



HARVEST FESTIVAL-CHANGE OF DATE

We're sorry to have to change a date already but Harvest Festival will now be on Thursday 26th September, 1.30pm in the school hall. We are asking for donations of tins and packets which will be donated to the Chapel who will in turn sell the goods and money donated to Fresh goods can be sent in but please be aware that the Chapel service isn't until Sunday 29th so please ensure produce will last, thank you.



NURSERY NEWS

This week we welcome Deon and Olivia. Our theme for the week is the police. The letter of the week is 't' and we will be reading 'Police' (non-fiction). Nursery will be taking part in the Harvest Festival assembly on 26th September, please join us if you can. If your child would like to take part but isn't usually in Nursery on Thursdays please let us know.

COLLECTION DETAILS AND WILD TRIBE FORM

Thank you to everyone who has returned their forms, we still have a few outstanding so could we ask that you complete and return them by Monday please, thank you.

COLLECTING TO HELP SCHOOL

We are collecting Get Set vouchers from Aldi, any you send in will help our bid to win money for the school. The Book People currently have an offer called The Big Book Boost-for every order over £10 they will donate £1 to the school of your choice.

AFTER SCHOOL CLUBS

There will be no after school clubs except badminton and football during the week beginning 23rd September, this is due to the parent consultations.

OUTSTANDING PAYMENTS

There are still a number of unpaid invoices from July for breakfast and Riverside Clubs. If you haven't yet paid can you please make sure you do before next Friday thank you.

MINI DIGGER NEEDED

Does anyone have a mini digger we could use please? The job,, to level the area where the Cornish hedge will be built, should only take about 20 minutes. If you are able to help please speak to Mrs Bowden or Mrs Bunt.

MISSING UNIFORM

We have two children who have items of uniform gone missing. A sweatshirt in Treverbryn and a polo shirt in Dewey. Could you please check and make sure your child has bought home the right one, thank you.

PUPIL INVOLVEMENT

The new School Council members are: Ben-Chair, Emily, Alex, Imogen, Lachie, Lilly J, Paul, Daisy F, Finley, Dalia, Oliver and Elodie.
The Sports Crew are: Dotty-Captain, Jack, Amy, Morgan, Liv, Brandon, Blue, Samuel, Cassidy, William, Georgina, Darcie and Rylee.

ACTIVITY GUIDELINES

The new guidelines for physical activity for young people has been released by the Chief Medical Officer. As part of our PE offer we encourage you to read the information and we will, as always, encourage children to be active whilst at school.

Physical activity for early years (birth – 5 years)

Active children are healthy, happy, school ready and sleep better

BUILDS RELATIONSHIPS & SOCIAL SKILLS	MAINTAINS HEALTH & WEIGHT	CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
IMPROVES SLEEP	DEVELOPS MUSCLES & BONES	ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts



OBJECT PLAY	DANCE	GAMES	PLAY
MESSY PLAY	THROW/CATCH	SKIP	PLAY
JUMP	CLIMB	PLAY	PLAY
OBJECT PLAY	WALK	SCOOT	BIKE

Get Strong. Move More. Break up inactivity










We have been requested by local organisations to include the community events detailed below. These events are not endorsed by St Neof School.

QUIZ NIGHT AT THE LONDON INN-in aid of the 1st St Neof Scout Group- Thursday 26th September 7.30pm, £2 per person. Please come and support your local scout group.

FOOD AND FARMING DAY-Saturday 28th September. Events throughout the village-crafts, food, animals, tractor rides. Everyone welcome

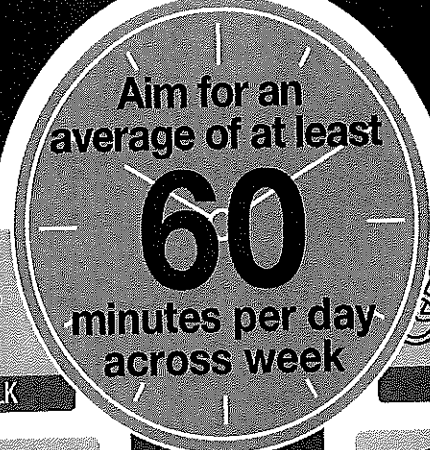
Physical activity for children and young people

(5 – 18 Years)

 BUILDS CONFIDENCE & SOCIAL SKILLS	 STRENGTHENS MUSCLES & BONES	 MAINTAINS HEALTHY WEIGHT
 DEVELOPS CO-ORDINATION	 STRENGTHENS MUSCLES & BONES	 IMPROVES SLEEP
 IMPROVES CONCENTRATION & LEARNING	 IMPROVES HEALTH & FITNESS	 MAKES YOU FEEL GOOD

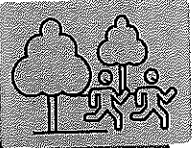
Be physically active

Spread activity
throughout
the day




Aim for an
average of at least
60
minutes per day
across week

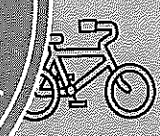
All activities
should make you
breathe faster
& feel warmer



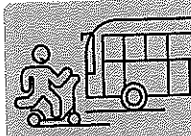
PLAY



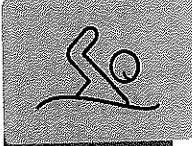
RUN/WALK




BIKE



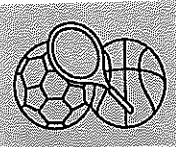
ACTIVE TRAVEL



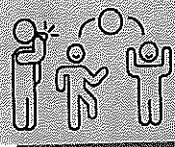
SWIM



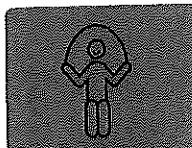
SKATE



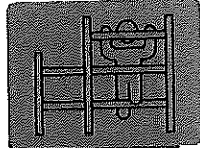
SPORT



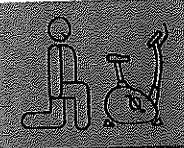
PE




SKIP



CLIMB

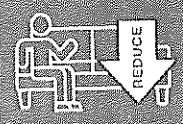


WORKOUT



DANCE

Get strong



INACTIVITY

Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019