



PORTHLEVEN SCHOOL

Friday 6th March 2026

World Book Day Book in a Jar

Thank you to everyone who made a **Book in a Jar**. We had so many fantastic entries for the competition that we have decided to award a prize in every class.

Unfortunately, the book prizes have not arrived yet, so we will have to leave you all in suspense over the weekend. The winners will be announced next week when the prizes arrive.

Well done to everyone who took part!

DAILY THINGS TO REMEMBER

- Water Bottle
- Coat
- Reading book and diary

PE Days From January

Please note year 3 change

Reception - Monday

Year 1 - Thursday

Year 2 - Thursday

Year 3 - Friday (Swimming)

Year 4 - Friday

Year 5 - Friday

Year 6 - Friday



INSET Day

Friday 8th May

School closed to children.



RAINBOWFISH



A+ RAINBOWFISH NEWS

What a great start to the term we have had. The children have loved getting stuck into our topic "Cornwall, My Home" this half term. We have been looking at maps and finding Cornwall on the map, learning about some Cornish traditions and celebrating St Piran's Day.

The children enjoyed our trip to the beach to make sand pictures for our Porthleven Way bears in the sand. We discovered it wasn't the best sand for building sandcastles with! They were also brilliant when we walked into the village for the raising of the St Piran's Day flag. They remembered the poem we had been practising this week.

In maths, the children have been exploring 9 and 10 through counting and building these numbers in different ways. They have been noticing the staircase pattern where the numbers get bigger by one more or smaller by one fewer. They have also been looking at ways numbers can be made, such as 9 being made from 5 and 4, or 10 being made from 5 and 5.

Next week we are looking forward to making some pasties on Wednesday and learning some Cornish songs throughout the week. We have also started exploring the work of the Cornish artist John Dyer, so keep an eye out for any of his work while you are out and about in local galleries and other places as he is very popular.

It is also Science Week next week, with a focus on being curious. I'm sure the Rainbowfish will show what super, curious learners they are throughout the week while learning about conservation and how we can help our local area.



DOLPHINS



A⁺ DOLPHINS NEWS

In Science, we have begun exploring the digestive system and the important role it plays in keeping our bodies healthy. The children have been learning about the journey food takes through the body and how different organs work together to break down food and absorb nutrients. Alongside this, we have discussed ways we can look after our bodies, including the importance of a balanced diet, drinking plenty of water, exercising regularly, and maintaining good overall health.

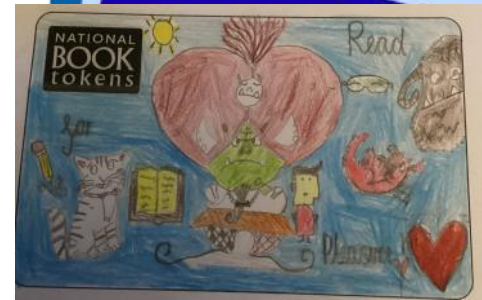
Our History learning has focused on the Islamic civilisation and the importance placed on knowledge and discovery during this time. The children have discovered how scholars contributed to advancements in science, medicine, mathematics, and engineering. We discussed how these achievements helped influence many of the ideas and technologies we still benefit from today.

We have also enjoyed celebrating World Book Day. The children took part in a webinar quiz and had lots of fun dressing up as their favourite book characters. We also took part in a World Book Day competition, where pupils can design next year's book token – we look forward to seeing how well they do!

In PE, the class has been developing their gymnastics skills. They have been practising different balances, jumps and sequences while focusing on control, coordination and safe movement.

In DT, the children have started designing their own playgrounds. They have been thinking carefully about different features and structures that could be included. Later in the project, they will begin creating their designs using woodworking tools, learning important skills in measuring, joining, and constructing safely.

A reminder to all children, parents and carers, there is now the opportunity for the children to attend clubs on Monday, Tuesday and/or Wednesday, should they want to recap on any learning that will support them in their preparations for SATs



Porthleven Notices & Reminders

Coose Trannack Cross Country - Saturday 21st March 2026

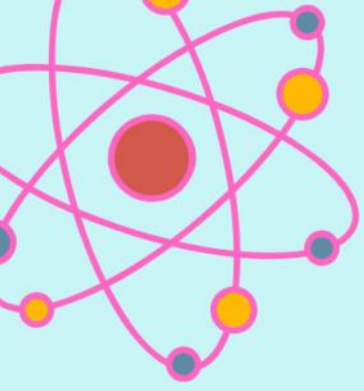
This year, Porthleven School will not be entering a school team in the Coose Trannack Cross Country event. However, children are very welcome to take part as individual entrants. Families can register directly with the event organisers (entry fee £4 per child). Please see the event information for full details, including race times and distances.

Book in a Jar



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 School

Science

Fair



**Friday 13th February
for KS2**

Create, write or
draw something to
show off your science
knowledge!



Science Fair for Science Week!

Next week is national science week and this year's theme is 'Curiosity: what's your question?'

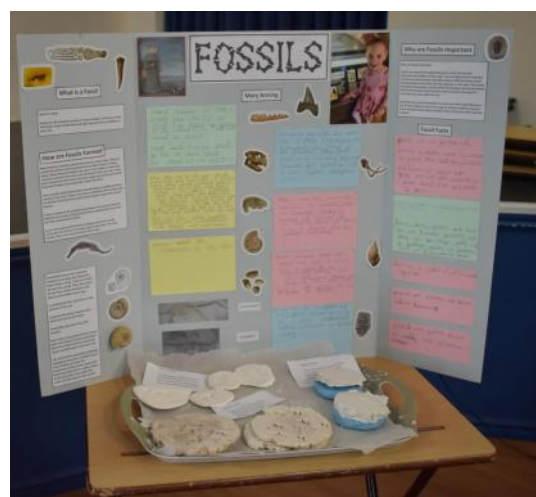
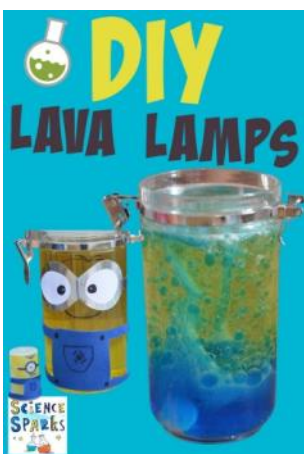
to celebrate curiosity both in and out of school we are holding Science Fair competition on Friday 13th March for KS2.

If they would like to enter, pupils can bring into class on the morning of the Friday 13th February a science experiment, demonstration, model or a poster that celebrates a scientific concept. It could be something you make like a homemade lava lamp, models, demonstration, drawings or a fact poster all about an area of science. Anything that gives your child a chance to get curious and show off their science knowledge. We will then give them a chance to show off their projects to other pupils.

Prizes will be awarded for the most creative and curious projects in each year group.

Interested? To get you started...

Science Sparks (<https://www.science-sparks.com/>) is great science website filled with lots of great ideas for practical activities you could use to get you started. It doesn't have to be linked to their science learning in school – let your curiosity go wild!



BACK TO (the old) SCHOOL DISCO

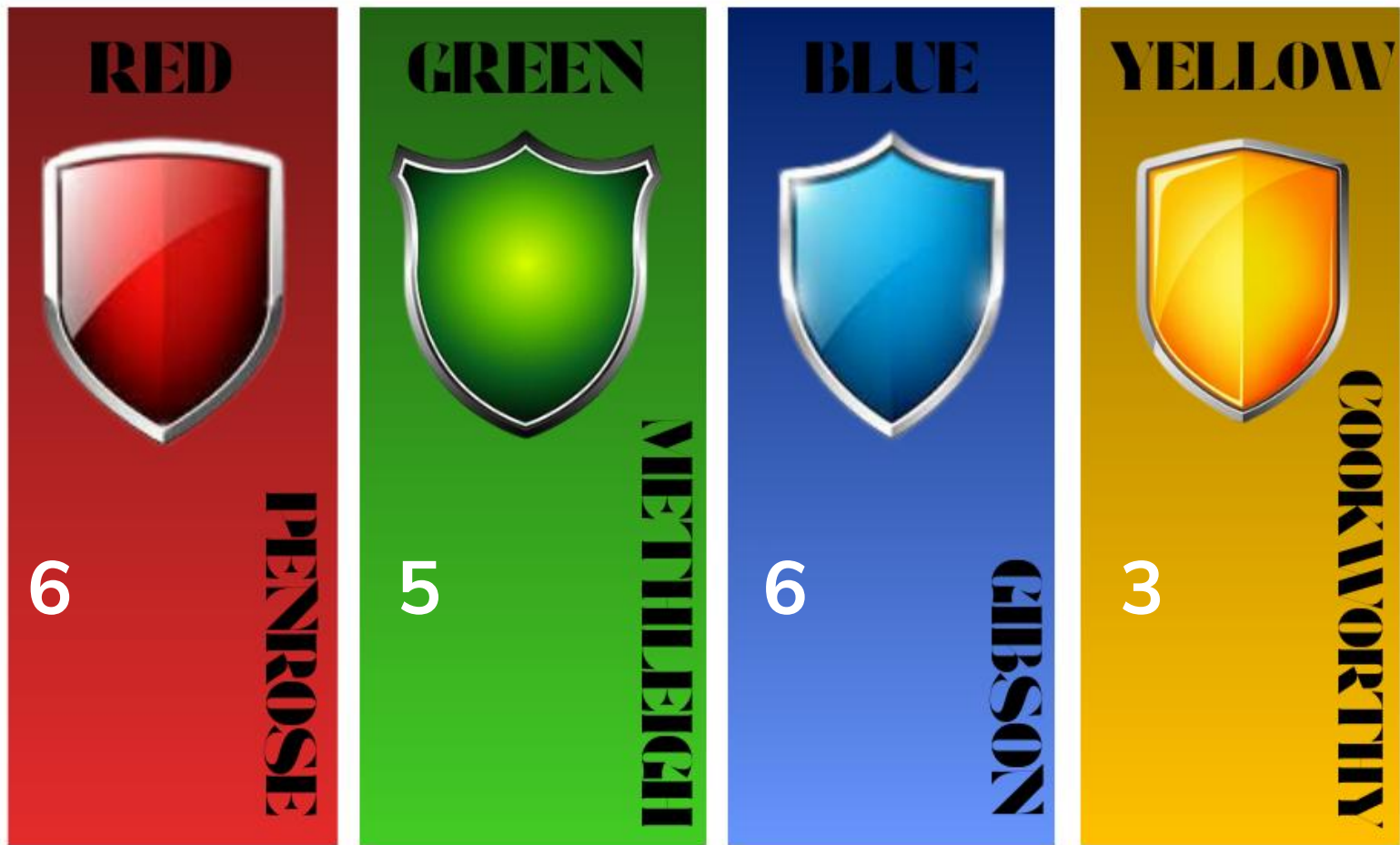


8pm-11pm Friday 13th March
Porthleven Public Hall



OVER 18s Only - Cash/Card Bar
Fancy Dress is encouraged
Tickets £10 from Bolla & Ship Inn
Raising funds for the Moors Park Play Area

PORTHLEVEN HOUSE POINTS RUNNING TOTALS



WELL DONE TO THIS WEEKS WINNERS – Methleigh

ATTENDANCE THIS WEEK

Reception	98.2
Year 1	93
Year 2	91.2
Year 3	100
Year 4	97.3
Year 5	97
Year 6	95.5

This weeks winning class for attendance is
(Year 3)
Narwhals

This weeks whole school attendance is 96.02%

THE PARENTING EXPEDITION

NAVIGATING LIFE'S JOURNEY
AS A SEND PARENT CARER

www.kynde.co.uk



A UNIQUE JOURNEY

Parenting a child with SEND comes with its challenges and rewards. It can sometimes feel overwhelming or isolating, but you don't have to navigate it alone.

THE PARENTING EXPEDITION

The Parenting Expedition is a supportive programme created by parents with lived experience. It offers a space to reflect, connect, and develop practical strategies alongside others who understand.

THE PROGRAMME:

Small group setting to encourage meaningful discussion and support. Venue: Porthleven

Tues 5th May : 12:00 - 14:45 Tues 2nd June: 12:00 - 14:45
Tues 12th May: 12:00 - 14:45 Tues 9th June: 12:00 - 14:45
Tues 19th May : 12:00 - 14:45 Tues 16th June: 12:00 - 14:45

Self Discovery

Explore your own strengths and needs to create a supportive environment where your child can thrive.

Practical Strategies

Learn approaches to managing daily challenges and strengthening your connection with your child.

Emotional Support

Build confidence and resilience within a like-minded community.

*"This has been a very **enjoyable, enlightening and heart-warming** experience. I have learned a lot about myself, gained skills to help my daughter and made connections with lovely people. I have been made to **feel accepted** and welcome.*

*"I really enjoyed the course. I feel I met lovely people that I **really connected** with and learnt a lot in a **supportive space.**"*

*"Both Sharon & Helen created a **unique experience.** It really made me feel much **more positive** about my really challenging home life."*

*"The course far **exceeded** any expectation or pre-conceived idea. An **incredibly empowering** course held among a really **empathetic and encouraging group.** It was so good to realise I no longer need to feel or be isolated."*

FIND OUT MORE

If you are interested in joining or finding out more, please contact:

Helen Girvan

helen@kynde.co.uk

Sharon Wilson

sharon@kynde.co.uk

THE PARENTING EXPEDITION

NAVIGATING LIFE'S JOURNEY AS A SEND PARENT CARER

www.kynde.co.uk



THE PROGRAMME:

Sessions are designed to meet the individual needs of parents in the group. They follow the framework below:

- Session 1:** Discovering the map
- Session 2:** Leading the expedition
- Session 3:** Packing your backpack
- Session 4:** Challenging Terrain
- Session 5:** The new route
- Session 6:** Returning home

HOW PARENTS HAVE REPORTED CHANGE IN THEIR PARENTING OUTLOOK:

Theme	Before	After
Emotional State	Overwhelmed, anxious, stressed	Empowered, hopeful, positive
Sense of Support	Unsupported, isolated	Connected, supported, empathetic
Confidence	Worn down, unsure, exhausted	Equipped, strong, powerful
Outlook	Uncertain, concerned	Informed, optimistic, brighter

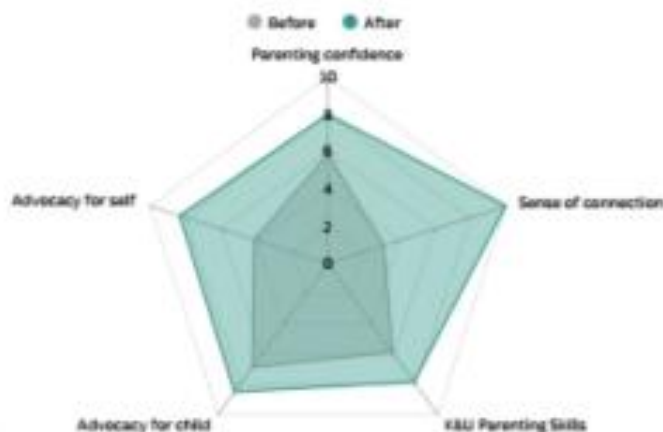
COSTS:

Thanks to a generous National Lottery Grant, there is no cost to attend the programme (which includes 15-hours of workshop time, refreshments and course materials). We open up an opportunity for parent-carers to 'pay it forward' by donating to our Crowdfunder:

[The Parenting Expedition Crowdfunder](#)



PROGRAMME IMPACT



*"This programme **exceeded** my expectations; I now have strength in my own convictions as a parent, compassion for others on the same journey, **understanding** of the young people we are trying to guide in this world, and confirmation or validation of how important it is to **look after myself better** - it begins with us!!"*

FIND OUT MORE

To find out more and reserve your space please contact Helen or Sharon:

Helen Girvan
Sharon Wilson

helen@kynde.co.uk
sharon@kynde.co.uk

MHST Wild Wellbeing

MHST, in collaboration with Natural England, Cornwall Wildlife Trust and National Trust, would like you to join us on a FREE Wild Wellbeing session in Cornwall.

This is for parents and children aged 5-12 in Cornwall to help understand and support emotional and mental wellbeing.
Please book EACH child on to a session

Each session will last approx. 2 hours

Locations and dates:

07 April - Golitha Falls

07 April - The Gardeners House, Penzance

14 & 15 April - Penrose Estate

16 April - St Ives Community Orchard

More sites and dates may be added so keep checking!

All sessions will begin at 10am. Please wear weather appropriate clothing!



To request a place, complete the online form
<https://forms.office.com/e/CdbKBnMH0q>



Scan to sign up

Please be aware that spaces are limited and assigned on a first-come, first-served basis. If you cannot attend after being allocated a place, inform us so we can give your spot to someone else.

Follow us on Facebook for updates and upcoming events:
[Cornwall Mental Health Support Team \(MHST\)](#)

Diary Dates

Date	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	
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 notified 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 notified 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 notified medical diets and allergy requirements will be safely catered for.

The 2026 Helston Community
College Production of

Annie jr.



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Matinee 18th March 2.15pm

18, 19 and 20th of March
performances at 7pm
in South Site Hall.

BOOK TICKETS ONLINE



TICKETS ALSO AVAILABLE AT THE DOOR

Book by Thomas Meehan
Music by Charles Strouse

Lyrics by Martin Charnin

Presented on Broadway by Mike Nichols

Originally Produced by
Irwin Meyer
Stephen R. Friedman
Lewis Allen

Alvin Nederlander Associates Inc.
The John F. Kennedy Center for the Performing Arts
Icarus Productions

Based on "Little Orphan Annie" By Permission of The Tribune Media Services, Inc. This amateur production is presented by arrangement with Music Theatre International All authorised performance materials are also supplied by MTI www.mtishows.co.uk



MUSIC THEATRE
INTERNATIONAL

12 – 14 Mortimer Street, London, W1T 3JJ, United Kingdom
+44 (0)20 7580 2827 | www.mtishows.co.uk

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National 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.