

BELIEVE, ACHIEVE, ASPIRE

ST BURYAN ACADEMY NEWSLETTER

Friday 24th May 2024

www.stburyanacademy.com

secretary@stburyanacademy.org

Tel: 01736 810480



STAY UP-TO-DATE WITH SCHOOL NEWSLETTERS, MENUS AND DATES

Download the free 'eschools lite' app and search for St Buryan Academy

TURN ON NOTIFICATIONS AND RECEIVE NOTICE WHEN WE UPLOAD OUR NEWSLETTERS, MENUS AND UPDATE OUR DIARY!



Key Dates

Please check the school calendar through our website regularly - more dates will be added as the term goes on

15/4/24 - Start of Summer Term

27/5/24 - 31/5/24 - May Half Term

19/7/24 - Last day of Summer Term

Please check the key dates below for upcoming events. New dates may be added across the term so please check our lines of communication when notified.

In this edition...

- Welcome
- This week in photos
- Menu Summer 2
- Upcoming dates
- School Avoidance
- Jubilee Pool offer
- Half term football camps
- Save the Centre - Sennen
- PK Porthcurmo Children's Activity
- Parental Workshops

Welcome to our fortnightly newsletter!

The weeks are really flying by at the moment, as we approach the end of the school year.

Next half term is a very busy one with trips and residential opportunities as well as the usual Summer Term activities, such as: sports' day, fetes, Leavers' Services and much more - so please do check our key dates below to make sure you are aware of what is coming up! We will ensure that we update our notice boards too as the events can come thick and fast.

More sporting success has been achieved over the past couple of weeks. Firstly, our football team took part in the Centenary County Cup Final, just losing out to Luxulyan on the day - who have now won it three times on the trot. To participate in the event and compete so well in it is a huge achievement and one that we are all very proud of. Well done to the team: Harvey B, Jensen, Rhys, Jowan, Finley M, Jack, Aidan, Rupert as well as Florence and Isla who joined us and played so well in the final after great performances the week prior in the Leading Edge Cup.

Following the Leading Edge Cup the week prior, I am delighted to announce that Jowan, Lettie, Florence and Isla have been chosen to represent Leading Edge in the boys and girls teams respectively later this year in the Cornwall Trust Cup, where they will compete against other multi-academy trusts across the county. Parents of these children will be given information on this as soon as possible!

Our rugby team also achieved Bronze in the Cornwall School Games area finals - once more - a hugely impressive result given the fact they were competing against larger schools.

Our sporting achievements have been remarkable this year, it is great to see our children competing and achieving in the opportunities provided and so pleasing to see them grab these opportunities with both hands.

Cont. on next page...



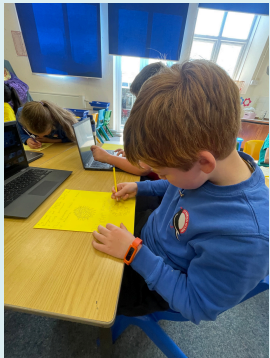
THIS WEEK IN PHOTOS

Friday 24th May 2024

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On Tuesday this week we held one of our Believe, Achieve, Aspire days. These days are to give children an opportunity to develop skills, knowledge and understanding in an area we may not normally get to focus on with the business and expectations in other areas of learning. With the good weather, we continued our work with Cornwall Cricket and Kellie - one of our former pupils - with some more Chance to Shine experience. Look out for a new partnership with Cornwall Cricket for our children coming up soon. We also welcomed Sammy and Ian from Penzance Tennis Club to carry out some tennis sessions with our children. These are always popular and we recommend following Penzance Tennis Club on Facebook to see some of the amazing work they do for the sport if you and your children are interested in joining. We also ran sessions with Mrs Wilson focussing on our legacy projects and started work on creating a whole school time capsule... an exciting project that we are looking forward to doing more in the near future! The whole school also learnt some basic British Sign Language including greetings and the alphabet. It is such a valuable skill and helps our appreciation in terms of how lucky we are.

On Wednesday, Porthcurno class went to the Minack to perform on the world-famous stage! They worked with other schools to perform parts of Shakespeare's 'King Lear'. We were given Act 1 to perform, kicking off the performance, and they did it in style! I have heard so much great feedback about their performance and am extremely proud of them - well done all and a big thank you to those who came to watch!

Please remember that we have an INSET on Friday, June 7th.

Have a great weekend and half term!

Mr McDonald and all at St Buryan Academy

HELL Summer 2

Jacket potatoes now available daily
Fresh fruit and yoghurt available daily



MENU 2024

June - July 2024

SUMMER Menu

Menu 1
W/C
3rd June
24th June
15 July

Monday	Tuesday	Wednesday	Thursday	Friday
Mac 'n' Cheese with peas and salad	Bacon and cheese or just cheese pinwheels with wedges and beans	Chicken or vegetable enchiladas with rice and salad	Roast gammon/vegetarian roast, roast potatoes, peas, carrots, cauliflower cheese and gravy	Fish fingers, chips, beans and peas or jacket potato
Fresh fruit	Biscuits	Jelly	Scones and Jam	Ice cream

Monday	Tuesday	Wednesday	Thursday	Friday
Pepperoni or vegetable pizza with wedges, salad and coleslaw	Chicken or Quorn curry with rice	Sausage pasta bake or vegetable pasta bake	Roast chicken/Quorn, roast potatoes, carrots, peas, broccoli and gravy	Fish fingers, chips, beans and peas or jacket potato
Tiffin	Jam sponge	Ice cream	Iced buns	Flapjack

Menu 2
W/C
10th June
1st July

Menu 3
W/C
17th June
8th July

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti bolognaise or Quorn bolognaise	Bacon and cheese or vegetable quiche with new potatoes and coleslaw	Beef burger or vegetarian burger in a bun with wedges and beans	Roast pork/vegetarian option, roast potatoes, carrots, peas and calibraise with gravy	Sausage/vegetarian sausage and chips with beans and peas
Sponge and custard	Scones with jam	Chocolate chip cookies	Jelly	Tiffin

WHAT'S HAPPENING SUMMER TERM

2024



at St Buryan Academy

DON'T FORGET TO...

Bring your waterbottles and apply sun-cream in the morning! You may want to pack sun-cream children can apply themselves if needed for during the day.

FOREST SCHOOL

Penberth and Porhcurno until half term!
Despite the sun please make sure they are prepared for all weathers.

TEACHER- LED CLUBS

Mondays -
Whole school
TEAM SBA Club (a range of team-building activities)
Fridays -
Rec&KS1 Film Club
KS2 Sports Club

INSET DAYS

Friday 7th June
Monday 22nd July
Tuesday 23rd July

MAY 1 AND MAY 8

KS2 FOOTBALL
TOURNAMENT AT
MOUNTS BAY
ACADEMY
3.30PM



SCHOOL PHOTOS May 9th

Please wear appropriate uniform for individual and class photos.



YEAR 6 SATS

13th - 16th
May



ISLES OF SCILLY CAMP

17th-21st June

May 14th pre-camp meeting for parents after school.

MINACK

The whole school will be attending The Minack Theatre on Monday 24th June - look out for letters!

WHAT'S HAPPENING SUMMER TERM

2024



at St Buryan Academy

**YEAR 3/4
AND YEAR
1/2 CAMPS**
Y3/4 26th&27th
June
Y1/2 27th June

**END OF YEAR
PARENTAL
INTERVIEWS**

Week of 8th July

**SPORTS DAY AND
SUMMER FETE**
11th July at
Community
House:
Sports Day at
1.30pm followed
by Summer Fete

**YEAR 6
LEAVERS'
SERVICE**

Year 6 families to join
us to celebrate their
primary school lives
from 2pm in the school
hall on the 16th July.

**LAST DAY OF
TERM**

19th July
1.15pm finish

NEWSLETTER

Remember to check our
fortnightly newsletter to
see what we have been
up to, extra dates
added to the diary and
for advice covering a
range of topics.

**KEEP AN EYE
OUT FOR...**

Progress and
attainment updates.
Our end of year reports
will be out soon!

ATTENDANCE

Please keep up the
fantastic efforts with
school attendance. Last
term we ended up
above the national
average, so please
continue this to finish
the year - thank you!

UNIFORM

We are now wearing
summer uniform. Please
ensure that your child
continues to wear
appropriate school shoes.
As we are no longer
swimming, children should
only wear PE kits on
Tuesdays from now.
Thank you

What Parents & Educators Need to Know about SCHOOL AVOIDANCE

School avoidance refers to reduced attendance or non-attendance at school by a child or young person. In 2022-23, more than one in five children in England were found to be absent from school over 10% of the time. This guide focuses on school avoidance with an emotional basis, offering expert mental health advice. However, it's important to remember that school avoidance is a hugely subjective experience which requires a tailored, individual approach.

UNDERSTANDING SCHOOL AVOIDANCE

IMPACT OF SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.



LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.



PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.



LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.



COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include tummy aches, headaches, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.



CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity making them anxious – increasing their desire to stay at home.



Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.



MANAGE OVERWHELMING FEELINGS

Acknowledge the child's worries, listen and discuss coping strategies together to help them manage difficulties. These could include mindfulness, deep breathing or going for a walk. This helps them understand that you are working together towards a common goal, and that these strategies can be used when bigger feelings arise.



FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and spent away from screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.



RECOGNISE POSITIVE STEPS

Drawing attention to a child's successes – be they big or small – can help to give them some much-needed confidence and motivation. Celebrate these daily victories – such as getting out of bed on time or completing school work – and don't hesitate to let the child know when you're impressed or proud of them. Such an approach can go a long way.



Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: nationalcollege.com/guides/school-avoidance

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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KIDS SWIM FREE

REGISTER
ONLINE
TODAY



Our Parish Council have secured funding for free swimming sessions at the Jubilee Pool from May-October this year! Please visit the Jubilee Pool's website for more information on how to register.

FOOTBALL CAMPS

MAY HALF TERM



Dates (2024)

Wednesday 29th May

Friday 31st May

Soccer Tots (3-6yrs)

School Years Reception & Year 1
10am-12pm

£7 for 1 day | £12 for 2 days

Soccer Pros (7-13yrs)

School Years 2-8
10am-3pm

£18 for 1 day | £33 for 2 days

Venue

Mounts Bay Football Development Centre (MBFDC)
Mounts Bay Academy Sports Centre, Penzance, Cornwall, TR18 3JT

Other Info

All children are welcome to attend from any school or club
The MBFDC coaching staff are UEFA / FA qualified & DBS checked

Register

Register, pay & book online!
Visit the website for further information
Website link - www.mbfdc.co.uk





WE'RE CROWDFUNDING

CAN YOU HELP? SAVE THE CENTRE

& create a warm, safe, vibrant space
for the whole community to use
Groups, schools & individuals

HOW TO HELP US

Pledge your support today:

- ✓ Make a donation
- ✓ Buy a reward (60+ to choose from)
- ✓ Share our campaign



<https://www.crowdfunder.co.uk/p/scrc-rebuild-project>



PLANET PK CHAMPIONS buILD A HIDEAWAY

SAT 25 MAY

clore learnIng space

10:30 - 12:00



To celebrate Children's Gardening Week, we will be putting your building skills to the test to help us create our very own PK hideaway in a quiet corner of our beautiful PK gardens. We will be planting seeds for a variety of climbing plants which will grow over the summer months to create leafy cover for the hide-away.

Please dress appropriately for the weather.

PK Champions is our free monthly workshop

Planet PK Champions is our free, monthly, environmental club for families.

Meet us in the Clore Learning Space, PK.

Free parking in our car park for all attendees.

Visit www.pkporthcurno.com/planetpk for further information about Planet PK Champions.



PKPorthcurno.com



PK Porthcurno, Eastern House,
Penzance, Cornwall, TR19 6JX

PKPorthcurno



Together for Families Parenting

Parenting Workshops

April - August 2024



Solihull – Understanding your Child

- Early Years (ages 1-3)
- Primary Years (ages 4-8)
- Transition Years (ages 9-11)

Workshop Description

Delivered over 10 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

- How your child develops
 - Understanding how your child is feeling
 - Tuning into what your child needs
 - Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why is sleep important?
- Self-regulation and anger
- Communication and tuning in
 - Looking back and looking forwards

Workshop Dates

Countywide – VIRTUAL		
Ages 1-3 Mondays	18:00-20:00	22.04.24-24.06.24 Virtual MS Teams
Ages 1-3 Wednesdays	09:30-11:30	05.06.24-07.08.24 Virtual MS Teams
Ages 4-8 Tuesdays	12:30-14:30	23.04.24 – 25.06.24 Virtual MS Teams
Ages 4-8 Mondays	18:00-20:00	03.06.24-05.08.24 Virtual MS Teams
Ages 9-11 Thursdays	12:30-14:30	02.05.24-11.07.24 Virtual MS Teams
Ages 9-11 Wednesdays	18:00-20:00	08.05.24-17.07.24 Virtual MS Teams
East		
Ages 4-8	Mondays 09:30-11:30	13.05.24-22.07.24 Wadebridge Family Hub
Ages 9-11	Tuesdays 12:30-14:30	30.04.24-09.07.24 Launceston Family Hub
Mid		
Ages 1-3	Tuesdays 12:30-14:30	04.06.24-06.08.24 St Austell Family Hub
Ages 4-8	Thursdays 12:30-14:30	02.05.24-11.07.24 Newquay Family Hub
Ages 9-11	Fridays 09:30-11:30	10.05.24-12.07.24 The Park Family Hub
West		
Ages 1-3	Thursdays 09:30-11:30	02.05.24-11.07.24 Gooseberry Bush Nursery
Ages 4-8	Wednesdays 09:30-11:30	08.05.24-17.07.24 Helston Family Hub
Ages 9-11	Mondays 12:30-14:30	13.05.24-22.07.24 Penzance Family Hub





Parents Plus Adolescent Programme

Workshop Description

Delivered over 9 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

- Understanding teenagers
- Pressing the pause button
 - Getting to know your teenager
 - Establishing rules with teenagers
 - Connecting with your teenager
 - Communicating rules positively
 - The power of encouragement
- Using consequences
- Active listening
- Creating a discipline plan
- Empowering teenagers
- Dealing with conflict and aggression
- Problem solving with teenagers
- Establishing routines
- Family problem solving
- Parent self-care

Workshop Dates

Countywide - VIRTUAL		
Ages 12-18	Wednesdays	01.05.24-26.06.24 18:00-20:00 Virtual MS Teams
Ages 12-18	Mondays	03.06.24-29.07.24 09:30-11:30 Virtual MS Teams
East		
Ages 12-18	Tuesdays	02.05.24-04.07.24 09:30-11:30 Saltash Family Hub
Ages 12-18	Mondays	13.05.24-15.07.24 12:30-14:30 Wadebridge Family Hub
Mid		
Ages 12-18	Tuesdays	19.04.24-21.06.24 12:30-14:30 The Park Family Hub
Ages 12-18	Mondays	13.05.24-15.07.24 12:30-14:30 Newquay Family Hub
West		
Ages 12-18	Tuesdays	28.05.24-23.07.24 12:30-14:30 Penzance Family Hub
Ages 12-18	Wednesdays	05.06.24-31.07.24 12:30-14:30 Helston Family Hub





Supporting Healthy Relationships

Me You and Baby Too (MYBT) Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all new or expectant parents/carers:

- What your baby picks up on
- How to support each other
 - How arguments start, and how to manage them constructively

Arguing Better (AB) Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all parents/carers with a child of any age:

- How to support each other
 - How arguments start, and how to manage them constructively
- Impact on children

Getting it Right for Children (GIRFC)

Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for separating or separated parents/carers:

- How to stay calm and listen
- Seeing things differently
 - Finding solutions and making compromises

MYBT Workshop Dates

Countywide – VIRTUAL		
Ages pre-birth – 12months	Wednesdays 17.04.24-01.05.24 09:30-11:30	Virtual MS Teams
Ages pre-birth – 12months	Thursdays 04.07.24-18.07.24 18:00-20:00	Virtual MS Teams

AB Workshop Dates

Countywide – VIRTUAL		
Ages 1-19	Thursdays 18:00-20:00	02.05.24-16.05.24 Virtual MS Teams
Ages 1-19	Tuesdays 12:30-14:30	02.07.24-16.07.24 Virtual MS Teams

GIRFC Workshop Dates

Countywide – VIRTUAL		
Ages 0-19	Fridays 09:30-11:30	19.04.24-03.05.24 Virtual MS Teams
Ages 0-19	Thursdays 18:00-20:00	06.06.24-20.06.24 Virtual MS Teams



How to access

Parents/carers or professionals can access the parenting offer by visiting www.cornwall.gov.uk/parenting.

Parents/carers or professionals will be able to self-book onto workshop using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the [Early Help Hub](#).

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am - 5pm to support queries.



Parenting children aged 0 to 11

SELECT A SERVICE

<p>Virtual - Understanding your child (ages 1 to 3)</p> <p>This is a Virtual course delivered on Micros... Read more</p> <p>2 hours</p>	<p>Understanding your child (ages 1 - 3) Bodmin Family Hub</p> <p>This is a Face-to-Face course delivered over... Read more</p> <p>2 hours</p>
<p>Understanding your child (ages 1 - 3) Troon Family Hub</p> <p>This is a Face to Face course delivered over... Read more</p>	<p>Understanding your child (ages 1 to 3) The Park Family Hub</p> <p>This is a Face to Face course delivered over... Read more</p>



Parenting Young People aged 12 - 18

SELECT A SERVICE

<p>Take 3 - Virtual</p> <p>This is a 10-week series delivered virtually, ... Read more</p> <p>Free - 2 hours</p>	<p>Take 3 - Bodmin Family Hub</p> <p>This is a Face-to-Face course delivered over... Read more</p> <p>Free - 2 hours</p>
<p>Take 3 - Callington Family Hub</p> <p>This is a Face-to-Face course delivered over... Read more</p> <p>Free - 2 hours</p>	<p>Take 3 - Hayle Family Hub</p> <p>This is a Face-to-Face course delivered over... Read more</p> <p>Free - 2 hours</p>



Supporting Healthy Relationships Workshops

SELECT A SERVICE

<p>Me, You and Baby Too - Virtual - (30 Jan, 6 and 13Feb)</p> <p>This is a virtual series of 3 sessions running ... Read more</p> <p>2 hours</p>	<p>Me, You and Baby Too - St Austell Family Hub (20, 27 Feb and 5...</p> <p>This is a Face-to-Face series of 3 sessions ru... Read more</p> <p>2 hours</p>
<p>Me, You and Baby Too - Penzance Family Hub (12, 19, and 26...</p> <p>This is a Face-to-Face series of 3 sessions ru... Read more</p> <p>2 hours</p>	<p>Arguing Better - Virtual - (30 Jan, 6 and 13Feb)</p> <p>This is a virtual series of 3 sessions running ... Read more</p> <p>2 hours</p>

ADD YOUR DETAILS

<p>First and last name *</p> <input type="text"/>	<p>Notes</p> <p>Add any special requests</p>
<p>Email *</p> <input type="text"/>	
<p>Address *</p> <input type="text"/>	
<p>Phone number *</p> <input type="text"/>	

Contact us

Email: parenting@cornwall.gov.uk

Call: 01872 324323

If you would like this information in another format please contact:

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY

Email: equality@cornwall.gov.uk Telephone: 0300 1234 100



www.cornwall.gov.uk