



INSPIRE

INFLUENCE



Weeth School  
Holman Avenue  
CAMBORNE  
Cornwall

IMPACT

# NEWSLETTER

## 04 February 2022

Lunch Menu - w/c 07.02.22 : Week 3



### Message from Miss Sargent

Dear Parent/Carer,

There was a real buzz around the school today with children wearing numbers, bright colours and celebrating NSPCC number day. It was great to see so much support for such a good cause.

We still have quite a lot of food left in the foyer that was donated to the school. Please come and collect some, should you wish to, as it will be collected by the food bank on Tuesday afternoon.

Next week is Children's Mental Health Week. Miss Kitchin (PSHE lead and one of our learning mentors) has worked extremely hard to create a week that will recognise the challenges faced by our children and young people in today's world. We shall be focusing on mindfulness and wellbeing, discussing strategies for overcoming worries and the importance of sharing these with others. On Tuesday 8<sup>th</sup> February, children will be asked to 'dress to express.' We are asking that they come to school wearing clothes of any colours (there is **no** donation required for this). Children will also take part in a short yoga session on that day. I'm sure that the children will enjoy the week.

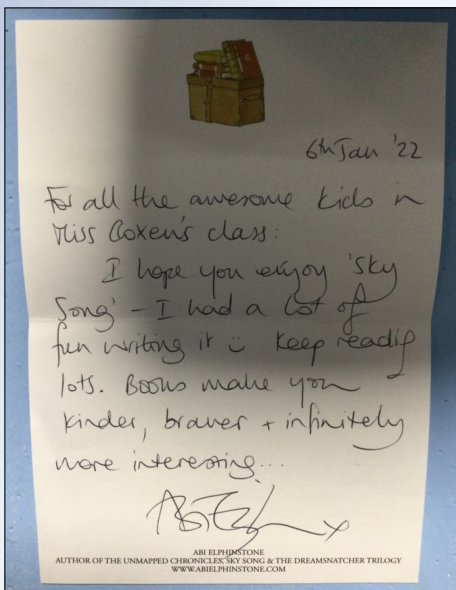
Have a wonderful weekend.



# WHOLE SCHOOL NEWS

## Tuesday 8th February

On Tuesday 8th February, as part of Children's Mental Health Week, we are going to have a non-school uniform day (free of charge). The idea is to use colour to express yourself on this day. Also on this day Rebecca Cornelius will be leading yoga workshops for each class (see more details later in newsletter)

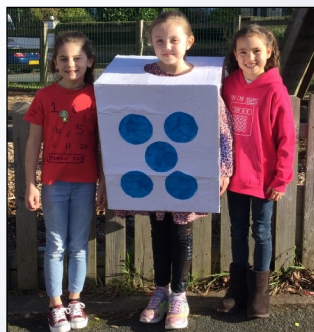


## Year 5 - Class News

This week Class 5 received some very exciting post! We received a letter from the author who wrote our current class novel, Sky Song. As a class, we are really enjoying reading Sky Song in our guided reading lessons. It was so special to receive a letter from the author herself! Abi Elphinstone also gave each of us a signed sticker and let Miss Croxen in on the secret about her brand new book.

## NSPCC - Dress up for Digits

Many thanks to all those who donated to the Dress Up for Digits day, we have raised £80 for the NSPCC. We loved seeing the children as digits. Here are some of the digits.







# WHOLE SCHOOL NEWS

## Year 6 : Class News

This week Year 6 have been on a field trip to Geevor Tin Mine. The pupils participated in an exciting workshop, which explored how mining has changed over the years. We also learned why mining was so important in Cornwall, especially in our local town of Camborne!







# WHOLE SCHOOL NEWS

## Bikeability

By Danny and Josh

During our time in bikeability we were taught by the one and only Martin Beck. He has taught many classes their Level 1 for a long time. He taught us brilliantly and helped us learn. He was the perfect mix of fun but serious and knows your level of skill straight away, we enjoyed every moment with him.

Our very first lesson was about getting to know our bikes. We were taught the M-check (not named after Martin) to make sure our bikes were safe. Afterwards, we rode our bikes in single file and had loads of fun while learning.

On the 2nd lesson we were split into groups and we were taken outside of school to a little estate nearby. We learnt how to get on and off the road safely, do u-turns and eventually go on the main road. We all have got to admit it was one of the best things we all ever did at school.

In the 3rd and final lesson we learnt how to do basic manoeuvres, signal and look behind us, all while riding. It was loads of fun for our last lesson. We are very grateful for our lessons it will be a skill we will use for life.



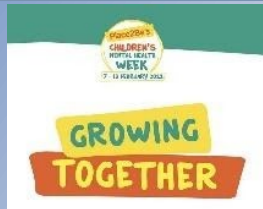
## National Football Week Monday 7th-13th February

Schools' Football Week is an ongoing ESFA initiative designed as an opportunity for schools, teams and clubs from across the country to embrace schools' football and the wellbeing benefits it provides to pupils and players. It celebrates the importance of schools' football, competitive or otherwise, to pupils across England and provides teachers and coaches with tools and a motivation to further discuss the benefits of schools' football within their educational environment.

In school, we are coming off our usual PE timetable to celebrate football through teaching new skills and playing friendly intra-tournament house matches.



# WHOLE SCHOOL NEWS



## Children's Mental Health Week Monday 7th-13th February



*Children's mental health charity Place2Be has set up Children's Mental Health Week 2022 to highlight the importance of mental health for children and young people.*

We all have mental health. Some people may have mental health problems. In fact, up to 1 in 4 of us will experience mental health problems at some time in our lives. During Children's Mental Health Week 2022, we can take some time to focus on mental health. Encourage children to think of how they can best look after their own mental health and how they can support family or friends with their mental health too.

Each year there is a different theme for Children's Mental Health Week. This year, the theme for Children's Mental Health Week 2022 is 'Growing Together'.

We can ask children how they feel they've grown so far and how else they'd like to grow in the future. This is an opportunity for children to reflect on their growth and be proud of themselves for it. It's also great for us to praise children on how they've grown too! To set aside some time for children to think about what skills they'd develop, what personal qualities they'd like to cultivate and what goals they'd like to achieve in the coming year. This will help them become even more inspired and motivated to grow!

We can also focus on ways that we can all grow together, through taking time to reflect on how we can all support others with their growth. Children can think of ideas and ways to encourage their friends and family to grow along with them, and how they can all support each other with their goals.

### Celebrating Children's Mental Health Week 2022

**In school this week, there will be :**

- Daily affirmations
- Yoga Workshops with Rebecca Cornelius – Tuesday 8th February 2022
- Dress to Express – Tuesday 8<sup>th</sup> February 2022  
(wear colourful clothes suitable to do yoga to express yourself)
- Bulb Planting at St. Meriadoc Park (Year 3 and Year 5)

Among other exciting events during school in the week.





# SUPERSTARS

Name	Class	
Alfie	FS2	For being so brave this week.
Dominic	Year 1	For inspiring the class with his wonderful reading.
Harrison	Year 2	For making such an effort with your handwriting in all of your subjects . You have worked so hard. Thank you!
Harley	Year 3	For being inspirational and always sharing ideas with the class.
Rylee Q	Year 4	For a positive impact on his own and others learning.
All Year 5 children who took part in the Bikeability course	Year 5	As the instructor said their attitude towards learning was an inspiration. Well done!
Harley	Year 6	For his determination and concentration with his times tables. What a star!

**Outstanding work!!**

**You are all amazing!**



## BLUE CARDS CLASS

### FS2, Years 1 and 2

#### Blue cards

Blue cards are issued to children by staff members for exceptional behaviour/effort or achievement. All children who get a blue card visit Miss Sargent.

**Well done to all this week's card holders.**

Name	Class
Evie	FS2
Alfie	FS2
Emily	FS2
Charlie	Year 1
Evelyn C	Year 1
Evelyn A	Year 1
Talia	Year 1
Effie x 3	Year 1
Robyn	Year 1
Orlando	Year 1
Seasha	Year 1
Fynn	Year 1
Dominic	Year 1
Evie x 3	Year 1

Name	Class
Kenah x 2	Year 1
All Year 1 children for RWI	Year 1
Ella	Year 2
Karenza	Year 2
Yasmine	Year 2
Eden	Year 2
Malachi	Year 2
Harley W	Year 2
Jack	Year 2
Jake	Year 2
Harrison x 2	Year 2
Teddy	Year 2
Toby	Year 2



# BLUE CARDS

## YEARS 3, 4, 5 and 6

Name	Class
Pippa x 2	Year 3
Harley x2	Year 3
Theo x 2	Year 3
Oakley	Year 3
Sophie	Year 3
Lizzie	Year 3
Jacob x 2	Year 3
Lilly-Mai	Year 3
Noah L	Year 3
Noah C	Year 3
Isaac	Year 3
Ava	Year 3
Israa x2	Year 4
Bobby	Year 4
Oscar	Year 4
Kaitlyn	Year 4

Name	Class
Lily	Year 4
Eden	Year 4
Olly	Year 4
Tommy	Year 4
Bethany	Year 5
Charlie	Year 5
Evie x 2	Year 5
Bodhi	Year 5
Ethan	Year 5
Carly	Year 5
Jess	Year 6
Tom	Year 6
Daniel	Year 6
Myah	Year 6
Lilly-May	Year 6







# SAINTS SOUTHWEST

## PE AWARDS



### PE Awards

Each week we will be celebrating PE Key Value awards for Classes 1-6.



This week's awards go to:



### PE Days

Monday	Years 2 & 3
Wednesday	Years 1 & 5
Thursday	FS2
Friday	Years 4 & 6



# DIARY DATES

## Diary Dates 2021/22

### January 2022

\* New Dates Added

Friday 14th January to Friday 18th February - Swimming Starts for Year 4

### February 2022

**Children's Mental Health Week** : 7th-13th February

**School's Football Week** : 7th-13th February

**Safer Internet Day** : Tuesday 8th February

**Dress to Express & Yoga workshops** : Tuesday 8th February

**Year 3 bulb planting trip** : Tuesday 8th February

**Year 5 bulb planting trip** : Thursday 10th February

**Half Term (February)** : 21st - 25th February

**School closure day (inset day)** : Monday 28th February

**School re-commences** : Tuesday 1st March

### March 2022

**Swimming commences for Year 3:** Friday 4th March (continues for 6 weeks)

**FS2 and Year 6 height & weight checks** : Thursday 3rd March

**World Book Day** : Thursday 3rd March

**Red Nose Day** : Friday 18th March

**Bikeability Group 2** : Monday 21st - Wednesday 22nd March





# MENU

WEEK 3		W/C: 13/09/04/10 16/11 06/12 17/01 07/02 28/02 21/03	
<b>MONDAY</b>	<b>HOT SPECIALS...</b> <b>Macaroni Cheese</b> Cheesy Macaroni Pasta <b>Veggie Sausage and Mash with Gravy</b> Fluffy mash with veggie sausages and rich gravy	<b>DAILY FAVES...</b> <b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>SIDES... PICK A PUDD!</b> <b>Peas and Carrots</b> Oatie Biscuit with Fruit Slices <b>Sweetcorn and Broccoli</b> Pineapple & Peach Crumble with Custard <b>Carrots and Cabbage</b> Mango Frozen Yogurt
<b>TUESDAY</b>	<b>Allegra's Garlicy Chicken and Spanish Spuds</b> Garlic seasoned chicken served with spanish style potatoes <b>Allegra's Cheesy Peasy Risotto Bake</b> A delicious baked cheesy, pea risotto	<b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Green Beans and Sweetcorn</b> Chocolate Sponge Cake
<b>WEDNESDAY</b>	<b>Prime Roast Beef with Roast Potatoes &amp; Gravy</b> Prime roast beef with fluffy roasties and tasty gravy <b>Meat-free Roast with Roast Potatoes and Gravy</b> Pumpkin and potatoes wrapped in flaky pastry	<b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Baked Beans and Peas</b> Crispy Snow Bar
<b>THURSDAY</b>	<b>Cornish Steak Pasty with Potato Wedges</b> Steak pasty with potato wedges <b>Veggie Lasagne served with a Bread Wedge</b> Delicious sheets of pasta layered with veggies and tomato sauce	<b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	
<b>FRIDAY</b>	<b>Southern Fried Chicken Tasters with Chips</b> Lightly seasoned crispy chicken strips and scrummy chips <b>Soft Taco and Chips</b> A soft taco shell filled with a yummy veggie tomato chilli	<b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	

**Food Super Heroes Menu**

YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children

**£2.30**

**THREE WEEK MENU**

**AUTUMN / WINTER 21**

TRY SOMETHING DIFFERENT - NEW TASTES & FLAVOURS!

WEEK 1		W/C: 20/09 11/10 01/11 22/11 13/12 03/01 24/01 14/02 07/03 23/03	
<b>MONDAY</b>	<b>HOT SPECIALS...</b> <b>Chinese Veggie Noodles</b> Fragrant egg noodles with stir fried vegetables <b>Macaroni Cheese</b> Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>DAILY FAVES...</b> <b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>SIDES... PICK A PUDD!</b> <b>Green Beans and Sweetcorn</b> Raspberry Ripple Ice Cream
<b>TUESDAY</b>	<b>Allegra's Chicken Filo Pie with Mashed Potato</b> A delicious light filo pastry topped chicken pie <b>Allegra's BBQ Beans served with Cornbread</b> Tasty BBQ beans served with Cornbread	<b>Jacket Potatoes</b> with salmon miso/pineapple <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Peas and Broccoli</b> Orange Drizzle Cake
<b>WEDNESDAY</b>	<b>Roast Chicken with Roast Potatoes &amp; Gravy</b> Succulent roast chicken with fluffy roasties and tasty gravy <b>Meat-free Roast with Roast Potatoes and Gravy</b> Delicious Quorn roast with fluffy roasties and tasty gravy	<b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Carrots and Cabbage</b> Shortbread Biscuit with Fresh Cut Fruit Slices
<b>THURSDAY</b>	<b>Pasta Bolognese</b> A classic Italian beef bolognese in a yummy tomato sauce <b>Butternut Squash and Tomato Bake with Rice</b> A delicious butternut squash and tomato bake served with rice	<b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Broccoli and Sweetcorn</b> Berry & Peach Oaty Crumble with Custard
<b>FRIDAY</b>	<b>Golden Fish Fingers and Chips</b> Crispy fish fingers with scrummy chips <b>Quorn Dippers and Chips</b> Crispy Quorn Nuggets with their fav sauce - Ketchup	<b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Baked Beans and Peas</b> Chocolate & Raspberry Swirl Cake
<b>MONDAY</b>	<b>HOT SPECIALS...</b> <b>Veggie Bolognese</b> Penne pasta in a yummy tomato & Quorn sauce <b>Cheese and Tomato Pizza with Dough Balls</b> Cheesy tomato topped pizza slice	<b>DAILY FAVES...</b> <b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>SIDES... PICK A PUDD!</b> <b>Green Beans and Sweetcorn</b> Flapjack with Fruit Slices
<b>TUESDAY</b>	<b>Allegra's Chicken Katsu with a Rice Side</b> Yummy crispy Chicken Katsu with rice <b>Allegra's Oodles of Noodles</b> Delicious noodles with tofu and veggies	<b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Broccoli and Peas</b> Peach Shortbread Pudding & Custard
<b>WEDNESDAY</b>	<b>Roast Turkey with Roast Potatoes &amp; Gravy</b> Roast turkey with fluffy roasties and tasty gravy <b>Creamy Vegetable Pie with Roast Potatoes and Gravy</b> Creamy vegetable pie with a cheesy shortcrust top	<b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Cabbage and Carrots</b> Raspberry Yogurt Cake
<b>THURSDAY</b>	<b>Cottage Pie</b> Home cooked minced beef with a crispy potato topping <b>Mild Chickpea and Potato Curry</b> served with Wholemeal Rice	<b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Green Beans and Sweetcorn</b> Fruity Chocolate Brownie
<b>FRIDAY</b>	<b>Golden Fish Fingers and Chips</b> Crispy fish fingers with scrummy chips <b>Tomato Veggie Burger with Chips</b> A delicious homemade veggie burger	<b>Jacket Potatoes</b> A choice of hot and cold fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Peas and Baked Beans</b> Chocolate Shortbread

Vegetarian 
 Oily fish 
 Wholegrain 
 Fruity!

Water, salad, bread and fruit Available every day!





# COMMUNITY NEWS

Weeth Primary School, throughout the year, distributes fliers and magazines offering family services or posts details of local activities on the newsletter. Whilst we think that parents might like the information and find it useful, the school does not endorse these services.

## New Year, New You

Are you interested in building your self confidence and learning motivational techniques that will help you develop and grow as an individual? Are you looking for further training or a new career? Then why not attend our **FREE\*** event to chat with partners from the industry, who can provide further skills & employment advice.



Our partners at Active Plus will be attending to provide confidence building & motivational advice. Citizens Advice will also be in attendance to offer help and support.

\*for unemployed or economically inactive individuals

come along to our morning or afternoon session

### @ CAMBORNE COMMUNITY CENTRE

10 - 12pm or 1 - 3pm      Friday 25th February 2022      9 South Terrace, Camborne, TR14 8SU



There will also be lots of fun circus skills to get involved with provided by Swamp Circus. They work towards engaging people with performance as these skills will help to improve your mental and physical health & wellbeing.

### TEA & COFFEE IS PROVIDED!

If you're interested or need more information please contact [maeve.jarret@cornwallmarine.net](mailto:maeve.jarret@cornwallmarine.net), call 01326 211582 or pop in on the day!

NEXUS  
Trevu Road,  
Camborne  
TR14 7AD



**MATHS**  
Platonic Solids  
What are they and can we find all of them?

**SCIENCE**  
Exothermic and Endothermic!  
Carry out practical experiments to explore chemical reactions that get hot and others that get cold.

**COMPUTING**  
The Language of Binary  
Learn how to translate the language of computers into words and how you can use this to create your own coded messages.

FOR YEAR 5 STUDENTS



To register for a Masterclass place, please visit [nexuscsia.co.uk/masterclasses](http://nexuscsia.co.uk/masterclasses)

[nexuscsia.co.uk](http://nexuscsia.co.uk) | Follow us @nexus.csia



NEXUS TV LAUNCH

Aimed at year 5 & 6

Access free online lessons & resources at [nexuscsia.co.uk/nexus-tv](http://nexuscsia.co.uk/nexus-tv)



Positive People is funded by the European Social Fund and the National Lottery Community Fund



## Blackbird Pie Magazine

Welcome to the February & March issue of DIGITAL BlackbirdPie Magazine - produced in Cornwall, for families across Cornwall. There is SO much to do this February and March, from innovative and quirky science activities, workshops & demos; theatre shows and pantomimes; gorgeous galleries & fascinating museums; free and low-cost events & some special offers. The magazine also includes our 'Into the Wild' themed book review, advice on NHS 111 and fun keep-fit ideas from cheerleading to cycling and a free interactive trail app.

[Activities in Cornwall for families | Blackbird Pie Magazine](http://Activities in Cornwall for families | Blackbird Pie Magazine)







COMMUNITY

NEWS



**29 January**  
The Other Side of  
the Canvas



**12 February**  
A Taste of France  
(Un goût de la  
France)



**5 March**  
Camborne  
Sporting Stars



**19 March**  
Easter Treats



**2 April**  
Wonderful Willy  
Wonka Workshop

**Saturday 12<sup>th</sup> February – A Taste of France (Un goût de la France) – 9.30am to 12noon**

Let's celebrate Pancake Day! You'll discover the French festival of La Chandeleur and learn all of the vocabulary you need to create your very own French pancake recipe.

**Saturday 5<sup>th</sup> March – Camborne Sporting Stars – 9.30am to 12noon**

Do you see yourself as the next Camborne Sports star? You will be able to to be have a go at lots of different sports including football, basketball, hockey and lacrosse! You will learn some amazing new skills as well as making some new friends!

**Saturday 19<sup>th</sup> March – Easter Treats – 9.30am to 12noon**

Bake and practise your icing skills by decorating your own Easter cupcakes.

(If you have any special dietary requirements/allergies, please do inform us when booking.)

**Saturday 2<sup>nd</sup> April – Wonderful Willy Wonka Workshop – 9.30am to 12noon**

Gain an insight into the magical world of Willy Wonka's Chocolate Factory. Your mission will be to solve the clues to guide yourselves to the lost golden tickets! Are you up for the challenge? Will you achieve your mission before the time runs out?

## CSIA Super Saturdays

**Year 5 Students are invited to join CSIA on their Super Saturday experience Days.**

**If you are interested, please go to**

<https://www.cambornescience.co.uk/super-saturdays/>



COMMUNITY

SUPPORT

NUMBERS

**Useful Community Support Numbers:**

Citizens' Advice Bureau 0344 411 1444

Multi Agency Referral Unit (MARU) 0300 123 1116

The Early Help Hub 01872 322277 [earlyhelphub@cornwall.gov/uk](mailto:earlyhelphub@cornwall.gov.uk)

First Light 0300 777 477 secure email [saferfutures@firstlight.cjsm.net](mailto:saferfutures@firstlight.cjsm.net)

Cornwall Women's Refuge Trust 01872 277814

Refuge Trust 01872 225629

Women's Aid 01736 367539 NSPCC 0808 800 5000

Childline 0800 11 11 Young Minds 0808 802 5544

Covid and Mental Health helpline 0808 808 4994 or text YM to 85258

Samaritans 0330 094 5717 or free on 116123

Money Advice Service 0800 138 7777

Penhaligon's Friends 01209 210624

CAPH Debt Help 0800 328 0006 [caphdebthelp.org](http://caphdebthelp.org)

Viva (loneliness support) contact Leanna Cox 07394 562 444