

BELIEVE, ACHIEVE, ASPIRE

# ST BURYAN ACADEMY NEWSLETTER



Friday 6th September 2024

www.stburianacademy.com

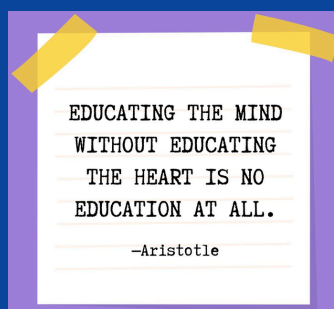
secretary@stburianacademy.org

Tel: 01736 810480

## 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...

- Welcome
- First week photos
- 2024/25 Key Dates
- St Buryan Gala
- Week 2 and 3 Menu
- What parents need to know about worry and anxiety

### INSET DAYS 24/25

Sept 3rd and 4th 2024

June 6th 2025

July 21st, 22nd, 23rd

Welcome to the first newsletter of the 2024/25 academic year.

Firstly, welcome back to St Buryan School for most of you and a big welcome to our new families; whether it is the start of your child's life in school or you join us part-way through it - welcome to our school and our wonderful community.

It is only a short newsletter today as means of a few reminders for the forthcoming term. Please make sure that you are aware of any upcoming dates for this term and year; these are in this newsletter and you should have received a copy of them separately - there will inevitably be dates added but we will keep you informed of these.

Also within today's newsletter you will find our menus for next week and the following week (Week 2 and 3). These are also available on our website (under 'School Meals') and on display on our noticeboard outside. These seem to be a success so far - so hopefully this will continue!

If you require wrap-around care Tuesdays, Wednesdays and Thursdays please pick up a booking form from the office.

Our teacher led clubs start next week, they are as follows:

Mondays: Construction Club with Mrs Cross for Reception, Y1 and Y2; Community Club with Mr McDonald for Y3-6 (**please note that this will commence on the 16th September**).

Fridays: Film Club with Mr McDonald for Reception, Y1 and Y2; Sports Club with Mrs Ayotte for Y3-6.

Collection for these clubs will be on the playground at 4.15pm; children do not have to pre-book to attend but we do ask that they know they will be coming to the club.

If you have not filled out the updated information form, then please do so as soon as possible. This has been emailed to parents, but can be found here: <https://forms.gle/ENqrijoDu4YuzUSR6>

It has been great to see the children settle back into school life so quickly - as well as the staff! It's been lovely visiting the classes and seeing the children settling in superbly, being keen to learn and all having a great time. Next week you will receive your child's class newsletter, which will outline some key information for the term ahead. You will also receive a parent overview with this term's learning so that you know what your child will be taught in each subject.

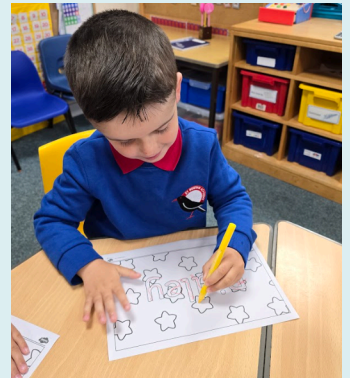
Have a great weekend

Mr McDonald and all at St Buryan Academy



# THIS WEEK IN PHOTOS:

OUR NEW RECEPTION CHILDREN SETTLING INTO SCHOOL LIFE AND YEAR 1 ENJOYING THEIR NEW WATER PLAY.







# 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)



www.stburyanacademy.com

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

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

# LUNCHTIME

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

	 <b>THE MAIN EVENT</b>	 <b>MEAT-FREE MAGIC</b> Veggie Dish	 <b>RAINBOW ALLEY</b> Vegetables and Salads	 <b>BIG TOPPING</b> Filled Jackets	 <b>DESSERT TROLLEY</b>
<b>MONDAY</b>	Cheesy Tomato Pizza Muffins	BBQ and Sweetcorn Pizza Slice	Wholegrain Pasta Salad and Green salad	Beans, Cheese or Tuna Mayo	Toffee Apple Sponge and Custard
<b>TUESDAY</b>	Chicken and Sweetcorn Cobbler	Winter Vegetable Crumble	Herby Diced Potato and Carrots	Beans, Cheese or Tuna Mayo	Chocolate Sprinkle Iced Cake
<b>WEDNESDAY</b>	Roast Pork, Roast Potatoes and Gravy	Cauliflower Cheese, Crispy Onion Topping & Roast Potatoes (You don't have to have the onions!)	Mixed Greens	Beans, Cheese or Tuna Mayo	Raspberry Coconut Jelly
<b>THURSDAY</b>	Classic Cottage Pie	Roasted Sweet Potato Pastry Roll and Mash	Peas	Beans, Cheese or Tuna Mayo	Fresh Fruit Salad
<b>FRIDAY</b>	Battered Fish and Chips	Cheese and Tomato Toasted Wrap with Chips	Baked Beans	Beans, Cheese or Tuna Mayo	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

# LUNCHTIME

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

	 <b>THE MAIN EVENT</b>	 <b>MEAT-FREE MAGIC</b> Veggie Dish	 <b>RAINBOW ALLEY</b> Vegetables and Salads	 <b>BIG TOPPING</b> Filled Jackets	 <b>DESSERT TROLLEY</b>
<b>MONDAY</b>	American Style Mac & Cheese	Veggie Wholegrain Pasta Bolognese	Carrots	Beans, Cheese or Tuna Mayo	Marble Cake
<b>TUESDAY</b>	Sausage Casserole and Mash	Vegetable Pot Pie and Mash	Roast Root Veggies	Beans, Cheese or Tuna Mayo	Apple, Cinnamon Raisin Flapjacks
<b>WEDNESDAY</b>	Roast Chicken, Stuffing, Roast Potatoes and Gravy	Carrot and Stuffing Pastry Plait	Peas and Sweetcorn	Beans, Cheese or Tuna Mayo	Orange and Mango Jelly
<b>THURSDAY</b>	Meatballs in Tomato Sauce with Rice	Mild Veggie Bean Chilli Loaded Wedges with Cheese	Broccoli	Beans, Cheese or Tuna Mayo	Banana Bread Muffins
<b>FRIDAY</b>	Golden Fish Fingers and Chips	Vegetable Fingers and Chips	Baked Beans	Beans, Cheese or Tuna Mayo	Gingerbread Cookies

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



# What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

## UNDERSTANDING WORRY AND ANXIETY



Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

## WHAT ARE THE RISKS?

## LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

## THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

## DIFFERENTIATING WORRY FROM ANXIETY



While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

## THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

## ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.



### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.



### TEACH COPING STRATEGIES



Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.



## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College