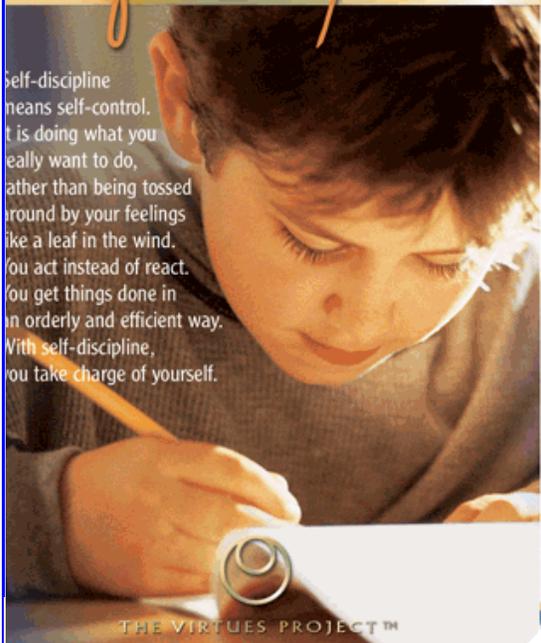




Head of School: D Clayden head@porthleven.cornwall.sch.uk General enquiries: secretary@porthleven.cornwall.sch.uk Website: <https://porthleven.eschools.co.uk/website>



Self-discipline

You are practicing **Self-discipline** when you...

- Use detachment so your emotions won't control you
- Speak and act calmly when you are hurt or angry
- Create routines that bring peace and order to your day
- Practice moderation
- Do what is expected without anyone watching over you
- Do things on time

Affirmation

*I have self-discipline.
I use my time well and get things done.
I choose my actions with detachment.*

Self-discipline means self-control. It is doing what you really want to do, rather than being tossed around by your feelings like a leaf in the wind. You act instead of react. You get things done in an orderly and efficient way. With self-discipline, you take charge of yourself.

THE VIRTUES PROJECT™

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Virtues -
This week's virtue is "Self-Discipline".

Foundation stage

Thank you to all parents that attended Rainbowfish classes learning together sessions - we have our last one today. This week we will be discussing homes and where we live. The reception children will be walking around the village looking at different homes. The nursery is having a forest school session at Penrose woods on Tuesday morning, if your child attends on that day please complete the consent form.

Key Stage 1

The children had a fantastic time at St. Michael's Mount on Wednesday. After shell hunting and rock pooling the children managed a long walk across the causeway and up to the castle. We were all grateful for a lovely sunny day and a big thank you to all our helpers.

We hope you enjoyed our maths lessons this week. It was great to see so many parents in both year groups. The children loved you being there and I hope it gave you some insight into how we teach maths in KS1.

Key Stage 2

Thank you to all the parents who joined their children for maths. They loved having your company, as did the staff and we hope that it gave you an insight into some of the strategies used in school. Also, homework packs need to be in school on Friday as they contain the books for the children to complete their spellings and TT Rockstars test in. Without these, you are unable to see their weekly scores and know what they are finding challenging. Finally, the children (and staff) are very excited about the surf day on Wednesday (half of Swordfish and Jellyfish) and Thursday (half of Swordfish and Narwhals). Please read the letter to ensure that you are fully aware of timings, etc.

Just a reminder that the children need to have their PE kits in school from Monday - Friday. This week, there were at least 10 children in Year 3/4 alone missing tailored coaching sessions provided by an external coach, their PE lesson, focussing on hockey skills and their fitness session, focussing on core strength, balance and coordination. Even though we hold spare kits in school, we do not have this number available.

Thank you to all the parents who came and watched the Year 6 assembly. They really enjoyed telling you about all their adventures. Thanks also to everyone who came and joined in with our Maths lessons. It was great to see so many children benefiting from working alongside their parents and we hope you found it useful too. Next week, we are looking forward to finding out more about how Stonehenge was built. We have already started to consider the many challenges that the workers would have faced and some of the children have begun to choreograph dances in order to explore this further.

Attendance Award

Well done to Turtles class who won the KS1 attendance award last week with 93.5% attendance and Pelicans class who won the KS2 attendance award this week with 99.1% attendance!



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Please note date change - Cross Country - Tuesday 19th November - 4pm - Race 2 will be held at Helston College for years 1-6. There will also be an infant fun run.



Year 3 & 4 Global Boarders Surf Days - Wednesday 9th October and Thursday 10th October at Praa Sands - Please note the date change for some children - we have had to reschedule the Friday surf day to Wednesday 9th October - Children can be dropped to Praa Sands beach from 9am and collected again at 3pm. Please can we have all consent forms and payment of £8.00 to the office.

Monday 14th October - 2:30pm and repeated at 6pm - Parent Forum Meeting - All parents, grandparents and friends of the school are invited to come along to help redraft the school promise. Tea, coffee and biscuits will be served.



Chartwells Dinner Menu Change - Thursday October 31st - £2.30

'Witches Hair & Eyeballs'
BBQ Beef Meatballs & Spaghetti

'Creepy Crawly Korma'
Vegetable Korma & Rice

Bewitching Brownie
'Chocolate Brownie

Or

'Understanding Your Child's Emotions' Workshop with Mrs Broome - Tuesday 26th November - 9:15am or 5pm - Mrs Broome will be running another workshop for parents and carers. A minimum of 5 attendees will be needed to make the workshop viable so please spread the word if you are interested. To book your place please contact Mrs Broome at abroome@porthleven.cornwall.sch.uk or via eschools.

Mrs Figgins is running the London Marathon! - Mrs. Figgins has been fortunate enough to get a place in next year's London Marathon for her chosen charity, The Royal British Legion. Did you know that 92, 113 people were helped last year alone and just in receiving welfare support by the RBL? Their work has a significant impact in the South West in particular. If you would like to make a small donation to support her, there is a collection box being held in the office or just pass it on to her in the Narwhal's class - every penny helps (and a very big thank you).



School Dinner Payments - A polite reminder that school dinners should be paid on the day the meal is taken or in advance please.

P.E Kits - Please ensure that children have correct kit in school everyday or they will be unable to participate. We have also introduced 'The Daily Mile' where all children will run a mile around the school field each day - they will need suitable shoes for this, and to support this we have changed the school uniform slightly to include all black trainers.

Coats for Outdoor Play - Please could we ask that all children have a suitable coat in school.

Calendar - School term dates 2019 - Important dates for your diaries are as follows:-

Wednesday 9th October - Year 3/4 Surf Day (Jellyfish Class & some Swordfish Class)

Thursday 10th October - Year 3/4 Surf Day (Narwhals Class & some Swordfish Class)

Thursday 31st October - Chartwells Halloween Menu Change

Monday 21st October to Friday 25th October - October Half Term

Monday 28th October - INSET day - School CLOSED to all children

Tuesday 26th November - Understanding Your Child's Emotions Workshop - 9:15am or 5pm

Monday 23rd December to Friday 3rd January - Christmas Holidays

Monday 6th January - INSET day - School CLOSED to all children