

PORTHLEVEN SCHOOL

Friday 26th September 2025

With Deep Sadness

We are deeply saddened to share the news that Andy, our much-loved Piano and Drum teacher at Porthleven School, has sadly passed away.

Andy had been part of our school for over 20 years and was a truly valued member of our School community. His dedication, kindness, and passion for music inspired countless pupils over the years.

He will be greatly missed and our thoughts and love are with his family at this very sad time.



On **Thursday 10th October**, pupils all around the UK — including at our school — will be wearing **something yellow** to show their support for mental health awareness. This cheerful splash of colour is part of a nationwide campaign to remind us that it's always okay to talk about our feelings.

#HelloYellow

10 October

Wear yellow to show young people they're not alone with their mental health

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



SEAHORSES



A⁺ SEAHORSES NEWS

This week the children have been busy writing labels and captions about the seasons. They have been working hard to remember capital letters, full stops, and finger spaces. Working in pairs, they thought of words to describe the seasons and impressed us with their fantastic "can do" attitude, using their Fred Fingers to help with spelling. In maths, the children have been ordering and sorting objects and numbers, comparing which groups have fewer and greater amounts. During our maths mastery sessions, they have been confidently using rekenreks to practise addition facts.

As geographers, we continued our learning about maps by looking closely at a map of Porthleven. The children enjoyed discussing and labelling both human and physical features, showing great curiosity and observation skills.

It has been another super week, with the children working brilliantly as a team to collect stars in the jar. They are showing the Porthleven Way by being responsible, determined, and demonstrating a positive "can do" attitude towards their learning.



SWORDFISH



A⁺ SWORDFISH NEWS

Swordfish Class have had the privilege of being the first class to attend sailing lessons over at Trevassack Lake this year. What a treat, too! So far, the children have been sailing actual mini sailboats as well as kayaking in pairs. The teachers here at the lake are a great bunch of skilled sailors and outdoor skillspeople – they have been teaching us about the terminology real sailors use on boats, the actual vocabulary to describe parts of the boats, as well as strategies for steering and controlling our speed. The weather was a bit gusty during week one - but was beautiful sunshine on week 2. The children have been working in different pairs and teams, learning so much, and having a lot of fun!



Porthleven Notices & Reminders

Second-Hand Uniform & Lost Property

On Monday and Tuesday, before and after school (weather dependent), we will have second-hand uniform and old lost property available for parents to take.

If you have any items that are too small for your child and would like to donate them, please place them on the table on Monday morning.

School Photos

All photo slips have now gone home the initial order window for free school delivery closes on **Sunday 28th September 2025** - this is also when the discount 10% off voucher expires so don't forget to get your orders in.

Any queries or missing order forms please email photos@hatchboxphoto.co.uk or use the contact form via the Hatchbox website.

Cross Country Race 2 - Tuesday 7th October

The next cross-country race is on Tuesday, 7th October.

Please make sure to sign up using the link below:

<https://forms.cloud.microsoft/e/mSFZsj8MEs>

Bags2School Collection

Don't forget! Our next **Bags2School collection** is coming up. This is a great chance to have a clear-out at home while helping raise funds for our school.

Please bring in any unwanted in a black or clear bag:



- Adults' and children's clothing
 - Shoes (tied in pairs)
 - Hats, belts, handbags
- Soft toys, bedding, curtains, towels



Drop off and Collection Date: Thursday 9th October 2025, 9am.

The more we collect, the more funds we raise – thank you for your support.

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 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

Christmas Cards and Gifts

Hopefully, your child's artwork has made it home by now! You can use it to order a wonderful range of Christmas cards and gifts this year.

New for this year – **playing cards** featuring your child's artwork on the back!

Every card or gift ordered helps raise valuable funds for the school.

Please make sure all artwork is returned to school **by Monday 29th September** so it can be sent to the printers.

WE ARE TAKING PART IN THE CAULIFLOWER CARDS 2025

CHRISTMAS PROJECT

RAISING MONEY FOR OUR SCHOOL!

Wrapping Paper

Custom Card Greetings

NEW FOR 2025

Playing Cards

Cards

Mugs

Gift Labels

Special Sound books

Different card games to choose from!

Your artwork on the back of every card

PORTHLEVEN HOUSE POINTS

RUNNING TOTALS



WELL DONE TO THIS WEEKS WINNERS – GIBSON

ATTENDANCE THIS WEEK

Reception	98.8
Year 1	96.5
Year 2	90.4
Year 3	97.6
Year 4	98.7
Year 5	97.9
Year 6	92.1

This weeks winning
class for attendance
is
(Reception)
Rainbowfish

This weeks whole school attendance is 95.91%

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.

Diary Dates

Date	Event
Thursday 10th October	Wear something Yellow for mental health day
27th—31st October	Half term
Monday 3rd November	INSET Day
Thursday 6th November	Nasal Flu Immunisation
Friday 12th December	Whole School Panto
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



UK Health
Security
Agency

NHS

Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

Next Week's Menu

WEEK 3

W/C: 05/05/2025, 16/06/2025, 07/07/2025, 08/09/2025, 29/09/2025, 20/10/2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza Served with Garlic and Herb Bread 🌱	Sausage Hot Dog Served with Potato Wedges	Roast Chicken Served with Roast Potatoes and Gravy	Oat Crusted Chicken Served with Wholegrain Rice 🌱	Battered Pollock Served with Chips 🍷
	OPTION 2	Veggie Supreme Pizza Served with Garlic and Herb Bread 🌱	Veggie Sausage Hot Dog Served with Potato Wedges 🌱 🍷	Roast Quorn Served with Roast Potatoes and Gravy 🌱	Meatless Shepherd's Pie Served with Gravy 🌱 🍷	Quorn Dippers Served with Chips 🌱 🍷
	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 Wrap	Ham Baguette	Cheese Wrap 🌱	Ham Baguette	Ham Wrap
	OPTION 5	Cheese Baguette 🌱	Tuna and Sweetcorn Wrap	Egg Mayo Baguette 🌱	Cream Cheese and Cucumber Wrap 🌱	Cheese Baguette 🌱
DELI DISHES ARE SERVED WITH MIXED SALAD						
DESSERT		Flapjack 🌱 🍷	Chocolate Brownie 🌱	Lemon Cookie Served with Fruit 🌱	Crunchy Chocolate Mousse	Cornflake Tart
 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

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 enthralls 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://prout.co.uk/insights/social-media-algorithms/>

NOS National Online Safety®

#WakeUpWednesday



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)

