

Top story this week



What a way to end this half term! Beacon Adventure Week 2024 has been incredible.

We have had the pleasure of watching every single one of our wonderful children overcome their fears, display true resilience, problem solving skills and most importantly great teamwork. Off school activities exposed each year group to exciting challenges, high adventure and opportunities to try new activities while developing their Growth Mindset. With activities ranging from rock climbing, bouldering, trekking, rock pooling, fishing, surfing, paddleboarding hang loose, orienteering, scootering and biking every single member of our school community achieved our school aims this week by being Brave, Brilliant and ultimately Believing they can do anything to Shine Brightly.

A huge thank you to the team for making this such a joyous week and to all our parents who gave their time to help, we hope that you had as much fun as we did.

We are so excited that our new classrooms are finally ready for our children. The whole block looks incredible. Our staff are currently working hard to ensure that everything is set up and ready for our year 4 children to return to their amazing new classrooms after the half term break. Drop off and collection for our year 4 children will remain in the same place for the time being and we will of course be inviting our parents in soon to look at this incredible new space. The building work continues over holidays with the start of our new ARB project. Once again, a big thank you to our Shine and Cosmonauts families for being so flexible and patient during this time.

We are all looking forward to summer 2 with so many wonderful events planned. It is Science week the first week back with lots of wonderful, events planned. We will, as always be hoping for sunshine for Healthy Lifestyles Week and of course our amazing sports day events. It will also be the turn of our year two children to take part in their Plymouth residential and of course we will be sending you more information soon regarding all our transition events, meetings and our very special Beacon Fest at the end of the year.

A very special thank you to the wonderful team of parents and staff who enduring walking 13 miles in blistering heat to raise money for our school. What legends they are. Although aching and tired, they are already rounding up the troops ready for next year. THANK YOU!

Finally, a big thank you to the team who have made this term so very special for our children and to you for your continuous and ongoing support. It is so very much appreciated.

Wishing you a wonderful half-term break and look forward to seeing everyone back in school on Monday 3rd June.

Key Events for next week– KS1 and Shine

	Monday	Tuesday	Wednesday	Thursday	Friday
Reception	Tasting the fruit from the story 'Handa's Surprise'.	Time to explore how to keep our bodies healthy with Jigsaw Jeanie.	New learning with Bertie Owl.	Trip to Newquay Zoo.	Drop everything and read
Year 1	It's time to learn a new and exciting story in Talk for Writing.	Fractions! Can you find a half?	PE	Making animations on the iPad.	Drop everything and read
Year 2	The beginning of our exciting science week at Beacon!	Our exciting hook activity making woodland creatures for our new text 'Where The Wild Things Are'.	Making music on the iPads!	Beginning our athletics sessions in PE	Drop everything and read
Shine	Gardening- Poly tunnel time!	Shopping and Emotional literacy	Cooking and computing	Science experiments and PE	Drop everything and read

Key Events for next week– KS2 and ARB

	Monday	Tuesday	Wednesday	Thursday	Friday
Year 3	PE	New DT topic	Exploring our new Talk for Writing Text	New Maths Topic!	Drop everything and read
Year 4	Start our new Talk for Writing Text	PE	Times tables quiz	Music	Drop everything and read
Year 5	Performance Poetry	Music with Simon	Mid-week Maths Challenge!	PE	Drop everything and read
Year 6	Introducing £20 Challenge!	History – Allies and Axis Powers	Sport's Day Practise and PE!	Narrative Writing - Fox	Science Week Experiments
Cosmonauts	Amazing Art	Sensational science	RE	Cooking	Outdoor learning

BeBrave Believe BeBrilliant

EYFS 'Highlight of the Week'



Nursery

This week the preschool children have been showing how ready for Reception they are. They have been using the sounds they have learnt to write letters and using shapes to build houses for Jack and his mum. Some of us were able to use the shapes to create a giant or a long windy, beanstalk. We hope you all have a fabulous half term, and we can't wait to start our exploration of being healthy.

Reception

We have had a very adventurous and exciting week in Reception. Our week started off with a music workshop where we used instruments to find the beat in the music and listened to a wonderful visitor play the cello. We were all biking superstars at Lanhydrock racing around the bike track and going over all the bumps and hills. In between all of this we have been working very hard on writing amazing sentences. Have a great half term!



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KS1 'Highlight of the Week'



Year 1

It's been an incredibly busy week for Explorers and Adventurers... where do we start?? We started the week by naming plants and looking closely at the roots of plants in science, we have been putting out adventurous hats on for scooting, biking, karate and the climbing boulder and not to forget our incredible trip to Lusty Glaze beach. We've loved every second and now we are ready for a relaxing half term!

Year 2

What amazing adventurers we have in Year 2! We began this week challenging ourselves on the climbing boulder where everyone showed great bravery! On Tuesday we had an amazing day visiting Cardinham Woods where we learned survival skills with Badger School and explored the Gruffalo trail! All this plus go-kart and scooter riding, team-building challenges and a bushtucker trial means that we've all had an amazing week! Have a fun half term!



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Lower KS2 'Highlight of the Week'



Year 3

Wow! What an adventure this week has been! We have had an amazing time and really pushed ourselves to be brave and take part in new adventures!

We had a fantastic time orienteering in the school grounds. All the children found their competitive side! We had a fantastic adventure to the beach! We explored the rockpools finding crabs, fish and even a star fish. We then had a fantastic time on the beach!

Year 4

We have had a fantastic adventure week! The children were incredibly positive while hiking Rough Tor despite the weather. The support and encouragement they gave each other was truly wonderful to see. They have also enjoyed using the go karts, bike track and climbing boulder. The children are continuing to work hard on their times tables in preparation for the multiplication check after half term too.



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Upper KS2 'Highlight of the Week'



Year 5

Wow! What can we say! Unsurprisingly, Comets and Meteors have yet again, blown us all away with their bravery, determination and courage. Adventure week has been a huge success, and we all wish it could go on forever. Huge thank you to the Eden Project for making us all feel so welcome on Thursday. We absolutely loved the 50-foot drop swing and jumping onto the giant air bag! (Especially Mr. H!) Have a super half-term holidays everyone!

Year 6

Coming back to school after SATs week is never easy, but Year 6 have been brilliant (yet again). This week children have written a newspaper report linked to the death of Charlotte Dymond and began exploring what life was like during the Blitz.

This week, all Year 6 children enjoyed a great day at Harlyn Beach (linked to Adventure Week), where they tried surfing and bodyboarding. They were all so brave and had an amazing time.

Have a lovely, restful break over half-term and we look forward to welcoming Year 6 back for their last term at Beacon!



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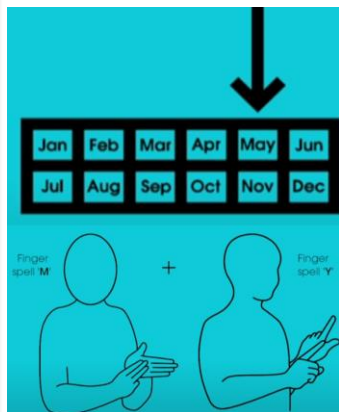


Cosmonauts and Shine 'Highlight of the Week'



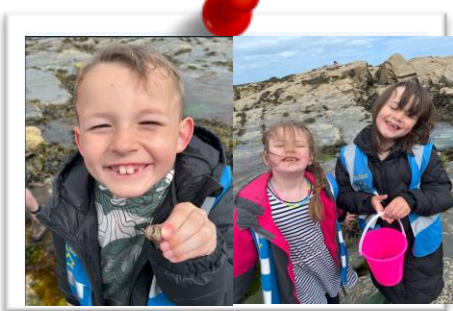
ARB

What an amazing week we have had this week for Adventure week! We have visited Badger Forest School, eaten hot dogs around the firepit, surfed and raced the go-karts. What a fantastic end to this half term.



Shine

Wow! What a wonderful week Shine have had! We have explored the climbing boulder, orienteered through the school, enjoyed hot dogs with our friends in the ARB, Been rock pooling on the beach at Trevone and finally raced around the go kart track to find the Shine champion racer! At Trevone we found lots of crabs, Blenny fish, shrimps and sea snails. We also enjoyed splashing around in the rock pools.



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Who has SHONE BRIGHTLY this week?

Fantastic Design Technologist

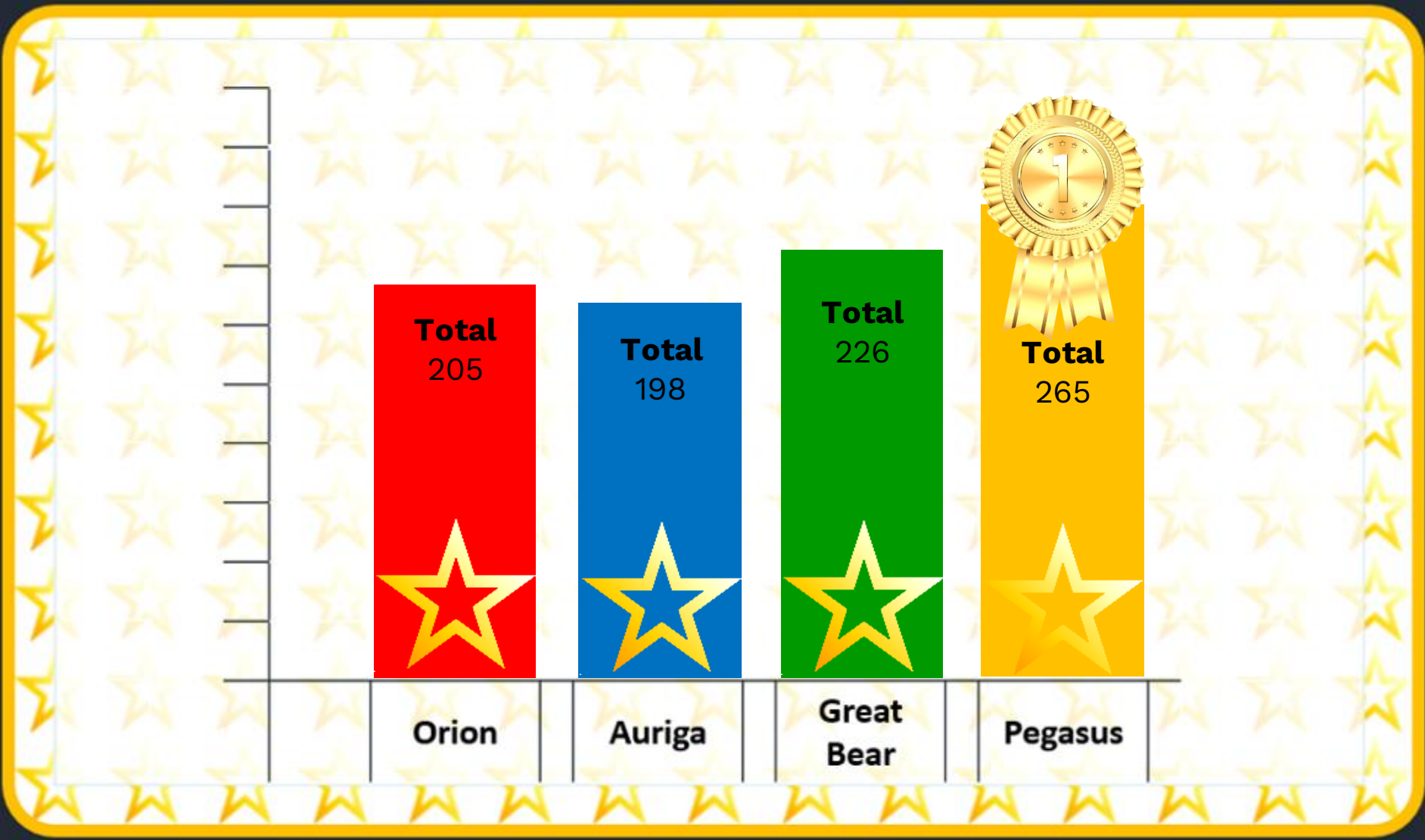
Space Voyagers (YR)		Hussein Hafij	Pioneers (Y3)		Jowan Whitehead
Space Travellers (YR)		Dexter Jasper	Discoverers (Y3)		Declan Stephens
Space Adventurers (Y1)		Kacie Gurd	Supernovas (Y4)		Isabelle Hurley
Space Explorers (Y1)		Luna Woodland-Millard	Constellations (Y4)		Joshua Cook
Spaceships (Y2)		Lilah Cunningham	Comets (Y5)		Molly Spencer
Rockets (Y2)		Ronnie Fraser	Meteors (Y5)		Amy-Leigh Filipe
Cosmonauts (ARB)		Winnie Starr	Aviators (Y6)		Aiden Vague
Shine		Ethan Cunningham	Astronomers (Y6)		PJ Owen
			Astronauts (Y6)		

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House Points! 

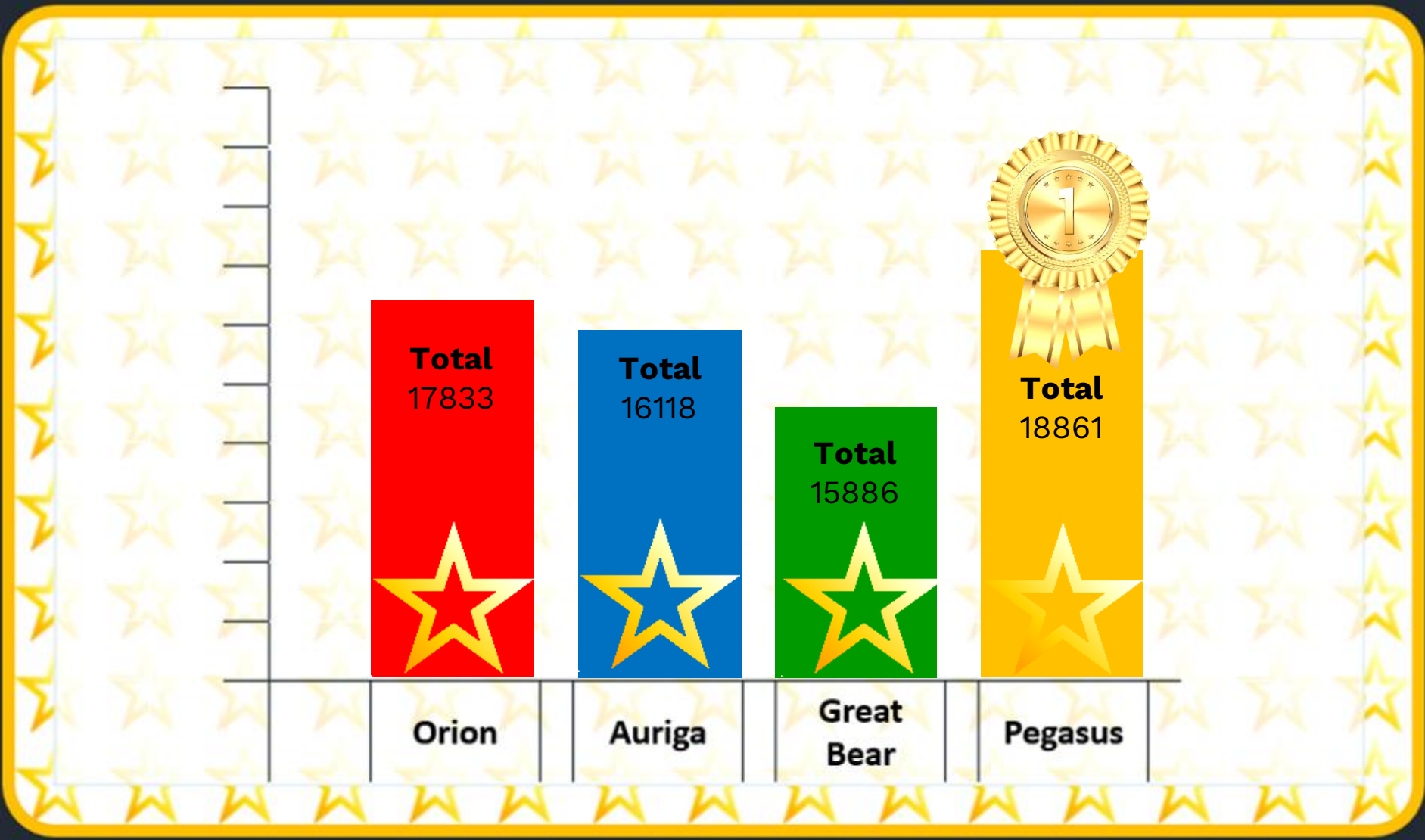


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House Points! 



BeBrave

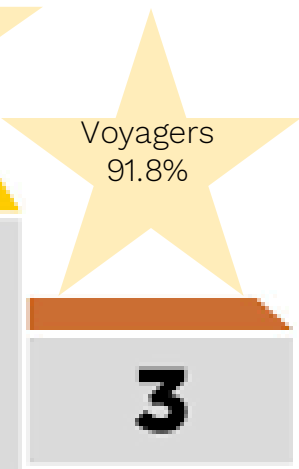
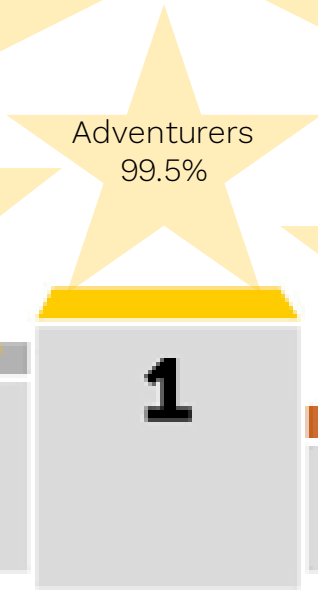
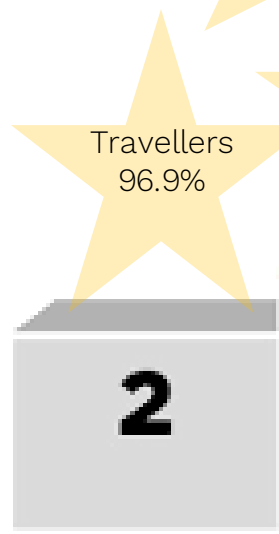
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Attendance weekly winners



Well done to
Adventurers



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

hshowden@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

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Half Term 

North Cornwall Empowering Independence



DROP-IN

Information, Advice & Guidance

- Claiming benefits
- Home choice applications
- Setting up new tenancy
- Keeping your tenancy

- Sourcing local services
- Budgeting skills
- Contact local councils, housing associations or letting agents

HOME GROUP NORTH CORNWALL EI
OUTREACH SERVICE

DROP IN AT:

Bodmin Food Bank
Immanuel Church
Berrycoombe Rd, Bodmin PL31 2NS

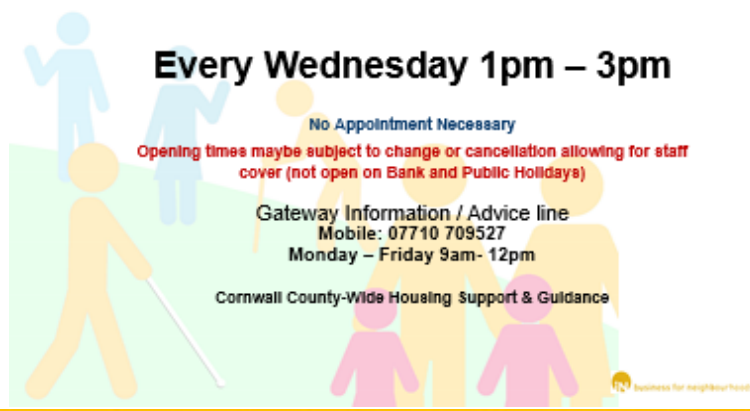
Every Wednesday 1pm – 3pm

No Appointment Necessary

Opening times maybe subject to change or cancellation allowing for staff cover (not open on Bank and Public Holidays)

Gateway Information / Advice line
Mobile: 07710 709527
Monday – Friday 9am- 12pm

Cornwall County-Wide Housing Support & Guidance



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Half Term 

Date	Activity
25/05/24	Family Fun Day FREE Entry Relay for Life Cornwall – Liskeard Rugby Club Liskeard Relay - Festival For Life North Cornwall Rocks
25 & 26/05/24	25/06 & 26/05 Bodmin and Wenford Railway Steam Gala – Kids travel FREE all weekend Home - Bodmin Railway
27/05/24	Teddy Bears Picnic – Pencarrow - Teddy Bears Picnic – 27th May Pencarrow
01/06/24	Bodmin Big Lunch – Mount Folly 11am – 3pm – Lots of family friendly activities - The Big Lunch - Cornish Stuff
All Week	May half term: Hands on at Lanhydrock National Trust
All Week	What's On - Bodmin Keep: Cornwall's Army Museum
All Week	Polzeath Rockpool rambles and Beach Combing – FREE see Polzeath Marine Conservation Facebook page– activities on every day of half term
All Week	The Box – Plymouth FREE Entry + FREE half term activities Family Fun: Beautiful Borders The Box Plymouth

[Savour the Savings with Kids Eat Free in May 2024 | Top Things To Do | DOWTK](#)
 [\(dayoutwiththekids.co.uk\)](http://dayoutwiththekids.co.uk)

IMPORTANT

For safeguarding purposes children should not be wearing smart watches in school.



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Young Carers



In partnership with
Believe in
children
Barnardo's

AM I A YOUNG CARER?

If any of these sound like you,
you may be a Young Carer...



- Practical tasks -**
cooking, housework,
shopping and
gardening.
- Physical care -**
helping the cared for
in/out of bed, around the
house, outside the home.
- Emotional support -**
listening, talking and
showing empathy.
- Personal care -**
undressing/dressing,
bathing, using the toilet.
- Managing the family budget -**
paying bills, seeking benefits,
working to contribute
financially.
- Supporting with
Communication -**
Making calls, relaying needs
to professionals, helping a
sibling communicate.
- Dealing with Medication -**
collecting prescriptions,
giving medication,
attending appointments.
- Supporting family
members during crisis -**
calling emergency services,
providing emotional
support during hospital
visits, dealing with the
trauma after the event.
- Looking after siblings -**
feeding, bathing,
dressing, homework,
emotional support.
- Completing daily
nursing tasks -**
clearing peg/breathing
tubes, personal care,
feeding and bathing.

To find out more,
scan the QR code



If you believe that your child is a young carer then please speak to our admin team and they will advise you as to how we can help you in school.

Or you can contact Cornwall Young Carers directly on their freephone number 01736 756655, or by emailing kernowyoungcarers@barnardos.org.uk.

Cornwall Young Carers complete great work with the young carers in our county by aiming to support them to self-manage caring responsibilities, providing information, advice and guidance over the phone and working with schools.

They also provide direct 1-1 work with Young Carers and Young Adult Carers as well as offering activities on a regular basis and during the school holidays.

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 

Extra notifications

Love your community

Please can we ask that all parents and pupils take care of our local community and take all rubbish home with them.



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

Polite reminder, if children are bringing scooters to school, please ensure that they walk them in once on the school premises.

This is to ensure everyone's safety on site.

Thank you

Dates for the diary!

Monday 27 th May – Friday 31 st May	Half Term
Thursday 6 th June	Reception TfW Hook – Newquay Zoo trip
Monday 10 th June – Friday 14 th June	Ignite Wonder –Healthy Lifestyle Week
Tuesday 11 th June	Nursery Sports Day – PM
Wednesday 12 th June	Reception and KS1 Sports Day - PM
Thursday 13 th June	KS2 Sports day PM
Friday 14 th June	ARB Sports Day AM
Monday 17 th June- Thursday 20 th June	Year 5 – Swimming
Monday 24 th – Thursday 27 th June	Year 5 – Swimming
Friday 28 th June	Open Morning – Y3-Y6 Residential Show & Tell
Friday 5 th July	Year 6 – Healthy Cornwall Workshops
Monday 8 th July	Reception home and settling visits this week
Tuesday 9 th July	SEND Parent transition Meetings 3.30-5pm

Dates for the diary!

Wednesday 10th July – Thursday 11th July	Year 2 Residential Plymouth
Thursday 11th July	Rock Steady End of Term Performance – 2:30pm
Thursday 11th July	SEND Parent Transition Meetings 3.30-5pm
Thursday 11th July	Reports to go home with assessments
Wednesday 10th - Thursday 11th July	Year 2 Residential Plymouth
Friday 12th July	Year 6 Leavers Performance
Friday 12th July	Year 2 Parent Residential Show and Tell
Monday 15th July – Friday 19th July	Ignite Wonder – Growth Mindset Week
Tuesday 16th July	Nursery Graduation AM & PM
Thursday 18th July	Year 2,3,4 & 5 Growth Mindset Camp
Thursday 18th July	BEACON FEST
Monday 22nd July	Year 6 Prom
Tuesday 23rd July	Beacon Rainbow Run
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 



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.





**ChatHealth
Parent Line 0-5**



07312 263 423



**ChatHealth
Parent Line 5-19**



07312 263 499

**ChatHealth Young
People 11-19**



07312 263 096

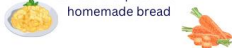
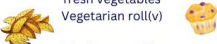

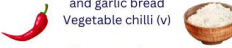
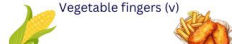
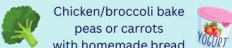
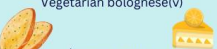
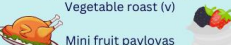
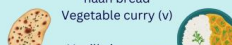

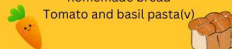
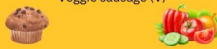
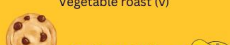
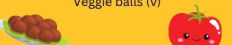



ChatHealth
Cornwall and the Isles of Scilly

www.cornwall.gov.uk/chathealth

Get
confidential
health and
wellbeing advice
and support



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Macaroni cheese carrots and peas with homemade bread</p>  <p>Fruity yoghurt dessert</p>	<p>Sausage roll with potato wedges and fresh vegetables Vegetarian roll(v)</p>  <p>Blueberry muffin</p>	<p>Roast gammon with seasonal vegetables and crispy potatoes with gravy</p>  <p>Vegetable roast (v)</p> <p>Chocolate sponge</p>	<p>Chilli with steamed rice, mixed veg and garlic bread Vegetable chilli (v)</p>  <p>Frozen yoghurt</p>	<p>Breaded fish and chips with sweetcorn Vegetable fingers (v)</p>  <p>Various puddings</p>
<p>Chicken/broccoli bake peas or carrots with homemade bread Tomato and basil bake(v)CC</p>  <p>Fruity yoghurt dessert</p>	<p>Beef bolognese with vegetables and garlic bread Vegetarian bolognese(v)</p>  <p>Lemon sponge</p>	<p>Roast turkey with seasonal vegetables crispy roast potatoes with gravy Vegetable roast (v)</p>  <p>Mini fruit pavlovas</p>	<p>Chicken korma with steamed rice broccoli and peas and naan bread Vegetable curry (v)</p>  <p>Vanilla ice cream</p>	<p>Sausage, chips and peas Vegetable sausage (v)</p>  <p>Various puddings</p>
<p>Tuna/sweetcorn pasta bake with peas or carrots and homemade bread Tomato and basil pasta(v)</p>  <p>Fruity yoghurt dessert</p>	<p>Pork sausage with new potatoes and mixed veg Veggie sausage (V)</p>  <p>Chocolate muffin</p>	<p>Roast Beef with crispy potatoes seasonal vegetables with gravy Vegetable roast (v)</p>  <p>Cookie and milk</p>	<p>Meatballs with a tomato/herb sauce steamed rice and mixed vegetables Veggie balls (v)</p>  <p>Iced finger</p>	<p>Fishfingers chips with sweetcorn vegetable fingers (v)</p>  <p>Various puddings</p>

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

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



Extra notifications



School Menus

School Menus

SCHOOL MENU – WEEK COMMENCING

Monday 27th May

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Chicken/broccoli bake peas or carrots with homemade bread Tomato and basil bake(v)CC Fruity yoghurt dessert</p> 	<p>Beef bolognese with vegetables and garlic bread Vegetarian bolognese(v)</p>  	<p>Roast turkey with seasonal vegetables crispy roast potatoes with gravy Vegetable roast (v)</p>  	<p>Chicken korma with steamed rice broccoli and peas and naan bread Vegetable curry (v) Vanilla ice cream</p>  	<p>Sausage, chips and peas Vegetable sausage (v) Various puddings</p>  

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





Singing Hands
Signing fun for everyone

Live singing and signing shows "Let's Get Cornwall Signing" *Everyone is welcome*

SPECIAL GUESTS...

Suzanne (MBE) from Singing Hands and a patron of the Makaton Charity is coming to Cornwall to perform with our very own Saskia Dady from TalkmoreCornwall CIC.



Friday 14th June
10:30-11:30 (age 3-11) £6
1:30-2:30 (age 11-16) £6
Evening show "POP PARTY"
6-8pm (11yrs +) £15

Saturday 15th June
11-12 Community Family show £6

LIVE at The Key Theatre,
St Austell PL25 4DJ

<https://www.keytheatre.co.uk>

Accessible and Inclusive for all
All tickets £6 pp except Pop party £15

TALKMORE CORNWALL CIC
BETTER COMMUNICATION, BETTER LIVES

01726 226404

www.talkmorecornwall.co.uk

www.choose-nature.co.uk

At The National College, our **Monday/Wednesday** guides empower and equip 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, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to try extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between ourselves and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships look like and how to navigate them.

3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. Our overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a positive influence on the friendships they form throughout life.

4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact interactions. If it results in fewer positive social interactions, in some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but there will require support to do this safely.

5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to solve issues for them instead, but helping them consider ways of reaching a solution or managing any difficult situations for themselves can help them create stronger friendships.

6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they form. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

7 TEACH EMPATHY

Healthy friendships aren't always meant to happen. Sometimes, disagreements can happen. When we teach children and young people to share empathy, we help them to see both sides of a relationship, to be mindful of the challenges a friend might be facing or whether one might be going on. This can help children and young people to build stronger friendships.

8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Ideally, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belonging to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out that boundaries and feel comfortable enforcing them, they're more likely to call someone out if they get too close.

10 SPOT THE SIGNS

We can't always recognise young people, sometimes, we need to look out for them from some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly withdrawn? Does their behaviour alter when they've been with their friend? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the wider community, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.



Wake Up Wednesday

The National College

[@wakeup_weds](https://www.facebook.com/wakeup_weds)

www.thenationalcollege.com

[@wakeup.wednesday](https://www.instagram.com/wakeup.wednesday)

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**STUDY
SMART**



LOOKING FOR A JOB IN A SCHOOL?

**Teaching Assistant
Playground | Midday Supervisor
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Cover Support Role
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**Fully Funded (FREE) - Qualified in ONLY 6 weeks - No Travel -
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Accredited Qualifications:
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**Contact Adam: 07534 175 965
adam.shearer@aspireeducationacademy.co.uk**

EMAIL: JOSHUA.CHALK@PAFC.CO.UK FOR MORE INFORMATION

ARGYLE COMMUNITY TRUST | EAST CORNWALL & NORTH DEVON

[Book ECND - Advanced Development Centre Open Trials from Argyle Community Trust \(officialsoccerschools.co.uk\)](#)

ADVANCED DEVELOPMENT CENTRE

2024-2025 SEASON

UNDER 10 | UNDER 11 | UNDER 12 | UNDER 13



Be part of it.

PAFC Girls Advanced Development Centre Open Trials:

Wednesday 7th August - Under 10's & Under 12's.

Launceston College 3G Pitch, PL15 9HH.

Thursday 8th August - Under 11's & Under 13's.

Launceston College 3G Pitch, PL15 9HH.



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

Transitioning into a new school can be a daunting experience. These are single hour long workshops that aim to help Parents and Carers to support their children to develop coping strategies to move smoothly from Primary School. They emphasise that as well as being potentially stressful, transition is normal and can be exciting and fun

Upcoming Session Online for Mid Cornwall Schools

Monday 15th July 10am & 4pm

Tuesday 16th July 10am & 4pm

Wednesday 17th July 10am

Thursday 18th July 10am & 4pm

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

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

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



Sign up will close on Wednesday 10th July



Trenance Learning Academy

Kernow Learning
Building Excellent Schools Together

HUER 2 HARBOUR

PILCHARD RUN



SATURDAY 22ND JUNE 2024

START AT 11:00 AM | HUER'S HUT

REGISTRATION OPEN AT 10:00

FAMILY EVENTS AT NEWQUAY HARBOUR UNTIL 16:30

OPEN TO ALL NEWQUAY FAMILIES

FOOD | DRINK | ENTERTAINMENT | COMMUNITY FUN

TO REGISTER SCAN THE QR CODE OR FOLLOW THE LINK BELOW



OR

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THE
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