



# PORTHLEVEN NEWS

Friday 9th May 2025

## Year 6 SATs Reminder

A reminder that Year 6 SATs will begin the week starting Monday 12th May. To help our pupils start the day right, Chartwells will be offering a selection of breakfast items in the school hall each morning before school (at no cost to the children/parents)

We encourage all children to attend so they're well-fuelled and ready to do their best on their SATs.



## Volunteer Day – Sunday 11th May

We are inviting volunteers into school to help clear the sensory garden at 10:30 AM. Our aim is to make the garden more child-friendly, and any help is greatly appreciated.

Please use the side path past the nursery to access the garden.

Thank you for your support!

## **Important Reminder for Years 3, 4 & 5**

Letters have gone home this week—please ensure all forms are completed and returned as soon as possible. Payments should also be made in full or nearly complete. Thank you for your cooperation!

## PE Days

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





# Attendance

| Class            | Attendance this week |
|------------------|----------------------|
| Rainbowfish — YR | 96.2                 |
| Seahorses — Y1   | 94                   |
| Jellyfish — Y2   | 98.6                 |
| Narwhals — Y3    | 98.6                 |
| Swordfish — Y4   | 98.7                 |
| Manta Rays — Y5  | 91.4                 |
| Dolphins — Y6    | 94.4                 |
| WHOLE SCHOOL     | 96.4                 |

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

## Team Points

Running totals

Penrose: 6

Gibson: 8

Methleigh: 11

Cookworthy: 5

Our winners this week are the  
**Methleigh Team!**

**Well done!**



# News

## Cross Country

Well done to everyone who took part in cross country this week!

We had some amazing results, all of which count towards the school's overall score.

The final cross country race will take place on Tuesday 13th May at Helston School (South Site), starting at 4:00 PM.

This race is open to the whole school once again.

Good luck, and let's finish the season strong!

<https://forms.office.com/e/H04eFnb5Uu>

## Slapped Cheek Syndrome Information from the NHS

Slapped cheek syndrome is caused by a virus (parvovirus B19). The virus spreads by coughs and sneezes or by touching contaminated objects.

It's hard to avoid spreading slapped cheek syndrome because most people do not know they have it until they get the rash.

You can only spread it to other people before the rash appears.

To reduce the risk of spreading the virus:

- wash your hands often with water and soap
- use tissues to trap germs when you cough or sneeze

bin used tissues as quickly as possible you do not need to be off school with the rash but please let the school office know.

For more information from the NHS please visit <https://www.nhs.uk/conditions/slapped-cheek-syndrome/>

### 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.



# *News*

## **Camps/residentials for 2026**

Thank you for taking the time to complete our recent parent survey. Your feedback is incredibly valuable to us and is greatly appreciated.

One area highlighted in your responses was the affordability of our annual residential trip programme. We believe residential trips offer a fantastic opportunity to build confidence, resilience, and deepen curriculum understanding. However, we also understand the importance of ensuring our provision remains accessible and meets the needs of all families in our community.

With this in mind, we would like to gather your views on the following potential options for our residential and enrichment programme for 2026.

Please click the link below to select your preferred option by Monday 19th May.

<https://forms.cloud.microsoft/e/2584ihtbpP>

## **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!



# Classroom News



## Year 3

Narwhals have recently been writing their own stories based on Lutey and the Mermaid. They have shown great imagination and application of their grammar understanding and storytelling in their writing.

We've also read *The Firework Maker's Daughter* as our class reader which describes the exciting adventure of an apprentice firework maker called Lila. Lila shows courage and determination to reach the volcano, Mount Merapi, to find the royal sulphur to prove herself as a true firework maker. This has led to some great discussions about the characters and story plot.

Our geography topic links with the *Firework Maker's Daughter* as we have focused on volcanoes. We have located famous volcanoes on a world map and looked at the parts of a volcano and how some are formed.

Maths Whizz is currently running a competition to get 90% of the class in the Hall of Fame each week for entry into a prize draw. Last Friday, our Maths Whizz score was 98%. Let's see if we can win the prize draw by practising our Maths Whizz regularly at home as well as in school.



## Nursery

Angelfish have had a fantastic start to the term and are really enjoying our exciting topic: *Wildlife Wonders*! We've been diving into the world of farm animals and exploring all the amazing creatures that live there. The children have especially loved getting hands-on with activities like washing muddy toy animals, creating colourful animal collages, and engaging in imaginative play with our farmyard setup. We've also been sharing lots of farm-themed stories, which have sparked wonderful conversations and curiosity.

The children are still observing our tadpoles and eagerly awaiting their transformation into frogs. Some of the tadpoles are growing quite large now, and we're all watching closely to see if any tiny legs appear soon. We've also been getting involved in local celebrations, with the highlight being our performance at the Food Festival. The children loved performing our special "Pasty Song" alongside Rainbowfish Class, and they practiced so hard to put on a fantastic show! This week, we've been learning about the traditions of Flora Day. The children created their own beautiful flower garlands and had a wonderful time dancing around the sensory garden in celebration.

To finish this week, we learned about and celebrated VE Day. The children created festive decorations and enjoyed preparing a special spread of jam tarts, sandwiches, cheese straws, and homemade lemonade. We ended the celebration with traditional games and music in the sunshine, before enjoying our celebration picnic—a lovely way to reflect on this important part of history.



# Diary Dates

| Date                        | Event   |
|-----------------------------|---|
| Monday 12-Thursday 15th May | SATS  |
| Tuesday 13th May            | Cross Country race 6 - Helston South Site 4pm |
| Monday 19th May             | Year 4 Trip                                   |
| Wednesday 21st May          | Year 6 Trip                                   |
| Friday 16th May             | Break the Rules Day                           |
| Monday 26th - 30th May      | Half Term                                     |
| 2nd - 4th June              | Year 4 Residential                            |
| Friday 6th June             | INSET DAY                                     |
| Tuesday 10th June           | Cross country Fun Run—4pm Mullion school      |
| 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 1

W/C: 21/04/2025, 12/05/2025, 02/06/2025, 23/06/2025, 14/07/2025, 15/09/2025, 06/10/2025

|   |          | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|----------|--|---|---|---|---|
| HOT DISHES  | OPTION 1 | Cheese and Tomato Pizza<br>Served with Garlic and Herb Bread 🌿 | BBQ Chicken<br>Served with Rainbow Rice 🌿                   | Roast Chicken<br>Served with Roast Potatoes and Gravy       | Classic Beef Burger<br>Served with Potato Wedges            | Battered Pollock<br>Served with Chips 🍷                     |
|   | OPTION 2 | Cheesy Bean Tortilla Toastie<br>Served with Potato Wedges 🌿    | Macaroni Cheese 🌿 🍷   | Roast Quorn<br>Served with Roast Potatoes and Gravy 🌿       | Quorn Burger<br>Served with Potato Wedges 🌿 🍷               | Veggie Fingers<br>Served with Chips 🌿 🌿 🍷                   |
|   | OPTION 3 | Tomato Pasta<br>Fresh, Homemade Tomato Sauce with Pasta 🌿 🌿    | Tomato Pasta<br>Fresh, Homemade Tomato Sauce with Pasta 🌿 🌿 | Tomato Pasta<br>Fresh, Homemade Tomato Sauce with Pasta 🌿 🌿 | Tomato Pasta<br>Fresh, Homemade Tomato Sauce with Pasta 🌿 🌿 | Tomato Pasta<br>Fresh, Homemade Tomato Sauce with Pasta 🌿 🌿 |
| HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD |          |  |   |   |   |   |
| DELI DISHES   | OPTION 4 | Ham Wrap   | Ham Baguette  | Cheese Wrap 🌿   | Ham Baguette  | Ham Wrap  |
|   | OPTION 5 | Cheese Baguette 🌿  | Tuna and Sweetcorn Wrap                                     | Egg Mayo Baguette 🌿   | Cream Cheese and Cucumber Wrap 🌿                            | Cheese Baguette 🌿   |
| DELI DISHES ARE SERVED WITH MIXED SALAD                           |          |  |   |   |   |   |
| DESSERT   |          | Shortcake 🌿  | Chocolate Brownie 🌿   | Banoffee Pie  | Ginger Biscuit<br>Served with Fruit 🌿                       | Strawberry Ice Cream  |



**BAKED POTATOES SERVED DAILY**

With a choice of toppings 🌿 🌿



**AVAILABLE DAILY**

Fresh fruit, salad, yoghurt and water

🌿 Vegetarian 🌿 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

# SUGAR REDUCTION: THE CHARTWELLS STORY

## DID YOU KNOW? CHILDREN ARE EATING 2 TIMES MORE SUGAR THAN THEY SHOULD\*

Fuelling pupils with nutritious and delicious food is our number one priority. We are committed to meeting the School Food Standards and promise that our menus will never include banned sugary snacks or drinks, which typically account for half of children's sugar intakes.

As advocates of the Public Health England sugar reduction programme we are proud to have gone beyond the 20% reduction targets in all categories for recipes on our menu.

## OUR NEW SPRING/SUMMER 2025 MENU HAS ACHIEVED A 61% REDUCTION IN SUGAR ON OUR DESSERT LINE!

### OUR AMBITION TO REDUCE SUGAR HAS BEEN ACHIEVED BY:

- Reformulation of popular recipes to reduce total sugar content
- Reduction in portion sizes of high sugar items, staying within the School Food Standards portion guidelines
- Working with suppliers to reduce sugar content in products
- Innovative development for new desserts
- Analysing menus year on year to ensure reduced sugar content
- Raising awareness of sugar consumption through a range of nutrition education initiatives

OUR CHOCOLATE  
BROWNIE  
CONTAINS OVER  
50% VEGETABLES



### DID YOU KNOW? OVER 50% OF OUR PRIMARY MENU DESSERT

#### RECIPES CONTAIN FRUIT OR EVEN VEGETABLES!

Chartwells' pledge to reduce the sugar in children's diet doesn't end there! Our nutrition team are also on hand to deliver nutrition education sessions, supporting children to understand how to make their own balanced dietary choices, to best prepare children for a healthy life beyond the school gates. For further enquiries or bookings, please contact your local Chartwells manager or email: [Chartwells.CSU@compass-group.co.uk](mailto:Chartwells.CSU@compass-group.co.uk)

For more information on our [sugar journey](https://www.chartwells.co.uk/sugar-journey), please contact: [menu@chartwells.co.uk](mailto:menu@chartwells.co.uk)

### THE FACTS

- Excess sugars linked to tooth decay, obesity and type 2 diabetes
- Free sugars add calories to diets without nutritional benefit
- Harvesting sugar beet is using prime agricultural land - a crop which we should be eating less of
- Reformulation has the potential for a huge, positive impact on our food system and health



School Food Compliant



Achieved over 61% reduction in total sugars since 2016



Tasty and delicious



Over half contain fruit or vegetables

## ALL CHARTWELLS SCHOOL DESSERTS ARE...





## 10 Top Tips for Parents and Educators

# FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

### 1 CELEBRATE INDIVIDUAL DIFFERENCES

Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.

### 2 CONSISTENT COMMUNICATION

Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.

### 3 MEANINGFUL PARTICIPATION

Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value. Including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.

### 4 FOSTER STRONG RELATIONSHIPS

Support and encourage positive relationships between peers, educators, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of loneliness. Facilitate social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.

### 5 CREATE INCLUSIVE SPACES

Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and resources that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.

### 6 MODEL POSITIVE BEHAVIOUR

Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviour, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.

### 7 BUILD EMOTIONAL LITERACY

Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.

### 8 SUPPORT PEER MENTORSHIP

Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.

### 9 RECOGNISE EFFORTS REGULARLY

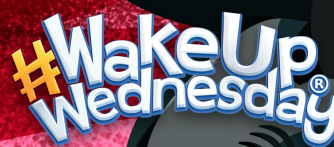
Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.

### 10 ADDRESS BULLYING PROMPTLY

Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are swiftly and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

## Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.



The National College®

Source: See full reference list on guide page at: [nationalcollege.com/guides/fostering-a-sense-of-belonging](https://nationalcollege.com/guides/fostering-a-sense-of-belonging)



# SPORTS DAYS 2025



## EYFS/KS1

**Thursday 12th June 10-12pm**

(reserve date: Thursday 26<sup>th</sup> June)

## KS2

**Friday 13<sup>th</sup> June 10am-3pm**

(reserve date: Wednesday 25<sup>th</sup> June)

**More details to follow soon!**

# MENTAL HEALTH SUPPORT TEAM - MHST

**Parents and Carers** - please join us for a 5 session online workshop where we will teach you **practical strategies to support your child with their anxiety and worries**

Various morning and afternoon sessions available starting week commencing 9 June 2025 , please select when you sign up. Please note you will be signed up to the same day and time for the duration of the workshop.

To book a place please complete the online form **HERE**

<https://forms.office.com/e/OqRnKmCw1i> or scan the QR code



This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall



# MENTAL HEALTH SUPPORT TEAM - MHST



Parents and Carers  
Please join us for a  
5 session online  
workshop for  
**Behaviour as  
Communication  
- Parent support**

Various morning and  
afternoon sessions available  
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9 June 2025 , please select  
when you sign up. Please note  
you will be signed up to the  
same day and time for the  
duration of the workshop.

This workshop provides  
parents with practical  
strategies to foster  
positive behaviour and  
communication at  
home.

TO BOOK A PLACE PLEASE COMPLETE THE ONLINE FORM [HERE](https://forms.office.com/E/BVHDPYUCQA)  
[HTTPS://FORMS.OFFICE.COM/E/BVHDPYUCQA](https://forms.office.com/E/BVHDPYUCQA)

OR SCAN THE QR CODE BELOW



This workshop is open to  
parents/carers of  
primary aged children  
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Year 6 in any school in  
Cornwall





**We need live music for the**

# **Helston Pride Picnic!**

**Saturday June 28th 12pm - 4pm**

**Coronation Park, Helston, TR13 0RA**

**Live music from local school & community groups**

**LGBTQ+ support groups**

**Lovely people**

**Creating a safe space for everyone in our community,  
especially our Trans and Non-Binary friends.**



## **ATTENTION**

### **Young singers & players!**

**We are looking for groups or soloists,  
any age (up to 18) and any style  
to perform live at this years event.**

**Last year we had 300 attendees  
at our super friendly picnic, and we  
know that this year we will have more!**

**Please email**

**[smarsden@helston.tpacademytrust.org](mailto:smarsden@helston.tpacademytrust.org)  
if you are interested, or have any questions.**

**We will provide a PA and Sound Engineer  
to ensure you sound fabulous!**



# TRY TENNIS FOR FREE

## Hayle Tennis Club Open Day

**SATURDAY 17TH MAY FROM 9AM**

**FREE ENTRY**

**OPEN FOR ALL AGES**



**Coaching**



**Membership Offers**



**Try Pickleball**

### On the day

9AM-10AM 5-8 YEAR OLDS COACHING  
10AM-11AM 9-12 YEAR OLDS COACHING  
11AM-12PM 13-16 YEAR OLDS COACHING  
11AM-12PM PICKLEBALL (ALL AGES)  
12-1PM ADULT TENNIS



**VISIT [CSPARK.AT/HAYLELTC/OPENDAY](https://cspark.at/hayleltc/openday) OR  
SCAN THE CODE FOR MORE INFO**