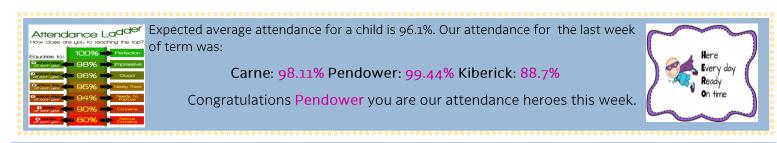


# Veryan CofE Primary

## **School News**

Veryan, Truro, Cornwall, TR2 5QA veryan.secretary@celticcross.education

Friday 10th January



### Message from Ms Jarrett

Welcome back and a very happy new year to you all! I hope everyone had a lovely Christmas and enjoyed family time and celebrations together. I have enjoyed listening to some of the children's stories of their Christmas break and am very pleased to see all the children settle so well back into school with such enthusiasm and maturity after all the festivities. I'm thoroughly looking forward to watching our children grow and develop over the coming spring term and into this new year.

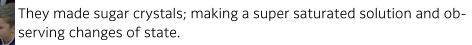
### Careers and Science Week

What an exciting and inspiring week to begin the term! We have had several visitors in school talking about the careers they have, or have had, and what these entail. Our thanks to them all for giving up their time to chat to the children. The children (and some teachers!) dressed as what they might like to be when they leave school, which led to lots of interesting conversations and ideas. Thank you to all the parents who helped to put together outfits for the day and well done to the children for thinking of some interesting and insightful questions to ask about careers, experiences and roles.



There were all sorts of hands-on experiments taking place for science week:

Kiberick made plastic by breaking down proteins with acid.





Pendower made predictions about absorbency of materials, recorded their results and made conclusions.



Carne made paper planes and tested the influence of weight and gravity.

They also made curds and whey by adding an acid to milk

...some of it tasted actually quite nice apparently!



Spring term 1 Dates for your diary

Careers and science week in school. Week beginning 20th January After School clubs begin. Please book at www.veryan.parentseveningbookingsystem.c o.uk Wed 22nd January Bench ball competition at The Roseland

Academy Yr4,5,6 (Individual letters to come home)

Open the Book in collective worship. Verya Church. All welcome

#### Friday 14th February

\*Daya visiting Veryan School for talk and workshop about faith and Islam. \*NO COLLECTIVE WORSHIP IN CHURCH TODAY.

\*Last day of term

Monday 24th February Term begins

Dates and times are added & altered throughout the term-keep an eye on this section for amendments.



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## Carne Class:

Archie for coming back to school with a 'can do' attitude towards learning and especially for his brilliant sportsmanship in PE.

# Pendower Class:

Kayden for returning to school with such a positive and enthusiastic attitude .

# Kíberíck Class:

Sylvie for being so dedicated and conscientious . The world is your oyster & you will succeed in anything you choose because of this excellent attitude and manner!

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#### Veryan Sports news



Veryan School have signed up to the Daily Mile. Each day between 10:15am and 10:30am the **whole** school (yes, even the staff) take part in walking, running, galloping, skipping or trotting laps around the playground together. It takes 25 laps to complete a mile. It's not a race or a competition; some days we might manage a whole mile and on others we'll just do the best we can. The important thing is to take part—building resilience and social skills, improving our

wellbeing, mental and physical health, boosting our attainment and productivity! For more information see <a href="https://thedailymile.co.uk/">https://thedailymile.co.uk/</a>

### What is The Daily Mile?

The Daily Mile is simple and free. We want to get children fit for life and fit for learning by encouraging them to run or jog for 15 minutes every day in their schools or nurseries. It is a physical activity which promotes social, emotional and mental health and wellbeing, as well as fitness. It takes place outside in the fresh air during the school day at a time of the teacher's choosing. Children run in their school clothes and no special kit or equipment is required.

### Won't it tire the children out and stop them doing their school work?

Quite the opposite! There is a proven link between daily physical activity and raised attainment. The Daily Mile has been shown to increase concentration levels, reduce challenging behaviours, and improve attainment in SATs. Parents have also reported that their children are eating better and sleeping better - they're "tired in a good way."

### Won't the weather be a problem?

The weather is a benefit not a barrier; the children respond well to the seasons and enjoy connecting with nature. Teachers choose when they'd like to take their class out and they use a common-sense approach - not in heavy rain or when it's icy underfoot, but if it's cold, drizzly, misty, windy or warm that's all fine and is really enjoyed by the children. Children wear clothing appropriate to the weather - jackets on if it's cold or damp, sweatshirts off if it's warm. This sensible approach helps build resilience in children.



On Thursday 16th January there will be another Census Day in school, this is when the Local Authorities collect information electronically from every school in their area. This is, in part, to guide them in planning and funding. The LA collect details such as pupil numbers, num-

bers of pupils with Special Educational Needs, those entitled to Pupil Premium funding, those entitled to Free School Meals (FSM), attendance information and so forth.

To maximise our potential funding, we would encourage all families with children entitled to FSM to enjoy their free meal on Thursday 16th January, rather than bringing a packed lunch that day. It is the number of children in Early Years and Key Stage 1 eating the free meal on the actual day's lunchtime that informs the funding, rather than meals ordered for that day or children attending school. Pupils who bring a packed lunch from home unfortunately are not included, nor are children who normally take Universal Infant Free School Meals, that are absent on the 16th.

Once again, we encourage as many children as possible to commit to eating their FSM on Thursday next week; this will record those children as having eaten on Census Day and therefore count towards the total Government funding allocated to our school for UIFSM for a whole year. Hopefully, it will also encourage any children who don't normally take the meals to join us for lunch and lead to more of them eating over the rest of the school year!

Next week's special menu from Caterlink will be:

#### Build your own pasta

Pasta with a selection of toppings—select 3 from the following:

Tomato sauce, ham, bbq chicken, sweetcorn, sausage, peppers, veggie sausage, cheese

#### Served with fresh bread & a salad bar. Followed by Ice cream & Fresh fruit

These choices will be available to book on your Parentpay account as normal.



### Christmas Disco

What a fantastic disco to end the Autumn term! Thank you to our PFA and volunteers for generously giving up their time to organise, fund and implement the Christmas disco on our last day. The children had a wonderful time.



Www.pichero.com/Cuusinery Hockey Cuir Search Newquay Hockey Cuir Do you play a wind or brass instrument? St Anthony's Noyse band would love to welcome you along for a taster session with them! Ensemble playing is a great way to meet with other musicians, and have fun along the way. All wind and brass, (flute, clarinet, oboe, bassoon, trumpet, cornet, trombone, tuba, euphonium, horns) any age and ability. We would especially like to hear from some younger musicians, and any parents that fancy a go too. For further details, please see Karen Green, or telephone Pam Carbis on o1872 501339 

Please note: Whilst we may advertise clubs, activities or organisations in our newsletter, Veryan School are not responsible for carrying out checks on these external groups. Parents/carers should ensure that they are satisfied that the correct insurance, qualifications and DBS checks are in place to ensure the welfare of their children if they participate or attend such events/clubs etc.