

St Minver School & Nursery



Autumn 1 Week 5

Head of School Message

We are now fully in the swing of the autumn term, and it has been another busy and exciting week at school!

Polzeath and Lundy Classes have taken their learning beyond the classroom with visits to Porthilly Beach, making the most of our wonderful local environment to bring their topics to life. A huge thank you to the parent helpers who joined us and helped make these experiences possible.

This afternoon, some of our Year 6 footballers are heading to St Austell to represent our school. We wish them lots of luck and, as always, know they will make us proud.

On Thursday we came together for our Harvest Breakfast, one of those gorgeous opportunities to pause as a school community, enjoy being together and be thankful for our food, the land that provides it and all the people involved along the way.

We have ended the week by marking World Mental Health Day, wearing yellow and raising money for Healthy Minds. It is a lovely opportunity to remind our children that looking after our minds and wellbeing is just as important as looking after our bodies, and that talking, connecting and looking out for one another really matter.

Another full week of learning, experiences and togetherness. Thank you, as always, for your continued support.

Alicia Warren

St Minver Stars



Cowrie Class:

Phoebe & Albie

Daymer Class:

Sidney & Merryn

Greenaway Class:

Clemmie & Henry

Lundy Class:

Finley, Alice & Stanley

Polzeath Class:

Johnny & Bow

Porthilly Class:

Grace & Mireya

Rock Class:

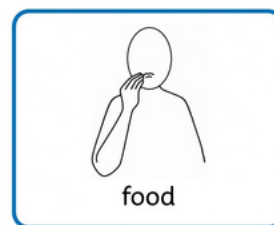
Charlie & Frank

Makaton sign of the week...

As a school, we are just beginning our journey of introducing Makaton more widely across our community, and we are excited about the opportunities this will bring. Makaton uses signs, symbols and speech to support communication and understanding, helping to make communication more accessible for everyone.

Over the coming months, we look forward to gradually embedding Makaton across the school, learning together and developing another way for our children to express themselves, connect with others and ensure everyone feels included.

The sign of the week for next week is:



Diary Dates

12.10.26 Greenaway visit to Porthilly
15.10.26 KS1 Farm visit - selected children
Wk Beg 19.10.26 Autumn Term Parent/Teacher meetings
23.10.26 Non Pupil Day
26.10.26-30.10.26 Half Term
2.11.26 Non Pupil Day
04.11.26 PTA Bonfire Night Event
Wk Beg 16.11.26 Hamper Donations
27.11.26 PTA Event - Wreath Making
Wk Beg 30.11.26 Secret Room Donations

Contact Information

01208 862496
hello@stminver.org

House Points



Pentire: 355



St Enodoc: 292

St Minver School & Nursery



Autumn 1 Week 5

St Minver School in action...



Homework

Over recent weeks, we have been taking some time to reflect on our approach to homework. We have gathered the children's views and looked carefully at the research and evidence around homework, including guidance from the Education Endowment Foundation. We will be sending further information home before half term explaining our approach.

For us, reading is the absolute priority at home, alongside regularly practising the important foundational skills of number fluency and spelling. Children have access to TTRS and will have access to the Morphs spelling game to help with this practice. We are, of course, mindful that these are screen-based and are certainly not suggesting that children spend long periods of time on screens. Class teachers can provide ideas for practical games and activities as alternatives.

Our half-termly curriculum letters give families an overview of what children are learning, so if you would like to explore a topic further at home, please do. We are always delighted to see anything children have chosen to make, research, write, visit or discover at home and love hearing about where their learning has taken them.

There will be times when a teacher may send something specific home because it will help an individual child practise or consolidate an area of learning. In Year 6, children will also receive some written homework as part of supporting their preparation for the expectations and routines of secondary school.

Ultimately, we want home learning to be purposeful, manageable and genuinely helpful to children's learning, rather than something completed simply for the sake of having homework.

Special Mentions...

Demelza M & Hattie L for helping Miss Martin in the school office.

Alyzia for helping a friend when they fell.

Henry C for having good manners.

Frank and Jemima for playing with Bibi when she was upset.

Heidi for helping Reception children in the hall at lunchtimes.

Douglas for offering to help tidy up the classroom.

Nell for being a super helper in Cowrie Class at lunchtime and including everyone in her game.

Johnny and Arlo for helping set up a new library display.

Margot for helping to tidy the classroom.



Weekly Attendance	%
Daymer	93.8
Greenaway	95.5
Lundy	97.7
Polzeath	98.2
Porthilly	96.9
Rock	95.8



Useful Links

St Minver School - Home
www.stminver.org



Inset Days

Friday 23rd October 2026
Monday 2nd November 2026
Friday 12th February 2027
Friday 11th June 2027
Friday 23rd July 2027

Healthy Snacks

At St Minver School, we are committed to promoting healthy lifestyles and helping children develop positive habits that support their wellbeing. As part of this, we teach children about making healthy choices, including understanding the importance of a balanced diet and how food helps them learn, grow and stay active.

We greatly appreciate your support in helping us maintain our healthy school approach. We know how important it is that children have the right fuel to keep them going throughout the school day, and we encourage parents to provide a healthy snack for break time if they wish.

We would recommend that children bring just one snack for morning break. The NHS 'Change4Life' guidance suggests that snacks should contain fewer than 100 calories where possible. We hope the guidance below will help you make suitable choices when selecting snacks for school.

Please remember that all children in Key Stage 1 (Reception, Year 1 and Year 2) are entitled to free fruit or vegetables through the Government School Fruit and Vegetable Scheme. Reception children are also provided with milk and fruit during the school day, so there is no need to send an additional snack.

Finally, as we have children in school with severe allergies, St Minver School operates a strict nut-free policy. We ask that nuts and products containing nuts are not brought into school.

Thank you for your support in helping us create a healthy and safe environment for all of our children.

sugar swaps

Simple ways to help your kids eat less sugar

change 4 life
Eat well Move more Live longer

sugar swaps

We wouldn't let our kids eat sugar straight from the sugar bowl. But we tend not to think about the sugar lurking in the other things they eat and drink. The problem is that excess sugar means excess energy, which in turn can lead to stored fat in the body and diseases like heart disease, some cancers and type 2 diabetes. Eating too much sugar can also cause tooth decay.

Around a quarter of the added sugar in kids' diets comes from sugary drinks. Sugary drinks have no place in a child's daily diet. Swap to water, lower fat milks, sugar free, diet and no added sugar drinks instead.

what's the maximum amount of sugar we can have?

A typical 8 year old shouldn't have more than 6 cubes of added sugar* per day

Age	Recommended maximum added sugar intake	Sugar cubes ¹
4-6yrs	no more than 19g per day	5 cubes
7-10yrs	no more than 24g per day	6 cubes
From 11yrs	no more than 30g per day	7 cubes

*Added sugars: These are free sugars that have been added by a food manufacturer, cook or consumer to a food and include those sugars naturally found in unsweetened fruit juice, honey and syrups. It doesn't include sugars naturally found in milk, and milk products and intact fruit and veg. Watch out for some of the words on the label used by food manufacturers to describe free sugars: cane sugar, honey, brown sugar, high fructose corn syrup, fruit juice concentrate, corn syrup, fructose, sucrose, glucose, crystalline sucrose, nectars. ¹Based on a 4g sugar cube.

sugar swaps

Here are some easy swaps to help you and your kids eat less sugar. Fruit and vegetables are a healthier choice because they contain fibre, vitamins and minerals. Remember, fresh, frozen, tinned, juiced and dried all count towards your 5-a-day. You don't need to worry about the sugar in whole fruit as this isn't added sugar, so it's ok to swap from sugary puddings and sugary snacks to fruit instead.

1. Drink swap
Swap sugary drinks such as fizzy pop, juice drinks, squashes, cordials or energy drinks to water, lower-fat milks, diet, sugar free or no added sugar drinks.

2. Breakfast swap
Swap sugary cereal to plain cereal such as plain porridge, plain whole-wheat biscuits or plain shredded whole grain.

3. Snack swap
Swap sugary snacks such as sweets, biscuits, chocolate, cakes, muffins and pastries for a snack with less sugar such as fresh or tinned fruit (in juice not syrup), plain unsalted nuts, plain rice cakes or toast with low-fat spread.

4. Pudding swap
Swap sugary puddings for low-fat, lower-sugar yoghurts fresh or tinned fruit (in juice, not syrup), fruit salad or sugar-free jelly.

See how many swaps you can make this week. For lots more hints and tips search 'Change4Life'.

change 4 life
Eat well Move more Live longer

watch the sugar

You might be surprised to see how much sugar is in your food and drink*

More than the maximum amount for an 8 year old

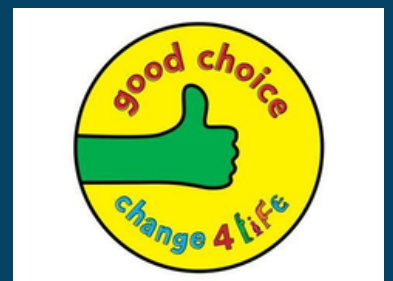
- There are 7 cubes in 1 can of sugary fizzy drink
- A muffin contains around 5 cubes of sugar
- A bowl of ice cream contains around 8 cubes of sugar

*Based on Kantar data 2014

The Change4Life Sugar Swaps app is designed to show quickly and easily how much total sugar is in the things you're having. Just scan the barcode and see how much total sugar it contains. Download for free from the App Store (Google Play coming soon). Let's start scanning!

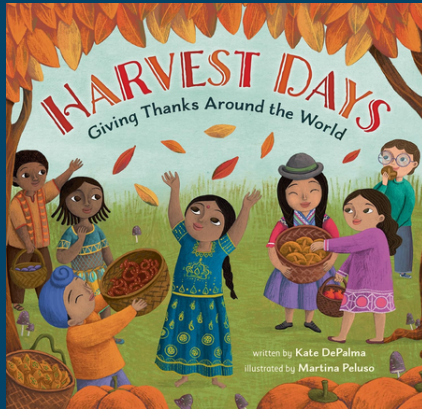
Love your labels
When shopping choose colour-coded front of pack nutrition labels that have more green on them than red.

Remember, eating wholegrain cereals and plenty of fruit and vegetables helps to ensure children are eating enough fibre. Fibre is an important part of a healthy balanced diet.



St Minver School & Nursery

The Weekly Book Basket



Harvest Days by Kate DePalma

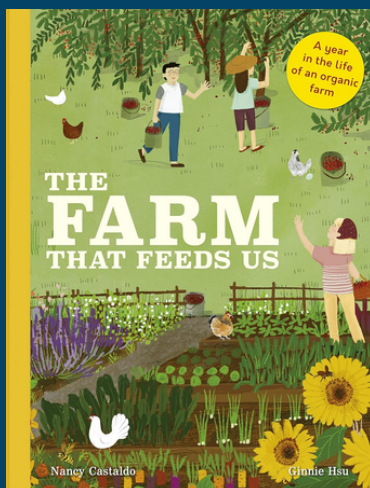
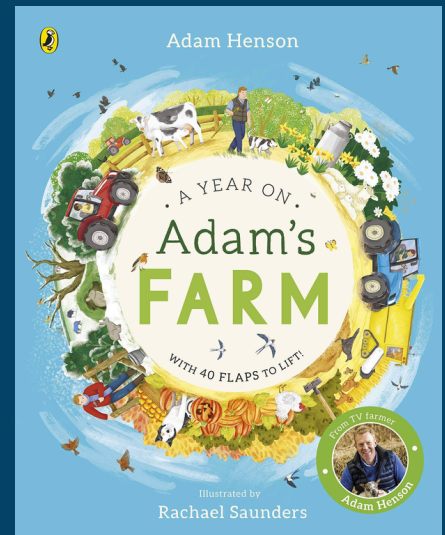
Explore harvest festivals from around the globe! Lyrical, rhyming text and lush, detailed artwork from Italian artist Martina Peluso immerse young readers in some of the most ancient traditions in the world. Nine pages of rich, educational endnotes dive deep with more information about the 12 cultures explored in the book and invite young readers to ask questions about food and the labour that produces it.

A Year on Adam's Farm

Join the UK's most-loved farmer, Adam Henson, on a fascinating journey around the farm. In this interactive non-fiction book, with over 40 flaps, you can discover where food comes from, peek inside a combine harvester, and uncover incredible facts about popular farm animals.

Did you know that one sheep shearer can shear 200 sheep in a day? Or that robots can milk cows? Do you know what a beetle bank is? Or how peas are harvested?

Adam - and his trusty sheepdog, Peg - are the perfect guides for your day on the farm. With colourful scenes, clever flaps that will intrigue a wide age group, and lively illustration, this is a book for all budding farmers and animal-lovers. Both entertaining and educational, this is quality, fascinating non-fiction for families.



The Farm that Feeds Us: A Year in the Life of an Organic Farm

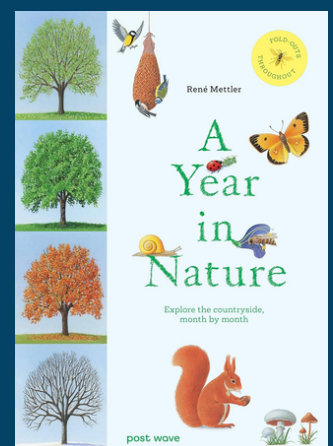
Where does our food come from? What role do farms play? What's it like to be a farmer? In this charmingly illustrated book, follow a farm throughout the year to discover how the farmer grows fresh and tasty food for us to eat in a sustainable and natural way.

Explore the workings of a small-scale, organic family farm and experience the rhythm of farm life. In the spring, visit the chicken coop, till the fields and tour the farm machinery. When summer comes, plant corn, meet the pollinators and head to the county fair. In the fall, make pies and preserves, harvest pumpkins and put the fields to sleep. Winter activities include trimming and pruning the orchard, seed shopping and baking bread. To conclude your year on the farm, learn what you can do to support the farmers who pick our carrots and raise the cows for our milk. A glossary defines key sustainable farming terms.

Through this colourful and intimate look at life on a small-scale farm, children will learn not only how the farm feeds us, but how the farmer must feed and care for the farm.

A Year in Nature: Explore the Countryside, Month by Month

A Year in Nature is a captivating journey through the changing seasons in the picturesque countryside. Each month reveals the transformations of the landscape, from the snow-covered hillside in January through to the golden wheat fields of high summer. As well as observing which plants and animals come and go throughout the year, observe shifts in temperature, day length and which fruits and vegetables are harvested in each month. Beautiful traditional artwork and gatefolds on every spread are perfect for spotting the diverse flora and fauna that make the countryside so special.



St Minver School PTA SAVE THE DATES!

Pop this
on the fridge
at home!

The run-up to Christmas is a huge fundraising time for the PTA and the children especially love all the events we put on!

To make these events possible, we need the help of each and every parent or carer. Whether you can donate, help on the day, sponsor, or simply come along and support us - every bit makes a difference!

Bonfire Night

WEDNESDAY 4TH NOVEMBER

A true St Minver tradition and one of the best nights of the year!

Our Bonfire Night has always been fully sponsored, which means every single penny raised on the night goes straight back to the children of St Minver School!

If you or your business would like to sponsor, please email
thecornishbrayers@gmail.com

- ♥ Bonfire
- ♥ BBQ
- ♥ Bar
- ♥ Tuck Shop
- ♥ Fireworks
- ♥ and just the best St Minver night!

Pay on the night - we can't wait to see you there! ♥



Wreath Making

FRIDAY 27TH NOVEMBER

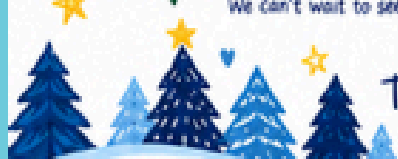
NEW THIS YEAR!

We are very excited to be hosting our first St Minver Christmas Wreath Making evening!

A booking link will be sent out shortly, so don't delay - we know this will be a busy evening!

Grab your friends, get into the Christmas spirit, enjoy some festive music and make your very own Christmas wreath.

We can't wait to see the amazing creations! ♥



Hamper Donations

All week - from Monday
16th November

Each year we create beautiful Christmas hampers from donations, which we raffle off throughout the festive season. They are a fab fundraiser and always the talk of the town!

We would love donations of:

- ♥ Chocolates
- ♥ Festive foods
- ♥ Wine & fizz
- ♥ Biscuits
- ♥ Mince pies
- ♥ Christmas treats and goodies



Secret Room Donations

MONDAY 30TH NOVEMBER
All week

The Secret Room is a much-loved St Minver tradition - in fact, we think it was around when some of us attended St Minver!

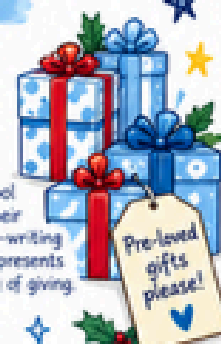
We ask for donations of your unwanted, pre-loved gifts (in good condition). We then set up a Christmas shop at school where the children can choose gifts for their families. There's a wrapping station, a tag-writing station and the children head home with presents for all the family - all while learning the joy of giving.

We need donations of gifts for:

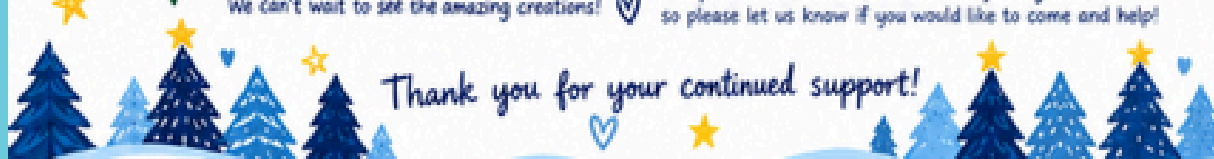
- ♥ Mum ♥ Dad ♥ Children
- ♥ Grandparents ♥ Anyone in the family!

We always struggle for Dad/Grandad gifts!

Helpers at the Secret Room are always very welcome - so please let us know if you would like to come and help!



Thank you for your continued support!



The background of the poster is a festive wreath made of green pine branches, brown pinecones, orange slices, and red berries. The text is overlaid on a dark, semi-transparent rectangular area in the center.

St Minver School PTA

Festive Wreath

WORKSHOP

Friday 27th November 2026

St Minver School Hall

7:00pm – 9:00pm

£35 per person

includes a glass of mulled wine

Tickets available via PTA

Save Money

**Potential saving of
£495**

LUNCHTIME

FREE MEAL

Healthy, nutritious and freshly made daily

EVERY child in Reception Year 1 & 2
can have a **FREE** school lunch.



Please contact recep on
for details



**FOOD
FESTIVAL**

By Aspens