

A NOTE FROM MRS HEFFER

This week's virtue has been 'COURAGE'

IT'S EASY
TO STAND WITH
THE CROWD
IT TAKES
COURAGE
TO STAND ALONE

DAILY MILE FRENZIE! – Over the last couple of weeks you may have heard your child talk about the Daily Mile. So, what is the Daily Mile? This is a national initiative that has been introduced to help promote healthy life styles and reduce the risk of obesity. Here is the parent link for you to find out more:

<http://thedailymile.co.uk?note-for-parents-and-carers/>

If you want to keep up with well this is going in our school, then please visit our school website where you will find each class has its own gallery of pictures. We have been very impressed with the positive response from the children who clearly enjoy the opportunity to have fun exercising with their friends. You may already be aware that one of our School Improvement objectives under Personal Development, Behaviour and Welfare is 'to develop a greater level of resilience in all pupils across the school'. Resilience is one of the objectives that the Daily Mile focuses on.

As the Daily Mile takes place for approximately 10 minutes during the course of the morning, pupils are given the opportunity to change into trainers if they feel the need and additional clothing, such as coats or jumpers can and will be worn if necessary. However, please feel reassured that pupils will not be partaking if the weather is too severe.

So what is the impact so far? Staff have already noticed that pupils are more alert and productive during their morning lessons. Infact, many pupils are enjoying the opportunity to run a mile so much, they will often start the morning asking if they will have a chance to run a mile that day. Many are setting themselves personal targets which enable them to measure the progress of their performance day by day.

We are all aware that children love to run but there is no expectation for every child to run continuously for one whole mile each morning. Some children can choose to walk for the length of time that the others are running and teachers simply offer gentle encouragement to 'keep going' to ensure all enjoy a sense of achievement. Below are some pictures and quotes from children who have shared their thoughts on The Daily Mile.

I like running because it makes me fit and healthy.
Daisy (Puffins)

I like the daily mile because it's a nice routine and can help you focus. It's especially good if you like sport. Sol (Starlings)

It's good to get outside and it's nice to have space to run. It's good to know that I run a mile a day. Oliver (Swifts)

It's good because you can be competitive, not against others but yourself. It also helps improve your fitness. Stanley (Swifts)

I think the Daily Mile is great because it keeps you fit and healthy and you feel proud of yourself when you have completed it. Lauren (Swifts)

DAILY MILE IN ACTION...



THE SATs ARE DONE AND DUSTED...HURRAH! – After a very busy couple of weeks with Year 6 and Year 2 completing their statutory testing we would just like to say a big well done to all for their hard work. Mrs Lea and Mrs Pallot have been so very proud of their class and know they have all done their very best.

A note from Mrs Lea to Year 2: *Year 2 have had a very busy week completing their SATs. The children have been amazing and have worked so hard. They completed two reading papers and two maths papers with no trouble at all. Every child did their absolute best and I'm very proud of every one of them. Thank you Year 2 for being absolute superstars!!! Mrs Lea*

A note from Mrs Pallot to Year 6: *Last week, the children in Swifts completed the Key Stage 2 SATs. They spent the week completing spelling, punctuation and grammar, reading, arithmetic and two mathematical reasoning papers! I'd like to say how proud I am of them all; they approached the tests with real determination and resilience. As a reward for all their hard work, they spent the rest of Thursday making (and eating!) pizza and were then taken to Truro Bowl for an afternoon of friendly competition! Many thanks to all the parents for keeping it a secret so that it was a real surprise for the children but especially to Mrs Bailey for driving and Ms Rowe and Mrs Howell for coming with us. Mrs Pallot*



THE GREAT PERRAN-AR-WORTHAL SCHOOL BAKE OFF! – With regular baking opportunities happening each week as part of our enrichment curriculum, Mrs Dunn has been so impressed with the talent that she has decided to enter pupils into a Bake Off Competition. This week, two of our Year 5 pupils had a trial run creating a Cornish lunch with scrummy pork and apple pasties and fresh scones served with clotted cream. Clearly they needed someone to partake in the quality control assessment and indeed, Mrs Heffer was more than willing to take on this very important role and enjoyed sampling the very delicious end product of a busy afternoon's cooking. Well done to Rosie and Charlie who we wish all the best for competition. A big thank you to Mrs Dunn, whose energy and enthusaism for running the cooking club and teaching cooking in the curriculum every Friday, has enabled the children to experience a wide range of cooking skills.



YET MORE SUCCESS FOR OUR TALENTED MUSICIANS! – This week Mrs Whomersly took two junior recorder groups to compete in the Wall Festival in the under 15years category and the groups took both first and second place. An excellent achievement for all involved. Once again, we owe a great deal of gratitude to Mrs Whomersly for her continued support and boundless energy and enthusiasm for developing the recorder skills of our pupils. Several of our junior pupils are now preparing for recorder exams, tutored by Mrs Whomersly. We wish them all the very best!

CAPA CHOIR PERFORMANCE – On Tuesday evening the Year 4 to Year 6 choir members attended a vocal workshop at Penryn College where they learnt and performed two songs with choirs from all the primary schools within the Penryn cluster. All had a wonderful day and the end result was a joy to hear. During the evening, the Year 2 to Year 6 choir members performed two songs as part of a joint concert where each school in the cluster performed musical items. The large audience was very appreciative and yet again, our pupils did Perran-ar-Worthal School proud. Well done to all involved!

SCHOOL OPEN DAY, Thursday, 29th June, 4pm to 6pm – Just to give you plenty of notice, as part of Big Village Week, the school will be holding an open afternoon with coffee shops, competitions, entertainment and much more. Please see the article below that will appear in the forthcoming Perran News.

OPEN AFTERNOON On 29th June, 4pm to 6pm

Perran-ar-Worthal School invites you to an open afternoon as part of the Big Village Week 2017.

So what can you expect on your visit to our school?

LET'S ENTERTAIN YOU!

During your visit to the school you will get the opportunity to be entertained by the children's choir and instrumentalists who have all enjoyed great successes at local competitions. You will also get the opportunity to hear the Perran-ar-Worthal Community Choir and can find out how to become involved if you enjoy singing. There will be a coffee shop with lots of yummy cake to choose from whilst you enjoy the music. All we ask for is a donation for your tea, cake and entertainment. The school is, at present, trying to raise funds to purchase ipads for the children to use as part of their learning. All donations on the day will go towards this fund raising target.

SPORTING TALENT

Our PE coordinator, Mr Teasdale, will provide a PE demonstration, with some of our KS2 pupils, on the outdoor play court, weather permitting! If you feel up for it, there may also be an opportunity for you to join in with a game – so don't forget your trainers!

COMPETITION TIME!

As part of the Big Village Week, the school will be running a competition, to include artwork, cake making, photography, flower displays and more. All entries will be on display during the open afternoon. Not to be missed!

FUN WITH TECHNOLOGY

Our ICT coordinator, Mrs Pallot, will be working with several of our pupils who will be more than happy to talk to you about how they use technology to develop their skills in animation. If you want to be shown how to make a mini movie, then come along and have a go!

SOMETHING TO MAKE YOU THINK!

To ensure you visit every classroom and admire the children's work on display, there will be a treasure hunt that will take you around the school where you will need to find clues that will lead you onto the next part of your journey. A lovely activity to enjoy with your children!

WHAT WOULD YOU LIKE TO KNOW?

Our friendly staff and pupil ambassadors will be positioned around the school for you to ask any questions – as long as they know the answers!

We look forward to sharing our lovely facilities with you!

NB: For safeguarding reasons, we politely ask that, during your visit, all children must be accompanied by an adult and will need to remain with that adult during your visit to our school. Thank you.

A COUPLE OF NOTES FROM MRS WATERS:

Gardening club - The gardening club were very excited on Wednesday as we put up a plastic greenhouse kindly donated to us by FOPS. We are hoping to grow some tomatoes and cucumbers this year and this will be a great help. A big thank you to FOPS for their support. We have also used the money raised from various plant sales to buy a selection of seeds that the children have selected from the catalogue, so thank you to all those people who bought our plants and bulbs.

Year 3 history trip - On Tuesday Year 3 took a trip to Newquay to view the remains of an Iron Age hill top fort. We were invited to go along and see the remains with an archaeologist. The trip proved very informative and the children were keen to ask lots of questions. We had a great morning learning all about the fortifications and imagining what it would have been like in the Iron Age. The children then had the opportunity to handle a Stone Age axe head found in a dig the previous week. The project was funded by a heritage grant and organised by the Kresen Kernow Prehistoric Cornwall Project. We were lucky to avoid the worst of the rain, apart from one shower, and all learnt much about the hill fort. A big thank you to Mrs Morris, Mrs Cunliffe, Mrs Anderson and Mrs Mackrill, for their help with transport and during the visit.

Go-Active Tennis: The session missed at the beginning of term has now been booked for Monday 10th July. This will mean that there will be tennis on Monday 10th and Tuesday 11th July. Staff at Go-Active have apologised for the oversight and hope that this session will meet with your approval.

Sainsbury's Vouchers: Thank you to everyone that has kindly donated vouchers – our current total is 8,997. The vouchers are due to be collected at the beginning of July – so if you have any that you would like to let us have, please would you pass them in a.s.a.p? We will let you know which items we have chosen as soon as we place the order. Thank you in advance for your help with this.

Fab Friday T-Shirts: We have received orders from 14 families – if you would like to purchase a new T-shirt please return the order form by the end of the day of Monday. Many thanks.

Outdoor Learning - plea for welly boots: If you have any that no longer fit your child and are happy to donate them to school, Mrs Waters will be very grateful to receive them.

Class photos: Tempest photographers will be here on Tuesday 6th June to take class photos.

Staff Training: Little reminder – the school will be closed for staff training on Monday 5th June. Other staff training dates are available on the school website.

Newsletters: Are placed on the school website on a Friday. If your child forgets to bring a copy home – please look on the website for your weekly update.

Parental consultations week beginning 12th June: Little reminder – lists of available times will be on display in the main reception area from 31st May.

TEAM POINT CERTIFICATE WINNERS FROM LAST WEEK –

Gold – Dylan Barker and Lauren Partridge

Medal – Rosie Lawrence, Charlotte Best and Lily Murphy

Badge – Grace Macindoe, Austin Mitchell, Rowan Macindoe and Nandor Nemeti

TEAM POINT CERTIFICATE WINNERS FROM THIS WEEK –

Silver – Charlie Munro and Noah Dunnett

Gold – Megan Laval, Oscar McConnell, Flo Archer-Cairns, Teagan Yendle and Opal Perkins

Medal – Oliver Persaud

Badge – Lily Smallman, Eleanor Bray, Liberty Dingle and Flo O'Neill

RAK CLUB NOMINATIONS: This week Mrs Heffer would like to nominate Flo O'Neill for making Mrs Heffer smile with her random act of kindness. Mrs Heffer has also nominated Rosie Lawrence and Charlie Long for sharing their very yummy pasties and scones they made for their Bake Off. Flora would like to nominate Miss Braddon for helping her at lunch time when she needed some water.

DISCO TONIGHT!

Don't forget to come and have a boogie at tonight's very popular fund raising disco. £3 per pupil. Bring some change for 20p snacks. No electronic devices please. Infant disco – 5.30pm to 6.30pm. Junior disco – 6.45pm to 7.45pm. All pupils must be registered in and out. We look forward to sharing the dance floor with you! See you there!