

BELIEVE, ACHIEVE, ASPIRE

ST BURYAN ACADEMY NEWSLETTER

Friday 25th October 2024

www.stburyanacademy.com

secretary@stburyanacademy.org

Tel: 01736 810480



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

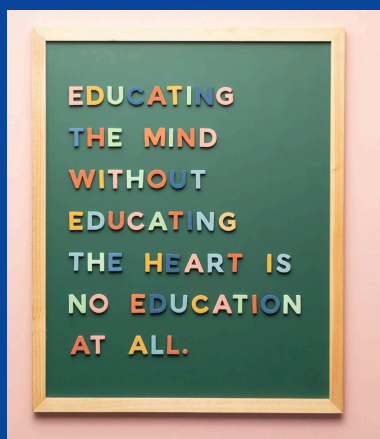
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and search for St Buryan Academy

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...

- Half termly updates
- Looking back at last term
- 2024/25 Key Dates
- Menus (Week 1,2 and 3)
- Top tips for supporting children to build emotional resilience
- PK Museum Half Term events
- St Buryan Firework Night!

INSET DAYS 24/25

Sept 3rd and 4th 2024

June 6th 2025

July 21st, 22nd, 23rd

Welcome to our latest fortnightly newsletter!

In this week's newsletter you can revisit some of our achievements from last year. We are incredibly proud of the well-rounded experience our children get at St Buryan in terms of all of the opportunities that we provide which enhance and help develop the character of our children. For all who work at the school, being able to provide our children with positive memories that last a lifetime - and hopefully this is apparent to our community too; however, recognising the importance of academic achievement is key too. This may be in the form of overall attainment, but perhaps of more importance, the progress each individual child makes throughout their time with us; no matter when it is they join our school.

The next page celebrates some of our achievements in terms of end of year outcomes from last year.

Also within this newsletter you will find our annual dates, these are especially important in the build up to Christmas - this Autumn half term is always a busy one!

Thank you to those who came into school to sample some of our school dinners on Monday afternoon. Please remember that in order to book school dinners from after half term, you will need to register with Select. All information was sent home before we broke up, including each child's individual logins. Please ensure that this is done to book school dinners; you may order a dinner up until 9.00am on the day. We are moving this way, as many schools have already done, for ease for both parents and school staff. It means that as parents you can have a good overview of your child's meals each day and help ensure that they are eating well balanced, nutritious meals throughout the week. It also means that time is saved in school, both in class and from an administration perspective.

Last half term Penberth class accessed their first half term of Forest School, for the next half term they will be heading to Penzance Gymnastics Club on Wednesday mornings for some gymnastic sessions. Children will need to wear their PE kits on this day, they may wear them for the duration of the day.

This means that Nanjizal will be having Forest School sessions for the next half term. They will receive letters to remind you on the kit needed; you can also find this information on the forest school section of our website.

On Monday 11th November, Key Stage 2 will be heading to the War Memorial outside of the church to pay our respects for Armistice Day; you are welcome to join us for the short service. From Monday 4th children may buy a Poppy and other Poppy Appeal Memorabilia, so they are welcome to bring in change for these.

Please note that there will be no teacher-led clubs on Monday 4th and Friday 8th November.

Thank you

Mr McDonald and all at St Buryan Academy



PERFORMANCE DATA 2024

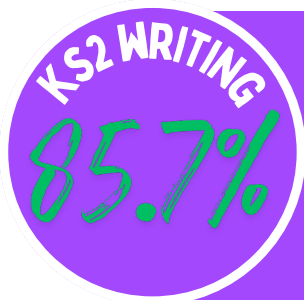
ST BURYAN ACADEMY

Please take a look at our 2023/24 performance data from across the school and congratulating our children on some great outcomes.

All of our Year 6 pupils achieved the expected standard or above in their Key Stage 2 SATs in Reading, Maths and GPS (Grammar, Punctuation and spelling), meaning we have a 100% 'pass rate' for 2024!

This is above the national average in all three areas!

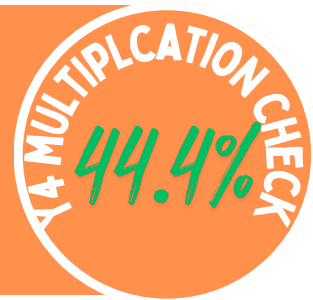
National averages: Reading - 74%; Maths - 73%; GPS - 72%.



85.7% of children achieved the expected standard or above by the end of Key stage 2 in writing. This is a 31.9% increase from last year and 13.7% above the national average (72%)!

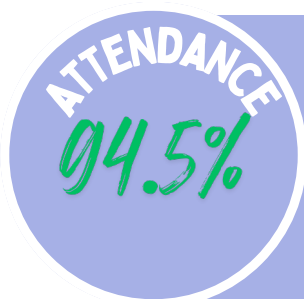
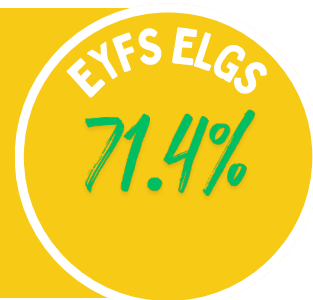
44.4% of children scored 100% (25/25) in their Year 4 Multiplication check.

This is 9% more than the national average of 34.4%!



71.4% of Year 1 pupils achieved the expected score or above in their Year 1 Phonics Screening Check. Although this is below the national average (80.3%), it is higher than last year.

71.4% of our Early Years (Reception) children achieved a good level of development (GLD) in their Early Learning Goals (ELGS). This is above the national average of 67.7%!



Our school year attendance for 2023/24 is 94.8%, with our statutory attendance being 95%. Whilst we still have ambition to raise this further, it is above the national average for primary schools (94.5%).



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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www.stburyanacademy.com

FOOD FESTIVAL

By Aspens

LUNCHTIME

Week 1

TRADITIONAL


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



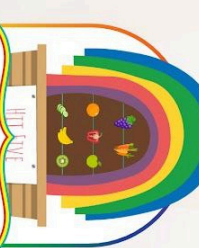
THE MAIN EVENT

- 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 Plat

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



AVAILABLE EVERY DAY
PASTA TWIRLER Topped Pasta
Hot Pasta topped with Homemade Tomato Sauce & Cheese

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

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, which works with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®



SPOOKY SHADOWS

Monday 28 & Wednesday 30 October | 11:00 – 12:00 & 13:00 – 14:00

**Bring stories to life using light and dark with our shadow puppet workshop.
Suitable for all ages. Join us as part of your museum visit.
Find us in the 'Airymouse' exhibition in The Tunnels.**

Free with Museum Admission



Visit www.pkporthcurno.com for further information, to plan your visit and more.

[PKPorthcurno.com](http://www.pkporthcurno.com)



PK Porthcurno, Eastern House,
Penzance, Cornwall, TR19 6JX

PKPorthcurno

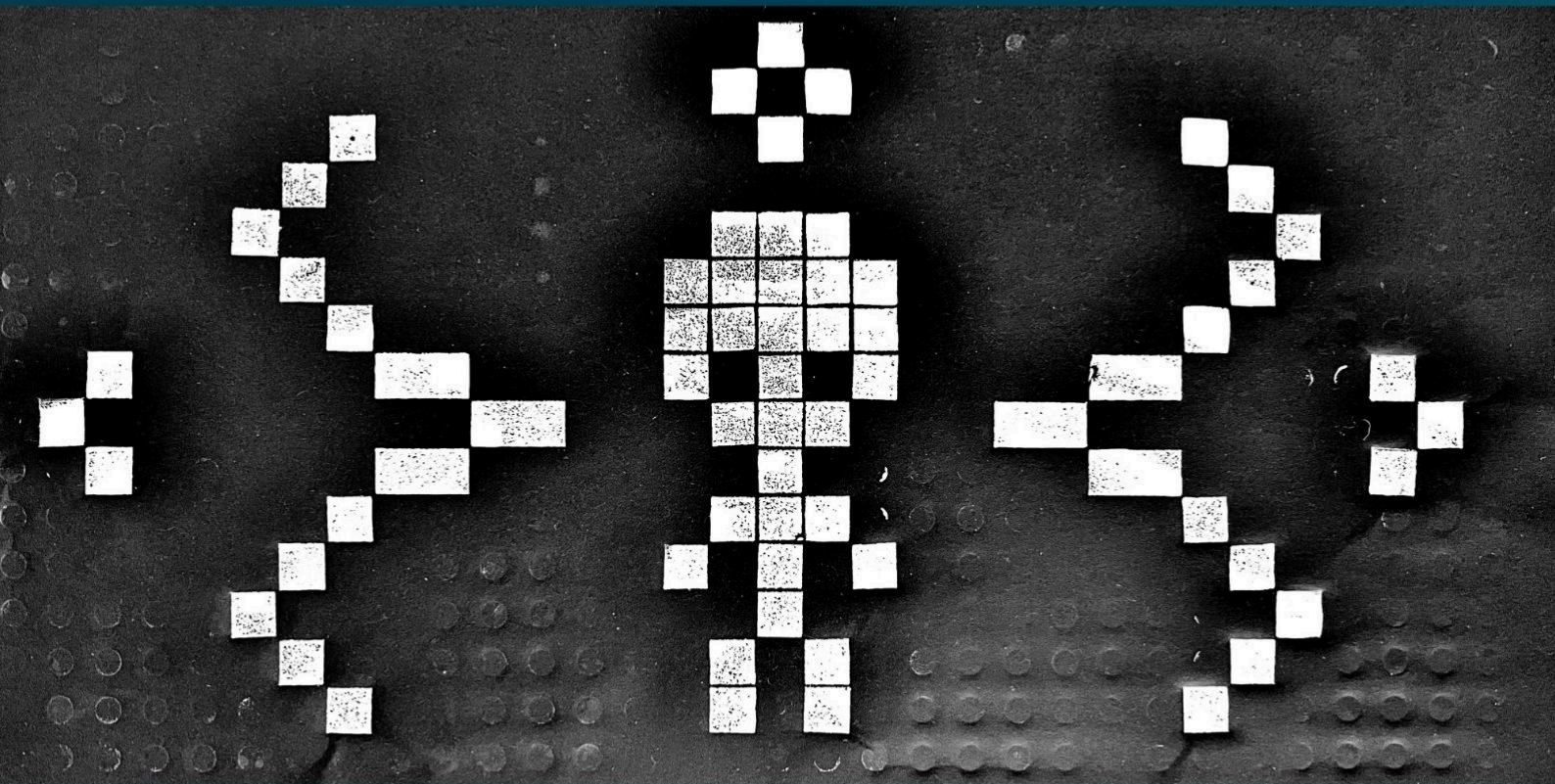


PLANET PK CHAMPIONS LOOKING FOR E.T.

SAT 26 OCTOBER

CLORE LEARNING SPACE

10:30 - 12:00



Join us for an exciting session where we delve into the mysteries of interstellar communication and explore the potential for life beyond Earth.

Planet PK Champion is our free, regular environmental club for families.
Meet in the Clore Learning Space, PK Porthcurno.
Free parking in our carpark for all attendees.

Visit www.pkporthcurno.com/planetpk for further information about Planet PK Champions.



PKPorthcurno.com



PK Porthcurno, Eastern House,
Penzance, Cornwall, TR19 6JX

PKPorthcurno



BONFIRE NIGHT & Firework Display

DJ

Sat 9th Nov

£3 entry per person

£10 family of 4

CASH PLEASE!

**Limited car parking onsite
please car share where possible**

**BAR
& BBQ
AVAILABLE
FROM
5.30pm**

**Bonfire lit at
6pm
Fireworks start
at 7pm**

**Dogs
brought
at owners
risk!**

ST BURYAN COMMUNITY HOUSE TR19 6DU

Friends of St Buryan Academy

BONFIRE BBQ

St.Buryan Community House
9th November 5.30-7.30

ST.BURYAN BEEF BURGER

HOT DOG

BACON ROLL

ALL £3.50

ADD CHEESE 50P
ONIONS ARE FREE

CASH OR CARD

ALL PROFITS ARE INVESTED
BACK INTO ST BURYAN
ACADEMY FOR FUTURE TRIPS
AND EQUIPMENT