



Spring Term 2025 Newsletter 3  
Friday 14th March 2025

# MOUNT CHARLES SCHOOL

## HEADTEACHER UPDATE



**Another busy term and we are just getting started, but first, exciting news – our Ofsted Report is here!**

Please click the link to view a short film where the children and staff share the brilliant news and key highlights from the report: <https://youtu.be/tpsdPBapQEQ>

Alternatively, all parents have been emailed the full report.

We are delighted to share some fantastic news with you – the report highlights the school's remarkable achievements across key areas, with the majority of judgements rated as Outstanding.

We are delighted with the outcome of the Ofsted inspection. The report is a testament to the dedication and passion of our staff, pupils, families and governors. It celebrates our continuous focus on delivering exceptional, inclusive education and our unwavering commitment to ensuring that every pupil has the opportunity to reach their full potential. It acknowledges we foster a sense of belonging that lies at the heart of our everything we do.

**Here are some key highlights from the report:**

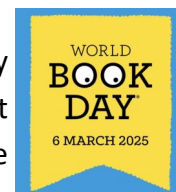
- **Good quality of education:** The inspection praised the academy's ambitious, broad and well-structured curriculum, particularly the emphasis on reading as soon as children start in the early years.
- **Outstanding behaviour and attitudes:** Inspectors commended the exemplary behaviour and attitudes of pupils, noting their eagerness to participate in lessons and the polite manner in which they engage with each other and staff. With expert guidance, children rise to challenges and consistently strive to achieve their very best.
- **Outstanding personal development:** Mount Charles was recognised for its exceptionally strong focus on personal development, supporting pupils to be confident, resilient and independent learners. The school provides well-planned, high-quality experiences through the curriculum, assemblies and enrichment activities. As a result, pupils flourish both socially and emotionally.
- **Outstanding leadership and management:** The report commended the school's highly effective leadership for its clear vision and commitment to ensuring staff access high-quality training. Staff are overwhelmingly proud to work at Mount Charles.
- **Outstanding early years provision:** In the early years, children get off to a flying start at Mount Charles. Staff have exceptionally high expectations, fostering a love for learning from the very beginning.



We are beyond proud of the result and would like to thank you for being part of our success story. The Ofsted inspection is an important milestone, but it's the ongoing relationships and shared commitment to our children's success that truly makes a difference.

### **In other news - what an incredible World Book Day we had this year!**

From captivating costumes to our thrilling book fair and surprise mystery readers, the day was a fantastic celebration of literature, imagination, and community spirit. It was a great reminder of the power of books to bring us together, spark our imaginations, and create lasting memories. Let's continue celebrating the joy of reading every day.



It was amazing to see so many of our children and staff come dressed as their favourite characters! From superheroes and fairytale figures to historical icons and literary legends, the creativity was truly inspiring. Thank you to everyone who participated and embraced the theme with such enthusiasm. You all looked fantastic!

Our book fair was a huge hit! We saw so many eager readers browsing through a wide selection of books, from the latest bestsellers to timeless classics. A big thank you to all the families and volunteers who made this possible. We raised ..... Your support is helping to foster a love of reading in our community, and we're excited to see how many new books have found their way into our readers' hands!

### **Upcoming Events:**

**We are excited to inform you about our upcoming Comic Relief – Wear Red event**, which will take place on Friday 21<sup>st</sup> March. This event is part of the national fundraising initiative to raise money for various causes, and we are happy to be participating in this fun and meaningful day.

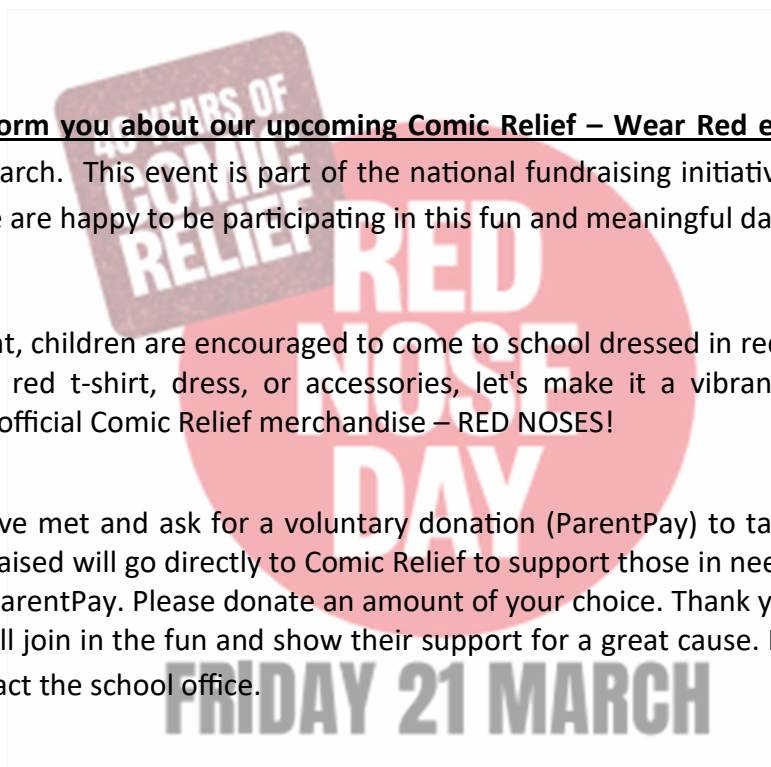
What's happening:

On the day of the event, children are encouraged to come to school dressed in red in support of Comic Relief. Whether it's a red t-shirt, dress, or accessories, let's make it a vibrant and colourful day! Children can wear the official Comic Relief merchandise – RED NOSES!

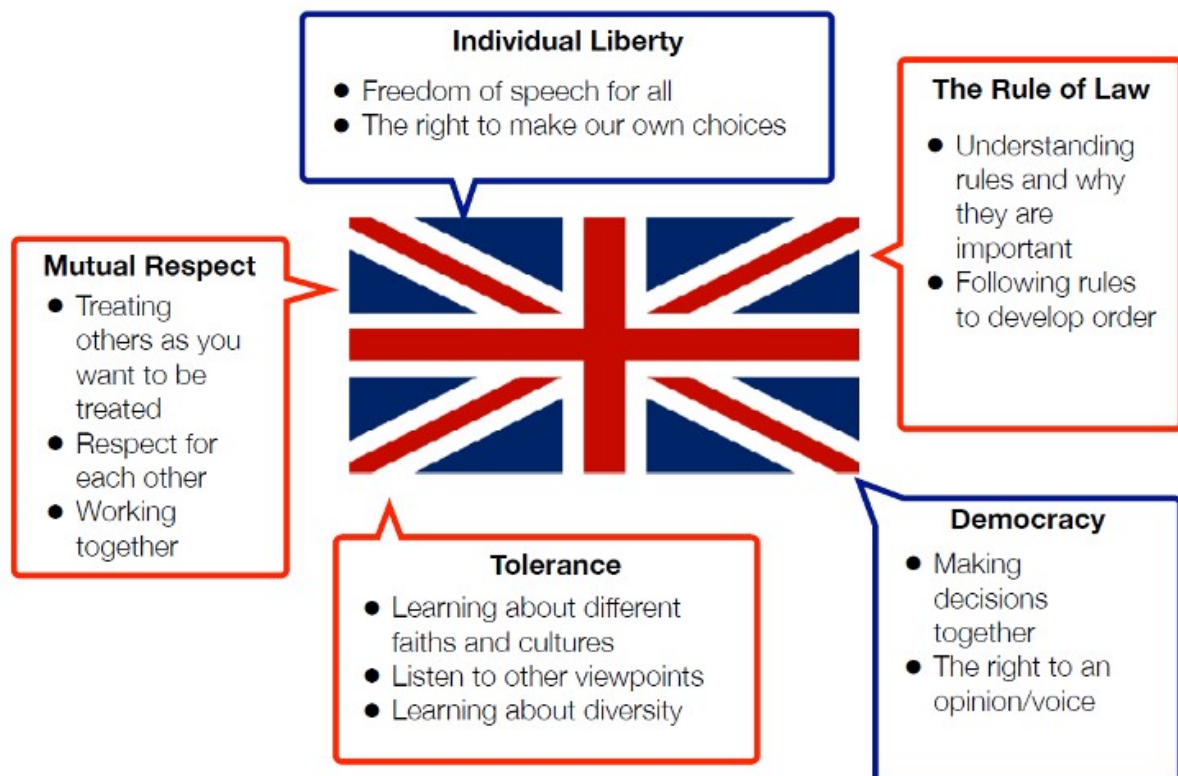
How to contribute:

Our School Council have met and ask for a voluntary donation (ParentPay) to take part in the "Wear Red" event. All funds raised will go directly to Comic Relief to support those in need. Please note, there is no set donation on ParentPay. Please donate an amount of your choice. Thank you.

We hope your child will join in the fun and show their support for a great cause. If you have any questions, feel free to contact the school office.



# BRITISH VALUES



This week, we are excited to highlight a key aspect of British Values: **Individual Liberty**. In the context of our school, this means empowering students to make their own choices in a safe and supportive environment, where they are encouraged to express their views and pursue their passions. Individual liberty is one of the cornerstones of the British values framework, promoting personal freedom and responsibility. As part of this week's activities, children have had an assembly on International Women's Day, to emphasis equality and fairness for all.

We are proud of how our school embraces British Values and supports our students in their development as thoughtful, compassionate individuals. Thank you for your ongoing support in encouraging these values at home. If you have any questions, please feel free to contact us.

# SAFEGUARDING

At Mount Charles School the safety and well-being of every child are our top priorities. We understand the importance of ensuring that all children feel safe, secure, and supported during their time with us. We want to take this opportunity to share with you some of the practices we have in place for safeguarding, as well as the frameworks we use to support the emotional and mental well-being of our students.

## Safeguarding

Our safeguarding procedures are designed to ensure that every child is protected and nurtured in a safe and supportive environment. We have a team of trained staff members who are dedicated to safeguarding, and we follow a clear and rigorous safeguarding policy to respond to any concerns that may arise.

Additionally, we believe that emotional safety is just as important as physical safety. To support the mental and emotional well-being of our students, we use well-established frameworks in our everyday practice. These frameworks are designed to help us build strong, trusting relationships with children, providing them with the emotional security they need to thrive. One of the frameworks we use is PACE.

### **PACE: Playfulness, Acceptance, Curiosity, Empathy**

PACE is a therapeutic framework used to build positive relationships and support children, especially those who may have experienced trauma or adversity. It stands for:

- **Playfulness:** We create a joyful, playful environment where children can engage in activities that allow them to express themselves freely.
- **Acceptance:** We aim to foster an environment of non-judgmental acceptance, where every child feels valued and respected for who they are.
- **Curiosity:** We approach each child's experiences and feelings with curiosity, taking the time to understand their perspective and individual needs.

**Empathy:** We make an effort to understand how children feel and respond with care and compassion, offering them the emotional support they need.

This approach helps children feel safe and understood, allowing them to develop healthy emotional and social skills.

By integrating this framework into our daily practices, we ensure that each child's emotional and psychological needs are met, creating a safe and supportive environment in which they can thrive both academically and socially.

## Working Together

We strongly believe that safeguarding is a shared responsibility between school, parents, and the wider community. If you ever have any concerns about your child's well-being or if you would like to know more about the safeguarding procedures we have in place, please don't hesitate to contact us. We value your partnership and aim to keep you informed and involved in your child's school life.

Thank you for your continued support. Together, we can ensure that our school remains a safe, nurturing environment where every child is empowered to learn and thrive.

# ATTENDANCE



We wanted to take a moment to talk about something that is really important for your child's success at school—**attendance**.

As you know, every school day is packed with lessons, activities, and moments that help your child learn and grow. When students are absent, they miss out on these valuable learning opportunities, and it can be hard for them to catch up on everything they've missed. Even one day of missed school can create gaps in their understanding, and over time, these gaps can add up.

## Why is being at school every day so important?

When your child is at school, they are getting the full experience—learning new things, working with classmates, and asking questions that help them better understand what they're learning. It's not always easy to make up for what they missed when they're absent, and sometimes, missing just a little bit of learning can make a big difference.

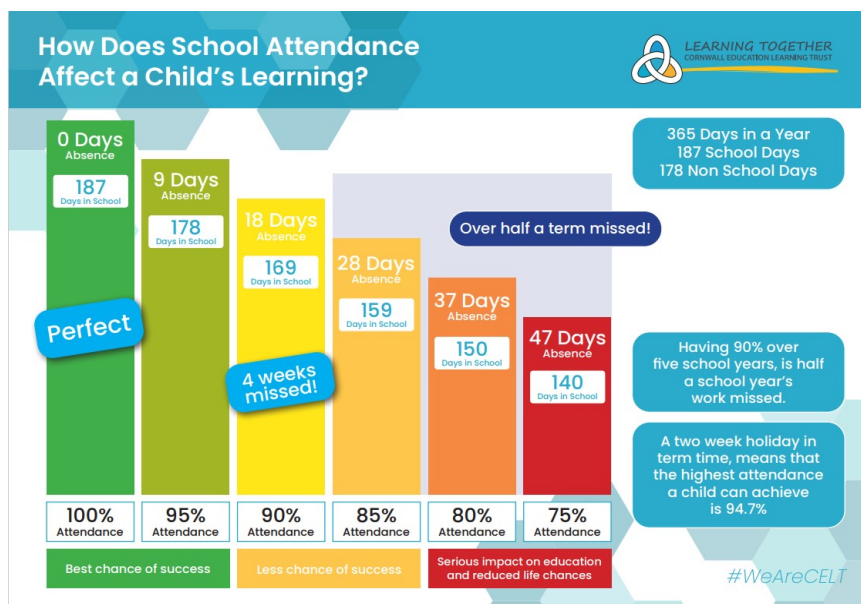
## How can you help?

We know there are times when your child might need to miss school because of illness or other reasons, and that's understandable. But whenever possible, we encourage you to make school attendance a priority. If your child does have to miss a day, please let us know, and we'll do our best to support them in catching up on what they missed.

We also encourage you to reach out to us if your child is struggling to keep up, and we'll work together to make sure they stay on track.

**In short:** Regular attendance is one of the best ways to help your child succeed and feel confident at school. We truly appreciate all of your efforts in supporting your child's education, and we're here to help every step of the way.

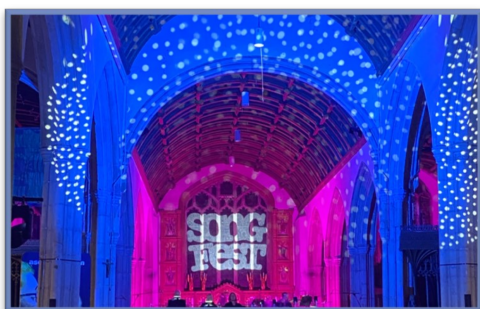
Thanks so much for your understanding and for working with us to make sure your child gets the most out of their learning experience! If you have any questions or need anything at all, don't hesitate to get in touch.



# ENRICHMENT



We were thrilled to take part in Song Fest again this year. It's always a great event in Bodmin where the children can enjoy watching other amazing musicians as well as participating themselves in the massed children's choir. The songs this year all had a Celtic theme and originated in each of the Celtic regions around the UK.



## SPORTS

### Cricket

4<sup>th</sup> March- Year 2 Continuous Cricket at Penrice

A group of 6 Year 2 children attended the KS1 continuous cricket event at Penrice with other schools from across the county. The children had so much fun and were introduced to all aspects of cricket. Batting seemed to be everyone's favourite.



### Girls Football

3<sup>rd</sup> March- Year 3 and 4 Girls Football School Games Qualifier at Poltair.

A group of Year 3 and 4 Girls attended the Girls Football School Games event at Poltair School.

The girls practiced some skills and then played three matches. An excellent effort from the team, lots of whom are new to playing the game. All of them did so well and enjoyed the afternoon.



# ENRICHMENT

## Frisbee

Spring 2 started off in style with the Year 5 Ultimate Frisbee event on the first day back after half term. The children did an amazing job and had so much fun trying something new.

## Cross Country

The third race of this year's season produced some amazing results. Our **Year 6 Boys** made history! Riley was ahead by a long distance and finished 1<sup>st</sup>, Zak was 2<sup>nd</sup>, Declan 3<sup>rd</sup>, Chester 4<sup>th</sup> and Theo D 5<sup>th</sup> resulting in MCS finishing in the top 5. Amazing job!

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

25th February against Biscovey— the A team played very well and showed clear improvement and won 7-2. This was a great win for us to give the Netball team confidence. The B team lost 5-0 but are showing more improvements each week which gives us lots of optimism for next year.

4th March against Charlestown —The A Team played well, resulting in a draw 3-3. The B Team was much played a great match, gaining some great experience.

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

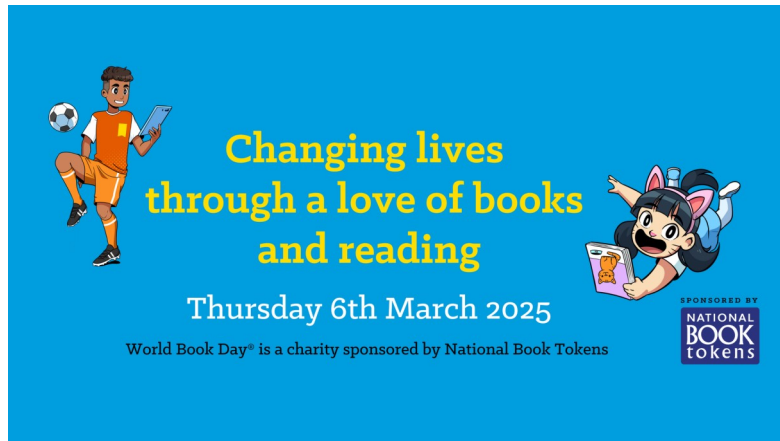
25th February against Biscovey—Year 4 B team had a fixture with lots of players who were representing the school for the first time. They all enjoyed the fixture and played well in a friendly fixture to give everyone a game. The Year 4 A team played an excellent match resulting in a draw. The Year 5&6 A & B teams played some excellent football but unfortunately Biscovey were just too strong. Some great football from everyone who played.

27<sup>th</sup> February- Football Cup Fixture AWAY to Roche (Year 5 and 6 A Team)

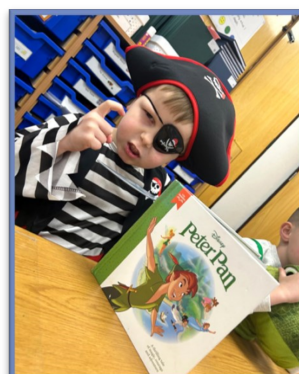
This was the second round of the Rosewarne Shield against Roche. Both teams played an excellent game with a score at full time of 1-1 meaning the game went to penalty shoot outs. Both teams struggled and unfortunately Roche won 2-1, knocking us out of the cup. Mr Yelland and Mr Grigg were very proud of the performances of all children who played.

7<sup>th</sup> March- Year 5 and 6 Girls Football (Biggest ever football event) at Poltair.

Last week a group of our girls football team attended a football event at Poltair against other local school. They played 6 matches against some very challenging teams. The girls all played well, in different positions and enjoyed challenging themselves. Sennen scored 3 goals and Megan scored 1. Well done to all the girls who represented the school.



On Friday the children celebrated their love of books by dressing up as their favourite characters, sharing recommendations, listening to stories from 'mystery readers' and, of course, reading! Thank you to everyone who helped to make this year so successful - the costumes were AMAZING!



## EYFS NURSERY

Our nursery children have been very busy baking ! They have enjoyed following recipes to make their very own pancakes, and also made some very delicious scones which they shared with some of the teachers! They were delicious!



## EYFS RECEPTION

EYFS took part in a science experiment to test whether the Gingerbread Man would have been able to cross the river. The children soon realised that once the Gingerbread Man got wet, he disappeared! They learnt that he is full of sugar, and once the sugar touches the water, it dissolves!!

"He is squishy" "I only have the head left!" "He is dissolving!"



## YEAR 1

Year 1 received an important letter from the King's Royal Pants Keeper - Cedric. The children searched the outside area and were, successfully, able to locate all of the missing pants. This inspired the children to write letters to the King describing the pants they found. The children are really enjoying this book, The king's Pants', as a stimulus for their writing.



## YEAR 2

Year 2 have been learning about making equal groups in maths, as this will help them with their times table, division and multiplication facts. The children have used objects and counted them carefully making sure there are the same number in each of their groups. The children have then written fact families using the multiplication and division symbols.



## YEAR 3

Year 3 have been learning about measurements. They began by adding units of different measurements and converting between metres, centimeters and millimeters. The children then used metre sticks and cubes outside to add different measurements. Building on this learning, the children also explored perimeter and what this is. To calculate the amount of fencing required around the playground, the children walked and measured the perimeter, counting out their footsteps.



## YEAR 4

Before half term, Year 4 virtually met the author Hannah Gold, the author of their class text, 'The Last Bear'. They learnt about the inspiration behind the story, how Hannah goes about writing her books and about the next book in the series, Finding Bear. At the end of the visit, they also found out that Mount Charles were the winners of the prize giveaway! This week we received our prizes of books, a cuddly polar bear and hot chocolate and marshmallows! Year 4 are looking forward to enjoying their hot chocolate when they finish reading The Last Bear soon.



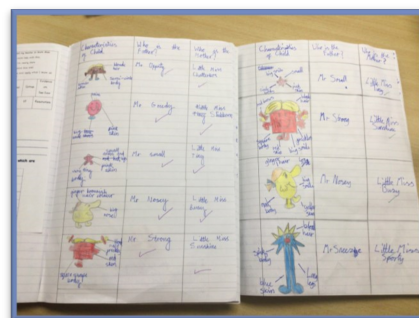
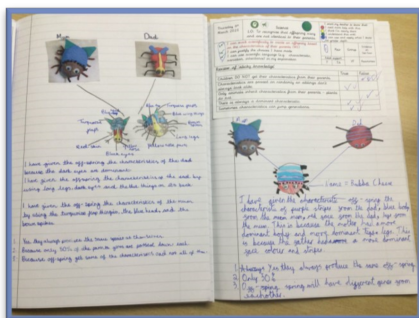
## YEAR 5

In Science, Year 5 have been studying a unit on Biology. The first challenge was to set up a wormery, considering the conditions needed to enable the worms to grow and thrive. Each week, the children count and measure them. Mr Walters's wormery has even welcomed some baby worms! They have also learned that, unlike animals, plants can reproduce asexually. This means it only needs one parent and the offspring produced is an exact copy. The children have taken cuttings from a spider plant and replanted to observe and further understand this. Each child has planted their own sunflower seed and is carefully watering it. The seeds have started to germinate.



## YEAR 6

In science, Year 6 have been learning about the inheritance of characteristics in different species and how these are passed down from parents to their offspring. We looked at what characteristics the Mr Men and Little Miss characters had, as well as some plasticine bugs, and designed what their offspring would look like based on their features.



## ARB

This term the children in the ARB have been learning lots of traditional tales. They have learnt about size ordering, relating to Goldilocks and the Three bears and have also tasted some porridge, just like in the story! On St Pirran's day the children learnt about St Pirran and made some Cornish flags. They had pasties for lunch and tasted Saffron buns.



# REMINDE RS

## 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.



## Uniform expectations

We have seen an increase in the number of children not wearing correct uniform or PE kit. Please find below a reminder of what your child should be wearing in school. If you need help with providing the correct uniform, please do not hesitate in contacting the school office.

### UNIFORM

Grey trousers/Skirt/Pinafore

White polo shirt KS1 White shirt & tie KS2

Summer Term—Blue/white checked dresses KS2 white polo shirt or shirt & tie

Mount Charles jumper/cardigan only available from Cornwall Screen print

**Black** Shoes ONLY no trainers



### PE KIT

**Black** shorts/**black** jogging bottoms/**black** leggings

White Mount Charles logo t shirt

Mount Charles jumper or cardigan **NO** hoodies



Please remember to write your child's name in all items of clothing, especially coats and jumpers. We are frequently finding coats with no names so are unable to return them to their rightful owner.

## 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.



### 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.



### 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.



### 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 reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



### Mix your slices

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



### 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.



### Ever green

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



### 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.



### 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.



### 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.



### 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.



### 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.



### 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).



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

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



### 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.



### 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.



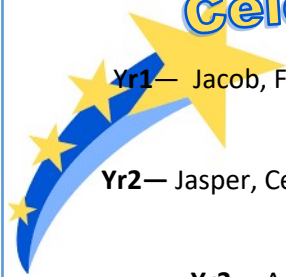
### Plan to Eatwell

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](#)

# CELEBRATION

## Celebrating



**Yr1**— Jacob, Francesca, Henry & Ivy, Fred,  
Riley-James

**Yr2**— Jasper, Cerys, Charlotte, Harriett, Jack,  
Clara

**Yr3**— Ayaz, Ella-May, Isabelle

**Yr4**— Wilf, Logan , Luyanda, Mollie, Theia, Inti

**Yr5**— Mia, Skylar, Ishak, Lila, Jack, Ben

**Yr6**— Scarlett, Bailey, Willow, Lauren, Florence,  
Deimante

**Sports Superstar**— Misha, Brooklyn, Esmae

## Success

Our attendance trophy was won by:

28th February 5RW 99.4%

7th March 2SC 98.8%

14th March 6TW 99.7%

## Perfect Attendance!



## British Values

Celebrating our British Values Champions :

Year 1: Eli, Freddie, James, Ophelia, Davina-Freya, Bradley

Year 2: Lucy, Eliza, Mia, Reuben, Mason, Esmae

Year 3: Jack, Evelyn, Ruan

Year 4: Emma, Mollie, Hazel, Hettie, Blake, Mollie

Year 5: Charlie B, Summer, Lily, Billy, Brooklyn, Pearl

Year 6: Maisie, Remi, Lizzie, Theo, Michael, Ava



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

**1st place: Jakey Aldridge**

**2nd place: Ava Barrett**

**3rd place: Freddie Fifield**

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



**1st place: Neelah Adrien**

**2nd place: Brynley Gilbert**

**3rd place: Tommie Williams**

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

**1st place: Ornella Bercai**

**2nd place: Leo Westaway**

**3rd place: Jack Cundy**



# TOP THREE!

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

**1st place: Skylar Gordon**

**2nd place: Eliza Brace**

**3rd place: Ralph Moore**



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

**1st place: Ralph Moore**

**2nd place: Louella Curtis-McCoan**

**3rd place: Madeline Grant**

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

**1st place: Skylar Gordon**

**2nd place: Rudy Lochrie**

**3rd place: Finley Baron**



# Diary Dates

## March

W/c 17th Swimming 4SG

W/c 24th Swimming 4HB

18th \*\* **NO CHARLIE OR CLUBS** \*\* due to staff training

18th Nursery Come & Play 10.15am & 1.15pm

21st Wear Red for Comic Relief

21st Year 2 Trip to Pendennis Castle

24th Year 3 Orienteering event (invite only)

25th Cross Country Finals @ Poltair

25th & 26th March Reception Parents Evening

28th Reports going home to parents

28th PTA Easter Craft Session EYFS & KS1

31st Year 5 Tri-Golf event (invite only)

31st Year 1 Phonics workshop 2.30pm

## April

1st Year 1 Phonics Screening workshop 8.30am

1st Year 4 parents' MTC workshop 8.30am

2nd-4th Year 5 Okehampton residential

3rd PTA Easter Craft Session KS2

7th-21st School Closed Easter Holidays

24th-25th Year 4 Porthpean Residential

30th Year 3 Pizza & Film Evening

## May

1st Year 3 BF Adventure Day

5th Bank Holiday— School Closed

21st Year 5 Life Skills Workshop

22nd Year 6 Trip to St Ives

23rd Poltair visiting year 6

W/c 26th School Closed for half term

## June

5th Hatchbox Photography group photos

27th Sports Day (Reserve date 11th July)

W/c 16th June 6TW—4 days only

W/c 23rd June 6JT—4 days only

## TERM DATES

**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

## 2025-2026

**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



Dear Parent/Guardian,

### **Time2Move Holiday Programme – Easter 2025**

It is with great pleasure that we can inform you that the Time2Move Holiday Programme for Easter 2025 is live.

The programme offers fun physical activities, games and wider activities plus a funded meal for every child. All children are welcome to attend, and it is completely **funded** for children that are eligible for benefits-related Free School Meals.

As a parent or guardian of a child eligible for benefits related free school meals you will need your child's unique code in order to access the activities for free. You can access your child's code quickly and easily at:

[www.cornwall.gov.uk/time2move](http://www.cornwall.gov.uk/time2move)

Once you have this code you can search and book on activities here:

[www.activecornwall.org/T2MHolidayProgramme](http://www.activecornwall.org/T2MHolidayProgramme)

The activities are all delivered by approved providers with the main focus on fun and enjoyment. So please search for activities near you, book your child's place and we look forward to seeing your child over the Easter holidays.

For any questions regarding the Time2Move Holiday Programme please email [Time2Move.HolidayProgramme@cornwall.gov.uk](mailto:Time2Move.HolidayProgramme@cornwall.gov.uk) or phone 01872 324287.

Yours faithfully

**The Time2Move Holiday Programme Team**

Cornwall Council | Konsel Kernow

New County Hall, Treyew Road, Truro, Cornwall TR1 3AY

E: [Time2Move.HolidayProgramme@cornwall.gov.uk](mailto:Time2Move.HolidayProgramme@cornwall.gov.uk) | T: 01872 324287

[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

# TIME MOVE

Holiday Programme



## EASTER 2025

- Activities including multi sports, forest schools, circus skills, water sports and lots more - for children aged 5 to 16
- Every session includes a healthy meal for all children
- Funded places for ALL children eligible for benefits related free school meals

Activities are taking place across Cornwall during the Easter holidays from April 7th - 18th

Scan here  
to book!



[www.activecornwall.org/T2MHolidayProgramme/](http://www.activecornwall.org/T2MHolidayProgramme/)  
[Time2Move.HolidayProgramme@cornwall.gov.uk](mailto:Time2Move.HolidayProgramme@cornwall.gov.uk)  
01872 324287

Funded by



# COMMUNITY EVENTS



Cornwall  
Neighbourhoods  
for Change



## What's on? Activities The Bank, March 2025

CN4C offers many ways for the community to come together & they are all completely free!

<b>Mondays</b>	<b>11:00 - 13:00</b>	<b>Job Club</b>	Discover new job opportunities and find the employment right for you. Computers provided. No booking required.
<b>Tuesdays</b>	<b>10:00 - 14:00</b>	<b>St Petrocs</b>	Offering homelessness advice. Drop in and appointments available.
	<b>10:00 - 14:00</b>	<b>Affordable Food Club</b>	A subscription based food larder.
	<b>10:30 - 14:00</b>	<b>SWAP shop</b>	Come and exchange any household items for other items you may need.
	<b>13:00 - 15:00</b>	<b>Health Checks</b>	30 minute health checks run by Healthy Cornwall. Running every fourth Tuesday. Book in advance.
	<b>13:00 - 15:00</b>	<b>Stop Smoking Clinic</b>	20 minute appointments run by Healthy Cornwall. Running every second Tuesday. Book in advance.
<b>Wednesdays</b>	<b>14:00 - 16:00</b>	<b>Crafty Chat</b>	Fun craft sessions with a friendly chat. No booking required.
	<b>18:00 - 19:30</b>	<b>Georgia's Voice</b>	Fortnightly mental health support group for young women aged 18-25.
<b>Thursdays</b>	<b>10:30 - 12:00</b>	<b>Falls Prevention</b>	Keep active, get connected, and improve your strength and stability to help prevent falls. Delivered by Age UK.
	<b>13:30 - 15:00</b>	<b>Step Into Wellness</b>	7 week programme improving mental, physical and emotional wellness. Run by Age UK.
	<b>14:00 - 16:00</b>	<b>The HELP Drop-in</b>	Safe space. Everyone welcome! Information, Advice and Guidance available.
	<b>19:00 - 21:30</b>	<b>A Band of Brothers</b>	Mentoring group for men aged 18-25 living in supported housing or at risk of entering the criminal justice system
<b>Fridays</b>	<b>10:00 - 12:00</b>	<b>St Awesome Breakfast Club</b>	Open to all. Come and enjoy a nutritional breakfast and meet and chat with old and new friends.
	<b>10:30 - 14:00</b>	<b>SWAP shop</b>	Come and exchange any household items for other items you may need.
	<b>12:00 - 14:00</b>	<b>Nature Club with CWT</b>	Join Cornwall Wildlife Trust to create some art with nature. Running on 7th & 21st.



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# What's on?

## Courses The Bank, March 2025

**CN4C offers many ways for the community to come together & they are all completely free!**

<b>Mondays</b>	<b>09:30 - 12:30</b>	<b>Maintaining &amp; Preparing for Winter</b>	Learn how to grow your own fruit and veg at our allotment, with our expert. Booking required.
	<b>13:30 - 15:30</b>	<b>Researching Community Needs</b>	Collaborative issue-solving in our community and understanding perspectives. Everyone welcome!
<b>Vednesdays</b>	<b>10:00 - 13:00</b>	<b>Winter Comfort Cooking Essentials</b>	Learn some new cooking skills and enjoy your food afterwards. Booking required.
<b>Fridays</b>	<b>10:00 - 13:00</b>	<b>Introduction to Digital Skills</b>	Bridging the digital divide. IT course. Booking required.

**We offer three different personal development training courses. Details below.  
Register your interest now!**

## Adverse Childhood Experiences

Pre-Assessment included. 10 week course.

Negative or Adverse Childhood Experiences (ACEs) can affect the life you are living now. They can keep us fixed to the past, and have ongoing effects throughout adult life. But we can do something about this. Do you want to understand more about how these experiences may be affecting you? Join us on "ACEs recovery" to explore how we can start to move forward from these experiences

## SPACE Supporting Parents and Children Emotionally

SPACE is a free programme for any parent or carer who wants to better understand and support their children's emotions, as well as their own. This is a 4 session, face-to-face programme.

## HOPE Help Overcoming Problems Effectively

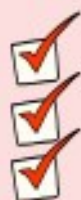
HOPE is a programme to help people build confidence to self-manage their health conditions. This could include: Physical health e.g. pain relief. Mental ill-health issues such as anxiety, stress, and depression. Discover how to use relaxation techniques to refresh your mind and body. Learn how to make plans and achieve goals that can help you make changes for the better.



# Ready, Steady, Chat

**Ready, Steady, Chat** is a safe space to meet others, have a chat and support a healthy and active family.

**No booking required, just turn up.**



This FREE drop-in coffee morning includes:

Beverages and healthy snacks provided.

Private group drop-in.

Free professional information, advice and guidance.

**St Dennis Family Hub, Monday 7th April,**  
11.00 - 12.00 noon.

Terms and conditions apply





**SIR BEN  
AINSLIE  
SPORTS  
CENTRE**



### **Multi Sport Activity Camp**

**Wednesday 9th**

**Thursday 10th**

**Friday 11th**

**Monday 14th**

**Tuesday 15th**

**Wednesday 16th**

**Thursday 17th**

**Tuesday 22nd**

# **KIDS** *Easter activity* **TIMETABLE**

## **Drama workshop**

**Monday 7th to  
Tuesday 8th April**



## **Swimming Pool Inflatable Fun**

**Sunday 6th April**

**Wednesday 9th**

**Sunday 13th April**

**Wednesday 16th April**

**Sunday 20th April**

## **Bushcraft Adventure Day**

**Monday 7th  
Tuesday 8th April**



**[www.sirbenainsliesportscentre.com](http://www.sirbenainsliesportscentre.com)**