

Headteacher update

Well this week has certainly been a sporty one! It started off with the cross country at St Ives Rugby club where 11 eager runners did an amazing job, most smashing their previous placement, one coming 8th while wearing only one shoe and one coming second! I am always wowed by their determination to run, it was cold and dank but they all completed the race with a smile on their faces! We have the next race on 27th February at Cape Cornwall School.

On Thursday, some of our high five team played their first match against St Levan School. They all played their socks off with slick passes and awesome goals and thoroughly enjoyed themselves along the way. St Levan are keen to make it a regular fixture so we will rota some of the other children in so that they all get to compete.

This evening we have our football match against St Buryan and I have no doubt the children will represent the school equally as well and give us a good

foundation to build upon. A huge thanks to Maria McMullen for lending us the goals, and to Nick Hitchens for coming to put them up for us! We are looking at investing in some so that we can keep the momentum going.

Children's Mental Health Week

Next week is Place2Be's Children's Mental Health week and this year's theme is 'Let's Connect'.

An extract from their website explains that:

Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week - and beyond.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding, and meaningful ways.

We will be doing some work on this in school, but you can find out more ways to support your child by going to: <https://www.childrensmentalhealthweek.org.uk/>



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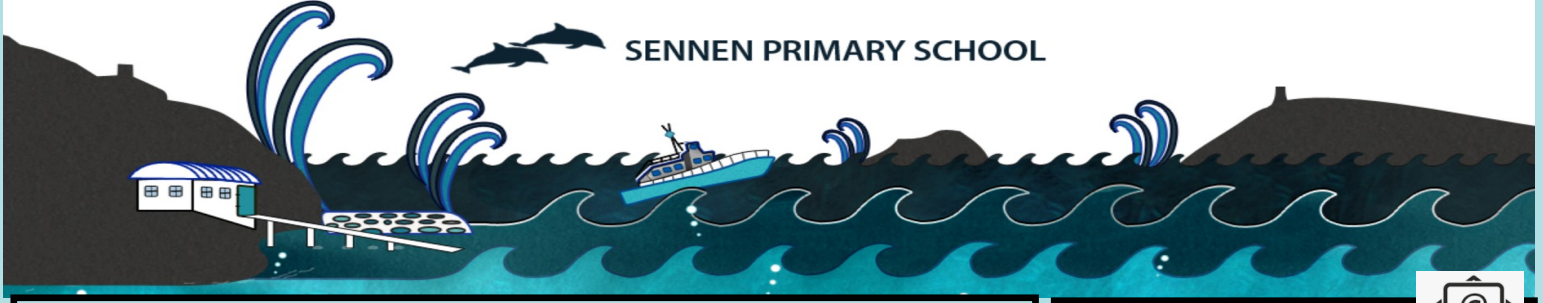
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Important dates:



- Cowloe rugby Mondays
- Brisons group 2 swimming Tuesdays
- Thursday 9th February—Cowloe Class VE day celebrations
- Friday 10th February—Cowloe Forest School
- Friday 10th February—Last day of term 3
- Monday 20th February—1st day of term 4
- Friday 23rd February—Brisons trip to Newquay Zoo
- Monday 27th February—cross country @ Cape Cornwall School
- Thursday 2nd March - **World Book Day** & Netball match VS Nancledra
- Monday 13th March—visit from author Scott Jones
- Friday 31st March—Last day term 4



Clubs and PE days

Day	Event	Club option
Monday	Cowloe Rugby—PE kits please Longships PE—PE kits please	Running KS2
Tuesday	Brisons group 2 swimming / group 1 PE—PE kits please	
Wednesday	PE for Brisons, Longships & Cowloe	Multi sports for KS1 Tennis (booking essential)
Thursday		High Five KS2 Stay and play KS1
Friday	Forest school session for Aire & Cowloe 'Show and tell' for Brisons Class	Karate

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Morning register reminder

Just a reminder that the school day starts at 8.55, with the doors being opened at 8.40. We are bringing the school day forward gradually to be in line with the government requirement for schools to provide a school week that is at least 32.5 hours long by September 2023. From September, we will be expected to register the children by 8.45.

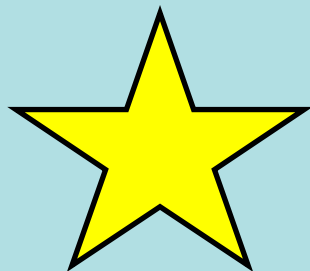
World Book day

This will be taking place on 2nd March and we will be inviting the children to come in dressed as their favourite book character for the day (this is of course optional). As a school we are still deciding on our theme, but will let you know as soon as we do. We have a visit from Scott Jones the following week (13th March). Please let Miss Clackworthy know if you would like to pre-order a book.

WELL DONE LONGSHIPS!!!

I want to finish by saying a massive well done to Longships class for their hard work over the last 2 weeks. Miss Sawle and I have been absolutely amazed by their stories and they are absolutely smashing their maths. They have also had almost 100% of children completing their reading each day!

Well done guys, you are amazing!



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Safer internet day 2023 for parents and carers

As a parent or carer you play a key role in helping your child to stay safe online.

You don't need to be an expert on the internet to help keep your child stay safe online. The Safer Internet Day website provides resources and advice to help you support your child to use the internet safely, responsibly and positively. Just visit <https://saferinternet.org.uk/guide-and-resource/parents-and-carers> for more information.

Have a conversation

It is really important to chat with your children on an ongoing basis about staying safe online. Not sure where to begin? These conversation starter suggestions can help.

- **Ask your children to tell you about the sites they like to visit and what they enjoy doing online.**
 What games do you and your friends like to play online? Can you show me the websites you visit the most? Shall we play your favourite game online together?
- ▲ **Ask them about how they stay safe online.**
 What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- **Ask them if they know where to go for help.**
 Where can they go to find the safety advice, privacy settings and how to report or block on the services they use?
- ◆ **Think about how you each use the internet.**
 What more could you do to use the internet together? Are there activities that you could enjoy as a family?

At school, we have been trialling the use of a digital literacy platform called Natterhub. The children have enjoyed engaging with the materials and so we have decided to use it to deliver our curriculum.



At Natterhub:

- **Embracing the benefits of the internet.** We make children aware of the risks of being online, but we also want them to see the internet as a place to find knowledge, fun and friendships.
- **Learning through play.** We create the opportunity for valuable teaching moments through structured play, which we know engages pupils more than the traditional 'chalk and talk' approach.
- **Going above and beyond the curriculum.** With Natterhub's resources, teachers can not only deliver against the demands of the online safety curriculum, but create truly impactful digital citizenship lessons through which we can demonstrate tangible progress.
- **A sandbox environment** The walled garden Natterhub environment gives children the skills they need to safely step into the online world on their own device. And we have all the information that parents need to be digitally savvy.
- **So much more than online safety.** Natterhub teaches children to approach the internet with kindness, empathy, resilience and critical thinking - skills that will last them a lifetime.



What We Do

We teach children to be safe and kind digital citizens. Because we believe that every child has the right to learn how to thrive online, we have created an experiential learning environment for pupils to learn about their relationship with screens.

You can find out more about what Natterhub has to offer by visiting <https://natterhub.com/about-us>

Click on explore to navigate to the parent and carer section where you can find information about different APPs that your child might be using, ratings on popular YouTubers and information and resources on digital parenting.

We have signed up as school to a webinar this Thursday 9th February at 7pm about how parents can support their child at home to be safe online. An email will be sent around with the joining information early next week.



Lunch Menu

Children will be asked what they would like each day by their teacher. Children in year R—2 get infant free school meals and it is £2.41 for the rest of the school, other than for those pupils who have been awarded income based free school meals.

WEEK 3 W/C: 14/11 05/12 16/01 06/02 27/02 20/03				
	HOT SPECIALS...		DAILY FAVES...	PICK A PUDI!
MONDAY	Pesto Pasta Bake 🌱 Served with Two Vegetables	Cheese and Tomato Pizza 🌱 🍄 Served with Potato Wedges	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings Tomato Pasta 🍄 🌱 Fresh, homemade tomato and basil sauce with penne pasta	Strawberry Ice Cream
TUESDAY	Sweet and Sour Chicken 🍷 Served with Wholegrain Rice	West African Vegetable Rice 🌱 🍄 Served with Two Vegetables	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings Tomato Pasta 🍄 🌱 Fresh, homemade tomato and basil sauce with penne pasta	Fruity Flapjack Bar 🍌
WEDNESDAY	Roast Pork Served with Roast Potatoes, Two Vegetables and Gravy	Vegetable Pastry Roll 🌱 Served with Roast Potatoes, Two Vegetables and Gravy	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings Tomato Pasta 🍄 🌱 Fresh, homemade tomato and basil sauce with penne pasta	Fruit Jelly and Custard 🍌
THURSDAY	Cottage Pie 🍷 Served with Two Vegetables	Vegetarian Cottage Pie 🌱 🍷 Served with Two Vegetables and Gravy	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings Tomato Pasta 🍄 🌱 Fresh, homemade tomato and basil sauce with penne pasta	Chocolate Milkshake served with Chocolate Biscuit
FRIDAY	Southern Fried Chicken Served with Chips and Two Vegetables	Vegan Meatballs in Tomato Sauce 🌱 🍷 Served with Chips and Two Vegetables	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings Tomato Pasta 🍄 🌱 Fresh, homemade tomato and basil sauce with penne pasta	Chocolate Slice