

BELIEVE, ACHIEVE, ASPIRE

# ST BURYAN ACADEMY NEWSLETTER

Friday 23rd March 2024

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

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MENUS AND DATES

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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

12/2/24 - 16-2/24 - February Half Term

28/3/24 - Last day of Spring Term

15/4/24 - Start of Summer Term

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

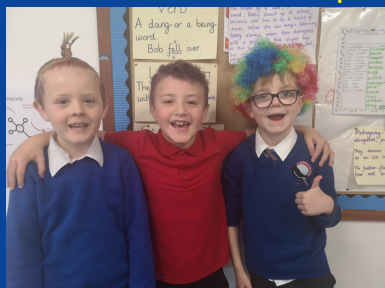
19/7/24 - Last day of Summer Term

TATER-DU NON-SCHOOL UNIFORM  
WITH SOMETHING BLUE  
THURS 28TH MARCH

PLEASE NOTE THAT TERM FINISHES  
AT 1.15pm ON 28/3/24

### In this edition...

- Welcome
- Whacky Hair: Comic Relief
- Year 5 RE Leading Edge Project
- Spring 2 Menu
- Advice on persuasive design online
- April to August parenting courses
- Easter football camps



It is hard to believe we are quickly approaching the end of another term as we start to bring Spring Term 2024 to a close.

Next term is a busy one with camps and residential as well as all of the other end of year excitement and activities - but we still have a week left of this term first!

On Thursday we finish at **1.15pm**, so please be at school to pick your children up for that time.

**On Thursday Tater-Du are welcome to wear non-school uniform providing it contains blue on it as a reward for winning this term's team-point competition! Congratulations to Tater-Du!**

Thank you to everyone's great efforts with school attendance. I appreciate that we are having a real drive on attending school, but the fact that ours is so high currently means that our children are enjoying school, feel safe and happy here and that, in turn, their attainment and outcomes will be maximised.

Currently, our whole school attendance is **95.7%** - **this is 1.4%** above the National Average. It may not sound a lot but it really is, especially in a small school like ours where each child is worth a larger percentage to that of those in larger schools. We are still aiming for 96% so let's see if we can achieve that in the Summer Term!

Each class' current attendance from the start of the year to now is:

Penberth - 94.77%

Nanjizal - 97.14%

Porthcurno - 95.17%

At the start of Summer Term you will receive your child's individual attendance and their latest attainment, as we did last term.

Hopefully, this week you will receive this newsletter through our 'Arbor' service. Over the next few weeks more of our communication will go through Arbor to streamline our communication and to ensure parents access everything.

With all of that, we do have some rather sad news to conclude the term. Unfortunately Mrs Forrest will be leaving the school at the end of term to pursue different interests. Mrs Forrest started as a parent of the school before becoming a volunteer reader and most recently helped lead our pastoral support, which has been such an asset to the school in recent years. She has always gone over and above to ensure that our children have the best school experience here at St Buryan. We all thank her for everything she has done for our children, she'll be missed very much by us all - she has also promised that she won't be a stranger and she'll always be a friend of the school and part of Team SBA!

Have a great weekend

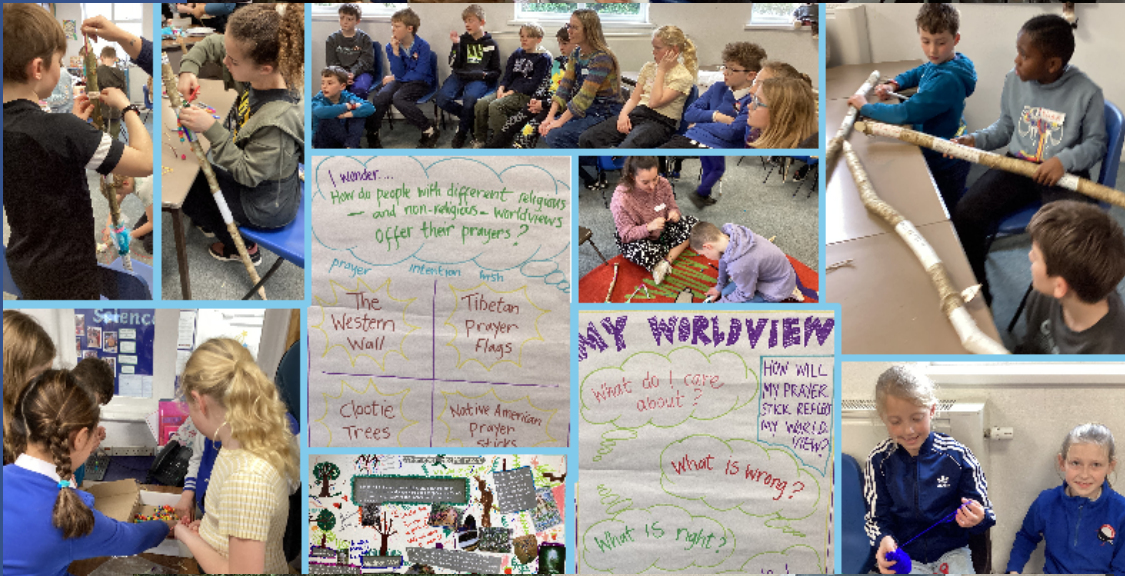
Mr McDonald and all at St Buryan Academy



Thank you for supporting Comic Relief through whacky hairstyles last Friday!

Thank you for all of your kind donations and top efforts in raising funds for such a worthwhile cause.

On Tuesday our Year 5s took part in an RE event with the other primaries in our Trust: Five Islands, St Hilary and Ludgvan. We hosted the event in school and the children had some wonderful outcomes as well as thoroughly enjoying their day working with children in other schools.



# HELLO SPRING 2

## MENU 2024

February 19th 2024 - March 28th 2024

Jacket potatoes available Mon-Thurs  
Fresh fruit and yoghurt available daily



# HAPPY EASTER

### Menu 1 w/c 19th Feb 11th Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Beef burger or vegetarian burger with wedges, beans and coleslaw	Mac 'n' Cheese with peas	Roast chicken/ Quorn roast, carrots, peas, roast potatoes, calibrese and gravy	Sausage/ vegetarian sausage and cheese wraps with chips and beans	Pasties (meat or cheese) or sausage roll served with beans
Ice cream	Smarties cookies	Fresh fruit	Jam sponge	Chocolate chip buns

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage pasta bake/ vegetarian pasta bake served with coleslaw	Chicken/ vegetarian enchiladas with rice	Roast pork/ Quorn roast, carrots, peas, roast potatoes, cabbage and gravy	Fish fingers/ vegetarian option, chips and beans	Cheese, onion and potato pie with beans or Jacket potato with beans and cheese
Flapjack	Brownies	Jelly	Rice pudding and jam	Tiffin

### Menu 2 w/c 26th Feb 18th Mar



### Menu 3 w/c 4th Mar 25th Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Bacon and cheese/cheese and tomato Quiche with salad	Chicken/ Quorn curry with rice	Roast gammon/ Quorn roast, carrots, peas, roast potatoes, cauliflower cheese and gravy	Sausage/ vegetarian sausage, chips and beans	Pasties (meat or cheese) or sausage roll served with beans
Ice cream	Rocky Road	Iced buns	Apple crumble and custard	Chocolate crispy



# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

## WHAT ARE THE RISKS?

### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

# KEEP SCROLLING

# WIN TO WIN

27 new posts

## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

## Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety

#WakeUpWednesday

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](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> <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](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



# EASTER FOOTBALL CAMPS



## **Easter Dates (2024)**

Tuesday 2nd April  
Wednesday 3rd April  
Thursday 4th April  
Friday 5th April

## **Soccer Tots, 3 - 6 Year Olds**

School Years Reception & Year 1  
10am - 12pm  
£7 per day | £12 for 2 days or £24 for 4 days

## **Soccer Pros, 7 - 13 Year Olds**

School Years 2 - 8  
10am - 3pm  
£18 per day | £33 for 2 days or £66 for 4 days

## **Venue**

Mounts Bay Football Development Centre (MBFDC)  
Mounts Bay Academy Sports Centre, Heamoor, Penzance, 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**

Pre-booking only, register & book online!  
Visit the website for further information  
Website link - [www.mbfdc.co.uk](http://www.mbfdc.co.uk)

