



PORTHLEVEN SCHOOL

Friday 6th Feb 2026

Children's Mental Health Week – 'This Is My Place'

Next week is Children's Mental Health Week, and the 2026 theme is 'This Is My Place'. The focus of the week is on helping children and young people feel a sense of belonging, and on supporting the systems around them so they know they are valued, included and safe.

At Porthleven School, we will be marking the week with a range of activities and a whole-school assembly, exploring what belonging looks like through the Porthleven Way. Children will reflect on how they belong in their class, their friendships, and our wider school community, and how we can all help one another feel that *this is our place* and that we all belong.

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.



SEAHORSES



A+ SEAHORSE NEWS

This week, the children have enjoyed listening to the story *Come to England* by Floella Benjamin. We have compared England and Trinidad, tasted mangoes, listened to music, and discussed the differences between the two countries.

In maths, we are focusing on addition to 20 using Numicon and number lines. As artists, we are learning about Clarice Cliff and exploring colours and shapes inspired by her work. The children also loved making rockets by following instructions during their ICT lessons.

The children have continued to impress me with their independence and positive can-do attitude. On Thursday, the Stars table talked about their favourite books during our *Let's Talk Books* session. Next week, it will be the Ice Creams' turn to share their favourite book.



NARWHALS



A+ NARWHAL NEWS

It's been great to see Year 3 getting involved and having a go with all their topics this term with such enthusiasm.

In French, they've been learning the words for different body parts and how to describe eye and hair colour, and they've had fun practising the days of the week using online games.

In RE, the class have been learning about the Muslim faith. They've explored what a mosque looks like, why prayer is important, and how Muslims take care of the Quran.

In ICT, the children have been sending emails (attachments included!) and talking about how to stay kind and safe online, including what cyberbullying means.

Our Geography lessons have been all about the big question: *Why are jungles so wet and deserts so dry?* The children have been learning about different biomes, how some can be split into groups like tropical or temperate forests, and they've compared deserts and rainforests.

This links nicely to our English topic of explanation texts on how animals adapt to their environments — something the class are already curious about with their fantastic research and have also been reading about in our class novel this half term 'The Last Bear.'

In Science, we have been learning about our skeletons. We decided to test the question 'Does having a longer femur mean you can jump further'. We measured our femurs, made predictions and then came up with how to investigate and make it a fair test. We all jumped and recorded how far we could go. We found that their wasn't a clear link as some of our classmates with short femurs could jump pretty far!



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

Thank you to everyone that has ordered their child's pasty lunch for St.Piran's Day. The order form is now closed. If you have not ordered a pasty lunch please ensure your child has a packed lunch.



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!



BAG 2 SCHOOL

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	92.4
Year 1	95.7
Year 2	92.4
Year 3	94.8
Year 4	97.3
Year 5	99.3
Year 6	94.5

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

This weeks whole school attendance is 96.5%



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

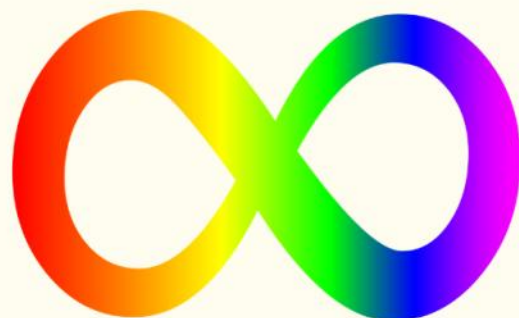
TUESDAY 10TH FEB 2026

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
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 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	



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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
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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-62026815>
<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.