

### A NOTE FROM MRS HEFFER This week's virtue has been 'COURAGE'

[t's easy to stand with the crowd [t 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:

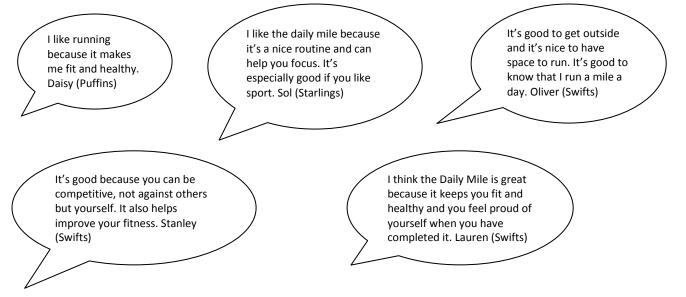
## http://thedailymile.co.uk?note-for-parents-and-carers/

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.



#### 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 Pallôt



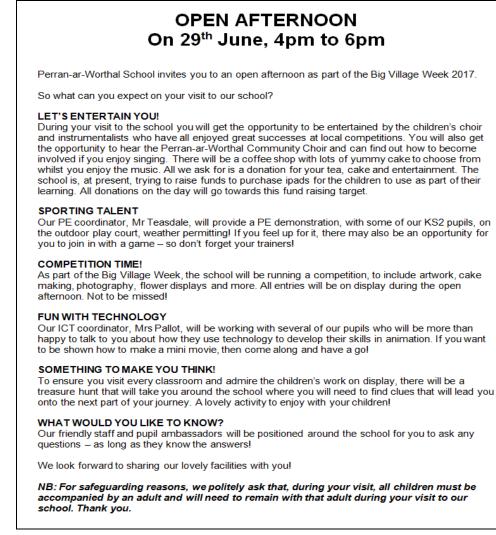
**THE GREAT PERRAN-AR-WORTHAL SCHOOL BAKE OFF!** – With regular baking opprtunities happening each week as part of our enrichment curriculum, Mrs Dunn has been so impressed with the talent that she has decided to enter pupils into a Bake Off Competition. This week, two of our Year 5 pupils had a trial 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 atteneded 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, 29<sup>th</sup> 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, enterntainment and much more. Please see the article below that will appear in the forthcoming Perran News.



#### 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 10<sup>th</sup> July. This will mean that there will be tennis on Monday 10<sup>th</sup> and Tuesday 11<sup>th</sup> 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 <u>collected at the beginning of July</u> – 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 – it 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 6<sup>th</sup> June to take class photos.

**Staff Training:** Little reminder – the school will be closed for staff training on Monday 5<sup>th</sup> 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 12<sup>th</sup> June:** Little reminder – lists of available times will be on display in the main reception area from 31<sup>st</sup> 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!