



BELIEVE, ACHIEVE, ASPIRE

# ST BURYAN ACADEMY

# NEWSLETTER



Tuesday 23rd July 2024

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

[secretary@stburyanacademy.org](mailto:secretary@stburyanacademy.org)

Tel: 01736 810480

Welcome to our final newsletter of the 2023/24 academic year.

You should have received some information on the final day regarding a few things to be mindful of before the start of the new academic year.

The first being new statutory rules on attendance which we will have to adhere to. Please do familiarise yourself with this, the information is on our website under 'Parents' and 'Attendance'.

## Key Dates

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

5/9/2024 - Start of Autumn term

28/10/24 - 1/11/24 - October Half Term

20/12/24 - Last day of Autumn Term  
1.30pm finish

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
- Final week photos
- 2024/25 Key Dates
- St Buryan Gala
- Summer Holiday Clubs
- What parents need to know about worry and anxiety
- Jubilee Pool offer
- Wellbeing Workshops

### [INSET DAYS 24/25.](#)

Please note next year's INSET days:

Sept 3rd and 4th 2024

June 6th 2025

July 21st, 22nd, 23rd

The second being the news that we will be using a catering company, Aspens, to support our school meals from September. Again, you should have received some introductory information about this and will receive more - including information on payment and ordering - before the start of the new year. It is not a decision we anticipated making, however, we must look at what is sustainable for the school and support compliance. This will initially be a three-month trial, in which time we will evaluate how we feel catering is working as well as involving our children and parents through a questionnaire on how you feel it is working at your end too. We will evaluate the service and make any more decisions from that point.

We are delighted though that both Jo and Lianna will be staying with the school to make our school dinners.

If you missed this information then it can be found on our website under the 'Parents' and 'School Meals' section.

We have included our initial key dates for next year. Please note that our residential dates are proposed and dependent on availability, but we thought getting these out to parents as early as possible help to ensure that you know what is going on in school and that you're able to make plans to attend any particular events. In the case of any dates changing, we will notify you and update our key dates at the earliest possible opportunity.

Our final week was a busy one, there was no easing up, you can see some of what we got up to below. We also received notification that we have been awarded the School Games PE Award for the third year running. This is granted to schools for their commitment to PE and achievements within the area. This is hard to achieve, especially in a small school, and means that children need to participating in a wide variety of sporting opportunities. A big thank you to Mrs Ayotte for her commitment to Physical Education at St Buryan and the opportunities the children have, to all of our staff for embracing PE, our wonderful children of course for engaging with it so positively and to parents for supporting our children and school!

Before signing off a great year with so much achieved, I just wanted to say a huge well done to our Year 6 children. They have embraced all St Buryan school has to offer and represented our school so well - they've been great ambassadors for us! They have been brilliant in and out of school and will be missed by us all next year - both staff and children. I really hope that they leave with so many happy memories and feeling well-prepared for their next steps. We had a lovely send off in the Leavers' Service and they should be very proud of their achievements - we are!

They capped off the school year by finding out that they all achieved the expected standard or above in their SATs, meaning we achieved a 100% pass rate - a magnificent achievement which tops off some great data for the year, which we will share when all is confirmed.

Finally, a huge thank you to all of our staff for all of their hard work this year. They go over and above to offer our children all of the wonderful opportunities that they get! A big thank you to our families for supporting the school and of course to our wonderful children, who we are all incredibly proud of!

Have a great summer.

Best wishes

Mr McDonald and all at St Buryan Academy





Penberth visited the RNLI on Monday



We had a wonderful Teddy Bears' picnic on Thursday.

We were visited by Elmore String Quartet on Friday. The treated us to an amazing performance.



Well done to Florence, Jowan, Lettie and Isla who represented Leading Edge football teams on Thursday.







# 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 Party 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 - Hall
- 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)



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

Download the free 'eschools live' app and search for St Buryan Academy

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

www.stburyanacademy.com



# Gala Day

# 2024

## Sat 3rd August

**2pm**

Crowning of Gala Royalty  
& opening of Gala Day

**2.15pm**

Fancy dress judging  
Theme: Something beginning with one of  
the following letters B-U-R-Y-A-N  
All ages and Pairs categories

**2.45pm** Races, Fun & Facepainting begin!!!

**4.30pm** Lucky Squares hamper draw

**4.30-6.30pm** Food from Mutha Fudger

**6pm Onwards** Gala wrap party



All welcome  
St. Buryan Community  
House





# Gala week

# 2024

Tuesday 30th July - Sat 3rd August

**Tuesday** - Bingo & Boot Throwing  
Boots at 6, Eyes down at 7pm

**Wednesday** - Rounders, BBQ & Karaoke  
6pm Onwards

**Thursday** - Kids 'It's A Knockout'  
Team reg 5.45-6.15 -  
Chaos starts 6.30pm

**Friday** - St. Buryan YFC Knockout  
7pm - £2.50 entry fee

**Saturday** - Gala Day & After Party  
Kicks off at 2pm sharp!

All events take place at  
St. Buryan Community House  
(Times are tbc)







**MOUNTS BAY  
ACADEMY**



# Summer Active Holiday Camp

Monday - Thursday

10.00am - 2.00pm

5-16 years old

Mounts Bay Academy TR18 3JT

22nd - 25th July • 29th July - 1st August

5th - 8th August • 12th - 13th August

St Marys Catholic School Pz TR18 2AT

Follow QR code for dates

**£18 a day or free for FSM**

Transport if 3+ miles away - follow QR link below

**Lots of fun, play and action!**

**Football**

**Swimming**

**Trampolining**

**Arts and Crafts**

**Slip and Slide**

**Rugby**

**Tennis**

**Benchball**

**Biking**

**Badminton**

**Dodgeball**

**Cricket**

Mounts Bay Academy

St Marys C  
(with Swimming)

Transport



Email: [holidaycamp@mountsbayacademy.org](mailto:holidaycamp@mountsbayacademy.org)



Department  
for Education





# What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

## UNDERSTANDING WORRY AND ANXIETY



Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

## WHAT ARE THE RISKS?

## LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

## THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

## DIFFERENTIATING WORRY FROM ANXIETY



While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

## THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

## ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

## 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 collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College



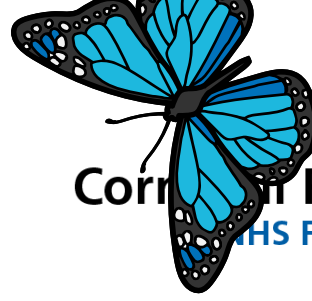
# KIDS SWIM FREE

REGISTER  
ONLINE  
TODAY



Our Parish Council have secured funding for free swimming sessions at the Jubilee Pool from May-October this year! Please visit the Jubilee Pool's website for more information on how to register.





**NHS**

Coram Partnership  
NHS Foundation Trust



# Wild for Wellbeing

**FREE Nature-based Family Workshops for Primary-aged Children**

The Mental Health Support Team (MHST) in Schools are delighted to be running a series of Wellbeing Workshops for families in the Summer Holidays 2024 across the Penwith and IoS area. We will be exploring the '5 Ways To Wellbeing' through outdoor-based, creative and practical activities. These workshops are for children to attend alongside their parent/carer. There will be something for everyone!



## Dates

## Times

## Location



## Sign Up

Friday 26th July 2024

10am - 12pm

Heamoor Community  
Primary School, Penzance

Friday 26th July 2024

1pm - 3pm

Heamoor Community  
Primary School, Penzance

Wednesday 31st July 2024

10am - 12pm

Hayle Family Hub, Hayle

Wednesday 31st July 2024

1pm - 3pm

Hayle Family Hub, Hayle

Wednesday 14th August 2024

10am - 12pm

Bolitho House, Laregan Hill,  
Penzance  
Bolitho House, Laregan Hill,  
Penzance

Wednesday 14th August 2024

1pm - 3pm

Thursday 15th August 2024

10am - 12pm

Klondyke Room, Carn Gwaval,  
St. Mary's, Isles of Scilly

Thursday 15th August 2024

1pm - 3pm

Klondyke Room, Carn Gwaval,  
St. Mary's, Isles of Scilly

July Dates Sign-Up:  
<https://forms.office.com/e/LK3A3s4B6N>



Sign-Up closes on the 18th July 2024 (although spaces are limited so many close sooner). Book a space ASAP!

August Dates Sign-Up:  
<https://forms.office.com/e/ykszMUG9Yw>



Sign-Up closes on the 5th August 2024 (although spaces are limited so many close sooner). Book a space ASAP!

Email [cft.mhschoolsteampenwithandios@nhs.net](mailto:cft.mhschoolsteampenwithandios@nhs.net), if you need help with the form!



These nature-based, creative and practical workshops for you to attend alongside your child/ren. All information must be completed for your child/ren to be considered for a place in the workshops. If you'd like further information on how your child's personal details and information will be used then ask to be put in touch with us via your school's Designated Mental Health Lead. By signing up, you are consenting to a generic note being added to your child/ren's clinical record regarding their attendance at a Wellbeing-themed workshop.