



Welcome to the APRIL / MAY edition of the 'News from the Top of the Hill'!

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'.

Summer term



We can't believe it is the start of the Summer Term already! This Term always brings a wealth of lovely learning opportunities, with many of them being out of doors! We look forward to Healthy Living week in particular, with a focus on living healthy lives through physical activity, mindfulness and eating. The summer fayre and Sports Day are highlights - keep the afternoons of 30th June, for Sports Day, and the afternoon of 7th July for the Summer Fayre free in your diary - if last year we went big, I eagerly await the Summer fayre - it promises to be amazing!

Office changes / teaching space

As a school, we have gained many more pupils over the last few years and as such, we have been desperately needing another space for teaching groups of pupils during lessons. Our Trust have supported this during the holiday and we have created a new Admin office space within the foyer space, my office is now in the old Admin space and my old office is now a teaching space for our pupils! We are delighted with the results and know that you will love it too. Take a look at page 15 for pictures. We await a glass partition but in the meantime we have a Perspex version to be gentle with! Thank you Kernow Learning for helping us with this!

Menu changes

We have a new menu for this term - please see this on page 28. A copy of which can be found on the parents page on the school website.

Attendance



As we start the first day of the Summer Term, there is a piece in this edition on the Attendance Strategy across all Kernow Learning schools. Please take some time to read through the info on pages 7, 8 and 9 and feel free to ask any questions that you may have. Our Trust has a robust, but kind, approach to attendance and it is our greatest desire to have all children in school every day learning as much as they possibly can to reach their full potential. We

recognise this cannot always be the case, but we want to support full attendance where it is possible. The Tea with Miss session on Friday 19th May at 9am, will focus on attendance, so please feel free to attend and enjoy some yummy sweet treats, a cup of tea or coffee and a chat, with time dedicated to attendance and questions.

Bank Holidays

May is the month of Bank Holidays!!!!!! As always, there are the usual days for Early May and the Spring Bank Holiday (which is included in our half term holiday) but this year, an additional Bank Holiday, on 8th May for the King's Coronation, has been added. The Tuesday to Friday following the Coronation (9th–12th May) is SATs week for the Year 6 pupils. Please can we remind all families to be on time this week, as should always be the case, to ensure our Year 6 superstars can do their very best on these days, without any unnecessary disturbances.



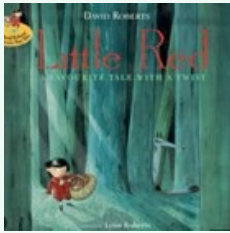
Health awareness / opportunities etc.

As always there are health awareness pages alongside the wellbeing calendar for the month (May isn't out yet!) within this edition, we hope you find these useful.

**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.**

Newton Class

We have been looking forward to welcoming the children of Newton Class back to school after our two-week break- they have returned to their Newton Class family refreshed, revitalised, and ready to learn.



On our return, the children will be beginning the topic of 'Talents and powers'. We will be coming to the end of our English work with the story 'The Sea Saw' by Tom Percival and begin 'Little Red' by Lynn Roberts, followed by 'Super Milly and the Super School Day' by Stephanie Clarkson.



We begin to draw to an end of our Geography focus of 'Going to the seaside', where the children have enjoyed recognising features of the seaside such as natural and man-made aspects.



Our Science focus will continue to observe seasonal changes, describing the weather linked with the season of Spring and Summer. We will also be flexing our green fingers and delving into identifying common and wild plants, and trees. It will be wonderful to see this knowledge consolidated and drawn upon in our outdoor area and if anyone has signed up for Mrs Murray's gardening club, on a Monday after school, they will be able to help her plant crops and harvest in the not too distant future!

History this half term we will bring an end to the topic of 'The Seaside 100 years ago'. A particular delight of this topic was our pretend visit to an art gallery - which was our classroom displaying pictures of the seaside 100 years ago. The children looked around the 'gallery' in pairs to gather ideas for creating a poster to advertise the seaside 100 years ago.

In our Art this half term we will be looking at sculpture. We will study the sculptor artist Augusta Savage. She was a talented American sculptor who despite her impoverished upbringing worked hard to become a recognised sculptor and fought against racism to create a place for Black women in the world of art.



Please continue to send your child in with a coat as we are getting some April showers and chilly mornings. 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.

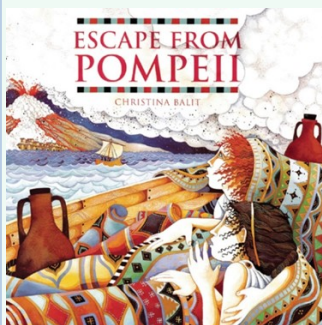
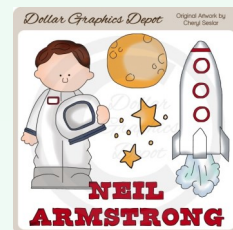
Thank you for all your efforts in supporting your child in their reading journey by reading to them at home. Please continue to do this as much as possible and remember to bring in book bags every week.

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 is lovely to see you all back, We hope you all had a fantastic Easter!



This term our topic is 'Different Times, Different Lives'. We will be using the Romans to inspire our learning this term. In English, we will be reading 'Escape from Pompeii' by Christina Balit. We will travel back in time to the days of the Roman Empire and join Tranio, the son of an actor, and his friend Livia, the baker's daughter, in witnessing the eruption of Mount Vesuvius in AD79. We will be using this book to write setting descriptions and historical stories.

We will link our literacy to our history and geography learning, and we are focusing on Roman Britain. We will discover why the Romans invaded Britain, how the Romans managed to maintain control and how much our lives are influenced by the Romans today. In Geography, we will use the history of Pompeii to learn about volcanoes. The children will discover what volcanoes are, their key features and what life is like in volcanic areas.



In maths, we will be reviewing the four operations: addition, subtraction, multiplication and division. Armstrong will be consolidating their learning of using the column method to add and subtract up to 3-digits with exchanging, as well as multiplying and dividing up to 2-digit numbers.



In Science, we are learning about light. Armstrong will be recognising that we need light in order to see and understand how light is reflected from different surfaces. We will work scientifically using equipment to explore how shadows are formed.

In Art, we will be learning about the different art forms that the Romans brought to Britain. We will research historical mosaic patterns, design their own mosaics and create their designs using sketching, printing and collage.



As we enter the Summer Term, please remember that the weather will continue to change often. The children need to bring a waterproof coat with them every day and a jumper in case it gets chilly. Everyone will need a pair of wellies in school for outdoor learning (these need to remain in school for the duration of the term).

Please ensure that your child brings a water bottle with them every day and as the weather gets warmer (fingers crossed) as well as hats and sun cream on those hot summer days. 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

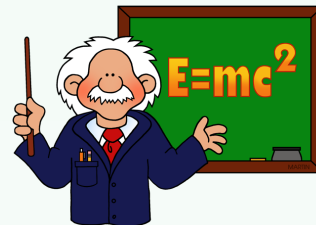
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Einstein Class

Our topic for the summer term is 'Invention and Enterprise'. It is an exciting term, and we have an early visit planned for 'Spaceport Cornwall' in Newquay, which links with our learning about 'Earth and



Space' and 'Forces' from last term. We have an additional bank holiday this half term for the King's coronation, and we will be celebrating the event in school on Friday 12th May as well as the Year 6 children having their own celebration for completing their SATs.



We will be studying a few texts linked to the theme of 'Invention and Enterprise' and we will begin with 'The Invention of Hugo Cabret' by Brian Selznick. This is a story full of wonder and excitement about a twelve-year-old orphan Hugo who lives in the walls of a busy Paris train station.



We will be studying China as part of our geography learning and will also explore the ancient Chinese art of origami.

In science, our topic for this half term is 'Light'. In RE lessons the children will be considering the big question of: 'How Christians decide how to live?' In music we will be focusing on jazz for the first time this year. The learning will focus around two tunes: Three Note Bossa and The Five Note Swing.

We have completed a series of lessons based on the topic: 'Healthy Me' and will now look at 'Relationships' this half term. In this unit we will cover mental health, dealing with grief, power/control and staying safe online.

PE lessons will continue to take place on 'Trainer Days' -Tuesdays and Thursdays. In PE lessons with our Plymouth Argyle coaches we will develop our athletic skills. Our other PE session will focus on developing the skills to play cricket. The final two weeks of this half term will be focused on swimming. 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.

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

Attendance

At Kernow learning.....

every member of staff is trained to ensure that every child is 'in school, on time, every day, learning ready'. We want to achieve strong attendance for all children so that they can achieve their full potential during their time at school.

We hope that no child ever reaches the threshold of persistent absenteeism and our attendance strategy, based on the government guidance issued, is underpinned by clear systems and positive relationships with all members of the St Kew family and our partner agencies.

Our relentless drive for strong attendance ensures that every school in our Trust will:

1. Have a universal approach to achieving strong attendance for every child.
2. Have in place a 'first day' contacting system with parents and carers, of children who are absent from school, to establish why the child is absent, and when the child is expected to return.
3. Robustly use the attendance strategy to ensure 'strong' whole school attendance with kindness and support and gentle challenge.
4. Ensure any absence is for a justifiable reason and is evidenced with medical letters, prescriptions, or appointment cards etc., where necessary.
5. Hold a register of all pupils whose attendance is a concern - known as a Register of Concern.
6. Seek support from external agencies to secure strong attendance for all children who hit the persistent absenteeism threshold, securing positive lifelong outcomes and safety for each child.

Attendance sits firmly in the Safeguarding area of school care for pupils and is prioritised as such, on a daily basis.

We desire every child to be in school, on time, every day, learning ready.

DFE Expectations and Our Kernow Learning Framework

1	2	3
Analyse absence and attendance data to identify and focus improvement efforts for pupils and groups	Use data to monitor the impact of attendance strategies to understand their effectiveness	Share information and work collaboratively with local stakeholders when absence is at risk of becoming persistent or severe

Holiday Requests

As per Trust Policy, holiday requests can only be approved when there are exceptional family circumstances. A request for planned holiday absence must be discussed with the Headteacher and put in writing, with timely notice and the reason(s) for the request logged.

What does our Attendance Monitoring Schedule look like?

Daily (8am to 9am): Wellbeing & reminder calls for children on register of concern.

- Reasons for absence will be recorded as calls from Parents/Carers are received.
- Calls to Parents/Carers will be made to clarify reasons for non-attendance.
- Reminders will be given to Parents/Carers that their child can come into school at any time of the day if they have recovered from any early morning / potential illness.

Daily (9am to 9.30am): Prioritise children on register of concern.

- All pupils who arrive after registration has closed, will be warmly welcomed to school at the front office.
- After settling the child into class, discussion with parents will take place around the barriers to attendance that day, and how lost minutes of learning can be avoided in the future.
- Parents/Carers will be made aware of the importance of what the child will have missed in school so far and will be asked what support is needed to avoid this happening again.
- All parents, of children who have not been registered, if no contact has been made with the school, will be contacted to ensure that the absence meets the authorised criteria.

Wellbeing Alert!

WE WILL ALWAYS ENSURE when taking a child to class, after registration, that we minimise the:

- potential embarrassment/anxiety for the child/ parent
- interruption to the class receiving the pupil/s after the start of the day: pupils arriving in class, later than the beginning of the day, have an impact on others and we will ensure arrival is as discrete as possible to minimise loss of focus for the rest of the class.

Once a Week: Analyse Attendance Data

- Attendance will be analysed, and data used to identify support needed for individual pupils or groups.
- Information will be shared with parents and carers when absence is declining and at risk of becoming persistent or severe.
- Updates will be recorded on the Register of Concern to track attendance progress.
- Referrals made for necessary support: this may involve the Trust Attendance and Safeguarding Lead or our EWO.

Class teachers made aware of all children (including any specific groups of pupils) who need support with their attendance.

Lost minutes of learning (formerly known as 'late' or 'punctuality')

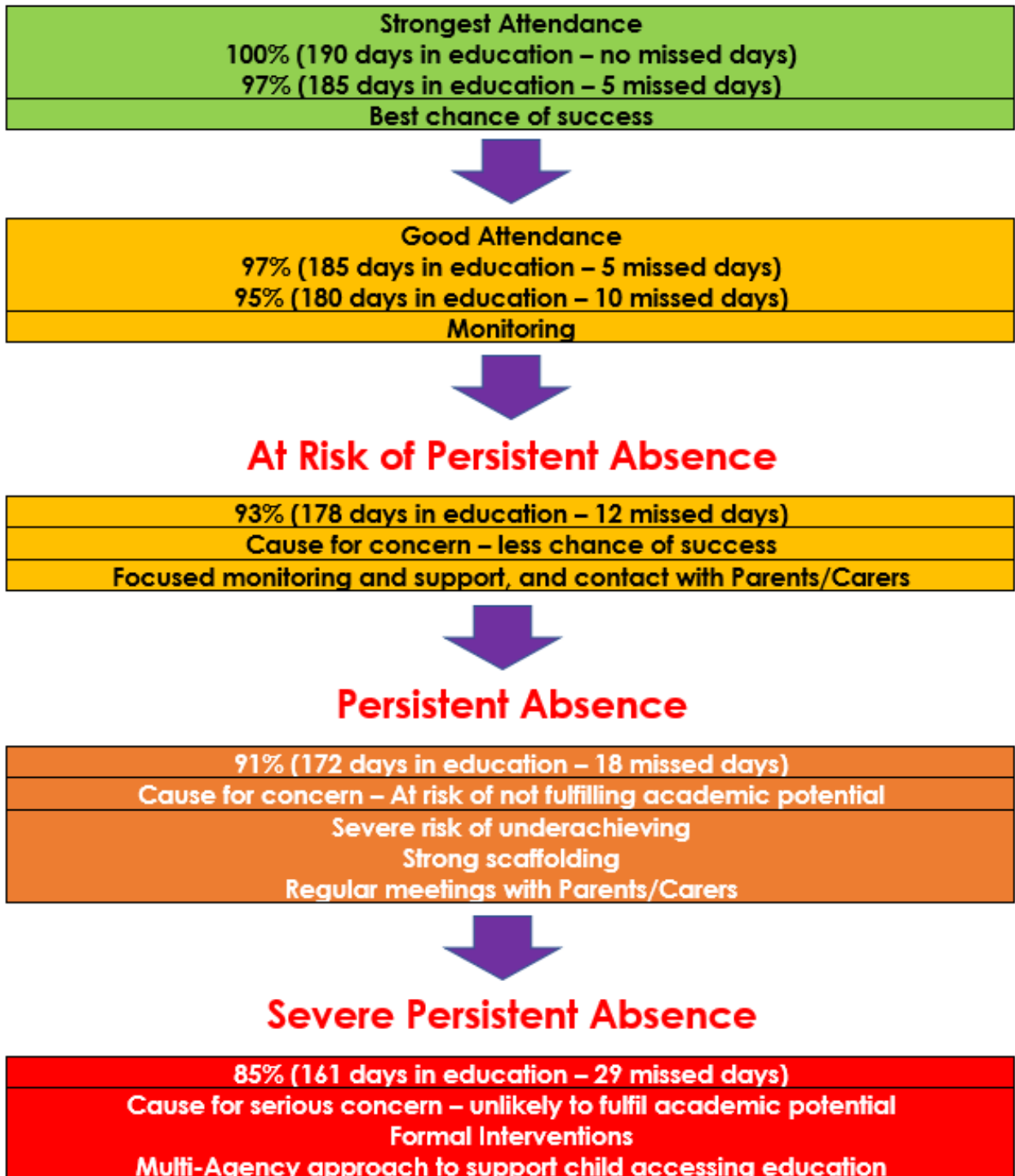
- 'Lost minutes of learning' will be monitored in a similar way to attendance data.
- Strategies will be used to reduce persistent 'lateness' and to improve and secure daily punctuality.

Attendance cont.

What does my child's attendance look like?

You will have discussed your child's current attendance percentage at the last parents evening. Please use the chart below to see where your child's attendance currently sits. Mrs Murray will be discussing any support that we can offer to help with attendance with parents.

Appendix 1



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Tea with Miss

The next Tea with Miss session will focus on **Attendance** and will be held on Friday 19th May at 9am in the school hall.

Please come and join us in the hall for a session sharing the ways in which we support you and your child's attendance at school and peruse some of the reasons we encourage full attendance in all pupils at school. There will plenty of time for questions, so please do join us if you have ever wondered **Why does the Government expect pupils to be in school at least 96% of the school year? or What happens if my child misses school?**

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

Friday 19th May @ 9am



Year 5 and 6 Residential to Canoe Cornwall, Trelissick

Our Year 5 and 6 pupils are getting excited, as the date for our residential draws ever closer.

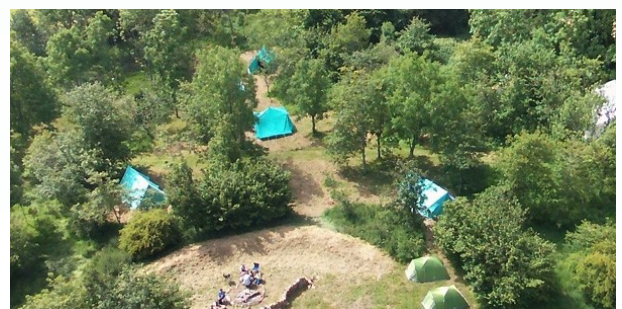
This year, pupils are going with Upton Cross ACE Academy in Liskeard, to Canoe Cornwall. Going with another school gives the children a time to develop new friendships and for our Year 6 pupils, in particular, something to focus on in their last few weeks at our school. As always, we will also be praying for good weather!

Children will be staying in tents - proper camping style! A wide variety of physical and fun activities are planned for the trip ranging from archery to axe-throwing and canoeing to survival skills with a few others thrown in for good measure, as well as the traditional time around the campfire.

We have been able to ensure we have a fully inclusive package, meaning that all activities and meals are included in the overall price and none of the teachers will be cooking the food - something that both the children and the staff will be delighted about!

All activities are led by instructors who are qualified to lead these adventurous activities - they are much more skilled than the teachers!

Please remember to attend the meeting on Friday 28th April, at 5pm to hear more about this visit.



Governor Corner

Welcome back everyone do hope you have all had a good Easter and are ready for a busy Summer Term at St Kew.

As a governor I was invited to attend "Tea with Miss" at the end of the spring term which was a lovely opportunity to meet some parents/carers and listen and discuss how reading and phonics are taught at St Kew and what as parents/carers, you can do to help at home to improve reading skills. It was good to hear and see how supportive parents/carers are already being. You too can help at home by listening to your child reading and reading to them every day. Reading is the gateway to all learning.

Attendance is "everyone's business", and we should be doing everything we can as parents/carers, staff and governors to ensure children get to school every day. When children attend school regularly and on time they learn to build relationships, social skills, and how to belong. They build friendships that can last a life time. Attending school regularly is good for your child's wellbeing and family wellbeing, avoids missed opportunities and gives teachers the time to support your child so they can be the very best that they can be.

If you are worried about attendance please contact the school who can advise and help with any challenges.

As governors we are looking forward to this new term and seeing all the children "discovering and learning and developing" and being at school every day.

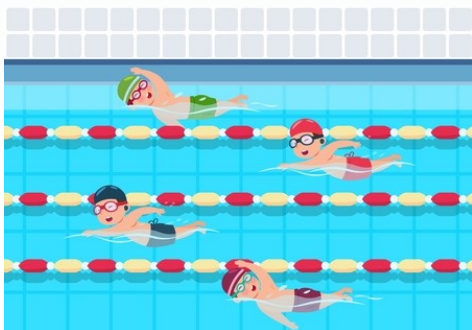
Pip Campbell
Chair of Governors.



Swimming lessons

We are delighted to be able to take the Year 4, 5 and 6 children for two weeks of intensive swimming lessons later this half term!

As many of you will know, lessons take place every afternoon over a 2 week period and we have seen such an improvement in the swimming skills of pupils in the past, that we are looking forward to continuing to see many improvements across this fortnight.



Every child thoroughly enjoys these sessions and we hope you will be able to help them continue with their swimming development with lessons outside of school hours to improve their stroke, distance and skills even more.

We are eagerly awaiting the 15th May and look forward to seeing how each and every pupil develops across this intensive course.

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Outdoor Learning

We take great pride in our Outdoor Learning provision at St Kew, and are always looking for ways to enhance it!!

Whether it is in the school grounds or in the locality, our children extend their thinking, flex their problem solving skills and develop their collaboration with each other when they learn outdoors.



So what are the key benefits of outdoor learning?

There are so many benefits of outdoor learning for both children and teachers. Below are five of the core ways we believe that learning outdoors improves educational outcomes for all.

1. Children's mental health and wellbeing improves

There is an enormous body of research available showing that time spent in nature can improve children's mental health and wellbeing. Likewise, a lack of learning outdoors is steadily resulting in a '[Nature Deficit Disorder](#)', where spending less time outside is suggested to lead to behavioural problems. By taking learning outdoors, we can combat Nature Deficit Disorder and increase mental health by improving mood, confidence and wellbeing.

According to the [Outdoor Classroom Day 2018 Muddy Hands report](#):

"Children's lives are now far more stressful than in the past, alongside higher academic expectations, there are pressures created by social media use, which can monopolise children's time and attention, affect their body image, or expose them to age- inappropriate content. Many children are under more time pressure, more peer pressure and more pressure to succeed. Getting outdoors is the cheapest and easiest way to reduce this pressure so children (and adults) feel less stressed."

And let's face it - happier, healthier children are more motivated and eager to learn; a winning outcome from all angles.

2. Children's relationship with nature improves

"If children don't grow up knowing about nature and appreciating it, they will not understand it. And if they don't understand it, they won't protect it. And if they don't protect it, who will?" Sir David Attenborough



A four year study (and the largest of its kind) conducted by Natural England showed that [94% of the teachers involved reported that outdoor learning led to a greater understanding of nature](#). The numbers don't lie - children need to spend time outdoors to truly understand it. The beauty of combining important lessons with memorable experiences outside the classroom means that these moments in nature can be strengthened, and so too can children's connection to, and love of, the natural world.



3. Education is more inclusive

All children are unique - they learn in different ways and for some, these can actually be stifled by the classroom. Especially for children with special educational needs, the classroom can bring with it added stress and ingrained feelings of academic or social 'difference'.

One of the many brilliant things about outdoor learning is that it gives more scope for inclusive activities and overall mindset. There are more possibilities and opportunities for *all pupils to be together, experiencing the same range of activities. Plus, the sensory immersion opportunities are far higher and children feel less tied to one specific mode of learning.*

"Inclusion in outdoor learning is about looking at how everyone in your class can be involved together, all gaining from the activities they are taking part in. Consider the sensory elements of the activity, your pupils' academic and physical abilities, the interaction of pupils with each other and the overall experiences gained. All children are different and will be engaged and enthused by different things, and all teachers are familiar with creating lessons that meet these different needs so that all their pupils can flourish. Teaching outdoors is no different."

4. Curriculum learning is enhanced

'We know that many pupils thrive learning outside and that this shift in environment (and a practical approach) can actually help certain concepts come alive and be easier to understand.

Learning outside isn't an unnecessary add-on: it's a way to deepen children's learning experience by getting them to experience lessons in a new and exciting way. It provides practical, real-life experiences: the type that children truly take on board. These engaging experiences can teach brand new skills and also enhance problem solving, teamwork and thinking skills while feeding seamlessly into the curriculum.

We see it as making lessons stick by fostering a genuine interest in the subject far beyond what a child can pick up in a textbook.

5. Child development is enhanced

By moving away from regimented seating plans and standard classroom based learning, children can embrace a greater sense of freedom and independence: essential contributors to their development.

Research has even suggested that outdoor learning boosts confidence, social skills, communication, motivation, physical skills, knowledge and understanding. It has also been found to boost children's self-esteem, self-confidence, ability to work cooperatively and positive attitude to learning.

It isn't just a nice to have: it's a crucial and transformative part of childhood and we are working hard on increasing these opportunities for our St Kew family!



So, we are thrilled to be starting a Gardening Club on a Monday!!!!

Mrs Murray and her Mum and Dad spent a gloriously sunny 3 hours at school over the Easter to make 2 of our beds look like this:

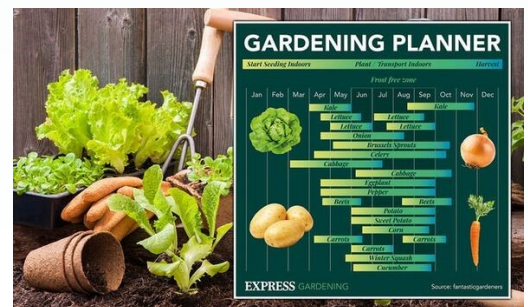


We are looking forward to starting Gardening Club on Monday 24th April and will be planting in these beds on our first night!

We would be grateful if you do not allow your children to roam the beds before or after school, to ensure the safety of all and the protection for all plants and seeds that are planted.

There are still 6 beds to complete and we would be VERY grateful of any help to turn these over to make them look as these two do above... if you can help, please let Mrs Murray know. Many thanks Hayley Thorp and Beth Bushby, Mrs Murray will be grabbing you very soon!

Matt Vause (Marnie's Dad) is lending his expert advice on a Monday too - we are heading in the right direction to get this area up and running again, but do need as many hands on deck for this as possible.



Discover Learn Develop

Our New Admin Office!

We are so pleased with this new space for Mrs Mindel, our Administrator - she is going to thoroughly enjoy making it her own space!

Lots of storage, a welcoming view for parents and a warm reception area to wait as was previously enjoyed!

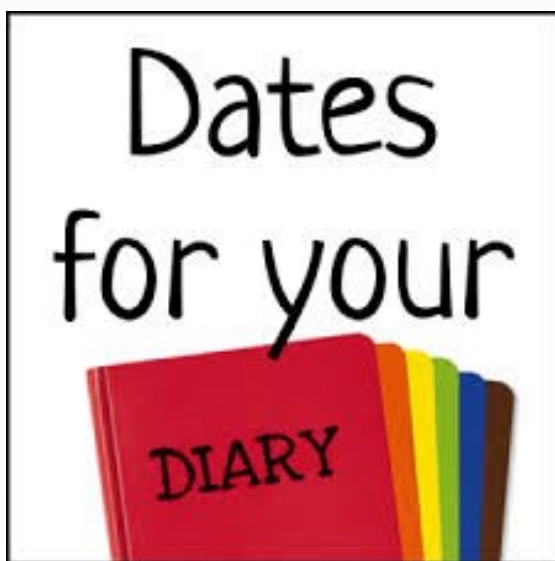


Thank you must go to Kernow Learning for turning our thoughts into reality!!!!

Discover Learn Develop

Important Dates for the first half of the Summer term:

- ⇒ 'Meet the Lifeguards' visit: 20th April
- ⇒ Videography visit to create banner ad for St Kew: 24th April
- ⇒ Einstein Class Spaceport trip: 26th April
- ⇒ Camel Challenge football festival: 26th April
- ⇒ Possible KS1 Multi Skills festival: 27th April
- ⇒ Year 5 & 6 Residential Meeting: 27th April at 5pm
- ⇒ Year 6 Our Girls Can Festival: 4th May
- ⇒ Year 5 Boys Active Festival: 5th May
- ⇒ Year 6 SATs week: 9th - 12th May
- ⇒ High 5's Tournament: 10th May
- ⇒ Year 6 SATs celebration: 12th May
- ⇒ King's Coronation celebration: 12th May 2pm
- ⇒ Year 2 testing week: 15th - 19th May
- ⇒ Swimming lessons for Year 4, 5 & 6 pupils: 15th - 26th May
- ⇒ EYFS / KS1 Cross Country: 15th May
- ⇒ Tea with Miss: 19th May 9am
- ⇒ Year 3 & 4 Tennis Festival: 22nd May
- ⇒ Year 5 & 6 Tennis Festival: 24th May



Half Term: 29th May - 2nd June



Important Dates for the second half of the Summer term:

- ⇒ Year 4 Multiplication check window: 5th - 16th June
- ⇒ INSET Day: 9th June
- ⇒ Year 1 Phonics Screening Check window: 12th - 16th June
- ⇒ PTA Fathers day pop up shop: 16th June
- ⇒ Science Week: 19th - 23rd June
- ⇒ Year 5 & 6 Residential: 19th - 23rd June
- ⇒ Healthy Lifestyles week: 26th - 30th June
- ⇒ EYFS Multi Skills festival: 28th June
- ⇒ Sports Day: 30th June 1.30pm
- ⇒ Year 6 transition Week: 3rd - 6th July
- ⇒ Summer Fayre: 7th July
- ⇒ Year 6 SATs results day: 11th July
- ⇒ Year 5 Our Girls Can Festival: 12th July
- ⇒ Year 5 & 6 Dryathlon: 13th July
- ⇒ Year 6 Welcome evening at Wadebridge School: 13th July
- ⇒ Annual Reports to Parents (more info to follow): 14th July
- ⇒ Class transitions for all pupils (except Y6): 19th & 20th July
- ⇒ Tea with Miss: 21st July 9am (School Improvement for 2023-24)
- ⇒ End of Term celebrations: 24th July - parents to join us for a look at what we have achieved this year!

End of Term: 25th July
Summer Holidays begin:
26th July



King's Coronation



After such a wonderful afternoon with many of you last year for the Queen's Jubilee, we would like to repeat this in celebration of the King's Coronation.

As it is SATs week in the week after the Coronation (on Saturday 6th May), we will be celebrating on Friday 12th May from 2pm onwards.

We are in the process of 'firming up' the details, but would like to invite you to come and enjoy an afternoon of tea, cakes and entertainment with the whole St Kew Family on the school field.

All children will be invited to 'share their talents', but there will be no expectation to do this - this will be an invitation and children can choose to take part or not, depending on their confidence levels.

Please put the

12th May @ 2pm

in your diary and come and join us (hopefully on the school field, in the sunshine!)



End of Term celebrations

On Monday 24th July, we would like to invite parents to come and join their children in their classrooms to celebrate the work that they have produced this year, share some of the things they have learnt and generally enjoy being together in our classrooms.

Please join us just after drop off - tea and coffee served in the hall first (whilst registers are taken).

We are always so proud of our pupils and their achievements, that we know there will be lots to share and celebrate!



Discover Learn Develop

Helping Hands News

Hopefully you have all had a fantastic Easter break and managed to enjoy some sunshine and possibly a considerable amount of chocolate too...



Thanks to all for the fabulous support given to our recent events - the Mother's Day Pop-Up Shop last month was as popular as ever with a great range of plants, seeds, chocolates, bath bombs and other treats on offer for the children to purchase and bring home as a special gift. It's always so lovely to see their excited faces at the shop :)

The Easter Cake Sale was another great event - with SO many delicious homemade cakes to choose from (plus some Easter eggs too!) - we love an end of term cake sale! We are also considering feedback and will look at having teas and coffees available at future sales for those parents coming a little before school pick-up to enjoy.

Money wise we raised £175.17 from the Mother's Day Pop-Up Shop and £184.03 from the Easter Cake Sale - so thank you to all!

Please remember that everything that we raise through the PTA goes back into directly supporting YOUR child's positive experience here at St Kew school.

As a PTA we are gearing up to look ahead at our summer plans also - our Father's Day Pop-Up Shop in June AND the big events of the Summer Fayre & Auction of Promises - details on these to be released very, very soon.

Our next PTA meeting is on Friday April 28th at the end of the school day - and we are looking for more people to come along and join us. Want to give back to the school, hang out with a great bunch of people, drink tea & eat biscuits and plan some fabulous events? Then we are the answer to your dreams (well sort of...).

Please let a member of the PTA know if you are hoping to pop along!

Many thanks to all

Paul, Linzi, Chevi, Lauren, Kayna, Chantelle, Amanda, Michelle & Carla.

What Parents & Carers Need to Know about iPADS

Apple debuted the first iPad in 2010, kickstarting the tablet market, and it remains the best-selling tablet to this day. Although Apple doesn't offer a child-specific version, iPads are hugely popular with youngsters due to their ease of use and endless choice of apps. There's a selection of models, with different-sized screens and distinct features – including the standard iPad; the iPad Air; the iPad Pro; and the iPad mini. Thankfully, they all offer parental controls so you can regulate how your child uses the device ... and how long they spend on it.

WHAT ARE THE RISKS?

PHYSICAL DAMAGE

While some tablets (such as the Amazon Fire Kids editions) come with rugged shock-proof cases, iPads aren't built for rough and tumble. They're also more expensive than most other tablets, and any damage your child's iPad suffers could be costly to repair. Buying a child-friendly case and screen protector for the device could be a wise move, especially if it's being used by younger ones.

INAPPROPRIATE CONTENT

18
CENSURE

Even if it would never occur to your child to go searching online for age-inappropriate sites, apps or information, there's always a possibility that something unexpected – perhaps a video that auto-plays or content incorrectly suggested by an algorithm – could appear on their tablet and upset them. You can help prevent this by adjusting the content settings (see our 'top tips' section below).

SCREEN ADDICTION

Like most digital devices, tablets have the potential to become quite addictive. You might find your child spending too long staring at their iPad, which could lead to irritability, mood swings and a loss of interest in more important tasks. If this happens, be sure to visit the built-in screen time settings and ensure you limit how long they're able to spend on the device each day.

SIRI SUGGESTIONS

The parental controls built into iOS (the fundamental operating system of Apple devices) enable you to block access to most age-inappropriate content – but your child could potentially still bypass these restrictions (either accidentally or deliberately) by using Siri, Apple's voice-activated digital assistant. To avoid this, toggle the 'Ask Siri' functions to 'off' in the iPad's settings menu.

Advice for Parents & Carers

ENABLE FAMILY SHARING

Before letting little ones loose on an iPad, it's a good idea to set up Family Sharing, as this lets you utilise the parental controls to manage exactly how your child is able to use the device. You can do this fairly easily by going into the iPad's settings; once there, you'll be able to add an existing Apple account (if your child already has one) or set one up from scratch.

APPLY SOME LIMITS

The 'Downtime' function allows you to tell the iPad to lock itself at certain periods (at mealtimes or before bed, for instance), while 'App Limits' removes access to certain apps once they've been used for a specified length of time each day. The iPad can display a reminder when these limits have nearly been reached, letting your child mentally prepare for the end of their gaming or viewing time.

STOP ACCIDENTAL SPENDING

To empower your child with an increased sense of freedom on their device (without giving yourself something else to worry about in the process) you could enable the iPad's 'Ask to Buy' feature. Whenever your child tries to download or buy an app, game or product, the iPad sends you a request to approve (or deny!) it. This option only becomes available if you've set up Family Sharing.

SET CONTENT AND PRIVACY RESTRICTIONS

The parental controls can stop the iPad from displaying explicit or age-inappropriate content (in apps like iTunes and Safari, for instance) when your child is signed into their account. You'll also be able to restrict the capacity to download and install apps, and you can specify permissions which prevent children from changing the iPad's privacy settings once you've selected them.

TRACK IT DOWN

Just like the iPhone, Apple's iPads have 'Find My' software to help you locate your child's iPad – or indeed, any linked Apple devices that have gone AWOL, including phones, watches and AirPods. If you enable 'Find My' in the settings menu, it will display the last known location of an iPad that's been mislaid, as well as giving you the option to lock a missing iPad that you suspect has been stolen.

Are you worried about a child or young person?

If you think a child or young person might be suffering neglect or abuse contact the Multi Agency Referral Unit (MARU)

If you see something, say something

☎ **0300 1231 116**

✉ **multiagencyreferralunit@cornwall.gov.uk**

Whilst you may be concerned about involving our services, we do more than check up on children and young people's welfare.

If a family is struggling, we can organise early help and support for them, before any problems become harder to solve.

What information do I need to give?

The more detail you are able to provide, the better we will be able to help.

If you have noticed that something wrong, other people might have too. A teacher, health visitor or other person that knows the family might have already alerted us, and your knowledge might fill in some missing information that can help.



Together 
for Families

Discover Learn Develop

May is...

National Share-a-Story Month!!!!

Engage a loved one in a reading or story-sharing activity today. Every year, the entire month of May is dedicated to creating and celebrating stories in many different ways. From fairy tales to cookbooks, books are great, and there is a genre for everyone. Encourage a child or friend to pick up a book today while you do a little reading yourself.

National Share-a-Story Month originally started as National Tell-a-Story Week in 1974. The holiday was an initiative of Pat Triggs, the Vice-Chair of the Federation of Children's Book Groups at the time. In 1998, the federation decided to extend the duration of the event to one month, and that was the beginning of National Share-a-Story Month.

The Federation of Children's Book Groups is a U.K.-based national philanthropic organisation. It publishes and markets children's books to cultivate the reading habit in children and teens. In 1965, Anne Wood, a British children's television producer and creator of "Teletubbies," formed the first children's book group to boost the zeal for and about children's books. Subsequently, more groups emerged, and the Federation of Children's Book Groups was formed in 1968.

The federation is run by volunteering individuals and organizations at the national level, through an executive, and at the local level, through local groups. They collaborate with publishers, libraries, schools, and other literacy bodies to promote National Share-a-Story Month each May. The federation is also responsible for National Non-Fiction Day (every November).

Book contests for children's authors, events with visiting speakers, including authors and illustrators, and activities for children such as storytelling and book exhibitions are some of the events carried out during National Share-a-Story Month. Every year the federation gives a theme for the celebration and reading activities for the month. There is also a Share-a-Story Challenge on social media where everyone is free to participate and celebrate the event.

Have a look on the class pages on the school website for the top 50 books for all age groups to give you a starting place...

ENJOY!!!!



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Knowing the symptoms of bowel cancer could save your life



Bleeding from your bottom
and/or blood in your poo



A persistent and unexplained
change in bowel habit



Unexplained weight loss



Extreme tiredness for
no obvious reason



A pain or lump in your tummy

If you have **any** of these symptoms or if things just don't feel right, go and see your doctor. You may need to visit your doctor more than once if your symptoms don't get better.

Find out more at [bowelcanceruk.org.uk/symptoms](https://www.bowelcanceruk.org.uk/symptoms)

[bowelcanceruk.org.uk](https://www.bowelcanceruk.org.uk)  @bowelcanceruk  /bowelcanceruk

LOOK AFTER YOUR SOCIAL WELLBEING

- Connect with people – check in with your support network; are they ok, are you ok? Pick up the phone and find out!
- Ask for help if you need it – it's OK not to be OK.
- Perform a random act of kindness – it's nice to be nice.



MAKE TIME FOR SELF-CARE

- Learn a new breathing technique; box breathing, the 7/11, baby breath – find one that works for you and add it to your toolbox.
- Be kind to yourself, take time out for self-care and exercise – it's like the oxygen mask on the plane; put yours on first and you'll be in a better position to help others.



EXPRESS GRATITUDE

- Write a gratitude letter. What are you grateful for? What did you take for granted and really appreciate? Even just writing down 3 positive experiences that have happened to you every day.
- Write down your strengths; what are some of the things people have said about you that have made you feel good, strong and elated?



GET ENOUGH SLEEP

- Get your sleep hygiene sorted: have a bath, wind down, minimise screen time, talk about how you feel, eat good food regularly.
- Digital Detox – Could you make your bedroom a 'tech-free zone? Make sure before bed to do something that doesn't involve a screen to allow you to disconnect from the 'always on' world we're currently living in.



EAT HEALTHY

- Reduce your sugar consumption to avoid energy crashes.
- Stimulants like nicotine and caffeine should be avoided
- Keep hydrated. Drink plenty of water throughout the day, and avoid that vicious cycle; thirsty because you're stressed and stressed because you're thirsty.



PRIORITISE AND ORGANISE

- Be strict with your boundaries; work is work and life is life – make sure to schedule time for doing things for yourself.
- Prioritise your most important tasks and projects earlier in the day.
- Delegate the things you do not have to do yourself.



Stress Awareness Month 30-DAY CHALLENGE

It's fair to say that the past 12 months have been more demanding than most of us would have imagined. A recent study by the Stress Management Society found that 65% of people have felt more stressed since the pandemic began. Even before Covid-19, modern life had created an epidemic of anxiety, with high stress levels damaging the health of millions. To mark the start of Stress Awareness Month, we're joining in with the Stress Management Society's 30-day challenge. Below, we've given you 30 tips to get you started: each day, simply pick a stress-busting action to complete from our categories and give your physical, mental and emotional wellbeing a lift. Why 30 days? Because that's how long it takes for an action to become a habit. Our social media details are at the bottom of the page – let us know how you're getting on as the month progresses!

PHYSICAL

- 1 **LEAVE YOUR PHONE AT HOME**
Now the weather's turning nicer, go for a long walk ... without your phone! 
- 2 **EAT WELL, FEEL WELL**
Find a recipe online for a tasty, healthy meal. Eating well is a great way of reducing stress. 
- 3 **PUT THE 'NO' INTO 'NOTIFICATIONS'**
Turn off ALL your phone's notifications for the day. No pings, no FOMO, no distractions. 
- 4 **APP-LY YOURSELF**
Download one of the thousands of fitness apps that can help banish stress – from crunches to push-ups to simply counting your daily steps! 
- 5 **GO TOTALLY TECH FREE**
Digital detox: organise a tech-free family day. No phones, no consoles, no tablets for 24 hours. 
- 6 **STREAM SOME STRESS AWAY**
Find a new workout or yoga routine on YouTube and try it out. Exercise is stress kryptonite! 
- 7 **TIME FOR A CUPPA**
Working from home? Take regular screen breaks. Even just five minutes can do the trick! 
- 8 **LAUGH YOUR CARES AWAY**
They say laughter is the best medicine. And they're right! Make time to watch a classic TV or movie clip that always makes you giggle. 
- 9 **TAKE A BREATH... OR TWO**
FitBits and Apple Watches have built-in breathing exercises to lessen stress. If you don't have wearable tech, YouTube has lots of breathing exercise videos. 
- 10 **PUSH THE ENVELOPE!**
Write and post a card or a letter to a loved one. It'll make them feel good too! 

MENTAL

- 1 **SOUNDS RELAXING**
Stream some stress-busting audio. Ocean waves, jungle sounds or ambient music are a blissful way of winding down before bed. 
- 2 **WELL, FANCY THAT**
Go online and learn something new. Just any random fact that you didn't know this morning! 
- 3 **ELIMINATE SOME EMAILS**
Few things scream "mental clutter" louder than an overflowing inbox. Weed out those emails you've actioned that are now just taking up space. 
- 4 **BEAT THIS**
Create a feelgood playlist on your phone ... all those tracks that never fail to give you a boost! 
- 5 **CLEANSE YOUR SOCIAL MEDIA** 
Tidy up your Twitter and streamline your Snapchat. Unfollow accounts, leave groups, hide updates – all the stuff you never look at.
- 6 **LET THEM WAIT**
It's OK not to reply to friends' messages immediately. Maintaining a chat when you're already busy can create more stress. 
- 7 **GET PRODUCTIVE**
Download an app to boost your productivity and help combat stress. It could be a sleep monitor, a memory training app or a 'to-do' list manager. 
- 8 **PEACE IN A POD**
There are some brilliant stress management podcasts out there. Fire up your podcast app and see which ones appeal to you. 
- 9 **SPRING CLEAN YOUR PHONE**
De-clutter your phone: notifications, the camera roll, unused apps. Your phone will benefit and so will your brain! 
- 10 **HELP YOURSELF**
Apps like SAM (Self-help for Anxiety Management) can help you to understand and manage your stress levels better. 

EMOTIONAL

- 1 **FABULOUS FACETIME**
Video call a friend or family member, just to catch up. Or, if you have time, do both! 
- 2 **SPREAD SOME GOOD VIBES**
Choose your favourite post of the day from your social feeds and share it. 
- 3 **CUTE, CUDDLY AND CALMING**
An old school classic: just google image search "adorable kittens" or "cute puppies", whatever. It literally never fails to make your day better! 
- 4 **READY PLAYER ONE**
Gaming is good! The achievement and enjoyment you get from progressing can really lift your mood. Just don't play too long! 
- 5 **BRIGHTEN THEIR DAY**
Share some love! Message someone just to tell them that you're thinking of them. 
- 6 **U OK HUN?**
Go online and reach out to someone you think might be struggling with stress too. Just talking about it can help both of you. 
- 7 **LIKE THIS, LIKE THAT**
Spread some positivity by reacting to your friends' social posts. Sprinkling those hearts and thumbs up will make you feel happier, too. 
- 8 **START ON THE FRONT FOOT**
Set an automated reminder about something you were proud of today. Time it to go off within an hour of getting up tomorrow. 
- 9 **PIC AND CHOOSE**
Scroll through your phone's camera roll. When you find a pic that makes you smile, share it with whoever else is in it! 
- 10 **SHARE SOME LOVE**
Someone you know achieved something special? Go online and publicly congratulate them! 



For further info about Stress Awareness Month and more resources to help reduce stress, visit www.stress.org.uk/stressawarenessmonth/



Discover Learn Develop

Active April 2023

MONDAY



3 Listen to your body and be grateful for what it can do

TUESDAY



4 Eat healthy and natural food today and drink lots of water

WEDNESDAY



6 Do a body-scan meditation and really notice how your body feels

THURSDAY



7 Get natural light early in the day. Dim the lights in the evening

FRIDAY

1 Commit to being more active this month, starting today

SATURDAY

2 Spend as much time as possible outdoors today

SUNDAY

8 Give your body a boost by laughing or making someone laugh

9 Turn your household chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together



30-DAY WALKING CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WALK 1 MILE	WALK 1 MILE	WALK 1 MILE	OFF	WALK 1 MILE	WALK 1 MILE	WALK 1 MILE
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
OFF	WALK 1.5 MILES	WALK 1.5 MILES	WALK 1.5 MILES	OFF	WALK 1.5 MILES	WALK 1.5 MILES
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WALK 2 MILES	OFF	WALK 2 MILES	WALK 2 MILES	WALK 2 MILES	OFF	WALK 2 MILES
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WALK 2.5 MILES	WALK 2.5 MILES	OFF	WALK 2.5 MILES	WALK 2.5 MILES	WALK 2.5 MILES	OFF
DAY 29	DAY 30	FOR RECIPES + WORKOUTS VISIT HEANDSHEEATCLEAN.COM				
WALK 3 MILES	WALK 3 MILES					

Discover Learn Develop

Cornwall Spring/
Summer Menu

WEEK ONE

17 April
8 May
5 June
26 June
17 July
28 August
18 September
9 October

MONDAY

Option one
Cheese & Tomato Pizza with Wedges

Option two
Crunchy Topped Vegetable Bake with New Potatoes

Vegetables
Mixed Salad
Coleslaw

Dessert
NEW Syrup Snap Biscuit

TUESDAY

Beef Lasagne with Garlic Bread

Wholemeal Vegetable Pasta Bake

Vegetables of the Day
Fruit Jelly with Mandarins

WEDNESDAY

Roast of the Day, Roast Potatoes & Gravy

NEW Sweet Potato & Spinach Flan with Roast Potatoes

Vegetables of the Day
Freshly Chopped Fruit

THURSDAY

Quirky Bird
BBQ or Lemon & Herb Chicken

BBQ or Lemon & Herb Vegan Quorn with Jollof Rice & Salads

Vegetables of the Day
Iced Vanilla Sponge

FRIDAY

Fishfingers with Chips & Tomato Sauce

Mexican Bean Roll with Chips & Tomato Sauce

Peas
Baked Beans

Oaty Cookie

WEEK TWO

24 April
15 May
12 June
3 July
24 July
4 September
25 September
16 October

Option one
Mac and Cheese Concept
A choice of different Mac & Cheese flavours, with meat & vegetarian toppings

Option two
Vegetables of the Day

Vegetables
Summer Lemon Cake

Dessert

Roast of the Day, Roast Potatoes & Gravy

Potato and Courgette Layer Bake

Vegetables of the Day
Fruit Medley

Chef's Special Chicken Korma with Rice

Vegetable Wellington with New Potatoes & Gravy

Vegetables of the Day
Peach Crumble with Cream

Fishfingers with Chips & Tomato Sauce

NEW BEET Burger with Chips & Tomato Sauce

Peas
Baked Beans

Vanilla Shortbread

WEEK THREE

1 May
22 May
19 June
10 July
11 September
2 October

Option one
NEW Chinese Vegetable Noodles

Option two
Lentil & Sweet Potato Curry with Rice

Vegetables
Peaches with Ice Cream

Dessert

Roast of the Day, Roast Potatoes, Stuffing & Gravy

Vegan Quorn with Stuffing, Roast Potatoes & Gravy

Vegetables of the Day
Fruit Platter

Yamas!
NEW Greek Chicken Pita with Seasoned Wedges

or
NEW Spinach & Cheese Whirl with Seasoned Wedges

Fresh Salad
Rainbow Slaw

Chocolate Shortbread

Fishfingers with Chips & Tomato Sauce

Cheese & Red Pepper Frittata with Chips & Tomato Sauce

Peas
Baked Beans

NEW Cornflake Tart

MENU KEY

Added Plant Power

Wholemeal

Vegan

Chef's Special

Available Daily:

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





ALLERGY INFORMATION:

If you would like to know about particular allergens in foods 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.

caterlink
feeding the imagination

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