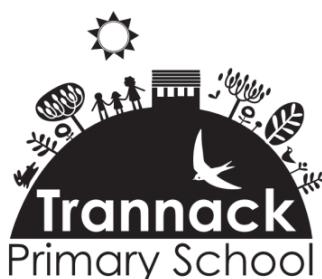


# Newsletter

Friday 12<sup>th</sup> July 2024



Trannack Primary School  
Trannack  
Helston  
Cornwall  
TR13 0DQ

Tel 01326 572100

[www.trannack.croftymat.org](http://www.trannack.croftymat.org)

Executive Headteacher: Mrs L. May  
[linda.may@croftymat.org](mailto:linda.may@croftymat.org)

Head of school: Mr A. Boyes  
[adam.boyes@croftymat.org](mailto:adam.boyes@croftymat.org)

Finance:  
School Meals £2.65 per day, £13.25 per week. Please pay via ParentPay

Early Bird - £2.10 or £2.80 per session  
Kid's Club - £7.35 per session  
This must be booked in advance!

You may replace:  
Book bags @£4.00

Uniform - [www.hartpersonalised.com](http://www.hartpersonalised.com)  
or - [www.myclothing.com](http://www.myclothing.com)

Trannack Facebook Page:  
<https://www.facebook.com/Trannack-School-275021094306153>

Tax Free Childcare:  
[www.gov.uk/tax-free-childcare](http://www.gov.uk/tax-free-childcare)

## Diary Dates

Summer: Jul 25<sup>th</sup> - Sep 4<sup>th</sup> inc.  
INSET Days - Tue 3<sup>rd</sup> Sep, Wed 4<sup>th</sup> Sep,  
Mon 14<sup>th</sup> Oct, Mon 24<sup>th</sup> Feb, Thur 8<sup>th</sup>  
May, Mon 2<sup>nd</sup> Jun, Wed 23<sup>rd</sup> Jul  
Autumn term - Sep 5<sup>th</sup> - Dec 20<sup>th</sup> inc.

Dear Parents/Carers

## End of Term Assembly

This will take place at 2:30pm on Wednesday 24<sup>th</sup> July. Could all trophies that were received last year please be returned to school as soon as possible to ensure that the trophies will be ready for this year's award winners. Thank you!

## Play, Stay & Transition Session for Little Learners and Reception Children - 2024/25

We will be holding our 'Play, Stay & Transition Session' on the afternoon of Monday 15<sup>th</sup> July 1pm - 3pm. This is for all of our EYFS children which includes our new Little Learners, next year's Reception children and their parents, if they wish to stay. Our prospective Reception children will be able to stay for lunch and our new Little Learners are invited to join us at 1pm.

## Transition Sessions

Next week, we will be having 3 transition sessions in order to support the children in moving year groups/classes and to help them get to know their new teachers and teaching assistants.

- Monday 15<sup>th</sup>: EYFS (next year's Little Learners and Reception aged children) stay and play - 1pm-3pm in Praa Sands classroom.

- Tuesday 16<sup>th</sup> (AM only): Whole school transition session 1, with children spending the morning in their classroom (for next year) with their new adults

- Wednesday 17<sup>th</sup> (AM only): Whole school transition session 2, as above.

During the whole school transition sessions, our current Year 6's will have separate lessons in the hall in order to make space in Godrevy for the new children moving up. Please feel free to ask if you have any concerns or questions about these transition sessions.

## Reports and IEP reviews

End of year summary reports will be sent out for each child next Friday (19<sup>th</sup> July). Following this, if you would like to make an appointment to discuss your child's report, please do so with your child's current class teacher on either Monday 22<sup>nd</sup> or Tuesday 23<sup>rd</sup> July. If your child currently has an IEP (Individual Education Plan), their class teacher for next year will be getting in touch soon to arrange a meeting to discuss support and targets for September. Meetings to

do this will hopefully take place next week.

## Godrevy & Portreath Surf/Beach Day

The children had a great time learning about beach safety, safety in the water, water confidence and how to surf. They were very fortunate with the weather too.

## Rocksteady

The children who take part in Rocksteady have been busy practicing for their concert which will take place at 9am on Tuesday 16<sup>th</sup> July (at school). All parents are welcome to attend.

## School Meals on Wed 24<sup>th</sup> July

Chartwells will be offering steak pasties, cheese pasties or jacket potatoes on this day. If your child/children require a pasty this must be ordered by Tuesday of next week. We will ask children in class on Monday so could you please ensure that they know if they are allowed to order one. Alternatively, you can complete the attached school meals form. If pasties aren't ordered in advance there will only be jacket potatoes as an option on the day.



**ParentPay**

Wrap Around Care invoices for Apr/May 24 have been added to ParentPay. It would be much appreciated if these could be settled as soon as possible, along with contributions for swimming and school trips.

**School Meals**

Please ensure that you settle payment for any outstanding school meals which are owing, thank you!

House Points	
Fleetwood	★ ★ ★ ★
Hepworth	★ ★ ★ ★ ★ ★
Davy	★ ★
Trevithick	

**House Points**

Hepworth won this week's house points. Well done!

**Attendance**

The class with the highest attendance last week was Praa Sands class with 95.20%.

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## MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

**Promoting Physical Wellbeing - 10 Top Tips for Parents & Educators**

Activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

<p><b>Diary Dates:</b>                      Little Learners' (Sep 24) - Play &amp; Stay session - Mon 15<sup>th</sup> July 1 - 3pm                      Rocksteady Concert - Tue 16<sup>th</sup> July - 9am (parents invited)                      Transition session 1 - Tues 16<sup>th</sup> - morning session                      Transition session 2 - Weds 17<sup>th</sup> - morning session                      Leavers assembly - Weds 24<sup>th</sup> July - 09:15                      End of term assembly - Wed 24<sup>th</sup> July - 14:30                      Last day of term - Wed 24<sup>th</sup> July                      First day of autumn term - Thur 5<sup>th</sup> September</p>	<p><b>Clubs This Half Term</b>                      Monday - KS1/KS2 Gardening Club                      Tuesday - KS1 Forest School Club                      Tuesday - KS2 Recorder Club                      Wednesday EYFS - Yr6 Services Club                      Thursday - KS2 Art Club                      Thursday - KS2 Forest School Club</p>
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**Week 2**

15/07/24	Monday				Tuesday				Wednesday				Thursday				Friday			
<b>Name</b>	Cheese & tomato pizza	Veggie Bolognese	JP cheese/beans, or pasta	Ham or cheese sandwich	Beef Bolognese	Veggie burrito	JP cheese/beans, or pasta	Ham or cheese sandwich	Roast chicken with roast potatoes	Quorn roast with roast potatoes	JP cheese/beans, or pasta	Ham or cheese sandwich	Butter chicken curry	Macaroni cheese	JP cheese/beans, or pasta	Ham or cheese sandwich	Southern fried chicken & chips	Veggie fingers & chips	JP cheese/beans, or pasta	Ham or cheese sandwich

**Week 3**

22/07/24	Monday				Tuesday				Wednesday				Thursday				Friday				
<b>Name</b>	Cheese & tomato pizza	Chinese vegetable noodles	JP cheese/beans, or pasta	Ham or cheese sandwich	Pork sausages & mash	Veggie sausages & mash	JP cheese/beans, or pasta	Ham or cheese sandwich	Steak pasty	Cheese pasty	JP cheese/beans										

## This week's certificates go to:

Name	Class	Certificate	Reason
All Yr6 Seth	Godrevy	Learner of the week Citizen of the Week	For their brilliant SATs results! Well done! For repeatedly demonstrating acts of kindness towards others; a true show of respect!
Emma & Annie	Portreath	Learner of the Week	For writing fantastic setting and character descriptions in English.
Arthur	Portreath	Citizen of the Week	For demonstrating great courage, giving something a go even though he was unsure, but finding out he enjoyed it!
Praa Sands Class	Praa Sands	Learner of the Week	For amazing behaviour and enthusiasm on their beach trip!
Theo & Robyn	Praa Sands	Citizen of the Week	For being respectful and looking out for a class member.

## Bullying

Bullying is never OK. Nobody deserves to be bullied and if it's happening to you, you should speak about it to an adult you trust. But what if you think you might be bullying people? Bullying is a behaviour that hurts those around us, but just like any behaviour, it can be changed. We asked PSHE specialist Kate Daniels to offer some advice on what to do if you think your words or actions might be hurting someone. Check out her tips below.



### 1. Become aware

We might think we just like a laugh, enjoy pranks, or maybe some people just irritate us, but whatever the reason, bullying is never OK. It is often the case that we do have a sense of unease, sometimes called 'a gut feeling', when we do something wrong. If we use these feelings to recognise when we've said or done mean things to others then we can get honest with ourselves and acknowledge these. Finding this self-awareness is a really positive first step to changing our bullying behaviour.

### 2. Look for warning signs

If we look for them, there are many signs that show how people feel, and noticing these can be really helpful in working out if our words or actions are negatively impacting others. It's good to remember that people express themselves differently - both verbally and non-verbally - so even if someone is quiet, their body language may still let us know how they're feeling. People's reactions to our online posts and comments can also give us a clue to how our behavior is impacting others. So, let's think back, listen, read and notice actions and comments to see if we can spot any signs.



### 3. Get reflective

Reflecting back on our own experiences can help us to understand a bit more about why we may be bullying others. Perhaps we could think about when it started, for example, and see if we can notice why this might have been the case? If this brings up worrying or distressing feelings for us, however, then it's best not to do this alone. It's always really important to get support if we are struggling to cope with any aspect of our lives - both those that are currently happening and those that have happened - and there are lots of professional people out there who can help us. Check out the **If you need support** section at the bottom of this page for some suggestions and links that may help you.

### 4. Talk to a trusted adult

Talking to a trusted, supportive adult about our behaviour will really help. Maybe this could be a member of the family or a teacher? Teachers may not be impressed with the hurt we have caused someone, but they are likely to admire our honesty and want to help us to put things right and get us any support we need.



Everyone makes mistakes, but it's what we do once we realise them that defines us. Our past, or even our present behaviour, doesn't have to determine who we are or who we will become, but we can begin the process right now and decide how we are going to act one day at a time. If we can get honest with ourselves, have the desire to change and ask for help, we might just amaze ourselves. There are so many people out there ready to help us, all we have to do is ask.

# Come and try Judo

First two classes are free start Tuesday 10<sup>th</sup> September

All ages welcome from 5 onwards

Learn discipline through a traditional martial art

Create new friendships that last a lifetime

Learn to cope with success and failure through sport

Create a healthy mind and body

Reach new goals

Be part of a team whilst focusing on individual achievement

World and Olympic sport



All instructors are fully qualified, insured, DBS checked and hold first aid and safeguarding certificates.



Members of the British Judo Council  
Affiliated to the British Judo Association



CARN BREA JUDO CLUB – Est 1974  
[facebook.com/CarnBreaJudo/](https://www.facebook.com/CarnBreaJudo/)



Location; Roskear School main hall  
Time; Tuesday 6pm to 7pm (beginners) 6pm to 8 pm (graded players)