

# ST NEOT PRIMARY SCHOOL NEWSLETTER



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'A happy learning environment for all'

## NURSERY NEWS

**Theme Summer Term:** Fantasy  
**Weekly Topic:** Pirates and Mermaids

Please could you send in suncream and sun hat for your child.

Reminder; children that are transitioning to school in September have PE sessions on Wednesday's and Friday's. Please ensure a PE kit is provided including suitable shoes.

Date for your diary....leavers party and presentation  
**Monday 22nd July 2.30pm**

## DATES FOR THE DIARY

**W/C 20th May:** KS1 SATS  
**20th-22nd May:** Residential trip  
**23rd May:** PTA Duck Race 3.30pm  
**23rd May:** No choir after school club  
**24th May:** SCHOOL CLOSED-INSET DAY  
**27th-31st May:** SCHOOL CLOSED FOR HALF TERM BREAK  
**3rd June:** BACK TO SCHOOL  
**4th June:** Fowey Wildtribe  
**5th June:** Treverbyn Wildtribe  
**6th June:** Loveny Wildtribe  
**14th June:** Sports Day  
**4th July:** Fowey class play 1.30pm and 6.30pm  
**18th July:** School choir concert 2.45pm  
**22nd July:** Nursery leavers party 2.30pm

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

## NATIONAL TESTS

Well done to all the year 6 children who took their Y6 National Tests this week. Next week it is the turn of the Year 2 children. If your child is in Year 2 please make sure they have a good night's sleep and a good breakfast Monday-Thursday in preparation, thank you.



## 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: 26**    **Davy: 26**    **Trevithick:21**  
**2158**                    **3083**                    **2185**

## RESIDENTIAL VISIT NEXT WEEK

Next week the children will be travelling to PGL Barton Hall for the annual residential visit.

We wish them all a happy and enjoyable week! Parents of children who are going on the trip please make sure you are at school by 7.30am for the 8.00am departure. Parental help with loading the coach would be much appreciated. Don't forget cakes!

## PTA DUCK RACE

Thursday 23rd May 2024

£1.00 per duck

9.30pm race start

All proceeds to St. Neot PTA

Prizes for 1st, 2nd and 3rd place

Please send in £1 donation per duck with your child to the school for your lucky number, or they can be purchased from reception.

## COATS, SUN CREAM AND SUN HATS

Even though the weather is improving, children still need coats every day. They also need sun hats and sun cream, both named please. Sun cream must be applied in the morning before school and will be topped up during the day.



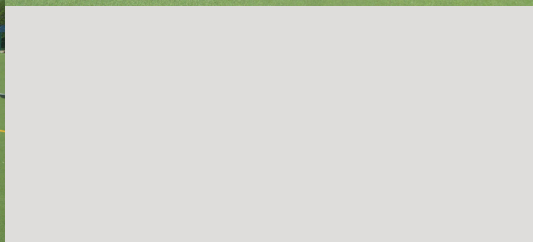
Head Teacher Awards



Loveny class cake sale raised a huge £153!

Thank you

# Treverbyn Sports Festival



We went to Liskeard school and competed in a Quad Kids athletic competition against other local Primary schools. We all had a great, fun and exhausting time. Every child who took part will receive a certificate.

Rosie said, "We did a javelin throw,"  
Abra, We did a 300m run and a 50m sprint.  
Isaac. It was run by year 10's at Liskeard school.

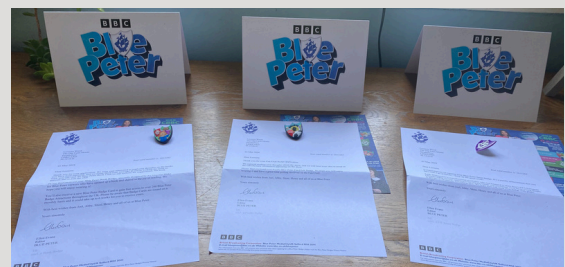
James. Every sport was fun.

James has been selected to be part of the U10 team representing Cornwall in the Junior Tennis County Cup this weekend. We wish him the very best of luck!



## WELL DONE!

Well done to Leonora who received three Blue Peter badges in the post in the last two weeks! An art badge, a sport badge and a purple Blue Peter Fan Club badge for her suggestion of getting more Olympian swimmers to appear on the show as an aspiring swimmer.



# Mental Health Awareness Week

Our assembly focus this week included: 'Moving more for our mental health'. One of the most important things we can do to help protect our mental health is regular movement. Our bodies and our minds are connected, so looking after ourselves physically also helps us prevent problems with our mental health. Exercise releases "feel good" hormones, that reduce feelings of stress and anger. It also helps us feel better about our bodies. It can improve our sleep too. If it involves other people, like being part of a team, a class or group we see regularly, that can also boost our mental health.

Using the BBC Moodboosters we got active in a fun and feel-good lesson for Mental Health Awareness Week! Paralympian Ade Adepitan and Blue Peter's Shini Muthukrishnan choreographed a new BBC Moodboosters routine, for pupils to get involved in. Wellbeing expert Dr Radha Modgil explained the links between physical and mental health and Olympic & European Gold Medallist Sam Quek shared her top tips for easy ways children can build activity into their day. England captain Harry Kane also made a guest appearance, sharing his advice on how to express our feelings.

Lillian and Oliver shared the 5 ways to wellbeing.

## Self-Care & Mental Health for Kids

- Share your own feelings to encourage self-awareness.
- Set aside time for low-stress or solo activities.
- Find social groups that help them feel like they belong.
- Practice self-care for yourself to set the standard.
- Focus on articulating feelings. "I am angry," "I am sad."
- Encourage your child to focus on the moment.
- Encourage journaling and diaries.
- Establish a self-care routine.

## 5 WAYS TO WELLBEING

The 5 Ways to Wellbeing can help you remember how to look after your emotional wellbeing and mental health

- TAKE NOTICE**: During each day, take a moment to stop, look and listen to the world around you. Try to notice your feelings.
- CONNECT**: Connect by spending time with other people (or pets!) - at home, in school or at a club.
- GET MOVING**: Moving makes you feel good! It's even better if you get moving outdoors... the main thing is that it's an activity you ENJOY!
- GIVE**: Being kind to others helps us feel happy! Smile, give a hug or say something nice to someone. Offer to help out or do something for someone else.
- FIND TIME FOR YOU!**: It's important for you to find time to enjoy the things and people you love! Always make time to play and have FUN!

You can do these simple things every day to help you feel happier and more positive

**Bobby Hopkinson's**

# PRO20 SPORTS ACADEMY

**JUST £15**

## WHITSUN FOOTBALL COURSES @ ST NEOT SCHOOL

Friday 31ST May

Our Pro20 Football courses give children the opportunity to enjoy football in a safe and fun environment whilst having the opportunity to shine. Gifts and Prizes to be won throughout the day in various competitions.

Skills and technical based learning with team tactical games held in the morning. Following a quiz packed lunch, the afternoon will include tournament-based football games where teams will have the opportunity to score many points in various ways.

**9am-3pm**

**Please bring the following:**

- Appropriate Clothing
- Both Football Boots & Trainers
- Packed Lunch & Water Bottle

**Registration starts at 8:45am**

Every Participant receives a piece of 'PRO20 Merchandise'

**Book Now: [www.pro20sports.com](http://www.pro20sports.com)**  
 Email: [pro20sports@gmail.com](mailto:pro20sports@gmail.com)  
 Mob: 07980130080

## MY WAYS TO WELLBEING GET MOVING

Moving makes you feel good! It's even better if you do it outside... but the most important thing is that you do an activity you ENJOY!

**MY FAVOURITE WAY TO GET MOVING IS...**

Put your favourite song on and dance!

**MY FAVOURITE THING ABOUT IT IS...**

Play tag at break time!

**MY FAVOURITE PLACE TO GET MOVING IS...**

Go for a sea swim (with a grown up!)

**A NEW ACTIVITY I'D LIKE TO TRY IS...**

STRETCH

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