



# ST BURYAN ACADEMY NEWSLETTER

Friday 16th May 2025

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## 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.

Education is for improving the  
lives of others and for leaving  
your community and world  
better than you found it.

Marian Wright Edelman

quotefancy

### In this edition...

- Welcome
- Recent photos
- 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!

As always, it has been a busy few weeks - with lots more yet to come! This week our super Year 6s took their End of Key Stage 2 SATs. We are incredibly proud of their attitudes towards these, their hard work in the build-up to them and how they have conducted themselves. They have approached them with maturity and wanting to do well, but also with confidence and self-belief. Whilst we want our children to succeed and do well in their SATs, it is important to remember that they aren't the be all and end all, they don't define anyone and they certainly don't define their time at primary school. They don't say how we perform in other areas of the curriculum, like art or PE and they certainly don't assess our characteristics or who we are as people - so whilst we have the aspirations to achieve well in these, we love to celebrate all areas of our curriculum and own personal qualities!

That being said, assessment season is well and truly upon us and we want to wish our former pupils all of the very best in their GCSEs, A levels or whichever other tests they may be taking in the upcoming weeks - some might be in your household!

Our Year 4s begin their multiplication checks on the week beginning the 2<sup>nd</sup> June, so if you want to support them at home then get them on Times Table Rockstars or other similar apps when you can!

Our Year 1s will take their Phonics Screening Check the following week. If you wish to support your Year 1s further then make sure that you're reading with them, do their flashcards and visit Penberth's class page for some useful information and websites that will support their phonics in the coming weeks!

That's enough about assessments! We are gearing up for our Penberth and Nanjizal (+ Year 4) residentials and trips - please make sure that you are regularly checking bookbags for information and speak to your child's teacher if there are any questions! We also have some exciting whole school forest school sessions lined up, as well as a whole school walk... look out for more information on this soon!

Penberth class have had a wonderful week this week, today they visited Penlee Museum as part of their Toys through Time learning and throughout the week they've been visited by teddy-bears through time - they're very different to todays! These opportunities really bring their learning to life.

Nanjizal and Porthcurno held their half termly sports event this afternoon, with an intra-school football tournament. Congratulations to Longships who just came out as winners!

Lastly, we just want to issue a reminder regarding Road Safety. With more children beginning to walk, cycle or scooter to school with the better weather, it does mean that there are more cars on the road too! Please make sure that your children - and yourselves - are staying safe on the road. We have included our 10 Tips for Road Safety to refer to and share with your children.

Have a great weekend

Mr McDonald and all at St Buryan





Rupert and Jowan, Longship's team captains, hold the St Buryan Sports House Award after their team's football victory.



Congratulations to our Year 6s on a super SATs week!







# 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 – Year 1–4 residential week (proposed dates)

## 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**

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

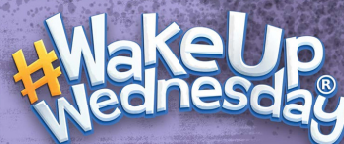
Children must never cross behind a reversing vehicle – it's extremely dangerous. Remind them to look for white reversing lights and listen out for warning sounds. Can they hear the engine sound or a radio playing inside the vehicle?

## 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®



# What Parents & Educators Need to Know about ENERGY DRINKS

## WHAT ARE THE RISKS?

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

## Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



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Source: See full reference list on guide page at: [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)



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