

BELIEVE, ACHIEVE, ASPIRE

ST BURYAN ACADEMY NEWSLETTER

Friday 19th January 2023

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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

4/1/24 - Back to school

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

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We are just two and a bit weeks into 2024 and there has been loads packed in already!

Every day our school is a hive of activity and I am always in awe of all of the amazing things going on in - and out - of our classrooms. Earlier in the week I updated our social media pages with photos of learning that was taking place during one of my walks around the school. Being part of a small school is so special; whilst we ensure that we meet all of the requirements of the National Curriculum it is vital that our children have opportunities to beyond that and their learning is broad, goes far and wide and is provided with opportunities that surpass expectations; that is our ambition - and for our children to leave our school well equipped for their futures, full of happy memories of their time here.

So, by sharing moments across the whole school with you from all areas, I hope that all of the wonderful things, and I include the 'core curriculum' in this, is there for you to see.

It is really important to us that parents and carers are actively involved in their children's learning, that an interest is taken in it and that you know what it is that your children are actually learning. Later in the newsletter we will have a spotlight on our curriculum, however - after acting on feedback from a previous parent survey - please make sure that you have checked your children's bags for some information worth knowing.

Children should have recently taken home some key information on their current and future learning in school, after parents fed-back that they were increasingly interested in their children's learning. Your child should have received:

- a class newsletter for the term
- a parent overview consisting of a short summary of their learning in each subject for the term
- a summary of their attainment last term and attendance

Each class' newsletter and parent overview can be found on their own class page on the school website. If you have not yet received the summary of your child's attainment and attendance (sent home on an A4 piece of paper this month), please contact your child's class teacher.

Our school is really at the heart of our community and it is important to us all to be a place that those in and around the village are proud of. It is always an ambition of ours to fully provide to our community as much as we can with all else that school's have to fulfil. On the 31st January we are inviting the toddlers from the village and area in to experience some forest school. After less than 24 hours of advertising, places are now fully booked! Penberth will have their forest school session in the afternoon that day, so please send them in wearing their PE kits with forest school kit to change in to.

We had a wonderful start to the day on Thursday this week with a sudden snow shower! It was brilliant to make the most of this and have extended times outside during the day. We all had a great time and it was wonderful seeing the children enjoying the snow!

Have a great weekend,

Mr McDonald and all at St Buryan Academy

SPOTLIGHT ON... CURRICULUM



As you may know, the National Curriculum sets out the programmes of study for schools within England; this outlines what should be taught in schools in each subject in every Key Stage. Schools may then supplement the curriculum with skills that they feel support their children's learning; this may depend on where the school is located, what they have access to and a whole range of other factors.

At St Buryan, we operate with mixed-aged classes, which makes planning and delivering the curriculum a challenge - but something that I feel we do incredibly well, ensuring that all areas are covered and supported with vast, high-quality learning opportunities. Being a school in our geographic location can also be a challenge when doing all we can in ensuring that our children have the same opportunities as children in other locations throughout the county and country; but I see it more as a blessing as we can also provide learning experiences that are unrivalled and many other children will not get to experience.

Our school ethos of Believe, Achieve, Aspire is something that we try to hold at the core of much of our teaching and learning. Often an ethos or 'catchphrase' can be tokenistic and not carry value. I believe it is so important that this stands for something and children use it to set themselves goals, targets and dreams. Our aim is to instil belief that they can achieve at whatever they set their mind to and that they should aspire to great things - having a growth mindset mentality is incredibly important and something that we promote within our school; it doesn't matter where you're from, what your circumstance is - you should have that belief that you can achieve and we will do all we can to help equip you with the skills you need to at this point of your journey. Our ethos forms a large part of the vocabulary and positive attitudes in our school too.

You know all about our commitment to Forest School and the role we believe that plays in our curriculum, you can read more about it on the designated page to it. It plays a key role in our belief around healthy lifestyles - both physically and mentally. Hopefully you have noticed our increased commitment to physical education in our school; this has been recognised by achieving and maintaining the Gold Award for achievements in PE. Furthermore, this has now been supplemented by healthy living work and the importance we put on having a positive well-being and supporting our children and community with this. Having a happy school is at the core of children thriving and we do our best to facilitate this.

A school's curriculum has many strands, much more to cover in a side of A4 paper. If you are interested in our curriculum then please do take a look at the 'Curriculum' page on our website. This takes you through what is taught in every class in every subject. It also has other useful documents that may be of interest, including subject overviews, characteristics for learning and much more.

The best thing to do though is talk to your child. Don't settle for, "I don't know," or, "I forget!" when you ask them what they learnt. Ask them about their best bit from the day, something that they are proud of, if they taught a friend anything, listen to them read or share a story.

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
THURS 4TH JAN 2024

Cookies
FRI 5TH JAN 2024

Menu 1
w/c
8th Jan
29th Jan

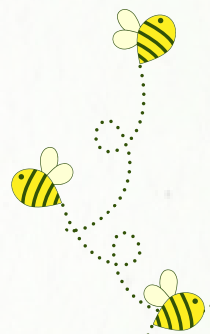
Monday	Tuesday	Wednesday	Thursday	Friday
Meatballs, pasta and tomato sauce	Hot dogs or vegetarian sausage in a bun with wedges and beans	Roast chicken, carrots, peas, roast potatoes, calibrese and gravy	Fish cakes, chips and beans	Pasties (meat or cheese) or sausage roll served with beans
Chocolate chip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



SMARTPHONE SAFETY TIPS

for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

NOS National Online Safety
#WakeUpWednesday

Many of our children access and love Penzance Gymnastics Club. Our Reception and Key Stage 1 children even did a unit of PE there last year! If you are able to help with sponsorship, or know a business who might, then please see the information below or visit their Crowdfunder:

<https://www.crowdfunder.co.uk/p/save-penzance-gym-club>



SPONSORSHIP DEALS 2024

100 CLUB

- *£100 a year
- *Sponsor a gymnast
- *Ad-hoc Social media exposure

500 CLUB

- *£500 a year
- *Bill board inside the gym
- *Monthly Social media exposure

2K CLUB

- *£2000 a year
- *Main sponsor
- *Bill board in reception
- *Club merchandise
- *Daily social media exposure