



PORTHLEVEN NEWS

Friday 24th April 2025

Welcome Back!

We hope you had a restful and enjoyable Easter break.

Over the holidays, our school hall was fitted with a brand new floor, which has made a fantastic difference for indoor PE lessons and other activities.

This half term is already shaping up to be a busy and exciting one! We're looking forward to the whole school heading to the Porthleven Food Festival, Year 6 SATs, Museum trips, Sailing and of course, Break the Rules Day.



Club Letters

Club letters have now been sent home, and clubs will begin next week.

Please make sure all completed forms are returned to school by Monday to secure your child's place.

INSET DAY

Thursday 8th May



PE Days

YR Rainbowfish - Monday
Y1 Seahorses - Tuesday
Y2 Jellyfish - Thursday
Y3 Narwhals - Monday
Y4 Swordfish - Wednesday
Y5 Manta rays - Thursday
Y6 Dolphins - Friday





Classroom News



Year 1

In Literacy, we've begun reading the inspiring story *Look Up!* The children are thoroughly enjoying the book and are captivated by its vibrant characters and exciting storyline. This has been a great opportunity for them to explore the use of **conjunctions**, **verbs**, and **adjectives** to enhance their storytelling skills. Next week they will; be writing their own version of the story.

In Maths, we've been busy counting in twos, fives, and tens. The children have enjoyed hands-on activities such as drawing around each other's hands and using Numicon to count all the way to 50 — fantastic work with both number recognition and counting strategies!

As young Geographers, we've been learning about our planet, including the **seven continents** and the **oceans of the world**. A highlight of the week was definitely singing along to the continents and oceans song — it's been stuck in our heads ever since!

PE sessions have also got off to a great start. We've been focusing on **racket and ball skills**, and I've been very impressed with the children's growing control and coordination. Their enthusiasm and teamwork have really stood out. Well done Seahorses.



Year 5

I hope you all had a great Easter break! As we dive into the final term of the year, we have some exciting topics ahead during the next 5 weeks. Here's a look at what Year 5 will be learning this half term:

Geography – Earthquakes

This half term, our Geography topic focuses on Earthquakes. We've already started exploring the locations of major earthquakes and the tectonic plates beneath the Earth's surface. Over the coming weeks, we will investigate how earthquakes are formed and explore their impact on people and the environment around the world.

Science – Animals (Including Humans)

Our Science topic focuses on Animals, including humans. We began by exploring gestation periods across different species, and we'll continue learning about the stages of human life, including puberty, emotional changes, and mental health.

Art – Photographic Techniques

Next week in Art, we'll explore the world of photography as an art form. Pupils will compare and discuss the work of influential photographers, learning how artists use light, angle, and editing to create powerful images. Then, we'll become photographers ourselves—creating and editing our own photographic artwork using digital techniques.





Attendance

Class	Attendance this week
Rainbowfish — YR	98.1
Seahorses — Y1	91
Jellyfish — Y2	92.9
Narwhals — Y3	99.1
Swordfish — Y4	98.1
Manta Rays — Y5	92.9
Dolphins — Y6	95.8
WHOLE SCHOOL	95.62

Well done to the
**Jellyfish &
Swordfish
Class**
for the best
attendance this
week!

Team Points

Running totals

Penrose: 2

Gibson: 4

Methleigh: 3

Cookworthy: 1

Our winners this week are the

Gibson Team!

Well done!



News

Cross Country Race 5 Date Change

Race 5 date has changed and will now be on Tuesday 6th May due to parking limitations this race will still be at Helston School North site at 4pm. Please click the link below to let us know you are going. This race is for all year groups.

<https://forms.office.com/e/c2G3AskH1W>

Cookworthy Non-Uniform Day – Friday 9th May

Congratulations to Cookworthy House for winning the most House Points last half term! As a reward, Cookworthy students can enjoy a non-uniform day on Friday 9th May. Well done

Porthleven Food Festival Parade & Competition

We're excited to once again kick off the Porthleven Food Festival with our traditional parade! On Friday, each class will parade through the village, over the bridge, and into the main tent by 10:00am.

In the main tent, every class will perform a rap, followed by a special cooking demonstration by Chef Jude. He'll also be selecting his favourite dish from the children's recipe entries — and will cook the winning meal live on stage!

If your child would like to enter their favourite dish, please ensure the completed entry form is returned to school by **Monday 28th April**.

Break the Rules Day – Friday 16th May

On Friday 16th May, we'll be holding a Break the Rules Day.

Each rule broken will cost 50p, and all proceeds will go towards supporting school activities. More information on the rules you can break will be shared soon — stay tuned!

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.



Diary Dates

Date	Event
Friday 25th April	Year 1 Phonics Screening Check Parent Meeting - 2.40pm
Tuesday 6th May	Cross Country race 5 - Helston North Site
Thursday 8th May	INSET DAY
Friday 9th May	Yellow team non-uniform day
Monday 12-Thursday 15th May	SATS
Friday 16th May	Break the Rules Day
Monday 26th - 30th May	Half Term
2nd - 4th June	Year 4 Residential
Friday 6th June	INSET DAY
9th - 11th June	Year 5 Residential
Thursday 12th June	KS1 & EYFS Sports Day AM
Friday 13th June	KS2 Sports Day all day
18th - 20th June	Year 3 Residential
Tuesday 1st July	Year 6 Transition to Helston School
Wednesday 2nd July	Year 6 Transition to Helston School
Monday 7th July	INSET DAY
14th July - 18th July	Year 6 Residential
Wednesday 23rd July	Last day of School

Next Week's Menu

WEEK 2						
W/C: 28/04/2025, 19/05/2025, 09/06/2025, 30/06/2025, 21/07/2025, 01/09/2025, 22/09/2025, 13/10/2025						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Macaroni Cheese V 🍷	BBQ Chicken Pizza Served with Potato Wedges	Roast Gammon Served with Mashed Potato and Gravy	Beef Bolognese Served with Wholewheat Pasta 🍷 🍷	Southern Fried Chicken Served with Chips 🍷
	OPTION 2	Sweet and Sour Vegetables Served with Wholegrain Rice 🍷 🍷	Meatless Feast Cheesy Pizza Served with Potato Wedges V 🍷	Sweet Potato, Chickpea and Herb Roast Served with Gravy V 🍷	Tex Mex Vegetable Fajita Wrap V 🍷 🍷	Veggie Fingers Served with Chips V V 🍷
	OPTION 3	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta V 🍷	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta V 🍷	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta V 🍷	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta V 🍷	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta V 🍷
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD						
DELI DISHES	OPTION 4	Ham Baguette	Ham Baguette	Cheese Wrap V	Ham Baguette	Ham Wrap
	OPTION 5	Cheese Wrap V	Tuna and Sweetcorn Wrap	Egg Mayo Baguette V	Cream Cheese and Cucumber Wrap V	Cheese Baguette V
DELI DISHES ARE SERVED WITH MIXED SALAD						
DESSERT	Caramel Mousse	Chocolate Brownie V	Flapjack Served with Fruit or Apple Wedges V	Lemon Emerald Cake	Chocolate Ice Cream	
BAKED POTATOES SERVED DAILY With a choice of toppings V 🐟			AVAILABLE DAILY Fresh fruit, salad, yoghurt and water			
V Vegetarian V🍷 Vegan 🐟 Oily Fish 🌾 Wholegrain 🍏 Fruity! 🍷 Nutritionist's Choice						
Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for						

CAST

SATURDAY ART CLUB AT CAST



Our popular Saturday art club for young people is open to new members.

Age 11-16? Join us on Saturdays at CAST to work with artists, explore your creativity, learn new skills, and develop creative projects!

All sessions are free with materials provided and you don't need any previous experience to take part.

Our Saturday Art Club enjoys a variety of workshops and projects including printmaking, textiles, stone carving, darkroom photography, ceramics, sculpture, zine-making, badge-making, painting, drawing and more! Join us to make art, experiment with materials and relax in a welcoming studio space supported by professional artists <https://castcornwall.art/learning/programme/saturday-club/>

We have 2 Saturday Art Club groups. The morning group meets from 10.30-13.00 and the afternoon group from 14.00-16.30. Summer term sessions will take place on the following dates and then resume in the autumn term.

3rd, 10th and 17th May

7th, 14th and 21st June

HOW TO TAKE PART

We recommend registering as soon as possible to avoid disappointment.

To take part, or to find out more please contact Kate@castcornwall.art.

ABOUT CAST

CAST is a visual arts organisation, based in Helston, Cornwall. Our programme includes exhibitions of artist's film, talks, screening events and workshops. We provide learning programmes for schools and creative activities for children, families, and young people. CAST is also home to artists' studios, an open-access ceramics studio and a Café. For more information, please see our website: <https://castcornwall.art/>

SPORTS DAYS 2025



EYFS/KS1

Thursday 12th June 10-12pm

(reserve date: Thursday 26th June)

KS2

Friday 13th June 10am-3pm

(reserve date: Wednesday 25th June)

More details to follow soon!

What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

WHAT ARE THE RISKS?

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sextortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS ONLINE NOW

Advice for Parents & Educators

TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

ENCOURAGE REAL-WORLD CONNECTIONS

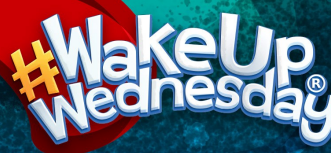
Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



The National College