



15th November 2024

Dear Families

What a great World Nursery Rhyme Week we have had! Both classes have been singing, performing and writing poetry. My favourite - Nursery Grimes! We have also taken the opportunity to watch Michael Rosen performing Strict and Chocolate Cake - google it to watch at home - it's fab!

Thank you for coming along to parent consultations, we really enjoy being able to show you the fantastic work your children have been completing at school.

The deadline for school camp deposit is today. We are sure the children will have an exciting and memorable experience -so don't forget to sign up!

The Puffins (as we have come to expect) performed amazingly well on the stage at the Minack this week - we are so proud of them!

Next Thursday Little Levans will be visiting St Just Library from 1.30-2.45pm. Please bring your little ones along and / or encourage anyone else you know with pre-schoolers to join John Brolly for storytelling and fun!

100% attendance in Puffins this week - well done Puffins!

We have recently had some investment in IT at school and as a result have been having a great time coding in Puffins and creating images with AI in Choughs - ask your child to get inspired to try it out at home!

### **Stars of the Week**

Choughs: Robert - for making a wonderful start in Choughs. You try so hard in everything you do - well done!

Puffins: Astrid - for sensational effort preparing for the UKMT Maths Challenge!

### **Attendance (Year To Date)**

**95%**

Choughs = 96%

Puffins = 94%

# We're Going on a Bear Hunt

Inspired by the live interview with Michael Rosen, we set off on our own bear hunt around the school. Our favourite bits were the deep, cold river, the swirling, whirling snowstorm and finding the bear and in the dark, gloomy cave.



We're not going on a bear hunt again!

# Belonging

In RE this half term, we are talking about belonging. We chatted about different groups we belong to, community and how this makes us feel. We thought about our families, school and other clubs and activities we do. To show our class identity as Choughs, we did a bit of painting and hand printing.

All we need to do now is add the beaks and feet!



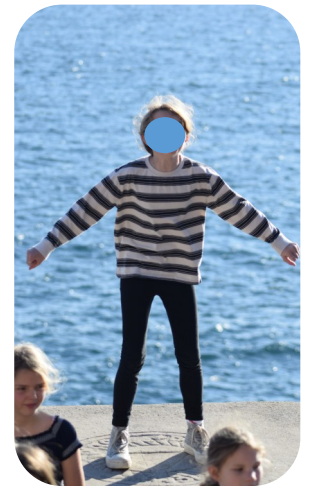
# Macbeth at the Minack – Wednesday 13<sup>th</sup> November 2024

As part of Poetry Week and the Minack's Shakespeare festival, we had the amazing opportunity to perform Macbeth along with 4 other schools at the Minack.

The sun shone (a lot - we were all quite hot!) and every school did a super job of sharing their scenes with the crowd. At one point John Brolly was worried there might not be enough seats for the friends and family who had come to watch but luckily everyone fit in and it was a great show with plenty of death!

It was also lovely to see ex St Levan pupils performing with the Cape Cornwall drama group.

Well done all and thanks as always to the Minack team for putting on such amazing events for our pupils to participate in!



# Remembrance Day

On Remembrance Day the children talked about what remembrance means to them and held a very well observed two minute silence. Before school the children on the St Levan bus paused briefly to lay a wreath at the memorial in St Levan. Thank you to all of year 6 for crafting a very thoughtful message, Astrid for writing it so beautifully and SA and FB for laying the wreath.



**FREE  
ONLINE**

**M.H.S.T**



**Parent workshops**

Over the next few weeks your school will be advertising our free online 1 hour parent workshops for January and February 2025. This may be in the newsletter or on a school notice board.

They will cover

1. Helping your child with their worries
2. Resilience
3. Managing behaviour
4. Sleep

**Parent  
Feedback**

I attended the worry workshop - I learnt why children worry and the best ways to approach worry  
Thank you

If you are interested in attending please scan the QR code or use the link to book yourself a place.

# MENTAL HEALTH SUPPORT TEAM - MHST



Parents and Carers -  
please join us at our  
1hr online  
Behaviour Workshop

Monday 27th January - 9.30am & 2pm  
Tuesday 28th January - 11.30 am & 4pm  
Wednesday 29th January - 9.30am & 1.30pm  
Thursday 30th January - 11.00am & 4pm

This workshop provides parents with  
practical strategies to foster positive  
behaviour and communication at  
home.

To book a place please complete  
the online form **HERE**  
<https://forms.office.com/e/1PwGDXSQ40> or scan the QR code



This workshop is open to parents/carers of  
primary aged children enrolled in Reception  
to Year 6 in any school in Cornwall

**Diary Dates****2024 - 2025**

<b>Term</b>	<b>Autumn</b>
<b>Event</b>	<b>Date</b>
Friends evening event	Fri 15/11/2024
Swimming (Year 3 & 4)	Tue 19/11/2024
Little Levans visit to St Just Library	Thu 21/11/2024
Library van visits school	Mon 25/11/2024
Swimming (Year 3 & 4)	Tue 26/11/2024
Swimming (Year 3 & 4)	Tue 03/12/2024
Little Levans visit to Minack Theatre	Fri 06/12/2024
Swimming (Year 3 & 4)	Tue 10/12/2024
Panto @ Heamoor School	Wed 11/12/2024
School performance at the Acorn Theatre	Thu 12/12/2024
Little Levans visit to Ryn Gwari	Fri 13/12/2024
Christmas jumper day	Fri 13/12/2024
Swimming (Year 3 & 4)	Tue 17/12/2024
Christmas lunch (children and staff)	Thu 19/12/2024
Last day of term (finish at 1.30pm)	Fri 20/12/2024
Term ends	Fri 20/12/2024

<b>Term</b>	<b>Spring</b>
<b>Event</b>	<b>Date</b>
Term starts	Mon 06/01/2025
INSET day	Mon 06/01/2025
INSET day	Tue 07/01/2025
Back to school	Wed 08/01/2025
Swimming (Year 5 & 6)	Tue 14/01/2025
Swimming (Year 5 & 6)	Tue 21/01/2025
Height & Weight measurement (Reception & Y6)	Wed 22/01/2025
Swimming (Year 5 & 6)	Tue 28/01/2025
Children's Mental Health Week starts	Mon 03/02/2025
Swimming (Year 5 & 6)	Tue 04/02/2025
Children's Mental Health Week ends	Fri 07/02/2025
Swimming (Year 5 & 6)	Tue 11/02/2025
Safer Internet Day	Tue 11/02/2025
Last day before half term	Fri 14/02/2025
Half term starts	Mon 17/02/2025
Half term ends	Fri 21/02/2025
First day back after half term	Mon 24/02/2025
Swimming (Year 5 & 6)	Tue 25/02/2025
Swimming (Year 5 & 6)	Tue 04/03/2025
St Piran's Day	Wed 05/03/2025
World Book Day	Thu 06/03/2025
Swimming (Year 5 & 6)	Tue 11/03/2025
School camp starts	Mon 17/03/2025
Swimming (Year 5 & 6)	Tue 18/03/2025
School camp ends	Wed 19/03/2025
Red Nose Day	Fri 21/03/2025
Swimming (Year 5 & 6)	Tue 25/03/2025
Swimming (Year 5 & 6)	Tue 01/04/2025
Last day of term (finish at 1.30pm)	Fri 04/04/2025
Community duck race	Fri 04/04/2025
Term ends	Fri 04/04/2025

## RELAXATION AT BEDTIME

**Feeling relaxed is important in the run up to bedtime for both parent and child. If your child is experiencing difficulties sleeping it can make you both feel anxious. Youngsters often pick up on stress levels around them so it is important to create a relaxing and calm environment as bedtime approaches.**

### **Here is some advice that may help:**

- Turn off all screens an hour before bedtime, this includes television, laptops, tablets and mobile phones. Screen activities can be mentally stimulating and may also inhibit the production of melatonin, the sleep hormone that helps us to feel drowsy.
- Set aside time earlier during the day to allow your child to share any worries with you. It can be helpful to share how their day has been and what is planned for the next day. Make sure to give them your full attention.
- Dim the lights in the hour before bed to create a relaxing environment and aid the production of melatonin.
- Fine motor skill activities such as craft activities, model making, jigsaws or colouring pictures can aid relaxation.
- Massage can help some children to unwind.
- Classical music can be very soothing and makes good relaxing music to play in the background during the bedtime routine.
- Mindfulness is being increasingly used and there is evidence to suggest that it can be helpful to promote relaxation and sleep. There are a number of apps and products on the market that may be useful.
- Encourage your child to concentrate on their breathing. Imagine breathing in a beautiful white light and blowing out any worries or troubles each time they exhale. Breathing exercises are also useful for parents to carry out and are a great exercise to enjoy together.
- Teach your child to progressively relax the muscles in their body. They can begin by tensing their feet to the count of 5 and then letting them relax. Next tense the calf muscles and relax, moving up to the thighs and so on until they have relaxed each part of their body. This is another good activity to try together.
- End the day on a positive note by sharing 5 great things that have happened during the day.

If you are concerned about your child's anxiety levels discuss with your GP or a healthcare professional, some children may require specialist support.

**For more information, contact The Sleep Charity or your representative.**

For more information and advice, visit The Sleep Charity at [thesleepcharity.org.uk](https://thesleepcharity.org.uk) or contact us on [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk)