

BELIEVE, ACHIEVE, ASPIRE

# ST BURYAN ACADEMY

# NEWSLETTER



Friday 20th September 2024

www.stburyanacademy.com

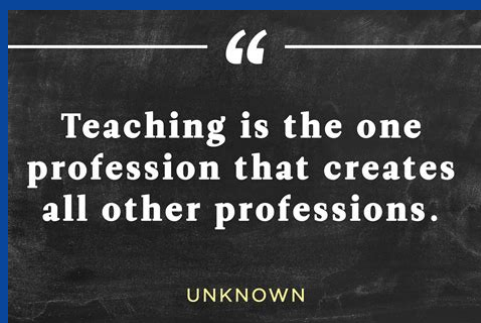
secretary@stburyanacademy.org

Tel: 01736 810480

## 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...

- Welcome and essential information
- Photos
- 2024/25 Key Dates
- Week 1 and 2 Menu
- What parents need to know about conflict and how to deal with it

### INSET DAYS 24/25

Sept 3rd and 4th 2024

June 6th 2025

July 21st, 22nd, 23rd

Welcome to our latest fortnightly newsletter!

It has been great to see our children settle back into school life so well and so quickly.

I have been so proud of how our new children - both in Reception and throughout the school - have so quickly become valuable members of our school. Their confidence has shone through and it is credit to all of the pupils within the school for how they have helped them settle.

In today's newsletter you'll find some pictures from the first couple of weeks of school as well as some other reminders and changes from previous years.

### School dinners

As you know, Aspen now support us with school dinners. Currently, these have proven popular with children throughout the school and they are enjoying their meals. As explained previously, the decision was made to use Aspen in order to ensure that all else around school dinners was well supported and with the intention that we - and Jo - could focus on producing high quality meals, which she does to a tee! However, we are constantly evaluating this and seeing what works best for the children, school and our families so we will keep you updated throughout this trial period.

### Attendance

After huge progress in attendance last year, we wish to maintain our high outcomes now and in the future. As you know, there is new guidance around school attendance meaning that if a child misses 10 sessions (5 days) within any 10-school-week period then parents will be issued with a Penalty Notice from County. Please note that 'lates' now also count as unauthorised absences and will go towards this figure; meaning that 10 lates will trigger a Penalty Notice. A late is classified as any time after the register closes at **9.00am**.

We will always work with families on this and are happy to answer any questions, but it is important that all are aware of the new guidance and steps taken. There is information on our website under the 'Parents' tab and then 'Attendance'. Letters were also sent out last week alongside a leaflet from County explaining the notice.

### Water bottles, coats and uniform

Please ensure that your child is coming to school with a water bottle and coat. Please also make sure that uniform is named - we've already had some lost jumpers so please do make sure that your child's name is clear. Thank you

Have a great weekend

Mr McDonald and all at St Buryan Academy

# THIS WEEK IN PHOTOS



Penberth made fruit jumble in forest school.



Every child received a copy of 'St Buryan in 10', a book which features their work and memories. We were joined by Penzance Rotary Club, who kindly helped fund the project. We will be donating these to some local places of interest and they're also available to purchase on Amazon - see our Facebook page for details.



Porthcurno visited The Jackson Gallery, where they carried out a workshop and were lucky enough to see Kurt Jackson's new exhibition, drawing inspiration from it to create some of their own pieces of art based around nature and what nature means to them.



# 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)



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

# LUNCHTIME

TRADITIONAL

Week 1

Autumn Winter  
2024-25:  
2/9, 23/9, 14/10,  
4/11, 25/11,  
16/12, 6/1, 27/1



**THE MAIN EVENT**


**MONDAY**  
Margherita Pizza Slice and Wedges

**TUESDAY**  
BBQ Cheesy Chicken

**WEDNESDAY**  
Roast Gammon, Roast Potatoes and Gravy

**THURSDAY**  
Lasagne

**FRIDAY**  
Golden Fish Fingers or Salmon Fingers and Chips



**MEAT-FREE MAGIC**  
Veggie Dish

Veggie Pepper and Sweetcorn Pizza Slice with Wedges

Butterbean Ratatouille

Quorn Sausage, Roast Potatoes and Gravy

Vegetable Lasagne

Veggie Burger and Chips



**RAINBOW ALLEY**  
Vegetables and Salads


Sweetcorn

Apple Slaw and Wholegrain Rice

Peas and Carrots

Green Beans

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**

Toffee Frozen Yoghurt

Sweet Potato Brownie

Forest Fruits Jelly Pots

Cookie Dough Apple Crumble

Jammy Thumbprint 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 and Cheese

# LUNCHTIME

TRADITIONAL

Week 2

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

**TUESDAY**  
Chicken and Sweetcorn Cobbler

**WEDNESDAY**  
Roast Pork, Roast Potatoes and Gravy

**THURSDAY**  
Classic Cottage Pie

**FRIDAY**  
Battered Fish and Chips



**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

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

# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

### 1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Allowing them to handle it can feel empowering to young people and will hopefully teach them to manage their own disputes as they move towards adult life.

### 2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

### 3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to mirror your behaviour, teaching them to be curious about the other sides of a conflict, and thus being more willing to hear them out.

### 4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things – including diversity of opinion – means people are more likely to feel heard and understood.

### 5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

### 6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to relax. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. These may seem like insignificant factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

### 7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and timelines of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

### 8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to setting them up. Provide an agenda. Act as a neutral chairperson who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

### 9 BE SOLUTION FOCUSED

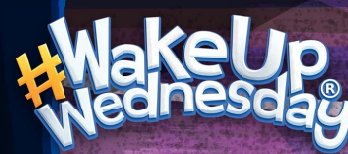
It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good – and, most importantly, the good of the children you're supporting.

### 10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. Use our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

## Meet Our Expert

Catrina Lowri is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-manage-conflict-effectively>