Spring Term 2025 Newsletter 2 Friday 14th February 2025

# MOUNT CHARLES SCHOOL

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HEADTEACHER UPDATE



Dear Parents and Carers,

We hope you are all doing well as we continue to navigate through this busy and exciting school year. There have been several successful events this past month, and we would like to share some highlights with you!

#### Number Day: A Fun Celebration of Maths

Our annual **Number Day** was a huge success! The children enjoyed a variety of activities that helped them explore the magic of mathematics in fun and interactive ways. From maths challenges to dressup days with number-themed costumes, the enthusiasm was contagious. We would like to thank all the parents and staff for their support in making this event memorable. It was wonderful to see how engaged and excited our pupils were about maths!

#### Safer Internet Day: Empowering Our Children Online

On **Safer Internet Day**, we focused on educating our pupils about online safety and how they can navigate the digital world responsibly. With the growing use of technology, it is more important than ever to help our children understand the importance of protecting their privacy and staying safe online. We held age-appropriate workshops, discussions, and activities that provided them with the tools and knowledge to make safe decisions on the internet.

#### **Children's Mental Health Week: Promoting Well-being**



Kindness is key Never give up Open up to a trusted adult Wear your smile

You are unique Open your mind Understand yourself Remember you are loved Seek help Entertain your soul Love yourself Feel positive During **Children's Mental Health Week**, we prioritised mental health and well-being through various activities that encouraged our pupils to talk about their feelings, practice self-care, and support each other. The theme for the week was "Know yourself, Grow yourself", focusing on the importance of expressing emotions and being self-aware. It was heartwarming to see the pupils embrace these activities, and we hope to continue nurturing their well-being throughout the year.

Please take a moment to read this wonderful acrostic poem which was written by Year 5.



#### Ofsted Inspection: A Note on the Outcome

As you may know, our school recently underwent an **Ofsted inspection**. Whilst we are still awaiting the official report, we wanted to take a moment to acknowledge the hard work and dedication of both our staff and pupils. We will share the results with you as soon as we receive the official feedback. Thank you for your ongoing support during this process.

#### Early Adopter for Free Breakfast Club

As per our letter sent on Wednesday, we are excited to let you know that Mount Charles has been invited by the Department of Education to become an Early Adopter for their free breakfast club offer.

To aid our planning we would be grateful if you could complete the link on the letter , or below by **Wednesday 26<sup>th</sup> February 2025** to ensure that we can allocate adequate space, staffing and food:

#### Free Breakfast Club

#### **Upcoming Events**

#### World Book Day – March 6th, 2025

We are looking forward to celebrating **World Book Day** on March 6th! This will be a wonderful opportunity for our pupils to immerse themselves in the world of books, share their love of reading, and participate in exciting book-related activities. Pupils are



encouraged to dress up as their favourite book character we ask that your child brings the corresponding book to school to share with their class. Your child should also have come home this week with their £1 book token. Please see Miss Blizzard's letter sent 7/2 for more info.

#### Comic Relief – March 21st, 2025



On **March 21st**, we will be joining the nationwide celebration of **Comic Relief**. This will be a fun-filled day of fundraising for an important cause. Pupils will have the chance to participate in fun activities and contribute to this great cause, helping to support people in

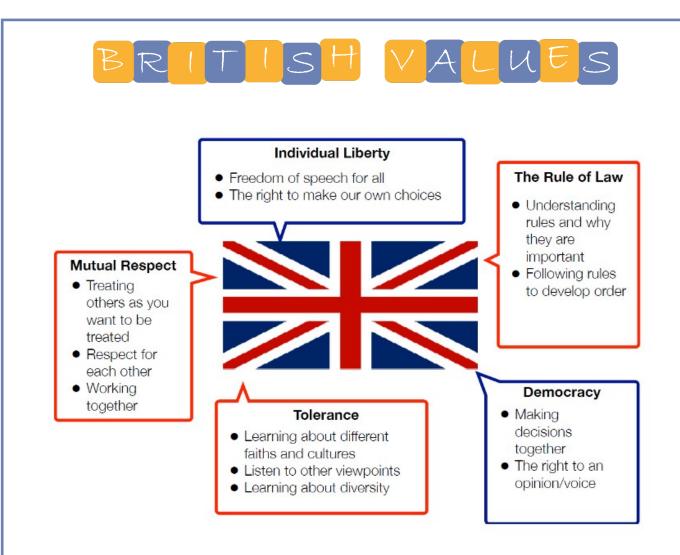
**FRIDAY 21 MARCH** need both here in the UK and around the world. Please stay tuned for more information on how you can get involved and support this event!

#### Thank You!

We would like to extend our heartfelt thanks to all parents for your continued involvement and support in these important events. Together, we are helping our pupils grow in confidence, knowledge, and well-being. If you have any questions or suggestions, please don't hesitate to get in touch with us.

Wishing you a wonderful half term!

Mrs Simpson



This week in school, continuing on from Mental Health Week, we are focusing on the important of **Individual Liberty**. This value encourages us to understand and respect the rights of individuals to make choices and express themselves freely. It is about empowering children to feel confident in who they are and to stand up for themselves and others in a positive, respectful way.

At school, we believe it is crucial to help children understand that they have the right to make their own decisions, while also respecting the rights of others. This is essential in creating a supportive and inclusive environment for all.

We are pleased to announce that we will be celebrating a child from each class who demonstrates a strong sense of individual liberty by confidently expressing themselves and standing up for what is right. The chosen child will receive a certificate in recognition of their actions and behaviour. We encourage you to discuss the importance of **Individual Liberty** with your child at home and celebrate the positive ways they express themselves and respect others.

We look forward to celebrating our pupils' achievements in promoting British values!



At Mount Charles School, the safety and well-being of our pupils are always our top priority. As part of our ongoing commitment to safeguarding, we want to update you on the importance of recognising the needs of all our pupils, including young carers.

#### What is Safeguarding?

Safeguarding is about ensuring that all children and young people are protected from harm, and it involves protecting their health, welfare, and rights. At Mount Charles School, we work closely with families, external agencies, and our dedicated staff to create an environment where every child can thrive and feel safe.

#### Young Carers: Recognizing and Supporting Them

A significant aspect of our safeguarding work is to identify and support *young carers*. These are pupils who take on a caring role in their family, whether that's looking after a parent, sibling, or relative with physical or mental health challenges, a disability, or other long-term issues. It can be emotionally and physically demanding for these young people, often affecting their ability to focus on schoolwork, socialise, and engage in extracurricular activities.

#### Signs of a Young Carer

Young carers may not always self-identify or speak openly about their role. However, some indicators that a pupil might be a young carer include:

- Regularly missing school or arriving late due to responsibilities at home
- Having difficulty concentrating or completing homework due to home obligations
- Acting as if they are responsible for a parent or sibling, even in class
- Showing signs of stress, anxiety, or fatigue

Taking on household chores beyond what might be expected for their age

### SAFEGUARDING

#### What Are We Doing to Help?

We are dedicated to offering support to any pupil who is balancing the responsibilities of being a young carer. Here's how we are working to support them:

• **Confidential Support**: Pupils can talk to a trusted teacher or pastoral lead if they feel overwhelmed by their responsibilities.

• **Peer Support**: We offer opportunities for young carers to connect with each other, providing a network of understanding and support.

**External Agencies**: Where necessary, we collaborate with local organizations that specialize in supporting young carers.

#### How Can You Help?

We ask for your help in identifying and supporting young carers in our school community. If you think your child is a young carer, please don't hesitate to reach out to us. We are here to offer guidance, support, and a listening ear. Together, we can help ensure that every pupil has the opportunity to succeed both academically and personally.

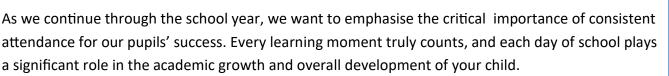
#### **Further Resources**

If you believe your child is a young carer or you would like to know more about support for young carers, please contact Mrs Hann (Pastoral Lead).

Thank you for your continued support in keeping our children safe and supported.







#### Why Attendance Matters

Regular school attendance is one of the most important factors in a pupil's academic performance. When pupils are present, they benefit not only from the lessons and activities of the day but also from the discussions, interactions, and experiences that contribute to a deeper understanding of the subject matter. Missing even a single day can create gaps in learning that are difficult to fill.

#### The Impact of Missed Lessons

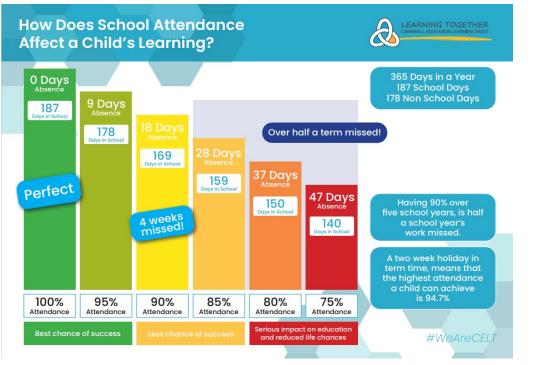
When pupils miss school, they miss out on valuable lessons, hands-on activities, and opportunities to engage with their peers and teachers. While we always strive to support pupils in catching up, it can be challenging to make up for all the learning moments that were missed. This can lead to difficulties in keeping up with the curriculum and may cause unnecessary stress as they try to catch up.

#### How We Can Work Together

We encourage you to continue to support your child's regular school attendance. If your child is unable to attend school due to illness or an unavoidable circumstance, please notify us **as soon as possible** so we can help provide any materials or support needed to ensure they don't fall behind.

We truly appreciate your support in reinforcing the importance of attendance and learning. Let's continue working together to ensure that every learning moment counts for your child's success.

Thank you for your understanding and partnership.



## ENRICHMENT

#### **Dodgeball**

During this half term, children from each year group took part in a series of Dodgeball events against other local schools at Poltair School. The children were given the opportunity to try a new sport and learn new skills. They showed lots of teamwork, passion and represented Mount Charles brilliantly.

#### **Cross Country**

The second race of this year's season produced some amazing results with many of our children finishing in the top 10! A brilliant results, some of which this was their first race. We look forward to the next race after half term.

Netball Our netballers have had a couple of great matches this half term.

14th Jan against St Mewan—the children battled hard but on this occasion were beaten by St Mewan.

11th Feb against Carclaze—Both our teams showed excellent effort and improvement from the last game. The B team won their first game of the season , beating Carclaze 7-1! A great performance from both our teams. We look forward to more netball after half term.

<u>Football</u> Our footballers have played some excellent football this half term, great teamwork and excellent ball skills have resulted in some excellent wins!

14th Jan against St Mewan— The children demonstrated excellent passing and scored some brilliant goals. Excellent wins from both our teams

21st Jan Diamond Shield Round 2—We played St Mewan again in this cup fixture. Again some brilliant football was played giving us a win which means we are through to the semi-final ! Well done team MCS!

4th Feb against Carclaze—another great win for our Year 5&6 teams.

11th Feb against Sandy Hill—Our girls team had a great match for some first time players.

Our Year 5 & 6 A team played a great game resulting in yet another win 7-0!!

What an awesome start to the term, well done team MCS!







Mount Charles celebrated NSPCC Number Day last week. Thank you for your donations on the day which will go to the NSPCC – a charity which protects children at risk.

The children looked brilliant in their outfits dressed as Rock Stars in KS2 and anything number related in KS1 and EYFS. We were all very proud of the children for the enthusiasm they demonstrated for Maths, which was clear to see throughout the school on Friday. The younger children in the school enjoyed activities such as creating their own NumBots robots and working with money whereas the older children commenced in TT Rock Star battles and consolidated their winning with number skills.

We celebrated the day in our whole school, Friday assembly and now have a 'Maths Stars' display board to acknowledge the weekly certificate winners from NumBots and TT Rock Stars.

It was a fantastic day and we look forward to the next one!













Nursery have enjoyed their topic "what happens when I fall asleep?". The children have used the blocks to build models of rockets that will blast off into space in the construction area. They have also got very creative in busy learning and have used different resources and materials to create pieces of artwork!



EYFS have been busy engaging in learning to explore their ILP for this half term 'What Happens When You Fall Asleep?' The children love watching the stars so decided to create their very own star constellations! Did you know, the closest start to Earth, is the Sun?! It is also really important for our bodies to rest at night time and so the children have discussed why their bodies need a good amount of sleep! Each morning, they have thought about their night sleep from the night before and kept their own sleep diaries!



YEAR 1

In Year 1, the children are learning about the artist 'Romero Britto'. The children will be creating their very own portrait in the style of a stamp as their final piece. In preparation for this the children explored a variety of art work and then went on to sketch their own self portraits in their sketch books.





Year 2 have been marvellous mathematicians learning all about money and the values of different notes and coins. We have explored making different amounts and using different combinations of coins to make a total. The children had great fun playing 'I went to the shop and I bought...' and enjoyed using the money to buy different items. Great work Year 2!



Year 3 have been learning about fossils. The children used different mediums to explore how a fossil is made and then made their own, talking their partners through the process. They have been very lucky to have a visit from The Screech Owl sanctuary, where they met and learnt about a variety of owls and other predators like ferrets and pole cats, they even got to see a pole cat hula hoop! Everyone enjoyed number day and the children spent some time discussing when and how they could spend our money.







Year 4 have been learning about Monet and Van Gogh in art this term. They have learnt that they were Impressionist artists who liked to paint outdoors and tried to capture a moment, rather than worry about accuracy. As part of the project, they created their own scrap book page where they commented on the artists use of colour, their own likes and dislikes and had a go at recreating their style. The children learnt how to draw a landscape and used a Monet painting as inspiration for their own.









Year 5 have continued their space odyssey by using sports equipment to help them understand the relative sizes of the planets and also the relative distances from the sun. The sizes were based approximately on Mercury being the size of a marble. They then followed this up with a study of the phases of the moon using cookies and cream biscuits (sadly orangey-jam filled biscuits didn't make an appearance!). The children did a great job using the scientific vocabulary to communicate their understanding of the movement of the moon relative to the Earth.









Year 6 have been studying the artist Vincent van Gogh and focusing on his painting 'Starry Night'. They have explored how to use complementary colours and broad brush strokes to paint in the style of this artist. The children have created their own Northern Lights inspired Starry Night painting, using complementary colours and created a landscape that includes perspective.









In the ARB, the Topic this term is Jungle Fun. The children have been reading Winter stories, Bring the rain to Kapiti Plain, Rumble in the Jungle, Giraffes Can't Dance and Lunar New Year. In science they have been comparing two contrasting environments. In their PHSE lesson the children have been exploring online safety and keeping ourselves safe.







# NOTICES

#### Careers Fair—Help wanted!

Our Year 6 Careers Fair will be held on 10<sup>th</sup> July from 1pm-4pm.

Do you work for/know someone who works for a company that could come and talk to our children about what they do?

We want to give our children as many opportunities as we can to explore what is possible and the skills they need to develop.

If you are able to give some time to inspire our children, please contact Mrs Waugh on dojo or email the school office.

#### **Sports Team Sponsor**

Mount Charles School are looking for a sponsor for our football kit . Premier League Primary stars have kindly donated a new kit and are looking for a local business to sponsor the kit to allow us to have MCS logo embroidered on the kits, as well as the sponsor logo. Ideally We are hoping for £200 to cover the costs. If you are interested please let Mr Yelland know via Class Dojo or via the school office enquiries@mcs.celtrust.org





#### Healthy snacks and lunches

We would like to remind parents to make healthy choices when packing your child's lunch boxes and snacks. Making healthy choices fuel their bodies and minds for optimal growth,

development, and learning, as well as to boost their immune systems. We have attached some examples on the following page. If you need any help or support then please contact the school office.

School Uniform—We are seeing an increasing number of children wearing trainers to school on non-PE days. With uniform, children must wear black school shoes. We would like to also remind you that ties must be worn in KS2. If you have any concerns, please contact the school office.

#### **Contacting the school**

Our enquiries email is monitored intermittently during the school hours, 08.00-15.30 Monday to Friday. We aim to get back to you within 48 hours. If the matter is urgent, please call the school office directly.

If you have a problem you would like to discuss regarding your child, in the first instance, please contact your class teacher via Class Dojo or at collection/drop off times.

#### Lunchbox tips



#### Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



#### **DIY lunches**

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



#### Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and I slice of brown bread.



#### Ever green

Always add salad to sandwiches and wraps too - it all counts towards your child's 5 A Day!



#### Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



#### Tinned fruit counts too

A small pot of tinned fruit in juice - not syrup - is perfect for a lunchbox and easily stored in the cupboard.



#### Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned - in juice not syrup).



#### Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



#### Plan to Eatwell

The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes. The Eatwell Guide



#### Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options - like bagels, pittas and wraps, granary, wholemeal and multigrain.



#### Cut back on fat

Pick lower-fat fillings - like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reducedfat hard cheese. And try to avoid using mayonnaise in sandwiches

See more healthier swap ideas

#### Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



#### Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones - and use less of it - or try reduced-fat varieties.



#### Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



#### Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth



#### Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



#### Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.









### **Biggest improvement in accuracy in last 14 days:**

1st place: Sophie Summers 2nd place: Morgana Whear 3rd place: Willow Abbott

### Most correct answers given over the last 14 days:





2nd place: Rhea McGregor

**1st place:** Brynley Gilbert

**3rd place: Blake Foster** 

**Biggest improvement in studio speed over the last 14 days:** 

1st place: Blossom Baker 2nd place: Misha Mazur 3rd place: Wilf Moore







### **Biggest increase in number of minutes played in the last 14 days:**



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1st place: Henry Van staden-Head 2nd place: Pearl Cook 3rd place: Madeline Grant

### **Biggest increase in correct answers in the last 14 days:**

1st place: Henry Van Staden-Head

2nd place: Pearl Cook

3rd place: Edith Everington



### Highest improvement in accuracy in the last 14 days:

1st place: James Keast 2nd place: Skyla Dosevear

3rd place: Henry van Staden-Head





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February		April	
W/C 17th School closed for half term		1st Year 4 parents' MTC workshop 8.30am	-
25th National Child Measurement EYFS & Yr 6		2nd-4th Year 5 Okehampton residential	-
March		7th-22nd School Closed Easter Holidays	-
3rd-7th Scholastics Book Fair		24th-25th Year 4 Porthpean Residential	
4th Family Worker Drop In 08.45		30th Year 3 Pizza & Film Evening	
7th World Book Day Celebrations		May	
12th Young Carers Action Day		1st Year 3 BF Adventure Day	
13th Year 4 Camp Meeting		June	
18th ** NO CHARLIE OR CLUBS** due to staff		27th Sports Day (Reserve date 11th July)	
training		Swimming Dates	
25th & 26th March Reception Parents		W/c 17th March 4SG	
Evening		W/c 24th March 4HB	
28th Reports going home to parents		W/c 16th June 6TW—4 days only	
	Л	W/c 23rd June 6JT—4 days only	



Spring term 1 2025:	Monday 6th January 2025 - Friday 14th February 2025			
Spring term 2 2025:	Monday 24th February 2025 - Friday 4th April 2025			
Summer term 1 2025:	Tuesday 22nd April 2025 - Friday 23rd May 2025			
Summer term 2 2025:	Monday 2nd June 2025 - Friday 25th July 2025			
INSET DAYS: Friday 20th June 2025 Monday 23rd June 2025				



Autumn term 1 2025:	Thursday 4th September 2025 - Thursday 16th October 2025
Autumn term 2 2025:	Monday 3rd November 2025 - Friday 19th December 2025
Spring term 1 2026:	Monday 5th January 2026 - Friday 13th February 2026
Spring term 2 2026:	Monday 23rd February 2026 - Thursday 2nd April 2026
Summer term 1 2026:	Monday 20th April 2026 - Friday 22nd May 2026
Summer term 2 2026:	Monday 1st June 2026 - Friday 24th July 2026

Information Classification: PUBLIC

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# **Family Worker Drop In**

### Mount Charles School Morven Road, St Austell

#### These sessions will be run by the Restormel 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 drop-in sessions with no appointment necessary on the following mornings:

Tuesday 4<sup>th</sup> March 08:45-10 Tuesday 22<sup>nd</sup> April 08:45-10 Tuesday 17<sup>th</sup> June 08:45-10

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 Call: 01872 324929





🚺 www.cornwall.gov.uk









Reading Café

as part of our Scholastic Book Fair week

# **Thursday 6th March**

# 3pm

Come and join us and celebrate the joy of reading together.

Families are invited to join us for a Reading Café from the 3pm in the school hall.

Please collect your child and bring them to the hall to

share some refreshments, browse the books, create a bookish craft and make a purchase.

# COMMUNITYEVENTS



# February Half Term



#### **CRAFT AND STORY CLUB**

Wednesday 19 Feb 10am-12.30pm For 6-8s years

#### £10 or bursaries available

Story Adventurers, join us this half-term for a exciting tale and make a fun craft inspired by the story.

#### TALES THAT NEED TO BE TOLD

#### Thursday 20 Feb 10-3pm For 9-11s

#### £20 or bursaries available

Join Playwright Sarah Connors for a fun packed magical craft and story session! We'll explore an day of collage, storytelling and drama to unlock your creativity and story telling techniques.

Book: www.thewritersblock.org.uk/events

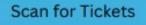




# Fabulous February Half Term

## **Join The Unicorn Academy**

Saturday 15th 2.00 p.m. - 3.00 p.m. White River Place, St Austell, PL25 5AZ





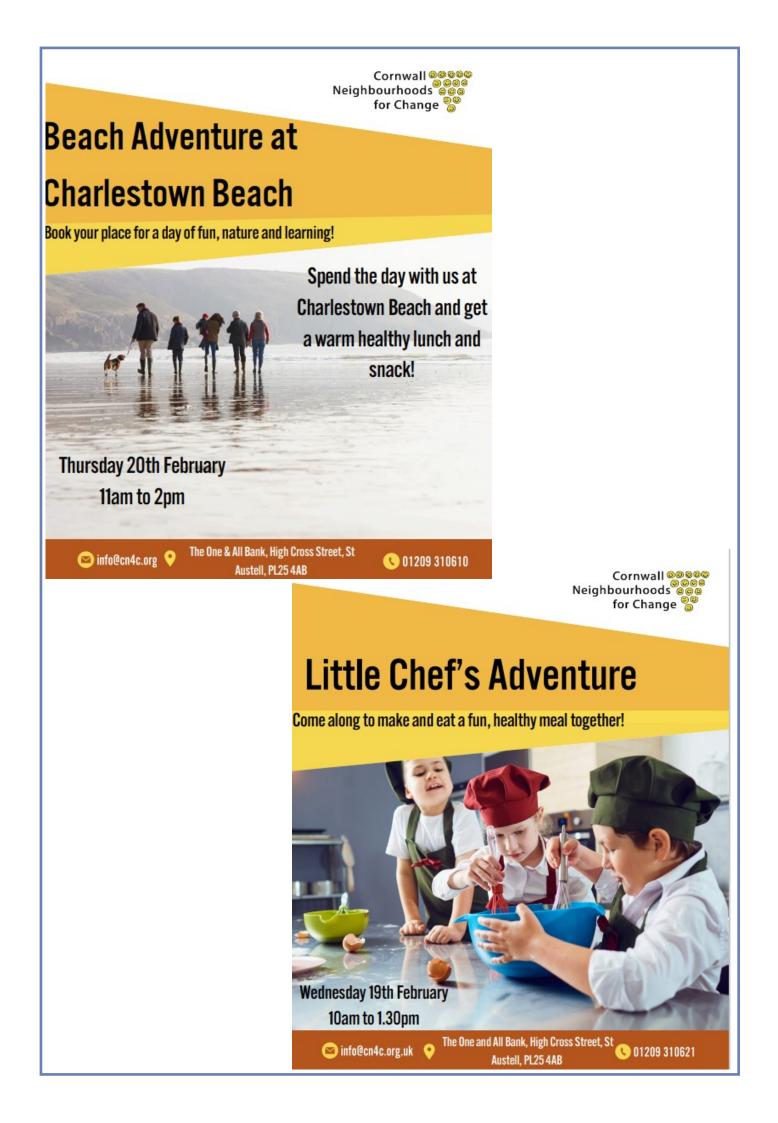
# **Draw-a-long with Jim Smith**

Thursday 20th 11.00 a.m. - 12.00 p.m. St Austell Arts Centre, 87 Truro Rd, Saint Austell PL25 5HJ

Scan for Tickets



Tickets also available from eventbrite.com





# MONDAYS 17:00 - 18:00 24TH FEBRUARY - 31ST MARCH

# **OPEN TO YEAR 6 STUDENTS**





# POLTAIR HOLIDAY CLUB FEBRUARY 2025

### Monday 17th, Wednesday 19th & Friday 21st February 10:00am - 2:00pm

### Multi Sport Days for children in Years 5|6|7|8

There is no charge for those students in receipt of Free School Meals, however, for all other students there is a charge of £10.00 per day. A light breakfast & lunch is provided.

