



# St Mewan Newsletter

## TTRS TARGET WINNER

Well done, Hannah!! Her name was pulled out of the hat, which had LOTS of names in, well done for achieving her times table target for Spring 1 - she has won a £5 amazon voucher!



# Dates for your diary...

(more details to follow)

**15th April:** School returns from Easter holidays

**16th April:** Pond dipping trip RR

**17th April:** Pond dipping trip RVT

**18th April:** Pond dipping trip RR

**22nd April:** Earth Day (More details to follow)

**24th-26th April:** Year 4 Residential

**25th April:** SALT Parent café

**26th April:** Nursery art gallery drop-in session

**29th April-3rd May:** Swimming Year 3

**6th May:** Bank holiday

**9th-10th May:** Activity Days Year 3

**13th-17th May:** KS2 SATS

**13th-17th May:** Fowey Festival

**14th May:** Nursery parent drop-in session: 'Look how far we have come!'

**17th May:** Year 6 trip

**20th-24th May:** Isles of Scilly Year 6 Residential

**24th May:** Last day of the half-term (normal finish time)

# Nursery Garden Centre trip

Our Nursery children have recently visited Par Garden Centre, where they got to experience the REAL LIFE version of a visit to the garden centre compared to our role play area. The children have been looking at the world around them and have been fascinated with the daffodils that have been growing.

"We even had to buy our own rainbow cake and a carton of juice! The lady gave us a ticket." Reuben.



# RR Library trip

On Monday 20th February, the children from RR enjoyed a trip to St Austell Library. When the children got there, they were treated to a talk from two of the librarians who told them about the amount of books that they could borrow from the library, for three weeks – all of us were surprised to learn that children can take up to 18 books out and we were all very excited by this!

After the talk, the children had a chance to colour in their own pictures of a bookworm and then were shown how to turn them into a badge. As you can imagine, the children proudly wore these on their return to school. After we had all made badges, we enjoyed two lovely stories read to us by the lovely librarians, and then it was time to get back on to the minibus and head back to school. We all really enjoyed it, and I hope the trip inspires some children to visit the library with their families. Thank you so much to the staff at St Austell Library for allowing us to visit the library we are all looking forward to coming back.



# RR Library Trip



# Year 4 Parent's Timetable Workshop

Well done to Theo for winning the £25 Amazon voucher! His name was pulled out of the hat, which had many others in due to those families attending our recent Year 4 multiplication check meeting – thank you to everyone who attended!

Mr Donelly



# Wake up Wednesdays

There are some great conversation starters to support your child to stay safe online...

## 10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

- 1. DESIGNATE A TRUSTED ADULT**  
It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.
- 2. MEET CHILDREN HALFWAY**  
Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.
- 3. FACTOR IN THEIR BASIC NEEDS**  
Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.
- 4. REMAIN PATIENT**  
If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.
- 5. BE 'A DYSREGULATION DETECTIVE'**  
While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.
- 6. USE SUITABLE LITERATURE**  
There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.
- 7. TRY SENSORY RESOURCES**  
An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.
- 8. NURTURE INDEPENDENCE**  
If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.
- 9. MODEL GENUINE FEELINGS**  
Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.
- 10. FORMULATE A PLAN**  
As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

**Meet Our Expert**  
Georgina Dumant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.

**#WakeUpWednesday**  
**The National College**

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# Year 6 trip to Geevor

This term, Year 6 visited the coastline around Pendeen, which was once at the heart of the Cornish tin and copper mining industry. We put on our hard hats and were given the chance to explore Geevor tin mine as a starting point for our history learning and English work. We discovered first-hand what it would have been like when the mine was working. We had a fantastic tour around the site, visiting the miners' dry, the shaft and the winder. We were allowed to smash up rocks and use tools to hand-drill holes into them. It was fascinating to wander through the mill, learning about how the shaking tables were used to extract tin. We were lucky enough to have the special opportunity to ask questions to one of the miners who actually worked in the mine before it closed...he even showed us his locker where he kept his belongings whilst he was down the mine!

The grand finale of our day was travelling about 40 feet underground through Wheal Mexico mine to really get a sense of what it would have been like. It was very dark, wet, cramped and warm! We also loved panning for gold: we used the pans to dig into the sediment in the water troughs and then searched for gemstones that became our treasure. We had an incredible day; our experiences will inspire our writing next term!

We would like to send huge thanks to the Cornwall Heritage Trust for part-funding our visit. This has ensured that everyone could take part in this amazing experience, which has been invaluable in developing our understanding and supporting our learning when back in class.

Mrs Spargo and the Y6 team!





# Year 6 trip to Geevor



# Family Reading Day

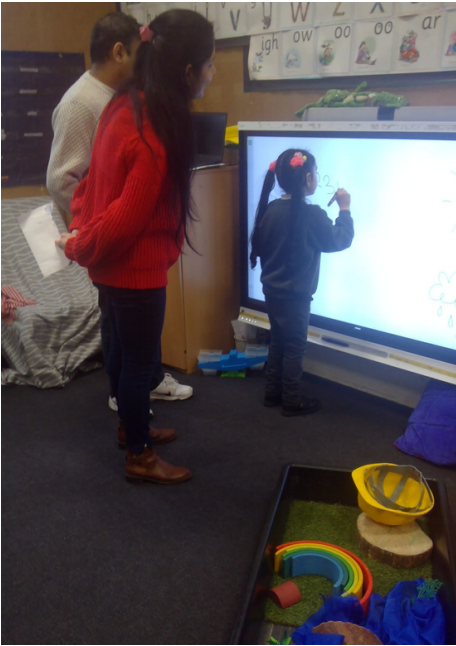
We were so grateful to all the parents who attended the family reading day. We loved listening to the authors Naomi Jones and Ellie Jackson talk about their books and read them to us as well as sharing in the stories of Percy Park-keeper and “The Lighthouse Keeper’s Lunch” with Blast from the Past. Thankyou for helping us fund this day through your Zumba sponsor money. We will be announcing the total raised and the winner of the Amazon voucher next week.



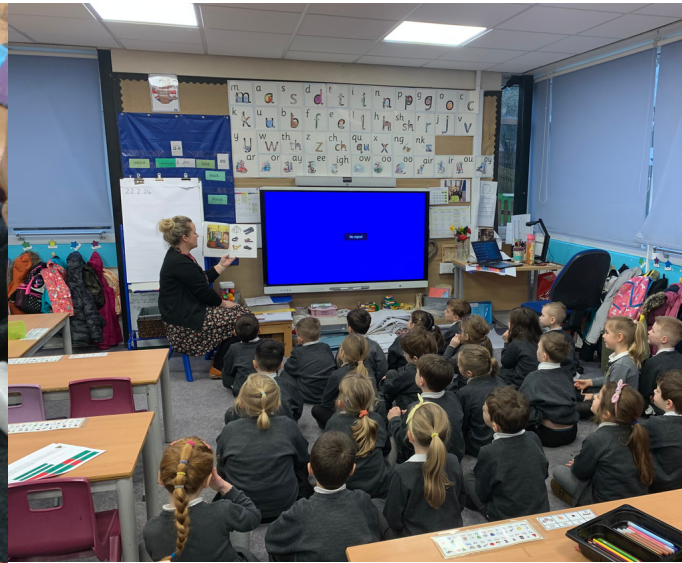
# Family Reading Day Nursery



# Family Reading Day Reception



# Family Reading Day Year 1



# Family Reading Day Year 2



# Family Reading Day Year 3

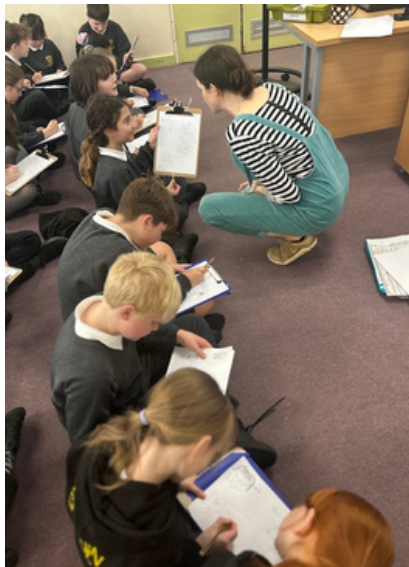


# Family Reading Day Year 4





# Family Reading Day Year 5



# Family Reading Day Year 6



# Attendance

Please see your child's class attendance for the period 29th January 2024 to the 01st March

Class	Percentage Attendance
RR	97.5
RVT	95.7
1B	95.8
1M	96.4
2B	97.1
2S	96.7
3P	94.4
3Y	95.5
4G	97.4
4M	98.4
5B	95.5
5H	95.1
6D	92.9
6SG	96.0

# Disabled Parking Spaces

Please do not park in the disabled parking spaces unless you have a blue badge – which should be displayed.



# World Book Day

On March 7th, for World Book Day, we took our pupils on a journey around the world and school. Each class read a story and shared a fact book from a different continent and the children (and their passports) travelled around the classes learning about the different continents and getting a stamp in their passport. They also did fun activities related to the continent such as African dance in Year 4 and yoga in Year 3. We had a great day and by the end of the day every child had experienced at least 14 books.



# Sports Update

## Dodge, Duck, Dip, Dive and Dodge

Our weekly Poltair School Sports Partnership events are a fantastic opportunity for our pupils to represent our school and experience a range of sports. Recently, some of our Y2 and Y5 pupils got to play a series of Dodgeball games and relished the opportunity to try out this unique sport!

## Cross Country

On Monday, 26th February, it was our Year 1 and 2's turn to discover what Cross Country is all about! The children got to experience what it's like to run for a prolonged amount of time and also compete against children from other St Austell schools. Although this event was more about enjoyment than competition/winning, we did come away with some medals, with 1st place in the Y1 Girls race (Hermione-1M) and 2nd place in the Y2 Boys race (Harris-2S). Well done to all of the children for completing the race distance and doing so with such enthusiasm and positivity!

On Friday 23rd February, our Y5/6 runners took part in the 4th race of the Cross Country Series, which was the last of the St Austell Schools events. The next stage will take place on the 18th of March, where our best runners will compete against schools from both the St Austell and Newquay Districts. The pupils who qualify for this race will represent the Mid-Cornwall area at the County Finals on the 25th of March. We are hopeful that some of our runners will make it to the Finals but we are already incredibly proud of every pupil that has participated in the events this year!

We'd also like to thank Poltair School for organising the Cross Country events, as they take a lot of time and effort to set up and run!



# Sports Update

## Football and Netball League Fixtures

Over the past month, we have managed to fit in a good amount of fixtures despite the poor weather. Here are the results from the games for both football and netball:

St Mewan vs Mt Charles: Football - A team won, B and Y4 teams lost.

Netball - A team lost and B team won.

St Mewan vs Roche (Diamond Shield and Girls Friendly) – St Mewan won both. The next round of Diamond Shield is against Archbishop Benson on 12th March (Home).

St Mewan vs Sandy Hill: Football - A and B teams both won. Netball - A team and B team both won.

St Mewan vs Biscovey: Football – A team won, B team lost, and Y4A + Y4B drew. Netball – A and B team lost.

St Mewan vs St Stephens: Netball – A team lost, B team won.

All league Netball fixtures have now been played. Football have one game left against Carclaze school (away) on 26th March.

As a result of winning all 5 of their league fixtures and with one game to still go, our A team footballers have been crowned the St Austell League Champions 2023-2024! Well done to everyone involved!

Well done to all of the pupils involved in the above sports events/fixtures.

As always, we are incredibly proud of our pupils, especially when they represent our school for sport!



# Sports Update





# Sports Update



# Clubs

Monday – **Y5 Sports Enrichment Club (Rugby)** = Mr Lloyd @school field  
(no limit on numbers – only for Year 5 pupils)

Monday– **KS1 Cricket Club**= Mr Boynton (One-off A/S Taster Session)

Year 2 = 19th February

Year 1 = 26th February

@ bottom car park (no limit on numbers)

Monday– **KS1 Cricket Lunchtime Club** = Mr Boynton (No sign up needed)

These will start after the above taster sessions, every Monday lunchtime from the 4th to the 25th of March.

Monday PSSP Events– Mr Boynton

(**Frisbee, Cross Country, Girls Football** - Selected children only)

Tuesday - **Football and Netball Fixtures** =

Mr Boynton, Miss Martin and Mr Mitchell (teams only)

Tuesday – **Netball** - Y3 – Lunchtime (no sign-up needed)

Tuesday – **Let's get Active** – Y3 - 3-3:30pm @ Hall (selected pupils only)

Tuesday – **Singing Club** – Y2/3 @3Y = Mrs Yeo (Limit = 30 pupils)

Tuesday – **KS1 Computing Club** @1B = Mrs Barrett (Limit = 16 pupils)

Wednesday 6th March – **Tennis Taster Session** at St Austell Tennis Club  
= Yvonne (St Austell Tennis Coach)

This is for all KS2 pupils, but their parents must take children to St Austell Tennis Club for the session (3:45 – 4:30 pm).

Wednesday Breaktime–**Y4 Recorder Club** = Mrs Farley (Limit = 20 pupils)

Wednesday – **Netball** – Y4 – Lunchtime (No sign up needed)

Wednesday Lunchtime–**Y5/6 Recorder Club** = Mrs Farley (Limit = 20 pupils)

Wednesday – **Choir** (Y4/5/6) = Mrs Harvey @ bottom car park

Thursday Lunchtime–**Y3 Recorder Club** = Mrs Farley (Limit = 20 pupils)

Thursday – **Netball** – Y5 – Lunchtime (no sign-up needed)

Thursday – **Cricket (3/4)** = Mr Boynton @bottom car park (Limit =40 pupils)

Thursday – Lunchtime – **Cross Country (Y5/6)** = Mr Lloyd and Mr Boynton

Friday Breaktime –**Y5 Treble Recorder Club** = Mrs Farley (Limit = 10 pupils)

Friday – **Netball** – Y6 – Lunchtime (no sign up needed)

Friday – **Cricket** (Y5/6) = Mr Boynton @bottom car park (no limit)

# Club additional information

- All A/S clubs will finish at 4:30 pm unless specified otherwise. Please collect your child from the location provided.
  - All children need to be signed onto most of our clubs via School Gateway. Our lunchtime sports clubs do not require you to sign your child up. If your child is unable to attend a club, please contact the school office.
- Letters and dojo messages will be sent out to any children who are involved in any clubs, fixtures or sports events that are invite only. Throughout the year, we will ensure that all children from Year 2 – Year 6 attend at least one sports event and are given the opportunity to represent our school.
- KS1 Cricket Club will consist of a one-off taster session for both Year 1 and Year 2 pupils (separate sessions) before it moves to a lunchtime club where all children are invited to join in. Please sign your child up for the A/S sessions but there is no need to do so for the lunchtime sessions.