



## February Newsletter 2026

**A warm welcome to the February edition of our school newsletter.**

We have had a fantastic first half of the Spring term, with so many achievements to celebrate both within and beyond the school.

Our Year 3, 4 and topup swimmers kicked off our fortnight of lessons at Wadebridge Pool, and it has been wonderful to see their confidence and ability grow. Year 1 and 2 children also made us incredibly proud, bravely overcoming their fears—especially those stepping into the *'big pool'* for the first time.

Our Breakfast Club continues to go from strength to strength, with almost 50 children now registered. On a typical day, between 25 and 30 children join us for a calm, social start to the morning. Just a gentle reminder that we ask children to arrive at 8:15am so we can ensure that everyone has plenty of time to enjoy breakfast in a relaxed and enjoyable way.

It has also been fantastic to see more children choosing to cycle or scooter to school. We've been talking with pupils about the benefits of even travelling part of the way by scooter. A huge thank

you to our FOSMS team and everyone who has supported fundraising efforts—your generosity has enabled us to purchase new, safe, secure, and sustainable bike and scooter racks.

Looking ahead to the next half term, we already have lots to be excited about. Several sporting events are in the diary, and there is a definite buzz around World Book Day on Thursday 5th March. This year's Roald Dahl theme offers plenty of choice for costumes—from simple to wonderfully extravagant!

We're also looking forward to welcoming the RNLI on Thursday 12th March, who will help ensure our children are 'beach ready' ahead of the summer.

Our residential programme is fast approaching too, with the itinerary for our London trip coming together well.

Please check below for our updated diary dates – there are some key events now booked in such as Sports Day and Arts Night.

Thank you for your continued support,

Mrs King

## Staffing updates

We are pleased to inform you that **Miss East** will be returning from her maternity leave after the February half term. From this time, she will be working in **Wagtails Class** as part of a jobshare arrangement with **Mrs Lewis**, who is already a familiar and valued member of the Wagtails team.

- **Monday & Tuesday:** Miss East
- **Wednesday, Thursday & Friday:** Mrs Lewis

We are confident that this jobshare will ensure continuity and consistency for the children. Miss East and Mrs Lewis will work closely together to provide a smooth and positive experience for the class.

We would also like to extend our sincere thanks to **Mr Gerry** for his hard work and commitment during this period. His dedication and support have been greatly appreciated by both staff and children.

We are delighted to welcome **Mrs Avis** to our team. As our nursery numbers continue to grow, Mrs Avis will be working alongside **Mrs Muller** and **Mrs Clayton** to ensure a strong and nurturing start to our children's learning journey here at St Merryn School.

Many of you will also have met **Miss Elsey**, who is thoroughly enjoying teaching **Kestrels Class**. She will continue in this role until the end of the summer term while **Mrs Golay** completes her secondment.

If you have any questions, please make an appointment via the school office in the first instance.

**Mrs King**

## Science Week 2026



We are thrilled to announce Science Week at St Merryn School, taking place in the week beginning 22nd June, and this year's theme is 'Curiosity: What's Your Question?'

It's set to be an exciting week designed to spark awe, wonder and a lifelong love of science.

Throughout the week, children will enjoy science activities every afternoon, giving them plenty of opportunities to explore, investigate and ask their own questions about the world around them.

There will also be science busking in the playground, where pupils can share quick experiments and demonstrations, turning break times into moments of discovery and excitement.

We are especially delighted to announce a science-based performance by the fabulous Squashbox Theatre, who will be visiting us with their show *Curious Creatures*.

This highly engaging production combines science, music and storytelling and is sure to inspire curiosity and imagination in all our pupils.

<https://www.squashboxtheatre.co.uk/curious-creatures><sup>1</sup>

We are really looking forward to a week packed with fantastic science, thoughtful questions and lots of enthusiasm. It's set to be a memorable celebration of curiosity and learning!

---

<sup>1</sup><https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.squashboxtheatre.co.uk%2Fcurious-creatures&data=05|02|cgerry%40kernowlearning.co.uk|eca9267b4aff4927e2a908de601496cc|4069dd172dda44348f72fc516948a319|0|0|639053838721983411|Unknown|TWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIiYiOiwLjAuMDAwMCIsIiAiOiJxaW4zMilskFOljoiTWFpbCIsIldUljoyfQ%3D%3D|0|||&sdata=6oIBSO0uh7936EykMd7OX1UmJfN%2BxJb2CsmgdT0M4%3D&reserved=0>

London Residential 2026



We're delighted to share a sneak peek of our exciting Year 5 and 6 residential to London this June – a trip packed with unforgettable experiences, iconic landmarks and plenty of fun.

Behind the scenes, we're working hard to ensure every moment is memorable, safe and inspiring for your child. Pupils will step into the heart of British democracy with a visit to Parliament, taking part in an interactive session that brings learning to life.

There will be time to soak up the sights too, from a group photo at Buckingham Palace to a breathtaking ride on the London Eye, offering panoramic views of the capital. Evenings promise just as much excitement.

Children will enjoy dinner at Pizza Express at the O2 before heading to Hollywood Bowl for some friendly competition.

Another highlight will be a special West End experience, with a pre-theatre meal at Frankie and Benny's on the Strand followed by *The Lion King* at the Lyceum Theatre – a truly magical night.

The itinerary also includes thought-provoking visits to the Imperial War Museum, with a fantastic visit to the Tower of London and hands-on learning at the Science Museum's Wonderlab show.

We can't wait to share this incredible adventure with them





## News From FOSMS

### **Big Breakfast**

Unfortunately we are postponing the big breakfast this term, due to feedback that it has been an expensive start of the year for a lot of families and needing to find quite a few more helpers for this event, so along with some other reasons we are postponing the BB.

### **Positive news**

We are really pleased to announce the profits for the events at the end of 2025 have raised. Wreath making £324.94, Performances bar £379.88 and Christmas games & raffle £206.05.

### **Events**

**World Book Day** - Following on from last years buzz and success we are excited to announce we have another delivery of special chocolate bars hiding golden tickets. You will be able to purchase them after school on World Book Day.

**Easter Fun Week** - Lots planned already including our very own bake off. Three different categories biscuits, cupcakes or show stopper. The big question will anyone get a handshake from Mr Paul?

### **Reminders**

**Book Exchange Shed** - We would like to share that our Book Exchange (entrance to our school) will be open again after half term. We are really hoping the weather will be on our side! Please do have a look inside at all the fantastic great books that so many people have kindly donated. We really would like to encourage more children to borrow a book and also to review any books they love.

**Have you seen our new shop?** If you haven't pop into the nursery building where there is a big selection of pre-loved school uniform.

Keeping up to date Join our Facebook group and keep an eye on the blackboard for the latest information.

**Monthly meeting: Monday 9th March 6:15pm Farmers Arms**

### **Diary Dates**

March

- 5th World book day tuck shop
- 30th Easter fun week
- 30th bake off April
- 2nd Raffle

**WONKA BAR  
TUCK SHOP**

Join us for a fun-filled **tuck shop** where you could find a golden ticket!



£2 PER BAR      LOTS OF PRIZES TO BE WON!

THURSDAY 5 MARCH 2026

Prizes given out during celebration assembly  
Friday 6th March

## Sports Updates



We have had a fantastic start to the Spring Term, and it has been a real joy to see so many children engaging enthusiastically in sport both in and out of school.

Our sporting calendar began with the KS2 Cross Country event, where we were delighted by the high level of participation and, even more so, by the determination, courage, and perseverance shown by all the children involved. Every participant should feel incredibly proud of their efforts.

A special congratulations goes to **Albi**, who once again secured **first place for St Merryn**—a truly outstanding achievement. Well done, Albi, on another sterling performance!

We are also extremely proud of **Milo, Ivy, and Martha**, who were selected to take part in the **Gifted and Talented Academy**. This is a fantastic accomplishment and a wonderful opportunity for them to represent our school across a range of sporting activities.

This half-term, we were delighted to take children from **Years 1–4 swimming**. The sessions provided a valuable opportunity for pupils to build confidence in the water while having lots of fun. We were absolutely over the moon with the progress shown, particularly by those children who demonstrated great courage and determination—many finishing the week with a newfound love of swimming.

### **Upcoming Dates**

- **09.03.26** – KS2 Cross Country
- **25.03.26** – Year 3 & 4 Girls Football Festival
- **30.03.26** – Year 4, 5 & 6 Dodgeball Festival
- **01.04.26** – Year 3 & 4 Boys Football Festival

Our new selection of **after-school clubs** will also begin after half-term, offering even more opportunities for children to stay active and try something new.

As always, if your child takes part in any sporting activities outside of school, we would love to hear about it. Please let your class teacher know so we can celebrate these achievements during our weekly celebration assembly.

Thank you for your continued support.

**Mrs Lewis**

*PE Lead*

### **Celebrating our musical successes**

This term, our music learning has been guided by the BBC *Ten Pieces* programme, with a strong focus on **composition and improvisation**. Pupils have been exploring how composers use rhythm, texture, dynamics and structure, and have been inspired to create and improvise their own musical ideas.

Each class has immersed themselves in a different classical work.

**Starlings** have been loving *Connect It* by **Anna Meredith**, experimenting with pulse and layered rhythms.

**Wagtails** have been learning about **Kerry Andrew's** *No Place Like Home*, using voices and sounds to reflect atmosphere and storytelling.

**Kestrels** explored *Earth* by **Hans Zimmer**, focusing on how music can create mood and convey powerful imagery.

**Barn Owls** have been learning *Rise of the Valkyries* by **Wagner** and how his music can inspire artwork.

**Robins** have been studying *Finlandia* by **Jean Sibelius**, discovering how music can express emotion.

Across the school, children have shown great creativity and confidence, enjoying the freedom to improvise, compose and perform. It has been wonderful to see them engaging so enthusiastically with such a wide range of music and composers.

## Early Years

We have had a fantastic term learning about “**What happened to the dinosaurs?**”. The children have really enjoyed learning about fossil hunters and exploring tools during our Wild Tribe lessons. It has been lovely to see how much they have already learnt this term and how confidently they are sharing their ideas. Learning isn’t limited to school, so here are some ways you can support your child’s learning at home:

### **Talking and Learning Together**

- Talk to your child about dinosaurs and encourage them to share facts they have learnt.
- Read dinosaur stories or non-fiction books together and discuss the pictures and information.
- Encourage your child to ask questions and explain their ideas in full sentences.

### **Early Reading, Writing and Mark Making**

- Encourage your child to draw pictures of dinosaurs or fossils and talk about what they have created.
- Support mark making by writing labels, lists, or simple captions together.

- Look for letters and sounds in books and around the home.

### **Maths at Home**

- Count dinosaurs, toys, or objects during play.
- Talk about size using words such as *big, small, long, and short*.
- Explore patterns and shapes through building and construction activities.

### **Exploration and Physical Development**

- Encourage outdoor play such as digging, exploring, and building, linking to fossil hunting where possible.
- Support fine motor skills through cutting, threading, drawing, and using small tools safely.

### **Independence and Social Skills**

- Encourage your child to dress themselves, tidy away toys, and take responsibility for simple tasks.
- Support turn-taking, sharing, and talking about feelings during play.

Also, this website is always fantastic for any help or support. <https://www.bbc.co.uk/tiny-happy-people/4-to-5-year-old-child-development-activities><sup>2</sup>




---

<sup>2</sup><https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bbc.co.uk%2Ftiny-happy-people%2F4-to-5-year-old-child-development-activities&data=05|02|cgerry%40kernowlearning.co.uk|0d515e7d6c624ee801a308de64b85b94|4069dd172dda44348f72fc516948a319|0|0|639058940156969475|Unknown|TWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIiYiOiwLjAuMDAwMCIsIiAiOiJxaW4zMilslkFOljoiTWFpbCIsIldUljoyfQ%3D%3D|0|||&sdata=tIHM5pFLHbiPnKwZbSRaD0I9FDKQPwcEp9Rpi84zaTg%3D&reserved=0>







## Success outside of the classroom

Recently Indi and ivy competed at Bristol gymnastics centre in the Miss NGA competition.

Indi competing at level 4 for the first time, achieved an impressive 3rd 🥉 on beam and finished 5th overall.

Ivy achieved a gold medal 🥇 on vault a silver medal 🥈 on floor and bronze medal 🥉 on bars. Finishing 1st overall and becoming the all around level 4 champion.

The girls work so hard and we are immensely proud of their achievements!



## Inclusion Update

### What is Impulse Control?

Here is a great resource to address this.

**THE 'WHAT IS...?' SERIES**

# WHAT IS IMPULSE CONTROL?

The Struggle Behind Emotional Regulation

**WHAT'S HAPPENING IN THE BRAIN?**

Impulse control lives in the prefrontal cortex  
– the part of the brain that helps us pause, think, plan, and choose how to respond. In children and teens, the prefrontal cortex is still developing, which means impulsive reactions are developmentally normal. When emotions are high, the amygdala (the alarm system) can take over, and the prefrontal cortex goes “offline”. This is why a child may know a strategy, but cannot use it in the moment.

**WHAT'S THIS LOOKS LIKE?**

- Quick reactions
- Saying or doing things before thinking
- Struggling to “stop” once overwhelmed
- Difficulty shifting attention or calming down
- Behaviour that looks “rude”, “defiant”, or “over the top” – when in reality, the nervous system is overloaded.

**HOW TO SUPPORT**

- Co-regulation first – slow your voice, soften your posture, stay close. Calm is shared, not instructed.
- Reduce demands when emotions rise. Thinking is hard when the brain is in alarm mode.
- Use routines, visual prompts, and predictable transitions – these support the prefrontal cortex to stay online.
- Practice regulation skills when calm, not during distress. The brain learns best in safety.
- Reframe behaviour as communication: “This is a nervous system under strain, not a child choosing to misbehave”.

**REMEMBER**

Impulse control is not about willpower. It's about brain development + emotional safety. Children learn to regulate when they are supported, not shamed.

©2025 The Contented Child. All rights reserved.



National Year of Reading - Go All In!!



We are excited to be taking part in the **Year of Reading 2026**, a nationwide celebration designed to inspire a lifelong love of books in every child. At St Merryn, we're embracing the theme "**Let's Go All In**" by involving our whole school community. From book swaps to storytelling weeks, reading buddies and special events such as World Book Day, we'll be offering children a wide variety of fun and meaningful opportunities to engage with reading in new ways. We look forward to working together with our families and community to make 2026 a joyful,

memorable year where every child discovers something special in the world of books! Watch this space for more information!!

Please share this exciting video with your children and family and let's go all in.<sup>3</sup>



1 - Go All In

## Reading For Pleasure



### Reading for Pleasure

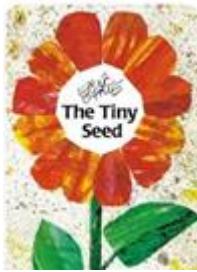
It has been fantastic to see so many pupils enjoying reading for pleasure this term. From exploring new authors to sharing stories with friends, children across the school are developing a real enthusiasm for reading.

We are also delighted to share that our school library has recently had a refresh. With new books and cosy additions, including brand-new bean bags, the library is now an even more inviting space where pupils can relax, read and enjoy spending time with books.

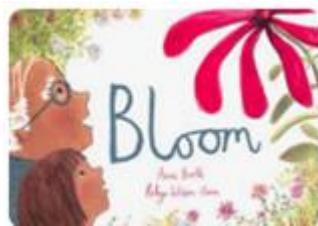
---

<sup>3</sup><https://youtu.be/5sniiTZE8gk>

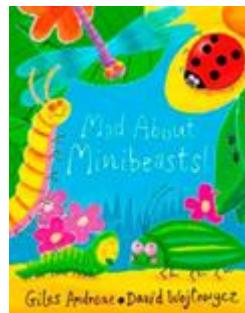
With spring now in the air, we've put together a selection of **spring-inspired recommended reads** to enjoy at home:



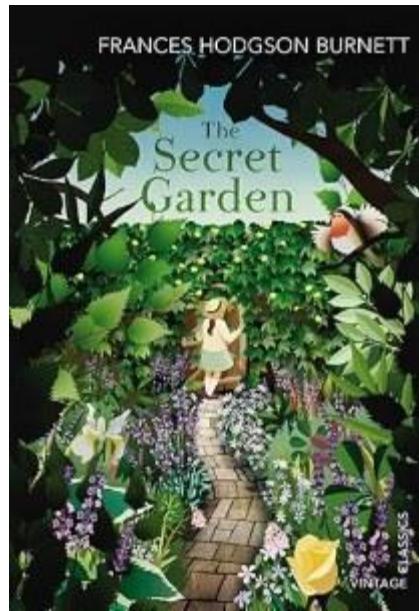
2 - KS1 - *The Tiny Seed* by Eric Carle



3 - KS1 - *Bloom* by Anne Booth



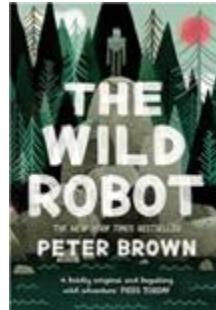
4 - KS1 - *Mad About Minibeasts* by Giles Andreae



5 - KS2 - *The Secret Garden* by Frances Hodgsonb Burnett



6 - KS2 - *The Boy Who Grew Dragons* by Andy Shepherd



7 - KS2 - *The Wild Robot* by Peter Brown



8 - KS2 - *Creakers* by Tom Fletcher

We hope these books inspire curiosity, imagination and a love of reading this spring. Keep turning those pages!  

## Attendance at St Merryn School

### Every School Day Counts

We all want the best for our children, and one simple way to support their learning and wellbeing is through regular attendance. Research shows that pupils who attend school more than 95% of the time tend to achieve significantly better outcomes in both primary and secondary school—even missing just a few extra days can make a difference.

By establishing consistent routines, keeping open communication with our school, and seeking support early if needed, we can help our children thrive. Together, we can give every child the best possible start in life through strong, regular attendance.

A National Framework for Penalty Notices for school absence, including unauthorised holiday absence, has been introduced following changes to the law. These Government regulations came into effect from 19 August 2024 and now affect when penalty notices are issued in Cornwall.

**As you will be aware, you can no longer take your child out of school for one week's holiday without the consideration of a penalty notice being issued.**

The **Local Authority** has recently updated its guidance regarding attendance. A child must now be present for a **full session** in order to be marked as attending.

- **Morning session:** 9:00am – 12:00pm
- **Afternoon session:** 1:00pm – 3:10pm

If a child is not in school for the full duration of a session, this will be recorded as an absence.

If you have any concerns re your child's attendance, please see Mrs Worrall in the first instance.

# E-Safety February Updates

**What Parents & Carers Need to Know about GROUP CHATS**

64 pages total (64 pages)

**WHAT ARE THE RISKS?**

- BULLYING**: Unkind comments or images which are shared without the victim's consent can be shared freely in a group chat – often with the intent to hurt. If your child decides to join in the bullying behaviour, if this continues, it can lead to more bullies (especially a larger group). It serves to damage the victim's self-esteem, safety and isolation that the victim feels.
- EXCLUSION AND ISOLATION**: This common issue with group chats can happen in several ways: starting a new group chat and excluding a child by not adding a certain child. Likewise, the chat may take place in a group where the child does not have access to, meaning they can't be involved. This can lead to the child feeling left out and unable to discuss or share images from an event that everyone else in the group is involved in.
- INAPPROPRIATE CONTENT**: Some discussions in group chats may include inappropriate words, swearing and unsuitable images. This content may be viewed by others whether they actively engage in it or not. Group chats are a public space and, as a function, so your child may be unable to report unsuitable content. This content can only be viewed once or for a short time.
- UNKNOWN MEMBERS**: Within larger group chats, it's more likely your child will be communicating with people they don't know. These strangers may be friends of the chat, but not necessarily people your child knows. It's wise for young people not to share personal information with people they have no control over the messages and images they share with them online.

**INAPPROPRIATE CONTENT** (with a 'CENSORED' icon)

**ADVICE FOR PARENTS & CARERS**

- CONSIDER OTHERS' FEELINGS**: Group chats are often an arena for young people to gain social status. This leads to a range of emotions, from shaming and who might potentially see them as a threat to the group, to the impulse which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child is the target of their group chat, support them to reach out, show empathy and encourage them to make a mistake.
- GIVE SUPPORT NOT JUDGEMENT**: Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Encourage them to tell you what's been said to them. Validate their hurt feelings and help them to identify what they can do to handle the situation. Encourage your child to speak up if they're uncomfortable with the group chat. Encourage your child to speak up if they're uncomfortable with the group chat.
- PRACTISE SAFE SHARING**: In any online communication, it's vital for young people to be aware of who they're sharing and who might potentially see their posts. Encourage your child to think about who they're sharing with and consider who they might like to be seen as. If your child is the target of a group, they may feel out of control of where it may end up and how it might be used.
- AVOID INVITING STRANGERS**: Sadly, many individuals online hide their true identity. This can be for a variety of reasons, for example, to gather information on their target or to spread rumors. Encourage your child not to click on links or download things they aren't comfortable with. Remind them that they should never accept a friend request from someone they don't know. If they do, encourage them to block that person. If they do accept a friend request from a stranger, encourage them to leave the group chat.
- BLOCK, REPORT AND LEAVE**: If your child is in a chat where inappropriate content is being shared, encourage them to block the person who posted the material, report them to the host app and leave the group. If your child is the target of inappropriate content, it could be putting a mirror of risk to them. Encourage your child to tell you if they feel uncomfortable with the group. Encourage your child to tell you if they feel uncomfortable being a part of the group.
- SILENCE NOTIFICATIONS**: Having a phone or tablet bombarded with notifications from a group chat can be an massive irritation and distraction. Encourage your child to turn off notifications for the group chat. Encourage your child that it's still part of the group, but that it's not as important as the other notifications. Encourage your child to leave the group if the notifications are causing them distress. Encourage your child to leave the group if the notifications are causing them distress.

**Meet Our Expert**

Dr. Helen Sharman is a safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies and programs within schools and organisations and conducted research for the Australian government comprising internet use and sexting behaviour of young people in the UK, USA and Australia.

**National Online Safety** #WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) | [@nationalonlinesafety](https://twitter.com/nationalonlinesafety) | [Facebook](https://www.facebook.com/nationalonlinesafety) | [Instagram](https://www.instagram.com/nationalonlinesafety/)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.04.2023

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and well-being and climate change. Formerly delivered by helpline Online Safety, these guides now discuss wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## What Parents & Educators Need to Know about APPLE IPADS

Tablets remain a staple of children's digital lives – and Apple's iPad is by far the most popular model. According to Ofcom, over half of younger children regularly use a tablet to play games, watch online content or access apps. With their broad functionality, iPads can be helpful tools, but without supervision, they may expose children to risks ranging from inappropriate content to screen overuse.

**WHAT ARE THE RISKS?**

**COSTLY TO REPAIR**

Unlike some child-friendly tablets, iPads are built for adults. Considering its sleek design and high cost mean that a drop or spill can easily damage the screen. iPads are built to withstand a drop of up to 1.2m, but the device regularly, a sturdy case and screen protectors are recommended to help prevent accidental damage.

**DATA PRIVACY**

While Apple is known for strong privacy, 13+ iPads are not. iPads are built for adults, and iOS apps aimed at children still share personal data with third parties. This includes one piece of user information to third parties, and data from children's devices, such as demographics being targeted at underage users.

**INAPPROPRIATE CONTENT**

The App Store and Safari browser provide almost unrestricted access to online material. Children may stumble upon age-inappropriate content, including violence, sex, gambling, or online advertising. Even recommended content (e.g. games) can surface unsuitable material.

**BYPASSING RESTRICTIONS**

Software known as 'parental control' can potentially prevent children from accessing the numerous last-based commands introduced through the iPad's Siri feature. In addition, parents should be aware that children may inadvertently access content that they are not allowed to, depending on what filtering is in place, bypassing certain filters previously set by parents.

**SCREEN ADDICTION**

iPads can be highly interactive, and excessive screen time can have a negative impact on emotional and behavioural development. Signs of overuse include difficulty sleeping, difficulty concentrating, and difficulty focusing on non-digital activities.

**REDUCED ATTENTION & COGNITIVE IMPACT**

Prolonged use of tablets has been linked with reduced memory, slower processing speeds and attention difficulties. Research also shows that children who spend excessive time on screens are more likely to have difficulty with language development and executive functioning over time.

### Advice for Parents & Educators

**ENABLE FAMILY SHARING**

Family sharing allows you to create a dedicated space on your child's device for them to download apps, access the internet, and view content that you can access, and set time limits – all done remotely from your own device. It's a simple but powerful way to maintain oversight.

**USE SCREEN TIME FEATURES EFFECTIVELY**

Tools like Do Not Disturb and App Limits can reduce device overuse. Do Not Disturb allows you to block access to certain key times – such as before bed or during exercise. App Limits allows you to set time limits on specific apps, such as games or apps. Alerts help children anticipate when their time is almost up.

**FILTER APPS, WEBSITES & IN-APP PURCHASES**

Parental controls in iOS let you block explicit content in Safari, restrict app purchases, and filter content in the App Store. You can also filter websites automatically to prevent access to adult material and disable the installation of certain app types completely.

**PREVENT UNAPPROVED SPENDING**

Children can accidentally (or intentionally) make purchases within apps. Activating Ask to Buy under Family Sharing ensures you receive a notification when your child wants to make a purchase. You can then choose to charge or allow the purchase. It's a good idea to discuss purchases together before they're made.

**Meet Our Expert**

Carly Poggo is a seasoned technology journalist with over a decade of experience. Formerly a senior cybersecurity reporter at TechCrunch, Carly has written for publications such as Forbes, TechCrunch, and has written a deep understanding of online safety, and brings a valuable perspective to parenting in the digital age.

**#WakeUpWednesday**

**The National College**

**Social Media:** [@wake\\_up\\_weds](https://twitter.com/wake_up_weds) [@/wuw.thenationalcollege](https://www.facebook.com/wakeupwednesday) [@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday) [@wake.up.weds](https://www.instagram.com/wakeupwednesday)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.07.2022

At The National College, our WakeUpWednesday guides empower parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes.

## What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in real life. While these online friendships can be positive, they also carry significant risks. Around 18% of children aged 10 to 16 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

### WHAT ARE THE RISKS?

**ONLINE GROOMING THREATS**  
Predators can use games, chat apps or social media to build relationships with children and gain their trust. This may happen over time, as in the case of a predator who met a child online between April 2017 and March 2019. UK police believe the predator met the child online - on 82% increase in just five years.

**EXPOSURE TO INAPPROPRIATE CONTENT**  
Children may encounter distressing or explicit material while interacting with others online. This can happen on platforms such as Instagram or Snapchat. This is evidenced in a study by the University of Cambridge in England, which found that 45% of children aged 10 to 16 in the UK have come across things that made them feel uncomfortable, worried or upset.

**PRIVACY AND DATA RISKS**  
Children and young people often overshare personal information online, such as where they go to school - without understanding the risks. This can lead to predators meeting children in the real world, as in the case of a girl who met up in real life with someone they'd only spoken to online.

**COMPROMISED PERSONAL SAFETY**  
Meeting an online 'friend' in real life risks physical harm. If a predator uses physical abduction to coerce, the consequences can be severe. In 2018, a 15-year-old girl was kidnapped after such meetings or becoming increasingly comfortable online, highlighting the need for parents and educators to be aware of the risks of meeting online.

**PSYCHOLOGICAL DISTRESS**  
Online harm - such as cyberbullying, grooming or exposure to disturbing content - can lead to mental health problems, including anxiety, depression and PTSD. 'Sextortion' gangs, who threaten to release explicit images of a person unless they pay them money, have reportedly caused children to commit suicide, leaving them traumatised and ashamed.

**LONG-TERM REPERCUSSIONS**  
Children exposed to harmful online interactions may develop unhealthy beliefs about relationships, or even commit suicide. In one case, a 12-year-old girl, who posed as a girl on an app, met up with a predator and was sexually assaulted, causing her to develop mental health issues. One 12-year-old tragically died by suicide after being exposed to online predators, highlighting the psychological harm online friendships with strangers can cause.

### Advice for Parents & Educators

**TEACH SAFE ONLINE HABITS**  
Help children understand how to use privacy settings, protect their personal information, and be aware of the risks of oversharing, such as revealing sensitive or concerning, like pressure tactic. Encourage them to think critically about what they share online and how it might be used.

**KEEP CONVERSATIONS OPEN**  
Let children know they can talk to you about their online life, without fear of punishment. A parent who has been open and honest with a child who feels listened to is more likely to disclose problems before they escalate.

**ENCOURAGE REAL-WORLD CONNECTIONS**  
Support children in building friendships through school, clubs, hobbies and extracurricular activities. Encourage them to meet up with friends in person, rather than rely on online platforms for social interaction, and can help them develop resilience and social confidence.

**USE PARENTAL CONTROLS**  
Parental control settings on devices, games and apps can help manage screen time, filter content and protect children from predators. These tools are not perfect, they provide a valuable layer of protection on children explore digital spaces.

**Meet Our Expert**  
Giovanni Russo is a safeguarding consultant with over 10 years' experience in the field of child protection, including education, local authority, and mental health settings - both in the UK (including at Parliamentary level) and internationally.

**#WakeUpWednesday**

The National College

X @wake\_up\_weds    f /www.thenationalcollege    @wake.up.wednesday    d @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.04.2023

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, facts and tips for adults.

# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

**National Online Safety** #WakeUpWednesday

**1. LISTEN**  
Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide will help you consider the different times when they feel comfortable talking about their own worries and end any stigma before it begins.

**2. ASK TWICE**  
The campaign from time to change is great. <https://www.wakeupwednesday.org.uk/parent/caregiver/> Be there for your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

**3. THERE IS NO SUCH THING AS A STUPID QUESTION**  
This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you take the time to answer them, then they will have more confidence to ask the bigger questions.

**4. BE OPEN AND HONEST**  
Children appreciate honesty, particularly if you are having to share information with them about a difficult subject. If your child asks you 'What is death?' or 'What is loss?' it's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will often depend on their age and developmental stage. If you are talking about death, it is important to remember that of an older teen, as their experience and understanding of death is different.

**5. KNOW WHEN TO SEEK HELP**  
Assess the severity of the mental health difficulty you are noticing. Is it difficult to hold a conversation with your child to ascertain what is causing the worry? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the anxiety? Talk to your child about your concerns and that it is okay they will need further support beyond family and friends.

**6. TALK ABOUT MENTAL HEALTH NATURALLY**  
Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for a meaningful conversation like 'I know something like that happened to me' tell the child 'It is important to talk about or any problems you are having.'

**7. EMPATHISE**  
'It makes sense that you would feel this way, it is understandable'. Children have a natural empathy for others, particularly if they are as trivial or silly. However, for children their age and stage it is a sign of concern and they need our kindness and care when they show their vulnerability and share their worries.

**8. HELP YOUR CHILD FEEL SAFE**  
Teen's particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together to help them feel safe. If you are talking to a very young child, it is likely you will need to lead the conversation and explain next steps.

**9. MIND YOUR LANGUAGE**  
Be mindful of the language you use at home to describe and talk about mental health. Avoid language that can create misconceptions and a choice of language which is harmful. Using the word 'mentally', 'muss up' or other such words can be triggering for children. If you are worried about talking about their mental health for fear of being labelled.

**10. IT IS OK TO SAY I DON'T KNOW WHAT TO DO NEXT**  
Adults do not have all the answers but often children think they do. It is important to acknowledge that what your child is experiencing is not something you have come across before. If you are worried about what to do, you will work it out together and seek help together.

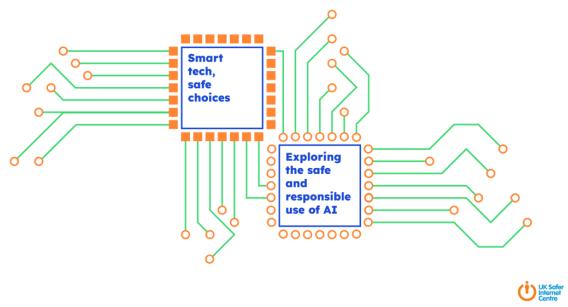
**Meet our expert**  
This guide has been written by Anna Buteman. Anna is passionate about placing prevention at the heart of every school, every classroom, every family and every community. She is a member of the advisory group for the Department of Education, working on the Children's Mental Health Green Paper.

**Sources of Information and Support**

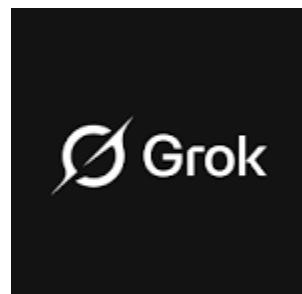
Young Minds <https://youngminds.org.uk/>  
Young Minds <https://youngminds.org.uk/advice-and-support/depression/>  
Action for Children <https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/>  
Action for Children <https://www.actionforchildren.org.uk/mental-health/>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.02.2020



9 - We are getting ready to celebrate Safer Internet Day 2026 on the 10th of February. You can find more information here: <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026>



10 - You can't have escaped all the media attention around Grok and AI images<sup>4</sup>. As despicable as this is, it's just the tip of the iceberg and has been happening on many platforms long before Grok, and even if Elon Musk takes meaningful positive action this issue isn't going away any time soon.

We've already seen where a new AI startup essentially left their website front door open and over a million images leaked<sup>5</sup>, the majority of which were explicit.

We're in a new world with generative AI where we've got the two extremes: the exceptionally good and the horrifically bad.

The answer is there is no easy answer, there is no 'solution' but there are definitely steps we can take to mitigate the risk. Therefore, we need to be vigilant when allowing the use of search engines and social media. At school, we have filtering systems in place to combat the use of such software, but we know home are very different. If we can support you with this, please let us know.



11 - The Playstation Family App came out in Sept 2025 and it is a great way to help parents set up and manage their children's Gaming experience. Features include:

- Manage playtime.
- Activity report.
- Visibility into what children are playing.
- Approving playtime requests.

On this web page you will find detailed instructions to guide you through setting up a child account, get notified what game your child is playing in real time, approve or decline a request for extra playtime, apply content filters, privacy settings and more.

You can find the handy guide here<sup>6</sup>

<sup>4</sup>[https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fesafety-adviser.us4.list-manage.com%2Ftrack%2Fclick%3Fu%3Dcbd59b76f0e1ad9db768db345%26id%3Dbb0dea5699%26e%3D840e1c963c&data=05|02|cgerry%40kernowlearning.co.uk|6b5d5a7e2471434e248708de533d3ebe|4069dd172dda44348f72fc516948a319|0|0|639039719686971508|Unknown|TWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIYiOilwLjAuMDAwMCIsIlAiOijXaW4zMilsIkFOljoiTWFpbCIsIldUljoyfQ%3D%3D|0|||&sdata=N2s5X6igMm0qpk1tcGbYhB%2Fa3LH%2Bcug97d8GUOJG8Ds%3D&reserved=0](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fesafety-adviser.us4.list-manage.com%2Ftrack%2Fclick%3Fu%3Dcbd59b76f0e1ad9db768db345%26id%3Dbb0dea5699%26e%3D840e1c963c&data=05|02|cgerry%40kernowlearning.co.uk|6b5d5a7e2471434e248708de533d3ebe|4069dd172dda44348f72fc516948a319|0|0|639039719686954699|Unknown|TWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIYiOilwLjAuMDAwMCIsIlAiOijXaW4zMilsIkFOljoiTWFpbCIsIldUljoyfQ%3D%3D|0|||&sdata=fiGt%2FXkbDI4Kle4uGeC2eKXQ35BjPxJMe%2BPIXMT4A%3D&reserved=0)

<sup>5</sup><https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fesafety-adviser.us4.list-manage.com%2Ftrack%2Fclick%3Fu%3Dcbd59b76f0e1ad9db768db345%26id%3Dc55e870b8%26e%3D840e1c963c&data=05|02|cgerry%40kernowlearning.co.uk|6b5d5a7e2471434e248708de533d3ebe|4069dd172dda44348f72fc516948a319|0|0|639039719686971508|Unknown|TWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIYiOilwLjAuMDAwMCIsIlAiOijXaW4zMilsIkFOljoiTWFpbCIsIldUljoyfQ%3D%3D|0|||&sdata=N2s5X6igMm0qpk1tcGbYhB%2Fa3LH%2Bcug97d8GUOJG8Ds%3D&reserved=0>

<sup>6</sup><https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fesafety-adviser.us4.list-manage.com%2Ftrack%2Fclick%3Fu%3Dcbd59b76f0e1ad9db768db345%26id%3Dce55e870b8%26e%3D840e1c963c&data=05|02|cgerry%40kernowlearning.co.uk|6b5d5a7e2471434e248708de533d3ebe|4069dd172dda44348f72fc516948a319|0|0|639039719686971508|Unknown|TWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIYiOilwLjAuMDAwMCIsIlAiOijXaW4zMilsIkFOljoiTWFpbCIsIldUljoyfQ%3D%3D|0|||&sdata=fiGt%2FXkbDI4Kle4uGeC2eKXQ35BjPxJMe%2BPIXMT4A%3D&reserved=0>



12 - Are you aware that you can set up a Google account for your U13 children that contains filters controlled by Google and you?

There is some great advice on how to set this up here:

- Create a Google account for your child under 13<sup>7</sup>

## Train to teach in Cornwall...



---

c&data=05|02|cgerry%40kernowlearning.co.uk|6b5d5a7e2471434e248708de533d3ebe|4069dd172dda44348f72fc516948a319|0|0|639039719687540549|Unknown|TWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIYiOilwLjAuMDAwMCIsIIAiOjXaW4zMilsIkFOljoiTWFpbCIsIldUljoyfQ%3D%3D|0|||&sdata=jC6lfei97%2BuTbpGlpjhxptlSF%2BkN%2F%2BbUVfVXAAa%2BcXk%3D&reserved=0

[7https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fesafety-adviser.us4.list-manage.com%2Ftrack%2Fclick%3Fu%3Dcbd59b76f0e1ad9db768db345%26id%3Dc50cbff57f%26e%3D840e1c963c&data=05|02|cgerry%40kernowlearning.co.uk|97d953b9c99a4ec563b708de58bcc670|4069dd172dda44348f72fc516948a319|0|0|639045764996193911|Unknown|TWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIYiOilwLjAuMDAwMCIsIIAiOjXaW4zMilsIkFOljoiTWFpbCIsIldUljoyfQ%3D%3D|0|||&sdata=0kn4%2FQ74QtBppGgxbv2BwsjRHEWtV2%2FQp0z5DTFHgDg%3D&reserved=0](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fesafety-adviser.us4.list-manage.com%2Ftrack%2Fclick%3Fu%3Dcbd59b76f0e1ad9db768db345%26id%3Dc50cbff57f%26e%3D840e1c963c&data=05|02|cgerry%40kernowlearning.co.uk|97d953b9c99a4ec563b708de58bcc670|4069dd172dda44348f72fc516948a319|0|0|639045764996193911|Unknown|TWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIYiOilwLjAuMDAwMCIsIIAiOjXaW4zMilsIkFOljoiTWFpbCIsIldUljoyfQ%3D%3D|0|||&sdata=0kn4%2FQ74QtBppGgxbv2BwsjRHEWtV2%2FQp0z5DTFHgDg%3D&reserved=0)

Do you have a child for a place in reception class of 2026?



The deadline for applications is  
**15 January 2026**

Do you have a  
child born **between**  
**1 September 2021**  
**and 31 August 2022?**

If so, you will need to apply  
for a place in a reception  
class in September 2026 for  
your child by the deadline  
of **15 January 2026**.



**Please note:** you will need to apply even if your child attends a school's nursery or pre-school class. If a school is oversubscribed the fact that a child attends a school's nursery or pre-school, or a local nursery or pre-school, does not automatically guarantee a place at that school. The school's oversubscription criteria will be used to allocate places. Visit our website or contact us for more information.

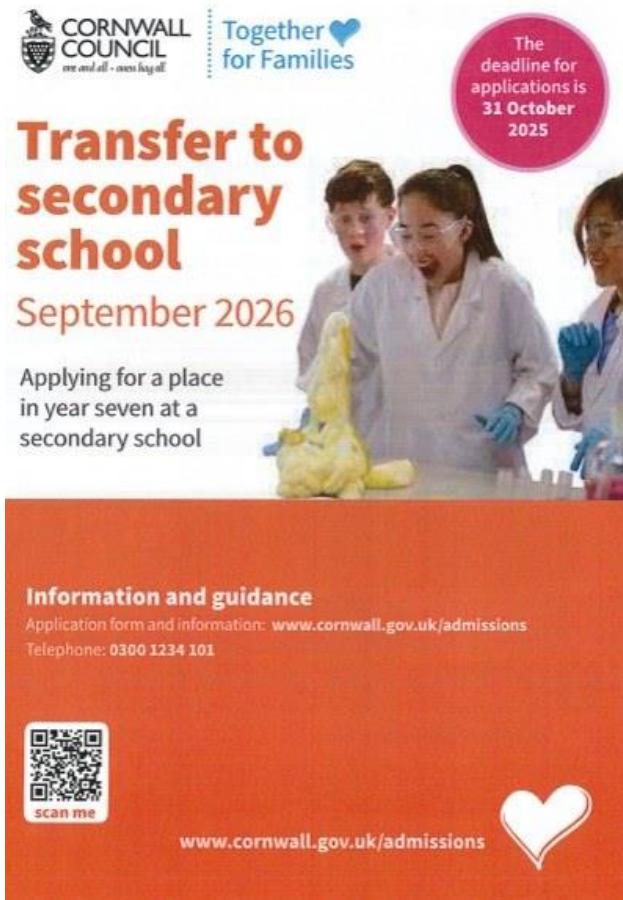
Visit [www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions)  
for more information and to access the  
online application system.



[www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions)

Photo © iStockphoto.com, Adobe Stock  
photographer: mstj

Or secondary school in 2026?



The image shows the front cover of a booklet titled 'Transfer to secondary school September 2026'. The cover features the Cornwall Council logo and the text 'Together for Families'. A circular badge in the top right corner states 'The deadline for applications is 31 October 2025'. The main text on the cover is 'Transfer to secondary school' and 'September 2026'. Below this, it says 'Applying for a place in year seven at a secondary school'. The background of the cover shows three children in lab coats and safety goggles conducting an experiment with a yellow substance. The bottom half of the cover is orange and contains the text 'Information and guidance', the website 'www.cornwall.gov.uk/admissions', a QR code labeled 'scan me', and a large white heart icon.

If you have any **Safeguarding Concerns**, here are some important contacts for you to use.

The Multi Agency Referral Unit<sup>8</sup> (MARU) is a service in Cornwall that provides support and advice to families and professionals regarding the welfare and safety of children. MARU acts as a central point of contact for concerns about children and young people, helping to connect them with the most appropriate services. Key functions of MARU:

- **Referral and Assessment:** MARU receives referrals about children who may be at risk and can initiate assessments to determine the appropriate level of support.

<sup>8</sup>[https://www.google.com/search?safe=active&cs=0&sca\\_esv=f76fe1cd3d1e0b31&q=Multi+Agency+Referral+Unit&sa=X&ved=2ahUKEwjW0ZyO8bGOAxUOQEEAHT-yJZUQxccNegQIAhAB&mstk=AUtExfDRQ7TOos5Nmc4xbQacZg2J4P0VR6BM3tX8Oq9Dlrz0YnVcpfvhQRPnGFhng4e-Mfus2prDxiDA74A4FcpG9XAOZXFb9ZA8YSHKIX3KZpT9am5Tdkmdo5LguL73mM0WpPc&csui=3](https://www.google.com/search?safe=active&cs=0&sca_esv=f76fe1cd3d1e0b31&q=Multi+Agency+Referral+Unit&sa=X&ved=2ahUKEwjW0ZyO8bGOAxUOQEEAHT-yJZUQxccNegQIAhAB&mstk=AUtExfDRQ7TOos5Nmc4xbQacZg2J4P0VR6BM3tX8Oq9Dlrz0YnVcpfvhQRPnGFhng4e-Mfus2prDxiDA74A4FcpG9XAOZXFb9ZA8YSHKIX3KZpT9am5Tdkmdo5LguL73mM0WpPc&csui=3)

- **Multi-Agency Collaboration:** MARU works with various agencies, including social services, health professionals, and educational institutions, to ensure a coordinated response.
- **Signposting and Advice:** MARU provides information and guidance to families and professionals on how to access relevant support services, including Early Help services.
- **Early Help:** MARU may refer families to the Early Help Hub<sup>9</sup>, which offers a range of support services to address identified needs and prevent escalation to more serious interventions.

When to contact MARU:

- **Concerns about a child's safety or well-being:** If you are worried about a child's safety or have concerns about their welfare, you can contact MARU.
- **Seeking advice about child protection:** Professionals can contact MARU for advice on how to respond to specific situations or to discuss whether a referral to children's social care is necessary.

Contact information:

- **Telephone:** 0300 123 1116
- **Email:** [multiagencyreferralunit@cornwall.gov.uk](mailto:multiagencyreferralunit@cornwall.gov.uk) according to Cornwall Council<sup>10</sup>
- **Location:** Cornwall Council

Important Note: If a child is in immediate danger, contact the police on 999.

---

<sup>9</sup>[https://www.google.com/search?safe=active&cs=0&sca\\_esv=f76fe1cd3d1e0b31&q=Early+Help+Hub&sa=X&ved=2ahUKEwjW0ZyO8bGOAxUOQEEAHT-yJZUQxccNegQIGB&mst=AUtExfDRQ7TOos5Nmc4xbQacZg2J4P0VR6BM3tX8Oq9Dlrz0YnVcpfvhQRPnGFhng4e-Mfus2prDxiDA74A4FcpG9XAOZXFb9ZA8YSHKIX3KZpT9am5Tdkmdo5LguL73mM0WpPc&csui=3](https://www.google.com/search?safe=active&cs=0&sca_esv=f76fe1cd3d1e0b31&q=Early+Help+Hub&sa=X&ved=2ahUKEwjW0ZyO8bGOAxUOQEEAHT-yJZUQxccNegQIGB&mst=AUtExfDRQ7TOos5Nmc4xbQacZg2J4P0VR6BM3tX8Oq9Dlrz0YnVcpfvhQRPnGFhng4e-Mfus2prDxiDA74A4FcpG9XAOZXFb9ZA8YSHKIX3KZpT9am5Tdkmdo5LguL73mM0WpPc&csui=3)

<sup>10</sup><https://www.cornwall.gov.uk/health-and-social-care/childrens-services/child-protection-and-safeguarding/>

## Community Events...



### Parents Plus Adolescents Programme

A 9-week workshop delivered weekly. Each session is 2-hours in length.

This hybrid programme gives you the option to attend in-person or virtually on Microsoft Teams.

This is an evidence-based workshop that covers topics such as:

- Understanding teenagers
- Pressing the pause button
- Getting to know your teenager
- Establishing rules with teenagers
- Connecting with your teenager
- Communicating rule positively
- The power of encouragement
- Using consequences
- Dealing with conflict and aggression
- Problem solving with teenagers
- Creating a discipline plan
- Family problem solving
- Empowering teenagers
- Establishing routines
- Parent self-care
- Active listening

#### When?

Tuesdays, 9:30-11:30am  
starting 24th February 2026

#### Where?

Wadebridge Family Hub  
or on Microsoft Teams



#### To book visit

[parentbooking.cornwall.gov.uk/  
book/add/p/4](http://parentbooking.cornwall.gov.uk/book/add/p/4)

#### Contact us

Website: [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)  
Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)



**CORNWALL  
COUNCIL**  
one and all - oven ha goll

Together   
for Families



[www.cornwall.gov.uk/  
parenting](http://www.cornwall.gov.uk/parenting)

13 - A fantastic opportunity to join and gather advice from Parents Plus over a 9 week workshop for those adults parenting a 12 - 19 year old.

## St Merryn Church Updates





## ST MERRYN CHURCH Service Every Sunday at 11.15am

### January 2026

4th	Morning Worship	Epiphany
11th	Holy Communion	Baptism of Christ
18th	Morning Worship	Epiphany 2
25th	Songs of Praise	Epiphany 3

### February 2026

1st	Morning Worship	<u>CANDLEMAS</u>	Epiphany 4
8th	Holy Communion		2 before Lent
15th	Morning Worship	<u>HMS WARWICK</u>	1 before Lent
22nd	Songs of Praise		Lent 1

### March 2026

1st	Morning Worship	Lent 2
8th	Holy Communion	Lent 3
15th	Morning Worship	<u>MOTHERING SUNDAY</u> Lent 4
22nd	Songs of Praise	Lent 5
29th	Benefice Service	<u>PALM SUNDAY</u>



*Everyone Welcome - All Services are Family friendly  
Services followed with refreshments - Dogs are welcome*

*Free Car Park PL28 8ND*



*Churchwarden: Elizabeth Bennett 07714075039*



**St Merryn Church  
Coffee Morning**

**Every Tuesday  
10am-12pm**

Pre-loved clothes  
Books-Bric-à-brac  
Children's Toys  
Local Veg  
Prize Winning Baking  
cakes & savoury  
Lots of Raffle  
Prizes to be won!

St Merryn Church Hall  
FREE PARKING  
PL28 8ND

Dog friendly

CHURCH SERVICE  
11.15am EVERY SUNDAY



## St Merryn Church

**MOTHERING SUNDAY  
FAMILY SERVICE  
11.15AM 15<sup>TH</sup> MARCH**

A posy of flowers for every Mother  
Tea/Coffee and Traditional Homemade  
Simnel Cake served



Free Car Park PL28 8ND  
Dogs Welcome



## St Merryn Church



## PANCAKE DAY

**Shrove Tuesday**

**17<sup>th</sup> February 10am to 1pm**  
Pancakes with various toppings  
served at



**Coffee Morning**

All the usual stalls and more

**Raffle  
Tombola**

*Valentine theme*



St Merryn Church Hall

Free Car Park PL28 8ND  
Dogs Welcome



## Dates for the Diary



### **Save the Date:**

#### **February**

**HALF TERM – Mon 16th – Friday 20th**

**Mon 23rd – Inset Day (School closed to children)**

**Tues 24th – Children return to school**

#### **March**

Mon 2nd – Parent Consultations

Tues 3rd – Parent Consultations

Wed 4th – Parent Consultations

Thurs 5th – World Book Day – Roald Dahl theme

Thurs 12th – RNLI Visit

Thurs 19th – Farm and Country School trip (Kestrels and Starlings)

Thurs 26th – Space Camp (Year 3) More info to follow

Wk beg: Mon 30th Easter Week

Mon 30th – The Great St Merryn Bake Off (FOSMS event)

## **April**

Thurs 2nd – Easter Egg Hunt

Thurs 2nd – Easter Church Service 2:15

## **Fri 3rd – Fri 17th Easter Holidays**

## **Mon 20th – Children return to school**

Wk beg: 27th – Bikeability (Year 5)

## **May**

## **Fri 1st – Inset Day (School closed to children)**

**Wk beg: 11th – Year 6 SATS Week**

## **HALF TERM 25th-29th**

## **June**

Mon 1st – Wed 3rd Year 5 and 6 London Residential

Wk beg: June 8th - Year 5 and Year 6 Surf Week

Tues 16th – Sports Day 9:30-12:00

Thurs 18th – Sports Day reserve

Thurs 18th & Fri 19th – Year 4 Residential

Wk beg: 22nd – Science Week

Wk beg: 29th - Arts Week

## **July**

Fri 10th – Arts Night

Mon 13th - Arts Night reserve

Tues 21st – Year 6 Meal/Disco

Wed 22nd – Year 6 Leavers Assembly/Last Day of term

## School Terms and Holidays 2025/26

St Merryn School

September 2025							October 2025							November 2025							
Mon	1	8	15	22	29		Mon	6	13	20	27		Mon	3	10	17	24				
Tue	2	9	16	23	30		Tue	7	14	21	28		Tue	4	11	18	25				
Wed	3	10	17	24			Wed	1	8	15	22	29		Wed	5	12	19	26			
Thu	4	11	18	25			Thu	2	9	16	23	30		Thu	6	13	20	27			
Fri	5	12	19	26			Fri	3	10	17	24	31		Fri	7	14	21	28			
Sat	6	13	20	27			Sat	4	11	18	25			Sat	1	8	15	22	29		
Sun	7	14	21	28			Sun	5	12	19	26			Sun	2	9	16	23	30		
December 2025							January 2026							February 2026							
Mon	1	8	15	22	29		Mon	5	12	19	26		Mon	2	9	16	23				
Tue	2	9	16	23	30		Tue	6	13	20	27		Tue	3	10	17	24				
Wed	3	10	17	24	31		Wed	7	14	21	28		Wed	4	11	18	25				
Thu	4	11	18	25			Thu	8	15	22	29		Thu	5	12	19	26				
Fri	5	12	19	26			Fri	9	16	23	30		Fri	6	13	20	27				
Sat	6	13	20	27			Sat	10	17	24	31		Sat	7	14	21	28				
Sun	7	14	21	28			Sun	11	18	25			Sun	1	8	15	22				
March 2026							April 2026							May 2026							
Mon	2	9	16	23	30		Mon	6	13	20	27		Mon	4	11	18	25				
Tue	3	10	17	24	31		Tue	7	14	21	28		Tue	5	12	19	26				
Wed	4	11	18				Wed	8	15	22	29		Wed	6	13	20	27				
Thu	5	12	19	26			Thu	9	16	23	30		Thu	7	14	21	28				
Fri	6	13	20	27			Fri	10	17	24			Fri	1	8	15	22	29			
Sat	7	14	21	28			Sat	11	18	25			Sat	2	9	16	23	30			
Sun	1	8	15	22	29		Sun	12	19	26			Sun	3	10	17	24	31			
June 2026							July 2026							August 2026							
Mon	1	8	15	22	29		Mon	6	13	20	27		Mon	3	10	17	24	31			
Tue	2	9	16	23	30		Tue	7	14	21	28		Tue	4	11	18	25				
Wed	3	10	17	24			Wed	8	15	22	29		Wed	5	12	19	26				
Thu	4	11	18	25			Thu	9	16	23	30		Thu	6	13	20	27				
Fri	5	12	19	26			Fri	10	17	24	31		Fri	7	14	21	28				
Sat	6	13	20	27			Sat	11	18	25			Sat	1	8	15	22	29			
Sun	7	14	21	28			Sun	12	19	26			Sun	2	9	16	23	30			

**Key:**

- School Holiday
- Bank Holiday
- INSET Day
- School open

**Term dates summary:**

- Autumn Term (74 days)**  
2nd September 2025 - 19th December 2025 (Half term: 27th-31st October 2025)
- Spring Term (59 days)**  
5th January 2026 - 2nd April 2026 (Half term: 16th - 20th February 2026)
- Summer Term (62 days)**  
20th April 2026 - 22nd July 2026 (Half term: 25th-29th May 2026)

**Bank and Public Holidays 2025/26**

Christmas Day	25th December 2025	Easter Monday	6th April 2026
Boxing Day	26th December 2025	May Bank Holiday	4th May 2025
New Years Day	1st January 2026	Spring Bank Holiday	25th May 2026
Good Friday	3rd April 2026	Summer Bank Holiday	31st August 2026

14 - Term Dates 2025-2026

## School Terms and Holidays 2026/27

St Merryn School

September 2026				October 2026				November 2026			
Mon	7	14	21	28	5	12	19	26	2	9	16
Tue	1	8	15	22	10	17	24	30	3	10	17
Wed	2	9	16	23	13	20	27	27	4	11	18
Thu	3	10	17	24	14	21	28	29	5	12	19
Fri	4	11	18	25	15	22	29	30	6	13	20
Sat	5	12	19	26	16	23	30	31	7	14	21
Sun	6	13	20	27	17	24	31		8	15	22
December 2026				January 2027				February 2027			
Mon	7	14	21	28	4	11	18	25	1	8	15
Tue	1	8	15	22	10	17	24	31	2	9	16
Wed	2	9	16	23	13	20	27		3	10	17
Thu	3	10	17	24	14	21	28		4	11	18
Fri	4	11	18	25	15	22	29		5	12	19
Sat	5	12	19	26	16	23	30		6	13	20
Sun	6	13	20	27	17	24	31		7	14	21
March 2027				April 2027				May 2027			
Mon	1	8	15	22	29	5	12	19	1	8	15
Tue	2	9	16	23	30	6	13	20	2	9	16
Wed	3	10	17	24	31	7	14	21	3	10	17
Thu	4	11	18	25		1	8	15	4	11	18
Fri	5	12	19	26		9	16	23	5	12	19
Sat	6	13	20	27		10	17	24	6	13	20
Sun	7	14	21	28		11	18	25	7	14	21
June 2027				July 2027				August 2027			
Mon	7	14	21	28	5	12	19	26	1	8	15
Tue	1	8	15	22	10	17	24	30	2	9	16
Wed	2	9	16	23	13	20	27		3	10	17
Thu	3	10	17	24	14	21	28		4	11	18
Fri	4	11	18	25	15	22	29		5	12	19
Sat	5	12	19	26	16	23	30		6	13	20
Sun	6	13	20	27	17	24	31		7	14	21
September 2026				October 2026				November 2026			
Mon	5	12	19	26	2	9	16	23	1	8	15
Tue	6	13	20	27	3	10	17	24	2	9	16
Wed	7	14	21	28	4	11	18	25	3	10	17
Thu	8	15	22	29	5	12	19	26	4	11	18
Fri	9	16	23	30	6	13	20	27	5	12	19
Sat	10	17	24	31	7	14	21	28	6	13	20
Sun	11	18	25		12	19	26		7	14	21
December 2026				January 2027				February 2027			
Mon	1	8	15	22	29	5	12	19	1	8	15
Tue	2	9	16	23	30	6	13	20	2	9	16
Wed	3	10	17	24	31	7	14	21	3	10	17
Thu	4	11	18	25		1	8	15	4	11	18
Fri	5	12	19	26		9	16	23	5	12	19
Sat	6	13	20	27		10	17	24	6	13	20
Sun	7	14	21	28		11	18	25	7	14	21
March 2027				April 2027				May 2027			
Mon	1	8	15	22	29	5	12	19	1	8	15
Tue	2	9	16	23	30	6	13	20	2	9	16
Wed	3	10	17	24	31	7	14	21	3	10	17
Thu	4	11	18	25		1	8	15	4	11	18
Fri	5	12	19	26		9	16	23	5	12	19
Sat	6	13	20	27		10	17	24	6	13	20
Sun	7	14	21	28		11	18	25	7	14	21
June 2027				July 2027				August 2027			
Mon	7	14	21	28	5	12	19	26	1	8	15
Tue	8	15	22	29	6	13	20	30	2	9	16
Wed	9	16	23	30	7	14	21		3	10	17
Thu	10	17	24		1	8	15	29	4	11	18
Fri	11	18	25		9	16	23	30	5	12	19
Sat	12	19	26		10	17	24	31	6	13	20
Sun	13	20	27		11	18	25		7	14	21

Key:

- School Holiday
- Bank Holiday
- INSET Day
- School open

### Term dates summary:

**Autumn Term (72 days)**  
3 September 2026 - 18 December 2026 (Half term: 26 - 30 Oct 2026)

**Spring Term (54 days)**  
4 January 2027 - 25 March 2027 (Half term: 15 - 19 February 2027)

**Summer Term (62 days)**  
12 April 2027 - 23 July 2027 (Half term: 31 May - 4 June 2027)

Bank and Public Holidays 2026/27			
Christmas Day	25th December 2026	Easter Monday	29th March 2027
Boxing Day	28th December 2026	May Bank Holiday	3rd May 2027
New Year's Day	1st January 2027	Spring Bank Holiday	31st May 2027
Good Friday	26th March 2027	Summer Bank Holiday	30th August 2027