

Mental Health Matters

As many of our families will no doubt be aware, Tuesday this week was World Mental Health Day. At Perranporth School, we recognised this important day with a special Walk and Talk event on Perranporth Beach at the weekend. This was a lovely day which saw a number of our families and staff enjoying some special moments together. A big thank you to those who attended.

At Perranporth School, we're not only focused on supporting the mental health of our children, but also those adults in our families and our local community too. With this in mind, we thought we'd share a moving video from Norwich City Football Club that reminds us to check in and be aware of those around us.

Please do take a moment to watch the video and take care of those near to you. Please click the link

[Check in on those around you |](#)

[#WorldMentalHealthDay](#) [#youarenotalone](#) -

[YouTube](#)

We'd also like to share that if families ever need to speak to someone about their mental health or that of their children, please don't hesitate to let us know. We're only too happy to help and can put you in touch with other agencies who might also be able to support.

Thank you.



Aspirations Day - Mon 16th Oct!

Don't forget that on Monday next week we will be celebrating our Aspirations Day!

We'll be doing all sorts of fun aspirations activities and we're 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!



Year 4 First Aiders

We'd like to share a huge thank you to Dr George for coming into school this week and spending some time with children from our Year 4 class, teaching first aid!

Dr George did a marvellous job of showing the children just what they can do to help someone who might be unconscious and in need of CPR. As always, the children were fantastic, showed a great deal of interest and went away with confidence knowledge in case they ever need to be of help in this type of situation for real. Dr George has volunteered her time for a number of weeks, so we're really pleased that lots more children will benefit from her valuable experience!

Thank you!

Perranporth Community Primary School



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!!



Extreme reading



Where's the strangest place you've ever read a book? What wonderful thing could you do whilst reading your favourite book?

We are waiting to share your 'Extreme Reading' experience. Send a photograph in of you reading a book in an unusual circumstance and show everyone how reading can be done anywhere and anytime!

Get your book, get someone to take a photograph and get caught reading! Send your photograph to your class teacher.

BONUS POINTS: We would love it if you could link your entry to your class team athlete!



Entries close 15th October 2023

Prize: A trip to Waterstones where you will be bought a book and a hot chocolate!

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October Half Term

Just a reminder that we break up for the October Half Term next Friday 20th Oct. We have x2 INSET Days after the half term, so children aren't due back into school until Wed 1st Nov. Thank you.

Christmas Dates

In case you need to book some time off work, or you just like to be organised. Here's some Christmas dates for your diary:

- ◆ Friday 8th December - Christmas Jumper Day (and chocolate for the Tombola)
- ◆ Tuesday 12th December - Year 5 Christmas Production (after school)
- ◆ Wednesday 13th December - Christmas Dinner Day and Year 3 & 4 Christmas Production (in the afternoon)
- ◆ Thursday 14th December - Rec, Y1, Y2 Christmas Production at Memorial Hall (in the afternoon) and Year 6 Christmas Production in the evening
- ◆ Friday 15th December - Christmas Grotto and Treasure Trail. Chocolate Tombola after school.
- ◆ Tuesday 19th December - Last day before Christmas Holidays.



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