

### St Kew ACE Academy News from the Top of the Hill

October 2022



St Kew ACE Academy St Kew, Wadebridge, Cornwall PL30 3ER 01208 841306

Website: www.stkewkernowlearning.co.uk

Discover

Learn

**Develop** 

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

Welcome to the October edition of 'News from the Top of the Hill'! It has been a delightful first month of the new school year and we're so proud of the children: their work ethic and enthusiasm for learning has made us so proud!

### Harvest Festival

At this time of the year, we are busy looking forward to our Harvest Festival, where we delight in seeing the youngest children in the school share their first steps on stage in front of their proud parents and the children in Armstrong and Einstein Classes share the Harvest message with you all. We are holding our Harvest Festival assembly on

Friday 7th October with each class taking part and would love for you to come and watch. Please come and join us on Friday morning after drop off - there will be tea, coffee and biscuits for you to enjoy before the children join you in the hall after the registers are taken in each class. If you would like to support the Foodbank at this time, they would be delighted to receive non-perishable goods for those less fortunate, and so we will be collecting items on the day in the hall.



### Tea with Miss

Many thanks to those parents who were able to attend the first 'Tea with Miss' session of the academic year, last week. It was lovely to hear parents confirm that the communications that school send out, and that are available on the school website are clear, as we have worked hard to ensure this for all parents. I was delighted to be able to share the 'new' class pages with parents and these were well

received by the attendees - they believed these will aid parents in knowing all that goes on in their child's class each week. If you haven't yet seen these, please do take a look on the Curriculum tab on the school website. Pages will be updated at the end of each week and a helpful calendar of 'next week' dates will let you know what is coming up! Any suggestions on anything we have missed would be gratefully received. Next half term, our session will be held on Friday 25th November after drop off, in the school hall. I will be discussing school improvement and behaviour, with the latter being a topic of discovery requested by a parent in the most recent Edurio parent survey. All welcome!

### School Census

The school census is carried out on Thursday 6th October and there will be a change of menu on this day: Meat choice will be Pizza and wedges and the Veg choice on this day is a Vegi sausage and wedges. I'm sure these will be very popular!



### Parent Work Day

We are hoping to carry out a parent work day very soon to plant up some on the areas around school, alongside sorting out learning areas. Please watch this space for more news, when we know a delivery date for our new plants!

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

What a fantastic September we have had in Newton Class! We could not be prouder of how all of our children have settled in to the Autumn Term and we have thoroughly enjoyed getting to know each and every one of them! Our 'Me and my family' topic has helped us to find out lots about each other and we have now



finished our book, 'So much', which has allowed us to explore extended families and look at celebrations that take place within the home.

The Autumn weather has been [mostly] kind to us this month and the children have been able to play, learn and explore outside on a daily basis. The orchard, jungle, mud kitchen and field areas are our favourite with many wonderful learning activities taking place. Indoors we have completed baseline assessments with Reception children and have started our daily phonics and reading sessions where the children are already making fantastic progress. We have also been teaching daily maths sessions with a focus on number and place value for the Year One children whilst 'Matching and Sorting' activities have been worked on in Reception.



For the remainder of this half term we will be using the very popular book 'Oi Frog' for our literacy focus. This book is a rhyming text as well as being very funny - it's already a favourite for many of our children! If you are looking for new books to enjoy at home, the series by the author, Kes Gray, are highly recommended. We are delighted to see that all of our children have a passion for reading and are thoroughly enjoying reading at school. Books will be assigned to read at home at the end of this week - with a school reader as an ebook

and book to share in the book bag. The ebook will be the book read by your child all week in school and so this can be practised at home, when you wish. Please do use the shared reading book for snuggles and bedtime reading when we all love to share books together! This is so important in terms of ensuring children develop that 'reading for pleasure' skill.

Our children will be learning more about their school and where we live this month, alongside looking at how our senses help us learn more about the world and developing our artistic skills ready to create a self-portrait at the end of this half term - we really are very clever pupils! Remember to wear PE kits to school each Tuesday and Wednesday's and to bring a warm and waterproof coat and water bottle every day.

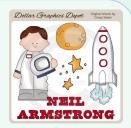
We are looking forward to receiving your 'Wow Moments' from home soon - these are those special moments at home when we realise just how much our children know or have developed. Please loo out for these on Friday and complete as and when you spot something magical from your child!

If you have any queries, please do come and speak to a member of the Newton Class team - we are always happy to discuss things and support in any way that we can.

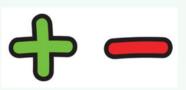
Mrs Osman-Vause, Mrs Murray and the Newton Class Team

### Armstrong Class

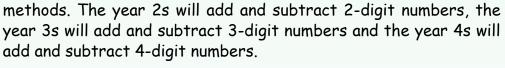
It has been fantastic to have everyone back in Armstrong Class, the last month has flown by and I am so proud of how well the children have settled back into life at St Kew!

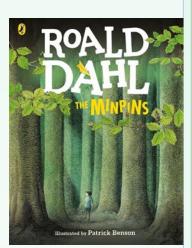


Our topic for this term is 'Bravery vs Fear'. We have just finished writing our own version of 'The Bear Under The Stairs' and are just starting our next book: 'The Minpins' by Roald Dahl. We will focus on creative writing and write setting descriptions of the magical forest.



In Maths, we will focus on addition and subtraction. We will add and subtract numbers with and without exchanging using practical equipment and written





In Science, we are learning about animals including humans. We will be learning about the different food groups and understand that humans need the right amount of nutrition.

In History, we are learning about Christopher Columbus. We will be discovering where he sailed and what life was like on board his ship. Afterwards, we will discuss why and how we remember Columbus. Our RSHE focus this half term is 'Being Me in My World'. We will learn how to work cooperatively in a group and understand how our actions affect ourselves and other people. In Art, we are continuing to learn about the artist Katsushika Hokusai. We have created a profile about his life and work, and we will progress to creating our own version



of the 'The Great Wave off Kanagawa'. In Computing, we are learning to design algorithms made of simple shapes.

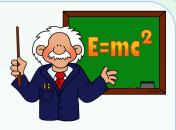
Please make sure you have a pair of wellies in school for outdoor learning (these need to remain in school for the duration of the term). Everyone will also need to bring a water bottle with them every day. We will continue to change reading books on Fridays so please only send book bags in then. The children's PE days will continue to be on Tuesdays and Wednesdays this term. Please bring your child into school wearing their sports clothes on those days.

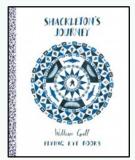
If you have any questions regarding anything at all, don't hesitate to come and speak to one of the Armstrong Class Team.

Miss Taylor and the Armstrong Class Team

### Einstein Class

The children have settled well into the start of the new term and have been really engaged in their learning under this term's theme of 'Exploration and Discovery.' Well done on a great start everyone!

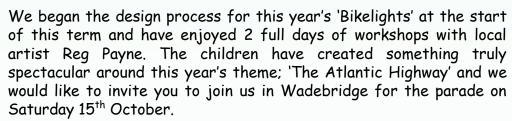




We started with the book 'Shackleton's Journey' by William Grill. The children began the topic by getting into role as one of the crew members and applying to Shackleton's recruitment poster. They have role played interviewing each other for the post and have had interesting discussions around what items they would have taken and why. They have written telegrams home to their loved ones, descriptions of their first sighting of Antarctica and diary entries. The children have created a conscience alley where they have given advice to Shackleton as to whether they should

remain at Patience Camp.

We will begin our second text 'Jonathan Swift's Gulliver' later this half term. This will be a stimulus for our story writing. Our Year 6 children enjoyed a fabulous day of workshops at this year's 'North Cornwall Book Festival' where they also received many ideas for writing as well as a free book of their choice, which they were able to get signed by the author.





Argyle coaches are teaching basketball on Tuesdays, and we have a football specialist in on Wednesdays for this term. Our RSHE lessons focus on 'Being me in my world' this half term and the children have looked at their own aspirations for the future as well as considering the lives of other children in different parts of the world. Our big question for RE is: 'What does it mean to be a Muslim in Britain today?' In science our topic is 'Evolution and Inheritance.'

Homework will continue to be set every Monday. It is a handwriting sheet on one side with 10 spellings to learn, which every child will be tested on, on the following Monday. The reverse has a set of times tables to complete in less than 3 minutes. The sums they don't complete they finish in another colour. This half term's focus will be to learn and practise times tables. It is great to see so many reading cards filling up - well done to all of you who read every single day, having just completed fluency checks with you all, it does make a difference. Keep practising. We aim to hold auditions for this year's Christmas Play before the half term holiday, so that the children can practise their part and the many songs during the holiday.

It was lovely to see so many parents at this year's welcome meeting. The presentation used is on our class page on the school's website. If you do 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

### Head Boy and Girl

As you will have seen from the front cover of this WELLDONE newsletter, we are delighted to announce the roles of Head Boy and Head Girl this year go to ... DRUM ROLL PLEASE...



### Joshua and Flo!!!!!

A huge well done to all five pupils who applied for these positions - their speeches demonstrated how well they understand the learning at St Kew and why our education offer for our pupils is organised the way it is and how it benefits them as pupils!

The children will be learning about their new roles over the coming weeks and they will play a pivotal role in welcoming visitors into school with their very own guided tour.

### Junior Leadership Team



We were so impressed by all of the speeches for the role of Head Boy and Girl that we have decided to form a 'Junior Leadership' group with the five pupils who shared their speeches with the rest of the school.

Joshua. Flo, Jacob, Kyra and Logan gave us an insight to how our pupils value the school in which they are learning, how the staff aid them in their education journey and how they feel this is a

part of who and what they are - what a great message to hear about just how much the St Kew family means to our pupils!

So... we are hoping they will be able to help us with school publicity this year, they were so good, by creating a little 'Welcome to St Kew' photo presentation for the school website - to show prospective parents what happens 'behind closed doors'.

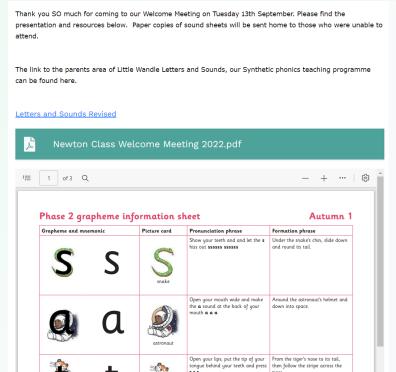
### Class Welcome Meetings

Huge thanks to those who were able to attend these sessions - we hope you found them informative and useful for supporting your child / children at home.

These meeting were designed to support you, as parents in helping your child to learn at home - all of the information shared by teachers detailed learning across the year for each class.

If you were unable to attend (we understand that all parents cannot always attend all school dates), then please do take a look at the website, under the CURRICULUM tab, where you will find all handouts and presentations for these sessions.

Newton Class page example shown here:



### Lunchtime Arrangements

We place a great emphasis on table manners and encouraging children to enjoy the social side of sharing a meal with friends. To support us in school, we would like to ask parents to encourage children to use a knife and fork when eating. We expect all children eating hot meals at school to use a knife and fork and staff are always available to help cut up food for the younger children, where necessary.

Water is available for all children at lunchtime and those with packed lunches are expected to put any uneaten food or rubbish back into their lunchboxes so that you know exactly what has been eaten each day. We do not allow fizzy drinks, glass bottles or NUTS as these pose a safety risk.

Please also avoid sweets and bars of chocolate as we try to encourage healthy balanced meals at lunchtime.

N.B We have FRUIT/VEG ONLY break times at St Kew.

Many thanks for your support in helping our pupils to remain as healthy as possible - It's the best way for their brains to learn!



### North Cornwall Book Festival

When we went to the book festival, there were lots of inspiring visitors, such as Ross Montgomery, Matt Windle and Roopa Farooki.

The majority of us really liked Ross M ontgomery because he waws rally inspiring about all of his books.

Some of the fun stuff we did with Ross Montgomery, was making up our own mythical creatures, you could choose between scary and terrifying, mysterious and magical or cute and adorable.

With the other authors, some of the things that we did was writing poems that rhyme, about nature and you were



only allowed to use 17 syllables - it was quite tricky but we enjoyed this challenge!

At the start of the book festival. we were given a free voucher each so that we could buy a book from one of the authors, some of the books that Ross Montgomery wrote were The Midnight Guardians, The Chime Seekers and Max and the Millions. We bought The Chime Seekers and The Midnight Guardians them signed and got by Montgomery. Our free bag contained information about the Book Festival and a book mark - we felt very lucky!

Thank you for reading.

Report by Flo and Joshua



### School Council News

Meet your Pupil Voice group for this academic year. Our first task will be deciding which charities to support throughout the year and organising how they would like to support the local Foodbank. As part of the Trust Charter, our work needs to focus on ensuring all people get 'equal access' to many different things and last year our group suggested becoming a collection point to ensure all children have food at all times - what

amazingly thoughtful pupils we have!

Our School Council members this year are:

Reception: Harley and Dax

Year 1: Louis and Ada

Year 2: James and Effie-Rose

Year 3: Theo and Flo

Year 4: Joshua and Elizabeth

Year 5: Jax and Amelie

Year 6: Neo, Kyra and Logan





### Water bottles

We all know that water is good for us but did you know just how good it was?

### SOME OF THE BENEFITS OF WATER TO YOUR BRAIN ARE:

- It helps to deliver nutrients to your brain
- It gives your brain the electrical energy that would allow your brain to perform its functions (memory processes and your thought) optimally.
- When your brain has sufficient moisture, you'll be able to be more focused, think faster, and experience greater clarity and creativity.
- It helps to keep your nerve signals going
- It contributes to removing toxins from your brain

Please can we ask that all children have water to drink in their bottles that come into the classrooms to hydrate their brains for learning please. This means that all of the above benefits happen and ensures we don't end up with sticky accidents during the day from spillages of squash or juice.

If you wish to send another drink in with the children for their lunch, then please include this in their packed lunch bag. Many thanks for your help in this.



### Parent Consultations

Please remember to book your slot for our annual target setting parent consultations, which will be held on:

> Wednesday 9th November and Thursday 10th November this year.

Appointments are able to be booked from Monday 27th September until Friday 8th October. If any of you have any problems with booking, please contact the office for help.

We look forward to seeing you at these appointments - talking about your children brings us much joy!

### Governor Corner

What a pleasure it was to have been at the harvest service at St James Church last week, where as a congregation we were joined by St Kew school to celebrate the gathering of safe harvest and mark the change of another season. The school was well represented by the pupils, their families and friends and teachers. The school choir gave us enthusiastic entertainment with their harvest samba and the drama enacted by the pupils about climate change was a gentle reminder of the role that we can all play to do our bit even when at times it all seems overwhelming! The collection for Wadebridge Foodbank and the donation of many tins of food I am sure will make a difference to local families in need at this current time.

This was a true reflection of what I have seen over the past 2 years at St Kew school both in the ethos of the school in maintaining that whole community focus and, in the work of the school council in representing the voice of all the pupils in what they feel is important both at school and in the community.

September has flown by and now that we are into October our work as your school governors starts in earnest as we meet next week to plan our regular monitoring schedule and our input to support the whole school. We all look forward to getting back into school and meeting the children and staff again, we value their insights and feedback as these help us to get a fuller understanding of the school and, where we can offer help and support as governors.

Hopefully now that school activities and events are becoming regular occurrences again, we will also get the opportunity to meet some parents and carers.





### Can you help us?

Newton Class are in need of a few cardboard toilet roll tubes and 6 and 12 section egg boxes for their learning activities.

If you have any of the above, we would be delighted if you could drop these off into the classroom as soon as you are able to.



Huge thanks in advance of any help with this!



### Starting Primary School?

Yes it's that time already! Don't lose your chance of a place at St Kew.

Was your child born between 1st September 2018 and 31st August 2019 and due to start school in September 2022?

If so, you need to apply for a place in Reception through Cornwall Council.

Please remember to complete your application form for a place in Reception online at cornwall.gov.uk by

### 15th January 2023

If you have any questions about starting school, or need help with your application, please speak to Jaime in the office.





### Starting school

### September 2023

Applying for a place in a reception class for children born between 1 September 2018 and 31 August 2019

### Attending a nursery or pre-school

### Information and guidance

Website and application form: www.cornwall.gov.uk/admissions Email: schooladmissions@cornwall.gov.uk

Post: School Admissions Team, County Hall, Truro, TR1 3AY Telephone: 0300 1234 101

### Need help with your application?

Contact the Family Information Service on 0800 587 8191







### **Transfer to** secondary school

### September 2023

Applying for a place in year seven at a secondary school

### Information and guidance

Website and application form: www.cornwall.gov.uk/admissions Email: schooladmissions@cornwall.gov.uk Post: School Admissions Team, County Hall, Truro, TR1 3AY Telephone: 0300 1234 101

### Need help with your application?

Contact the Family Information Service on 0800 587 8191



### Transferring to Secondary School?

Has your child reached Year 6?

We know, it only seems like yesterday that you were dropping them off in Reception! BUT they'll be more than ready to start Year 7 in September 2023!

Please remember to make your application Secondary School transfer cornwall.gov.uk by

### 31st October 2022

If you have any questions about starting secondary school, or need help with your application, please speak to the office or contact your local secondary school for more advice.

### **Develop** Discover Learn

### Attendance

Attendance at school is vital to enable a child to:

- learn and achieve
- develop social skills by interacting with their peers and adults
- develop learning habits that will last into later life; equipping them to compete in employment and the working world.



We encourage good attendance by making time in school fun, safe and interesting.

You can help prevent your child missing time in school by:

- Making sure they understand the importance of good attendance / punctuality
- Taking an interest in their education ask about school work and encourage them to get involved in school activities clubs, trips and homework.
- Discussing any problems they may have with their class teacher, TA, or Mrs Murray sooner rather than later
- Not letting them take time off school for minor ailments if you are unsure whether your child should attend school, please call the office.
- Arranging appointments and outings after school hours, at weekends or during school holidays.

Government guidance identifies that parents do not have an automatic right to holiday during term time and permission will only be given in very exceptional circumstances. We recognise that it's often expensive to take a holiday during school breaks and that's why some parents may ask for term-time leave for their child. However, it is important that parents carefully consider the implications of taking their child out of school during term time. Research suggests that children who are taken out of school may never catch up on the work they have missed. Those who struggle with English or Maths may also find it even harder to cope when they return to school and may find it difficult to renew friendships with their classmates. There are also times during a school year when a child may experience particular problems because of term-time leave such as:

- During SATs and other statutory assessments
- During the first year at a new school

Please ensure you contact school, if you are considering taking a holiday. We do consider every request for term time absence on a case by case basis so that we can make sure the reasons for the request can be understood.

### Why is it important that your child arrives at school on time?

- Arriving late at school may be embarrassing for your child.
- It may disrupt the class if your child arrives late.
- Your child may miss something important e.g. instructions on how to complete a piece of work.
- Social interaction with peers before school is important if your child is to form friendship groups.
- To instill good habits. Punctuality shows reliability. This is a valuable attribute for future working life.





### OCTOBER NEWS

Thank you to all that attended the AGM, full minutes will be available on the Facebook page,

If you require a copy then please let Tara or Emma know.

We seemed the upperpine events we are still finalizing datas and datails but seeming up.

We agreed the upcoming events we are still finalising dates and details but coming up this term we have

### Bonfire Dance Xmas4schools Christmas Pop Up Shop Christmas Fayre

More details will come soon.

Also after the AGM we have some committee changes, we want to say a huge thank you to Emma S, Kerenza, Ellie and Sarah who have stepped down, they have all helped so much in the last year and we are sad to lose them but extremely grateful for all the help they have given.

A big welcome to Amanda, Hazeline & Sophie who join the committee.

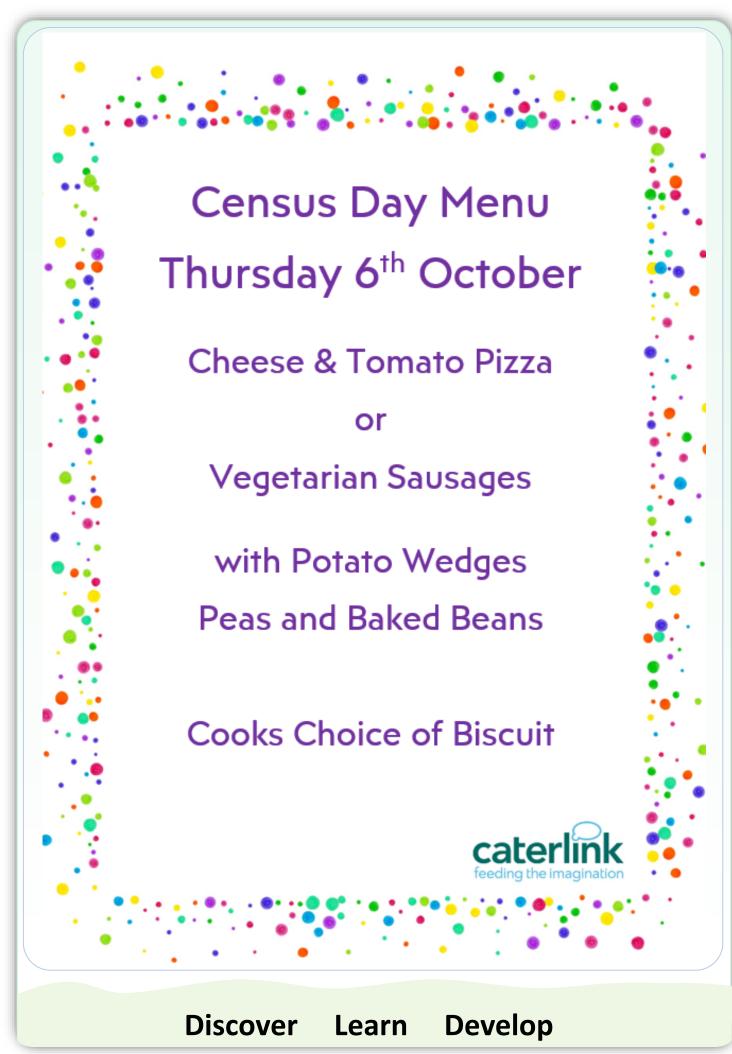
Current Committee

Chair -Tara Churcher
Vice Chair - Carla Bastin
Secretarys - Emma Vinten & Michelle Wilson
Treasurers - Lauren Hawkey & Kayna Prescott
Ordinary Members - Linzi Hanscombe , Chevi McIlroy, Chantelle Hill,
Paul Prescott, Amanda Glanville , Hazeline Feeney , Sophie Corker

We are excited for the coming year and thank you in advance for all your support

FROM ALL THE PTA

### 2021/2022 Fundraising Here is our final fundraising totals, a huge thank you to HELPING HANDS everyone involved. Xmas 4 **Plant** Schools Sale £251.00 £40.00 Mothers Day Pop Up Shop Other Uniform £168.00 £163.27 Sale **Fireworks** £13.00 Cake Sale **Easyfundraising** £122.44 £131.77 Easter Cake Auction of Amazon Sale promises Smile £157.71 £1219.13 £32.79 Easy 2 £5737.51 Summer Sports Name Dance **Christmas** Day £2.39 £231.60 **Fayre** £40.00 £1337.60 Bags 4 Christmas School **Fathers Day** Pop Up Shop Summer /alentines £80 Pop Up Shop £175.91 **Fayre** Disco £222.60 £249.59 £1083.31 This enabled us to donate the school -£600 Pantomime transport - £300 Recycling Trip -£1000.00 Yr5/6 Camp - £200 Science Trip - £2000 Playground Markings Plus Christmas & Leaver gifts This would not be possible without all of you !!!



### **Kernow**Learning

### St Kew ACE Academy

Senior School Administrator 30 hours per week, 39 working weeks Permanent contract. Grade F £19,569 to £22,563 p.a. pro rata

St Kew ACE Academy is a welcoming mixed-age class, primary academy, in the heart of the St Kew community, with 81 pupils on roll, that enables all pupils to **Discover**, **Learn** and **Develop** through a well organised, challenging curriculum that utilises, the stunning school grounds during Learning Outside the Classroom. Strong, personal links with parents, the community and a dedicated staff team, who strive to ensure every pupil reaches their full potential, make St Kew a rewarding school to be a part of. We are proudly part of Kernow Learning Multi Academy Trust.

We seek an outstanding and motivated person to join our administrative team to be the welcoming face of the school. The ideal candidate will have experience of working in a school office, will be able to demonstrate their excellent skills and experience in administration management and will possess strengths in communication, planning and clerking.

This role is a vital part of the school <u>community</u> and the successful candidate will be a team player with a friendly, professional, enthusiastic work ethic. The position requires discretion and confidentiality.

The successful candidate will

- Have excellent IT skills, with a very good standard of education.
- have excellent interpersonal skills with a professional and discreet manner and confidence in communicating at all levels
- have extensive experience of working in administration in a school/college environment
- · Be committed to the safeguarding and wellbeing of all children
- · be committed to the safeguarding of all children

### We offer

- · A supportive school community, committed to the wellbeing of staff and pupils
- Access to wellbeing services (including 24/7 GP helpline, mental health support, counselling, physio, etc)
- A commitment to staff CPD
- Local Government pension scheme

To find out more about this exciting opportunity please download the application form and information pack from our website <a href="https://www.kernowlearning.co.uk">www.kernowlearning.co.uk</a>

Kernow Learning is committed to the safeguarding of children and the successful applicant will be expected to share this commitment and will be required to undergo checks including an enhanced DBS check. We are an equal opportunities employer and welcome applications from all.

PLEASE DO NOT SEND CVs AS THESE WILL NOT BE CONSIDERED; ALL APPLICATIONS MUST BE SUBMITTED ON THE APPLICATION FORM PROVIDED.

Your completed application form and equal opportunities monitoring form should be emailed to <a href="https://hreading.co.uk">hr@kernowlearning.co.uk</a> before the closing date.

Closing date for applications: 9.00 am on Wednesday 5th October 2022

Interview date: w/c 10<sup>th</sup> October 2022

Contact: The HR Team Kernow Learning hr@kernowlearning.co.uk

Tel: 01637 303106 www.kernowlearning.co.uk



### **Kernow** Learning

### St Kew ACE Academy

Wraparound Care Assistant (Fixed Term)
After School Club

Fixed term variable hours contract (with initial hours of 11.25 hpw)

Monday to Friday 3.00pm to 5.15pm, term time only

Grade D (£19,100 p.a. pro rata) £9.90 p/hour

Start date: as soon as possible

St Kew ACE Academy is a welcoming mixed-age class, primary academy, in the heart of the St Kew community, with 81 pupils on roll, that enables all pupils to **Discover**, **Learn** and **Develop** through a well organised, challenging curriculum that utilises the stunning school grounds during Learning Outside the Classroom. Strong, personal links with parents, the community and a dedicated staff team, who strive to ensure every pupil reaches their full potential, make St Kew a rewarding school to be a part of. We are proudly part of Kernow Learning Multi Academy Trust.

We have a very successful After School Club provision and we are seeking an individual to assist with the setting up and smooth running of after-school care provision at the school to ensure high quality and varied activities for pupils to enjoy in a relaxed and calm environment at the end of the school day. This is a fixed term role until July initially.

The ideal candidate for this role will have good communication skills, an enthusiasm and enjoyment of working with children and be confident in dealing with parents and the community.

### We offer

- A supportive school community, committed to the wellbeing of staff and pupils
- Access to wellbeing services (including 24/7 GP helpline, mental health support, counselling, physio, etc)
- A commitment to staff CPD
- Local Government pension scheme

To find out more about this exciting opportunity, please download the application form and information pack from our website <a href="www.kernowlearning.co.uk">www.kernowlearning.co.uk</a> and return your completed application form and equal opportunities monitoring form to the School Office before the closing date.

Kernow Learning is committed to the safeguarding of children and the successful applicant will be expected to share this commitment and will be required to undergo checks including an enhanced DBS check. We are an equal opportunities employer and we welcome applications from all.

<u>Closing date</u>: 9 a.m. Wednesday 12<sup>th</sup> October 2022 <u>Interviews</u>: Week commencing 17<sup>th</sup> October, 2022

The Headteacher St Kew ACE Academy St Kew, NR Wadebridge, Cornwall, PL31 3ER

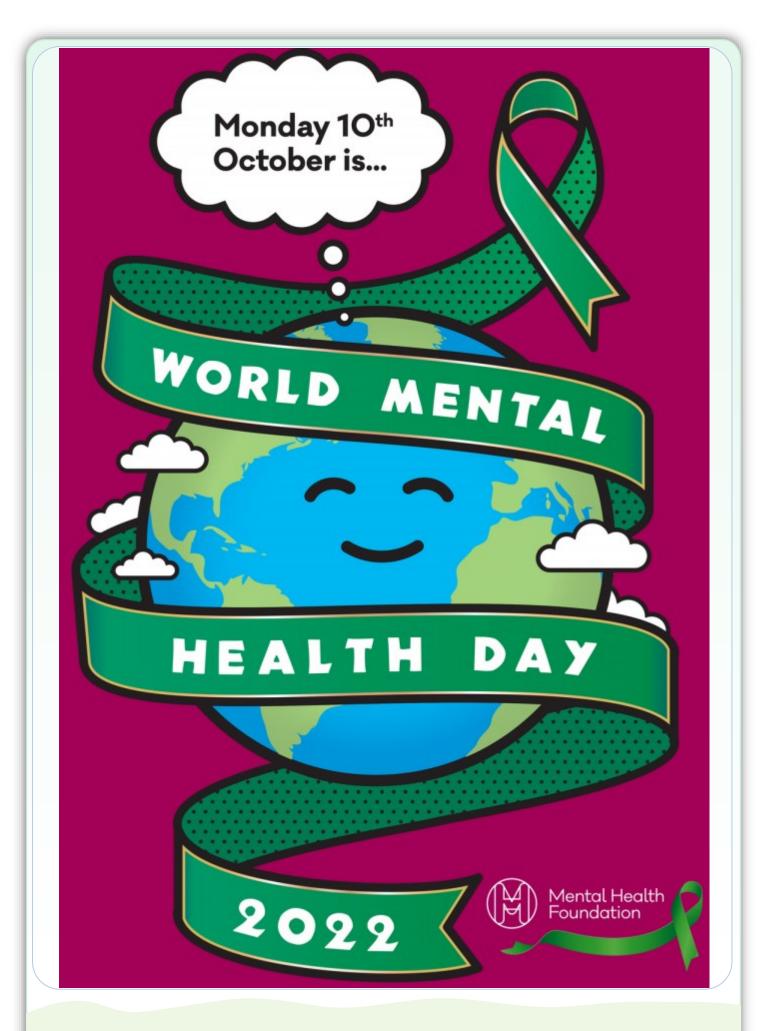
e-mail: <u>stkew@kernowlearning.co.uk</u> website: <u>www.stkew.kernowlearning.co.uk</u>

Tel: 01208 841306









SATURDAY

something to be difficult time) even if it's a three things you can look forward to this month Write down

important goal with someone oroject or task progress on a ou have been Make some avoiding

**Discover** 

Share an

you trust

something fun or uplifting vour to-do list and do Put down 16 things you often take for granted achieving the yourself for Thank

Recognise

a choice about that you have prioritise what to

picture or video

with a friend or

Develop

things that have

gone well

recently

three specific

24 Write down

Identify

that brings Set a goal

hope for the future

activity to look

forward to

or exciting

Plan a fun

purpose for the

a sense of

coming month

30

### MONDAY

SUNDAY

TUESDAY

most important day with the Start your step towards a goal that really matters to you Take a small

E

thing on your to-do list

but focus on

life as it is,

what's good

people around

you today

for the better

the good in

Look for

Remind

Be a realistic optimist. See

FRIDAY

THURSDAY

WEDNESDAY

or others. Find a helpful way Avoid

blaming yourself forward

you are facing

cheerful today reasons to be

Ask for help to overcome an obstacle

for positive

Look out

news and

of your positive

Identify one

qualities that will be helpful

in the future

but realistic

positive change you want to see

in society

step towards a

Take a small

What are your do everything! You can't

you face

three priorities

right now?

progress takes yourself today Remember, Be kind to

matter a year Ask yourself, will this still from now?

matters to you focus on what

of others and

tackling a task

Find joy in

you've put off for some time

Let go of the expectations





ACTION FOR HAPPINESS

Happier · Kinder · Together

22

**Optimistic October 2022** 

Learn



### GIVE QUITTING A GO THIS STOPTOBER

Stop smoking for 28 days and join thousands of others doing the same this October.

Search Stoptober for support to help you quit smoking.





# What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good



Discover

# After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



### After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



Learn

# After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



# After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



Blood will be pumping through to your

Develop

After 2 to 12 weeks

heart and muscles much better because your circulation will have

mproved.

# After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



### After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



## After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

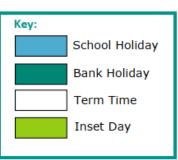
24

To to	<u>¥</u>		Autumn Winter	nn Winter 2022 Cornwall			Added Plant
feeding the ima	nagination	Monday	Tuesday	Wednesday	Thursday	Friday	Vegan
	Option 1	Creamy Veg Pie	Beef Bolognaise served with Garlic Bread	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beefburger in a bun	Breaded Fish with Chips	
Week One 5/9/22 26/9/22	Option 2	5 Bean Chilli with 50/50 rice	Veggie Lasagne served with Garlic Bread	Vegi Toad in the Hole with Roast Potatoes and vegi gravy	or a <u>vegi</u> burger in a bun served with Potato Wedges	Cheese and Potato whirl with Chips	Available Daily: - Freshly
17/10/22 14/11/22	Vegetables	Seasonal Veg of the Day	Seasonal Veg of the Day	Seasonal Veg of the Day	Sweetcorn Roasted Peppers	Peas Baked Beans	cooked jacket potatoes with
5/12/22	Dessert	Fruit Jelly	Banana Sponge and (	Fresh Fruit and Yoghurt Station	Peaches and Ice Cream	Apple Flapjack	fillings (where advertised)
100 COMP. V. V.			Or a choice	Or a choice of Yoghurt & Fresh Fruit available daily	ilable daily	•	- bread freshiy baked on site daily
97	Option 1	Cheese and Broccoli Pasta bake	Pork Sausages with Mashed Potato and Gravy	Roast Gammon, Roast Potatoes, Stuffing and Gravy	Quirky Bird	Fishfingers with Chips	- Daily salad selection
Meek 1 WO 12/9/22 3/10/22	Option 2	Falafel with Lemon and Herb Cous Cous	Vegan sausages with Anashed potatoes	Crunchy Topped Veg Bake served with Roast Potatoes	With Potato Wedges and Salads	Cheese and Bean turnover with chips	ALLERGY INFORMATION: If your child has an alleray or
31/11/22 21/11/22 19/19/99	Vegetables	Seasonal Veg of the Day	Sesonal Veg of the Day	Seasonal Veg of the Dâ	Roasted Veg Sweetcorn	Peas Baked Beans	intolerance please ask a member of the
3	Dessert	Apple Sponge and Custard	Lemon Drizzle Cake	Fresh Fruit and Yoghurt Station	Chocolate Yoghurt and Mini Shortbread	Oaty Cookie	catering team for information. If your child has a
			Or a choice	Or a choice of Yoghurt & Fresh Fruit available daily	llable daily		school lunch and has a food allergy or intolerance
	Option 1	Cheese and Tomato Pizza with crispy potatoes	Sweet and Sour Chicken served with 50/50 rice	Roast Turkey, Roast potatoes and gravy	MAC	Breaded Fish with Chips	you will be asked to complete a form to ensure we have the
Week Three	()	Vegetable enchiladas with 50/50	Vegan Bologanise with garlic bread	Roast Quorn served with Roast Potatoes and	Macaroni and Cheese		information to
19/9/22 10/10/22	Option 2			Gravy	Chinese Vegetable Curry with Rice	Cheese & Tomato Quiche with Chips	cnila. We use a large variety of ingredients in the
7/11/22 28/11/22	Vegetables	Seasonal Veg of the Day	Seasonal Veg of the Day	Seasonal Veg of the Day	Seasonal Mixed (1) ~	Peas Baked Beans	preparation of our meals and due to the nature
	Dessert	Chocolate Shortbread	Fruit Crumble and Custard	Fresh Fruit and Yoghurt Station	Raspberry Jelly and Mandarins	Iced Sponge	not possible to completely
			Or a choice	Or a choice of Yoghurt & Fresh Fruit available daily	lable daily		Cross ::

### St. Kew ACE Academy School Terms and Holidays 2022/2023 Academic Year

### Kernow Learning

		Septe	mber	2022			October 2022									Nove	mber	2022		
М		5	12	19	26		М		3	10	17	24	31	М			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	<b>2</b> 9		Sa		5	12	19	26	
Su	4	11	18	25			Su	2	9	16	23	30		Su		6	13	20	27	
		Dece	mber	2022					Jan	uary 2	023					Febr	uary 2	2023		
М		5	12	19	26		М		2	9	16	23	30	М		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		
		Ma	rch 20	023				April 2023					May 2023							
М		6	13	20	27		М		3	10	17	24		М		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	<b>2</b> 9		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	
			ne 20				July 2023							August 2023						
M		5	12	19	26		M		3	10	17	24		M		31	7	14	21	28
		6	13	20	27		Tu		4	11	18	25		Tu		1	8	15	22	29
Tu		_			28		W		5	12	19	26		W		2	9	16	23	30
W		7	14	21					_	4.0							40	47	24	
W Th	1	8	15	22	29	1	Th		6	13	20	27		Th		3	10	17	24	31
W Th F	2	8	15 16	22 23		2	F		7	14	21	28		F		4	11	18	25	31
W Th		8	15	22	29	_		1 2												31





Christmas Day Boxing Day Bank Holiday (in lieu of 25 Dec) New Years Day Bank Holiday (in lieu of 1 Jan) Bank and public holidays 2022/2023
25 December 2022 Good Friday
26 December 2022 Easter Monday
27 December 2022 May Bank Holiday
01 January 2023 Spring Bank Holiday
02 January 2023 Summer Bank Holiday

07 April 2023 10 April 2023 01 May 2023 29 May 2023 28 August 2023