

Nurturing God's gifts with compassion and drive, so that all our children succeed, learn and thrive.

Dear Parents, Carers and Children,

If your child is in Y3, 4, 5 or 6, I hope you have received your first letter about school camps. The camps have only been offered to children within our school and are not MAT-wide ones this year. Mr Cornish will be holding a meeting after school on Tuesday 6th February for anyone interested in finding out more about the Y5 & 6 camp to Heatree, and Miss Eastham will be holding one for the Y3 & 4 camp to Porthpean after school on Wednesday 7th February. Please be aware that both these camps have maximum places allocated to them.

This week you should have also received a letter regarding lunchtimes; these changes will take affect after half term.

Please also be aware that After School Club will not be running on Friday 9th February.

Claire Gabriele

Our Stars of the Week

Gribbin Class – Ben G

Trevose Class – Jake

Tater Du Class – Alfie

Longships Class – Luke

Wolf Rock Class –Jacob

Congratulations to all of our stars!

This Week's Attendance

Gribbin	Trevose	Tater Du	Longships	Wolf Rock
95.5%	96.5%	99.2%	99.2%	96%

Government guidelines state that attendance should be 96.1%.

Parents' Evening

Please book your slot for either

5th or 6th March at:

grampoundroad.parentseveningsystem.co.uk

Useful dates

29/01/18
Forgiveness workshops

06/02/18 Safer Internet Day

06/02/18 Heatree Y5&6 Camp Information Meeting

07/02/18 Porthpean Y3&4 Camp Information Meeting

08/02/18 Year 5 Life Skills workshop

12th-16th Feb Half term week

01/03/18 World Book Day

02/03/18 Class photos



You may have heard your child talk about a new initiative that has been launched at school this term. It's called Times Tables Rockstars and is an online platform which enables children to practise their times tables in a fun, gaming environment. Children have access to their avatar and portfolio through personal logins which can be used both at home and at school. The programme reacts to your child's speed and accuracy at completing the tasks. So far the feedback is...they love it!

Who would have thought that?

We have been advised of a road closure which may affect some of our parents who use the A3058

Road Traffic Regulation Act 1984 S.14:
Temporary Prohibition of Traffic

Location: Long Lane, High Street and Gwindra Road, St Stephen and Terras Road, St Stephen and A3058 Between Scarcewater Farm And Terras Road, Grampound Road and A3058 Between Menna Vean And District Boundary, Scarcewater, Grampound Road

Timing: 12th to 23rd February 2018
(09:30 to 16:30 hours)

Contact: Steve Green, Cormac Surfacing, Tel: 0300 1234 222

The above closure has been approved. Please click the following link to view a map and associated documents:

<https://roadworks.org?tm=104306714>

After School Clubs

After School Clubs for after half term have now been agreed, these will run until week ending 30th March. Please book places at grampoundroad.parentseveningsystem.co.uk

Places booked prior to half term will not be kept as some clubs have changed. Thank you

Mon: Dance (years 1-6)

Tues: Drama (KS2)

Tues: Cross Country (KS2)

Tues: Around the World (in a term) (KS1)

Weds: Plymouth Argyle (KS2)

Thurs: Go Noodle (KS1)

Fri: Year 6 Homework Club

Useful dates

(continued)

05 & 06 /03/18
Parent meetings

12/03/18 British
Science Week

22/03/18 Roseland
Fun Fest – PE
festival

30/03/18 Last day of
the Spring term

15/04/18 First day
of the Summer term

Hey grown-ups...
Did you know that half of the sugar kids eat comes from snacks and sugary drinks?

Healthy snacking is as easy as 1-2-3

1. When you're choosing packaged snacks for your children, use this helpful tip: remember two a day max!
2. Pack a snack - take a healthier snack along with you for kids to eat at school pick-up time.
3. Remember, fruit and vegetables are always the best snacks! But keep fruit and vegetable juice, smoothies and dried fruit to meal times only.

For more tasty ideas and tips on healthier snacking sign up to Change4Life online today.

Sign up today for your free snack vouchers and stickers!

You can help protect your kids from serious health problems by making some simple changes. Sign up to Change4Life online and join over a million families who are already using our helpful tips and swap ideas, tasty recipes, money-saving vouchers and more!

Search Change4Life and sign up online to get your vouchers through the post

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Are you ready for your fun Family Snack Challenge?

Look inside for your 7 day challenge!

change 4 life

Did you receive your Family Snack Challenge leaflet?

To support this initiative and to maintain the Healthy School Status that the school has achieved, we would like to remind children who enjoy a snack at break time, to ensure that they only bring in a **healthy** snack. We would also like to take this opportunity to remind children that sweets should not be included in packed lunch boxes please.

Family Snack Challenge

Stick me on the fridge!

How to play: Take our 7 day family snack challenge. Don't forget to tick the box each day when you complete the challenge!

Download our FREE Change4Life Food Scanner app to see what's really inside your food and drink. Discover which ones are the healthiest! Search 'Food Scanner' on the App Store or Google Play.

Start here:

- Day 1: Fruity snack**
Try a new fruit for your snack today - how about a peach, pineapple chunks or a mandarin?
- Day 2: Adventurous veggie**
Have a veggie snack such as carrot, pepper or cucumber sticks with a low-fat dip.
- Day 3: Packaged snacks?**
Try sticking to 2 a day max!
- Day 4: Say no to 'reds'**
Use the FREE Change4Life Food Scanner app to choose snacks with no 'reds'.
- Day 5: Drink smarter!**
Ditch the sugary drinks for water, sugar-free milk, sugar-free or no-added-sugar drinks. Try cold water with your favourite fruit.
- Day 6: 5 A Day champions**
Fruit and vegetables are a perfect snack - and count towards your 5 A Day. Try having all 5 at your snack today!
- Day 7: Create your own**
It's your turn to think of a healthy snack challenge! How about swapping your usual snack for a less sugary one? For more ideas, search Change4Life.

Completed all of our challenges? Congratulations! Grown-ups, turn over to claim your free vouchers for some healthier, tasty snacks. And kids, get ready for some stickers!

Why aren't grapes over 'lovely'? Because they count in lunchbox!

T
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Reiki

Massage

Indian Head Massage

Reflexology

Jin Shin Jyutsu

Gentle Muscle Release

And more

Pamper Day

At Merlin MS Centre

Saturday February 10th

10am to 4pm

At Merlin MS Centre,
Bradbury House, Hewas
Water, PL26 7JF

£35 per ticket which
includes a therapy,
lunch and prosecco
or non alcoholic
alternative. Booking
is essential. Call
Tamsin on 01726
885530

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Facials

Hand massage

Crystal Therapy

Itovi Scan

Essential Oils

Neal's Yard etc.

