

Dear Parent

Wrap Around Care - We understand that sometimes these sessions are needed at short notice, but it would be most helpful if parents could book sessions in advance for Wrap Around Care when possible. This is especially important for instances when we may have to cancel the session due to unforeseen circumstances. Thank you!

Age Appropriate TV—As a school, we frequently have conversations with children (and parents) about what the children watch on TV, play or access online. Sometimes children tell us about things they have played or watched that are not appropriate for their age. It is important to be aware that age ratings are there as guidance and protection, but also that allowing children to watch age-rated content that they are not old enough to watch is against the law.

However, as parents, I'm very aware that it can be really difficult to navigate what is and isn't right to let children watch or play, especially given the breadth of content that there is available for children to access. To help with this, there is a wealth of guidance and advice available. For example, this is some excellent advice from Common Sense Media (www.commonsensemedia.org):

Research shows that viewing or playing violent content **could have an effect on children**. This applies to both real and fictional violence that they might see on-screen. Violence that children absorb through TV, social media, movies, games, and other entertainment can:

- Raise their levels of fear, anxiety, depression, and other mental health issues
- Desensitize them to the pain and suffering of others
- Increase the chances of them acting aggressively

As hard as you try, you won't be able to avoid all exposure to violent media and entertainment. Our nonstop news cycle and social media feeds can make it difficult to avoid disturbing images. If your child learns about a tragic event or witnesses graphic photos or videos, **talk with them about it in an age-appropriate way**.

At home, parents and caregivers have some control over what children play and watch. If you'd like to limit how much violence your child sees in entertainment, try looking at reviews before pressing play. Look for entertainment that's free of violence and that your children will enjoy. If your child is ready to handle more violent media, you can introduce it age-appropriately and discuss it together. In the meantime, choose **movies that aren't too scary**, find **alternatives to violent games**, and seek out **podcasts that help them express their emotions**.

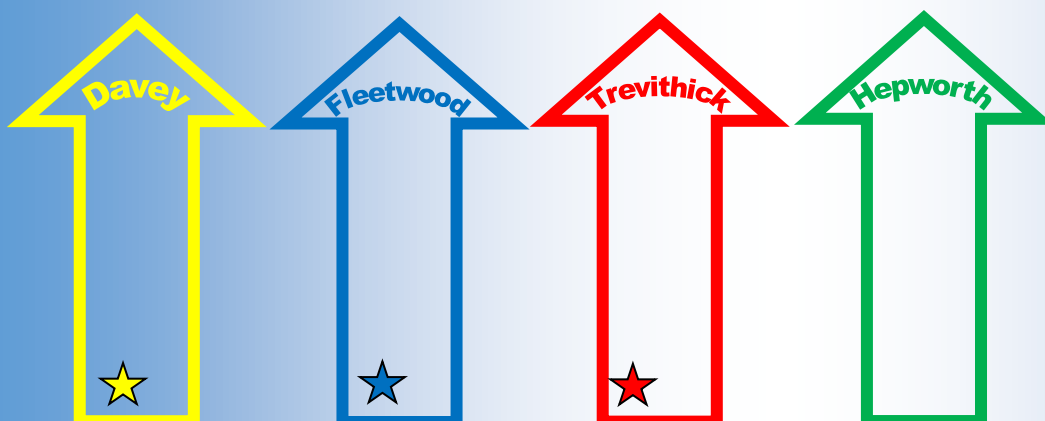
These websites may also be helpful – their focus is on online content, but most of it is similarly applicable to TV shows and films:

<https://www.internetmatters.org/issues/inappropriate-content/learn-about-it/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/inappropriate-explicit-content/>

I realise that this can be a sensitive and challenging subject for many, but if you would like any more support with navigating this difficult issue, please get in touch.

All the best
Mr Boyes



★ Davey were this week's House Point Winners, well done!

A reminder of the school times

8am - Early Bird

8:30 - Wake & Shake

8:30 Children can arrive and wait in the playground with their parents.

8:40 - Doors open

8:45 - Registration

15:15 - End of the day

15:15—17:00 Kids Club

Photomontage

In art this term; Godrevy are thinking about photomontage. In our extra art session on Tuesday, Godrevy had to design an advert for either fashion, gardening or cooking. They really embraced finding appropriate materials in weekend supplements from national newspapers and supermarket leaflets.



Health Information

The National Childhood Measurement appointments have been booked for Tues 25th March for children in YrR & Yr6. Nearer the time we will inform you how you may withdraw your child from being measured.

This week's certificates go to....

All of Godrevy ~ Learner of the week for their noticeable efforts in working hard, setting a good example and trying to be independent learners this week.

Erin in Godrevy ~ Citizen of the week for her positive 'can do' and helpful attitude this week, especially in supporting other learners.

Ash in Portreath ~ Learner of the week for working hard on learning and practising all of his timetables.

Penny in Portreath ~ Citizen of the week for always making the right choices in class and showing great perseverance in her work.

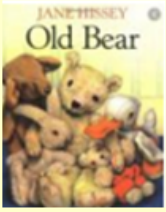
Ryan in Praa Sands ~ Learner of the week for super work in maths using Base 10 and place value charts to add two digit numbers.

Nora in Praa Sands ~ Citizen of the week for perseverance with her writing.



Spring 1

Toys



Old bear – Jane Hissy

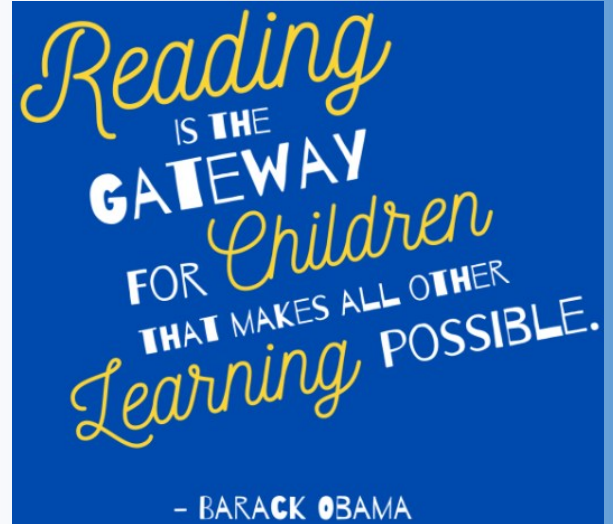
This text provides opportunities for both character and setting description. The exploits of the characters provide a basis for writing lists and instructions. This is a heartwarming tale of friendship, perseverance and doing your best. The text is beautifully illustrated, making for a highly accessible and immersive read as the toys appear to control the narrative. The wonderful portrayals of the beloved toys really make them come alive.

Trannack Reading Spine

The topic for Praa Sands class this term is 'Toys', they are reading 'Old Bear! By Jane Hissey' as the fiction text from their reading spine for this half term.



9. Beautiful children's book illustrations introduce a child to art and **creative expression**.



Reading Karate

- Ashiq - Green - Godrevy
- Lowen - Blue - Godrevy
- Emma - Blue - Godrevy
- Elodie - White - Godrevy
- Emma - Orange - Godrevy
- Penny - Green - Portreath
- Albert - Orange - Praa Sands
- Nora - White - Praa Sands



Recommended for ages 5 - 7



<https://bit.ly/2SKu5FV>

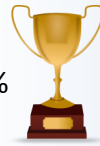
Grandad's Island
Benji Davies

Storytime
Read by Benji Davies

Storytime Online

Scan the QR code and the link will take you to a video of the of the story being read aloud. Click on this link: <https://www.booksfortopics.com/resources/storytime-online/> to see

Attendance



Whole school to date: 94.7%

This week

Praa Sands Class ~ 98.5%

Godrevy Class ~ 95.3%

Portreath Class ~ 89.65%

Menu for week commencing 27/01/2025

WEEK 1 <small>WED: 24/01, 25/01, 26/01, 27/01, 28/01, 29/01</small>					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Macaroni Cheese	Classic Beef Burger Served with Potato Wedges	Roast Gammon Served with Roast Potatoes and Gravy	BBQ Chicken Pizza Served with Pesto Pasta	Fish Fingers Served with Chips
	Cheesy Bean Burrito	Queen Burger Served with Potato Wedges	Roast Quorn Served with Roast Potatoes and Gravy	Meatless Feast Cheesy Pizza Served with Pesto Pasta	Veggie Fingers Served with Chips
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings including Salmon Mayonnaise	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	Flapjack with Fruit	Apple Crumble with Custard	Rice Pudding with Jam or Chocolate Spread	Raspberry Jelly	Chocolate Brownie
PACKED LUNCH Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day					
<small>Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.</small>					

School Meals

£2.65 per day

£13.25 per week

Please pay via ParentPay.

School Uniform can be purchased from -

www.hartpersonalised.com

or

www.myclothing.com



Diary Dates

Godrevy swimming ~ Fri 17/01/25 to Fri
14/02/25 inc.

Will Keating leading a singing workshop with all
KS1/2 children - 29/01/25

Trust Council event at Paradise Park - 31/01/25

Godrevy visit to Light & Life Centre - 05/02/25

NSPCC Number Day (more info to follow) -
07/02/25

Yr1 Hearing Screening—10/02/25

Safer Internet Day (more info to follow) -
11/02/25

Half term ~ 17/02/25 - 21/02/25 inc.

Mon 24/02/25 ~ School closed INSET day

Mass Cornish Sing - Yr1 - 6 - by coach to Hall for
Cornwall - 03/03/25

St Piran's Day - Pasties for lunch 05/03/25

Portreath swimming ~ Fri 07/03/25 to Fri
04/04/25 inc.

Rocksteady concert for parents ~ Tue 01/04/25
9am

Praa Sands swimming ~ Fri 02/05/25 to Fri
23/05/25 inc.

Half term ~ 26/05/25 ~ 30/05/25

Residential (Bristol & Bath) Yr5/6 ~ Mon
09/06/25 - Weds 11/06/25

Yr6 transition to Helston ~ Tue 01/07/25 9am -
3pm

New parents' eve Helston 6pm

Yr6 transition to Helston ~ Wed 02/07/25 9am -
3pm

New parents' eve Helston 6pm

Rocksteady concert for parents ~ Tue 22/07/25
~ 9am

Last day of term 22/07/25

MENTAL HEALTH SUPPORT TEAM - MHST
Cornwall Partnership
NHS Foundation Trust

Parents and Carers - please join us at our 1hr online Behaviour Workshop

Monday 27th January - 9.30am & 2pm
Tuesday 28th January - 11.30 am & 4pm
Wednesday 29th January - 9.30am & 1.30pm
Thursday 30th January - 11.00am & 4pm

This workshop provides parents with practical strategies to foster positive behaviour and communication at home.

To book a place please complete the online form [HERE](https://forms.office.com/e/1PwGDXSQ40)
<https://forms.office.com/e/1PwGDXSQ40> or scan the QR code

This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall

MENTAL HEALTH SUPPORT TEAM - MHST
Cornwall Partnership
NHS Foundation Trust

Parents and Carers - please join us at our 1hr online Sleep Workshop

Monday 3rd February - 11am & 4pm
Tuesday 4th February - 9.30am & 2pm
Wednesday 5th February - 9.30am & 1.30pm
Thursday 6th February - 11am & 1.30pm

This workshop aims to provide psychoeducation on sleep hygiene and sleep routines. Also includes practical strategies for helping children

To book a place please complete the online form [HERE](https://forms.office.com/e/7ac7qHLP)
<https://forms.office.com/e/7ac7qHLP> or scan the QR code

This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways - from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



NOS
National Online Safety®
#WakeUpWednesday

Sources: <https://www.ecdc.europa.eu/en/about-us/about-us-what-we-do/our-approach-to-risk>, <https://www.nos.gov.uk/about-us/what-we-do/our-approach-to-risk>, <https://www.nos.gov.uk/about-us/what-we-do/our-approach-to-risk>, <https://www.nos.gov.uk/about-us/what-we-do/our-approach-to-risk>



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.12.2021



Are you interested in School Catering that fits around your family life.
No weekends or evenings

Chartwells Catering have a Vacancy in your area.

Relief Unit Manager (permanent position)
Catering experience is advisable but full training will be given and uniform provided.

Own transport required with fuel allowance and travel time pay

Position is term time only with salary spread over the whole year.

If you are interested, please call or email.

Karen – 07760172002

Karen.wallens@compass-group.co.uk