

# ST BURYAN ACADEMY NEWSLETTER

Friday 6th December 2024

[www.stburyanacademy.com](http://www.stburyanacademy.com)

[secretary@stburyanacademy.org](mailto:secretary@stburyanacademy.org)

Tel: 01736 810480

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

Welcome to our latest fortnightly newsletter!

## Key Dates

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

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...

- Recent events and updates
- 2024/25 Key Dates
- December Dates
- Menus (Week 1,2 and 3)
- Story time at the church
- Time to Move Holiday Clubs
- Top tips for supporting children with social media and new devices

### INSET DAYS 24/25

Sept 3rd and 4th 2024

June 6th 2025

July 21st, 22nd, 23rd 2025

As we approach the end of term, please do be aware of all of our upcoming dates, these have been sent home as well as appearing in today's newsletter. Today, your children will receive a letter too regarding our Christmas play arrangements and an exciting opportunity to help decorate the village - so check those bags!

Thank you to our Friends of St Buryan, who raised yet more funds for our children this week through the wreath making workshop held at school; thank you to parents, past and present, as well as members of the community who supported the event. It looked great fun and we hope that you enjoyed yourselves.

We had a great day on Thursday this week. Our children were treated to a fun session at the pool as reward for all of the great progress in swimming that they had made. This was followed by an end of term (almost) treat at the cinema where they watched Moana 2; everyone thoroughly enjoyed it and represented the school superbly.

We have had a lot of sporting events lately with Year 3&4 braving the rain and wind at Penzance Astro for their hockey festival. Last month our cross country team competed at Hayle with Lettie and Lilly winning silver in the year 6 and year 5 races respectively. Well done to all of our athletes for competing, several for the first time and thank you to Mrs Ayotte for facilitating the events for us.

Last week Penberth went to Pridden Farm to bring their 'We're Going on a Bear Hunt' learning to life. Thank you to Mrs K for organising the trip, Mrs Hardy for letting us visit and to all of our volunteers who helped!

### Attendance

Our current attendance is at 93.6%, although this has improved, it is still below the national average of 94.8% so please support us in raising this in the last few weeks of the term and into 2025 - thank you.

### Uniform

Please remember that children in Nanjizal and Porthcurno should now be in their winter uniform, in-line with our uniform policy. This consists of a white button shirt and tie. Children should be wearing the appropriate trousers and school shoes. We have noticed that these standards have slipped slightly, so please work with us in promoting a positivity toward school uniform - thank you. All uniform information can be found on our website.

Mr McDonald and all at St Buryan Academy



Year 3&4 had a great time at Pz Astro for their Hockey festival.



We had a wonderful time at Penzance cinema watching Moana 2 as a whole school.



Penberth class continue to have great fun at Penzance Gymnastics Club.



Nanjizal have been busy in Forest School carrying out mini-beast hunts, making fishing rods and doing the preparation for making Christmas decorations by sawing wood.





# ST BURYAN ACADEMY

## Key dates

# 2024

### September

- 5th – First Day back!
- 20th – Fitness Day
- 25th – Outdoor Learning Day

### October

- Black History Month
- 4th – World Animal Day
- 9th – Stay Safe Workshop
- 10th – World Mental Health Day
- 21st-25th – Parent Meetings
- 22nd – Healthy Cornwall Workshops
- 28th-1st Nov Half Term
- 29th-3rd Nov – Diwali

### November

- Diwali
- 11th – Armistice Day
- 13th-17th Anti Bullying Week
- 14th – Open Afternoon/Learning together

### December

- 16th – Christmas performances dress rehearsal
- 17th – Christmas Dinner
- 18th – Morning Christmas Show
- 19th – Evening Christmas Show
- 20th – Christmas Paryy and last day of term (1:30pm finish)

### January

- 6th – Back to school
- 13th – Year 6 SATs meeting

### February

- 3rd-10th – Children's Mental Health Week
- 7th – NSPCC Number Day
- 17th-21st – Half Term

### March

- Women's History Month
- 4th – Open afternoon/learning together
- 6th – World Book Day
- 12th – Outdoor Learning Day
- 14th & 15th – Holi
- 21st – World Poetry Day
- 24th-28th – Parent Meetings

### April

- 4th – Last day of term (1:30pm finish)
- 22nd – Back to School

### Key contacts

- Mr. Josh McDonald  
Head of School
- Designated Safeguarding Lead  
head@stburyanacademy.org
- Mrs. Care  
Business and Administration  
Parent Liaison Officer  
secretary@stburyanacademy.org
- Mrs. Joanna Kwiatkowska  
SENCo
- Deputy Designated Safeguarding Lead  
joanck@stburyanacademy.org

All other contacts are available on our website



### May

- 12th – Year 6 SATs week
- 19th – Year 5/6 London Trip (proposed date)

### June

- 2nd – Multiplication Check week
- 6th – INSET day
- 9th – Phonics Screening Check period begins
- 19th – Outdoor learning day
- 23rd – Year 1-4 residential week (proposed dates)

### July

- 4th – Sports' Day and fete
- 14th – Reports out
- 15th – Year 6 Leavers' Service
- 18th – Last day (1:30pm finish)!

### Key Information

Please note that dates are subject to change and more may be added across the course of the year.

PE every Tuesday

Swimming every Thursday morning (children may come to school in PE kits these days)



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# DECEMBER 2024 AT ST BURVAN SCHOOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03 <b>PE</b> Deadline for Christmas Decoration entries	04 Gymnastics - Penberth Forest School - Nanjizal	05 Last swim Cinema trip! Y5/6 Hockey	06 <b>Whole school church visit</b>	07
08	09 Christmas Assembly with Caroline Amos. Donations for church food bank.	10 <b>PE</b> Deadline for booking school dinners	11 Gymnastics - Penberth Forest School - Nanjizal Bags to School Collection Drop-off from 3.00pm in the hall	12 Christmas jumper day for Save the Children £1 donation Bags to School Collection Drop-off from 8.45-9.00 in the hall	13	14
15	16 Porthcurno signing at Friendship Club (Methodist Chapel)	17 Christmas Dinner and jumper day Special Visitor!	18 Christmas Show at Methodist Chapel 10am start	19 Christmas Show at Methodist Chapel 6pm start	20 Last Day! Wear your Christmas Clothes. 1.30pm finish	21
22	23	24	25	26	27	28
29	30	31	Please remember...	To bring in your coats and water bottles every day!	To settle up any payments before the end of term.	Our last teacher led clubs (Mon&Fri) are the week ending 6/12. Our last Stay and Play is 12/12.

# FOOD FESTIVAL

By Aspens

# LUNCHTIME

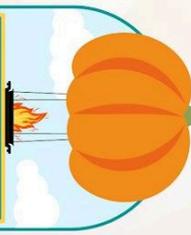
Week 1

TRADITIONAL

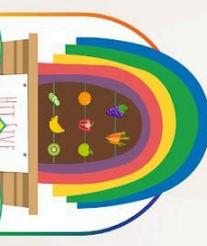
Autumn Winter  
2024-25:  
2/9, 23/9, 14/10,  
4/11, 25/11,  
16/12, 6/1, 27/1



**THE MAIN EVENT**



**MEAT-FREE MAGIC**  
Veggie Dish



**RAINBOW ALLEY**  
Vegetables and Salads



**BIG TOPPING**  
Filled Jackets



**DESSERT TROLLEY**

DAILY SALAD BOWL,  
FRESHLY BAKED BREAD,  
YOGHURTS AND  
CUT FRUIT

AVAILABLE DAILY

**MONDAY**

Margherita Pizza  
Slice and Wedges

BBQ Cheesy Chicken

Roast Gammon, Roast Potatoes and Gravy

Lasagne

Golden Fish Fingers or Salmon Fingers and Chips

Veggie Pepper and Sweetcorn Pizza  
Slice with Wedges

Butterbean Ratatouille

Quorn Sausage, Roast Potatoes and Gravy

Vegetable Lasagne

Veggie Burger and Chips

Sweetcorn

Apple Slaw and Wholegrain Rice

Peas and Carrots

Green Beans

Baked Beans

Beans, Cheese or Tuna Mayo

Toffee Frozen Yoghurt

Sweet Potato Brownie

Forest Fruits Jelly Pots

Cookie Dough  
Apple Crumble

Jammy Thumbprint Biscuits



**PASTA TWIRLER**

AVAILABLE EVERY DAY

**Topped Pasta**  
Hot Pasta topped with Homemade Tomato Sauce and Cheese

# FOOD FESTIVAL

By Aspens

# LUNCHTIMES

Week 2

TRADITIONAL

Autumn Winter  
2024-25:  
9/9, 30/9, 21/10,  
11/11, 2/12,  
23/12, 13/1, 3/2



**THE MAIN EVENT**

**MONDAY**

Cheesy Tomato  
Pizza Muffins

**TUESDAY**

Chicken and  
Sweetcorn  
Cobbler

**WEDNESDAY**

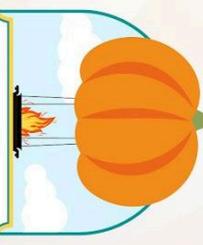
Roast Pork,  
Roast Potatoes  
and Gravy

**THURSDAY**

Classic  
Cottage  
Pie

**FRIDAY**

Battered Fish  
and Chips



**MEAT-FREE  
MAGIC  
Veggie Dish**

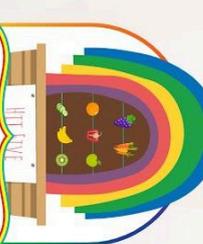
BBQ and  
Sweetcorn  
Pizza Slice

Winter  
Vegetable  
Crumble

Cauliflower Cheese,  
Crispy Onion Topping  
& Roast Potatoes  
(You don't have to have  
the onions!)

Roasted Sweet  
Potato Pastry Roll  
and Mash

Cheese and  
Tomato Toasted  
Wrap with Chips



**RAINBOW  
ALLEY**

Vegetables and Salads

Wholegrain  
Pasta Salad and  
Green salad

Herby Diced  
Potato and  
Carrots

Mixed  
Greens

Peas

Baked  
Beans



**BIG  
TOPPING**

Filled jackets

Beans,  
Cheese or  
Tuna Mayo



**DESSERT  
TROLLEY**

Toffee Apple  
Sponge and  
Custard

Chocolate  
Sprinkle Iced  
Cake

Raspberry  
Coconut Jelly

Fresh Fruit  
Salad

Anzac  
Biscuits



DAILY SALAD BOWL,  
FRESHLY BAKED BREAD,  
YOGHURTS AND  
CUT FRUIT

AVAILABLE DAILY



**PASTA  
TWIRLER**

AVAILABLE EVERY DAY

**Topped Pasta**  
Hot Pasta  
topped with  
Homemade  
Tomato Sauce &  
Cheese

# FOOD FESTIVAL

By Aspens

# LUNCHTIME

TRADITIONAL

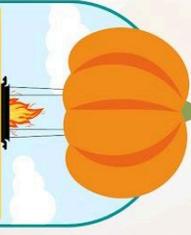
Week 3

Autumn Winter  
2024-25:  
16/9, 7/10,  
28/10, 18/11,  
9/12, 30/12,  
20/1, 10/2



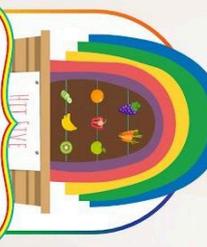
**THE MAIN EVENT**

- American Style Mac & Cheese
- Sausage Casserole and Mash
- Roast Chicken, Stuffing, Roast Potatoes and Gravy
- Meatballs in Tomato Sauce with Rice
- Golden Fish Fingers and Chips



**MEAT-FREE MAGIC Veggie Dish**

- Veggie Wholegrain Pasta Bolognese
- Vegetable Pot Pie and Mash
- Carrot and Stuffing Pastry Plat
- Mild Veggie Bean Chilli Loaded Wedges with Cheese
- Vegetable Fingers and Chips



**RAINBOW ALLEY Vegetables and Salads**

- Carrots
- Roast Root Veggies
- Peas and Sweetcorn
- Broccoli
- Baked Beans



**BIG TOPPING Filled Jackets**

- Beans, Cheese or Tuna Mayo



**DESSERT TROLLEY**

- Marble Cake
- Apple, Cinnamon Raisin Flapjacks
- Orange and Mango Jelly
- Banana Bread Muffins
- Gingerbread Cookies

**AVAILABLE DAILY**

DAILY SALAD BOWL, FRESHLY BAKED BREAD, YOGHURTS AND CUT FRUIT



**AVAILABLE EVERY DAY**

**PASTA TWIRLER Topped Pasta**

Hot Pasta topped with Homemade Tomato Sauce & Cheese



# Story Time around the Christmas Tree for children & families

Tuesdays

10 Dec

17 Dec

31 Dec

3:30 – 4:30pm



In St Buryan Church (TR19  
6BA)

All welcome

Pop in for light refreshments

and a short story



# Take part in family experience days this Christmas!

This Christmas there will be activities, trips and experiences available for families to access together.

You will be able to access sites such as The Eden Project, Heligan, Rogue Theatre and many more!



Scan here to find out more information on our website and see what is available.



For more information:  
W: [www.activecornwall.org/T2MHolidayProgramme/](http://www.activecornwall.org/T2MHolidayProgramme/)  
E: [Time2Move.HolidayProgramme@cornwall.gov.uk](mailto:Time2Move.HolidayProgramme@cornwall.gov.uk)  
T: 01872 324287





Scan here to book!



## Activities are taking place across Cornwall during the school Christmas holidays

- Multi sports, dancing, forest schools, reindeer feeding, horse riding and lots more!
- For children aged 5 to 16.
- A hot, healthy meal available for all children.
- Funded places for children eligible for benefits-related free school meals.



For more information:

W: [www.activecornwall.org/T2MHolidayProgramme/](http://www.activecornwall.org/T2MHolidayProgramme/)

E: [Time2Move.HolidayProgramme@cornwall.gov.uk](mailto:Time2Move.HolidayProgramme@cornwall.gov.uk)

T: 01872 324287

**FIND AN ACTIVITY NEAR YOU!**



# 12 Social Media Online Safety Tips

## FOR CHILDREN WITH NEW DEVICES

With Christmas only a few weeks away, many of you will be using social media to share your excitement with friends and family. Being active on social media is a great way to show others how much fun you're having, but it's important that you know how to use these apps safely and securely so that bad things don't happen. By following our safety tips below, you can make sure that your personal information stays private, your postings are positive and that your social media use overall is responsible, healthy and most of all enjoyable.

### 1 DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS

Make sure that you set your profile to private so that people you don't know can't find you online. Always tell a trusted adult if a stranger or somebody you don't know sends you a message or a friend request.



### 2 NEVER SHARE YOUR PERSONAL INFORMATION WITH PEOPLE YOU DON'T KNOW

Keep your personal information personal. Sometime people online aren't always who they say they are and might ask you to share things that you don't feel comfortable sharing.

### 3 DON'T SHARE EMBARRASSING PHOTOS OR VIDEOS OF OTHERS ONLINE

This could really upset them and could get you into a lot of trouble. Always think twice before posting anything on social media and treat people online as you would in real-life.



### 4 NEVER SEND NAKED PICTURES OF YOURSELF TO OTHERS

This is illegal if you are under 18 and you could get into trouble with the Police. If you are being pressured by someone, always say no and tell a trusted adult. Even if you think it is innocent fun, the photo could be shared with other people and you won't be able to control who else sees it.



### 5 CREATE A POSITIVE ONLINE REPUTATION

Always be kind and polite when posting comments on social media and only upload pictures and videos of things you are proud of. This forms part of your digital footprint. Everything you do online can be tracked and monitored and could affect what people think of you in real-life if it is negative.



### 6 LIMIT YOUR SCREEN TIME

Social media can be addictive, and it is easy to keep checking newsfeeds or your notifications every 5 minutes which can affect your behaviour and stop you from doing other things. Remember to only use your phone at certain times of the day, turn notifications off at bedtime and go out and have as fun as much as possible. This will keep you fit and healthy and make you appreciate there's more to life than just what's on social media.



### 7 BLOCK ONLINE BULLIES

Sometimes people might say nasty things to you online or post offensive comments on your pictures or videos. If this happens, always tell a trusted adult who will help you block them from your profile and support you in taking further action.



### 8 REPORT INAPPROPRIATE CONTENT

If you see something on social media that you don't like, offends you or upsets you, you should always report it to a trusted adult. You should also report it to the social media app who will be able to remove the content if it is against their user policy and can block the person who posted it.



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

Before downloading any new social media app, always check the age-rating. 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 content that isn't safe for you to see.



### 10 ALWAYS SECURE ALL YOUR SOCIAL MEDIA PROFILES WITH A PASSWORD

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



### 11 ASK PARENTS TO SET-UP 'PARENTAL CONTROLS' FOR SOCIAL MEDIA

When you download a social media app, you should always ask a trusted adult to help you set it up for the first time. This will help you control who sees what you post, who can contact you and make sure you are able to enjoy using the app safely and securely.



### 12 ALWAYS TALK TO YOUR TRUSTED ADULT IF SOCIAL MEDIA IS MAKING YOU UNHAPPY

Sometimes, social media can make us feel bad about ourselves or sad that we aren't the same as someone else or doing the same things as someone else. Remember, if you ever feel this way, it's really important to talk to your trusted adult(s) like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and discuss your feelings with you to help make you feel better.

