



PORTHLEVEN SCHOOL

Friday 30 January 2026

Autism Café

On Tuesday 10th February, Porthleven School will be hosting an **Autism Café** from **9:00–10:00am**.

Come along and join **Rebecca Thomas** for a relaxed and welcoming space to chat, connect, and enjoy a cuppa. Everyone is very welcome — you do **not** need to have a diagnosis or be on the assessment pathway to attend. Just drop in and say hello!

We look forward to seeing you there.

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 - Friday



INSET Day

Monday 23rd February
school closed to children.



RAINBOWFISH



RAINBOWFISH NEWS

This half term, we have been learning about "Everyday Superheroes" and the people in our community who help us. We have had some very exciting experiences linked to this theme.

We were lucky to have a visit from the police, enjoyed a fantastic trip to the fire station, and we are still hoping to visit the lifeboat station on the Lizard after half term. The children absolutely loved visiting the fire station, where they were able to sit in the fire engine and try out the hoses. We looked at the specialist equipment firefighters use to cut cars if someone becomes trapped in an accident, and the children even had a go at squirting water with the hoses, just like real firefighters.

When the police came to visit, the children enjoyed trying on parts of the police uniform and having their fingerprints taken. They have also enjoyed learning about doctors and dentists, discussing how they help to keep us healthy.

In maths, we have moved on to learning about mass and capacity, using vocabulary such as heavier, lighter, empty, full, nearly full and nearly empty. The children particularly enjoyed using the weighing scales and making them balance by comparing the mass of objects with a number of cubes.

The children have also loved painting this half term and have explored a variety of techniques, including finger painting, using brushes, painting with straws and string, and creating their own natural paintbrushes during Welly Wednesday, where they even made mud paint. This week, the children have been learning about the artwork of Jackson Pollock and have enjoyed experimenting with painting in his style. We will continue this next week with a large-scale painting activity.

We will also be holding a family session on Friday 6th February at 2:00pm, where you are invited to come in and see the children's artwork and what they get up to during busy learning time. Please let Mrs Penrose know if you are able to attend.



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](#)

St. Piran's Day Lunch

On St. Piran's Day, Thursday 5th March, the kitchen will be serving pasties.

These must be pre-ordered by **Friday 6th February** using the form below, as they cannot be ordered via ParentPay.

This is for all children across the school including EYFS and KS1.

Payment for pasty lunches for children in KS2 will be added after their lunch.

[Pasty St.Pirans Day order form – Fill in form](#)

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
Year 1	99.1
Year 2	96.4
Year 3	96.4
Year 4	100
Year 5	97.8
Year 6	90.3

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

This weeks whole school attendance is 95.97%



Porthleven Parent Information Evening

Tuesday 10th February 5.30pm

How to help your child be school ready for September 2026

Is your child starting school in September?

If you would like advice on how to support them at home, please join us at Porthleven School to meet Mrs Penrose, who will be sharing some useful tips.



Call: 01326 562249

Email: porthlevensecretary@croftymat.org

AUTISM CAFE

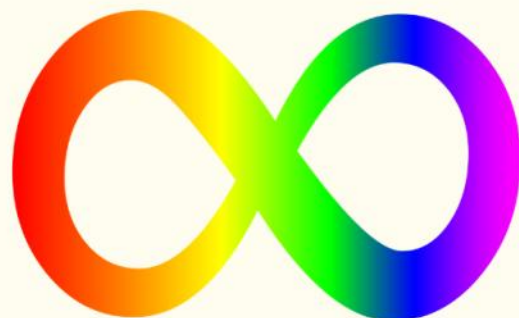
TUESDAY 10TH FEB 2026

9-10AM AT PORTHLEVEN SCHOOL



*Everyone is welcome
children dont need to
be diagnosed or on the
pathway to discuss their
child*

*Speak with
Rebecca Thomas
From the Autism
Team*



Diary Dates

Date	Event
Wednesday 4th—6th Feb	Year 5 School Camp
Tuesday 10th February	Autism café 9-10am
Monday 23rd February	INSET Day
Tuesday 24th February	Race 4 Cross Country KS2
Tuesday 3rd March	Year 2 Trip
Tuesday 3rd March	Peninsula Finals Cross Country—Invite only
Thursday 5th March	World Book Day
Friday 20th March	Reception Trip
Thursday 2nd April	Last day of term
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 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! NutriMaid'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! NutriMaid'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! NutriMaid's Choice
Our menus are subject to change. Please be assured that all nutritional 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 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 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.