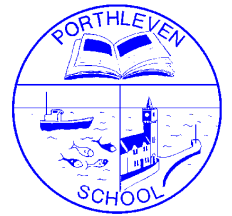




Porthleven School & Pre-School



Newsletter

Friday 15th March 2024

Dear Parents / Carers

The children have all been taking part in British Science Week, a national celebration of science, technology, engineering and maths. The theme this year is all about time, as it's the 30th anniversary of this special week. Rainbow Fish class have been learning all about dinosaurs, through making fabulous fossils out of salt dough and creating dinosaur eggs, which they hid in the outdoors and mapped where they could be located. Seahorse class learnt how to observe carefully over time, undertaking experiments in fruit decay, the diffusion of colours in skittles and how raisins dance in lemonade! The challenge in Jellyfish Class was to design and build a marble run that would last exactly 15 seconds. Narwhals sailed through time, making sailboats and testing their efficiency with fans. Swordfish Class were frozen in time, experimenting with liquids and solutions to find the best de-icer and filling their classroom with wonderful odours! In Year 5, Manta Rays class, it was all about designing and making accurate timers using sand and water. Technology was the focus for Year 6 where they were tasked with making a Hoover using circuitry and motors. Mrs Figgins will let you know how they got on next week.

This week also saw the culmination of weeks of Lego building, programming and problem solving when 6 children and their coach Mrs Blight participated in the Lego League challenge competition against 30 other teams at Culdrose. The international program involves creating a robot that can undertake a series of tasks in 2 ½ minutes and for the team to present an innovation project showing how technology can be used to get more people involved in hobbies or interests. The children showed exceptional teamwork, embodying the core values of discovery, innovation, inclusion and impact. This is the first year the school has participated so imagine the delight and shock the children felt when they went on to win it and qualify for the national competition in Harrogate, to be held next month. Congratulations Lego Team Porthleven and a big thank you to Mrs Blight who has given the time to lead and coach the team so well. Thanks also to Miss Morris - Marsham who has provided additional support.

Wishing you all a good weekend,

Dan Clayden

Acting Head of School

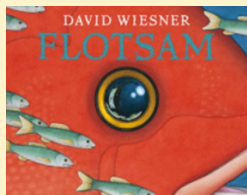


Accelerated Reader Champions!



Jellyfish	Narwhals	Swordfish	Manta Rays	Dolphins
Class Weekly Word Count				
35,130	134,047	270,531	1,599,091	310,614
Highest Pupil Weekly Word Count				
Elowyn	Rupert	Ezra	Eli	Annabelle
100% achievers - Who has achieved their target?				
	Esmay, Gracie, Sasha, Lily, Phoebe, Alexa, Lottie, Rupert, Evie,	Ivy, Sophia, Ezra, Coral, Ella, Daisy, Rose, Sienna	Jericho, John, Ewan, Scarlett, Linnea, Logan, Ava, Harper, Olivia-Mai, Evie, Dacey, Eli, Josie	Annabelle, Bree-Anna, Scarlet

Recommended Reads



KS1 Book of the Week

Flotsam

Author - David Wiesner

A bright, science-minded boy goes to the beach equipped to collect and examine flotsam - anything floating that has been washed ashore. Bottles, lost toys, small objects of every description are among his usual finds. But there's no way he could have prepared for one particular discovery: a barnacle-encrusted underwater camera, with its own secrets to share... and to keep



KS2 Book of the Week

Dragon Rising

Author—Katie and Kevin Tsang

Billy, Dylan, Charlotte and Ling-Fei are back in their hometowns, missing each other and their dragons. While out surfing one morning, Billy panics when a water dragon emerges out of the waves, and soon strange sightings are being spotted all over the world. Meeting back in Dragon Realm, the friends, their dragons and two new acquaintances join forces to investigate. But what unravels is a dastardly plan concocted by an evil baddie and a human and dragon battle that will go down in history. It's up to Billy and friends to save the world, but can they do it?

Maths Whizz Winners

Below is our weekly progression for each class!

Jellyfish: 2.4

Narwhals: 2.6

Swordfish: 2.3

Manta Rays: 2.7

Dolphins: 2.8

Well done to Dolphins for winning the Maths Whizz trophy this week!



Maths-Whizz
by whizz EDUCATION

EYFS & KS1 TEAM

This week we hear from Mrs Penrose!

This week the children have enjoyed finding out where the Queen's hat finally landed. Along the way we have learnt about the London Eye, Big Ben and many more sights in London. Next week the children are writing about Mrs Penrose's lost bag at school. We'll write all the places it has blown around school.

In science this week we have been busy learning about changes over time. We have been focussing on our observation skills. The first one we started at the beginning of the week where we left some cut up fruit in out think tank to see how it changes over the week. The children have loved this so much we are going to leave it in there next week to observe more changes. Then we observed what happened to skittles when we dropped water on them. We also changed the liquid to see if the same thing happened. Then we finished with watching raisins dancing in lemonade. The children were interested to try it out in other liquids so we tested in water but there were no dancing raisins. This is an investigation you could do at home to test if the raisins dance in other liquids.

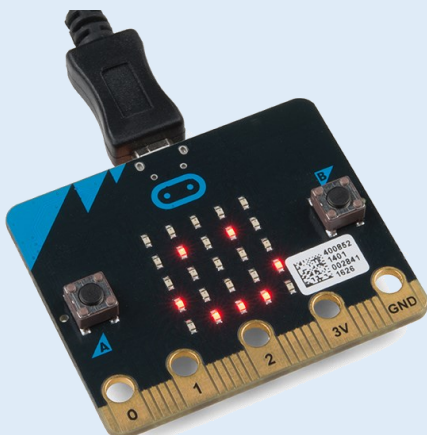
We have also been learning about 'History Makers' in history and this week is was all about Florence Nightingale. The children were fascinated to learn how she changed the way of nursing and was known as the 'lady of the lamp'. Next week we are learning about Mary Seacole.



This week we hear from Miss Morris-Marsham!

For Computing this half term, Year 5 are learning all about Micro:bits. Micro:bits are small, compact computers which you can code.

During our first lesson, the children had the chance to 'tinker' with them, to experiment with the different options. They used their previous knowledge of block coding to help them and were soon on their way to creating fantastic pieces of code, programming the Micro:bits to do lots of different things. It started to get quite noisy when we discovered they could make music! We then built on this knowledge to create an animation - a set of moving images. The children used a 'forever' loop to ensure that the images kept moving.



Our next lesson used the Micro:bits in a slightly different way: we used them to take a poll. We decided on our question, programmed the correct code and then went around the classroom asking our questions and taking the poll. It was interesting to see how such a tiny computer can be used in so many different ways!

KS2 TEAM

Important Messages

Information sent home this week:

-

Parent Meetings

Parent Meetings will be after school, the week beginning Monday 15th April. Please look out for the booking forms next week to book your time slot with your class teacher.

School Library

The library is open after school on Mondays, for you to choose from the large selection of books with your child/children. Obtain your own library card and select up to 3 books for the week.

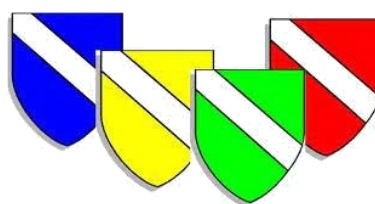
Attendance

Class	Attendance	Late Marks
	This week	
Rainbowfish—YR	93.71	
Seahorses—Y1	96.15	
Jellyfish—Y2	92.72	
Narwhals—Y3	96.67	
Swordfish—Y4	93.83	
Manta Rays—Y5	90.28	
Dolphins—Y6	92.06	
WHOLE SCHOOL	92.63	

Well done to Manta Rays class for the best attendance this week!

House Points

Running Totals This Term:



Cookworthy: 9

Penrose: 11

Gibson: 13

Methleigh: 7

Our winners this terms are the

Gibson Team

Well done!

SPORTS AT PORTHLEVEN



Cross Country

This race was the Cross Country Championships at Pool Academy. Six children from our school qualified and headed to Pool on March 11th to compete against the top children from other schools.

The weather was great for the race and all six children ran from Year 4,5,& 6. They all finished with some amazing results! A huge well done to Linnea, who came in the top 20, qualifying for the next round. Good Luck in Newquay Linnea, we cant wait to see how you do.



Diary Dates

(additions in red)

Date	Event
Thursday 28th March	Last day of Term
Monday 15th April	First day of the Summer Term
Monday 15th April	Parent meetings week—booking forms will go out next week
Monday 15th April	Year 1 parent meeting 2.45pm on Phonic Screening
Wed 24th - Fri 25th April	Year 3 Camp
Wed 1st - Fri 3rd May	Year 4 Camp
Wednesday 8th May	INSET Day
Week Beginning 13th May	Year 6 SATS week
Tuesday 14th May	Cross Country Race 5 - Reception/KS1 & KS2 Mullion 4pm
Tuesday 21st May	Cross Country Race 6 - KS2 Porthleven School
Monday 10th June	EYFS and KS1 Sports day 10-12pm
Tuesday 11th June	Fun Run Mullion 4pm
Tuesday 11th June	KS2 Sports day 10-3pm
Monday 17th June	9.00am to 3.00pm – Invite only for selected Year 6
Tuesday 18th June	9.00am to 3.00pm – All Year 6 students
Tuesday 18th June	New parents' information evening at HCC
Wednesday 19th June	9.00am to 3.00pm – All Year 6 students
Wednesday 19th June	New parents' information evening at HCC

WEEK 3

W/C: 13/11, 04/12, 15/01, 05/02, 26/02, 18/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizza 🌱 Served with Potato Wedges	Cottage Pie 🍷 Served with Gravy	Roast Pork Served with Roast Potatoes and Gravy	Chicken and Vegetable Korma 🍷 🍷 Served with Wholegrain Rice	Southern Fried Chicken Served with Chips
	Chilli No Carne with Crispy Tortilla 🌱 🍷 🍷 Served with Wholegrain Rice	Cauliflower Macaroni Cheese 🌱 🍷 🍷 Served with Garlic and Herb Bread	Sweet Potato and Chickpea Roast 🌱 🍷 Served with Roast Potatoes and Gravy	Sweet and Sour Vegetables 🌱 🍷 Served with Wholegrain Rice	Crispy Quorn Nuggets 🌱 Served with Chips
JACKET POTATO	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🌱 🍷					
All main meals are served with two vegetables					
DESSERT	Magic Apple and Cinnamon Bake 🌱	Strawberry Jelly	Orange Drizzle with Fruit 🌱	Pineapple Upside Down Cake with Custard	Chocolate Ice Cream with Shortbread Biscuit

PACKED LUNCH AVAILABLE
 Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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SPORTS DAYS



2024



EYFS/KS1

Monday 10th June 10-12pm

(reserve date: 15th July)

KS2

Tuesday 11th June 10am-3pm

(reserve date: 16th July)

More details to follow soon!