

Out to festivals again!



Welcome to the MARCH 'News from the Top of the Hill' St Kew briefing!

There is, as always, so much to be proud of at St Kew and it is a delight to be able to share these things with you here in this edition of the 'News from the Top of the Hill'. Whilst I write this we are super excited to be awaiting World Book Day tomorrow - dress as your favourite character from a book and take part in 'book' activities all day! Discover, Learn and Develop continues at St Kew.

Festivals

It has been lovely to see so many of the children wanting to take part in the festivals that are now 'back on offer' to pupils. We have been thrilled to see how willingly pupils have asked to take part in



Poem recitals at the Town Hall

33 pupils represented St Kew at Wadebridge Town Hall on Monday 27th and Tuesday 28th February. With lovely comments such as 'an enjoyable performance with imagination', 'you have a lovely clear voice' and 'you took time to make every word clear' from the adjudicators and all pupils saying they want to take part again next year, I can see a growing group of literary enthusiasts at St Kew! Well done to everyone involved - we were thrilled to be able to support you in this by funding the entrance fee for all involved.

External verification

We are always pleased to be able to show visitors around St Kew and show off our pupils and their great attitudes to learning. This half term we will be welcoming our Challenge Partner, the School Improvement team from Kernow Learning and a writing expert to St Kew to celebrate the 'good stuff' and identify next steps to make things better. We will share their findings with you next term.

An exciting term ahead

There are so many things that are happening across this half term, please do ensure you make a note of the dates on page 13 on your calendars at home, so that you don't miss anything.

King Charles III Coronation celebrations

The pupils will be celebrating the King's coronation on Friday 12th May, which will prove to be an exciting afternoon for the Year 6 pupils in particular, as it will mark the end to their SATs week. We know that many of you thoroughly enjoyed the afternoon of the Queen's jubilee celebrations last year and were hopeful that we may be able to repeat this family afternoon in the not too distant future so...



Auction of Promises

I am delighted to be able to let you know that we will be holding the Auction of Promises (PTA fundraiser) alongside a picnic afternoon this year! It promises to be a lovely St Kew family event with some delicious edibles and amazing talents on display from our pupils, and we will let you know the date of this as soon as possible so that you can add it to your diary.

Please do not hesitate to pop in if you have any questions or ideas to share!

We want you to be part of the St Kew family.



Discover Learn Develop

Newton Class

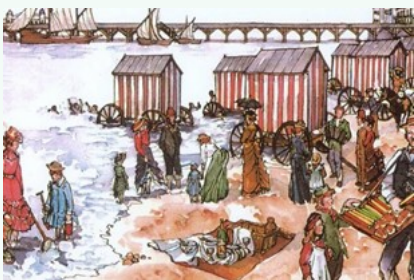
We were all happy to welcome the children of Newton Class back after the half term and they certainly worked hard in their first week back.

The children have been very enthusiastic in beginning our new topic of Nature and the Environment. We have begun reading 'Stanley's Stick' by John Hegley which has captured the children's imagination and interest, following this we will delve in to 'The Sea Saw' by Tom Percival.



We begin to draw our Geography focus of the Tour of the UK to a close and in recapping this we have been amazed by all they have learnt about where they live in the world. Our next focus will be 'Going to the seaside'.

Our Science focus of materials and their properties began with an outdoor materials hunt which really brought out budding scientific explorers in all of the class.

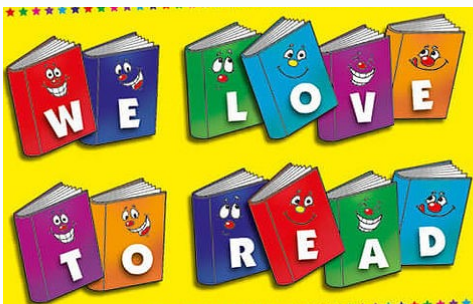


History this half term is looking at the seaside and what it looked like 100 years ago, we had some very interesting conversations and musings looking at a picture of the seaside 100 years ago. They particularly were interested in the bathing machines in the picture and noted how it would protect a persons modesty on the beach when changing!!

In our Art we began looking at Andy Goldsworthy the English sculptor, photographer, and environmentalist who produces site-specific sculptures and land art. Newton class were thoroughly inspired by his work and have created some wonderful pictures using natural materials found in our outdoor environment. We will then look at observational drawing which we will have a local artist joining us to demonstrate their still life drawing skills.



Please continue to send your child in with a coat as we are still getting some chilly days - though we are delighted to see more sunshine - lets hope it continues!! As you know we thrive in our outdoor learning here at St Kew so having the appropriate outerwear, including wellies allows us to make the most of our wonderful environment. Newton are particularly fab at remembering water bottles...lets keep this up as it keeps them well hydrated and ready to learn.



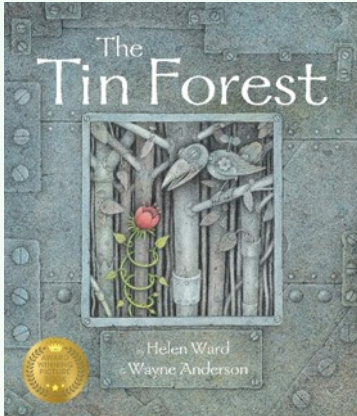
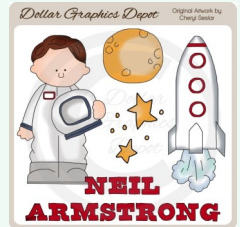
Thank you for all your efforts in supporting your child in their reading journey by reading to them at home. Please continue to do this as much as possible and remember to bring in book bags every week.

As always, please ask if you have any questions or queries about any aspect of your child's school life - we are always here to help!

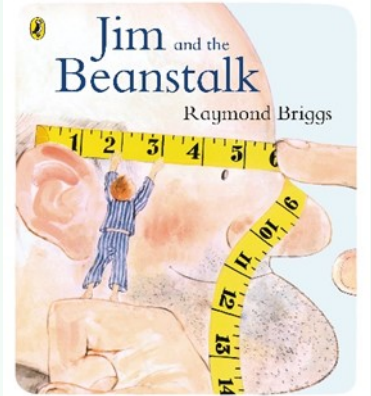
Mrs Osman, Mrs Murray and the Newton Class Team

Armstrong Class

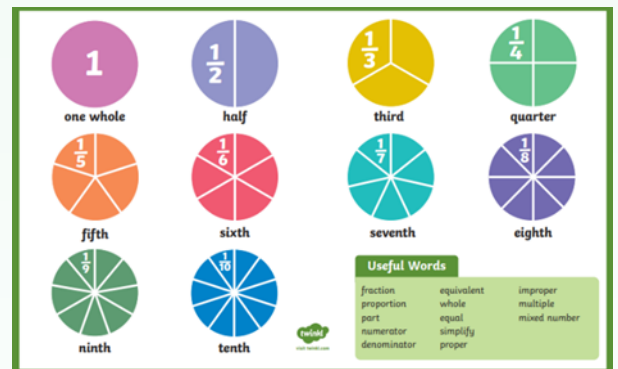
It has been lovely to see you all after the break, I hope you have all had an enjoyable and restful half term. Our topic this term is 'A Twist in the Tale', and our texts focus on familiar tales. We have just finished creating our dream jars based on Roald Dahl's *The BFG*. The children's writing looks wonderful on our BFG display. We have just started *Jim and the Beanstalk* by Raymond Briggs which is a twist on a traditional tale with lots of humour and imagination. Over the coming weeks, we will also read *The Tin Forest* by Helen Ward and Wayne Anderson and we will be writing persuasively and writing explanations.



In Maths, we are finishing our unit on multiplication and division and moving onto fractions. The Year 2s will be finding fractions of amounts/shapes, focusing on finding a half, one quarter, three quarters and a third. The Year 3s will be finding fractions of amounts from calculating $\frac{1}{4}$ of 24 to finding $\frac{3}{8}$ of 72. Year 4 will be consolidating fractions and moving on to decimals.



In Science, we are continuing our learning on plants. We have been making observations over time to investigate what a plant needs to germinate. We will also learn about the methods of pollination and seed dispersal in flowering plants. In Geography, we are learning about the journey of rivers and in French, we are continuing to practice expressing our likes and dislikes. Our PSHE unit this half term is 'Healthy Me'. We will be exploring how to keep our bodies healthy as well as knowing ways to keep ourselves safe and understanding who we can go to for help when we need it.



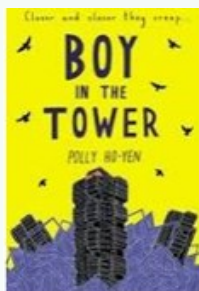
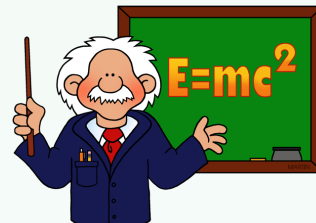
Spellings and times tables homework will continue to be handed out on Fridays ready to be collected the following Friday. Please make sure you have a pair of wellies in school for outdoor learning (these need to remain in school for the duration of the term). Everyone will also need to bring a water bottle with them every day. We will continue to change reading books on Fridays so please only send book bags in then. The children's PE days will continue to be on Tuesdays and Thursdays, and they need to come into school wearing their sports clothes on those days.

If you have any questions regarding anything at all, don't hesitate to speak to me in the mornings or email the school office.

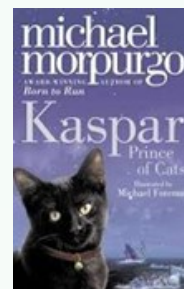
Miss Taylor and the Armstrong Class Team

Einstein Class

We have had a busy start to the year but are well rested after the holiday ready to complete this second half term. Our topic for this term is 'Utopia versus Dystopia'.



We have finished reading the book 'The Boy in The Tower' by Polly Ho-Yen which is a real page-turner, keeping us all on the edge of our seats. Not everyone was correct with their predictions though. The children have written their own narratives in response to the text, and we are looking forward to sharing them with each other, once published. Our next text is 'Kasper, Prince of Cats' by Michael Morpurgo, which is a story set partly on the Titanic, linking with our learning in history.



In science, the children have enjoyed the topic 'Earth and Space', inspiring many to carry out additional research at home as well. Our topic for this half term is 'Forces'.



In RE lessons the children have been considering: **What matters most to Humanists and Christians?** Their next question is **What difference does the resurrection make to Christians?**

In music we have listened to and appraised the pop ballad 'Make You Feel My Love' sung by Adele and Bob Dylan. We will be learning to read music this term. We will also be using Garage band during computing lessons to create music.

We have looked at 'Dreams and Goals' in our RSHE lessons and this half term we have the topic 'Healthy Me'. The children started by sharing with each other the ways in which they are each responsible and then reflected on how this increases with age.



PE lessons continue to take place on 'Trainer Days' -Tuesdays and Thursdays. In PE lessons we have been learning the skills involved in playing **hockey** with our Plymouth Argyle coaches and we are now developing our skills to play **tag rugby**. It is advisable to bring a spare pair of shoes on Tuesdays as the field is likely to remain pretty wet and muddy for the next few weeks. We have been working on our levels of **fitness** and will also be doing **gymnastics** this half term. Outdoor learning can take place on any day of the week and pupils do need a warm and waterproof coat with them in school every day as well as a pair of wellies.

Homework comes home every Monday, handwriting on one side with 10 spellings to learn, to be assessed on the following Monday. The reverse has times tables to complete in less than 3 minutes. The sums not completed in the time given, they can finish in another colour. TTR is a great site to help pupils improve their times table fluency and each pupil can also use their username and password for TTR to use 'Numbots' -this site focuses on number bond fluency. Reading aloud to an adult as well as silently to themselves needs to be a regular occurrence to develop fluency and their comprehension skills.

If you have any questions regarding homework or anything else please come and speak to one of the 'Einstein Class' team.

Mrs Watson and the Einstein Class Team

Discover Learn Develop

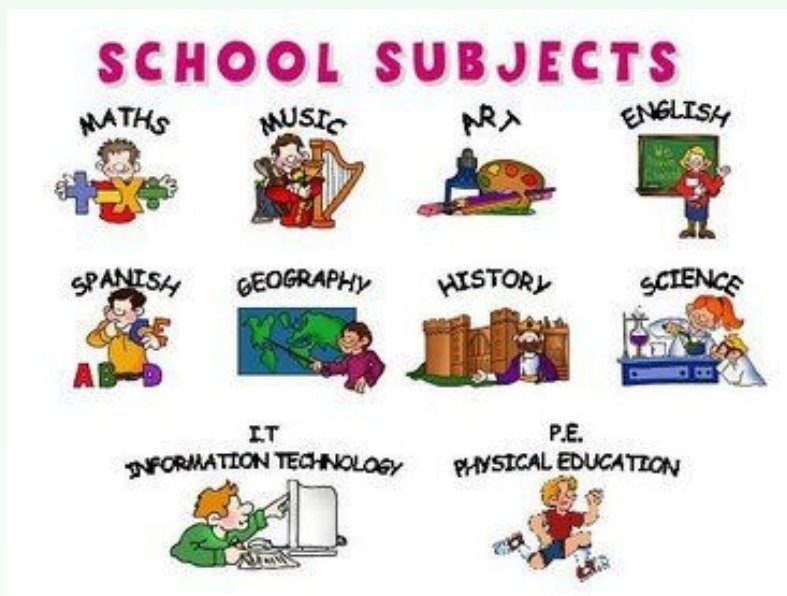
Open morning



Please come and join us for our second Open Morning of the school year on Tuesday 21st March.

On this morning, we would like to welcome you to Little Learners, Newton, Armstrong and Einstein Classes to see what goes on in the classrooms at St Kew.

Come and see many different lessons, activities and work going on across the first hour of the day, with tea and coffee served in the hall at drop off (whilst registers are taken etc).



Tea with Miss

The next Tea with Miss session will focus on **Phonics and reading** and will be held on Friday 31st March.

Please come and join us in the hall for a session sharing reading tips / ways to support your child at home and peruse some of the resources we use at school. There will plenty of time for questions at every level of schooling from Reception to Year 6, so please do join us if you have ever wondered 'what is phonics all about?' or 'What sort of reading do they DO at school?'

And who doesn't like a bit of cake with their tea? There will be plenty on offer.

Friday 31st March
2pm



Discover Learn Develop

School Council News

Our amazing group of School Councillors are very keen to meet on a regular basis and help the school to 'be even better than it is' and as such will be looking at the school curriculum with Mrs M in their meetings this half term.

School Council

They are also keen to continue the good work from the last group and would like to continue with the 'FOODBANK FRIDAY' campaign.

We all know that money is getting tighter for everyone, but if you can spare an extra tin or two of something at the tills / in your online order, we would be delighted to collect it at school on a Friday morning for the Wadebridge Foodbank and the people that this wonderful organisation help.

Our pupils struggle to think what it would be like to open the cupboards at home and not find a tin of beans / packet of rice or indeed anything to eat one night, and are keen to ensure this does not happen to any one.

So... Please do help us! The children will need to be on duty to collect tins and packets etc., so please let Mrs M know if your child can be a collector on a Friday morning. This would mean that they would need to arrive at around 8.30am on a Friday, to be able to get themselves set up and ready for parents and children arriving at 8.40am onwards.

If we have enough school council members wanting to do this, it would be great to get a rota going so that they can take it in turns across the half terms.



Attendance

First and foremost, we know that good attendance leads to good outcomes for our pupils and many pupils at St Kew have fantastic attendance and are learning well.

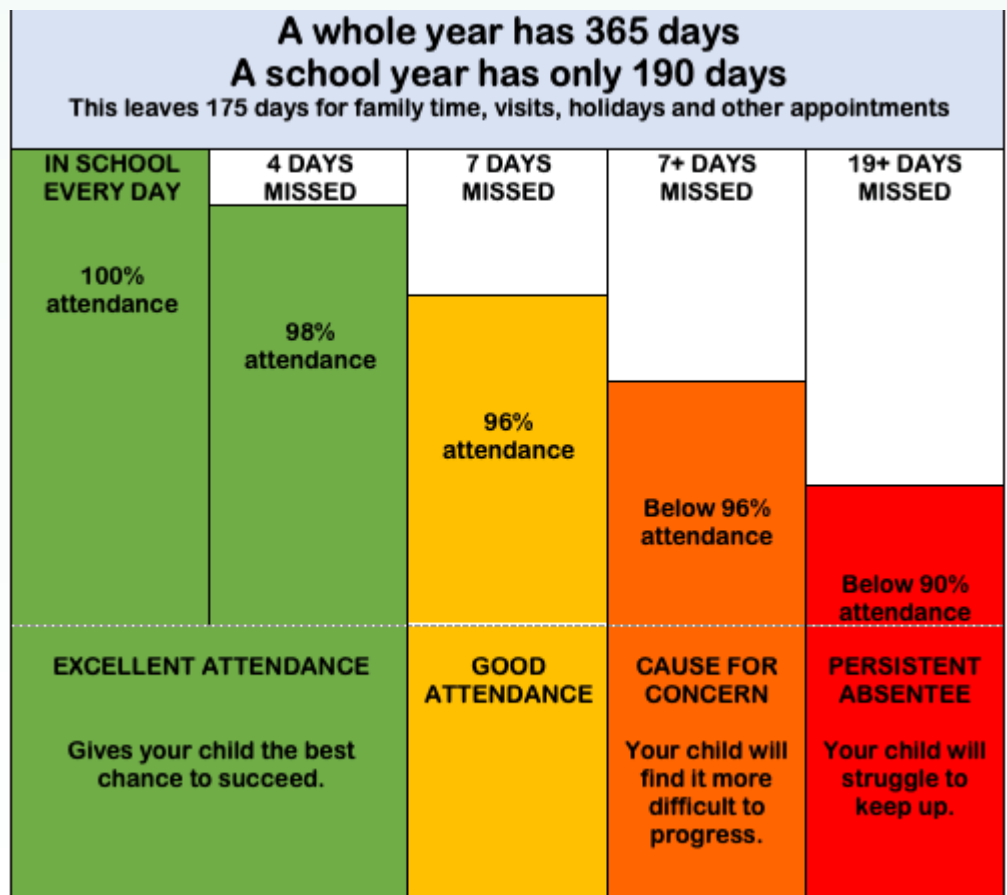
Below you'll see a really useful chart that shows the amount of absence, how this correlates to outcomes and how this links to the expectations of our Trust and the Government who make it clear that attendance at school, is both a legal requirement and now more than ever, an important part of children's lives.

Reporting absence is part of our safeguarding measures and ensures that we know exactly where each pupil is every day. When absent, you must notify the school office by 9am. The quickest and easiest way to report your child's absence is by sending an email to the school email address: stkew@kernowlearning.co.uk or by phoning a message through to the answer phone service. If you do choose to leave a message on the school phone, you can do this by selecting option 1 which is our 24-hour absence message service.

In either of these communications, please ensure you leave specific detail about the illness or absence, the child's name and class and avoid leaving messages of 'poorly' or 'not well'. This will need to be done on each day of absence. Without this, we will send an absence message or call. If we are unable to contact anyone regarding a child's absence, we will need to make a home welfare visit.

When attendance falls below 91%, the school will notify you and inform you that future absences will require medical evidence in order for them to be authorised. This may be a GP appointment, prescription note or a letter from a consultant.

If you have any concerns about your child's attendance, please contact us at school and we will be happy to meet with you to discuss this further.



Parent volunteers

Parent volunteers are key players in our school community! They bring a richness to our children's lives in so many ways.

Sometimes they support children with reading or spelling and sometimes they support with arts and crafts. Many parents use the school volunteering route as a stepping stone into Teaching Assistant training, qualifications and employment.



What ever the reason for volunteering - our children benefit!

If you think this is something that you might be interested in undertaking, we would like to hear from you. We provide training on safeguarding and confidentiality before you start and we have an amazing team that will welcome you with open arms!

Please let the office team know if you are interested and we will get you trained and in school as soon as possible!

Parent Consultations

During March we will be holding our next Parent Consultation evenings where we will be sharing with you the progress your child / children have made towards the targets discussed in November.

It is really important that all parents attend as your child's future academic success can be enhanced by your attendance. These meetings give you the opportunity to ask any questions that you might have about how to support your child at home and to find out a little more about their work in class.

The parent consultations will be held on Tuesday 21st and Thursday 23rd March.

Once again you will be able to book your 'slot' online with eSchools. Bookings will open on Monday 6th March and will close on Friday 17th March. Please book your appointment as soon as possible to ensure you get the time most convenient for you.

We look forward to seeing you all.

Please see the link below for a little video on how to book an appointment, ready for the 6th March when they launch!

[Parents Evening - Booking an Appointment - YouTube](#)



Governor Corner

Do hope you have all had a restorative and fun half term and have enjoyed some of the beautiful winter sunshine that we have been getting. March at the school is a busy month with all sorts of activities to get involved in from open the book, cross country running, football, world book day, parents evening and ending with a PTA cake sale. In amongst all of this, there is Mother's day on Sunday the 19th, the St Kew Parish Supper on Saturday the 18th and of course Easter to look forward to in April. So much for all to enjoy.

As governors we have given Mrs Murray our full support as she develops in her new role as Small School Specialist for the Trust. Due to this new role she has been asked to visit another school in the Trust weekly, where her skills can benefit even more children in the short term. We are confident that this will in no way affect her ability to run St Kew as she always has, and know that Staff and Parents/ Carers will be behind her in this new venture.

As a governing body, we have sadly had to accept a resignation from one of our governors, so we now have a governor vacancy. If anyone would be interested in becoming a governor and not sure what the role entails, you can find information in the news letter advert, on the school website and of course please talk to Mrs Murray or myself Pip Campbell Mob 07539253822 (Chair of Governors). We are a friendly bunch and work together with the school to help keep St Kew School the great little school it is.

Attendance continues to be an ongoing concern, at this time of year seasonal illness always has an impact, so important to get children in to school every day so that they can benefit from all the school has to offer. The Trust is also looking at what can be done to make sure every Parent/Carer understands the consequences of missed learning when children are not at school. Please do what you can to get your child to school and please ask for advice if you have any concerns. Working together, the school can see every child at school with 100% attendance.



I hope you do enjoy the rest of the term Discovering Learning and Developing at this great little school at the top of the hill.

Pip Campbell
Chair of Governors

Community Garden

We are wanting to be able to get the polytunnels and vegetable patches up and running again in true 'farm to fork' style but are in need of volunteer help to do this.

If you are interested, please see Mrs M, so that we can work out what we have and what we need to be able to facilitate this.



Application for Free School Meals and Pupil Premium

All Key Stage 1 Children (Reception, Year 1 and Year 2) are eligible to receive a free school lunch regardless of household income or benefits.

However, your child may be eligible for benefits-related free school meals if you receive any of the following benefits:

- Income Support (IS)
- Job Seekers' Allowance (Income-Based) and equal based Job Seekers Allowance
- Income Related Employment and Support Allowance (ESA-IR) and equal based Employment and Support Allowance
- Child Tax Credit (CTC) with an annual income of less than £16,190
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for WTC
- Guarantee Element of Pension Credit (GPC)
- Immigration and Asylum Act 1999 (IAA) Support
- Universal Credit - Household income must be less than £7,400 a year (after tax and not including any benefits you get)

and you are not in receipt of Working Tax Credit. The school could also benefit from additional Pupil Premium funding to support your child and their learning.

If you think your circumstances have changed and this is the case then you can apply online at: www.cornwall.gov.uk/schoolmeals

Please note you have to be in receipt of payment before an application can be assessed for Free School Meals. If you are claiming the benefits listed below you are NOT eligible for free school meals, regardless of what other benefits / credits are being claimed:

Working Tax Credit / Contribution-Based Job Seeker's Allowance and / or Contribution-Based Employment and Support Allowance.

you will be temporarily eligible to claim free school meals if you receive a Working Tax Credit run-on, which is the payment you may receive for a further four weeks after you stop qualifying for Working Tax Credit.

Could your child be entitled to a
FREE school meal?



Car Parking

As a Governing Board, we have been revising our Access to site policy and in the interest of the safety of every St Kew family member, please can we ask that you REVERSE into car park spaces when you use the school car park.



This will allow full sight of the users of the car park as you are leaving your space and will ensure safety for all.

Important Dates for the rest of this half term:

Sports for Schools visit: 13th March (further details to come)

Key Stage 2 Cross Country: 14th March

PTA Mothers day pop up shop: 17th March

Open Morning for all classes: 21st March 9am

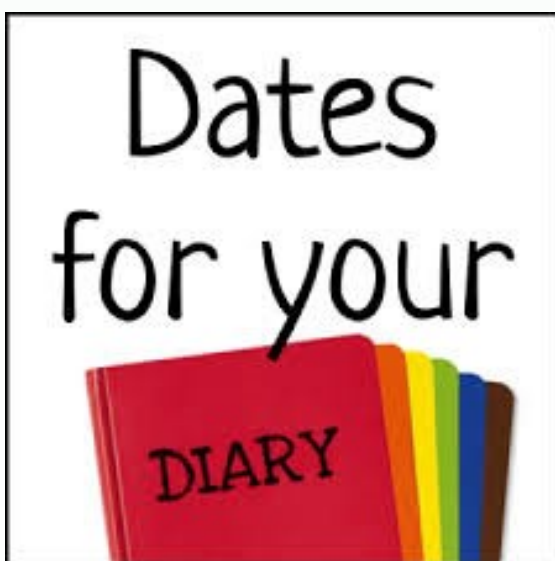
Parent Evenings: 21st and 23rd March

Year 3 & 4 Football Festival: 22nd March

Girls Football Festival: 29th March

PTA Cake Sale: 30th March

Tea with Miss: 31st March 2pm



Easter Holidays: 3rd - 14th April

INSET DAY: 17th April

Pupil return to school: 18th April

St Kew Governor Vacancy



Governor Vacancy

The Governors of St Kew ACE Academy are looking for new community governors to join our proactive team. We are very proud to be governors of this thriving primary school, which aims to do the best for every child at the school.

What time is needed?

Governors need to stay in the loop and there are a number of papers, reports and emails to read. There are two meetings a term to attend, usually in the evening, between 4.30 and 6.30pm, and governors also visit the school to help them to perform their duties.

Who can be Governor?

Anyone! Governors come from a wide range of backgrounds, but the one thing they have in common is they care enough to make a difference. No previous experience is required as you will receive a full induction and have mentor support.

What do I do now?

If you would like to help this school continue to be the best it can be, please contact Pip Campbell, Chair, on

pcampbell@kernowlearning.co.uk

You can also find additional information on the St Kew Academy website:

stkew.kernowlearning.co.uk



What Parents & Carers Need to Know about

SPOTIFY

Spotify is a digital music, podcast and video service which gives users access to millions of songs and other content from creators all over the world. Since launching in 2008, Spotify has revolutionised the way music is listened to: it now offers the ability to manage and share more than 100 million tracks and five million podcast series, plus personalised recommendations, new release updates and the option to create collaborative playlists. As of February 2023, it is the world's most popular audio streaming subscription service with 489 million users globally.

WHAT ARE THE RISKS?

EXPLICIT LYRICS

As per Spotify's terms and conditions, people need to be at least 13 to use it. That said, the platform doesn't censor lyrics unless instructed to do so in the settings – so it's worth noting that young teenagers could still be exposed to age-inappropriate songs which contain explicit references to sexual behaviour, violence, discriminatory language and swearing.

GROOMING TACTICS

Although Spotify doesn't come with dedicated chat functionality, concerns were raised in January 2023 after reports of an 11-year-old girl being coerced into sharing explicit pictures of herself on the platform. The case highlighted predators' tactics of sharing empty playlists with other users: their messages were being exchanged undetected through edited song titles and descriptions, bypassing security measures.

OVERSHARING

Spotify provides a perfect way to play music, with the ability to connect to another device, such as a Bluetooth speaker or an in-car stereo. While this is a useful feature, it's also easy to forget your surroundings and inadvertently play content which isn't appropriate for all listeners (especially those under the age of 18), potentially causing alarm or distress.

AGE-INAPPROPRIATE PODCASTS

Spotify's podcast community has grown exponentially and it's become a popular base for millions of users to listen to shows, stories, interviews and more – with content covering an array of topics. This includes some material which isn't suitable for minors, including audio which is obviously adult-themed, but can be just as easily accessed as everything else.

ACCESS TO SPOTIFY LIVE

If your child has a Spotify account, they'll also be able to access the platform's audio-only chat service: Spotify Live. While it's a separate stand-alone app, Spotify Live allows people to listen to live discussions on the main Spotify platform and, more notably, lets users enter virtual rooms to chat with other users, opening up direct conversations with strangers and individuals who might not necessarily be there for the right reasons.

Advice for Parents & Carers

SWAP TO SPOTIFY KIDS

If you're concerned about what your child might hear while streaming music, Spotify Kids is a separate, ad-free service specifically designed for children aged 12 and under. It allows younger users to enjoy human-curated, child-friendly content (such as music and audiobooks) and is available to users with a Spotify Premium Family subscription – meaning that parents can view and manage the content their child listens to.

CENSOR EXPLICIT CONTENT

Regardless of what type of account your child uses to access Spotify, there is an option to turn off explicit content in the settings – greying out all songs marked with an 'E' tag. If your child has their own individual account, it's easier for them to turn it back on – whereas with a family plan, you're in control and your child can't alter the setting without knowing the password.

TALK ABOUT THE RISKS

As with any platform, it's good practice to talk to your child about what they should be aware of when using Spotify. For instance, it's important they're aware never to share any personal information with strangers, and what they should do if they're exposed to inappropriate content. Encourage them to think critically about what they see and hear so that they feel comfortable raising any concerns with you.

KEEP AN EYE OUT

If you're concerned that your child is spending too much time on Spotify or you've noticed they're being particularly secretive about how they're using it, encourage them to talk about what they're listening to. It's always prudent to show an interest in their online habits from the outset – so you're confident they're using apps and services in the right way, for the right reasons, and they're not being drawn into anything they shouldn't be.

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the Internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

HAPPY MOTHER'S DAY

St Kew PTA
Charity Number 1060224



Mother's Day
Pop Up Shop

17th March

Sign up forms will be in the Book bag post on
3rd March

Please return your form by Monday 13th March
Gifts are £2.50 each



Discover Learn Develop

Gift Amnesty

Parents, staff and friends!

**Can you help us raise funds for
the school this year?**

If you received any gifts at Christmas or on a birthday that aren't quite to your taste (or you got two the same) we'd love any donations that can be used as prizes or at future events.

Where to drop them off

Please bring your donations to the school office or hand them to a member of the PTA

Thank you!

From St Kew PTA



Discover Learn Develop

Helping Hands News

Spring is finally in the air and we are busy looking ahead at all the exciting events that are coming up in the calendar.



Firstly, we have formally signed up (coerced?) Paul Prescott into stepping into the role as PTA chair which is fantastic news, with Linzi Hanscomb as Vice-Chair and Sophie Corker stepping up to take the role of secretary.

We are a friendly bunch, but we NEED more people to join us - do come along to a meeting and see what you can come and help with - you get to spend time with us lovely lot AND do lots of positive things for the school - not sure what else you could want really?

The Valentines Disco was a great success in February - with a high attendance from the children who all seemed to have a great time and there were some particularly good dance moves from children and adults alike. Plus £81.45 was made from donations kindly received - so many thanks to all for the support.

Looking ahead into March we have our popular Mother's Day Pop-Up shop coming up (please see poster in the newsletter for further details). For those of you new to St Kew this is a fantastic way for your children to pick a present out themselves for mum/granny etc - they do this during school time and it comes home wrapped up and ready to gift on Mother's Day morning. I know it makes the younger ones in particular feel very independent and 'grown up' doing their own shopping!

If you do have anything suitable that could be donated/re-gifted to the Pop-Up shop then please do bring it into school (or give to a PTA member) - things like candles, plants, bath stuff etc - we can even put your name on it to ensure you don't get it back!

World Book Day is fast approaching (Friday 3rd March) and there were some great donations of fancy dress clothes brought into school this week for the workshop that Chevi organised to give parents a hand with the prep - Chevi is by far the Queen of fancy dress and crafting - just so that you are all aware...

Bags to School is back at St Kew this coming Friday (3rd March) as well - so as was detailed in the leaflet that came out in your child's book bag last week - please bring in any unwanted clean clothes in bags by 9am on Friday. A great way to have a clear out and to raise some money for the school as well :)

All of these events raise money that goes directly towards benefitting your child's experience at St Kew School and we couldn't do it without your support - so thank you AND please have a think about coming along and joining us at our next meeting!

Paul, Lauren, Linzi, Kayna, Chevi, Chantelle, Sophie, Michelle, Amanda & Carla X

The St Kew community Parish Supper:

THE PARISH SUPPER IS BACK!

The Mighty St Kew Parish Supper is BACK - on Saturday 18th March in the beautiful and warm St Kew Parish Hall (see advert and posters around and about for booking details).

This is a great value night-out with fab food and fun for everyone. The tickets usually sell like hot-cakes - so do call to get yours quick!

You will be treated to a delicious three course sit down meal, with coffee and mints, all provided by local cooks and served by a squadron of amazing volunteers.

There will be a quiz, a fantastic raffle and some sing-along songs to go out with a blast. Bring a bottle and enjoy loads of chatting and laughter and good cheer with your friends and neighbours.

The Supper is laid on by the church and members of the local community, and this year the money raised will be divided between the Wadebridge Foodbank and the Church.

We hope to see you there!



2023

St Kew Parish Supper

**Saturday 18th March,
6:30 for 7pm**

Parish Hall

**3 course meal + entertainment
(BRING YOUR OWN DRINK)**

ALL WELCOME!

Tickets £12 adults with <12s free

Buy in advance from

Rob Soley (01208) 841 366

Andrew Campbell 841 115

£££s to Foodbank & Church

Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

SATURDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



25 Focus your attention on the good things you take for granted



24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life



23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

20 Focus on what makes you and others happy today dayofhappiness.net

27 Appreciate nature around you, wherever you are



ACTION FOR HAPPINESS

Happier • Kinder • Together

Discover Learn Develop

Eating disorders.

Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?

If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. Visit beateatingdisorders.org.uk/tips



At-home Self Care Ideas for stress relief

@theremoteyogi

Do a guided meditation

Cook a special or new meal

Play a video or computer game

Sing and dance to your favorite songs (bonus: grab a hairbrush)



Explore who you are

Try a DIY Facial or Face Mask



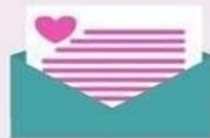
Practice Breathwork



Call a loved one or friend



Try a new craft



Write a love letter to yourself



Lay in bed all morning

Create a Pinterest vision board

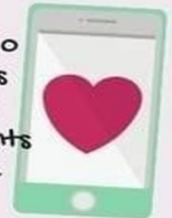


Sit in the sun



Get dressed up for no reason

Spend 10 minutes giving compliments on Insta



Order in food & do nothing all evening



Try an at-home workout



Make a fancy drink or cocktail

Make a dessert and enjoy it



Write down your own affirmations



Pull tarot or oracle cards



Play with a pet



Watch a webinar or virtual workshop



Clean out your wardrobe

Re-arrange something in your home



Draw or color



Do a gentle yoga class

Autumn Winter 2022 Cornwall

- Added Plant Power
- Vegan
- Wholemeal

Available Daily:





- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--|---|---|---|-------------------------------------|
| Week One | | | | | |
| 31/10/2022 | Option 1 Chicken Pie with crispy potatoes | Beef Bolognaise served with Garlic Bread | Roast Chicken with Stuffing, Roast Potatoes and Gravy | Mac and Cheese | Breaded Fish with Chips |
| 21/11/2022 | Option 2 5 Bean Chili with 50/50 rice | Veggie Lasagne served with Garlic Bread | Veggie Toad in the Hole with Roast Potatoes and vegi. gravy | Chinese Vegetable Curry | Cheese and Potato whirl with Chips |
| 12/12/2022 | Vegetables | Seasonal Veg of the Day | Seasonal Veg of the Day | Sweetcorn Roasted Peppers | Peas Baked Beans |
| 9/1/2023 | Dessert | Fruit Jelly | Fresh Fruit and Yoghurt Station | Peaches and Ice Cream | Apple Flapjack |
| 30/1/2023 | | Banana sponge and Custard | Or a choice of Yoghurt & Fresh Fruit available daily | | |
| 27/2/2023 | | | | | |
| 20/3/2023 | | | | | |
| Week Two | | | | | |
| 7/11/2022 | Option 1 Cheese and Broccoli Pasta bake | Pork Sausages with Mashed Potato and Gravy | Roast Gammon, Roast Potatoes, Stuffing and Gravy | Quirky Bird Chicken Fillet or Quorn Fillet | Fishfingers with Chips |
| 28/11/2022 | Option 2 Falafel with Lemon and Herb Cous Cous | Vegan sausages with Mashed potatoes | Crunchy Topped Veg Bake served with Roast Potatoes | With Potato Wedges and Salads | Cheese and Bean turnover with chips |
| 19/12/2022 | Vegetables | Seasonal Veg of the Day | Seasonal Veg of the Day | Roasted Veg Sweetcorn | Peas Baked Beans |
| 16/1/2023 | Dessert | Apple Sponge and Custard | Fresh Fruit and Yoghurt Station | Chocolate Yoghurt and Mini Shortbread | Oaty Cookie |
| 6/2/2023 | | | Or a choice of Yoghurt & Fresh Fruit available daily | | |
| 6/3/2023 | | | | | |
| 27/3/2023 | | | | | |
| Week Three | | | | | |
| 14/11/2022 | Option 1 Cheese and Tomato Pizza with crispy potatoes | Sweet and Sour Chicken served with 50/50 rice | Roast Turkey, Roast potatoes and gravy | Beefburger in a bun or a Veggie Burger in a bun served with Potato Wedges | Breaded Fish with Chips |
| 5/12/2022 | Option 2 Vegetable enchiladas with 50/50 | Vegan Bolognaise with garlic bread | Roast Quorn served with Roast Potatoes and Gravy | Seasonal Mixed Vegetables | Cheese & Tomato Quiche with Chips |
| 2/1/2023 | Vegetables | Seasonal Veg of the Day | Seasonal Veg of the Day | Raspberry Jelly and Mandarins | Peas Baked Beans |
| 23/1/2023 | Dessert | Chocolate Shortbread | Fresh Fruit and Yoghurt Station | Or a choice of Yoghurt & Fresh Fruit available daily | Iced Sponge |
| 20/2/2023 | | | | | |
| 13/3/2023 | | | | | |

| | | | | | | | | | | | | | | | | | |
|-----------------------|---|----|----|----|---------------------|----|----|----|----|----------------------|----|----|----|----|----|----|----|
| September 2022 | | | | | October 2022 | | | | | November 2022 | | | | | | | |
| M | | 5 | 12 | 19 | 26 | M | 3 | 10 | 17 | 24 | 31 | M | | 7 | 14 | 21 | 28 |
| Tu | | 6 | 13 | 20 | 27 | Tu | 4 | 11 | 18 | 25 | Tu | 1 | 8 | 15 | 22 | 29 | |
| W | | 7 | 14 | 21 | 28 | W | 5 | 12 | 19 | 26 | W | 2 | 9 | 16 | 23 | 30 | |
| Th | 1 | 8 | 15 | 22 | 29 | Th | 6 | 13 | 20 | 27 | Th | 3 | 10 | 17 | 24 | | |
| F | 2 | 9 | 16 | 23 | 30 | F | 7 | 14 | 21 | 28 | F | 4 | 11 | 18 | 25 | | |
| Sa | 3 | 10 | 17 | 24 | | Sa | 1 | 8 | 15 | 22 | 29 | Sa | 5 | 12 | 19 | 26 | |
| Su | 4 | 11 | 18 | 25 | | Su | 2 | 9 | 16 | 23 | 30 | Su | 6 | 13 | 20 | 27 | |
| December 2022 | | | | | January 2023 | | | | | February 2023 | | | | | | | |
| M | | 5 | 12 | 19 | 26 | M | 2 | 9 | 16 | 23 | 30 | M | 6 | 13 | 20 | 27 | |
| Tu | | 6 | 13 | 20 | 27 | Tu | 3 | 10 | 17 | 24 | 31 | Tu | 7 | 14 | 21 | 28 | |
| W | | 7 | 14 | 21 | 28 | W | 4 | 11 | 18 | 25 | W | 1 | 8 | 15 | 22 | | |
| Th | 1 | 8 | 15 | 22 | 29 | Th | 5 | 12 | 19 | 26 | Th | 2 | 9 | 16 | 23 | | |
| F | 2 | 9 | 16 | 23 | 30 | F | 6 | 13 | 20 | 27 | F | 3 | 10 | 17 | 24 | | |
| Sa | 3 | 10 | 17 | 24 | 31 | Sa | 7 | 14 | 21 | 28 | Sa | 4 | 11 | 18 | 25 | | |
| Su | 4 | 11 | 18 | 25 | | Su | 1 | 8 | 15 | 22 | 29 | Su | 5 | 12 | 19 | 26 | |
| March 2023 | | | | | April 2023 | | | | | May 2023 | | | | | | | |
| M | | 6 | 13 | 20 | 27 | M | 3 | 10 | 17 | 24 | M | 1 | 8 | 15 | 22 | 29 | |
| Tu | | 7 | 14 | 21 | 28 | Tu | 4 | 11 | 18 | 25 | Tu | 2 | 9 | 16 | 23 | 30 | |
| W | 1 | 8 | 15 | 22 | 29 | W | 5 | 12 | 19 | 26 | W | 3 | 10 | 17 | 24 | 31 | |
| Th | 2 | 9 | 16 | 23 | 30 | Th | 6 | 13 | 20 | 27 | Th | 4 | 11 | 18 | 25 | | |
| F | 3 | 10 | 17 | 24 | 31 | F | 7 | 14 | 21 | 28 | F | 5 | 12 | 19 | 26 | | |
| Sa | 4 | 11 | 18 | 25 | | Sa | 1 | 8 | 15 | 22 | 29 | Sa | 6 | 13 | 20 | 27 | |
| Su | 5 | 12 | 19 | 26 | | Su | 2 | 9 | 16 | 23 | 30 | Su | 7 | 14 | 21 | 28 | |
| June 2023 | | | | | July 2023 | | | | | August 2023 | | | | | | | |
| M | | 5 | 12 | 19 | 26 | M | 3 | 10 | 17 | 24 | M | 31 | 7 | 14 | 21 | 28 | |
| Tu | | 6 | 13 | 20 | 27 | Tu | 4 | 11 | 18 | 25 | Tu | 1 | 8 | 15 | 22 | 29 | |
| W | | 7 | 14 | 21 | 28 | W | 5 | 12 | 19 | 26 | W | 2 | 9 | 16 | 23 | 30 | |
| Th | 1 | 8 | 15 | 22 | 29 | 1 | Th | 6 | 13 | 20 | 27 | Th | 3 | 10 | 17 | 24 | 31 |
| F | 2 | 9 | 16 | 23 | 30 | 2 | F | 7 | 14 | 21 | 28 | F | 4 | 11 | 18 | 25 | |
| Sa | 3 | 10 | 17 | 24 | 3 | Sa | 1 | 8 | 15 | 22 | 29 | Sa | 5 | 12 | 19 | 26 | |
| Su | 4 | 11 | 18 | 25 | 4 | Su | 2 | 9 | 16 | 23 | 30 | Su | 6 | 13 | 20 | 27 | |

Key:

| | |
|---|----------------|
|  | School Holiday |
|  | Bank Holiday |
|  | Term Time |
|  | Inset Day |

Term dates summary:

Autumn Term 1: 05 September – 21 October 2022 (35 days)
 Autumn Term 2: 31 October – 16 December 2022 (35 days)
 Spring Term 1: 03 January – 10 February 2023 (29 days)
 Spring Term 2: 20 February – 31 March 2023 (30 days)
 Summer Term 1: 17 April – 26 May 2023 (29 days)
 Summer Term 2: 05 June – 25 July 2023 (37 days)

TOTAL = 195

Bank and public holidays 2022/2023

| | | | |
|----------------------------------|------------------|---------------------|----------------|
| Christmas Day | 25 December 2022 | Good Friday | 07 April 2023 |
| Boxing Day | 26 December 2022 | Easter Monday | 10 April 2023 |
| Bank Holiday (in lieu of 25 Dec) | 27 December 2022 | May Bank Holiday | 01 May 2023 |
| New Years Day | 01 January 2023 | Spring Bank Holiday | 29 May 2023 |
| Bank Holiday (in lieu of 1 Jan) | 02 January 2023 | Summer Bank Holiday | 28 August 2023 |