



Porthleven School & Pre-School



Newsletter

Friday 19th January 2024

Dear Parents and Carers ,

This week the staff at Porthleven School received a belated Christmas present, a hoodie emblazoned with 'The Porthleven Way', our positive affirmations for our school. Not only do these hoodies provide much needed warmth at this time of year, more importantly, they celebrate togetherness and teamwork. I am incredibly privileged to work within this great Porthleven team, where everyone supports each other and your children, to learn, progress and show, 'We Can' achieve greatly.



Kind regards,

Dan Clayden

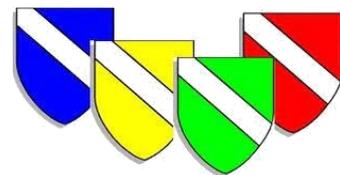
Attendance

Class	Attend- ance	Late Marks
	This week	
Rainbowfish—YR	94.20	2
Seahorses—Y1	100	5
Jellyfish—Y2	100	0
Narwhals—Y3	100	3
Swordfish—Y4	94.06	2
Manta Rays—Y5	96.14	6
Dolphins—Y6	95.24	0
WHOLE SCHOOL	98.15	18

Well done to Seahorses, Jellyfish & Narwhals class for the best attendance this week!

House Points

Running Totals This Term:



Cookworthy: 6

Penrose: 2

Gibson: 6

Methleigh: 6

Our winners this week are the

Cookworthy Team

Well done!

Accelerated Reader Champions!

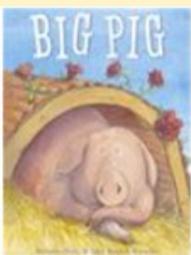


Jellyfish	Narwhals	Swordfish	Manta Rays	Dolphins
Class Weekly Word Count				
69,149	119,099	248,826	30,332	310,544
Highest Pupil Weekly Word Count				
Jowan	Rupert	Rose	Alfie	Annabelle
26,674	40,974	55,758	9,997	68,822
100% achievers - Who has achieved their target?				
	Gracie, Sasha, Rupert, Evie, Lily,	Rose	Felix	Annabelle

Recommended reads

KS1 Book of the week - Big Pig

Author: Malachy Doyle AR Book Level: 2.4

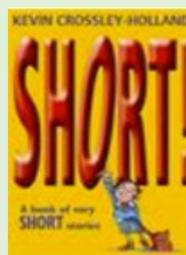


When little pigs get big, they must learn how to do things on their own, but sometimes grown-ups need a bit of help, too.

KS2 Book of the week - Short!

Author: Various AR Book Level: 4.0

A collection of seriously short stories, the shortest containing one sentence, the longest only a page and a half.



Maths Whizz Winners

Below is our weekly progression for each class!

Jellyfish: 2.1

Narwhals: 2.3

Swordfish: 2.1

Manta Rays: 2.6

Dolphins: 2.6

Well done to **Manta Rays & Dolphins** for winning the Maths Whizz trophy this week!



Maths-Whizz
by whizz EDUCATION

EYFS & KS1 TEAM

This week we hear from Mrs Trounson!

This week, the Nursery children have been busy finding out about the number 3, subitising and counting objects. They are enjoying their story 'Whatever next', packing the teddy's lunch box and talking about healthy food and

how to stay healthy (drinking water, getting a good night's sleep, exercising and laughing). They have also been discovering the planets in their room and laying down on the floor in the role play area to look at the inflatable planets above them.

One highlight this week was planting trees with the National Trust! Even though it was really cold, the children had a great time and when they got back to school had hot chocolate and biscuits as a treat.

Rainbow fish have been busy writing about Norman and his extraordinary wings! In maths we have been learning about the numbers 1-5 and learning 'more' and 'fewer'.

The children have also been great at brushing their teeth and learning a song about keeping their teeth clean.

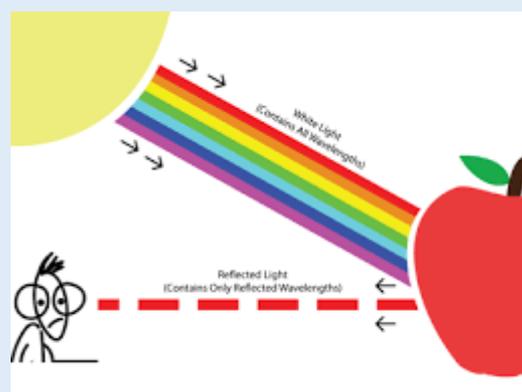
This week all the children in Rainbow fish and Angelfish had a visit from Mel from Healthy Movers who helped us explore moving like different animals - leopards, parrots, snakes, elephants and giraffes!



This week we hear from Mr Goward!

KS2 TEAM

Swordfish Class have been light scientists this week. We experimented with multiple materials to see which materials absorbed light and which reflected the best, after all making predictions as to which we thought would be the least and most successful. The thick cardboard and carpet seemed to absorb light the most. We learned that the colour of objects affects how much or how well they absorb/reflect, and why some colour clothes are a bad idea in hot weather! Finally, many of us were amazed to discover that the human eye does not actually see the colour of an object, but in fact the light reflecting off the object. To help us remember the trajectory of light bouncing off objects, Mr Goward threw a ball at two baking trays to show how the direction of light changes depending on if it hits a flat surface or an uneven one. Well done, scientists!



SPORTS AT PORTHLEVEN



Girls Football Tournament

On Monday, Porthleven hosted a Year 5 and 6 girls football tournament! Our team, led brilliantly by Miss Murray, competed against 4 other schools and put their maximum effort into every game. All of the girls commented how much fun they had and thoroughly enjoyed the competition. Well done especially to Josie who stepped up into the place of goalkeeper and made some excellent saves!

Well done to all the players!



Important Messages

Attendance and late arrival

As a reminder, the expected attendance for a child is **95%** or above. Please ensure all absences are emailed or left on the absence phoneline by 9am each day.

School gates close at 8.50am, if your child arrives after this time they will need to ring the gate buzzer and register at the office.

Breaktime snacks

We ask that children please have a healthy snack during break times and avoid snacking on items such as chocolate or crisps.

School Facebook

Please follow the schools Facebook page for school updates - Porthleven School.

Porthleven PTA page is not run by the school. If you have any questions about school, please ensure you send them to porthlevensecretary@croftymat.org or call the school office.

Information sent home this week:

- Important date reminder
-

Admissions

Crofty Multi Academy Trust is consulting on its schools' admissions arrangements for the academic year 2025-26.

We are proposing one change to the policy and, in accordance with the School Admissions Code, must therefore consult locally with our stakeholders.

Please find attached a letter that outlines the consultation and the changes we are proposing, along with a copy of the draft Admissions Policy for 2025-26 with the changes highlighted.

Comments are welcomed and should be made following the process outlined in the letter. We have set a deadline for responses to be returned by 3.15pm on Wednesday 31st January 2024.

We thank you for your help and co-operation in this matter.

Menu Change Monday 22nd January

On Monday the green option will be sweet potato and chickpea roast with wedges not stir fry.

Words For Life

Please see below a link to an excellent website with lots of really useful, practical tried and tested activities and resources for parents to support their child's language and literacy development. It is helpfully divided into different age bands across the pre-school and primary age range.

<https://wordsforlife.org.uk/>



WEEK 1

W/C: 30/10, 20/11, 11/12, 01/01, 22/01, 04/03, 25/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizza 🌱 Served with Potato Wedges 🍟	Classic Beef Burger Served with Potato Wedges 🍟	Chicken, Vegetable and Mash Pie 🍷 Served with Gravy	Beef Bolognese 🍷 Served with Wholewheat Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
	Stir Fried Vegetable Rice 🌱 🍷 🍟	Vegetarian Burger 🌱 Served with Potato Wedges 🍟	Vegetable Pastry Roll 🌱 Served with Mashed Potato and Gravy	Vegetarian Bolognese 🌱 🍷 Served with Wholewheat Pasta and Garlic and Herb Bread	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, 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
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🌱 🍷					
All main meals are served with two vegetables					
DESSERT	Beetroot Brownie	Crispy Crackle Bar with Fruit 🍌	Banana Cake 🍌	Original Flapjack	Vanilla Ice Cream

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

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS
National Online Safety®
#WakeUpWednesday



Porthleven Nursery School

We offer:

- Safe and secure environment.
- Qualified teacher led provision within a foundation unit having access to all amenities within Porthleven School.
- Free funding for 3 and 4-year-olds.
- Experienced, well qualified and caring staff.
- A seamless transition into school.
- Organised activities and trips
- Play based learning.



Visit us today at:

**Porthleven
Primary and
Nursery School**

**Torleven
Road, Porthleven,
TR13 9BX**

Call 01326 562249 or email porthlevensecretary@croftymat.org for more information or to book a viewing.



The Nursery is open between the hours of 09.00 and 15.00. Funded sessions can be claimed in the mornings between 09.00 and 12.00 and afternoon sessions run from 12.00-15.00.

You are able to extend your funded 15 hours per week at a session rate of £14.25 (3 hours).

PADDLEBOAT THEATRE PRESENTS:
FRAMED!
AN INTERACTIVE FAMILY FRIENDLY WHODUNNIT MYSTERY



FRINGE REVIEW



SCAN ME

2pm, Wednesday 14 February

Tickets: £8. Save £2 per ticket with the code: **framed** (valid until 31 Dec)

falmouth.ac.uk/arts-centre

AMATA Arts Centre, Falmouth University, Penryn Campus TR10 9FE

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