

Top story this week



Once again, we have had a lovely week in school, it is starting to feel like spring and great to see our children out enjoying our wonderful school grounds.

This week our year 4 children have had a wonderful time at Kerris Solar farm to support their learning in science and of course today our children have been supporting Comic Relief across the school.

The weeks are galloping by, and it will be the Easter break before we know it.

Our wonderful *Friends of Beacon* are currently in the process of organising a number of Easter events for our children to enjoy during the final week at school, more information to follow very soon. These events will also coincide with our annual Royal Beacon Show that is also taking place during the final week. On Monday you will receive more details and of course the different competition categories. Last year we were overwhelmed by the quality and quantity of the entries from our children, we couldn't believe how creative and wonderful the entries were and we are hoping that this year will be even bigger and better.

We are currently organising our summer term dates so that you can get those important events in your diary. It is always my favourite term in primary school with our year 2, 3 and 4 residential still to take place, Adventure week, Healthy Lifestyles week (dates for our sports days), science week and of course Beacon Fest! Please check the diary dates at the bottom of our newsletters for more important information very soon.

Wishing you a lovely weekend, let's hope this dry weather continues.

Take care.

Kaye

Key Events for next week– KS1 and Shine

	Monday	Tuesday	Wednesday	Thursday	Friday
Reception	Bouncing and catching in PE.	Odd and even number fun in Maths.	Continuing our learning of the Easter story with Bertie Owl.	Beacon visit- where are we going to visit next?	Drop everything and read.
Year 1	Writing our new innovated stories!	Finding out about Palm Sunday with Abbey Owl.	Net and Wall Games	Let's get composing in music!	Drop everything and read.
Year 2	Fun with fractions!	More excitement with the book 'I Was A Rat!'	Ruby with the Cornish Pirates.	Music composition with instruments.	Drop everything and read.
Shine	PE and amazing art	Cooking and shopping- Easter treats	Easter spring hunt	Rock steady	Drop everything and read.

Key Events for next week– KS2 and ARB

	Monday	Tuesday	Wednesday	Thursday	Friday
Year 3	New Talk for Writing topic! Newspapers	Exploring Newspapers in talk for Writing	Some lucky children off to the Royal Cornwall Showground	Exploring Newspapers in talk for Writing	Drop everything and Read
Year 4	Times table challenge	Dance in PE	Writing our own journey tales!	Solar power toy workshop!	Drop everything and read
Year 5	Meeting Tale (From Ted's point of view!)	Fun with Fractions!	Swallows and Amazons HOT SEATING!	PE!	Drop everything and read.
Year 6	Writing up our Wishing Tale	Retrieval questions in Reading	New writing focus in Talk for Writing	Last day of afterschool clubs (<i>this term</i>)	Drop everything and read
Cosmonauts	Amazing Art	Sensational science	PSHE	Cooking	Computing

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EYFS 'Highlight of the Week'



Nursery

Have you seen Evil Pea? He has escaped from the freezer and is creating havoc in the nursery so we have been busy building traps to catch him and make sure that he can't get up to any more mischief! We have been drawing wanted posters for him and painting his picture so that we will easily spot him. He even ventured into the garden and released all the snack peas from their pods!!

Reception

This week in Reception we have been very busy innovating 'The Gruffalo'. We have been using amazing adjectives to describe our new characters. The children have innovated their own versions where they have not just changed the main character but the other characters, the setting, the opening and descriptions! All the adults in Reception are very proud.



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KS1 'Highlight of the Week'



Year 1

Year 1 have been very busy learning about Online Safety and how to navigate Purple Mash effectively. Everyone knows how to login, and the importance of keeping their details safe. They have been learning how to use the search bar, exploring the topic areas and using different tools. They can now save their work and always look out for alerts showing messages from their teacher!

Year 2

We had another fantastic week of rugby with Neil from the Cornish Pirates coaching us. We played a team game focusing on working together to pass the ball carefully while the opposing team tried to intercept. We also had a competition of how many passes we could do around a circle in a minute. It was great to see everyone cheering each other on and showing excellent teamwork skills. Well done Year 2!



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Lower KS2 'Highlight of the Week'

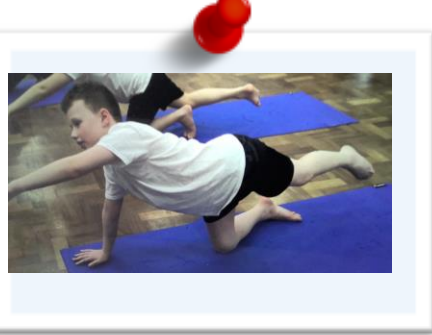


Year 3

Year 3 have been busy planning and writing. Our rags to riches tales have snatched victory from the jaws of defeat and our non-fiction texts also erupted victoriously. Also, Year 3 are beginning to get to grip with the perfect form of verbs and we have overwhelmingly enjoyed our sounds stealing poetry. We have been out to test height V jump. Yoga was a great relaxing hit for all. The children looked great for Red Nose Day.

Year 4

We had a fantastic trip to Kerriers Solar Farm on Thursday! The children learnt about how the solar panels absorb the sun's energy to create electricity. They also explored the biodiversity, looking for bugs and wildlife that lived at the solar farm. Despite the weather, the children had a great time and were enthusiastic and positive. We are looking forward to our solar powered toy workshop on Thursday!



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Upper KS2 'Highlight of the Week'



Year 5

Happy Red Nose Day everyone! This week, we have been busy getting to grips with our new reading text and writing a meeting tale which incorporates lots of suspense! It has been wonderful to listen to the children read their work aloud and share their ideas with each other. During maths lessons, we have started our new unit and have been exploring equivalent fractions. Great work Year 5

Year 6

What another great week we have had in Year 6: children have begun exploring a new text in reading; in math's they have begun to look at calculating percentages; and in grammar they continue to shine with their knowledge of pretty much everything! It has also been lovely to be recognised by Mrs Haywood this week for all the hard work and progress every child is showing. Well done Year 6!



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Cosmonauts and Shine 'Highlight of the Week'



Spring



Spring

ARB

This week we have been continuing with our 'Around the World' topic and learning about South America. We have also been exploring the stories 'We're Going on a Bear Hunt' and 'Animal Boogie.'

Shine

Shine have enjoyed learning the story of Goldilocks and the Three Bears this week. We have acted the story out and enjoyed going shopping to get porridge and toppings. We then made sweet, salty and cold porridge and tasted them whilst testing out different chairs. We used our house points to buy some time with Herbie the tortoise and read him a book on Friday.



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Who has SHONE BRIGHTLY this week?

Being brave

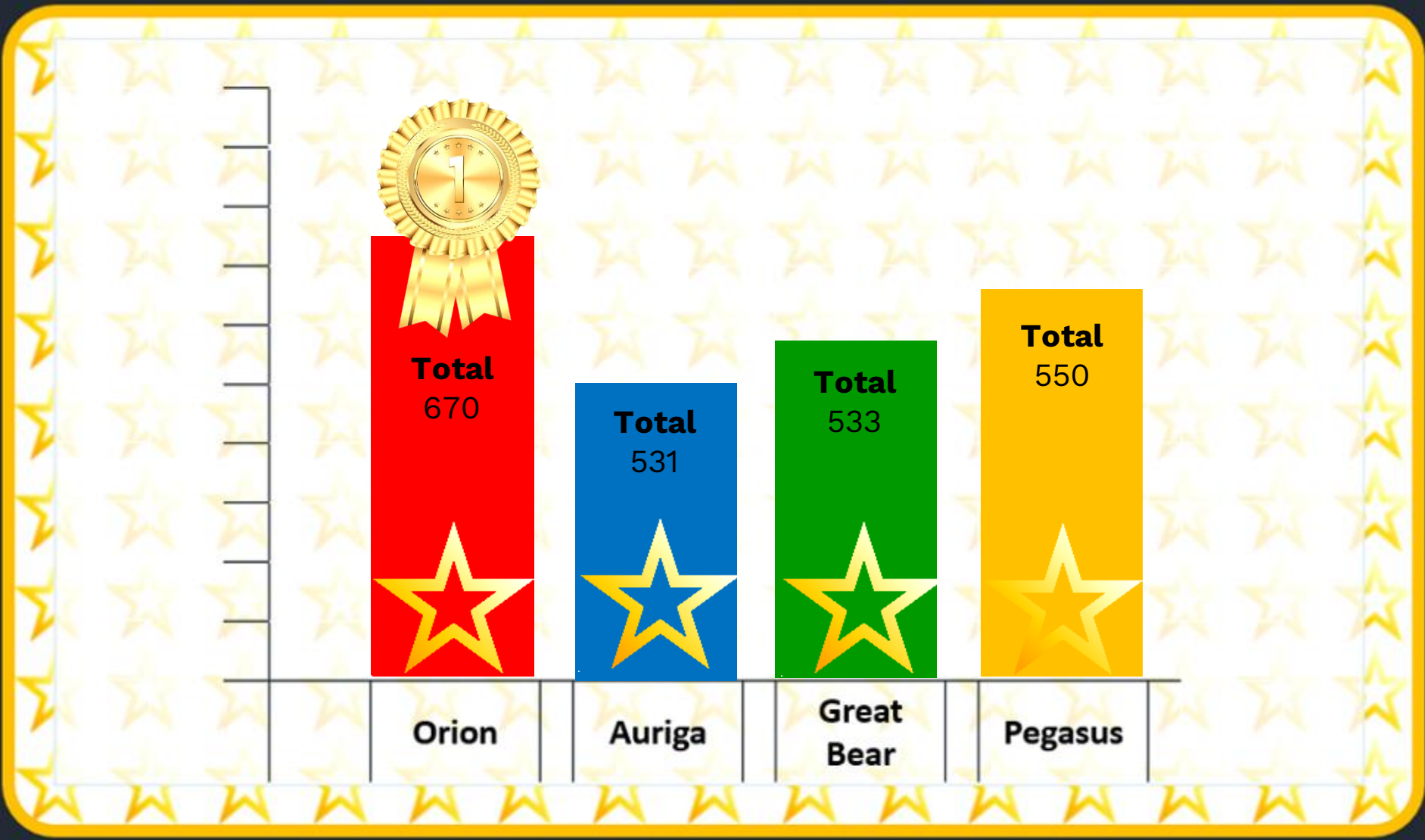
Space Voyagers (YR)		Hayden Thomson	Pioneers (Y3)		Lily-Jay Hawke
Space Travellers (YR)		Joseph Davies	Discoverers (Y3)		Esme Rooney
Space Adventurers (Y1)		George Taylor	Supernovas (Y4)		Laila Beaumont
Space Explorers (Y1)		Jaylen-James Parsons-Allen	Constellations (Y4)		Macie Williams
Spaceships (Y2)		Ellie Williams-Fielder	Comets (Y5)		Jasmine-Megarry Goodman
Rockets (Y2)		Amber Allum	Meteors (Y5)		Effy-Jay Pritchard
Cosmonauts (ARB)		All of Cosmonauts	Aviators (Y6)		Dylan Race
Shine		All of Shine	Astronomers (Y6)		Junior Donegan
			Astronauts (Y6)		Soul Kestell

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House Points! 



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Believe 

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House Points! 



BeBrave

Believe

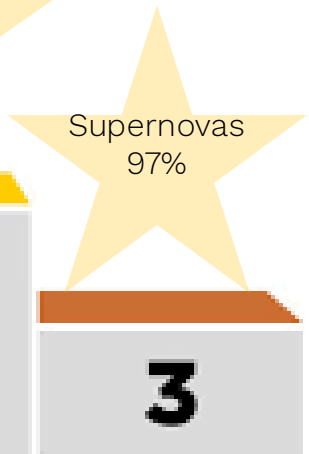
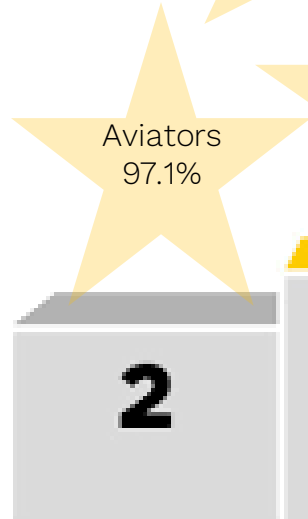
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Attendance weekly winners



Well done to

Pioneers



ABSENCE = LOST OPPORTUNITY

Did You Know... ?

If Your Child's Attendance During the School Year...	Your Child Would Have Lost Approximately...	or They Would Have Missed Approximately...
was 95%	9 Days from School	50 Lessons
was 90%	19 Days from School	100 Lessons
was 85%	29 Days from School	150 Lessons
was 80%	38 Days from School	200 Lessons
was 75%	48 Days from School	250 Lessons

Getting Your Child to School Really Matters

In total there are 175 non-school days a year. This gives families the opportunity to:

- Spend time together
 - Go on family visits and days out
 - Go on holiday
 - Go shopping
 - Attend routine appointments.
- Holidays will not be authorised.



Taking a holiday during term time seriously affects your attendance and in turn your attainment. Booking holidays during term time may result in a fixed penalty notice.

As always, if you have any questions or if you need some support with your child's attendance, please contact our Attendance Officer Helen Sowden

Direct Number: 01208 72773

Mobile Number: 07545431566

hsowden@kernowlearning.co.uk

Attendance Information



Together 
for Families

Penalty Notices

A guide to Education Welfare Services
for parents and carers



www.cornwall.gov.uk/togetherforfamilies

What is a Penalty Notice?

A Penalty Notice is a fine that can be issued under section 444A and section 444B of the Education Act 1996. The fine is issued per parent, per child for:

- Leave of absence of 12 school sessions /6 school days or more (within any 100 school session period) during term time, without authorisation from the school, for a holiday for example
- Unauthorised absence of 12 school sessions /6 school days or more (within any 100 school session period) of absence from school, either when a parent fails to provide an explanation, or an explanation is provided but the school consider it insufficient to authorise
- Unauthorised lateness of 12 school sessions /6 school days or more (within any 100 school session period), resulting from arrival at school after the register has closed

NB A Penalty Notice can be issued for any combination of the above reasons, where the unauthorised absence from school results in 12 sessions /6 school days or more (within any 100 session period)

Or, when:

- A pupil is observed in a public place during school hours, in the first five school days of a period of exclusion from school, without reasonable justification

Who can be issued with a Penalty Notice?

Parents and carers of a child can be issued with a Penalty Notice. The definition of a 'parent' as set out in section 576 of the Education Act 1996: By virtue of this section 'parent' includes: all natural parents, whether they are married or not; any person or body who has parental responsibility for a child (as defined by the Children Act 1989) and any person who, although not a natural parent, has care of a child. Having care of a child means a person who lives with and looks after a child, irrespective of what their relationship is with said child.

How much is a Penalty Notice fine?

A Penalty Notice carries a fine of £60.00 if paid within 21 days of issue, doubling to £120.00 if paid after 21 but within 28 days.

Attendance Information

Penalty Notices are issued per parent, per child.

Therefore, for example, if there are two parents and two children, the fines will total £240.00 if paid within 21 days and £480.00 if paid after 21 days but within 28 days.

Can a Penalty Notice be paid in instalments?

No. Penalty Notices must be paid in full, within the designated dates. However, if a parent has more than one child and is therefore issued with more than one fine, they can pay the fines separately if they wish.

Who is responsible for issuing Penalty Notices?

It is a Headteacher's decision whether or not to authorise an absence and, if their decision is not to authorise, they have the right to request a Penalty Notice in line with their attendance policy process. Cornwall Council's role is to check that the evidence submitted is compliant with Cornwall Council's Code of Conduct for Education Related Penalty Notices and, if so, to issue as appropriate.

Can a parent appeal a Penalty Notice?

There is no statutory right of appeal once a Penalty Notice has been issued. If you believe that the Penalty Notice should not have been issued, you should make contact with the school or academy that your child attends at your very earliest convenience after receiving the Penalty Notice. If you wish to discuss the Penalty Notice procedure, you can contact Cornwall Council's Education Welfare Service on **01872 323400**, or email educationwelfare@cornwall.gov.uk

How is a Penalty Notice paid?

Penalty Notices can be paid by card by calling the office on 01872 323400. Alternatively, payment can be made by cash or cheque at any Cornwall Council Information Service. If the 21st/28th day for payment falls on a weekend or bank holiday, payment will be accepted at the same rate on the following working day.

What happens if a Penalty Notice is not paid?

If a Penalty Notice is not paid within the 28 days of issue (as per the dates listed on the Penalty Notice), Cornwall Council will progress the matter to the Magistrates' Court, for the offence of failing to ensure regular attendance, NOT for failure to pay the fine.

If found guilty:

- under section 444(1), it can result in the parent being fined up to £1000
- under section 444(1A), it can result in the parent being fined up to £2,500 and/or receiving a custodial sentence of up to 3 months

Cornwall Council may also apply for costs incurred in taking the matter to court.

Contact us

Education Welfare Service

educationwelfare@cornwall.gov.uk

01872 323 400

www.supportincornwall.org.uk/families

www.facebook.com/TFFCornwall

   @tffcornwall

If you would like this information in another format or language please contact:

Cornwall Council, County Hall,
Treyew Road, Truro, TR1 3AY

e: customerservices@cornwall.gov.uk

t: 0300 1234 100

 **Cornwall recycles**
Kernow a wra eyglyghya

Extra notifications

BRISTOL 2024
18th - 19th April

YEAR 3



41 days to go!

OXFORD 2024
30th - 1st May

YEAR 4



53 days to go!

MANCHESTER 2024
4th - 6th March

YEAR 5



We had a great time!

LONDON 2024
26th - 28th February

YEAR 6



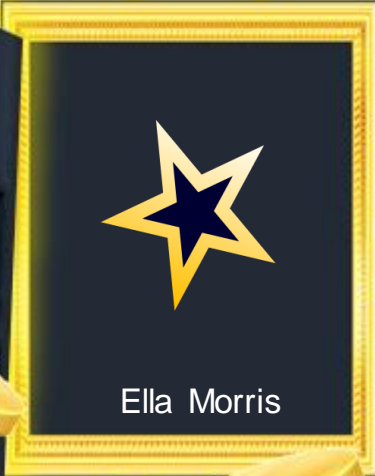
We had a great time!

BeBrave

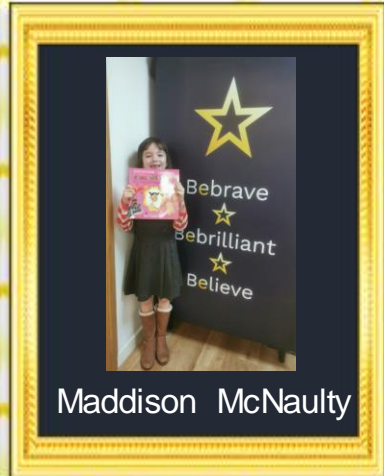
Believe

BeBrilliant

Who shone even brighter!



Ella Morris



Maddison McNaulty



Benjamin Knight



Our wonderful winners and their choice of the book of their choice...





BEACON TEN TORS CHALLENGE

SUNDAY 19TH MAY 2024

Beacon's PTA are looking for parents/grandparents etc to join us for the upcoming Bodmin Ten Tors walk arranged by Bodmin Lions, which is due to take place on Sunday 19th May. the walk is approximately 13 miles across Bodmin Moor.

We would like to enter as many teams as possible enabling us to raise much needed funds for the school.

All walkers must be 12 years and over.

If you are willing and able to support this great event please complete the form below.

<https://forms.office.com/e/Q3hHZ80wBB>



Extra notifications 



BEACON Breakfast club



Open from 8:00 – 8:30 daily
(Booking required)

Our free breakfast club operates during term time and is available to all pupils. Starting at 8:00 AM until the start of school we offer the children a selection of healthy breakfast options such as toast, cereals, fruit, water, and milk. The children will then have the opportunity to enjoy reading games puzzles and other to activities.

Sponsored
by



FREE for all children 

Beacon
Shine brightly 



BEACON WRAPAROUND AFTER SCHOOL CLUB


From Monday 8th January 2024 we will be offering afterschool Wraparound Care from 3:15 to 5:30, as part of our extended provision. During this time children who attend will take part in a range of activities and enjoy a healthy snack and drink.

Children will be collected from their class. As with all of our before and after school provision, booking is essential and must be done via our online booking system by submitting the form via:

<https://forms.office.com/e/4WJwYcMQAs>



The costs are -
Up to 1 hour - 3.15 - 4.15 ~ £5.00
Up to 2.15 hours - 3.15 - 5.30 ~ £10.00

Payment to be made in advance via +Pay on the MyEd app. 

Any booking needed without 24 hours notice will require approval from a SLT member of staff to ensure adequate supervision is in place, please contact the school directly if you require this.

Dates for the diary!

Monday 18 th March	LAST WEEK FOR CLUBS
Wednesday 20 th March	SongFest Performance – St Petroc’s Church
Thursday 21 st March	Y4 Trip to Kerriers Solar Farm Workshop
Tuesday 26 th March	Y3 Parent Residential Meeting 3:30 main hall
Wednesday 27 th March	The Royal Beacon Show
Thursday 28 th March	Year 4 seeing the Wizard of Oz in Plymouth Theatre
Thursday 28 th March	Rock steady concert PM
Thursday 28 th March	1pm finish – no Wraparound After School Care
Friday 29 th March Friday 12 th April	Easter Holidays

Dates for the diary!

Thursday 18th April- Friday 19th April	Year 3 Residential to Bristol
Monday 6 th May	Bank Holiday
w/b 20 th May	Adventure Week starts
Monday 27 th May – Friday 31 st May	Half Term
Thursday 10 th July – Friday 11 th July	Y2 Plymouth Aquarium Residential
Wednesday 24 th July	Summer Holiday begins

Extra notifications



IMPORTANT
Polite reminder – There are no staff on duty in the mornings until 8:30am. Children arriving before that time are very welcome to attend our free Breakfast Club but should not be on the grounds otherwise for their own safety.

Extra notifications

RECEPTION CLASSES

Can we please remind all our Reception parents that the children need to bring in named, wellies each week.

We try to spend as much time outside as possible and with the weather as it has been wellies are essential.



IMPORTANT

Please can we remind all parents do not park, during drop off and collection, on the yellow ZigZags outside the school. This is for the safety of your children. Please help us keep our children safe.



A Polite Request.

If you need to get a message to your child during the school day, please call the main office before **2:30pm** to ensure the message is passed on.



IMPORTANT

We continue to be so proud of how well our children are responding to their learning and the progress they are making.

In order to do this, it is so important that our children come to school with a positive attitude to learning in the correct school uniform and on time. Please talk to our team if we can help you with any aspect of this.



Extra notifications 



Nursery



Can we please remind all our Nursery families to be ready at our entrance for your child's start time. When staff have to come out and let people in, it leaves the Nursery understaffed.

Thank you for your understanding.

Start times are **8.30am** or **9.00am** and **12pm** for afternoon sessions.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken/Broccoli Pasta Tomato and Herb Pasta Bake (v) Carrots and Peas Fruit Salad/Fruity Yoghurt Dessert	Sweet and Sour Chicken Sweet and Sour (v) Rice, Peas and Sweetcorn, Garlic Bread Raspberry Mousse	Roast Chicken Vegetable Roast (v) Crispy Potatoes with Gravy and Fresh Vegetables Apple Pie and Custard	Turkey Burger/Vegetarian Burger (v) with Potato Wedges, Green Beans and Carrots Vegetarian Burger Chocolate Sponge	Fishfingers Chips and Peas Vegetable Fingers (v) Various Puddings
Macaroni Cheese, Garlic Bread, Sweetcorn and Broccoli Fruit Salad/Fruity Yoghurt Dessert	Mild Chicken Curry Vegetarian Curry (v) Basmati Rice/Peas/Naan Bread Iced Buns	Roast Beef Vegetable Roast (v) Crispy Potatoes with Gravy and Fresh Vegetables Peach Crumble and Custard	Pork Sausage Veggie Sausage (v) Baby Sweetcorn and Peas with Gravy Vanilla Sponge	Traditional Fish, Chips and Peas Vegetable Fingers (v) Various Puddings
Tuna/Sweetcorn Pasta Tomato and Herb Pasta(v) Green Beans and Carrots Fruit Salad or Fruity Yoghurt Dessert	Meatballs in Tomato Sauce Meatless Balls (V) Rice and Mixed Vegetables Blueberry Muffins	Roast Gammon Vegetable Roast (v) Crispy Potatoes with Gravy and Fresh Vegetables Chocolate Chip Cookie	Homemade Cottage Pie Quorn Pie (v) with Broccoli, Carrots and Peas Apple Crumble and Custard	Sausage Veggie Sausage with Chips and Peas Various Puddings

JACKET POTATOES WITH VARIOUS FILLINGS AND SALAD BAR AVAILABLE EVERY DAY
WATER, FRUIT, AND YOGHURTS ALSO AVAILABLE EVERY DAY.

January 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Extra notifications 



School Menus

School Menus

SCHOOL MENU – WEEK COMMENCING

Monday 18th March

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese, Garlic Bread, Sweetcorn and Broccoli  Fruit Salad/Fruity Yoghurt Dessert 	Mild Chicken Curry Vegetarian Curry (v) Basmati Rice/Peas/Naan Bread  Iced Buns 	Roast Beef Vegetable Roast (v) Crispy Potatoes with Gravy and Fresh Vegetables  Peach Crumble and Custard	Pork Sausage Veggie Sausage (v) Baby Sweetcorn and Peas with Gravy Vanilla Sponge 	Traditional Fish, Chips and Peas Vegetable Fingers (v)  Various Puddings

 Please ensure you are pre booking your dinners via the MyEd/PlusPay app. 



Come and meet the Easter Bunny!

At the Shire House Suite

Session 1: 11am-12pm

Session 2: 12.30pm-1.30pm

Session 3: 2pm-3pm

Session 4: 3.30pm-4.30 pm

Please message us on

Facebook to book.



Presents

EASTER FUN SESSIONS

SATURDAY 30TH MARCH 2024

Ticket only event

£6 per child (Parent\Carers Included)

Included in the price:

Each session is an hour long, so please ensure you turn up on time.

Meet the Easter bunny and receive a gift and easter basket.

Make an easter bonnet

Fancy Dress Competition, there will be four prizes.

Sensory Area.



Adult Supervision Required at all times



Get into Teaching



Why not train to teach in Cornwall?

Primary (3-7, 5-11) programmes available for
a September 2024 start

Visit our website for further details:

www.kernowteaching.co.uk

Kernow Initial
Teacher Education



School Support Careers

FULLY FUNDED
Online Course



Available in
Levels 1, 2 & 3



Are you looking for a job that fits in around your family? Gain the necessary qualifications to support you, fully funded by the ESFA (Education Skills Funding Agency).

Levels 1, 2 & 3 for School Support Course with a Guaranteed Job Interview.

- **Our classes are based online - Run only in term time - During school hours to fit in with the school run -**

Course Times

- Total of 5 days per week (Mon-Fri) for 6 weeks
- There are 2 lessons per day (9.30am – 11am) & (1pm – 2pm)
- Must have internet access and a laptop or tablet.

- **No prior experience necessary -**

Eligibility Criteria

- Must Be Aged 19+
- Must Claim Benefits (Universal Credit, JSA, ESA, PIP, Income Support, Housing Benefits or any type of Tax Credit including Child Tax Credit). If you live in Merseyside, you do not need to claim any benefits.
- You Can't be a student or an international Student
- You Must have lived in the UK for a Minimum of 3 Years (Except if you are from the Ukraine).

www.studysmartuk.online



Beacon ACE Academy

School Terms and Holidays 2023/24



September 2023				October 2023				November 2023								
Mon	4	11	18	25	Mon	2	9	16	23	30	Mon	6	13	20	27	
Tue	5	12	19	26	Tue	3	10	17	24	31	Tue	7	14	21	28	
Wed	6	13	20	27	Wed	4	11	18	25	Wed	1	8	15	22	29	
Thu	7	14	21	28	Thu	5	12	19	26	Thu	2	9	16	23	30	
Fri	1	8	15	22	29	Fri	6	13	20	27	Fri	3	10	17	24	
Sat	2	9	16	23	30	Sat	7	14	21	28	Sat	4	11	18	25	
Sun	3	10	17	24	31	Sun	1	8	15	22	29	Sun	5	12	19	26
December 2023				January 2024				February 2024								
Mon	4	11	18	25	Mon	1	8	15	22	29	Mon	5	12	19	26	
Tue	5	12	19	26	Tue	2	9	16	23	30	Tue	6	13	20	27	
Wed	6	13	20	27	Wed	3	10	17	24	31	Wed	7	14	21	28	
Thu	7	14	21	28	Thu	4	11	18	25	Thu	1	8	15	22	29	
Fri	1	8	15	22	29	Fri	5	12	19	26	Fri	2	9	16	23	
Sat	2	9	16	23	30	Sat	6	13	20	27	Sat	3	10	17	24	
Sun	3	10	17	24	31	Sun	7	14	21	28	Sun	4	11	18	25	
March 2024				April 2024				May 2024								
Mon	4	11	18	25	Mon	1	8	15	22	29	Mon	6	13	20	27	
Tue	5	12	19	26	Tue	2	9	16	23	30	Tue	7	14	21	28	
Wed	6	13	20	27	Wed	3	10	17	24	31	Wed	1	8	15	22	29
Thu	7	14	21	28	Thu	4	11	18	25	Thu	2	9	16	23	30	
Fri	1	8	15	22	29	Fri	5	12	19	26	Fri	3	10	17	24	31
Sat	2	9	16	23	30	Sat	6	13	20	27	Sat	4	11	18	25	
Sun	3	10	17	24	31	Sun	7	14	21	28	Sun	5	12	19	26	
June 2024				July 2024				August 2024								
Mon	3	10	17	24	Mon	1	8	15	22	29	Mon	5	12	19	26	
Tue	4	11	18	25	Tue	2	9	16	23	30	Tue	6	13	20	27	
Wed	5	12	19	26	Wed	3	10	17	24	31	Wed	7	14	21	28	
Thu	6	13	20	27	Thu	4	11	18	25	Thu	1	8	15	22	29	
Fri	7	14	21	28	Fri	5	12	19	26	Fri	2	9	16	23	30	
Sat	1	8	15	22	29	Sat	6	13	20	27	Sat	3	10	17	24	31
Sun	2	9	16	23	30	Sun	7	14	21	28	Sun	4	11	18	25	

Key:

	School Holiday
	Bank Holiday
	Term Time
	Inset Day

Term dates summary:

Autumn Term 1: 4th September - 20th October 2023
 Autumn Term 2: 30th October - 19th December 2023
 Spring Term 1: 4th January 2024 - 9th February 2024
 Spring Term 2: 19th February 2024 - 28th March 2024
 Summer Term 1: 15th April 2024 - 24th May 2024
 Summer Term 2: 3rd June 2024 - 24th July 2024

TOTAL: 195

Bank and Public Holidays 2023/24

Christmas Day	25th December 2023	Easter Monday	1st April 2024
Boxing Day	26th December 2023	May Bank Holiday	6th May 2024
New Years Day	1st January 2024	Spring Bank Holiday	27th May 2024
Good Friday	29th March 2024	Summer Bank Holiday	26th August 2024

BERRYFIELDS YOUTH CLUB

EVERY WEDNESDAY EVENING FOR
 SCHOOL YEARS 5-7 FROM 6:15-7:30
 SCHOOL YEARS 8-11 FROM 7:45-9:00



POOL TABLE



TRIPS

INFORMATION AND GUIDANCE

FUN AND GAMES

ARTS AND CRAFTS



TUCK SHOP



FOR MORE INFO PLEASE CONTACT ROSIE
 @ROSIE.NICKELS@YPC.ORG.UK OR 07741903203 OR FOLLOW US ON FACEBOOK AT
 BERRYFIELDS YOUTH CLUB



At The National College, our WakeUpWednesday guides empower and engage parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formally delivered by National Online Safety, these guides now address wider topics and themes. For further guides, facts and tips, please visit nationalonline-safety.com.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage all balanced approaches to screen time. While games, social media, videos and so on can serve as a helpful means of stress relief, it's important to ensure they are not used before bed. These devices can keep the brain racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Other practical advice on establishing calming habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they read to when sleeping, for example – or they could use up any excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of staying plenty of water throughout the day, while limiting drinks close to bedtime to prevent disturbances during the night. It's not better to switch off if you're thirsty to get out of bed for the toilet. Having caffeinated drinks later in the day also slows the body and needs to be avoided, naturally, without any stimulants being taken back up.

4 CONSISTENT BEDTIME SCHEDULE

Help children in developing consistent bedtime routines that tell the body it's time to wind down, according to more relaxed than weekend nights, so that they're ready to go to bed before going to bed – such as brushing their teeth – to set up an association between their actions and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Remind that the bedroom is a comfortable, dark and free from distractions, featuring an ideal space for family time. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while windows should be kept to help and free of clutter on possible.

6 RELAXING EVENING ACTIVITIES

Recreational activities that have a relaxing effect on the mind – such as reading or gentle stretching – is the lead-up to bedtime, to prepare the mind for a peaceful night's sleep. Being something quiet, relaxing and low-intensity signals to the brain that it's time to rest and release being awake in the moment.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep to maintain physical and emotional wellbeing. It's important to get back to a regular sleeping pattern during challenging and intense periods in our lives. Doing this more often for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in maintaining a more consistent sleep pattern. Try to limit foods that are high in sugar and fat, and avoid sugary drinks, especially in the evening. It's not only this is a bad bedtime, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers of course, are uniquely placed to support their children in establishing and maintaining healthy sleeping habits. Parents can involve their own sleep habits. Discouraging anything from this list that they aren't doing, to make it a more balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method'. It's a technique for falling asleep quickly, which also promotes deep, restorative sleep. You could encourage children to try it or even use it yourself, while it's not a formal part of practice to perform, eventually it will start to feel natural – and the results are often extraordinary!

Meet Our Expert
 Includes a brand design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the company provides training and support for education professionals and local authorities. This guide has been written by Adam Wilson – a learning and development specialist who is also a lecturer in the field for Personal Development of a large secondary school.

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Skips Safety Net Keeping children safe online

A Parent's Guide to Cyberbullying



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online.

Many young people who are victims of cyberbullying suffer in silence.

They feel they can't turn to parents or a trusted adult for support as they fear they may get in trouble or have their devices taken away from them. It can carry on all day, all evening and all weekend for the world to see, causing a lot of emotional stress to the victim and their family.



It can very quickly lead to the victim feeling trapped, scared and vulnerable to grooming and blackmail.



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Skips www.skipssafetynet.org

Developed in partnership with





Our Royalty choosing takes place on
Saturday 27th April 2024

Kindly hosted and sponsored
by Bodmin Jail
commencing at 1pm

Carnival Queen
(with/without attendants age 11+)

Fairy Queen & Fairy King
(with 2 attendants age 4 - 10)

To apply please send your details to
Bodmincarnivalcommittee@gmail.com

Please include: Entrants name, Age,
Home Town, Category you wish to enter
and your contact details

Or pop into Shire Hall and pick up an entry
form

Queries? please contact Sarahjane on
07828640450



The Mental Health Support Team invites you to book your place on our Decider Skills Workshop

Decider Skills are a set of life skills based on cognitive behaviour therapy (CBT). The skills are aimed at helping young people to recognise and understand their emotions, and promote positive mental health. They also include basic problem solving and conflict de-escalation skills, and have a strong focus on supporting children in regulating their own emotions.

Upcoming Sessions:

- Monday, 25th March at 10:00 AM and 5:00 PM
- Wednesday, 27th March at 4:00 PM
- Thursday, 28th March at 9:30 AM and 4:00 PM

Please note: This group is open to parents of children aged from Nursery to Year 6

To request a place, complete the online form or scan the QR code provided:

<https://forms.office.com/e/YepSO4KNBz>



Sign up will close on Thursday 21st March

The Mental Health Support Team invites you to book your place on our Introduction to Resilience Workshop

This is a single, hour-long session aimed at parents. The session covers how to encourage young people to develop greater resilience, and provides psychoeducation around what mental health and resilience is.

When young people are resilient, they are more able to cope with challenges and stress, and can therefore be more curious, adaptable and able to extend their reach into the world.

Upcoming Sessions:

- Monday, 18th March at 10:00 AM and 5:00 PM
- Wednesday, 20th March at 4:00 PM
- Thursday, 21st March at 9:30 AM and 4:00 PM

Please note: This group is open to parents of children aged from Nursery to Year 6

To request a place, complete the online form or scan the QR code provided:

<https://forms.office.com/e/W4hqrSM68q>



Sign up will close on Thursday 14th March



**ChatHealth
Parent Line 0-5**



07312 263 423



**ChatHealth
Parent Line 5-19**



07312 263 499

**ChatHealth Young
People 11-19**



07312 263 096



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