

BELIEVE, ACHIEVE, ASPIRE

# ST BURYAN ACADEMY NEWSLETTER

Friday 28th June 2024

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

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## 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  
1.15pm finish

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
- Sports Day
- Menu Summer 2
- Upcoming dates
- Positive Physical Well Being
- Jubilee Pool offer
- Parental Workshops

### INSET DAYS 24/25

Please note next year's INSET days:

Sept 3rd and 4th 2024

June 6th 2025

July 21st, 22nd, 23rd

Welcome to our fortnightly newsletter!

What a couple of weeks it has been as we wrap up our residential season!

Last week we had a glorious week on the Isles of Scilly where lots of precious memories were made.

The children represented the school superbly and we had many positive comments on their manners, attitudes and behaviours.

It was an action packed week as we explored the island of St Marys and learnt about its history, visited Tresco Abbey Gardens, King Charles' and Cromwell's Castle and visited the island of St Martins. We also visited our friends at Five Islands School on both their St Martins and St Marys bases. It was great to meet up with people from the school and compare similarities and differences in education on the Isles of Scilly and here in Cornwall.

On Monday of this week we took the whole school to visit The Minack Theatre to watch Dr Dolittle on the world-famous stage! Again, we had a great time watching the performance and are so fortunate to be able to take advantage of such a magical place right on our doorstep.

We had more camps and trips on Thursday and Friday this week with our Year 3s and 4s staying at school for two nights and our Year 1s and 2s staying at school for a single night. Not many schools offer these experiences and opportunities for their younger children, but we are really passionate and proud to provide these trips and stays at our school.

Year 3 and 4 had a brilliant time at Camel Creek on Wednesday and were joined by Reception, Year 1 and 2 for a trip to Paradise Park on Thursday. On Friday they had a boat trip along the coast to see some of the famous West Cornwall sites from a different angle.

It's wonderful to help make so many memories for our children - on the face of it, it looks like just all about having fun; in reality it is about building character, developing friendships, learning about yourself and much, much more.

A big thank you to all of our staff for volunteering their time away from home and families, as well as all those who helped prepare and facilitate the camps in various ways - without them it all wouldn't be possible.

Our Friends of School are busy planning events in the lead up to the end of term, so follow their Facebook page to keep up-to-date with all that is going on. There's raffles, Treat Thursdays and the Summer Fete all to come!

You may have seen that we have been selected as one of the organisations as part of Tesco's 'blue token' fundraising campaign. This begins the first week of July in both Penzance Tesco stores (town centre and by the fly-over). We'd be extremely grateful for your support with this - encourage your friends and family to vote for us too!

Thank you

Mr McDonald

**WHOLE SCHOOL ATTENDANCE THIS YEAR:95%**  
**NATIONAL AVERAGE: 94.2%**

**LET'S ENDEAVOUR TO KEEP IT ABOVE NATIONAL  
FOR THE WHOLE YEAR WITH GREAT ATTENDANCE!**











ST BURYAN ACADEMY  
THURSDAY 11 JULY  
2024

# SPORTS DAY

1.30PM  
AT  
COMMUNITY HOUSE

FOLLOWED BY  
ST BURYAN SCHOOL  
AND  
FRIENDS OF ST BURYAN SCHOOL'S  
SUMMER FETE  
2024

AT COMMUNITY HOUSE FOLLOWING  
SPORTS DAY UNTIL 4.30PM





# HELL Summer 2

Jacket potatoes now available daily  
Fresh fruit and yoghurt available daily



## MENU 2024

June - July 2024



### 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

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

### Menu 3 W/C 17th June 8th July



# WHAT'S HAPPENING

AS WELL AS THE ORIGINAL

DATES BELOW, PLEASE NOTE

THE FOLLOWING...



*at St Buryan Academy*

## NEW DATES...

- July: Tesco Blue Token voting opens in Penzance stores
- Tuesday 2nd July: New Reception Transition Morning 10am-11.45am
- Friday 5th July: Non-school uniform day in exchange for a jolly jar, bottle or raffle donation for the fete
- Parental Meetings will not take place during the week of 8th July, however, you may book into an optional one at a time that suits both you and your child's class teacher if you wish to discuss the year or end of year reports.
- 8th July: End of Year Reports due out
- 16th July: Whole School Transition Morning



# 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 all half term

### 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  
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



# 10 Top Tips for Parents and Educators

## PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

### 1 MAKE IT FUN



Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

### 2 MIX MOVEMENT WITH LEARNING



Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

### 3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

### 4 PROVIDE POSITIVE REINFORCEMENT



Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

### 5 VARIETY IS KEY



Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

### 6 ENJOYMENT OVER COMPETITION



Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

### 7 SET REALISTIC GOALS



Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

### 8 MAKE IT ACCESSIBLE



Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

### 9 LEAD BY EXAMPLE



Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

### 10 ENCOURAGE PERSISTENCE



Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

## Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday®

The National College®



# 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.

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



[www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

### 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](http://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... <a href="#">Read more</a></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... <a href="#">Read more</a></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... <a href="#">Read more</a></p>	<p>Understanding your child (ages 1 to 3) The Park Family Hub</p> <p>This is a Face to Face course delivered over... <a href="#">Read more</a></p>



### Parenting Young People aged 12 - 18

**SELECT A SERVICE**

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

**ADD YOUR DETAILS**

<p>First and last name *</p> <input type="text"/>	<p>Notes</p> <input type="text"/>
<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](mailto: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](mailto:equality@cornwall.gov.uk) Telephone: 0300 1234 100

