

## Mental Health Matters

To celebrate World Mental Health Day we would like to offer the opportunity to 'Walk and Talk'. Mrs Green and Nadia will be on the Inner Green in Perranporth on Sunday 8th October at 11am. We encourage families to talk as they walk across the beach. There are only two rules - children must be accompanied by a family member and no mobile phones allowed.

We want to help our children recognise the benefits of getting exercise, being in the fresh air and stepping away from technology even if just for one hour.

Where - Perranporth Inner Green

When - Sunday 8th October

Time - 11am - Midday

Hope to see you all there - let's look after our mental health together.



## Nasal Flu Vaccines

Don't forget, Kernow Health School-Age Immunisation Team will be delivering the nasal flu immunisation in school on Monday 9th October 2023.



## Online Safety - Acceptable Use Policies



At Perranporth School, online safety is very important. This week, children in KS2 had an online safety assembly where we played an online safety game. Here is the link for the game - Band Runner for 8-10 year olds ([thinkuknow.co.uk Band Runner](http://thinkuknow.co.uk/BandRunner))

Parents and carers | CEOP Education ([thinkuknow.co.uk](http://thinkuknow.co.uk)) - This website is great for supporting online safety and covers a broad range of issues.

Please read through the acceptable use policies sent home and return to your child's class teacher so the children can receive their diamond tickets for returning their documents. As ever, thank you for your support and don't forget to read our monthly online safety newsletters shared on Class Dojo.

## Names on Uniform



Please can we request that parents ensure that uniform items are clearly named, especially jumpers and coats. We appreciate that uniform is expensive, but we are already collecting items that we can't return to children because they are unnamed. Many thanks



## Aspirations Day - Mon 16th Oct!



As part of our LEAP project, we have planned a very exciting Aspirations Day on Monday 16th Oct.

On the day we'll do all sorts of fun aspirations activities and learning. However, in case you want to start planning ahead, also on this day we will be asking children to come to school dressed up as someone or

something they might aspire to be when they're older. This could be anything they like and all sorts of different things! Maybe it's a scientist, a musician, a zookeeper, an electrician, an author, a marine biologist, a baker - who knows? Only you can decide!

# Perranporth Community Primary School

A poster for 'Extreme reading' with a colorful star border. The title 'Extreme reading' is in a bold, black font, with a small illustration of a hand holding a book. Below the title, there is a paragraph asking where the strangest place you've ever read a book is and what wonderful thing you could do whilst reading your favourite book. This is followed by a paragraph inviting students to share their 'Extreme Reading' experience by sending a photograph of them reading a book in an unusual circumstance. Another paragraph encourages students to get their book, get someone to take a photograph, and get caught reading! Below this, a 'BONUS POINTS' section states that they would love it if you could link your entry to your class team athlete. At the bottom, there are three small photographs showing children reading in various settings: one on a beach, one in a pool, and one in a sandpit. The text 'Entries close 15<sup>th</sup> October 2023' and 'Prize: A trip to Waterstones where you will be bought a book and a hot chocolate!' is at the very bottom. The poster is framed by a green border with a dashed line.

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## Halloween Disco

The annual FOPS Halloween Disco is scheduled for Friday 20th October.

Reception & KS1 disco will be from 4.30-5.30pm and KS2 from 5.45- 6.45pm.

Also on Friday 20th October, children can bring a carved pumpkin into school for our Pumpkin Carving Competition. Entries cost just 50p with prizes for the best creative spooky entries!!



Information Classification: PUBLIC

## Family/Parenting Worker Drop In Perranporth CP School

**This session will be run by Kevin Finch, Family Worker from the Early Help Team.**

Do you need some support and advice to understand your child's needs and behaviours?

Advice on positive parenting and how to keep your child safe?

Support with budgeting and debt advice?

To understand the importance of routines for your family?

**We are running a drop-in session with no appointment necessary on Friday 13<sup>th</sup> October between 9 am and 11 am**

**Please sign in at the school Reception and you will be shown through to the meeting room.**

### **For more information please contact:**

Email: [Restormel.Familyhubs@cornwall.gov.uk](mailto:Restormel.Familyhubs@cornwall.gov.uk)

Call: 01872 324929



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