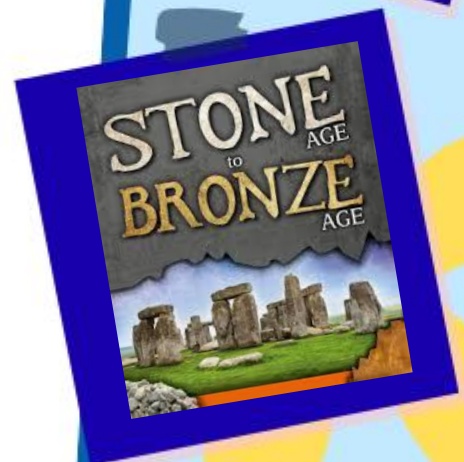
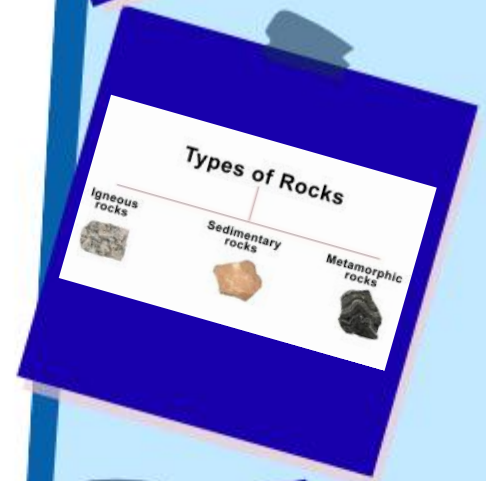
NARWHALS



NARWHAL NEWS

This half-term, Year 3 have enjoyed lots of exciting learning across the curriculum. In English, we have read *James and the Giant Peach* by Roald Dahl as our class reader. We've also used the text to inspire our narrative adventure stories and instructional writing, and the children have produced some truly imaginative and detailed pieces that showcase their creativity. In maths, we have focused on our written methods for column addition and subtraction, and we are delighted with the accuracy and confidence the children have shown in applying these strategies. In science, we have investigated rocks, classifying different rocks and learning about how igneous, sedimentary and metamorphic rocks are formed. The children have demonstrated excellent curiosity and scientific thinking throughout.

Our history topic has explored life from the Stone Age to the Bronze Age, where we have used artefacts to give us clues as to life during that period of time. During our French lessons, we have been learning about classroom vocabulary, numbers and colours. It has been wonderful to see the children's enthusiasm and growing confidence in speaking another language. Overall, we are incredibly proud of the effort, creativity, and resilience the children have shown in their learning this term.



JELLYFISH



JELLYFISH NEWS

In year 2 our history learning has been about the great fire of London and the impact it had on London and fire safety. We know about the great fire of London because of the diary of Samuel Pepys, a Politian who's writing has meant we have lots of detail about this event and we have looked at some extracts from his diary. This learning has also fed into our writing, where we have been learning about recounts and have been writing our own recounts based on the events in the great fire of London.

The children have been working really hard on learning to add and subtract 2-digit numbers and have used resources to help them start to use column addition and subtraction.

In PE, we have been learning to dribble a ball by bouncing it with our hands. We have learned how to pass a ball to others and have started looking at how defenders and attackers play in a game. We are learning the importance of teamwork and how working together can help us to win games.



Porthleven Notices & Reminders

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.



Porthleven Open Evening

Thursday 4th December 5.30pm

**Welcoming applications for Reception Class
2026/2027 starters**

**A great opportunity to see the school
& meet the team!**



Call: 01326 562249

Email: porthlevensecretary@croftymat.org

Crofty Education Trust Appoints New Chief Executive Officer

Cathryn Andrews to succeed Simon Hague as CEO of Crofty Education Trust

Crofty Education Trust is delighted to announce the appointment of Cathryn Andrews as its next Chief Executive Officer. Cathryn will succeed the Trust's founding CEO, Simon Hague, when he steps down at the end of this academic year.

Cathryn brings over 20 years' experience working within Trusts, both in Kent and Cornwall. She has a proven track record of rapid and sustained school improvement; Cathryn led her first school in Kent from an Inadequate judgement to Good within 18 months. She has since held several senior leadership positions including Executive Headship and Trust School Improvement Officer.

More recently, Cathryn has held the role of Director of Development at Crofty leading on the Trust's People Strategy and talent management framework and has completed the Reach Foundation's Leading Trusts programme in 2025. She has also been pivotal in Crofty's celebrated approach to sustainability and the pursuit of net zero.

Simon Hague, CEO of Crofty, stated, 'I have had the privilege of working with Cathryn for over five years and I couldn't be happier knowing that she will be the leader to take Crofty forward. I know she has earned the full confidence and backing of the stakeholders who are just as excited as me to have her as the new CEO. I wish her and Crofty every success, the Trust will be in very safe hands.'

Cathryn Andrews, stated, 'I am excited to start my journey leading Crofty into the next stage of its development, I shall be working alongside Simon closely for the coming year to ensure a streamlined handover is achieved'

Mike Hosking, Chair of Trustees, stated, 'Cathryn is the very embodiment of our Crofty values – learning, positivity, integrity, respect, community - and left us in no doubt that she is the very best person to lead our Trust through its next phase of development and growth. Her vision is evolutionary not revolutionary, focussing on steady and continuous improvement upon the strong foundations that all Crofty Staff have helped to build.'

Crofty is a successful Trust, consisting of 18 schools, approximately 4000 pupils and 550 employees, serving the communities of West Cornwall.



PORTHLEVEN HOUSE POINTS RUNNING TOTALS



WELL DONE TO THIS WEEKS WINNERS – Penrose

ATTENDANCE THIS WEEK

Reception	94.1
Year 1	99.1
Year 2	98.3
Year 3	99.2
Year 4	99.3
Year 5	96.3
Year 6	93.6

This weeks winning
class for attendance
is
(Year 4)
Swordfish

This weeks whole school attendance is 97.24%

Diary Dates

Date	Event
Thursday 27th November	Year 5 Trip
Friday 28th November	Year 1 Trip
Tuesday 9th December - 2pm	Reception, year 1 & Year 2 Christmas Play - More info on tickets to follow
Wednesday 10th December - 2pm	
Wednesday 10th December - 5pm	
Friday 12th December	Whole School Panto
Wednesday 17th December	Christmas meal day - create a party hat to wear at lunch
Friday 19th December	Rock concert—invite only
Friday 19th December	Christmas Fair 2 –4pm
Monday 5th January	INSET Day
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	OPTION 1 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
	OPTION 2 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
	OPTION 3 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	OPTION 4 Cheese and Tomato Wrap	Tuna Wrap	Ham Wrap	Cheese and Tomato Wrap	Ham Wrap
	OPTION 5 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	OPTION 1 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
	OPTION 2 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
	OPTION 3 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	OPTION 4 Cheese and Tomato Wrap	Tuna Wrap	Ham Wrap	Cheese and Tomato Wrap	Ham Wrap
	OPTION 5 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	OPTION 1 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
	OPTION 2 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
	OPTION 3 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	OPTION 4 Cheese and Tomato Wrap	Tuna Wrap	Ham Wrap	Cheese and Tomato Wrap	Ham Wrap
	OPTION 5 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.

PORTHLEVEN SCHOOL



CHRISTMAS



FAIR 2025



FOOD★GAME★GIFT

Dec 19
2-4PM

JOIN US FOR SOME FESTIVE FUN AND
FUNDRAISING! ALL FUNDS RAISED SUPPORT
OUR SCHOOL COMMUNITY ❤️

School aged vaccinations

Did you know children will be offered these routine vaccinations at school?

- ✓ **FLU** - Reception - Year 11
- ✓ **MMR** - Catch-up
- ✓ **HPV** - Year 8 - Year 11
- ✓ **Meningitis ACWY** - Year 9 - Year 11
- ✓ **Diphtheria, Tetanus, Polio (DTP)** - Year 9 - Year 11



FLU



MMR



HPV



**MENINGITIS
ACWY**



**DIPHTHERIA
TETANUS
POLIO (DTP)**

Did you miss us?

We also have community clinics across Cornwall for:

- ✓ Home educated children
- ✓ Anxious children
- ✓ Children who missed the session at school

Call us on

01872 221105

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.



2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: Involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-53204805>
<https://sproutsocial.com/insights/social-media-usage-trends/>

NOS
National Online Safety®
#WakeUpWednesday

Want to play drums?



Learn your favourite songs!

**SCAN ME TO
SIGN UP!**



Fun lessons from beginner to pro!

Lessons available now!

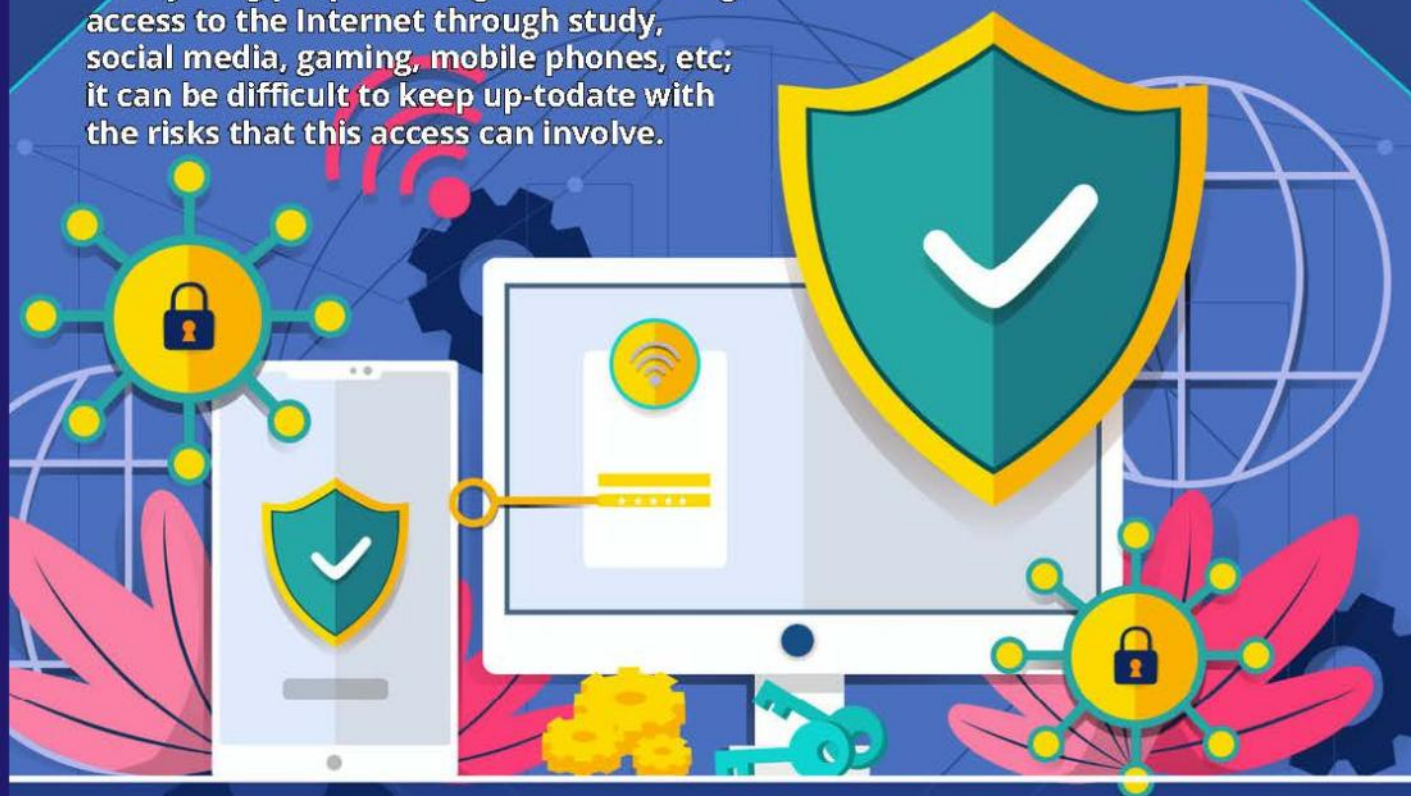
More information visit: www.cmst.co.uk/music-lessons

Parents Information Evening - Internet Safety

TUESDAY 25 NOVEMBER

Keeping young people safe online is one of the biggest challenges facing parents, carers and professionals.

With young people having ever-increasing access to the Internet through study, social media, gaming, mobile phones, etc; it can be difficult to keep up-to-date with the risks that this access can involve.



- 6.00pm Upon arrival, you will be greeted at North Site Reception
- 6.10pm Tea and Coffee in the C01 Computing Suite
- 6.20pm - 7.00pm Presentation in C01 Computing Suite followed by Q&A session

At this information evening, I will outline some of the most common risks to young people online as well as the opportunities these tools can offer in terms of supporting them in being safe.

- Areas for discussion include:
- Consequences of not being safe while online
- How to be safe while on the internet
- Social Media Dangers
- How to Report Online Bullying
- Introduction to Apps and Tools used by students (iPads)
- Parental Safety Tools E.g. Google Family Link and Apple Parental Controls

If you would like to attend, please complete this short Microsoft Form

<https://forms.office.com/e/GgRgFUg8sr>

This will allow us to cater accordingly, letting us know the intended number in your party. If you have any questions about this event, please do not hesitate to contact the 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.