

BELIEVE, ACHIEVE, ASPIRE

# ST BURYAN ACADEMY NEWSLETTER

Friday 2nd February 2024

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## Key Dates

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

12/2/24 - 16-2/24 - February Half Term

28/3/24 - Last day of Spring Term

15/4/24 - Start of Summer Term

27/5/24 - 31/5/24 - May Half Term

19/7/24 - Last day of Summer Term

Next week dates for Children's Mental Health Week:

Monday - children can wear funky socks

Tuesday - Get up and Dance 8.45am Children can wear leg warmers, sweat bands etc with usual school uniform

Friday - non-school uniform £1 donation - Wear Happy Colours!

### In this edition...

- Welcome
- February well-being week
- Spring 1 Menu
- Attendance
- Online Safety: Free Speech
- Reminders and dates

It has been a busy couple of weeks once more!

Looking back at this week first, we have had our fair share of super sporting success!

On Tuesday our cross country team completed a gruelling course at St Ives, displaying terrific attitudes, sportsmanship and ability. It resulted in some terrific performances which included a silver and bronze medal for Erin and Lettie in their Year 4 and 5 races respectively.

More sporting success came on Thursday when our hockey team competed in three fixtures, remaining undefeated in all! They performed impressively earning two 2-0 wins and a 0-0 draw. A 'shout out' to Florence, Finley and Jack who showed wonderful sportsmanship and true St Buryan Characteristics by volunteering to help another school when they were short of players.

Thanks to the staff and to parents who helped run and support these events for our children.

This week we welcomed the toddlers of St Buryan and beyond to our school for a Forest School session. Well done to them (and parents) for braving the weather and getting stuck into the Gruffalo themed activities on show. It was great to showcase a snippet of what we do in our Forest School sessions to these children and just to offer these learning experiences to the young children of the village.

Remember that you can check out our Facebook page for photos of events and activities we do in school.

Today we held our World Number Day and invited children to come dressed wearing their favourite number - or collection of. It was great to see everyone take part in this as well as the activities we ran throughout the day. Around the school there were number problems to solve and it was brilliant to see everyone so engaged with this, sparking off some great conversations from Reception through to Year 6.

As you know, we aim to recognise the importance of well-being every day and hold in the highest regard the role it plays in children's - as well as adult's - development. Next week is children's mental health week, we have put some activities together that you could do during the month, especially with half term approaching. We will be raising awareness in school too and invite our children - and yourselves - to take part in these events:

Monday 5th - Whacky Sock Day (no donations)

Tuesday 6th - Get Up and Dance - whole school dance on the playground (or just some foot-tapping for others) at 8.45am! Children can wear PE kits as usual along with wrist/headbands, leg warmers or other accessories.

Friday 9th - Wear what makes you happy! A £1 donation for local well-being charities and children can wear whatever makes them happy and smile (as long as it is school appropriate). Please avoid pyjamas as we have a PJ day next month!

Have a great weekend,

Mr McDonald and all at St Buryan Academy

# SPOTLIGHT ON... WELL-BEING ACTIVITIES FOR FRIENDLY FEBRUARY







## Friendly February 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY  |
|---|---|---|--|---|---|---|
|  <p>5 Make time to have a friendly chat with a neighbour</p> |  <p>6 Get back in touch with an old friend you've not seen for a while</p> |  <p>7 Show an active interest by asking questions when talking to others</p> | <p>1 Send a message to let someone know you're thinking of them</p>                  | <p>2 Ask a friend how they have been feeling recently</p>                           | <p>3 Do an act of kindness to make life easier for someone</p>                      | <p>4 Invite a friend over for a 'tea break' (in person or virtual)</p>              |
| <p>12 Focus on being kind rather than being right</p>   | <p>13 Smile at the people you see and brighten their day</p>  | <p>14 Tell a loved one or friend why they are special to you</p>  | <p>8 Share what you're feeling with someone you really trust</p>                     | <p>9 Thank someone and tell them how they made a difference for you</p>             | <p>10 Look for good in others, particularly when you feel frustrated with them</p>  | <p>11 Send an encouraging note to someone who needs a boost</p>                     |
| <p>19 Share something you find inspiring, helpful or amusing</p>  | <p>20 Make a plan to connect with others and do something fun</p>   | <p>21 Really listen to what people say, without judging them</p>  | <p>15 Support a local business with a positive online review or friendly message</p> | <p>16 Check in on someone who may be struggling and offer to help</p>               | <p>17 Appreciate the good qualities of someone in your life</p>                     | <p>18 Respond kindly to everyone you talk to today, including yourself</p>          |
| <p>26 Make uninterrupted time for your loved ones</p>   | <p>27 Call a friend to catch up and really listen to them</p>   | <p>28 Give positive comments to as many people as possible today</p>  | <p>22 Give sincere compliments to people you talk to today</p>                       | <p>23 Be gentle with someone who you feel inclined to criticise</p>                 | <p>24 Tell a loved one about the strengths that you see in them</p>                 | <p>25 Thank three people you feel grateful to and tell them why</p>                 |
|    |   |   | <p>29 Acknowledge someone's problem or pain rather than trying to fix it</p>         |  |  |  |

# HELLO SPRING

January 4th 2024 - February 9th 2024

## MENU 2024

**Jacket potatoes available Mon-Thurs**  
**Fresh fruit and yoghurt available daily**



Fish fingers, chips and beans

Pasties (meat or cheese) or sausage rolls with beans

Apple crumble and custard

Cookies

THURS 4TH JAN 2024

FRI 5TH JAN 2024

**Menu 1**  
**w/c**  
**8th Jan**  
**29th Jan**

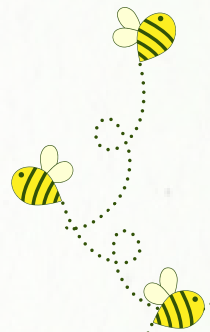
| Monday                            | Tuesday   | Wednesday   | Thursday                    | Friday   |
|-----------------------------------|---|---|-----------------------------|--|
| Meatballs, pasta and tomato sauce | Hot dogs or vegetarian sausage in a bun with wedges and beans | Roast chicken, carrots, peas, roast potatoes, calibrese and gravy | Fish cakes, chips and beans | Pasties (meat or cheese) or sausage roll served with beans |
| Chocolate chip cake               | Peach cobbler   | Jelly   | Iced fairy cakes            | Choc Crispy  |

| Monday                                       | Tuesday                              | Wednesday  | Thursday                      | Friday   |
|--|--------------------------------------|--|-------------------------------|--|
| Chilli/vegetarian chilli with rice and salad | Chicken/Quorn sweet and sour noodles | Roast pork/Quorn roast, roast potatoes, carrots, peas, calibrese and gravy | Sausages and chips with beans | Pasties (meat or cheese) or sausage roll served with beans |
| Ice cream                                    | Chocolate sponge                     | Cookies  | Rice pudding                  | Brownies   |

**Menu 2**  
**w/c**  
**15th Jan**  
**5th Feb**

| Monday                 | Tuesday                          | Wednesday   | Thursday               | Friday   |
|------------------------|----------------------------------|---|------------------------|--|
| Mac n cheese with peas | Cottage/vegetarian pie and beans | Roast gammon, carrots, peas, roast potatoes, cauliflower cheese and gravy | Pizza, chips and beans | Pasties (meat or cheese) or sausage roll served with beans |
| Flapjack               | Bread and butter pudding         | Choc chip sponge  | Jelly                  | Fresh fruit  |

**Menu 3**  
**w/c**  
**22 Jan**



# Why attendance matters

**At St Buryan Academy we take attendance seriously. Good punctuality and high attendance helps promote a child's success and happiness in and out of school.**

## High attendance fosters:

Positive attitudes towards learning

Higher chances of achieving (or surpassing) academic development

The best chances to develop and foster friendships and social skills

## Did you know that?

School is open for children for 195 days - meaning they already get 170 days off each year!

90% attendance is still 4 weeks off school each year!

80% attendance = 1 day a week off over 5 years = 1 full year of school missed!

Over a year, 10 minutes late each day is 6 full days of school

Thank you for supporting us with our push on raising our attendance figures



# What Children & Young People Need to Know about **FREE VS HATE SPEECH**

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's **not** the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to others. Whether online or offline, communication attacking or discriminating against groups or individuals (because of protected characteristics like race or religion) is hate speech, not free speech.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

Hate speech refers to any communication – like talking, texting or posting online – which displays prejudice against someone's identity. Derogatory, demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Targeting people or groups because of who they are – including but not limited to aspects such as race, sexuality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Any concept could potentially offend someone. Galileo's ideas were incredibly offensive to many at the time, while not everyone agrees with Darwin's theory today. Freely exchanging ideas promotes progress.

Content that dehumanises people based on those same attributes: referring to them as if they were animals, objects or other non-human entities, for example.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having *ours* challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote or decent working conditions – couldn't have been achieved without it.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way.

Freedom of expression includes the right **not** to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal.

Making up or repeating insults about a person or group because something about their identity is different to the person who's posting.

Promoting the segregation of certain groups, or discrimination against them, because of who they are.

## Meet Our Expert

The Global Equality Collective is an online community for homes, schools and businesses, a collective of hundreds of subject matter experts in diversity, equality and inclusion, and the organisation behind the GEC app, the world's first app for diversity, equality and inclusion.

GLOBAL  
EQUALITY  
COLLECTIVE

The  
National  
College®

NOS  
National  
Online  
Safety®  
#WakeUpWednesday

Source: <https://www.legislation.gov.uk/ukpga/2010/15/contents>  
<https://www.legislation.gov.uk/ukpga/1998/42/schedule/1/r.1/text> - Everyone has the right to freedom of expression

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

# Attendance...

Please remember to call or email before 9.30am if your child will not be in school. Our impressive attendance was down slightly last week due to some illnesses, so let's get it on the rise again and up to at least 96%

This week's attendance:

Penberth - 88.57%

Nanjizal - 90.65%

Porthcurno - 93.6%

WHOLE SCHOOL TO DATE: 95.1%

# Look out for...

Information about our upcoming open afternoon for families on Monday February 26th. Join us from 2pm-3pm to see some of our latest learning and to take part in some activities in the classroom.

# Remember...

...to follow us on Facebook to what we get up to on a day-to-day basis and see some of our children's amazing achievements!

Remember to check our class pages on our website to see what each individual class is learning each term as well as our parental overviews.

# Don't forget to...

Return contact forms. Please can all families do this before half term so that details can be uploaded onto our new contact database.

Thank you! If you need a new one then please email [head@stburyanacademy.org](mailto:head@stburyanacademy.org) - thank you!