



### NURSERY NEWS

Theme Autumn Term: Traditional tales/Christmas  
Weekly Topic/book: The Enormous Turnip

Please could your child bring in a recent family photo for our display board.

Children in Need Friday 17th November. Children are able to come in dressed in their PJ's and bring a teddy bear. £1 donation please.

Thank you.

We would like to welcome student teachers Kelly Whitford to Treverbyn class and Nadia Mavriano to Fowey class.

### UNIFORM ORDERS

An order has now been placed and is estimated to arrive in 4-6 weeks time. Please could all outstanding payments be made for uniform that has been received this term.

### NO FOOTBALL AFTERSCHOOL CLUB ON FRIDAY 17TH NOVEMBER

### Drum Assembly

Parents are welcome to come and watch the drum assembly on Monday 27th November at 2.45pm in the school hall.

**FOWEY CLASS RESIDENTIAL** - Deposit payable by Friday 17th November. Please check ParentPay.

**HELP REQUIRED** - We would be grateful for some parent helpers to come and help build new playground benches.

### DATES FOR YOUR DIARY

17th November: Children in Need—see below  
21st November: Loveny - Sports Festival - details to follow  
24th November: Non-uniform day—bring a donation for the Xmas raffle  
4th December: Christmas Fayre 2pm-4pm  
5th December: PTA wreath making at Trevenna 7.30pm  
6th December: Christmas Story Time 5-6pm  
13th December: Christmas Concert 1.30pm and 6pm  
14th December: Christmas Jumper day  
19th December: **LAST DAY OF TERM**  
4th January: **FIRST DAY OF TERM**

**Keep checking these dates as they may change at short notice**

### HOUSE POINTS

This week's house points have been awarded to children who have worked hard, been polite and helpful and gone above and beyond to help the school run smoothly.

Aylward:	76	Davy:	74	Trevithick:	69
Total:	690		825		722

**Well done to you all**



### CHILDREN IN NEED FRIDAY 17th NOVEMBER

Children are welcome to come in dressed in their PJ's and bring in a teddy bear. £1 per child for this wonderful charity please. Thank you.

Children must bring a warm waterproof

### Anti-Bullying Week

**Anti-Bullying Week 2023 is coordinated in England, Wales and Northern Ireland by the Anti-Bullying Alliance. This year it has the theme 'Make A Noise About Bullying' and will take place from Monday 13th to Friday 17th November.**

The Alliance's call to action:

Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as 'just banter'. It doesn't have to be this way.

Of course, we won't like everyone and we don't always agree, but we can choose respect and unity.

This Anti-Bullying Week let's come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying. Together, we can make a difference and take a stand against bullying. From the playground to Parliament, and from our phones to our homes, let's make a noise about bullying.

On Monday, Mrs Gouge delivered an assembly to all of the children and they discussed who they could talk to if they felt they were being bullied. The children suggested their 'safe' adult, the Wellbeing Champions (who are Phoebe and Oliver this year), their friends and outside of school, their family. Treverbyn Class made posters for display in school and we've attached a terrific example for you.

On Tuesday, Trudy from **Cornwall NHS's Mental Health Team** came in to begin delivering some wellbeing sessions to our KS1 and KS2 children. She is teaching the children about 'The Fizz' and Cognitive Behaviour Therapy-the science behind why we do the things that we do. Trudy explained that the thoughts in our head affect the feelings/sensations in our body which then affects the choices we make and what we do.

There are '12 Decider Skills' that Trudy is going to teach us to help us manage our emotions and we started by learning STOPP.

It stands for:

Stop and step back

Take a breath

Observe (outside and inside bodies)

Pull back: Put in some perspective

Practise what works, proceed only when you are sure

We are really looking forward to working alongside Trudy to develop our mental health and wellbeing offer. Here are some of the children's thoughts on their first session:

Harry-She explained how our bodies feel really well and I enjoyed her session.

Ruan-I liked doing to actions for STOPP to help me remember it

Sadie-Rae-I liked when we were doing the STOPP actions and the fingertip breathing



THE GREAT FIRE OF LONDON SEASES.  
 I CAN HEAR A MAN CRYING FOR HELP.  
 I CAN SEE A HUGE FIRE BURNING.  
 I CAN FEEL THE HEAT OF THE FIRE  
 BURNING ALL THE HOUSES.  
 I CAN SMELL THE SMOKE FROM THE  
 HOUSES.  
 I CAN TASTE THE ASH DRIPPING  
 FROM THE SKY.



sebastian