

BELIEVE, ACHIEVE, ASPIRE

# ST BURYAN ACADEMY NEWSLETTER

Friday 13th October 2023

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

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

Tel: 01736 810480



If you have not yet updated or added information to our records, please do so on the links provided through email - thank you.

## Key Dates

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

17th October - Believe, Achieve, Aspire Day

19th October - Porthcurno at Lifeskills event at the Firestation and hockey fixture

20th October - Whacky Socks Day 50p donation and Pasty Box Charity Work

31st October - Halloween Disco and fancy dress day

13th November - Parental Evening week

8th December - Whole school trip to Hall for Cornwall

12th December - Morning and evening Christmas shows

14th December - Christmas dinner

19th December - Last day of term!

### In this edition...

- Welcome
- Spotlight on Friends of the School
- Well-being
- Buryan in Bloom
- Well-being Workouts
- After school care
- Alumni and former pupils
- Online Safety
- Next week's Menu

Welcome to this week's newsletter!

It has been another super couple of weeks here at St Buryan.

We have had children participate in cross country at Mounts Bay - well done to Lettie who came third out of all of the Penwith Year 5 girls; Porthcurno Class worked with The Minack Theatre in a drama workshop based on their Space learning context and we welcomed back Finley Searle, a former pupil who has recently won National recognition in his work for computer game design. He really inspired our children to have high aspirations, belief in yourself and to put in the hard work to achieve your goals. Well done Finley and thanks for coming back to see us!

We also ran a well-being workshop for Mental Health Awareness day, which I will discuss further in the newsletter.

This week in our Spotlight feature, we hear from The Friends of St Buryan Academy (FoS) and the wonderful work they do in supporting our children and our school.

Please take the time to read our newsletter, it is full of useful information about what we do in school, support with online safety, challenges, community events and more.

Thank you,  
Mr McDonald



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

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

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

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

# SPOTLIGHT ON...

# FRIENDS OF ST BURYAN ACADEMY

This year, in each of our newsletters we will be focussing on a different aspect of 'school life' and what our school has to offer.

In this edition we hear from our 'PTA', known as Friends of St Buryan Academy, or 'FoS'. The Friends of School are instrumental in raising much needed funds for our school and children. With school budgets not meeting the rise of costs of other areas, resourcing and providing the opportunities we love to offer becomes harder and if it wasn't for our FoS, we wouldn't be in a position to offer all of the wonderful things that we do!

Friends of St Buryan Academy play a pivotal role in raising funds to support our school and children. In the last year alone, the friends have raised funds to provide books, headphones, and maths equipment to support the children's learning, sand for our Little Choughs, a new shed for forest school, supported with travel costs and trips, providing a Halloween disco for the whole school and this year have funded the trip to Hall for Cornwall pantomime.

Friends of School are already busy planning the next fundraising event. If you would like to know more or join the Friends of School, please contact [friendsofschool@stbryanacademy.org](mailto:friendsofschool@stbryanacademy.org), or you can speak to Abby Lockwood, Hayley Cartland or Lara Ginty . The friends usually meet on the last Wednesday of the month at 2pm in Chy Palores, all welcome.

Without the support of our friends and all parents this would not be possible.

Did you know you can help Friends of School raise funds by signing up to easy fundraising?

All you need to do is sign up using the link below and find the cause - Friends of St Buryan School and start shopping and it doesn't cost you anything!

You can shop at over 7,000 sites including Amazon, Tesco, Morrisons, Boots, H&M, Argos, Dunelm, Hello Fresh and many more!

Sign up today to support our school!



**AUDITION FOR  
CARRIE'S WAR**

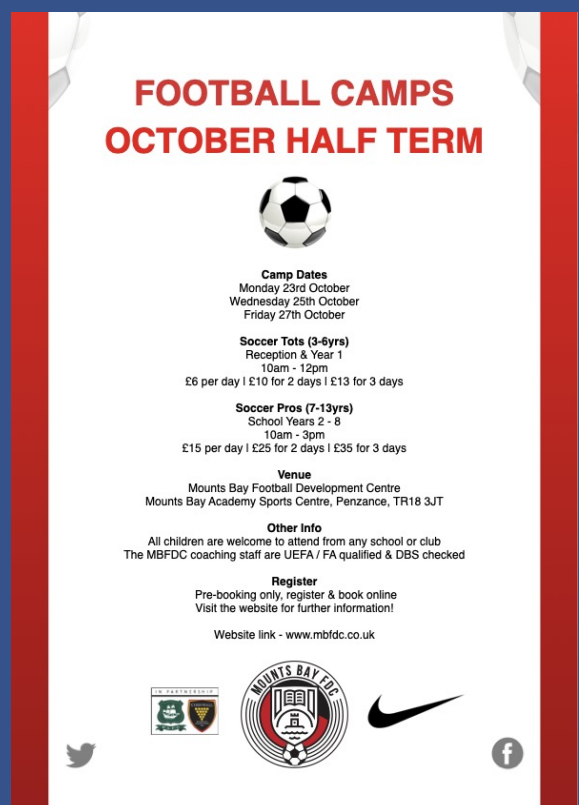
We are looking for young people who can play children aged 9-12yrs to perform in Carrie's War performances- Easter 2024

Auditions are Sunday 12th November at the Minack


To express interest email [education@minack.com](mailto:education@minack.com)



**MINACK THEATRE**



**FOOTBALL CAMPS  
OCTOBER HALF TERM**



**Camp Dates**  
Monday 23rd October  
Wednesday 25th October  
Friday 27th October

**Soccer Tots (3-6yrs)**  
Reception & Year 1  
10am - 12pm  
£6 per day | £10 for 2 days | £13 for 3 days


**Soccer Pros (7-13yrs)**  
School Years 2 - 8  
10am - 3pm  
£15 per day | £25 for 2 days | £35 for 3 days

**Venue**  
Mounts Bay Football Development Centre  
Mounts Bay Academy Sports Centre, Penzance, TR18 3JT

**Other info**  
All children are welcome to attend from any school or club  
The MBFDC coaching staff are UEFA / FA qualified & DBS checked

**Register**  
Pre-booking only, register & book online  
Visit the website for further information!

Website link - [www.mbfdc.co.uk](http://www.mbfdc.co.uk)



**FIVE WAYS TO WELLBEING**

**Give**  
Your time, your words, your presence

**BE ACTIVE**  
DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR BODY

**KEEP LEARNING**  
EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

**CONNECT**  
TALK & LISTEN, BE THERE, FEEL CONNECTED

**TAKE NOTICE**  
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS. Mental Health Foundation



Well-being and supporting positive mental-health is something we really strive to implement and hold in high regard here at St Buryan Academy. We do this in a wide variety of ways, whether it be from everyday classroom practice, interventions we run, assemblies we hold or special events that we plan for; having a healthy mind allows us to thrive, and having the strategies to support a positive well-being allows us to look after ourselves more as well as those around us.

Above are the '5 ways to well-being', which we have shared several times before and have begun to refer to in school; these are great ways to make you feel better about yourself and ideas that can be used at home too.

Raising awareness of positive mindsets, supporting well-being and mental health are extremely important to me; recent research shows that people within localities like the one we live and work in are less likely to seek out support for their mental health because of the stigma attached to it, and many don't even know where to turn if they ever needed to do so. There are some wonderful local charities that support people in need and we will be aiming to work with them over the course of the year in various ways.

Thank you for supporting our 'wear green for well-being' day last week. We will be running some similar events over the year which will support these local charities. Our next one is next Friday where children are invited to wear whacky socks for a 50p (or what you can afford) donation. Last week we started with some physical activity with our dance - well done to those who got stuck in. It is a fun and active way to start the day. Later in the afternoon we ran some workshops around the 5 ways to well-being and remember that you can do some great 'well-being workouts at home with your children through our 'Well-being Workouts' found below.

**BURYAN IN BLOOM**

This year we are working with 'Buryan in Bloom' as part of our collaborative partnerships this year.

Over the course of the year we will be completing some projects with them as well as asking for some optional activities to be completed at home.

We would love it if you could take part in the 'Plant a Welly' competition. All you have to do is to plant a flower in a welly for the chance to win! Entries are £1 and proceeds will go towards 'Buryan in Bloom'. Wellies can be dropped off at school and will be part of the school displays. Please bring in any entries by the end of the half term - we hope that you can take part. You are welcome to paint or design your wellies too!



**INSET DAYS 2023/24**

MONDAY 4th SEPTEMBER 2023 ✓

TUESDAY 5th SEPTEMBER 2023 ✓

FRIDAY 7th JUNE 2024

MONDAY 22nd JULY 2024

TUESDAY 23rd JULY 2024

WEDNESDAY 24th JULY 2024

**ST BURYAN ACADEMY**

*Book a tour of*  
**ST BURYAN ACADEMY**

Meet our children and staff!  
Tour our school and environment!  
See what our school has to offer!

DO YOU HAVE A CHILD DUE TO START SCHOOL?  
ARE YOU NEW TO THE PENWITH AREA AND LOOKING FOR THE RIGHT SCHOOL FOR YOUR CHILDREN?

[www.stburyanacademy.com](http://www.stburyanacademy.com)  
01736 810480  
secretary@stburyanacademy.org

Leading Edge Academies Partnership

CREATIVITY CONFIDENCE COLLABORATION INDEPENDENCE  
Excellence - Equity - Evolution - Believe - Achieve - Aspire

# Well-being Workout

World Mental Health Day is on October 10th this year. Whilst we strongly consider well-being and mental health as part of our everyday practices here at St Buryan, during the month of October we will be recognising and raising awareness of it in various ways to support our children and community.

## OCTOBER WELL-BEING DATES

**TUES 17TH** BELIEVE, ACHIEVE, ASPIRE DAY  
THE FIRST OF OUR BELIEVE, ACHIEVE, ASPIRE DAYS FOR THE YEAR  
WILL SEE US CELEBRATE DIFFERENT ASPECTS OF DIVERSITY IN SOME EXCITING WORKSHOPS

**FRI 20TH** WHACKY SOCK DAY  
WEAR YOUR WHACKIEST SOCKS TO CELEBRATE YOUR INDIVIDUALITY!  
50P DONATION - OR WHATVER YOU ARE ABLE TO - FOR LOCAL WELL-BEING CHARITIES

Parents/carers can use this too!



How many of these well-being challenges can you complete?

PAY A COMPLIMENT - CAN YOU COMPLIMENT A FRIEND OR FAMILY MEMBER?	NO SCREEN DAY	WATCH THE SUNRISE	WRITE A POEM	START A DREAM JOURNAL
GO FOR A NATURE WALK	DO SOME YOGA - COSMIC KIDS OR OTHERS	TIDY YOUR ROOM OR WORKSPACE - HOW DOES THIS HELP YOUR MIND?	DANCE IN THE RAIN	PLAY A BOARD OR CARD GAME
CREATE YOUR DREAM BEDROOM	DRAW A PICTURE OF YOUR FAVOURITE PLACE IN THE WORLD	WATCH THE SUNSET	READ FOR LONGER THAN YOU NORMALLY DO	MAKE TIME FOR EXERCISE
LEARN A NEW SKILL	HAVE A MOVIE NIGHT	DO A FAVOUR - CAN YOU CARRY OUT A RANDOM ACT OF KINDNESS?	STRETCH	DO SOME MINDFULNESS COLOURING
CREATE A POP BAND WITH YOUR FAMILY AND USE HAIRBRUSHES FOR MICROPHONES	LISTEN TO CLASSICAL MUSIC	TRY A NEW CUISINE	DO SOMETHING BRAVE	MAKE A MODEL
MAKE SOMEONE A CARD	TEACH SOMEONE SOMETHING	START A DIARY FOR OCTOBER	COOK AS A FAMILY	MAKE SOMEONE SMILE

SOMETHING YOU'RE PROUD OF ABOUT YOURSELF IS...

WHAT MAKES YOU SMILE?

## FIVE WAYS TO WELLBEING



Your time, your words, your presence



DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD



EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF



TALK & LISTEN, BE THERE, FEEL CONNECTED



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY



INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Mental Health Foundation  
mauri tū, mauri ope



ST BURYAN ACADEMY  
**AFTER-SCHOOL CARE**

# STAY AND PLAY

TUESDAY, WEDNESDAY AND THURSDAY

**AVAILABLE FROM 3.15-5.30PM**

Booking essential

Booking forms available  
from the office

Monday and Friday

free teacher-led clubs until 4.15pm

No booking required

Just let staff know at the start of the day!



Stay and Play run by Adele  
of The Sensory Area

[www.stburyanacademy.com](http://www.stburyanacademy.com)  
[www.thesensoryarea.co.uk](http://www.thesensoryarea.co.uk)



Our Stay and Play sessions with Adele have proven really popular and helpful for our families. Adele runs some wonderful sessions from arts and crafts, to team-building as well as both structured and free-play. If these sessions are helpful for you, or if your child wants to join in the fun, then pick up a booking form for next half-term from the office.



Congratulations to our cracking cross-country team who performed brilliantly at Mounts Bay in the first event of the year. They all represented the school fantastically, for some it was their first ever event! If you are Year 3 upwards and want to join the team then speak to Mrs Ayotte!



# What Parents & Carers Need to Know about AMONG US



A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.

## WHAT ARE THE RISKS?

### SENSITIVE PREMISE

In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as *The Traitors*, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

### VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

### CHAT BETWEEN PLAYERS

With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

### GOING OFF PLATFORM

While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These undeniably make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

### IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

## Advice for Parents & Carers

### CONSIDER SOFTER ALTERNATIVES

Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

### CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

### DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

### AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

### STOP SURPRISE SPENDING

If you're concerned about the possibility of your child racking up an unexpected bill on Among Us' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

## Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



#WakeUpWednesday

# Menu

Week commencing 16th October 2023

## MONDAY

Pepperoni or vegetable pizza with coleslaw salad

-  
Ice cream

## TUESDAY

Spaghetti bolognaise/Quorn

-  
Apple Cobbler

## WEDNESDAY

Roast pork or vegetarian sausage with roast potatoes, carrots, peas and broccoli

-  
Fresh fruit

## THURSDAY

Bacon and cheese or Cheese and pepper pinwheels with beans and peas

-  
Bread and butter pudding

## FRIDAY

Pasties or sausage rolls with beans

-  
Chocolate cake

**JACKET POTATOES AVAILABLE MON-THURS**  
**FRESH FRUIT AND YOGHURTS AVAILABLE DAILY**