

# St Buryan Academy Primary School Newsletter 10<sup>th</sup> March 2017



Headteacher- *Mrs. Janet Pascoe*

Tel: 01736 810480

email: secretary@stburyanacademy.org

*Dear Parents and Carers,*

## **Gwenver Visit to Marazion Beach**

Yesterday afternoon Gwenver Class travelled to Marazion Beach to work on some 'transient art'. Happily the sun was shining in Marazion (unlike St Buryan) and everyone agreed the visit to be a much better experience than the transient art which they had worked on earlier in the week- in the playground in the wind and rain- although they are very aware that sometimes artists have to endure harsh weather conditions in order to 'capture the moment'.

The results of Gwenver's afternoon will be displayed in their classroom for the forthcoming **Open Morning on Tuesday 28<sup>th</sup> March** when everyone from the school community will be welcome to visit school.

Refreshments will be available in the hall from 8.55am before a 'Virtues Assembly' is presented by Y6 at 9.15am.

All classes will be open from 9.30am for you to visit and take part in some fun activities based on the Virtues and Easter. Friends, family and community members are very welcome to join us.



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**Year 3-4 Swimming Gala** Our children performed brilliantly in front of a crowd of over 400 spectators and other competitors and were awarded 3<sup>rd</sup> place overall- an amazing achievement for a small school ! Everyone enjoyed themselves and showed great courage in performing to their absolute best.

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We were unlucky to be drawn in a really tough heat with some of the biggest schools around, however our Y3-4 team : Hattie, Asya, Seren, Joe, Albert, Ben, Cerys, Tian, Kiana, Joby, Arthur and Cassius all did really well. Special congratulations to Tian, Kiana and Cerys who made the relay final and to Tian and Seren who made it to their individual finals; with Seren going on to win the gold medal in her event.

## **Make sure your child child benefits from an overlooked educational advantage:**

We all want the best outcomes for our children, yet it seems that many parents are missing out on taking advantage of, what has proven to be, a key factor in promoting great learning;

### **Extract taken from: Panorama- 'Sleepless Britain' available to view now on BBC iPlayer**

Our children are exhausted. Britain's kids are going to bed later and sleeping less, and hospital visits triggered by poor sleep have tripled in ten years. This is playing havoc with children's health and education, causing obesity, problems for parents and teachers, and even family breakdowns.

In this well researched BBC documentary/film, reporter Jenny Kleeman finds that from toddlers to teenagers, children's rocketing use of technology coupled with more lax modern parenting is creating an epidemic of poor sleep. She reports that more and more children are reliant on prescription drugs to go to sleep.

Jenny visits a sleep charity in Doncaster that gets up to 200 emails a day from desperate parents. She meets Jayne, mum to a toddler who takes up to four hours to go to sleep, and follows them as they trial a firmer bedtime routine.

At Honley High School in Yorkshire, Jenny investigates how poor sleep is affecting pupils concentration and behaviour in class and finds that sleep deprivation can reduce academic performance by up to two school years.

Jenny visits the sleep lab at Sheffield Children's Hospital, which has seen a tenfold increase in referrals in the last decade. She discovers that poor sleep can cause weight gain and meets 13-year-old Ellie, who sleeps as little as three hours a night.

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Trouble sleeping can be a problem for children and adults, however there are things you can do to try and get a better night's sleep.

A minimum of 9 to 11 hours sleep a night is recommended for children aged 5 to 12.

A 'Sleep Hygiene' routine is key: A regular set bedtime should be adhered to and not vary by more than one hour a weekends. No form of technology should be used in the hour before bedtime as it emits blue light which known to stimulate brain activity and disrupt the deep sleep patterns necessary for brain development.

Other strategies which help promote a problem free bedtime include encouraging children to exercise for at least 60 minutes a day, cutting out caffeinated drinks such as cola during the afternoon/evening, and not overeating before bedtime. These all help children have good quality sleep.

## **Cross Country League:**

On Monday our cross country team ran at Cape Cornwall School in last of this year's 4 league meetings. Conditions, once again, proved very challenging- particularly as many of our school's runners were recovering from illness but wanted to demonstrate the virtue of resilience in not letting the school team down. Nevertheless our team ran really well and their results, together with the previous 3 results, have been used to select the top performing 15 runners in each category for the Penwith team which will run at the County final in the summer term.

We are delighted to announce that 6 of our team runners have been selected for the County event. Many congratulations to Joby, Tian, Cassius (Y4), Finlay, Baye and Jed (Y5) for their great effort over the 4 events and their selection for the county event.

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## World Book Day pictures from last week:



**Don't forget that you are to buy new books using the FREE BOOK token we all received last week. They may be swapped for a free World Book Day book or get £1 off any book or audiobook worth £2.99 or more at your local bookseller. Happy Reading!**

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**Any old tools?** *Mrs Kwiatkowska is in the process of introducing workbench woodwork activities and would welcome any offers of unused tools which may be lurking in your shed. Any woodworking tools will be welcomed, particularly items such as hammers, screwdrivers, vice etc.*

**Sainsburys Vouchers:** *Sainsbury's are once again issuing vouchers when you shop in their store. We have previously benefitted greatly as a school from this scheme having ordered a range of sports equipment, cooking equipment and a set of floor cushions for our library refurbishment. We would be delighted to receive any vouchers issued to you. A collection box is situated in reception.*

**Princess Whatsername? Stage Struck Youth Theatre TODAY and TOMORROW!**

***Princess Whatsername - a comedy fairytale musical***

*Please support Stage Struck's latest show, Princess Whatsername - a comedy fairytale musical. To be performed at The Centre, Newlyn. March 10th and 11th, Evenings at 7.30pm: £7 (£5 16 and under) and also Saturday 11th matinee 2.00pm: £6 (£4.50 16 and under). Group Rates for parties of 10 or more are also available. Tickets available on **01736 368953**. This is the perfect show for all the family with so many of the best loved fairy tale characters on the stage together. There's a young lady with amnesia, a Prince who keeps saving the wrong Princesses (who consequently fall in love with him much to the consternation of their own Princes!) Dwarves, Bears, Rumpelstiltskin, Hansel and Gretel and of course a couple of very wicked witches to stir the pot and throw all into disarray! But of course in the end everyone lives happily ever after. A rocking musical score with street and hip hop numbers adds even more fun to new takes on the stories everyone loves.*

*Stage Struck is an amateur youth theatre group based in Penzance. Children from as young as 6 are involved, and auditions for joining the company will follow this show. Come and watch and see if you fancy being a part of the next show. Contact Judith Nicholls (07762 764052) [jaen@mac.com](mailto:jaen@mac.com) for more information regarding auditions.*

**Friends of the School:** *Everyone welcome, next Wednesday 15<sup>th</sup> March 2pm at school. Agenda will include planning for Summer Fete.*

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## Next week's menu: WEEK 2

see website, PARENTS, School Meals

Extra-Curricular Activities; **Breakfast Club** from 8am all week- last food orders 8.40am

Monday- *Construction Club (Y1-2) until 4pm, Let's Get Cooking (Gp 2) Homework Club (Y3-6) until 4.15pm*

Tuesday- **NO High 5s Club due to League Match and Y5-6 Swimming Gala**

Wednesday- *KS1 Ball Skills (Y1-2) until 4pm, KS2 Ball Skills until 4.15pm*

Thursday- *Football Club (Y3-6) until 4.15pm*

**Activities R Us** – Short Stay Session to 4.15pm only £2.00 full session until 5.30pm £4.00

Monday- Pebble Painting

Tuesday- Top Trumps Triumph

Wednesday- Mother's Day Crafts

Thursday- Sporting Challenges

Friday- Make n'Bake Terrific Trifles to take home