



# PORTHLEVEN SCHOOL

End of Spring 1 2026

## **DAILY THINGS TO REMEMBER**

- Water Bottle
- Coat
- Reading book and diary

As we come to the end of another busy half term, we would like to say a huge thank you for your continued support. The children have worked incredibly hard and we are so proud of their efforts.

We hope you all enjoy a happy, restful half term break with plenty of time to relax and make special memories together.

We look forward to welcoming everyone back to school on **Tuesday 23rd February.**

Have a wonderful break from all of us at Porthleven School

### **PE Days From January**

Please note year 3 change

Reception - Monday

Year 1 - Thursday

Year 2 - Thursday

**Year 3 - Friday (Swimming)**

Year 4 - Wednesday

Year 5 - Friday

Year 6 - Friday

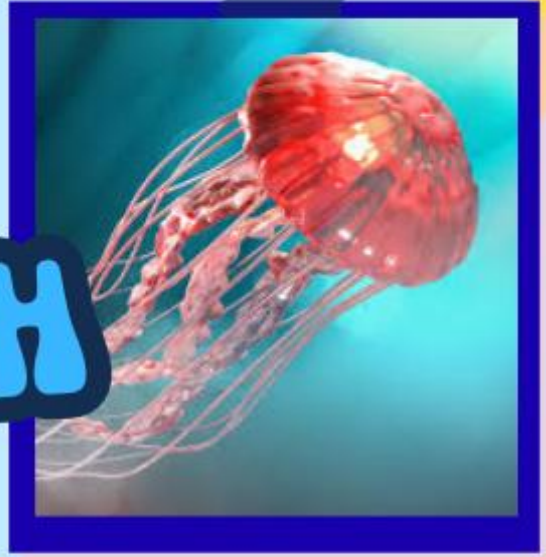


### **INSET Day**

Monday 23rd February  
school closed to children.



# JELLYFISH



## A+ JELLYFISH NEWS

Jellyfish have had a brilliant half term packed with exciting learning across all subjects!

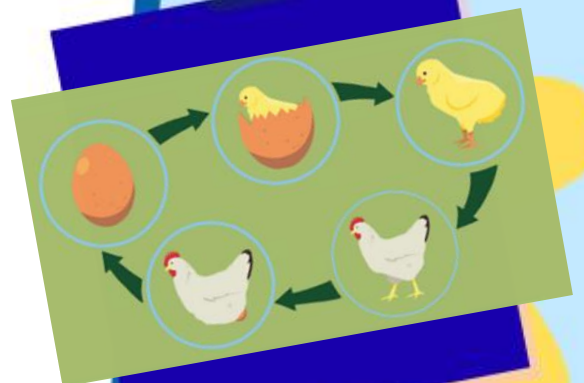
In literacy, we've been diving into the traditional tale Little Red Riding Hood. The children have enjoyed retelling the story and are now writing their own recounts in the first person—imagining what it's like to be Little Red herself!

In maths, we've been exploring multiplication and division. The children have worked hard on their 2, 5 and 10 times tables, using arrays, number lines and practical resources to build confidence and fluency.

Our geography focus has been the weather and how it affects our lives. A real highlight was discussing Storm Goretti—Jellyfish loved sharing their experiences and thinking about how extreme weather can change our routines.

In science, we've been learning about animals including humans. We've investigated what they eat, how they survive, and how their offspring grow and change. The children have enjoyed sorting animals, comparing diets and talking about life cycles.

Well done Jellyfish for a fantastic half term of learning and teamwork!



# SWORDFISH



## A<sup>+</sup> SWORDFISH NEWS

This week in Swordfish Class we finished our paintings of still-life. We used items from around the classroom, school or our bags and positioned them so that they were meaningful and had some shadowing. This was in the manner of the still life artists such as Cezanne, who framed and blocked items within a painting to either tell a story or make deliberate shapes. The children began by drawing line-art in pencil, then after they were happy with the composition they used watercolours to paint their colours. Some of the children used realistic colours and shadows and some chose abstract colours instead. They would use the opposite colour you might expect or a series of rainbow colours.

The children's art was on display on Friday 13<sup>th</sup> for adults to come in and have a look at. We hope you were able to come and see their beautiful compositions in person!



# Porthleven Notices & Reminders

## Cross Country race 4

Race 4 will be at Helston school South Site on Tuesday 24th February. This race is for the Peninsula Qualifier on Tuesday 3rd March. The race will start at the usual time of 4pm and is for KS2 only.

[Cross country Race 4 - 2025 -2026 – Fill in form](#)

## Bags2School Collection

Our next Bags2School collection will take place on Thursday, 26th February.

The weather is looking dry, so please drop off your bags by the school gates before 9am on the day.

If you need extra bags, we have a few spares available in the school office.

Donations can be brought in any colour bin bag — just no carrier bags, please.

Thank you for your support!



## Menu Change – Thursday 26th February

On Thursday 26th February, we will be serving a special menu to celebrate Lunar New Year.

Please ensure you log on to ParentPay and book a meal for this day.

If you have already ordered a meal for Thursday, please note that due to this menu change all meals have been cleared, and you will need to place your order again.

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 HOUSE POINTS RUNNING TOTALS



WELL DONE TO THIS WEEKS WINNERS – Cookworthy

## ATTENDANCE THIS WEEK

Reception	90.3
Year 1	93.6
Year 2	94.1
Year 3	95.9
Year 4	96
Year 5	97.6
Year 6	97.8

This weeks winning class for attendance is  
(Year 6)  
Dolphins

This weeks whole school attendance is 96.47%

**Rising  
STARS**

SUPPORTED BY THE  
**MINACK  
THEATRE**

Disney  
**MOANA**  
**JR.**

MUSIC AND LYRICS BY  
LIN-MANUEL  
MIRANDA,  
OPETAIA FOA'I &  
MARK MANCINA

20 - 21 February 2026  
St John's Hall, Penzance  
3.30pm and 7pm

Booking essential

01736 810181

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

MOANA JR IS PRESENTED THROUGH SPECIAL ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL (MTI)

ALL AUTHORIZED PERFORMANCE MATERIALS ARE ALSO SUPPLIED BY MTI

[WWW.MTISHOWS.COM](http://WWW.MTISHOWS.COM)



# Pop up Food Hub

See our Facebook Page

## Helston

**Pre-Order Only – payment on the day**

**Last order 4 days prior to event**

**To guarantee your bundle please contact**

**Debbie on 07880 835 331**

**For £30, which helps to keep the charity running, you will receive a trolley load containing:**

- Tea or coffee
- Pasta or rice
- A selection of tins and cereal
- Bag/box of Crisps
- A box of pasties or pies
- A bag of frozen items
- A bag of fresh fruit/veg
- A bag of household toiletries
- Bread/rolls/cakes
- Pet Food
- Other extra items as available



All welcome. No referral needed  
We look forward to seeing you there

**Remember to bring a trolley or plenty of strong bags**

**Saturday 21st February 10:00 – 11:00**

**Please use the link to book or scan the QR code**

**<https://forms.office.com/e/MgmBfCGVaw>**

Devon & Cornwall Food Action  
PRE-ORDER Form



# BODMIN JAIL HALF TERM

STEP INTO OUR DOORS THIS HALF TERM TO EXPERIENCE  
OUR NEW EXHIBITIONS, TOURS AND EXPERIENCES.

February Half Term 16th - 22nd

## FAMILY FUN AT BODMIN JAIL

### WHATS ON THIS HALF TERM

#### LOVE OF THE UNLOVED

Meet snakes, spiders, snails & more with Zoolab (Mon, Tue, Thu, Fri, 1-4pm; talks at 1:30, 2:30, 3:30). Included in Self guided tickets from 12:30pm.

#### FAMILY ACTIVITY TRAIL

Kids solve clues and puzzles through the jail to win a prize.

#### BROKEN HEARTS GUIDED TOUR

Discover real historic crimes of passion.

#### THE STORY OF CHARLOTTE DYMOND

Explore the controversial story of Charlotte Dymond and Matthew Weeks — guilty or not?

All this and so much more!

Dont miss out, book your tickets today:

**BODMINJAIL.ORG**



# Diary Dates

Date	Event
Monday 16th—Friday 20th Feb	Half Term
Monday 23rd February	INSET Day
Tuesday 24th February	Race 4 Cross Country KS2
Thursday 26th February	Menu Change Lunar lunch
Tuesday 3rd March	Year 2 Trip
Tuesday 3rd March	Peninsula Finals Cross Country—Invite only
Thursday 5th March	World Book Day
Tuesday 10th March	Year 5 Careers event
Friday 20th March	Reception Trip
Thursday 2nd April	Last day of term
Monday 27th April	Year 1 Parents Meeting For Phonics Screening
Tuesday 28th April	Cross country race 5—All year groups—Mullion
Friday 8th May	INSET Day
Tuesday 12th May	Cross Country race 6—All Years—Helston South
Tuesday 2nd June	Year 4 trip
Friday 5th June	INSET Day
Tuesday 9th June	Cross Country Fun Run—All year Groups—Mullion
Wednesday 10th—12th June	Year 4 School Camp
Wednesday 24th June	Class Photos
Thursday 25th—26th June	Year 3 School Camp
Monday 29th June	Year 1 trip
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	
<b>HOT DISHES</b>	<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						
<b>DELI DISHES</b>	<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						
<b>DESSERT</b>	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	
<b>HOT DISHES</b>	<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						
<b>DELI DISHES</b>	<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						
<b>DESSERT</b>	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  
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### 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	
<b>HOT DISHES</b>	<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						
<b>DELI DISHES</b>	<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						
<b>DESSERT</b>	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  
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# 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 entrals 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-62028805>  
<https://sproutsocial.com/insights/social-media-usage-trends/>

**NOS**  
National Online Safety®  
#WakeUpWednesday

# 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.