

BELIEVE, ACHIEVE, ASPIRE

ST BURYAN ACADEMY NEWSLETTER

Friday 29th September 2023

www.stburyanacademy.com

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If you have not yet updated or added information to our records, please do so on the links provided through email - thank you.

Key Dates

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

10th October - Well-being Awareness Day:
Wear green £1 donations (or more!) for local mental health charities

13th October - Minack visiting Porthcurno Class

17th October - Believe, Achieve, Aspire Day

20th October - Whacky Socks Day 50p donation

31st October - Halloween Disco

13th November - Parental Evening week

8th December - Whole school trip to Hall for Cornwall

12th December - Morning and evening Christmas shows

14th December - Christmas dinner

19th December - Last day of term!

In this edition...

- Welcome
- Spotlight on PE
- PE and wellbeing photos
- Buryan in Bloom
- Well-being Workouts
- After school care
- How to support reading at home
- Online Safety
- Next week's Menu

Welcome to latest edition of our fortnightly newsletter!

As with our model for newsletters this year, we want to celebrate parts of the school that you may not normally see or hear about. In the last edition Mrs Wilson shared all things Forest School and this week Mrs Ayotte will be sharing some of what we get up to in PE as well as things to look forward to over the next couple of months. Also in this newsletter, you can read about some reading tips we shared online recently and what we are doing to recognise Well-being day in October.

We've had a wonderful start to the year and already it has been filled with some great learning opportunities for our children. I am incredibly proud of the experiences we provide our children and the way we overcome barriers; whether it be our weekly swims for all pupils or wider development opportunities such as our recent visit to the Minack with Penberth class, the Space Odyssey experience all children from nursery to Year 6 took part in, our trip to the church to listen to some world-class musicians live and much more to come. I am really excited to share with you some of the events coming up ahead of Christmas, from our Believe, Achieve, Aspire day and much more to come.



www.stburyanacademy.com

**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!

SPOTLIGHT ON...

PHYSICAL EDUCATION



This year, in each of our newsletters we will be focussing on a different aspect of 'school life' and what our school has to offer.

In this edition, Mrs Ayotte talks to you about all things PE: what it looks like in our school, plans for the future, children's views and more. Physical Education has had an impressive journey over the last 18 months at our school and we are really proud of our school offer here at St Buryan.

The government funding for PE and Sport has been in place since 2013 and was introduced to promote healthy active lifestyles and improve the provision of physical activity in schools across England.

Leading a healthy active lifestyle is important for everyone's health and wellbeing. How do you lead a healthy active lifestyle? Perhaps bike rides, attending sports clubs, the gym, yoga in your front room? Your children have definitely inspired me to become more active this year! I personally love going for a walk or a run in the evening and find it allows me to 'unwind' and take notice.

The staff at St Buryan Academy are so lucky to work with such supportive families; please keep encouraging your children to be active, it's so important for their mental wellbeing. Last year, we saw so many firsts and achievements in PE and school sport. The children demonstrated resilience and determination as they competed and earned endurance medals at the cross country. They battled it out on the hockey pitch with absolutely no prior experience and came off EVERY match with massive smiles on their faces! We also took part in football, rugby, athletics, swimming, dance and so much more. We are now looking forward to the year ahead. The calendar is already full of events and fixtures for the Autumn term. Please come along and support the children if you are able to. We recognise the importance of physical education and the impact it has mentally as well as physically; this has been recognised through the national award of the Gold Award in PE for two years running.

One of my favourite parts of the day is observing the children at playtimes and lunchtimes. It's lovely to watch the children communicate with each other as they play with the equipment, take over the football pitch or compete in the inter house sports competitions. They show each other kindness and compassion every day; it never ceases to amaze me!

In our PE lessons this year, we will be focusing on the NHS/MIND, 5 ways to wellbeing. Look out for our Wellbeing Workout sheet for the month of October which will be sent home and can be viewed in this week's newsletter.

On Tuesday 10th October 2023, it is Mental Health Awareness Day. We will recognise this as a school by wearing green for the day, raising money for charity and beginning our day on the playground dancing our socks off! Parents are very welcome to stay and join the fun! 8.45-9.00am. We will be asking for a £1 donation for this non-uniform day with all proceeds going towards local mental health charities; you of course are welcome to donate more should you wish to.

On Tuesday 14th November 2023, we will be welcoming the team from Healthy Cornwall, Children and Young People Services and the Mental Health teams to educate the children about healthy eating, active lifestyles and dental hygiene. Did you know that around 1 in 6 children in the UK have a diagnosable mental health condition? Is it surprising to hear that tooth decay remains the most common reason for hospital admissions in children aged between 6 and 10 years old? All children will take part in workshops throughout the day to educate them about these areas. If you're interested in talking to the team, please let us know and an appointment can be arranged after school on this date.

If you need any support, please get in touch. We are always here for you.

Mrs Ayotte



Some PE action shots and the 'Five ways to wellbeing' guide



This year we are working with 'Buryan in Bloom' as part of our collaborative partnerships this year.

Over the course of the year we will be completing some projects with them as well as asking for some optional activities to be completed at home.

We would love it if you could take part in the 'Plant a Welly' competition. All you have to do is to plant a flower in a welly for the chance to win! Entries are £1 and proceeds will go towards 'Buryan in Bloom'. Wellies can be dropped off at school and will be part of the school displays. Please bring in any entries by the 29th September - we hope that you can take part. You are welcome to paint or design your wellies too!



INSET DAYS 2023/24

MONDAY 4th SEPTEMBER 2023 ✓

TUESDAY 5th SEPTEMBER 2023 ✓

FRIDAY 7th JUNE 2024

MONDAY 22nd JULY 2024

TUESDAY 23rd JULY 2024

WEDNESDAY 24th JULY 2024

DO YOU HAVE A CHILD DUE TO START SCHOOL?

ARE YOU NEW TO THE PENWITH AREA AND LOOKING FOR THE RIGHT SCHOOL FOR YOUR CHILDREN?

Book a tour of
ST BURYAN ACADEMY

Meet our children and staff!
Tour our school and environment!
See what our school has to offer!

www.stburyanacademy.com
01736 810480
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Leading Edge Academies Partnership

CREATIVITY CONFIDENCE COLLABORATION INDEPENDENCE
Excellence - Equity - Evolution - Believe - Achieve - Aspire

Well-being Workout

World Mental Health Day is on October 10th this year. Whilst we strongly consider well-being and mental health as part of our everyday practices here at St Buryan, during the month of October we will be recognising and raising awareness of it in various ways to support our children and community.

OCTOBER WELL-BEING DATES

TUES 10TH WEAR GREEN FOR WELL-BEING
£1 DONATION (MORE OR WHAT YOU CAN AFFORD) TO GO TO LOCAL MENTAL HEALTH CHARITIES

TUES 10TH COFFEE, CAKE AND CATCH UP
JOIN US IN THE HALL FROM 3PM-4PM FOR A CHANCE TO SPEAK TO SOME GREAT CHARITIES OR JUST TO HAVE A COFFEE, CAKE AND CATCH UP

TUES 17TH BELIEVE, ACHIEVE, ASPIRE DAY
THE FIRST OF OUR BELIEVE, ACHIEVE, ASPIRE DAYS FOR THE YEAR WILL SEE US CELEBRATE DIFFERENT ASPECTS OF DIVERSITY IN SOME EXCITING WORKSHOPS

FRI 20TH WHACKY SOCK DAY
WEAR YOUR WACKIEST SOCKS TO CELEBRATE YOUR INDIVIDUALITY!
50P DONATION - OR WHATVEER YOU ARE ABLE TO - FOR LOCAL WELL-BEING CHARITIES

Parents/carers can use this too!



How many of these well-being challenges can you complete?

PAY A COMPLIMENT - CAN YOU COMPLIMENT A FRIEND OR FAMILY MEMBER?	NO SCREEN DAY	WATCH THE SUNRISE	WRITE A POEM	START A DREAM JOURNAL
GO FOR A NATURE WALK	DO SOME YOGA - COSMIC KIDS OR OTHERS	TIDY YOUR ROOM OR WORKSPACE - HOW DOES THIS HELP YOUR MIND?	DANCE IN THE RAIN	PLAY A BOARD OR CARD GAME
CREATE YOUR DREAM BEDROOM	DRAW A PICTURE OF YOUR FAVOURITE PLACE IN THE WORLD	WATCH THE SUNSET	READ FOR LONGER THAN YOU NORMALLY DO	MAKE TIME FOR EXERCISE
LEARN A NEW SKILL	HAVE A MOVIE NIGHT	DO A FAVOUR - CAN YOU CARRY OUT A RANDOM ACT OF KINDNESS?	STRETCH	DO SOME MINDFULNESS COLOURING
CREATE A POP BAND WITH YOUR FAMILY AND USE HAIRBRUSHES FOR MICROPHONES	LISTEN TO CLASSICAL MUSIC	TRY A NEW CUISINE	DO SOMETHING BRAVE	MAKE A MODEL
MAKE SOMEONE A CARD	TEACH SOMEONE SOMETHING	START A DIARY FOR OCTOBER	COOK AS A FAMILY	MAKE SOMEONE SMILE

SOMETHING YOU'RE PROUD OF ABOUT YOURSELF IS...

WHAT MAKES YOU SMILE?

FIVE WAYS TO WELLBEING



Your time, your words, your presence



DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD



EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF



TALK & LISTEN, BE THERE, FEEL CONNECTED



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY



INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Mental Health Foundation
mauri tā, mauri o'pē



ST BURYAN ACADEMY
AFTER-SCHOOL CARE

STAY AND PLAY

TUESDAY, WEDNESDAY AND THURSDAY

AVAILABLE FROM 3.15-5.30PM

Booking essential

Booking forms available
from the office

Monday and Friday

free teacher-led clubs until 4.15pm

No booking required

Just let staff know at the start of the day!



Stay and Play run by Adele
of The Sensory Area

www.stburyanacademy.com
www.thesensoryarea.co.uk

How to support your child reading at home



Promote a love for reading

Reading shouldn't be, and isn't, a chore. It is a great way of escapism, learning and laughing. You can promote a love for reading at home by simply reading yourself and sharing this with your children. It doesn't have to be a novel or book, it could be a recipe, instructions, a newspaper or magazine. Your children seeing you read is a great way of supporting their reading at home.



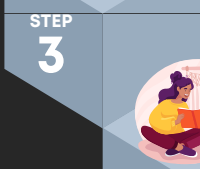
Visit the library or bookshops

Libraries are not always what we perceive them to be. Our Cornwall County libraries are engaging, fun and celebrate all books. They also run some great workshops and challenges where your children can win prizes! Bookshops are wonderful to visit too, whether you buy a book or not - they can be great to explore and to simply turn pages! The right book can be a wonderful present.



Have a reading area at home

Somewhere comfortable to read really promotes a real enjoyment of reading. It could be a special armchair, pillow or perhaps even a tent! If this isn't possible have a small bookshelf with some inspiring books. Make it look special with bunting or fairy lights to engage your child.



Read to your child

Children love to hear stories, even as they get older. It doesn't have to be for a long time, but listening to you read to them can be great family time. Use silly voices, act out parts of the story and have fun!



Ask questions

Take an interest in what your child reads and ask questions to get them thinking about their book. There's many you could ask but here are some examples:

- What do you think will happen next?
- Who is your favourite character and why?
- Have you learnt any new words?
- Are there any hidden messages or morals in the story?
- Can you show me a part of the book which describes a character or setting?



Be patient

Sometimes listening to children read requires patience. It is important to give them time when reading a challenging word. It could be that they are decoding it in their head and have nearly got it. Ask if they would like some help. Good questions to ask are:

- "Have you seen this word before - where?"
- "Can you read part of the word?"
- "Can you blend the sounds together?"



Be positive about reading

It's a fact of life that some people may have had negative experiences of reading when we were younger - but that doesn't mean our children have to. Talk about how important it is and let your child know what a brilliant job they are doing when they complete a page, book, or even read a new word!

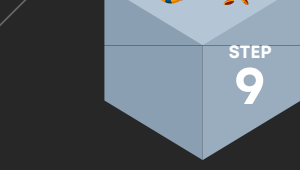


Speak to your child's teacher or attend workshops

If you are struggling to engage your child to read at home, have a chat with one of our staff members, it might be that the book they have isn't for them and there are better options to read. I believe that nobody dislikes reading, those that do at the moment just haven't found the right book yet!



There are also some great free online courses and websites which support parents in promoting a love for reading at home.



Finish the day with a story

Reading to your child, even when they're older, or given them the time to read before bed is such a valuable thing to do at such an important time. Turn the devices off and have that time to relax, chill and spend time together before bedtime!

What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
16+

in UK and Europe;
rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safety on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers

...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval; you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

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.



...HEY OSCAR...



National Online Safety®

#WakeUpWednesday

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Menu

Week commencing 2nd October 2023

MONDAY

Jacket potatoes, cheese and bean

-

Flapjack

TUESDAY

Chicken or Quorn wraps, potato wedges and salad

-

Apple Crumble

WEDNESDAY

Sausage or vegetarian sausage with mashed potatoes and peas

-

Cookies

THURSDAY

Fish and chips with beans and peas

-

Ice cream and flake

FRIDAY

Pasties or sausage rolls with beans

-

Tray bake

**PLEASE NOTE THERE ARE NO JACKET POTATOES
OPTIONS THIS WEEK OTHER THAN MONDAY**