



19th July 2024

Dear Families

Wow! The music festival was fab! The slightly inclement weather didn't dampen our spirits. The music was fantastic. We had alumni, parents, staff, pupils (and even one of next year's Reception) performing magnificently! Every performance was a joy to see and listen to. Dinner was delicious. The seating was comfy (I'm exaggerating now). It was truly a great event - I would go so far as to say my favourite yet... If you weren't there - you really missed out!

At the performance at the Minack on Monday the sun shone (the same can't be said for during the rehearsals) and the Puffins shone! I am reliably informed that they were brilliant. Well done Puffins!

We have also had outside performers playing for us in school this week. On Monday IMS Prussia Cove musicians performed for the whole school. On Wednesday students from the Guildhall School of Music performed for the whole school. How lucky we are that such talented people enjoy coming to visit our school.

Thank you to Heamoor School for giving all our pupils a tour of the space we will be using next term. Excitement is building about the move!

Are you ready for Lafrowda? We look forward to seeing you at the Nancherrow Centre at 11.45 (in time for the noon procession)!

### **Stars of the Week**

Choughs: Ursula - for showing great confidence, creativity & curiosity at our various recent musical experiences!

Puffins: Summer - for sensational song writing (your piece was amazing!) and for always knowing exactly what words we should and should not have been singing at Operation Kernow.

### **Attendance (YTD)**

Whole school = 94%

Choughs = 91%

Puffins = 95%

As we limp towards the summer break - here is a recap of some of the fun things we have done this year:

A massive thank you to all the Friends, Governors, Staff and Parents for helping to make these trips / events possible.

Thank you to all our children whose appreciation make all these things so worthwhile!

#### Visitors to school

John Brolly (Drama & Music)  
Josh Kanagaraj (Capoeira)  
Sarah Sejahtera (Mental Health Support)  
Rachel Cutts (Music)  
Vicky Rouncefield (French)  
Ruth Caird (Dance)  
Vickie Hugh-Jones (Feelgood Friday)  
Tristan Hugh-Jones (Reindeer)  
Richard Blackborow (Ukulele)  
Sarah Shaw (Reading)  
Billy Wynter (Artist) and Rhia his glamorous assistant  
Pippin (woof!)  
Erika Shadrick (Reading)  
Lyndsay Gale (Gardening)  
Vincent Shadrick (Swimming)  
Mae (PK Porthcurno )  
Esther & Laura (OFSTED)  
Grace (Minack Dance)  
Daisy (DT Sports)  
Ellyn & Ian (Penzance Tennis Club)  
NSPCC  
RNLI Lifeguards  
Caroline and Bridget (assemblies)  
Jo (Coastguard Search and Rescue)  
Chris (Little Sing)  
Andy (Tri-Service Safety Officer)  
Shae, Frida & Sophie (Central School of Speech and Drama)  
Vicky (St Just Library)  
Samuel Pepys & Buzz Aldrin (Adrian - Blast from the Past)  
IMS Prussia Cove (music performance)  
Guildhall School of Music (music performance)

#### Community events

Ceilidh & Welcome Supper  
Halloween Disco  
Christmas Market  
Lecture series (Bats, Skulls & Bones)  
Duck Race  
Summer Fete  
Music Festival  
Lafrowda

#### Whole school trips

St Buryan Church / IMS Prussia Cove  
Performance at The Acorn  
Penzance Gymnastics Club  
Hall for Cornwall (Peter Pan)  
Sennen (RNLI & Beach)  
St Michael's Mount  
Minack (Dr Doolittle)  
Sports Day  
Sennen (Beach day!)

#### Lots of other lovely things

Miss Ferguson  
Miss Finch  
Mr Hooper  
Mrs King  
Miss Trembath  
Mrs Williams  
Tasha  
Cassandra

## A note about our music festival

At the risk of this sounding like a Hollywood acceptance speech, I'd just like to thank all the people who helped make our Music Festival such a great success:

Firstly, thank you to everyone who came along to support the event - it was a fantastic turnout on a somewhat 'iffy' day for weather that happily turned into a lovely late afternoon and evening. You made the efforts made by everyone involved worthwhile.

Secondly, thank you to all the amazing performers! The talent of the school's pupils, teachers, parents, alumni and friends on display was just extraordinary. All your practice and hard work coming to clubs and taking music lessons really paid off, didn't it? There were some incredible, inspiring and joyous performances!

And finally, it takes a lot of people to make something like this happen, and almost everyone I asked gave freely of their time, energy, skills and enthusiasm to make the show what it was. In particular, enormous thanks to Terry for lending us a tent, Ruth for letting us use her stage, Robin for bringing a PA and doing the sound, Billy and Anna for helping make it look beautiful, Tristan and Vicky for feeding everyone so spectacularly and providing the fab rustic furniture, Christine and Rachel for teaching us, the Busk Stop crew for looking and sounding fantastic during the interval, to Miss Finch and Miss Ferguson for constantly giving, and to Cassandra, who quietly keeps an unflustered eye on absolutely everything, and always comes up trumps when you need anything, usually before you even realise you need it!

You're all amazing and I'm sorry if I've missed anyone out. The way everyone pitched in spoke volumes about the spirit that pervades this wonderful school. From all the feedback I've had, there definitely seems to be a will that we should do it all again next year. I for one am looking forward to it already...

Richard Blackborow

PS. Please, if you have any particularly good photos or videos of the event, especially of complete performances, please email them to the office.





# Ilow Gool - St Levan Music Festival

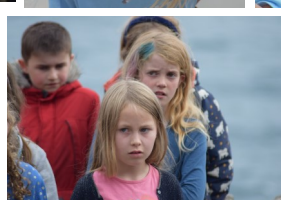
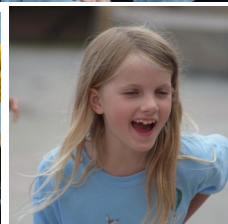
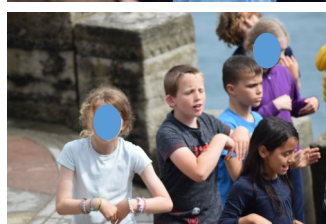




## A Wonderfully Musical Week!

After the extraordinary success of Friday's festival (wow!), we have continued on a musical theme this week with Operation Kernow at the Minack and not one but TWO visits from string groups from IMS at Prussia Cove.

Operation Kernow was incredible and the performances by all were very impressive given how disrupted rehearsals had been because of TORRENTIAL downpours! Both string quartets were excellent and each group remarked on how well our children listened and how thoughtful their answers and questions were. A piece that both groups played was **The Orangery** by **Caroline Shaw** if you would like to listen.





## DT: Cooking and Nutrition. Healthy eating. Salads.

After looking carefully at the ingredients in existing salads available in supermarkets, we designed our own. We thought carefully about what to include so that our salad was healthy and contained a range of food groups from the Eat Well Plate. For example, lots of us included pasta as a type of carbohydrate or feta cheese for a dairy product. We also talked about how to prepare food in a hygienic way (washing our hands and wiping down surfaces before any food preparation) and practised grating, chopping and peeling the different fruits and vegetables we included. One of our favourite bits was the eating part! No salad dodgers here (much...)!





## What is a Mental Health Support Team (MHST)?

Mental Health Support Teams (MHSTs) work in partnership with schools and other services to offer a wide range of mental health and wellbeing support for children and young people, as well as the adults who support them.

## Who are the Mental Health Support Teams?

The Mental Health Support Team in Schools has been introduced as part of a national project to support children, young people and their families within education settings.

Working in primary schools in Cornwall we provide short term, low-intensity mental health interventions and support. We may work directly with the parent/carer or the young person, depending on the support needed.

We are a team of qualified and trainee Educational Mental Health Practitioners (EMHPPs) and Supervisors, supported by Team and Service Managers. Together, we have a wealth of experience in supporting children and young people with their mental health.

## Contact us

### Mental Health Support Team

Shaw House, Porthpean Road,  
St Austell, PL26 6AD

Call: **01726 873204**

Visit our website: [www.cornwallft.nhs.uk/mental-health-support-teams](http://www.cornwallft.nhs.uk/mental-health-support-teams)

## More help...

### Childline | Call **0800 111** (free)

Open 7:30am - midnight (Mon - Fri) and 9am - midnight (weekends). Available to anyone up to 18 years old.

### Mental Health Response Line

Call **0800 038 5300** (free)

Open 24 hours a day, 7 days a week.

### CRISIS Text Service | Text **SHOUT** to **85258**

Open 24 hours a day, 7 days a week.

### NHS Helpline | Call **111**

Open 24 hours a day, 7 days a week.

In an emergency, call 999 or go to hospital.

### Kooth | Visit [kooth.com](http://kooth.com)

For young people aged 10-18 years.

Online chat open until 10pm every night.

### Headstart Kernow

Visit [www.headstartkernow.org.uk](http://www.headstartkernow.org.uk)

Information for parents and carers.

### Your Way | Visit [your-way.org.uk](http://your-way.org.uk)

Services for young people aged 10 and over.

## Children's Mental Health Support Team Cornwall (MHST)



## Information for parents and carers of primary school-age children

IN PARTNERSHIP WITH



## What support can the MHST offer?

**Our aim is to build resilience and empower children and young people (and the adults in their lives) to get the help they need, when they need it.**

The kind of support we can offer includes:

- Help for individuals (normally between 6 and 8 sessions)
- Supporting staff to offer emotional wellbeing sessions within a class or to a smaller group of young people
- Working closely with an adult who children spend time with, including school staff, a family member or carer.
- As a team we are trained to use guided self help resources with children, parents or carers, and to support staff at school to understand more about mental health. We also help schools to develop a whole-school approach to emotional health wellbeing.

## Why is early mental health support important?



### Did you know?

- Over 50% of all mental health difficulties will start before the age of 14.
- In Cornwall there are many services offering mental health support to families and young people. We aim to get and offer early help.
- We are not a diagnostic service. We would not be the right services for parents concerned about conditions such as ADHD and ASD.
- Specialist services can be accessed through talking to your own GP or through a referral to the Early Help Hub.
- There are also a range of online self help support services available to support young people and families.
- Our services aim to make a difference by offering support early when possible mental health difficulties may be emerging for children.

**Mental Health Practitioners can help children displaying mild to moderate signs of:**

- Anxiety
- Stress
- Low Mood
- Mild behavioural Difficulties
- Worry Management
- Panic Management
- Resilience
- We can also help support parents, carers and schools

### **You're not alone**

**If you have any further questions or concerns, or you'd like more information...**

To begin with, please speak to your Mental Health Lead at school. They can decide if the Mental Health Support Team may be able to offer the help your young person needs, or identify another service that can offer more appropriate support.





**MOUNTS BAY  
ACADEMY**



# Summer Active Holiday Camp

Monday - Thursday

10.00am - 2.00pm

5-16 years old

Mounts Bay Academy TR18 3JT

22nd - 25th July • 29th July - 1st August  
5th - 8th August • 12th - 13th August

St Marys Catholic School Pz TR18 2AT

Follow QR code for dates

£18 a day or free for FSM

Transport if 3+ miles away - follow QR link below

**Lots of fun, play and action!**

Football  
Swimming  
Trampolining  
Arts and Crafts

Slip and Slide  
Rugby  
Tennis  
Benchball

Biking  
Badminton  
Dodgeball  
Cricket

Mounts Bay Academy



St Marys C  
(with Swimming)



Transport



Email: [holidaycamp@mountsbayacademy.org](mailto:holidaycamp@mountsbayacademy.org)



Department  
for Education







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