



# Porthleven School & Pre-School



## Newsletter

Friday 14th June 2024

Dear Parents / Carers

Thank you to all who attended the sports days, the children had an incredible time participating in the events. It was also pleasing to see how much the children supported and encouraged each other. Having parents on site for lunch, fostering a sense of community, was truly special. It was wonderful to see pupils, parents, and staff come together to celebrate physical fitness and healthy competition.

On a different matter, we are needing to conduct a survey regarding the demand for more wrap around care. As you will know, currently breakfast and after school clubs are provided by 'First Steps' a private provider next to the school. It has come to our attention that there is not always space available and therefore need to gain a clearer picture of your wrap around care needs. Please click on the link below to take part in the survey.

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

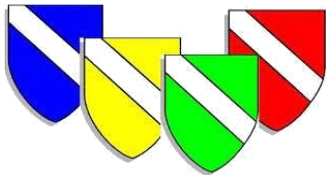
Kind regards

Dan Clayden

Headteacher.

## House Points

### Running Totals This Term:



Overall totals this term

Cookworthy: 14

Penrose: 15

Gibson: 11

Methleigh: 15

Our winners this week are the

**Cookworthy Team**

Well done!

## Attendance

Class	Attendance This week
Rainbowfish—YR	93.23
Seahorses—Y1	97.44
Jellyfish—Y2	96.83
Narwhals—Y3	97.04
Swordfish—Y4	96.58
Manta Rays—Y5	98.15
Dolphins—Y6	95.41
WHOLE SCHOOL	96.51

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

# Accelerated Reader Champions!



Jellyfish	Narwhals	Swordfish	Manta Rays	Dolphins
<b>Class Weekly Word Count</b>				
23,379	149,562	113,465	173,887	132,709
<b>Highest Pupil Weekly Word Count</b>				
Violet	Lottie	Bertie	Joe	Bree-Anna
<b>100% achievers - Who has achieved their target?</b>				
	Lottie, Lowen, Gracie, Fern, Evie	Bertie, Merryn	Joe	Annabelle

## Recommended Reads - Sports Focus



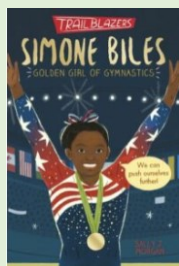
KS1 Book of the week

Splash

Author—Claire Cashmore

Claire Cashmore, MBE and Paralympic gold medallist, was born without a left forearm - but she never let being different stand in the way of her big dreams.

Splash is based on Claire's real-life experience: this gold-medal-winning swimmer really was scared of water ... until one day, everything changed! These are Claire's big sisters. They call her Bear and ruffle her hair. And whatever Claire's sisters can do, Claire can do too ... But there is one thing Claire won't do ... The water in the swimming pool makes her feel squirmy inside. Follow her sisters? No thank you! Not today? Can Claire conquer her fears? Can she set foot in the water - and what will happen if she does?



KS2 Book of the Week

Trailblazers: Simone Biles

Author—Sally J. Morgan

Be inspired by the lives of trailblazers past and present in this fun and factual biography series! How did Simone Biles become a superstar athlete and gold medallist? On a daytrip to the local sports centre, Simone discovered her natural talent for gymnastics. She signed up for regular

training sessions and was soon performing incredible routines at competitions. Despite a challenging start in life, Simone went on to become one of the world's greatest athletes. Find out how this gymnast toughed it out in training and went on to win four Olympic gold medals.

## Maths Whizz Winners

Below is our weekly progression for each class!

**Jellyfish: 79%**

**Narwhals: 100%**

**Swordfish: Times Table Rockers!**

**Manta Rays: 75%**

**Dolphins: 50%**

Well done to every one for getting in the Hall of Fame this week!

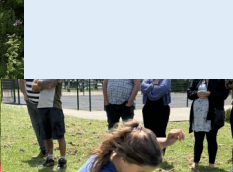
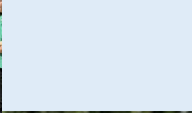


**Maths-Whizz**  
by whizz EDUCATION

# EYFS & KS1 TEAM



# KS2 TEAM





# Important Messages

## Information sent home this week:

- Nursery summer letter
- Reception summer letter

Please can we remind all parents, carers and visitors that there is **NO** smoking or vaping within the school grounds.



## Surf/Beach/Coastal Explorer Days

Please remember to give consent and make a payment on ParentPay for your class activity days in years 2 - 6!

## Change in PE Days

Dolphins and Jellyfish PE days will be on Fridays for the rest of the term to take part in tennis lessons.

## Staffing for September 2024

Current Class 2023 - 2024	Year group	Moving to	New Classes	Year group	Teachers/ Leads
Angelfish	N1	➡	Angelfish	Nursery	Miss Mitchell
Angelfish	N2	➡	Rainbowfish	Reception	Mrs Penrose
Rainbowfish	R	➡	Seahorses	1	Mrs Trounson
Seahorses	1	➡	Jellyfish	2	Miss Morris- Marsham & Mrs
Jellyfish	2	➡	Narwhals	3	Mrs Blandford & Mrs Dean
Narwhals	3	➡	Swordfish	4	Mr Goward
Swordfish	4	➡	Manta Rays	5	Mrs Power
Manta Rays	5	➡	Dolphins	6	Mrs Figgins & Mrs Wood
Dolphins	6	➡	Secondary school	7	

# Diary Dates

Date	Event
Monday 17th June	9.00am to 3.00pm – Invite only for selected Year 6 to HCC
Monday 17th June	Year 3 Beach day— <b>remember to sign up!</b>
Tuesday 18th June	9.00am to 3.00pm – All Year 6 students to HCC
Tuesday 18th June	New parents' information evening at HCC
Wednesday 19th June	9.00am to 3.00pm – All Year 6 students to HCC
Wednesday 19th June	New parents' information evening at HCC
Monday 24th June	Year 5 Coastal Explorer day - <b>remember to sign up!</b>
Tuesday 25th June	Year 6 Coastal Explorer day— <b>remember to sign up!</b>
Monday 1st July	Year 2 Beach day— <b>remember to sign up!</b>
Monday 8th July	Year 4 Surf day— <b>remember to sign up!</b>
Thursday 18th July	Year 6 Parent 'Come Dine with Me' Event
Friday 19th July	Summer Fair & Car Boot
Friday 19th July	<b>Non-uniform Day - Bring in a sweet or chocolate item for the school tombola</b>
Tuesday 23rd July	<b>Year 6 Trip to Flambards</b>
Wednesday 24th July	Leavers Assembly

# WEEK 1

W/C: 15/04, 06/05, 17/06, 08/07, 09/09, 30/09, 21/10

## SPRING/SUMMER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT SPECIALS</b>	Cheese and Tomato Pizza 🍕 Served with Potato Wedges	Classic Beef Burger Served with Potato Wedges	Roast Pork Served with Roast Potatoes and Gravy	Turkey Lasagne 🍝 Served with Garlic and Herb Bread	Fish Fingers Served with Chips
<b>JACKET POTATO</b>	Tomato Pasta 🍝 🌱 🌿	Vegetarian Burger 🌱 Served with Potato Wedges	Vegetarian Cottage Pie 🌱 🍷 Served with Gravy	Vegetable Spanish Rice 🌱 🍷	Quorn Dippers 🌱 Served with Chips
<b>JACKET POTATO</b>	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings, including Salmon Mayonnaise 🐟	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
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🍷 🌱					
All main meals are served with two vegetables					
<b>DESSERT</b>	Forest Fruits Jelly	Crispy Crackle Bar with Fruit 🍌	Banana Cake 🍌	Original Flapjack	Vanilla Ice Cream
<b>PACKED LUNCH AVAILABLE</b> Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day		<b>AVAILABLE EVERY DAY</b> Water, salad, freshly baked bread, yoghurt & fresh fruit			
🌱 Vegetarian 🐟 Oily Fish 🍷 Wholegrain 🍌 Fruity! 🍷 Nutritionist's Choice					



PORTHLEVEN SCHOOL

# Car Boot Sale



**19  
JULY**

**2-5PM**

**SELLERS FROM 1.30PM**

wet weather plan - indoor table top sale

**CONTACT: [porthlevenschoolpta@gmail.com](mailto:porthlevenschoolpta@gmail.com)**



PORTHLEVEN SCHOOL

# Summer Fair



FRIDAY 19TH JULY  
2PM TO 5PM



FREE  
ENTRY

Food & Refreshments  
Music Performances  
Games & Activities  
Raffle & Tombola  
Craft Stalls

Join us for lots of fun including  
food stalls, fair games, penalty  
shootout, wet sponge throw, face  
painting, glitter tattoos, rainbow  
tombola and much much more!



## VOLUNTEERS NEEDED!

IF YOU CAN SPARE AN HOUR TO HELP, PLEASE LET US KNOW  
[PORTHLEVEN SCHOOLPTA@GMAIL.COM](mailto:PORTHLEVEN SCHOOLPTA@GMAIL.COM)

# SUMMER PRIZES!

**£1 A SQUARE!**

Worth  
£20+!



**A cream tea for 2 at  
The Square!**



**Breakfast for 2 at the  
Tremenheere Kitchen!**



**2 day tickets to the  
Tremenheere  
Sculpture Gardens!**



**Afternoon tea for 2  
at The Penventon  
Hotel!**



**£25 Lappa Valley  
voucher!**



**Cream tea for 2 at  
The Twisted Currant!**



**10 pasties from Ann's Pasties  
- voucher redeemable at any  
of their stores!**



**A voucher for a file and gel  
polish with Sophie Styles  
Health and Beauty!**



**A bag of Origin  
coffee and an Origin  
coffee tin!**

# SUMMER PRIZES!

**£1 A SQUARE!**

Worth  
£70+!



**St Michael's Mount Tickets!**  
Access to the Island, Castle & Gardens with car parking & boating (as required) for 2 adults and up to 3 children!



Worth  
£60+!

**4 tickets to The Seal Sanctuary!**

Worth  
£40+!



**Fal River Enterprise boat trip voucher for 2 adults and 3 children!**

**BETTER**

**£30 Helston Pool voucher!**



**A football kindly donated by Whirlwind Sports!**



**2 tickets to Flambards!**

Worth  
£20+!



x2

**2 lots of family tickets to King Edward Mine Museum!**



**One month's free tennis group coaching at Penzance or Hayle Tennis Club!**



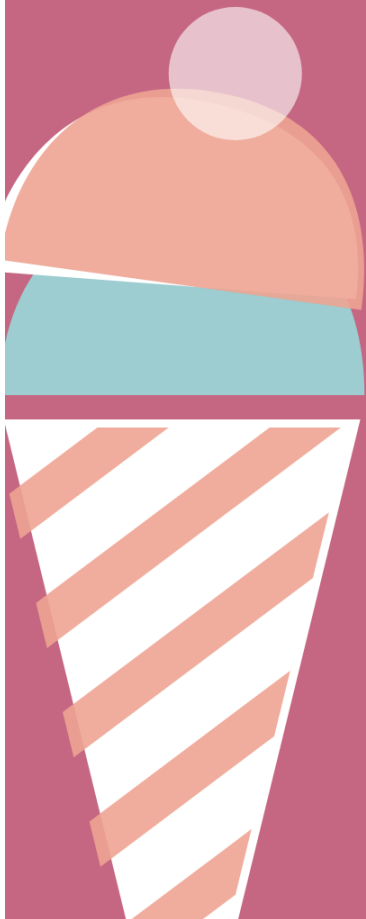
**A kayak tour session from Global Boarders & Lizard Adventure!**

STARTING AFTER HALF-TERM



# ice lolly fridays

3.15PM | AT THE SCHOOL GATE  
ICE LOLLIES £1 EACH | CASH ONLY  
WEATHER PERMITTING



# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

## WHAT ARE THE RISKS?

### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.



## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.



### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.



### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.



### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.



### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety

#WakeUpWednesday

@atnolinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

# Important Message

**The entitlement criteria for automatic payments from the Household Support Fund is changing.**

In order to be entitled to a payment from the Household Support Fund scheme in 2024, you must be responsible for at least one child and on 3<sup>rd</sup> June 2024 either:

- be entitled to Council Tax Support or

have been placed in emergency accommodation by the Council You will receive £80 per child. If you are already in receipt of Council Tax Support, then you don't have to do anything else – you will receive your payment automatically.

To find out if you are eligible for Council Tax Support, please check the information here <https://www.gov.uk/benefits-calculators> .

You can make a claim for Council Tax Support by using this link <https://www.cornwall.gov.uk/benefits-and-support/council-tax-support/apply-for-council-tax-support/>

**It is important that you submit your application by 31<sup>st</sup> May 2024.**

You may also be entitled to help from the Household Support Fund via one of the Household Support Fund partners. Their details can be found here <https://www.cornwall.gov.uk/benefits-and-support/household-support-fund/>

## **Why have we made this change?**

Because entitlement to Free school meals has been protected since 2018, parents of children who are entitled to free school meals aren't always still on a low income. By using our Council Tax Support data, we can ensure that the Household Support Fund awards are going to parents who currently have a low income and are struggling with the increased costs of running their home. By better targeting the awards, we are able to help families with children of any age, rather than just school age children.

Families of children in receipt of free school meals can still access help through the Time2Move holiday programme. This scheme offers fun physical activities, games and wider activities plus a meal for all children during the main school holiday periods.