



ST BURYAN ACADEMY NEWSLETTER

Friday 13th May 2025

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STAY UP-TO-DATE WITH
SCHOOL NEWSLETTERS,
MENUS AND DATES

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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 school calendar through our website regularly - more dates will be added as the term goes on

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
- Recent photos
- Sancreed Beacon
- MHST Well-being workshops
- MyClothing discount
- 2025/25 Term Dates
- Yearly Dates
- 20 is plenty reading tips
- 10 tips for Road Safety
- What parents need to know energy drinks

INSET DAYS 24/25

Sept 3rd and 4th 2024

June 6th 2025

July 21st, 22nd, 23rd 2025

Welcome to this week's newsletter!

It has been an incredibly busy two weeks back at St Buryan after half-term, with lots more yet to come.

We kicked off this half-term with our Year 3 and 4 residential to BF Adventure! The two-night stay saw our children take part in a wide-range of activities from team-building to zip wiring, from canoeing to catapult making - and so much more!

What really struck me was how the children supported each other as they went out of their comfort zones and challenged themselves. They represented the school incredibly well and we were extremely proud of them for how they embraced the experiences and behaved over the two days.

A big thank you to our staff who go above and beyond to give their own time for making sure that we can offer these experiences to our children.

We had even more sporting success this week in orienteering! Our year 5s, including some guest appearances from our Head Pupils competed against 20 teams from other schools in four different orienteering events. We managed to finish in the top 3 in every event, winning one, finishing second in one and finishing third in two! A great showing from our children and a brilliant example of how they can apply mathematical and geographical knowledge to a PE context.

We have lots more coming up over the next few weeks so please do remember to check bags for letters and your emails too!

We have our Year 1 and 2 school sleepover coming up at the end of the month with their adventure day with our Reception. Again, these experiences we are able to offer our children are so important in their development and something that I am very proud of being able to offer here at St Buryan.

Porthcurno Class have their activity week next week and the whole school will be joining them on our 'whole school walk'. Please see the email sent about this and remember the correct kit for Thursday! We are really looking forward to this walk; it is a great way for our children to see and learn about their environment, an opportunity for some outdoor learning and a great way to stay physically active.

On Friday, Porthcurno Class took part in a lantern making session and will be showing these at Sancreed Beacon Lighting on 20th June at 7.30pm. All are invited to the event, details are in the newsletter.

Also within the newsletter this week you can see the latest courses available for parents and carers provided by the MHST. These include Behaviour workshops, Worry workshops, Resilience workshops and Sleep workshops. We have worked with the MHST for several years in school now and we can't speak highly enough of their work.

Please note that we have a non-uniform day on Monday 23 June for a raffle or tombola donation.

Mr McDonald and all at St Buryan



Well done to our orienteers for some masterful map-reading and fantastic physical education skills!



We had a wonderful time on Year 3/4 camp at BF!



FREE

Sancreed Beacon Midsummer Beacon Lighting



**You don't need to be members and there's no need to book.
Just come along and enjoy!**

Friday 20th June | 7.30pm – 9.30pm

**Cornwall Heritage Trust is a small, independent charity
protecting Cornwall's unique heritage for everyone**

 Registered with
**FUNDRAISING
REGULATOR**
Registered Charity No. 291607

The Mental Health Support Team warmly
invite you to attend...

Wild Wellbeing

During the summer holidays MHST, in collaboration with Natural England, Cornwall Wildlife Trust and National Trust, would like you to join us on a FREE Wild Wellbeing session at various locations across Cornwall.

This is for parents and children aged 5-12 in Cornwall to help understand and support emotional and mental wellbeing.

Please book EACH child on to a session

Morning and afternoon sessions available at:

Golitha Falls

Dipping Pond, Goss Moor

Tehidy Woods

Penrose Estate

Heamoor Primary School

Hayle Family Hub

Each session will last approx. 2 hours

To request a place, complete the online
form or scan the QR code provided:

<https://forms.office.com/e/NRrN3NXSvH>



Please note: Places are limited and will be allocated on a first come, first serve basis. If you are allocated a place and cannot attend, please let us know so we can allocate your space to someone else

Follow us on Facebook for updates and upcoming events:

Cornwall Mental Health Support Team (MHST)



MENTAL HEALTH SUPPORT TEAM - MHST



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

Monday 22 September - 9.30am & 1pm
Tuesday 23 September - 11am & 4pm
Wednesday 24 September - 9.30am & 1pm
Thursday 25 September - 10.00am & 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

[https://forms.office.com/e/gA2j
NGbZ4F](https://forms.office.com/e/gA2jNGbZ4F) or scan the QR code



This workshop is open to parents/carers of
school aged children enrolled in Reception
to Year 7 in any school in Cornwall

MENTAL HEALTH SUPPORT TEAM - MHST



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

Monday 8 September - 9:30am & 1pm

Tuesday 9 September - 10am & 4pm

Wednesday 10 September - 9:30am & 1pm

Thursday 11 September - 11am & 4pm



This workshop aims to provide
psychoeducation on "What is worry?"
and "Why does my child worry?" Also
includes practical strategies for
helping children manage their
worries.



To book a place please complete
the online form
<https://forms.office.com/e/hkyaFeuY1Z> or scan the QR code



This workshop is open to parents/carers of
school aged children enrolled in Reception
to Year 7 in any school in Cornwall

MENTAL HEALTH SUPPORT TEAM - MHST



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

Monday 15 September - 9.30am & 1pm
Tuesday 16 September - 10am & 4pm
Wednesday 17 September - 11am & 1pm
Thursday 18 September - 9.30am & 4pm



This workshop aims to talk about the
meaning of resilience, explore
building resilience and look at how
and when a young person should ask
for help.

To book a place please complete
the online form
<https://forms.office.com/e/260T74xF2v> or scan the QR code



This workshop is open to parents/carers of
school aged children enrolled in Reception
to Year 7 in any school in Cornwall

MENTAL HEALTH SUPPORT TEAM - MHST



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

Monday 29 September - 11am & 4pm
Tuesday 30 September - 9.30am & 1pm
Wednesday 1 October - 9.30am & 1pm
Thursday 2 October - 10am & 4pm



This workshop aims to provide
psychoeducation on sleep hygiene
and sleep routines. Also includes
practical strategies for helping
children

To book a place please complete
the online form

<https://forms.office.com/e/6cJiu8PArV> or scan the QR code

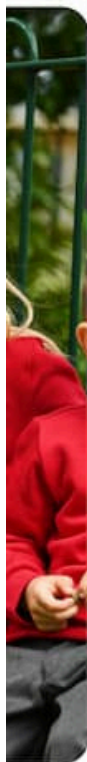


This workshop is open to parents/carers of
school aged children enrolled in Reception
to Year 7 in any school in Cornwall



 M Clothing

**10% OFF FOR
NEW STARTERS**





ST BURYAN ACADEMY

Key dates

2025

September

5th – First Day back!
20th – Fitness Day
25th – Outdoor Learning Day

October

Black History Month
4th – World Animal Day
9th – Stay Safe Workshop
10th – World Mental Health Day
21st–25th – Parent Meetings
22nd – Healthy Cornwall Workshops
28th–1st Nov Half Term
29th–3rd Nov – Diwali

November

Diwali
11th – Armistice Day
13th–17th Anti Bullying Week
14th – Open Afternoon/Learning together

December

16th – Christmas performances dress rehearsal
17th – Christmas Dinner
18th – Morning Christmas Show
19th – Evening Christmas Show
20th – Christmas Paryy and last day of term (130pm finish)

January

6th – Back to school
13th – Year 6 SATs meeting

February

3rd–10th – Children's Mental Health Week
7th – NSPCC Number Day
17th–21st – Half Term

March

Women's History Month
4th – Open afternoon/learning together
6th – World Book Day
12th – Outdoor Learning Day
14th & 15th – Holi
21st – World Poetry Day
24th–28th – Parent Meetings

April

4th – Last day of term (130pm finish)
22nd – Back to School

Key contacts

Mr. Josh McDonald
Head of School
Designated Safeguarding Lead
head@stburyanacademy.org

Mrs. Care
Business and Administration
Parent Liaison Officer
secretary@stburyanacademy.org

Mrs. Joanna Kwiatkowska
SENCo
Deputy Designated Safeguarding Lead
joanmk@stburyanacademy.org

All other contacts are available on our website



May

12th – Year 6 SATs week
19th – Year 5/6 London Trip (proposed date)

June

2nd – Multiplication Check week
6th – INSET day
9th – Phonics Screening Check period begins
19th – Outdoor learning day
23rd – Non Uniform Day for FoS – please bring a raffle or tombola donation

July

4th – Sports' Day and fete
14th – Reports out
15th – Year 6 Leavers' Service
18th – Last day (1.30pm finish)!

Key Information

Please note that dates are subject to change and more may be added across the course of the year.

PE every Tuesday
Swimming every Thursday morning
(Children may come to school in PE kit's these days)



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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

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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10 Top Tips for Parents and Educators SAFETY ON THE ROAD

Traffic-related incidents are a significant risk for young pedestrians and cyclists, so understanding road safety is crucial for children's wellbeing. While all road users share responsibility for keeping one another safe, this guide offers strategies for empowering young people to navigate the roads confidently and responsibly.

1 TAKE PRACTICE JOURNEYS

Making 'practice' journeys with children is a great way to help them stay safe, thereby modelling responsible behaviours and having road safety conversations as they prepare to travel independently. Add hazard perception activities like spotting electric vehicles – which may have a green number plate – and point out how quiet they are. Children learn by watching others; remind them that their peers might not always be the best role models.

2 BE BRIGHT, BE SEEN

Visibility is lower during darker winter days, and drivers need to take extra care to look out for pedestrians. Wearing bright and reflective clothing can help make children more visible to drivers near roads. In poor daylight conditions, encourage children to wear light, bright or fluorescent clothing. When it's dark, wear reflective clothing or materials such as a reflective armband or jacket.

3 EYES UP

Encourage children to look up and keep their eyes on the road. Teach them to constantly watch for traffic and practise double-checking the road before crossing – looking right, left and then right again.

4 LIMIT DISTRACTIONS

Where possible, devices like phones should be kept away from children while out and about near roads. If they're carrying devices, these should be put away until they've reached their destination. Children must also avoid playing with toys or being distracted by friends. If a friend wants to show them something funny on their phone, there'll be time for that once they've safely arrived.

5 SLOW DOWN

Discuss the importance of waiting instead of crossing immediately. It can be tricky to judge the speed of traffic and spot obstacles that could cause a trip or a fall. For safety, children must stop and think before they get to the kerb and should always walk – not run – when crossing the road. They should avoid crossing until they're certain they have plenty of time. Even if traffic seems a long way off, it could still be approaching very quickly.

6 STOP BEFORE THE KERB

Teach children to stop before reaching the kerb – not right at the edge of it. Halting before they get to the kerb allows them to see if anything's coming, whereas getting too close to traffic is dangerous. If there's no pavement, children should stand back from the road to ensure they can still see approaching vehicles.

7 CROSS SAFELY

Children should always find a safe place to cross the road, prioritising zebra crossings, footbridges and subways. Find a place where they can see traffic coming from both directions. Avoid crossing near junctions, bends in the road, or obstacles that block their view. Instead moving to somewhere they can see and be seen. Remind them to use their eyes and ears together when checking the road, as sometimes they can hear traffic before they can see it. Looking and listening while crossing helps them quickly spot traffic, including cyclists and motorcyclists driving between other vehicles.

8 PARKED VEHICLES

Crossing between parked vehicles is very dangerous. Teach children to use extra caution if crossing in this way, and, ideally, avoid it altogether. They should use the outside edge of a vehicle as if it were the kerb, waiting and checking for traffic before moving. They should ensure vehicles aren't about to move, by looking for drivers in the vehicles and listening for engines running – but remember that electric vehicles may move off silently. They should always make sure there is a gap between any parked vehicles on the other side, so they can reach the pavement.

9 REVERSING VEHICLES

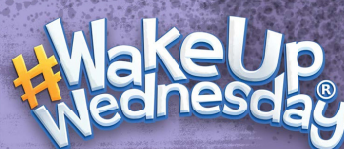
Children must never cross behind a reversing vehicle – it's extremely dangerous. Remind them to look for white reversing lights and listen out for warning sounds. Can they hear the engine sound or a radio playing inside the vehicle?

10 WAIT FOR THE BUS TO LEAVE

When getting off a bus, children must wait for it to leave before crossing so they can have a clear view of the road in both directions. This also allows them to see and be seen by other road users. Crossing near large vehicles is particularly dangerous and should be avoided.

Meet Our Expert

THINK! is a year-round national campaign that aims to encourage safe road behaviours – whether we're driving, cycling, horse riding or walking – with the aim of reducing the number of people killed and injured on the UK's roads each year. Find out more at: <https://www.think.gov.uk/education-resources/>



The National College