

# PORTHLEVEN NEWS



Friday 20th December 2024

Dear Parents and Carers,

What a busy and productive end of term it has been. Your support, coupled with the enthusiasm and hard work of our children and staff, has made this term truly memorable. The children have shown great commitment and progress in their learning, even with the excitement of Christmas and the increasing tiredness that inevitably comes with it!

### **Celebrating Performances and Community Spirit**

It has been lovely to see the children grow in confidence through the end-of-term performances: the Rainbow and Angelfish Nativity, Seahorse and Jellyfish classes' Karaoke Christmas, the whole-school Carol Concert at St. Bartholomew's, and the musical contributions to our Christmas Fair by 'The Band Builders' and the School Choir. These events truly showcased their talents and enthusiasm.

Even on the last day of term, it has been heartwarming to witness our school community come together to raise awareness and funding for Cornwall Hospice Care, St. Julia's. Thank you to everyone who participated and supported this worthy cause.

### **Looking Ahead**

We are very much looking forward to next term and the opportunities it will bring. Priorities for the new year include:

- Improving the school's outdoor learning spaces with a focus on sustainability and the natural environment.
- Raising the profile and the enjoyment of writing.

Further embedding 'The Porthleven Way' into daily school life.

### **Thank You and Festive Wishes**

On behalf of the school, I wish you all an enjoyable and relaxing festive season. Your involvement in school activities—whether through parent evenings, supporting homework, or attending events—has made a significant impact on our children's experiences and achievements.

We look forward to welcoming everyone back on Tuesday 7th January 2025, refreshed and ready for another term of growth and learning.

Warm regards,

Dan Clayden  
Headteacher



### **INSET DAY**

**Reminder that Monday 6th  
January is a staff training day.  
The school is closed to pupils.**

# CLASSROOM

## News

### Nursery

What a busy end of term we have had. Angelfish have worked hard to learn the songs and actions for our nativity and did a fantastic job performing to the school and their families. They also enjoyed performing their songs to the Porthleven Friendship club last week.

Over the last few weeks, Angelfish have been learning about why we celebrate Christmas and some of the many ways Christmas can be celebrated. They have been busy making Christmas cards, tree decorations, calendars and special keepsakes. While creating these the children have been busy practicing their fine motor skills and counting.

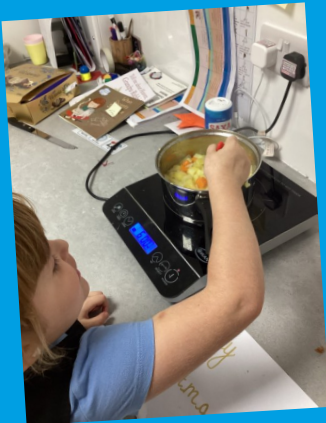
Over the past week we have finished our Christmas celebrations with our Christmas party and reindeer run. The children enjoyed taking part in party games and dancing and those that were in for the reindeer run did a brilliant job despite the wet weather.

The Angelfish team would like to thank you for all your support this year and for all our cards, presents and wishes of a Happy Christmas. We wish you all a very Happy Christmas and look forward to seeing you all again in the New Year.



### Reception

Rainbowfish have loved learning about all the different celebrations we have in our community. All the adults were really proud of their performance in the Christmas Nativity play this year – 'Everyone Loves a Baby'. They learnt the words to the songs and their lines so they were really confident on the stage. They have also been showing the Porthleven Way in the classroom by working as a team and building great friendships.



As part of our learning the children have been making soup. We tried different ingredients and decided carrot and potato would be the best. They worked in teams to cook their own soup. The children have settled into Porthleven School brilliantly this term and we are all excited about our next topic – Everyday Superheroes. Have a lovely Christmas break and see you in 2024.

# CLASSROOM

## News

### Year 3

This half term Narwhals have been learning about seasonal food. During our design and technology lessons, they have practiced a variety of cutting skills for fruit and veg while tasting along the way! They have then designed their own seasonal puff pastry slices using either seasonal fruit or vegetables which we will be making next week. The children have also been developing their coding abilities through the use of Scratch where they have been learning about programming an animation using loops and other coding blocks. After our Ukulele sessions, the Narwhals class showed how well they have learnt the ukulele when they performed their songs to the rest of the school during an assembly. We have also been learning about the Stone Age and writing our own fantastic stories based on the New Stone Age era.



### Year 4

We've had a busy few weeks in Swordfish Class on the lead up to Christmas. As part of our DT module, where the children have been researching, designing and developing biscuits, we made the final product: packets of biscuits handmade by the Swordfish bakery, overseen by Head Baker Mrs Stinton, with beautiful packaging and logos. What a Christmas treat!





# Attendance

Class	Attendance this week
Rainbowfish — YR	91.8
Seahorses — Y1	97
Jellyfish — Y2	97.9
Narwhals — Y3	98.8
Swordfish — Y4	94.9
Manta Rays — Y5	95.9
Dolphins — Y6	97.2
WHOLE SCHOOL	96.13

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

## Team Points

Running totals

Penrose: 14

Gibson: 16

Methleigh: 18

Cookworthy: 13

Our winners this Term are the  
**Methleigh TEAM!**

**Well done!**



# ACCELERATED READER CHAMPIONS!

Jellyfish	Narwhals	Swordfish	Manta Rays	Dolphins
<b>Class Weekly Word Count</b>				
296,511	326,691	1,279,067	1,857,927	2,164,228
<b>Highest Pupil Weekly Word Count</b>				
William	George	Sasha	Ayva	Linnea
<b>100% achievers – Who has achieved their target?</b>				
Charlie, William, Chloe P, Poppy, Eliza, Lula,	Dougie, George,	Lottie, Fern, Ceci, Low-en, Evie, Esmay, Eden, Rupert, Alana, Brodie, Keira, Alexa, Khaya, Lani, Gracie, Lily, Martha, Jago, Eleanor, Gina, Lydia, Sasha, Teigan,	Ivy, Ayva, Lowenna, Abigail, Max, Sophia, Evelyn, Ezmai, Max, Robbie, Ezra, Coral, Sienna, Bertie, Ella, Merryn, Daisy, Rose, Tommy	Tobias, John, Ewan, Isabel, Zoe, Scarlett, Linnea, Felix, Logan, Ava, Olivia-Mai, Amelie, Dacey, Eli, Josie

## Maths Whizz

Below is our weekly progression for each class!

Seahorse: 19%

Jellyfish: 33%

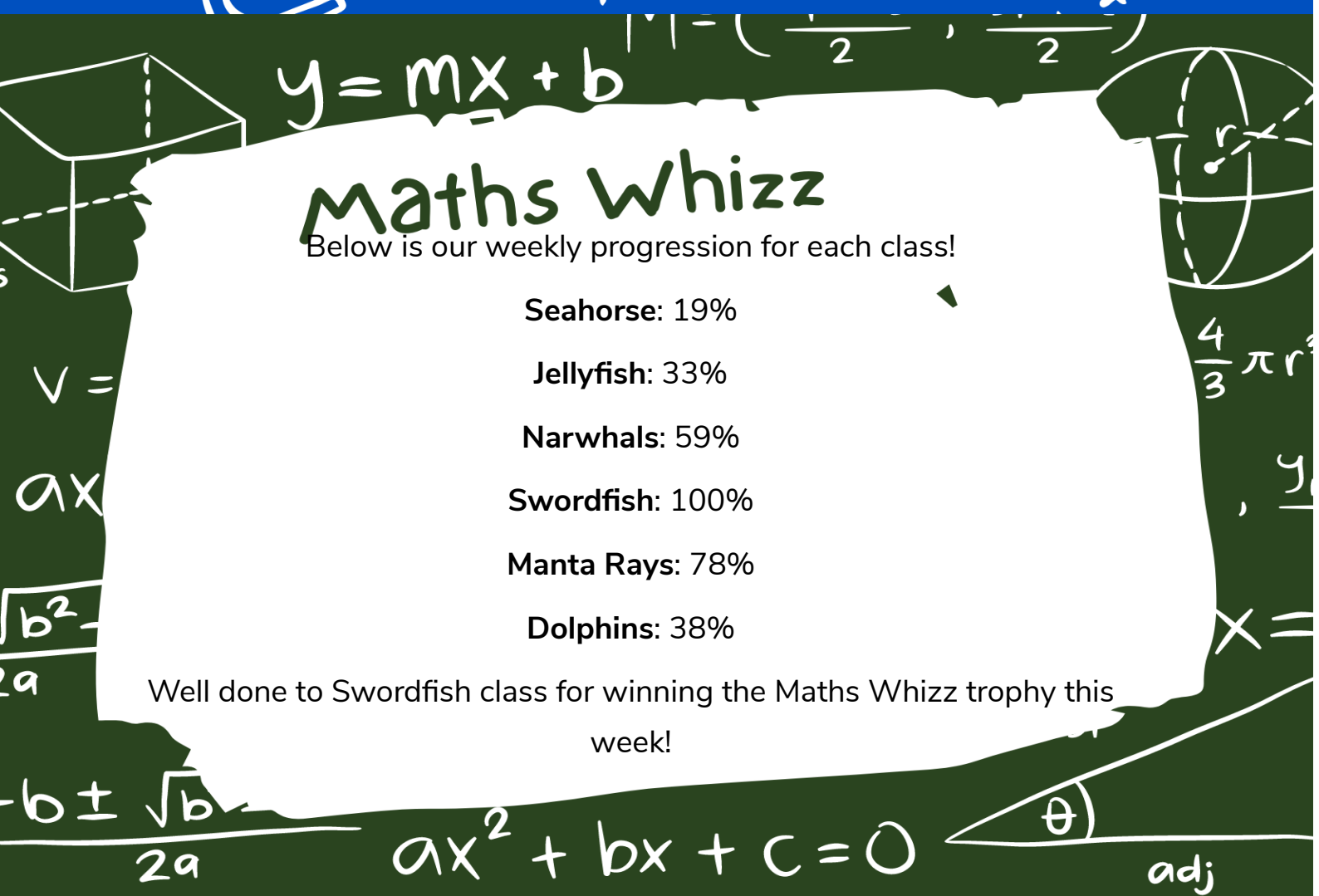
Narwhals: 59%

Swordfish: 100%

Manta Rays: 78%

Dolphins: 38%

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







# *School Messages*

## **National Childs Measurement Program Reception & Year 6**

The school nursing team will be in school On Monday 13th January to see Reception and Year 6 to take their measurements.

Please find information below for each year group including how to opt out.

**Reception:** <https://www.healthycornwall.org.uk/make-a-change/2024-child-health-programme-reception-year/>

**Year 6:** <https://www.healthycornwall.org.uk/make-a-change/2024-child-health-programme-year-6/>



# Diary Dates

Date	Event
Friday 20th December	Reindeer Fun Run
Monday 23rd Dec - 3rd Jan	Christmas Holidays
Monday 6th January	INSET DAY
Tuesday 7th January	First Day of the Spring Term
Monday 17th - 21st February	Half Term
Monday 24th February	INSET DAY
Tuesday 25th - 28th Feb	Parents evenings– more info to follow
Monday 7th –21st April	Easter Holidays
Thursday 8th May	INSET DAY
Monday 26th - 30th May	Half Term
Friday 6th June	INSET DAY
Monday 7th July	INSET DAY
18th - 20th June	Year 3 Residential
2nd - 4th June	Year 4 Residential
9th - 11th June	Year 5 Residential
14th July - 18th July	Year 6 Residential
Wednesday 23rd July	Last day of School



# 12 Smartphone Online Safety Tips

## FOR CHILDREN WITH NEW DEVICES

The Christmas season has finally arrived and soon many of you will be opening your presents in the hope that Santa has listened to your request for the latest mobile phone or smart device. Owning a mobile phone can be fun, but it's important to use it safely and responsibly. By following our safety tips below, you can make sure that you set up your phone securely, keep your personal information private and enjoy using your phone in the healthiest way possible.

### 1 ALWAYS SECURE YOUR PHONE WITH A PASSWORD

This will help to keep your private information safe and won't allow others to access your phone without your permission. Make sure your password is memorable and personal to you but something which other people can't guess, and always share it with your parents just in case you forget it.

### 2 DISABLE LOCATION SETTINGS

This can usually be done from the device's privacy control settings. Disabling location settings means that your phone can't be tracked by others and strangers can't tell where you are when you're using it. It also helps to save battery.

### 3 ALWAYS USE A SECURE WIFI NETWORK

When you use your WIFI at home usually it is a secure network that only you and your family know the password to. Public networks, like those in coffee shops, can be accessed by anyone which means that people could potentially hack into your device and access your personal information without you realising.

### 4 ONLY PAIR WITH BLUETOOTH DEVICES YOU KNOW

A Bluetooth connection with another device means that you can send and receive data wirelessly. For example, you could listen to music wirelessly or receive pictures and videos from your friends. However, pairing your phone with a device you don't know means that you could be sharing personal information with a stranger or could leave your device open to receiving viruses.

### 5 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE

Before downloading any new apps, always check the age-rating of the app. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain things that aren't safe for you to see.

### 6 BEWARE OF BECOMING ADDICTED TO YOUR PHONE

Your phone can be fun to use and it's easy to become too attached, whether it's keeping in touch with friends, discovering new features or downloading the latest apps. Remember it's always good to talk in person, go out and have fun and get regular exercise. This will keep you fit and healthy and make you appreciate there's more to life than just your mobile phone.

### 12 DON'T SHARE YOUR NUMBER OR YOUR DEVICE WITH PEOPLE YOU DON'T KNOW.

Never feel pressured into sharing your phone number with people you don't know and don't lend your phone to strangers or keep it where others could get hold of it. Look after your device and always keep it hidden from sight to avoid it being stolen or broken into.

### 7 LIMIT YOUR SCREEN TIME

Using your phone for too long, particularly in the evenings, can make you feel tired at school, affect your concentration and make you lose interest in other things in life. Only use your phone at certain times of the day and don't use it close to bedtime. You can set a 'screen time limit' via the settings on your phone. This will help you stay fit and healthy and means that you will still be able to focus and perform well at school.

### 8 THINK OF OTHERS WHEN TAKING PHOTOS

Don't take embarrassing photos of other people on your phone. If other people get access to the photo and share it with more people, it could make that person really upset and treated as a form of bullying. Always be mindful of the photos you take using your camera and who you share them with.

### 9 MAKE SURE YOUR PARENTS SET UP 'PARENTAL CONTROLS'

This means that you will be able to use your phone safely and securely and won't accidentally do things you shouldn't do. The best time to do this is when you get a new phone or device so that you're protected from the very beginning.

### 10 ALWAYS TALK TO YOUR PARENTS IF YOU DON'T FEEL SAFE

Sometimes, even though your phone is really secure, you might see something you don't like, or someone might contact you who you don't know. If this happens, always tell your trusted adult like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and advise you on what you should do next.

### 11 DON'T TEXT AND WALK

This might seem like a strange thing to say but it can be dangerous to stare at your mobile phone whilst walking outside alongside busy roads or bicycle paths. In some cases, children have been knocked over by cars or cyclists because they haven't been aware of their surroundings whilst texting or playing games on their mobile devices.



# A GUIDE ON HOW NOT TO BE A SCREEN ZOMBIE

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie.'

## TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



## BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible - there's so much fun you can have with others!



## SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



## DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



## ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



## BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



## BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



## SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



## UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



## Meet our expert

Peta Badh is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



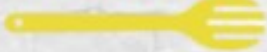
National  
Online  
Safety®




















#WakeUpWednesday



# First Week Back Menu

**WEEK 1** W/C: 04/11, 25/11, 16/12, 06/01, 27/01, 10/03, 31/03



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Macaroni Cheese</b> 	<b>Classic Beef Burger</b> Served with Potato Wedges	<b>Roast Gammon</b> Served with Roast Potatoes and Gravy	<b>BBQ Chicken Pizza</b> Served with Pesto Pasta	<b>Fish Fingers</b> Served with Chips
	<b>Cheesy Bean Burrito</b>   	<b>Quorn Burger</b>  Served with Potato Wedges	<b>Roast Quorn</b>  Served with Roast Potatoes and Gravy	<b>Meatless Feast Cheesy Pizza</b>   Served with Pesto Pasta	<b>Veggie Fingers</b>  Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings including Salmon Mayonnaise 	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato sauce with penne pasta  					
<b>All main meals are served with two vegetables</b>					
DESSERT	<b>Flapjack with Fruit</b> 	<b>Apple Crumble with Custard</b> 	<b>Rice Pudding with Jam or Chocolate Spread</b>	<b>Raspberry Jelly</b>	<b>Chocolate Brownie</b>
<b>PACKED LUNCH</b> Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day					



# Should I keep my child off school?



## Yes

### Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

## No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minftec>.