

BELIEVE, ACHIEVE, ASPIRE

# ST BURYAN ACADEMY NEWSLETTER

Friday 22nd November 2024

[www.stburyanacademy.com](http://www.stburyanacademy.com)

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

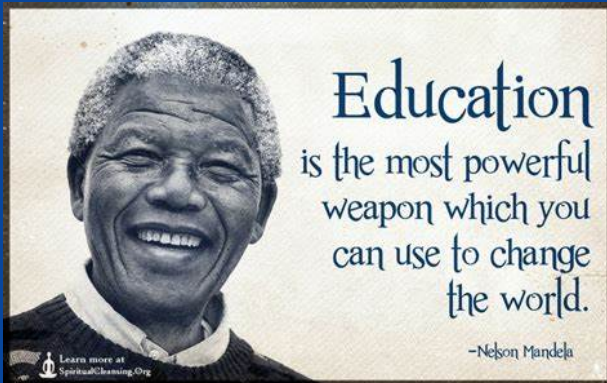
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TURN ON NOTIFICATIONS AND RECEIVE NOTICE WHEN WE UPLOAD OUR NEWSLETTERS, MENUS AND UPDATE OUR DIARY!

## 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...

- Friends of School and Attendance
- 2024/25 Key Dates
- Menus (Week 1,2 and 3)
- Top tips for supporting children to be financially aware

### INSET DAYS 24/25

Sept 3rd and 4th 2024

June 6th 2025

July 21st, 22nd, 23rd

Welcome to our latest fortnightly newsletter!

There is much to celebrate lately and to let you know about, especially with all that is to come over the next few weeks with the run-in to Christmas.

Thank you for all who were able to bring in donations for upcoming raffles as part of our non-school uniform day last week. The Friends of School have been extremely busy raising funds for our children lately. A huge thank you to them for their hard work and great effort in running the BBQ during the village's Bonfire Night earlier this month. Once more, some really impressive funds were raised during this event - thank you to all those who supported the event too.

Their latest project involves the 'Bag 2 School' fundraiser, which you should have received letters about last week. In advance of Christmas, you can donate old clothing to Bag 2 School, in turn, raising funds for St Buryan!

Please check the letter or the FoS Facebook page on what you can donate and when to bring any donated items.

Our current whole school attendance is below that of other schools in the County and nationwide. This is disappointing after working so hard to raise attendance over the past two years. Last year we were in the top quintile of schools with good attendance and our progress in raising attendance figures was even singled out by the Department for Education as we received a letter congratulating us for our hard work in attendance. Unfortunately, we have had a drop off this year and a rise in children taking term-time holidays despite penalty notices coming into play this year. Please remember that any unauthorised absences over a 10-week school period will be issued with a penalty notice; these do not have to be a continuous absence and 'lates' are also classed as unauthorised under new guidance. It is important that we work collaboratively with each other but the school must adhere to the expectations laid out to us and it is important that we do what we can to raise our attendance figures.

If your child is ill and a school dinner has been booked for them, please do cancel the order.

Mr McDonald and all at St Buryan Academy





# 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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# FOOD FESTIVAL

By Aspens

# LUNCHTIME

TRADITIONAL

Week 1


Autumn Winter  
2024-25:  
2/9, 23/9, 14/10,  
4/11, 25/11,  
16/12, 6/1, 27/1




**THE MAIN EVENT**




**MEAT-FREE MAGIC**  
Veggie Dish



**RAINBOW ALLEY**  
Vegetables and Salads



**BIG TOPPING**  
Filled Jackets



**DESSERT TROLLEY**

DAILY SALAD BOWL,  
FRESHLY BAKED BREAD,  
YOGHURTS AND  
CUT FRUIT

AVAILABLE DAILY

**MONDAY**

Margherita Pizza  
Slice and Wedges

BBQ Cheesy Chicken

Roast Gammon, Roast Potatoes and Gravy

Lasagne

Golden Fish Fingers or Salmon Fingers and Chips

Veggie Pepper and Sweetcorn Pizza  
Slice with Wedges

Butterbean Ratatouille

Quorn Sausage, Roast Potatoes and Gravy

Vegetable Lasagne

Veggie Burger and Chips

Sweetcorn

Apple Slaw and Wholegrain Rice

Peas and Carrots

Green Beans

Baked Beans

Beans, Cheese or Tuna Mayo

Beans, Cheese or Tuna Mayo

Beans, Cheese or Tuna Mayo

Beans, Cheese or Tuna Mayo

Toffee Frozen Yoghurt

Sweet Potato Brownie

Forest Fruits Jelly Pots

Cookie Dough  
Apple Crumble

Jammy Thumbprint Biscuits



**PASTA TWIRLER**

AVAILABLE EVERY DAY

**Topped Pasta**  
Hot Pasta topped with Homemade Tomato Sauce and Cheese

# FOOD FESTIVAL

By Aspens

# LUNCHTIMES

Week 2

TRADITIONAL

Autumn Winter  
2024-25:  
9/9, 30/9, 21/10,  
11/11, 2/12,  
23/12, 13/1, 3/2



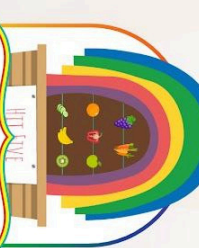
**THE MAIN EVENT**

- MONDAY**
- Cheesy Tomato Pizza Muffins
  - Chicken and Sweetcorn Cobbler
  - Roast Pork, Roast Potatoes and Gravy
  - Classic Cottage Pie
  - Battered Fish and Chips
- TUESDAY**



**MEAT-FREE MAGIC Veggie Dish**

- BBQ and Sweetcorn Pizza Slice
- Winter Vegetable Crumble
- Cauliflower Cheese, Crispy Onion Topping & Roast Potatoes (You don't have to have the onions!)
- Roasted Sweet Potato Pastry Roll and Mash
- Cheese and Tomato Toasted Wrap with Chips




**RAINBOW ALLEY**  
Vegetables and Salads

- Wholegrain Pasta Salad and Green salad
- Herby Diced Potato and Carrots
- Mixed Greens
- Peas
- Baked Beans



**BIG TOPPING**  
Filled jackets

- Beans, Cheese or Tuna Mayo
- Beans, Cheese or Tuna Mayo
- Beans, Cheese or Tuna Mayo
- Beans, Cheese or Tuna Mayo



**DESSERT TROLLEY**

- Toffee Apple Sponge and Custard
- Chocolate Sprinkle Iced Cake
- Raspberry Coconut Jelly
- Fresh Fruit Salad
- Anzac Biscuits

DAILY SALAD BOWL,  
FRESHLY BAKED BREAD,  
YOGHURTS AND  
CUT FRUIT

AVAILABLE DAILY



**PASTA TWIRLER**

AVAILABLE EVERY DAY

**Topped Pasta**  
Hot Pasta topped with Homemade Tomato Sauce & Cheese

# FOOD FESTIVAL

By Aspens

# LUNCHTIME

TRADITIONAL

Week 3

Autumn Winter

2024-25:

16/9, 7/10,  
28/10, 18/11,  
9/12, 30/12,  
20/1, 10/2

**THE MAIN EVENT**

**MONDAY**

American Style  
Mac & Cheese

**TUESDAY**

Sausage  
Casserole and  
Mash

**WEDNESDAY**

Roast Chicken,  
Stuffing,  
Roast Potatoes  
and Gravy

**THURSDAY**

Meatballs in  
Tomato Sauce with  
Rice

**FRIDAY**

Golden Fish  
Fingers  
and Chips

**MEAT-FREE MAGIC**  
Veggie Dish

Veggie Wholegrain  
Pasta Bolognese

Vegetable Pot  
Pie  
and Mash

Carrot and  
Stuffing Pastry  
Plait

Mild Veggie Bean  
Chilli Loaded  
Wedges with  
Cheese

Vegetable Fingers  
and Chips

**RAINBOW ALLEY**  
Vegetables and Salads

Carrots

Roast Root  
Veggies

Peas and  
Sweetcorn

Broccoli

Baked  
Beans

**BIG TOPPING**  
Filled Jackets

Beans,  
Cheese or  
Tuna Mayo

Beans,  
Cheese or  
Tuna Mayo

Beans,  
Cheese or  
Tuna Mayo

Beans,  
Cheese or  
Tuna Mayo

Beans,  
Cheese or  
Tuna Mayo

**DESSERT TROLLEY**

Marble  
Cake

Apple,  
Cinnamon  
Raisin  
Flapjacks

Orange and  
Mango Jelly

Banana Bread  
Muffins

Gingerbread  
Cookies

**AVAILABLE DAILY**

DAILY SALAD BOWL,  
FRESHLY BAKED BREAD,  
YOGHURTS AND  
CUT FRUIT

**PASTA TWIRLER**

**AVAILABLE EVERY DAY**

**Topped Pasta**  
Hot Pasta  
topped with  
Homemade  
Tomato Sauce &  
Cheese

# 10 Top Tips for Parents and Educators EDUCATING CHILDREN ON SPENDING AND SAVING

Evidence shows that children's spending habits begin to form as early as seven years old. With primary schools in England not required to teach financial literacy, many young people are reaching adulthood without knowing the basics of budgeting. This guide explains how to teach young people about money in a practical way, giving them the understanding to become savvy spenders and savers.

## 1 PROVIDE POCKET MONEY

Giving children money – even a small amount – can help them learn to make their own budgeting decisions about how to spend or save it. Research shows that youngsters who receive pocket money are more likely to become adults with strong financial skills and significantly less debt.

## 2 USE A PREPAID CARD

Being able to pay by card is essential these days, with some retailers not accepting cash since the pandemic. Prepaid debit cards are available for children from the age of six, allowing them to get used to spending like they will as adults with no risk of dipping into an overdraft. Learning about money is like learning to swim – you need to get in the pool and have a go!

## 3 PRACTISE BORROWING

Although official borrowing is only available to over 18s, kids need to understand how debt and interest works before they become adults and are exposed to credit cards or 'buy now, pay later' schemes. For a safe means of teaching them about this, parents could offer them extra pocket money but explain that it needs to be paid back by a certain date, plus an extra couple of pounds as interest.

## 4 ENCOURAGE OPEN CONVERSATION

Chatting about money and how much things cost will teach children that finance is a part of everyday life and not some "scary adult thing". Parents can involve them in budgeting for the weekly shop, for example, working together to get everything on the list while keeping the total below a certain number. Letting young ones make spending decisions in a safe space can build up their confidence regarding money.

## 5 DISCUSS THE PRESSURE TO SPEND

Whether it's YouTube ads or a hint of envy at a friend's recent purchase, spending triggers are everywhere. Encourage children to notice how clever shop design (like placing sweets at the checkout) and offers such as '2 for 1' deals entice us to spend more. Challenge them to resist impulse buys by getting them to sleep on it before deciding to spend.

## 6 TELLING 'NEED' FROM 'WANT'

Learning how to prioritise spending is an important life skill: the difference between life's essentials and "nice to haves" is key to budgeting. If children pester you for treats while shopping, it's the perfect time to say "That's a want. We're getting our needs first." You could show how you budget for food, electricity and so on before buying fun things.

## 7 ENCOURAGE SAVING

Getting children saving early can set them up with a useful habit for their adult life. Suggest that they set something aside every time they receive money and help them set a target for how much to put away, so they feel motivated to continue. For example, encouraging them to save for a friend's birthday gift can get children much more invested in what they buy.

## 8 SPARK INTEREST IN INTEREST

Motivate children by telling them about interest; you can describe it as a reward for saving money. Explain how everything they put away will grow over time. As an exciting example, explain that 1p doubled every day for a month would amount to approximately £10 million. Some prepaid cards for young people also offer interest; parents and carers could also add a little to supplement what their child saves and show how it works.

## 9 PAYING FOR CHORES

This is a complex debate with no right or wrong answer: it depends on what works for each individual family. However, it can be one of the best ways to teach children that money needs to be earned and helps to create more mindful spenders. If parents aren't keen on paying for everyday chores, they could ask the children to suggest their own ideas for earning a little extra.

## 10 PROTECT CHILDREN FROM SCAMS

Scams are a terrifyingly easy way to lose money, and children are generally more likely to be taken in due to a lack of experience with these financial criminals. As a minimum, make sure they're aware of the most common scams they could be exposed to – by text, email and phone, for instance. Young people should tell a trusted adult about any unexpected message or call and never give out their personal information.

## Meet Our Expert

GoHenry is a prepaid debit card and financial education app with a mission to make every young person smart with money. Co-founder and CEO Louise Hill is a passionate campaigner for better financial literacy among school children and strongly believes that money management is a crucial life skill.

goHenry

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/spending-and-saving>

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