

# ST BURYAN ACADEMY NEWSLETTER

Friday 7th February 2025

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**STAY UP-TO-DATE WITH SCHOOL NEWSLETTERS, MENUS AND DATES**

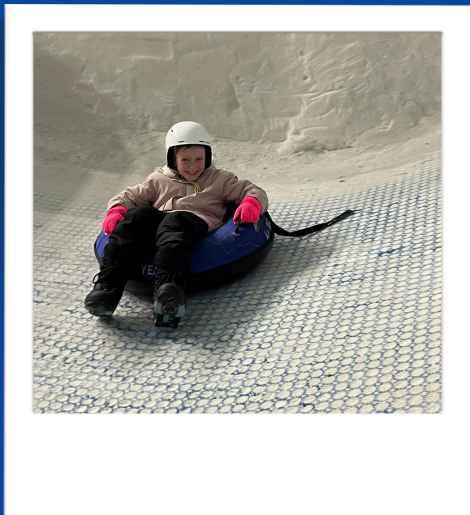
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TURN ON NOTIFICATIONS AND RECEIVE NOTICE WHEN WE UPLOAD OUR NEWSLETTERS, MENUS AND UPDATE OUR DIARY!

## Key Dates

Please check the school calendar through our website regularly - more dates will be added as the term goes on

Please check the key dates below for upcoming events. New dates may be added across the term so please check our lines of communication when notified.



### In this edition...

- Welcome
- London Trip in photos
- Well-being week
- Upcoming FoS events
- Yearly Dates
- Supporting Emotional Literacy

### INSET DAYS 24/25

Sept 3rd and 4th 2024

June 6th 2025

July 21st, 22nd, 23rd 2025

Welcome to our fortnightly newsletter!

It has been an incredibly busy couple of weeks to share with you. In our newsletter today you'll see some photos of year 5 and 6's trip to London as well as some shots of well-being week, which we celebrated this week.

#### London trip

We had an amazing time last week, venturing to the capital! It was a busy couple of days (which I still haven't properly recovered from). After our long coach ride up, we stretched our legs and visited The Imperial War Museum. Here we explored the World War I and II exhibitions, bringing some of our current learning in Porthcurno to life.

The following day we had an early start as we visited Parliament and got a tour around the House of Commons and House of Lords; it was extraordinary to see these famous rooms in the flesh and we felt very privileged to do so. Following that, we walked around parts of London, making our way over to Tower Bridge. Here we got to find out about the bridge's history and climb all of the way up the tower to take in breath-taking views. There was even a glass walkway where we could look down and see the traffic below.

That evening we watched The Lion King on stage.

The following day we visited Wembley Stadium and even got a tour around where we got to visit the changing rooms and go pitch-side!

Our final activity of the trip was snowboarding in the snow dome at Hemel Hempsted - it was a challenge but we loved it! There was even time for some tubing at the end.

These trips are invaluable to our children. Seeing them experience these things, accessing wider opportunities and them growing in confidence, knowledge and appreciation of the wider world is so important. A huge thank you to all of our children for being so well-behaved and a pleasure to take away; as well as to our staff who gave up their time to take them and to those who 'held the fort' at home.

#### Well-being week

Well-being is something we hold at the core of learning and school life; we like to think that our children enjoy school and especially school at St Buryan, however, we recognise that we all have our moments. So this week we thought about things that we can do to make us feel better when we are a bit low by bringing in things that make us feel safe, comfortable and smile - especially with some wonderfully whacky hair!

#### Year 3/4 trip

You may have seen that Y3/4 have taken home their residential forms for this year. Please return forms and deposits by next week - thank you!

#### Attendance

My usual bit on attendance... we have made good progress this term and are currently at 94.1% - only 0.4% below the National Average. Let's have a big push on this for the remainder of the term and then look to overtake it in the Summer Term. Thank you for your support with this.

Have a great weekend, Mr McDonald and all at St Buryan Academy



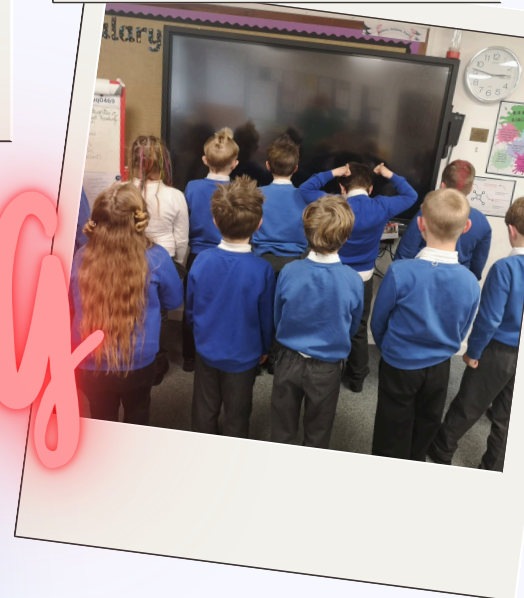
# LONDON

2025





# Well Being Week



# PYJAMA DAY

Wear your favourite pyjamas to school!  
Please donate a raffle prize for future events



FRI  
**14**  
FEB





The Friends of  
ST BURYAN ACADEMY

# Valentine's Raffle

A RAFFLE JUST FOR GROWN UPS!

◀—♥—▶ £2 a strip ▶—♥—▶

AVAILABLE TO PURCHASE AFTER SCHOOL IN THE  
PLAYGROUND - DRAWN ON 14TH FEB



TREAT THURSDAY

# Pancake sale

Join us after school on 27th Feb  
for homemade pancakes  
(to eat at school or take home)

All Pancakes £1 with one topping

Chocolate spread / Syrup / Lemon & Sugar



# ST BURYAN ACADEMY

## Key dates

# 2024

### September

- 5th – First Day back!
- 20th – Fitness Day
- 25th – Outdoor Learning Day

### October

- Black History Month
- 4th – World Animal Day
- 9th – Stay Safe Workshop
- 10th – World Mental Health Day
- 21st-25th – Parent Meetings
- 22nd – Healthy Cornwall Workshops
- 28th-1st Nov Half Term
- 29th-3rd Nov – Diwali

### November

- Diwali
- 11th – Armistice Day
- 13th-17th Anti Bullying Week
- 14th – Open Afternoon/Learning together

### December

- 16th – Christmas performances dress rehearsal
- 17th – Christmas Dinner
- 18th – Morning Christmas Show
- 19th – Evening Christmas Show
- 20th – Christmas Paryy and last day of term (1.30pm finish)

### January

- 6th – Back to school
- 13th – Year 6 SATs meeting

### February

- 3rd-10th – Children’s Mental Health Week
- 7th – NSPCC Number Day
- 17th-21st – Half Term

### March

- Women’s History Month
- 4th – Open afternoon/learning together
- 6th – World Book Day
- 12th – Outdoor Learning Day
- 14th & 15th – Holi
- 21st – World Poetry Day
- 24th-28th – Parent Meetings

### April

- 4th – Last day of term (1.30pm finish)
- 22nd – Back to School

### Key contacts

- Mr. Josh McDonald  
Head of School
- Designated Safeguarding Lead  
head@stburyanacademy.org
- Mrs. Care  
Business and Administration  
Parent Liaison Officer  
secretary@stburyanacademy.org
- Mrs. Joanna Kwiatkowska  
SENCo
- Deputy Designated Safeguarding Lead  
joanck@stburyanacademy.org

All other contacts are available on our website



### May

- 12th – Year 6 SATs week
- 19th – Year 5/6 London Trip (proposed date)

### June

- 2nd – Multiplication Check week
- 6th – INSET day
- 9th – Phonics Screening Check period begins
- 19th – Outdoor learning day
- 23rd – Year 1-4 residential week (proposed dates)

### July

- 4th – Sports’ Day and fete
- 11th – Reports out
- 15th – Year 6 Leavers’ Service
- 18th – Last day (1.30pm finish)!

### Key Information

Please note that dates are subject to change and more may be added across the course of the year.

PE every Tuesday

Swimming every Thursday morning (children may come to school in PE kits these days)



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# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



## Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



# #WakeUpWednesday

The National College