

Welcome back!



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

There is, as always, so much to be proud of in the St Kew family - a family that is so strong, the celebrations of achievement and 'little wins', an appreciation of people's efforts and a recognition that every child contributes in their own way to the success of our school - 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'. We start the 2023 part of this academic year following on from the 'high' that the



Christmas Play 'No One Wraps Like an Elf', and the Nativity 'Everyone Loves a Baby', gave us in December. I'm sure you will be as proud of our pupils as we are and I hope that you were able to enjoy the recording of each of these across the Christmas holiday. If you missed the email link sent before Christmas, please check your emails so that you can enjoy the performances again! HUGE thanks to James Thorp for doing these for us - our film whizz!

It's easy to take for granted what goes on behind the scenes to make all of this possible for us to enjoy. Not only do the adult teams work tirelessly with the children to rehearse the songs, dances and words, as well as sort dozens of costumes; the learning in school does not stop and I truly appreciate all they do! Our adults live out our values of teamwork through the way they work together and aspiration - they want the very best for our pupils! Thanks also to all of you who work with us to make these things possible! We know that it's not straightforward to get elves, shepherds and sheep sorted as you have - thank you! Thank you also to Chevi, Linzi and Sophie for helping with the numerous prop making!

Thank you!

A huge thank you, on behalf of all of the staff team, to all of you who so generously gave us Christmas gifts at the end of term. Although no one expects this to be done, it is so very much appreciated and I know we all enjoyed opening the thoughtful presents shared over the Christmas holiday!



Exciting topics

We start the new year with new topics in each class: 'Are all places the same?' in Newton Class and Little Learners, 'A Twist in the Tale' in Armstrong Class and 'Utopia vs Dystopia' in Einstein Class. We have some wonderful learning experiences planned for all of our pupils, including our usual outdoor learning mixed in amongst curriculum subjects and our classroom learning activities. Exciting times ahead!

Pantomime trip

We cannot wait to watch 'Sleeping Beauty' at the Theatre Royal, Plymouth tomorrow (Thursday 5th) and know that this is such a privilege to be able to take the whole school on a trip together - like a family trip to the panto but on a bigger scale!

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.

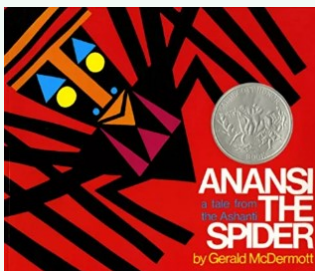


Newton Class

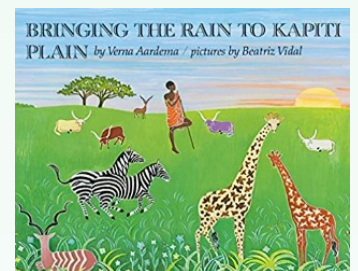
Welcome to the Spring Term in Newton Class! We would like to wish you all a Happy New Year and we are sincerely hoping that 2023 will be a good one for us all. We hope that you all had time to enjoy yourselves at Christmas with your loved ones. The children worked so hard on all of the Christmas decorations, pictures and cards that they brought home to you at the end of last term - we hope that you liked them!



As the year came to an end in school, we were delighted to be able to celebrate the festive season with you at St James' Church with 'Everyone Loves a Baby!' The children performed beautifully, albeit in a smaller group than normal, and did themselves and us very proud. Hopefully you were able to see Little Learners and the Newton Class children perform the Nativity again, in the link sent home via email and have been entertaining your friends and family with this over the holiday? We think that they all did a fantastic job!



The first topic that we will be exploring this term is 'Are all places the same?' and we will be using the books 'Anansi' and 'Bringing the rain to Kapiti Plain' as our reading and writing stimulus. Exploring texts from other cultures and countries is a key part of learning for children of all ages and really supports their knowledge



and understanding of the wider world around them. We will be learning more about our world with a focus on identifying the Parts of the UK, starting with England and Wales, exploring their capital cities and using this knowledge to work out how Africa is different to the UK.

In Science we will be looking at seasonal changes across the term, identifying weather patterns and this will allow us to take part in a great deal of learning outside - we always thoroughly enjoy the amount of time spent outside! As we will be endeavouring to take much of our learning and play activities outdoors, throughout the colder months, we will need to dress appropriately for the Cornish winter weather! A pair of wellies are an essential piece of school equipment for Newton Class pupils! We hope that you will be able to get out and about at the weekends too!



Daily phonics lessons, where the children are grouped and taught according to their current development stage, will continue to be taught and you will find your children coming home with many new graphemes known by the end of this half term. Our maths focus will be on number recognition, formation, place value and addition and subtraction. The Reception children will be focussing on numbers to 10 and beyond and the Year 1 children will be looking at numbers to 20 and beyond, learning all about our number system!

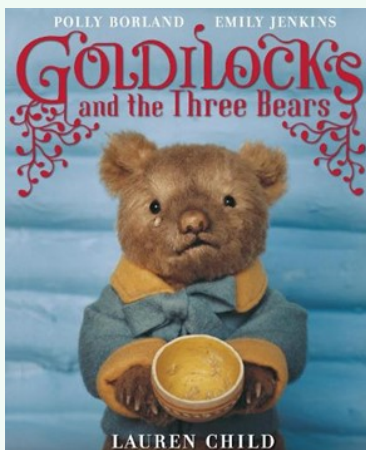
As always, please ask if you have any questions or queries about any aspect of your child's school life - we are always here to help!

Mrs Osman, Mrs Murray and the Newton Class & Little Learners Team

Discover Learn Develop

Armstrong Class

Welcome back and Happy New Year! I hope you have all had an enjoyable Christmas break, we are looking forward to welcoming you all back.



Our topic this term is 'A Twist in the Tale'. We will begin our topic with the classic tale 'Goldilocks and the Three Bears'. We will use this book to write recounts, setting descriptions and instructions.

In Maths, we will be revisiting place value. The children will be developing their understanding of number using concrete, pictorial, and abstract concepts. We will then move on to addition and subtraction using formal written methods with exchanging.

In Geography, our topic is all about rivers. We will learn about the journey of a river from source to sea. In PE, we are focusing on gymnastics and hockey this half term. We will be creating sequences of movements in gymnastics with an emphasis on symmetrical and asymmetrical movements.

As we enter the new year, our PSHE topic will be Dreams and Goals. Armstrong Class will set our own goals, understand how to persevere through a challenge and how to work harmoniously in a group. In Science this term, we will be learning about plants. As a class, we will explore the life cycle of a plant and be able to identify and name the parts of a flower.



In Art, we are studying Monet. We will discover the term 'impressionism' and discuss Monet's use of light and colour. Our own artwork will be inspired by Monet's river paintings. In Music, the children will learn about reggae music. We will listen and appraise a variety of songs, sing to them, and play instruments alongside the songs.

In RE, we are learning about Christianity. We will make links between the story of the Day of Pentecost and Christian belief about the Kingdom of God on Earth. We will also give examples of what Pentecost means to some Christians now.

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

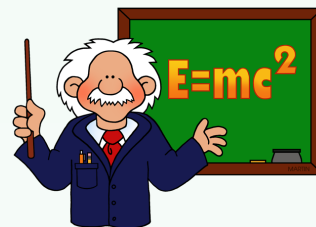
Miss Taylor and the Armstrong Class Team

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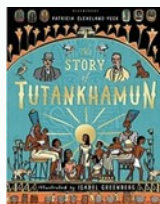
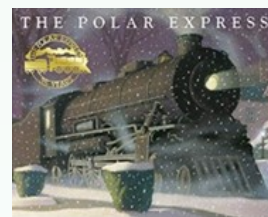
Einstein Class



We had a fabulous end of term putting on 2 wonderful performances of 'No One Wraps Like An Elf'. The children also enjoyed sharing the nativity service at the church, making decorations, designing and creating light-up Santa signs for the Christmas fayre, making cards, participating in an online STEM Christmas quiz with many other schools, enjoying a delicious Christmas lunch together and finally watching 'The Polar Express' along with the rest of the school as an end of term treat. We are now looking forward to the pantomime as a start of term treat.

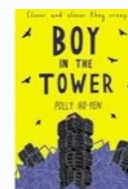


We immersed ourselves in the text 'The Polar Express' by Chris Van Allsberg, at the end of last term. The pupils were inspired to write verses, which many chose to include in their Christmas cards. They wrote their own accounts of boarding the Polar Express and studied the poem 'The Night Before Christmas' by Clement C Moore which was written 200 years ago. We were impressed with how much of the poem many of the children were able to learn and recite. Well done!



We have also been studying the text 'The Story of Tutankhamun' by Patricia Cleveland-Peck which also supports our history unit on ancient Egypt. The children have created mind maps and researched an aspect of ancient Egypt. They have also looked at The River Nile as part of their geography learning about rivers.

Our new topic this term is 'Utopia vs Dystopia'. The children will begin by studying 'The Boy in The Tower' by Polly Ho-Yen. This will be the basis of writing news reports as well as formal letters and writing from different perspectives.



We will be looking at 'Dreams and Goals' as our RSHE topic. 'Sustainable Living' will be the focus for our geography lessons and we will be looking at the work of Sarah Eisenlohr in art.

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. This term's focus will continue to be to learn and practise their times tables. It is great to see so many reading cards filling up - well done to all of you who read every single day, it does make a huge difference.

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

Behaviour

Lots of parents have indicated that they would like ideas on how to respond to their children when they don't appear to have the confidence to do something or when they don't know something that they need to be able to learn.

Having a positive growth mindset is so important to ensure children know they can get better and that mistakes help us ALL to grow.

Please see the chart to help you with some phrases to use if / when your child struggles.

We can all learn!!!!

GROWTH MINDSET

INSTEAD OF SAYING...

SAY THIS...

This is hard.

Practice will make me better at this.

I'm making too many mistakes.

Mistakes are how I learn and get better.

I'm not smart.

I'm really smart when it comes to ____.

I don't know how.

I can learn!

I don't like challenges.

Overcoming challenges helps me grow!

I give up.

I can't succeed if I don't try!

I am not good at this.

I am not good at this yet, but with practice I will be!



Recruitment News



We are currently recruiting for the following roles:

Two Teaching Assistants, to start as soon as possible and

One 1:1 Teaching Assistant to start in April.

Please see the Kernow Learning website for further information and if you or a friend or relative are interested, please have a chat with Mrs Murray!

Discover Learn Develop

Bedtime Reading

Reading to children is such a pleasure and it not only supports the development of phonemic awareness but also stimulates and strengthens children's brain connections for listening, communication and (most importantly), a love for reading!

Hearing interesting stories where there are complications and twists gives children's brains a work-out and helps them build comprehension skills which will be useful in their later reading.

We know all of our pupils love bedtime reading and we are delighted to be able to re-introduce this in school again. The first session will be held after school on Friday 27th January.

Children will be able to stay at school, at the end of the day, and are encouraged to bring their pyjamas and teddy to school (blanket optional) in a bag ready to change into at the end of the day.

They will hear stories and non-fiction books linked to their class topics and areas of interest, enjoy a cup of hot chocolate and biscuits and will be ready to be collected at 4.15pm from the hall (prepared for bed!).

We hope as many children can join us for this event (please remember all school events can be attended by Little Learners as well).

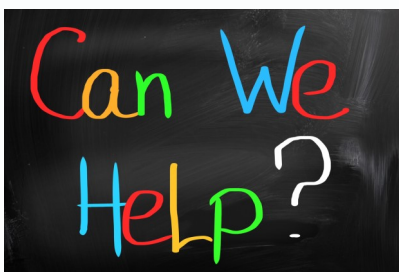


News from Our Trust

Kernow Learning

Our Trust is dedicated to the continual improvement of learning outcomes for all pupils in every school across Kernow Learning.

Two of our staff members have been selected to be Trust Specialist teachers to provide support, expertise and guidance to Kernow Learning schools across Cornwall!



Mrs Murray has been chosen for her in depth knowledge of small schools and Miss Taylor, Armstrong's class teacher, has been appointed to help schools develop their provision for Modern Foreign Languages (MFL), as our resident French speaker.

It's a real testament to the strength of our teaching team that we have 2 Trust Specialists to be proud of!

Please be assured that these roles will not detract from the improvements we are making at St Kew and will not disadvantage our pupils.

Discover Learn Develop

Tea with Miss

The next 'Tea with Miss' session will be held on Friday 27th January.

You are warmly invited to come and enjoy a cup of tea or coffee and a yummy treat from 9am until 9.45.

We will be discussing:

- ◆ Our Trust and their involvement with our school
- ◆ Ways in which you can help your child at home

Please come and join us if you are able to.



Volunteers

We would like to encourage volunteers to come into school to help with many different tasks - especially listening to readers! We would be delighted to hear from anyone who would like to volunteer to help in school - if this is you and you are interested in helping, please be aware that you will need to complete a quick application form and be able to provide two references so that we can ensure the safeguarding of all our children. Please don't be put off by the paperwork!



Trainer Days

We thoroughly enjoyed having Liam Dart in school last term on a Wednesday as our PE coach (in addition to Plymouth Argyle) teaching our pupils football and dance skills.

As you will know our usual PE sessions are Tuesday and Thursday and we will revert to these days this term.



Please can we ask that children come to school in their PE kit on a Tuesday and Thursday this term, with layers that will keep them warm if we are outside.

Attendance Review

ATTENDANCE MATTERS



Further to the information in the last newsletter, after our recent Attendance Review, we do need to remind parents of the need for good attendance at school.

As a school, we fully understand the need for pupils to be absent when they are poorly, but we will be

discussing any attendance issues with you and sending letters out to parents, as a record of these concerns, when the attendance of your child causes us concern.

Good attendance at school supports children's academic, social and emotional needs and this is why we strive to encourage good levels of attendance for all of our pupils.

Don't let your child miss out!

What you can do to help maintain good attendance:

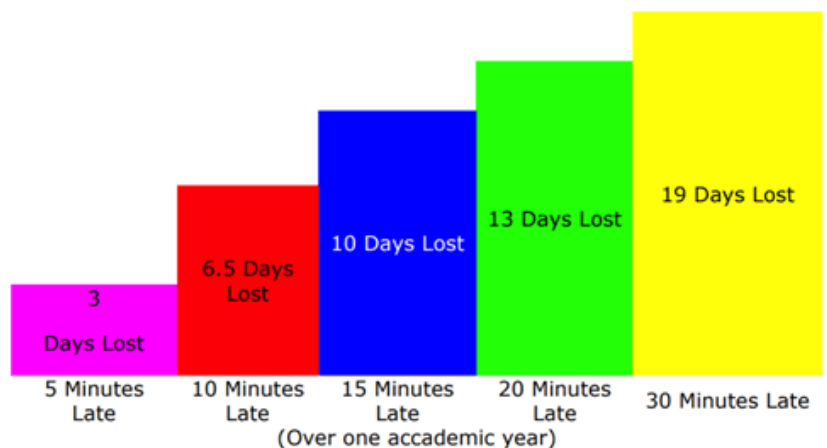
- Have a regular routine for the start of each day.
- Help your child get their clothes and equipment ready before they go to bed.
- Set a reasonable bed time to make sure they get enough sleep.
- Get your child to school on time. If they are late they have a bad start to the day.

If your child arrives late for school:

- They miss out on important learning, which could effect their achievement.
- They don't have the social time to settle into class with their friends.
- It is embarrassing to arrive in class after everyone else.
- They may disrupt the learning of the rest of the class.

Every Minute Counts

If you arrive late to school everyday your learning begins to suffer. Below is a graph showing how being late to school everyday over a school year adds up to lost learning time.



Starting School

Applications for a place in a Reception class for September 2022

The deadline for your application is

15th January 2023

and you can apply for a place on the Cornwall Council website: www.cornwall.gov.uk/admissions

If you are interested in your child joining our Reception class next September then it is **IMPORTANT** that you fill in the official application as soon as possible.

It is the local authority who allocate places not the Academy so to ensure you do not lose your chance for a place, please do not forget to do the forms!!!

Our predictions for next year are that once again, numbers are looking high!! Please apply before the deadline so you don't miss out!



Together  for Families

The deadline for applications is **15 January 2023**

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

You will need to apply even if your child attends a school's nursery or pre-school class. Please note that if a school is oversubscribed the fact that a child attends a school's nursery or pre-school, or a local nursery or pre-school, does not automatically guarantee a place at that school. The school's oversubscription criteria will be used to allocate places. Visit our website or contact us for more information.

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



www.cornwall.gov.uk

Communications used by the school to keep you fully informed

To ensure you are always up to date with all school events, please check out each of the following in order to pop every important date in your calendar so you don't miss exciting school things!

Newsletter

Our newsletter is packed full of school information every month to keep you updated on 'all things school'. Every class has an information page for you to find out more about the learning in school and this is supplemented by the information on the school website class pages.

eSchools

We use eSchools as our main method of communicating with you and this is made possible by parents updating the app and allowing notifications to be sent to their phones. Please keep as up to date with this app as possible and check it on a regular basis if you do not have automatic notifications set up.

School Website

A place for all school information.

Facebook Page

Updates on things that happen in school - we all love to see photos of our children, don't we?

Facebook 'Secret' group

An informal FB page for quick reminders and questions etc. Please add any parents who are not yet a part of this group, if you can. Many thanks.

Discover Learn Develop

Governor Corner

Welcome back to all Staff, Parents/Carers and Pupils. We hope you have all had a very good Christmas and would like to wish everyone a Very Happy New Year.

Another term packed full of activities and learning for all. Details can be found on the school web site, face book page and in monthly news letters to keep you up to date and to make sure you do not miss anything, the first outing is the Plymouth Pantomime on the 5th Jan which I am sure will be fun for everyone.

A big thankyou to all volunteers who help with outings as these could not be done without you, if you are interested in becoming a volunteer please speak to any of the teaching staff or Mrs Murray.

From the Edurio survey completed at the end of last year it was noticed that although 89% of parents/carers are aware that the school is part of a group of schools working together as a multi-academy trust, less than half were not clear about our Trust's role in this school and not confident that being part of a trust was beneficial. As a result the governors will be looking at how we can rectify this by looking at how to deliver trust messages, how to raise awareness, and show the many benefits to the school community of being part of a trust at our first meeting this year in February. Mrs Murray is looking at this in her first Tea with Miss, so please do come to this if you are able to.

We look forward to seeing you all this term doing what you all do best Discovering, Learning and Developing and having fun along the way.

Pip Campbell
Chair of Governors



Year 6 SATs meeting

Our Year 6 pupils are working very hard on their preparation for the Year 6 SATs (Standardised Assessment Tests) in May and we are super proud of how they have approached Study Group.

For parents and carers, the national curriculum tests are not the entirely unfamiliar concept they once were.

However, we would like to explain what you can expect for each of the tests and how you can continue to support your child in the run-up to the tests.

We will be holding a 'Parent Information Evening' at 4.30pm on Monday 16th January (towards the end of the usual Study Group session) and warmly invite you to attend and learn more.

Questions welcome throughout!



Discover Learn Develop

St Kew Governor Vacancy



Governor Vacancy

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

What time is needed?

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

Who can be Governor?

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

What do I do now?

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

pcampbell@kernowlearning.co.uk

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

stkew.kernowlearning.co.uk



Helping Hands News

Happy New Year all!

Here's hoping you are all suitably refreshed after the Christmas break and looking forward to getting back to something like normality again.



The PTA had a fantastic (if not slightly hectic!) December with some amazing fundraising for the school. The Christmas Fayre (a firm favourite) was again very popular and raised £971.38 - it even saw a visit from a very special Christmas character (accompanied by his elf helper in Mrs Murray's transformed office/grotto). A massive thank you to all who supported/set up/made wreaths/donated prizes and came along on the day.

The pop-up shop was again a sell-out with the children loving being given the opportunity to select and buy presents for their family and friends - in total £344.80 was raised and lots of gifts

were under Christmas trees ready to be open on Christmas morning.



A pre-Christmas clear-out for Bags2School also brought in £72 - a great way to clear out cupboards whilst raising some cash for the school.

Looking ahead to Spring 2023 we are beginning to plan more fun events for the year - from Valentine's discos to Mother's Day pop-up shops and more.



Everything raised by the PTA goes back into supporting the education and experience of the children at St Kew so we are super grateful for all the support received.

If you want to get involved with the PTA, please do come and speak to one of us - we are always looking for extra help and it's a great way of getting to know other parents from the school - there's even talk of a PTA parent social at some point in the future....

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



JANUARY NEWS

Happy New Year everyone!!!

Hope you all had a lovely Christmas

A huge thank you for everyone's help and support last year, a special thank you to all the volunteers and businesses that helped with the Christmas events. What amazing support we have had again.

Haze has decided to step down from her role on the committee, I would like to thank you on behalf of the whole committee when I say Thank you.

We have some exciting things planned this year including;

- Valentines Disco
- Easter Cake Sale
- Auction of Promises
- Summer Fayre
- & much more.

More information coming soon.

Here's to 2023!!!!

Discover Learn Develop



Christmas 2022

Xmas 4 Schools

£109

Bags 2 School

£72

Pop Up Shop

£344.80

Christmas

Fayre

£971.38

Total £1497.18

Discover Learn Develop

Safeguarding

Safeguarding is concerned with ensuring children have safe, healthy and happy childhoods that help to prepare them for adult life.

All staff working within our school and Trust are aware of the need to safeguard and promote the welfare of children.

**Keeping
children safe
is everyone's
responsibility**



Every adult has a responsibility to recognise children who may be at risk of suffering harm and those in need of protection, and know how to respond to those concerns in a timely fashion.

By safeguarding children, we act to promote their welfare and protect them from harm.

- Protecting them from abuse and maltreatment.
- Preventing harm to their health and development.
- Ensuring they grow up with the provision of safe effective care.

Abuse takes many different forms but falls mainly into the categories below

- Physical abuse
- Emotional abuse
- Sexual abuse
- Neglect

You will find useful information on each type of abuse on the next few pages.

If you have concerns about the safety and / or welfare of a child, it is imperative that you contact the correct agency to ensure appropriate support is provided for the child and family. As a school, we need to know about concerns but these **MUST** also be reported to the correct agency by the person with the concern (not a third hand report from the school)

Who to contact in Cornwall, if you have concerns about a child:

- ◇ Multi-agency Referral Unit: 0300 123 1116 OR Out of Hours Service: 01208 251300
- ◇ If you are concerned that a child may be in immediate danger: Police on 101 or 999.

If you have concerns about a professional or volunteer working with a child you need to contact the Local Authority Designated Officer (LADO) for Cornwall and the Isles of Scilly on 01872 326536.

Thank you **SO** much for helping to make **EVERY** child safe!



We all have the right to be safe all of the time.

Neglect



Kernow Learning

The persistent failure to meet a child's basic physical and/or psychological needs, likely to result in the serious impairment of the child's health or development.

Neglect may occur during pregnancy as a result of maternal substance abuse. Once a child is born, neglect may involve a parent or carer failing to:

- provide adequate food, clothing and shelter (including exclusion from home or abandonment)
- protect a child from physical and emotional harm or danger
- ensure adequate supervision (including the use of inadequate care-givers)
- ensure access to appropriate medical care or treatment

It may also include neglect of, or unresponsiveness to, a child's basic emotional needs.

We all have the right to be safe all of the time.



Kernow Learning

Physical Abuse

A form of maltreatment of a child. Somebody may abuse or neglect a child by inflicting harm, or by failing to act to prevent harm.

Children may be abused in a family or in an institutional or community setting by those known to them or, more rarely, by others.

Abuse can take place wholly online, or technology may be used to facilitate offline abuse.

Children may be abused by an adult or adults, or another child or children.

We all have the right to be safe all of the time.



Kernow Learning

Emotional Abuse

The persistent emotional maltreatment of a child such as to cause severe and persistent adverse effects on the child's emotional development. It may involve conveying to a child that they are worthless or unloved, inadequate, or valued only insofar as they meet the needs of another person. It may include not giving the child opportunities to express their views, deliberately silencing them or 'making fun' of what they say or how they communicate. It may feature age or developmentally inappropriate expectations being imposed on children. These may include interactions that are beyond a child's developmental capability, as well as overprotection and limitation of exploration and learning, or preventing the child participating in normal social interaction.

It may involve seeing or hearing the ill-treatment of another. It may involve serious bullying (including cyber bullying), causing children frequently to feel frightened or in danger, or the exploitation or corruption of children.

Some level of emotional abuse is involved in all types of maltreatment of a child, though it may occur alone

We all have the right to be safe all of the time.



Kernow Learning

Sexual Abuse

Involves forcing or enticing a child or young person to take part in sexual activities, not necessarily involving a high level of violence, whether or not the child is aware of what is happening.

The activities may involve physical contact, including assault by penetration (for example, rape or oral sex) or non-penetrative acts such as masturbation, kissing, rubbing and touching outside of clothing.

They may also include non-contact activities, such as involving children in looking at, or in the production of, sexual images, watching sexual activities, encouraging children to behave in sexually inappropriate ways, or grooming a child in preparation for abuse Sexual abuse can take place online, and technology can be used to facilitate offline abuse.

Sexual abuse is not solely perpetrated by adult males. Women can also commit acts of sexual abuse, as can other children.

DRY JANUARY

The rules are pretty simple: Commit to parting ways with wine, beer and spirits for all 31 days of the month. The challenge is all about freeing yourself from the indulgences of the holidays and taking a step toward better health.

1 

Recruit a friend to be your accountability buddy.

2 

Clean out the liquor cabinet.

3 

Start a journal about your Dry January experience.

4 

Take a brisk walk.

5 

Read a magazine.

6 

Play a new game.

7 


Discover a new podcast.

8 


Light some candles and listen to your favorite music.

9 

Take a virtual tour of The Louvre.

10 

Paint-by-numbers isn't just for kids.

11 

Unwind with a hot bubble bath.

12 

Clean out the pantry of expired items.

13 

Invent your own mocktail.

14 

Sing a song – loudly!

15 

Explore a museum online.

16 

Purge your closets.

17 

Re-watch your favorite childhood movie.

18 

Write a letter to a friend.

19 

Create a gratitude list.

20 

Clean out the fridge.

21 

Perfect a recipe.

22 

Check out an online play or performance.

23 

Create your bucket list.

24 

Categorize your books by title, author or genre.

25 

Get take-out from a local restaurant you've been wanting to try.

26 

Reach out to an old friend by Facebook, email or phone.

27 

Reorganize your dresser drawers.

28 

Relearn the Macarena.

29 

Gather online with friends and have a dance party.

30 

Go ice skating.

31 

Step on the scale. You might be surprised!



Thinking about eating more healthily?

People are often surprised to learn that what they eat can affect their risk of liver disease. And like you, many decide to show their liver some love by eating more healthily. We're here to help you work out where to start.

We know that changing things you do on a daily basis can be hard, even when you really want to. The best advice is to make small changes you can stick with. Pick one thing to change at a time. When you're used to it, add another small change. Like stepping stones, all the small changes add together to get you where you want to be.

Use these tips to get yourself off to a good start. For more detailed information on eating healthily, and loads of tips, take a look at our well-balanced diet web page: britishlivertrust.org.uk/balanced-diet

Don't beat yourself up or try to be perfect. Take it one step at a time and keep going.

Be a planner

Plan your meals and write a shopping list to make sure you have everything you need. A list also helps you resist offers on unhealthy foods and drinks.

Stock up on your 5 a day

Frozen, tinned, and dried fruit and veg all count. And they're usually cheaper and easier to store than fresh produce. Watch out for added sugar.

Focus on your food

Don't eat on the go or in front of the TV. Enjoy your meal, noticing the flavours. When you're full, stop eating, even if you haven't cleared your plate.

Cook food with little or no added fat

Give grilling, baking, boiling, steaming and casseroles a go instead of frying or roasting. If you need to add fat, oils are usually healthier than solid fats.

More beans, less meat

Swap some or all of the meat in a curry, chilli or pasta sauce for beans, lentils or extra veg. Making meat go further saves money too.

Know your portions

Use scales, jugs, spoons or packet markings to help you use the right amount. Using smaller crockery and serving spoons helps control portions.

Happier January 2023

SUNDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

MONDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

TUESDAY

3 Do a kind act for someone else to help brighten their day

10 Thank someone you're grateful to and tell them why

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

WEDNESDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down



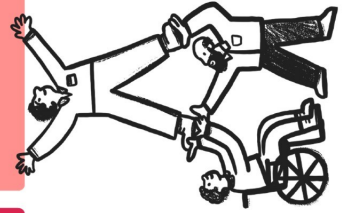
THURSDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today



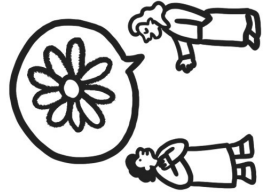
FRIDAY

6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside



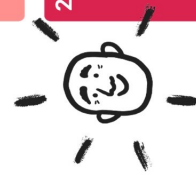
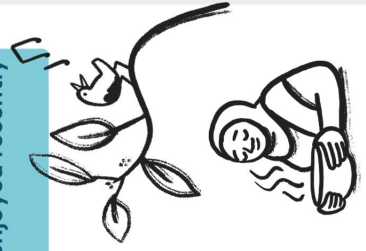
SATURDAY

7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

28 Ask other people about things they've enjoyed recently



ACTION FOR HAPPINESS

Happier • Kinder • Together

Discover Learn Develop

What did you see?



How many birds of the same kind did you see at the same time?

Your name



House sparrow

I saw



Blackbird

I saw



Blue tit

I saw



Robin

I saw



Starling

I saw



Chaffinch

I saw



Woodpigeon

I saw



Magpie

I saw

For more information, visit: rspb.org.uk/schoolswatch

Discover Learn Develop

Autumn Winter 2022 Cornwall

- Added Plant Power
- Vegan
- Wholemeal

Available Daily:

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





ALLERGY INFORMATION:

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

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

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

Key:

	School Holiday
	Bank Holiday
	Term Time
	Inset Day

Term dates summary:

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

TOTAL = 195

Bank and public holidays 2022/2023

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