

PORTHLEVEN SCHOOL

Friday 8th May 2026

Wild Tribe

Adventure has officially begun at school with the exciting launch of Wild Tribe this week, starting with our amazing Year 5 pupils! Throughout the summer term, every class will spend a special day in our outdoor learning area, taking part in hands-on activities designed to build confidence, creativity and teamwork in the great outdoors.

From learning how to build and safely manage campfires, to whittling wood, creating natural crafts and even outdoor cooking, pupils will have the chance to explore new skills, challenge themselves and connect with nature in a fun and memorable way.

We can't wait to see every year group enjoying their Wild Tribe experience over the coming weeks!

Wild Tribe Dates

- Year 2 – 21st May
- Year 1 – 4th June
- Year 6 – 18th June
- Year 4 – 25th June
- Year 3 – 2nd July

Get ready for plenty of outdoor adventure!

DAILY THINGS TO REMEMBER

- Water Bottle
- Coat
- Reading book and diary

PE Days From April

Reception - Monday

Year 1 - Thursday

Year 2 - Thursday

Year 3 - Wednesday

Year 4 - Friday

Year 5 - Friday

Year 6 - Friday



INSET Day

Friday 8th May
School closed.



RAINBOWFISH



RAINBOWFISH NEWS

This half term, our topic has been *Under the Sea*. The children have been learning about a variety of sea creatures, the habitats they live in, and the different parts of the ocean they call home, such as the ocean floor, open ocean, and shoreline. Before the end of term, we are hoping to visit Porthleven Beach to explore the fascinating sea life found in the local rock pools.

The children have also enjoyed creating jellyfish sculptures using papier-mâché this week. Last week, they explored the work of Barbara Hepworth and were excited to discover that many of her sculptures can be seen at Tate St Ives. Inspired by her work, the children created their own shell sculptures using salt dough.

In Maths, we have been practising counting beyond 10 through fun and active games such as *What's the Time, Mr Wolf?* and seeing how many jumps we can do in 30 seconds. The children are developing a strong understanding of teen numbers and are beginning to recognise that they are made up of one ten and a number of ones. For example, 18 is made of one ten and eight ones.

We are also looking forward to reading *The Snail and the Whale* and using it as inspiration to create our own stories. The children have wonderful imaginations and are becoming increasingly confident storytellers.



SWORDFISH



A+ SWORDFISH NEWS

This term in Swordfish Class we have been reading Peter Brown's novel 'the Wild Robot.' The book features an intelligent robot who shipwrecks on an isolated island, only to find she fits in better than she expected. Roz the robot adopts a child, a little gosling called Brightbill, and the story unfolds from there. The children are really enjoying the pace and humour of the story, as well as the wide cast of characters (all of whom have different accents, of course!) and how Peter Brown deals maturely with darker themes. It's a story about kindness, forgiveness and freedom as well as shining a light on environmental issues that affect the world today.

Peter Brown, the author, is also the book illustrator, using a 2D cut-up style that could be emulated at home. Layering 2D images over large single-colour backgrounds, Brown's art really adds to the novel's strengths. He has also done a picture book version of the Wild Robot, all in colour, that tells the story more visually and simply. (That was released this year, I believe!) For anyone interested in following the books further, Peter has released two sequels so far with more to follow: The Wild Robot Escapes and The Wild Robot Protects.

Finally you will find a film version too, from a few years ago, and is well worth a watch if you are looking for a family film. It's quite different to the book, but trades on lots of the same themes. The characterisations and plot are like an 'alternative' version of the story.



Porthleven Notices & Reminders

Running Club

Mrs Trounson's running club will be at lunch time on a Thursday each week. Children are welcome to wear their PE kit to school to take part each week.

Bags2School

We have a date for your diary for the next Bags2School collection, this will be on **Monday 15th June**.



They take quality items for RE-USE:

Men's, ladies' & children's clothing, paired shoes, handbags, belts & accessories.

Please see the full list here - <https://bag2school.com/what-we-collect>

The school will get 30 pence per kilo.

Donations of Old Uniform

We are currently looking for donations of school uniform to use as spare clothing for our Reception class. We are also in need of spare pants and socks.

If your child has borrowed any spare pants, socks, or uniform from school, please ensure these items are washed and returned as soon as possible.

Thank you for your continued support.

Porthleven Notices & Reminders

Cross Country Race 6

Race 6 cross country is at Helston School South site and is open to Reception/ KS1 and KS2 on Tuesday 12th May, the first race will start at 4pm.

Please complete the form below to let us know if you are going.

[Cross country Race 6 - 2025 -2026 – Fill in form](#)

Warm Weather

With the warm weather, please ensure your child has sun cream applied before school each morning. A named bottle of sun cream can also be given to the class teacher so it can be reapplied at lunchtime if needed.

Please also ensure your child brings a water bottle to school each day

Parking Reminder – Keeping Our Children Safe

We kindly ask all parents and carers to avoid parking on the yellow lines or zig-zag markings outside the school. These restrictions are in place to ensure clear visibility and safe crossing for our children at the start and end of the school day.

Parking in these areas can put pupils at risk by blocking sightlines and creating unsafe conditions near the entrance. We appreciate your cooperation in helping us keep everyone safe.



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.



OUR
SPORT'S
DAYS ARE

KS1 & EYFS THURS 11TH JUNE

KS2 FRI 12TH JUNE

REMEMBER YOUR

HAT

PE KIT

WATER BOTTLE



PORTHLEVEN HOUSE POINTS RUNNING TOTALS



WELL DONE TO THIS WEEKS WINNERS – Gibson

ATTENDANCE THIS WEEK

Reception	89.4
Year 1	98.3
Year 2	96
Year 3	100
Year 4	98.9
Year 5	95.6
Year 6	100

This weeks winning class for attendance is
is
(Year 3 & 4)
Narwhals & Dolphins

This weeks whole school attendance is 97.4%

Diary Dates

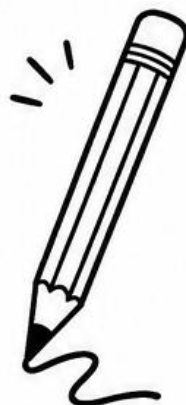
Date	Event
Tuesday 12th May	Cross Country race 6—All Years—Helston South
Tuesday 2nd June	Year 4 trip
Friday 5th June	INSET Day
Tuesday 9th June	Cross Country Fun Run - All year Groups - Mullion
Thursday 11th June	KS1 & EYFS Sports Day AM
Friday 12th June	KS2 Sports day all day
Monday 15th June	Bags2School Collection
Wednesday 17th - 19th June	Year 4 School Camp
Wednesday 24th June	Class Photos
Thursday 25th - 26th June	Year 3 School Camp
Monday 29th June	Year 1 trip
Tuesday 30th June	KS2 Sports Day reserve day
Friday 3rd July	KS1 & EYFS Reserve Sports day
Monday 13th – 17th July	Year 6 School Camp
Wednesday 22nd July	Last day of Term
Thursday 23rd July	INSET Day



DESIGN OUR PASTY BOX COMPETITION

We're excited to invite children across Cornwall to take part in our "Design Our Pasty Box" Competition!

We are asking children in the schools we work with to help design our brand-new Pasty Box packaging for next year. The winning design will be shared with families across Cornwall and could be seen by hundreds of people throughout the year.



GET CREATIVE
AND HELP DESIGN
OUR NEW
PASTY BOX!

WHAT SHOULD CHILDREN DO?

Create an imaginative design for a Pasty Box! They might include:



PASTIES



VEGETABLES



CORNWALL
THEMES



FAVOURITE
MEALS

Children can draw their design on paper.

HOW TO ENTER

Please take a photo of your child's design and send it to us via social media @ThePastyBox on Facebook or email it to adam@thepastybox.com

PLEASE INCLUDE:

- Child's name
- School
- Just an image of the picture, no people in it please

PRIZE



The winner will receive 10 pasties from Ann's Pasties, which can be collected from any of their locations or delivered frozen to your home.



DEADLINE



WEDNESDAY
3RD JUNE 2026



WE CAN'T WAIT TO SEE ALL THE FANTASTIC CREATIVITY FROM YOUR CHILDREN - THANK YOU FOR YOUR SUPPORT!

Best wishes, *Adam, Ferg & Lewis*
CO-DIRECTORS, THE PASTY BOX



THE
WRITERS'
BLOCK

Trevow
Helston

STORY LAB

23 - 30 MAY | HELSTON

For Children & Young People

The Story Lab

Sat 23 & Sun 24 May | Trevow Chapel

Free

Become a Story Inventor! Encounter colourful characters, enchanting worlds and costumes galore and have fun creating your very own characters and stories at The Writers' Block pop-up.

Bobo's Giant Seedling Trail

Sat 23 May | Helston Town Centre

Free

A free family trail is the perfect excuse to explore Helston's shops and streets with your family before heading to Coronation Park to collect your prize!

What[are your]3words – Zine Making Workshop With Karen Howse

Fri 29 May | The Basement, Helston

Free | 10+

Have fun cutting and sticking, typing on an old-fashioned typewriter, using letter stamps, and exploring drawing and collage to make your own one-page zine.

Curious Objects, Curious Stories

Wed 27 May | Museum of Cornish Life

£5 | 5+

A relaxed, family-friendly creative writing & craft workshop inspired by fascinating objects from the collections at the Museum of Cornish Life with Olivia Lowry

Little Story Seekers

Wed 27 May | Helston Library

Free | 0-5

Little Story Seekers is a story, song, movement and craft session for very young children and their grown-ups, created by The Writers' Block.

Manga Workshop With Keith Sparrow

Thu 28 May | The Basement, Helston

Free | 10+

Join manga artist and writer Keith Sparrow for a fun and creative manga drawing workshop for those aged 10+. Young artists will learn how to design their own exciting manga characters with step-by-step guidance, using pencil and colour.

Story Quest Day

Sat 30 May | Coronation Park

Free - no booking required.

Solve the riddles to find hidden objects, create pocket stories, invent your own wild and wacky character and be entertained by the fabulous Story Republic!



TO BOOK:
WWW.TREVOWHELSTON.CO.UK



Get ready for an action packed day



Multi Sport Activity Camp



Exciting Activities for Age 6-12 years

0830 to 1730 daily

Tuesday 26nd to Friday 29th May

£36 per child

Activities :

- Bubble football
- Outdoor games
- Archery
- Swimming
- Street surfing



May Half Term



0830 to 1730



Truro School



More Information : www.sirbendinsliesportscentre.com



LITTLE SEEDS MUSIC PRESENTS:

CINDERELLA Icecream SELLER

A DELICIOUS NEW
MUSICAL FOR FAMILIES
AND ICE CREAM LOVERS



BOOK NOW

13:00, Saturday 30 May

Tickets: £10 (including an ice cream or sorbet)

Suitable for ages 5+

falmouth.ac.uk/arts-centre

The AMATA Arts Centre, Penryn Campus

FALMOUTH
UNIVERSITY

 **AMATA**



MHST

NHS
Cornwall Partnership
NHS Foundation Trust

RESILIENCE

Bounce Back, Stay Strong!

- ✓ *Overcome Challenges*
- ✓ *Adapt & Grow*
- ✓ *Keep Moving Forward*

**Tuesday 12 May 2026
10.30am or 12pm**

To request a place, fill out the online form or scan the QR code: To request a place, fill out the online form or scan the QR code:

<https://forms.office.com/e/sQk8MJDOmJ>





MHST Managing Worries

TIPS AND SUPPORT WITH MANAGING YOUR CHILD'S WORRIES



Take Deep Breaths



Write it Down



Talk to Someone



Do Something You Enjoy

To request a place, fill out the online form or scan the QR code: To request a place, fill out the online form or scan the QR code:
<https://forms.office.com/e/SiqzWJJAdP>

Tuesday 12
May 2026
9.30am or
1.30pm



NHS
Cornwall Partnership
NHS Foundation Trust

MHST SLEEP

Rest, Recharge, Reset!



Get Plenty of rest



Feel better & think clearly



Boost your health

Monday 11 May 2026
9.30am or 1.30pm

To request a place, fill out the online form or scan the QR code: To request a place, fill out the online form or scan the QR code:

<https://forms.office.com/e/M3QjqQqgLT>



CORNWALL

allstarz

**MUSICAL
IN A WEEK**

2026

Disney's
**BEAUTY
AND THE
BEAST**

© Disney



Monday 27th to Friday 31st July

**Ages 9 to 18 years
9am to 5pm each day**

Performances: Friday 31st July @ 4pm & 6:30pm

To book, contact tolley.angell@yahoo.co.uk

CORNWALL



Disney
Aladdin © Disney



Monday 27th to Friday 31st July

**Ages 5 to 8 years
9am to 1:30pm each day**

Performance: Friday 31st July @ 1:30pm

To book, contact tolley.angell@yahoo.co.uk

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.

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.



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.