

ST BURYAN ACADEMY NEWSLETTER

Friday 18th July 2025

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TURN ON NOTIFICATIONS AND RECEIVE NOTICE WHEN WE UPLOAD OUR
NEWSLETTERS, MENUS AND UPDATE OUR DIARY!

Key Dates

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

Highlights

Curriculum 2025/26

Reading

Key Dates

Recorder lessons

Attendance

Wake Up Wednesday: Managing Stress

INSET DAYS 25/26

Monday 1st September 2025

Monday 20th October, Tuesday 21st

October, Wednesday 22nd October,

Thursday 23rd October,

Friday 24th October 2025

Monday 26th January 2026

Friday 24th July 2026

Welcome to our first newsletter of the year!

We have had a great start and it has set us up well for the year ahead.

Last week you should've received your child's class newsletter and parent overview sharing their learning for the term ahead. I hope that these gave you an insight of what your children will be covering in the Autumn Term, as well as some information on class routines.

You should've also received our key dates for the year, which have also been added to our newsletter. I hope that these have been helpful for you in knowing dates for the term well in advance.

The first main one of which was on Friday when we welcomed Jennifer Davy, and ancestor of Humphry Davy, to the school to share her book about her family. It was fun, engaging and inspiring for our children - who were complimented on their behaviour and depth of questioning by the author. You are still able to buy her book for a discounted price through the links and letters previously provided.

We are looking forward to having you visit school on Thursday 26th September to see our classrooms and join in with your children's learning. After drop-off, come down to the school hall for a quick meet and greet before heading to classrooms at 9am for an hour. The session will finish at 10am, but you are welcome to leave earlier.

A huge well done to our new reception children who have settled into the school so well! I have been blown away by how they have adjusted to life in our main school and am looking forward to seeing them progress as the year goes on.

I am fortunate enough to be teaching in every class this year and I have been really proud of our children, how they have come back into school following the summer and the work that they have already produced - a great start to 2025/26!

A big thank you to our parents and families too - I appreciate that it has been a time of change for the school and us all, but a big thank you for your support amongst those changes too.

Best wishes

Mr McDonald and all at St Buryan Academy



ST BURYAN PRIMARY SCHOOL 2025/26 CURRICULUM OVERVIEW

Shaping Bright Futures: An Overview of Our Innovative Curriculum

Merry Maidens

Autumn Term

Under the Sea:

Join us as we dive into our learning, finding out about what lives in the deep blue which surrounds us and how they survive!

Spring Term

The Great Fire of London:

We learn about how the Great Fire of London started and how it was stopped. We learn about the impact it had on London and England through the diary of Samuel Pepys.



Summer term

Famous Figures:

We learn about inspirational people, their achievements and what impact they have had on the world.



HOLISTIC DEVELOPMENT

We integrate academic excellence with social, emotional, and physical well-being, ensuring students grow as well-rounded individuals



PERSONALIZED EDUCATION

Through tailored instruction, adapted support, and flexible groupings, we meet students where they are, helping them reach their full potential



STEM AND CREATIVITY

We include STEM education alongside arts and humanities, promoting critical thinking, creativity, and innovation. Our students are not just learners but creators and problem-solvers



ENVIRONMENTAL STEWARDSHIP

Our curriculum incorporates environmental education, teaching students about sustainability, conservation, and the importance of caring for our planet



INNOVATIVE LEARNING APPROACHES

We embrace a blend of traditional and modern teaching methods, from hands-on projects and inquiry-based learning to digital literacy and interactive technologies



GLOBAL AWARENESS

Our curriculum includes multicultural studies, foreign languages, and topical learning, encouraging global citizenship and cultural empathy



COMMUNITY AND SERVICE

Learning extends beyond the classroom through trips, community service projects and partnerships. These experiences teach our students about empathy and responsibility



CONTINUOUS ASSESSMENT AND GROWTH

Progress is monitored through a combination of formative and summative assessments, portfolios, and reflections, allowing for continuous feedback and growth

Boscawen - Un and Tregeseal

Autumn Term

Frozen Kingdom:

We learn about Shackleton's Arctic expedition, how it was ground-breaking and the sacrifices made. We will study the similarities and differences between various Polar Regions whilst carrying out map studies.

Spring Term

Stone Age to Iron Age:

We learn about the people who came before us, their settlements and lives - as well as the impact that they had on our lives today. We look at these ancient civilizations as historians and geographers - we will even visit some settlements that are amongst us!

Summer term

Romans:

We look at the significant impact the Romans had on how we live our lives today in an historical study.



At St Buryan Academy, our Year 3/4 and Year 5/6 classes often combine their learning in the afternoons.

This means that both groups follow the same overall topics, but at a level that's right for their age. By doing this, we make sure that all children get the chance to cover the full curriculum in a way that is engaging and age-appropriate, while also making the most of opportunities to learn together.

It allows teachers to plan rich, creative lessons that build on children's skills year by year, ensuring no learning is missed and that every child continues to be challenged and supported.

20 is plenty!

Children who read for **20 minutes** a day will...

Improve
**focus and
concentration**

Have a world of
**imagination and
creativity**
opened to them

Have
**stronger
writing skills**

Improve and
**strengthen
memory**

Be exposed to
**1.8 million
words a year**

Have a
**broad
vocabulary**

Improve
test results

Have better
**general
knowledge**

Improve
**communication
skills**

Encourage
**a love for
learning**

Learn how to
**develop
empathy**

Improve
**critical
thinking skills**

Have
**reduced
stress levels**



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KEY DATES

AUTUMN TERM

DATE	EVENT
2ND SEPT	BACK TO SCHOOL!
12TH SEPT	JENNY DAVY AUTHOR VISIT!
19TH SEPT	INTERNATIONAL CHARITY DAY BRING A £1 FOR A CORNISH THEME DRESS UP DAY MONEY GOES TO THE PASTY BOX
25TH SEPT	OPEN MORNING FOR FAMILIES 9AM-10AM
26TH SEPT	IMS PRUSSIA MUSIC CONCERT
2ND OCT	WORLD MENTAL HEALTH DAY: WEAR SOMETHING GREEN FOR WELL-BEING
9TH OCT	NATIONAL FITNESS DAY: DRESS AS YOUR FAVOURITE SPORTS STAR AND FUNDRAISER
20TH-31ST OCT	HALF TERM
4TH NOV	HEALTHY CORNWALL WORKSHOPS
10TH-14TH NOV	PARENT MEETINGS
11TH NOV	REMEMBRANCE DAY SERVICE AT MEMORIAL
20TH NOV	NASAL FLU IMMUNISATION
15TH-18TH DEC	YEAR 5/6 DEVON&CORNWALL MINI POLICE PROGRAMME
16TH DEC	CHRISTMAS DINNER, CHRISTMAS CONCERT AND CHRISTMAS JUMPER DAY!

**PLEASE NOTE THAT DATES MAY BE ADDED OR
CHANGED – WE WILL LET YOU KNOW OF CHANGES
AND ADDITIONAL DATES**





2025/26 INSETS:

- Monday 1st September 2025
- Monday 20th October, Tuesday 21st October, Wednesday 22nd October, Thursday 23rd October, Friday 24th October 2025
- Monday 26th January 2026
- Friday 24th July 2026

September 2025						
Mon		1	8	15	22	29
Tue		2	9	16	23	30
Wed		3	10	17	24	
Thurs		4	11	18	25	
Fri		5	12	19	26	
Sat		6	13	20	27	
Sun		7	14	21	28	

October 2025						
Mon		6	13	20	27	
Tue		7	14	21	28	
Wed	1	8	15	22	29	
Thurs	2	9	16	23	30	
Fri	3	10	17	24	31	
Sat	4	11	18	25		
Sun	5	12	19	26		

November 2025						
Mon		3	10	17	24	
Tue		4	11	18	25	
Wed		5	12	19	26	
Thurs		6	13	20	27	
Fri		7	14	21	28	
Sat	1	8	15	22	29	
Sun	2	9	16	23	30	

December 2025						
Mon		1	8	15	22	29
Tue		2	9	16	23	30
Wed		3	10	17	24	31
Thurs		4	11	18	25	
Fri		5	12	19	26	
Sat		6	13	20	27	
Sun		7	14	21	28	

January 2026						
Mon		5	12	19	26	
Tue		6	13	20	27	
Wed		7	14	21	28	
Thurs	1	8	15	22	29	
Fri	2	9	16	23	30	
Sat	3	10	17	24	31	
Sun	4	11	18	25		

February 2026						
Mon		2	9	16	23	
Tue		3	10	17	24	
Wed		4	11	18	25	
Thurs		5	12	19	26	
Fri		6	13	20	27	
Sat		7	14	21	28	
Sun	1	8	15	22		

March 2026						
Mon		2	9	16	23	30
Tue		3	10	17	24	31
Wed		4	11	18	25	
Thurs		5	12	19	26	
Fri		6	13	20	27	
Sat		7	14	21	28	
Sun	1	8	15	22	29	

April 2026						
Mon		6	13	20	27	
Tue		7	14	21	28	
Wed	1	8	15	22	29	
Thurs	2	9	16	23	30	
Fri	3	10	17	24		
Sat	4	11	18	25		
Sun	5	12	19	26		

May 2026						
Mon		4	11	18	25	
Tue		5	12	19	26	
Wed		6	13	20	27	
Thurs		7	14	21	28	
Fri	1	8	15	22	29	
Sat	2	9	16	23	30	
Sun	3	10	17	24	31	

June 2026						
Mon		1	8	15	22	29
Tue		2	9	16	23	30
Wed		3	10	17	24	
Thurs		4	11	18	25	
Fri		5	12	19	26	
Sat		6	13	20	27	
Sun		7	14	21	28	

July 2026						
Mon		6	13	20	27	
Tue		7	14	21	28	
Wed	1	8	15	22	29	
Thurs	2	9	16	23	30	
Fri	3	10	17	24	31	
Sat	4	11	18	25		
Sun	5	12	19	26		

August 2026						
Mon		3	10	17	24	31
Tue		4	11	18	25	
Wed		5	12	19	26	
Thurs		6	13	20	27	
Fri		7	14	21	28	
Sat	1	8	15	22	29	
Sun	2	9	16	23	30	

2025/26 INSET DAYS
 FIRST DAY OF 2025/26 SCHOOL YEAR

Music Lessons



Music lessons are now available at school for Woodwind instruments provided by CMST.

Flute Clarinet Saxophone
Recorder Fife

In order to get your child's musical journey underway please sign up on our website below or contact us on office@cmst.co.uk



Hear Music.
Learn Music.
Play Music.

For more information
head to:
[CMST.co.uk/learnmore](https://cmst.co.uk/learnmore)

Sign Up At:
[CMST.co.uk/signup](https://cmst.co.uk/signup)



CMST
ILOW RAG OLL

Attendance Matters – Autumn 1 Newsletter

Together, Every Day Counts

Did You Know?

Students who attend school regularly are more likely to achieve better outcomes and build stronger friendships. <https://www.gov.uk/government/publications/link-between-attendance-and-attainment>

Academic Achievement:

- Pupils with 95–100% attendance at Key Stage 2 were 1.3 times more likely to meet expected standards in reading, writing, and maths than those with 90–95% attendance
- At Key Stage 4, students with 95–100% attendance were 1.9 times more likely to achieve a Grade 5 in English and Maths GCSEs
- Missing just 10 days in Year 6 can reduce the chance of meeting expected standards by 25%, and in Year 11, it can cut the likelihood of achieving a Grade 5 by 50%

Social and Emotional Development:

- Regular attendance helps students build stronger friendships, develop better communication skills, and feel a greater sense of belonging in school

Long-Term Life Outcomes:

- Each additional day of absence in secondary school is linked to a £750 reduction in future earnings
- Higher absence rates increase the likelihood of long-term unemployment and benefit dependency by age 28

Our Current Attendance Stats

- **Whole School: 97.1%** (2024/2025: 94.99%)
- **Target: 96%+**


Let's work together to keep this up!

Class Attendance Champions

Each fortnight we will be celebrating each class who has the highest attendance in that time!

We will also be celebrating classes and attendance who make progress over time.

Example reward

 They'll earn a reward for their efforts!

100% Attendance Rewards

Students with **100% attendance** each half term will receive a raffle ticket for an end of term prize draw!

Spotlight on Punctuality

Attendance Letter: 15th September 2025

Did you know?

Being 10 minutes late every day = 33 hours of lost learning per year!

Let's aim to be on time, every time.

Top Tips for Better Attendance

- Set a consistent **bedtime and morning routine**
- Prepare school bags and uniforms the night before
- Do not book holidays during term time

DfE Guidance

DfE statutory guidance is clear: holidays during term time will not be authorised unless there are exceptional circumstances.

Unavoidable leave of absence requests for school-aged children are generally related to one off events that are rare, significant, unavoidable, and short in duration. Family holidays are not considered unavoidable

Taking your child out of school without permission may result in a **Penalty Notice** being issued.

What this means:

- A Penalty Notice may be issued if your child has **unauthorised absences**, including holidays.
- The fine is **£80 per child, per parent** if paid within 21 days, rising to **£160** if paid within 28 days.
- Failure to pay may result in prosecution.
- There is **no right of appeal**—if you believe a notice was **issued in error**, you must contact the school directly.

We understand that holidays are important for family time, but we are legally required to prioritise your child's education and wellbeing. Every school day counts.

If your child is absent from school without authorisation, you will be committing an offence under the Education Act 1996. We may submit a request to Cornwall Council for a Penalty Notice to be issued, in accordance with Sections 444A and 444B of the said Act. Penalty Notices are issued per liable parent, per child and each carry a fine of £80 if paid within 21 days or £160 if paid after this but within 28 days

If your child is further absent from school without authorisation within any 3-year period, you will be committing a further offence under the Education Act 1996. We may submit a request to Cornwall Council for a Penalty Notice to be issued, in accordance with Sections 444A and 444B of the said Act. Penalty Notices for a second offence are issued per liable parent, per child and each carry a fine of £160, payable within 28 days.

Importantly, fines per parent will be capped to two fines within any three-year period. Once this limit has been reached, other action such as a parenting order or prosecution will be considered.

Attendance Letter: 15th September 2025

Failure to pay the Penalty Notice may also result in legal action. If you are prosecuted and attend court because your child has not been attending school, you could get a fine of up to £2,500. Cornwall Council may also apply for the costs incurred in taking the matter to Court, including legal costs.

Absence not authorised by the school may also result in a prosecution in the Magistrates' Court under Section 444(1) or Section 444(1A) of the Education Act 1996, leading to a fine of up to £2,500 and/or a custodial sentence. Again, Cornwall Council may also apply for the costs incurred in taking the matter to Court, including legal costs.

Money raised from fines is only used by the local authority to cover the costs of administering the system, and to fund attendance support. Any extra money is returned to the government.

If you have any questions or need to discuss exceptional circumstances, please contact the school office.

Thank you for your continued support.

Mr McDonald
Head of School

Why attendance matters

At St Buryan Academy we take attendance seriously. Good punctuality and high attendance helps promote a child's success and happiness in and out of school.

High attendance fosters:

Positive attitudes towards learning

Higher chances of achieving (or surpassing) academic development

The best chances to develop and foster friendships and social skills

Did you know that?

School is open for children for 195 days - meaning they already get 170 days off each year!

90% attendance is still 4 weeks off school each year!

80% attendance = 1 day a week off over 5 years = 1 full year of school missed!

Over a year, 10 minutes late each day is 6 full days of school

Thank you for supporting us with our push on raising our attendance figures



10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

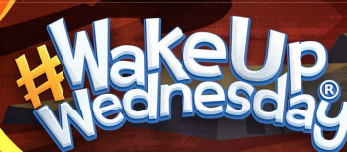
10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College®