

St Minver School & Nursery



Autumn 1 Week 6

Head of School Message

The weeks really are flying by, and there is so much to be proud of. Everywhere I look, I see children making great progress through determination, hard work and a positive attitude, whilst still having lots of fun along the way.

Following last week's fantastic football success, it has been another busy week across the school. We were incredibly proud of the team and how they represented the school, showing resilience, teamwork and sportsmanship throughout.

Earlier this week Greenaway Class enjoyed a wonderful visit to Porthilly Beach as part of their learning about the local area. It was great to see them exploring and learning more about the place they live. A huge thank you to the parents who supported the trip. We couldn't offer these experiences without your help.

Some of our Key Stage 1 children also had the opportunity to spend time at Ennis Barton Farm and learn about life on a working farm. It was a fantastic day, full of hands-on experiences and memorable learning opportunities.

Back at school, our Science Garden continues to be well used, with children busy bug hunting, exploring nature and developing their curiosity about the world around them. It has also been lovely to enjoy a bit more sunshine this week, making the most of our outdoor spaces.

Thank you, as always, for your continued support. It is a privilege to see our children learning, growing and thriving every day.

Alicia Warren

St Minver Stars



Cowrie Class:

Bruce & Lalon

Daymer Class:

Theo & Mya

Greenaway Class:

Eli, Poppy & Alma

Lundy Class:

Oliver, Rory & Eloise

Polzeath Class:

Patrick & Zara

Porthilly Class:

Albie & Xander

Rock Class:

Noah & Felix

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

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

11.11.26 Flu Vaccinations

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: 291



St Enodoc: 309

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Autumn 1 Week 6



St Minver School in action...



In assembly this week...

In assembly this week, we reflected on both Black History Month and World Mental Health Day. We shared the story Ruby's Worries, which reminded us that carrying worries on our own can often make them feel bigger. We talked about how speaking to someone we trust is often the bravest thing we can do, and the first step towards getting the help we need.

As part of Black History Month, we learnt about Simone Biles, one of the greatest gymnasts of all time. Whilst celebrating her remarkable achievements, we also reflected on her courageous decision at the 2021 Olympic Games to prioritise her mental health and speak openly about how she was feeling. Her example showed us that true bravery is not just about achievement, but also about having the confidence to ask for help when we need it.

These discussions linked closely to our school values and the British Values of mutual respect and individual liberty. They also reinforced Article 12 of the UN Convention on the Rights of the Child, which reminds us that children have the right to express their views and be listened to, and Article 24, which highlights every child's right to good health and wellbeing.

The story of Ruby and the example of Simone Biles encouraged us to reflect on the importance of kindness, understanding and looking after both our own mental health and the wellbeing of those around us.



Special Mentions...

Daymer Class for excellent register time routines.

Frank G for helping the younger children at lunchtime.

Flores for helping to support Reception children at lunchtimes.

Charlie R for helping put away playground equipment.

Olivia for helping a friend when they were feeling upset.

Big Cowrie's for lovely manners and wonderful walking to the dining hall.

Bonnie for looking after some of the children in Daymer Class.

Mya for wonderful partner work this week.

Heidi & Frank for supporting Daymer Class at lunchtime.



Weekly Attendance	%
Daymer	93.3
Greenaway	95.8
Lundy	97.1
Polzeath	98.2
Porthilly	97.3
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

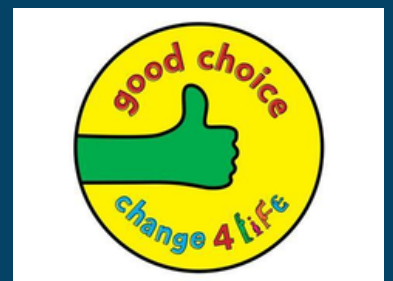
- There are 7 cubes in 1 can of sugary fizzy drink
- A muffin contains around 5 cubes of sugar
- A bowl of ice cream contains around 8 cubes of sugar

*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!

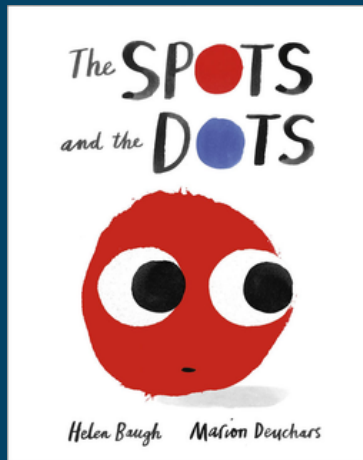
Love your labels
When shopping choose colour-coded front of pack nutrition labels that have more green on them than red.

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



The Spots and the Dots by Helen Baugh

SHORTLISTED for the Teach Primary Book Awards 2021. An amazing reversible picture book that celebrates community and acceptance with artwork from award-winning artist Marion Deuchars. Choose to read from the perspective of the Spots or the Dots by turning this picture book upside down. Find the similarities in others and celebrate their differences. The Spots live on one side of the hill. The Dots live on the other. Both are fearful and suspicious of the other, but are they really all that different? When a young Spot and a young Dot meet at the top of the hill, they are about to find out... Flip the book upside down and choose whether to read from the perspective of the Spots or the Dots, right up until the middle, where the two communities collide.

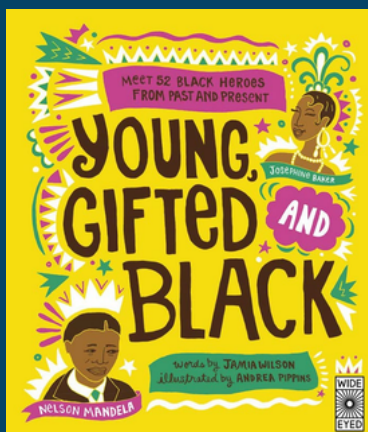
The Only Way is Badger by Stella J Jones

Badgers are best. Or so Badger thinks. "If it's not black and white then it's just not right!" he says. But what if he's wrong?

A book about acceptance, difference and learning to say sorry.

The Review Panel says...

Bizarrely, a story about an intolerant, megalomaniac badger is somehow a highly relevant tale for our times. This book is packed with opportunities for discussion around diversity, tolerance, acceptance and the rule of law. As the title implies, Badger has no time for appreciating diversity and sets about creating a woodland that conforms to his view that the only way is badger. He sets up a wall and covers the habitat with signs that accompany his chanting and placards about how superior badgers are. Things are very black and white for him...



Young, Gifted and Black by Jamia Wilson

Meet 52 icons of colour from the past and present in this celebration of inspirational achievement - a collection of stories about changemakers to encourage, inspire and empower the next generation of changemakers. Jamia Wilson has carefully curated this range of black icons and the book is stylishly brought together by Andrea Pippins' colourful and celebratory illustrations.

Written in the spirit of Nina Simone's song "To Be Young, Gifted, and Black," this vibrant book is a perfect introduction to both historic and present-day icons and heroes. Meet figureheads, leaders and pioneers such as Martin Luther King Jr., Nelson Mandela and Rosa Parks, as well as cultural trailblazers and athletes like Stevie Wonder, Oprah Winfrey and Serena Williams.

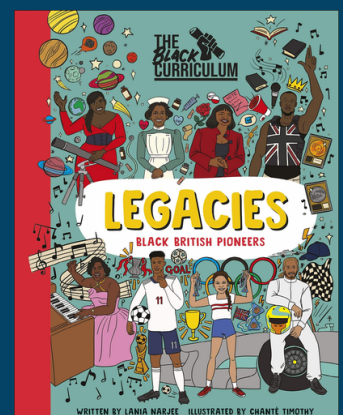
All children deserve to see themselves represented positively in the books they read. Highlighting the talent and contributions of black leaders and changemakers from around the world, readers of all backgrounds will be empowered to discover what they too can achieve. Strong, courageous, talented and diverse, these extraordinary men and women's achievements will inspire a new generation to chase their dream... whatever it may be.

Legacies: Black British Pioneers - Lania Narjee

Discover the inspiring stories of iconic figures from Black British History in this informative, boldly illustrated collection of Black icons.

Learn the incredible untold stories of the people, places and journeys that shaped Britain, and be inspired to continue learning beyond the page.

In this brand new series from The Black Curriculum, discover inspiring stories about key figures from Black British History. Learn about Britain's Black STEM heroes, like Dr Cecil Belfield Clark who changed medicine; incredible musicians from Evelyn Dove to Arlo Parks; sports stars who broke new ground, like Maurice Burton and Lewis Hamilton; and activists like Olive Morris and Claudia Jones who fought for their communities. Learn about the links between different legacies and how people from the past paved the way for modern day heroes. This book features a foreword from Lewis Hamilton, bright, bold illustrations, and extra information, including a timeline and glossary of key terms.



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!

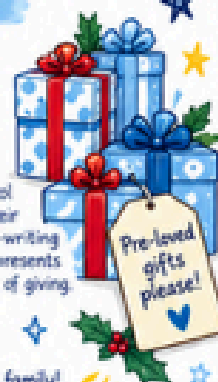
We ask for donations of your unwanted, pre-loved gifts (in good condition). We then set up a Christmas shop at school where the children can choose gifts for their families. There's a wrapping station, a tag-writing station and the children head home with presents for all the family - all while learning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

We need donations of gifts for:

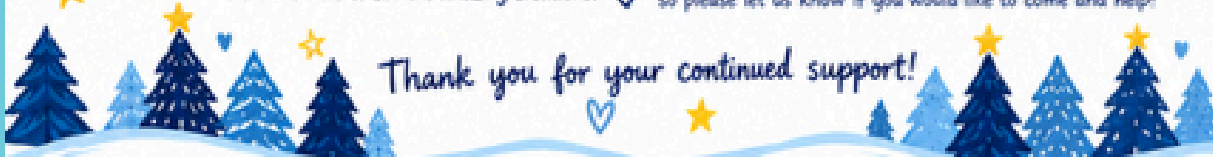
- ♥ Mum ♥ Dad ♥ Children
- ♥ Grandparents ♥ Anyone in the family!

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