



# July Newsletter 2025

## **Welcome to the July Edition of our Newsletter!**

The weather certainly seems to be warming up as we enter the final few weeks of the academic year, and what a busy few weeks it has been! We've had an exciting and eventful time recently, with our Year 5 and Year 6 surf weeks taking place, the Robins enjoying their trip to Bodmin Railway, Science week, and, of course, our fantastic final residential trip of the year to London. Whenever our children are out and about, we consistently receive such positive praise from members of the public—a real credit to our pupils and their families.

We have now completed the majority of our transition activities. All children have spent time in their new classrooms and with their new teachers, helping to prepare them for a smooth and confident start in September. If you do have any concerns or questions regarding transition, please speak to your child's class teacher in the first instance.

## **SATS Results**

We are really pleased to share that we have now received our Year 6 SATs results. We are extremely proud of the outcomes and, more importantly, of each and every child. They worked incredibly hard, showing resilience, determination, and wonderful support for one another throughout the process. We look forward to sharing the full results with you in due course. As a reminder, all children will receive their annual school report on **Thursday 17th July**.

### **Parent Surveys**

Thank you to all parents who took the time to complete our annual Parent Survey. We had a strong number of responses, and we're delighted that the feedback has been overwhelmingly positive. As always, your comments and insights will be used to help shape our new School Improvement Plan.

### **FOSMS Book Exchange**

A big thank you to all families who have started using our Book Exchange regularly. It's been fantastic to hear children talking so enthusiastically about books, swapping firm favourites, and discovering new titles. If your child has particularly enjoyed a book, we'd love them to complete a 'book recommendation'—these will be shared in future assemblies to inspire others.

I hope you enjoy this month's newsletter, which is packed with key updates and celebrations. As always, thank you for your continued support.

Best wishes,

Mrs. King

## **FOSMS News**

### **Events**

#### **Sports Day**

Wow what a warm one, FOSMS helped the children cool off after school with a cold treat. Thank you to our three Barn Owl volunteers for handing out the freezer pops. We would like to thank all the volunteers who helped setup, serve and pack away and also to Paula from Melt who very kindly donated the cups at the last minute, we really appreciated it.

#### **Arts Night**

Our last event for the school year is only a week away, with lots of final prep getting arranged. We already have some volunteers but we are looking for more. This is a big event, we would appreciate as much help as possible, setting up, clearing away or just 30 minutes during the

event allowing plenty of time to still enjoy. If you are able to help please add your name to the sign up sheet and we will sort out a rota nearer the time.

If this is your first Arts Night there will be a toy tombola, tuck shop, raffle, bar, food, auction and more. Our **uniform shop** will also be available during arts night. Keep an eye on our Facebook page for more information.

### **Sewing Bee**

We have some lovely bunting that has been very kindly made for us but we are needing some more. If you or you know of anyone who could help please let us know.

### **Tea Towels**

Thank you to everyone who has pre-ordered, these should be with us next week. Don't worry if you forgot to place your order, we do have some spare which we will be selling on Arts Night.

### **End of the year**

As we come to the end of another fantastic year we would like to say a massive thank you to all the families who have supported our different events throughout the year. Because of all the support it has enabled us to treat the children with panto tickets, Christmas and Easter treats. Provide the children with lunchtime games, new PE equipment, playground markings just to mention a few things. Thank you so much.

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

**Meeting:** Our next meeting will be in September.

FOSMS Team







Friends Of  
St Merryn School

# RAINBOW RAFFLE

**£1 a ticket**

Cash only

Raffle drawn during Arts Night

**FRIDAY 18TH  
JULY**



## Science Week



There was such a lovely buzz around school during our whole school science week. The children loved experimenting, enquiring and testing and showed endless enthusiasm and curiosity. So many children were overheard saying 'I love science!' last week. We had experiments in class every afternoon, both KS1 and KS2 had special exciting science assemblies, where we were

lucky enough to have the Head of Camelford School in demonstrating how you can cut some metals with a butter knife, make others fizz and smoke, and even how some elements from the periodic table can create fire! That same day, the Year 6 pupils ran 'science busking' – demonstrating how to do even more fun (and very messy!) experiments in the playground and helping all of the children to have a go! What a fabulous week!!

Mrs Cooper





















## Sporting News





Well, what an incredibly sporty, successful few weeks we have had at St Merryn School! I think we can safely say that we now have a reputation as the school to try and beat at sporting fixtures these days!

### **Year 5 and 6 surf weeks**

Every single child from Year 5 and Year 6 were absolutely amazing! They showed bravery, resilience, guts and were so supportive and encouraging of one another. Moments like these, are what makes our school so unique and special – how many schools have a row of wetsuits hanging over the railings to dry? From those who were new to surfing, to those more experienced children, everyone made great progress in the sea. What a fun and enriching experience.

### **Quad Games**

Children from Years 3, 4 and 6 took part in a sports event called 'Quad Games'. The events ranged from long jump and javelin to the track events. The children all did amazingly well and showed such great team spirit!

### **District Sports**



What an absolutely nail-biting series of track and field events! Every child that took part was utterly amazing. Such grit and determination, as well as great encouragement of all their team-mates. I couldn't have been any more proud! St Merryn School came 2nd place overall, missing 1st place by 1 point! A few children even set new records!

### **Year 2 football**

The following day, as squad of 12 children went across to the Year 2 football festival at Wadebridge Town FC. They won 6 out of 9 matches and were just brilliant! What great emerging talent we have from all classes!

### **EYFS Multi-skills**

Then we had a fantastic little group of Reception children who had an amazing time taking part in the Early Years multi-skills event. They had so much fun cycling, running, throwing and just being fantastic young sports people!

### **Key Stage 1 Cross-country**

Continuing the amazing sporting achievements, we were so proud of our younger competitors in the KS1 cross-country event at Wadebridge Secondary School. Its seriously impressive to see such determination and effort, in what is a challenging event, especially in such hot weather! Well done to every one of you that took part.

Mrs Cooper







Talents outside of school...



🎉 Celebrating Our Children's Achievements – In and Out of School! 🎉

At St Merryn School, we take great pride in celebrating the many achievements of our children—both in the classroom and beyond. Whether it's academic progress, sporting success, creative endeavours, or personal milestones, we believe every accomplishment deserves recognition.

We know that learning doesn't stop when the school day ends. Many of our children take part in a wide variety of activities outside of school—from sports teams and dance classes to music exams and community events. It's always inspiring to hear about the hard work, talent, and dedication our children show in all areas of their lives. If your child has achieved something they're proud of, please do let us know—we'd love to celebrate it in our assemblies and newsletter!

Recently, William and Stanley participated in the **Fowey Arts and Literature Festival Art Competition**, and we couldn't be more proud of them! Their creativity and enthusiasm shone through, and we were thrilled to see their efforts recognised. Here is a photo of the boys proudly holding their certificates—well done to you both!







## Year 6 London Residential







### **Barn Owls - London Adventure!**

The Barn Owls class had an unforgettable trip to London last week — a truly exciting experience packed full of learning, laughter, and new discoveries. From the moment we arrived, the children were full of enthusiasm and curiosity, and their behaviour throughout made us all proud.

We began our trip with a visit to the **Houses of Parliament**, where we learned how laws are made and even observed the very rooms where debates take place. The children asked brilliant questions and impressed everyone with their knowledge and excellent manners.

On the **first evening**, we had our first taste of London's famous transport system, travelling on the **tube** to the O2 Arena — which was an adventure in itself! The children quickly mastered the escalators, remembered to 'mind the gap,' and represented the school beautifully with their smiles and polite greetings. At the O2, we enjoyed a game of **bowling**, with plenty of strikes, spares, and laughter as everyone cheered each other on.

The following morning, we visited the wonderful **London Zoo**, where we saw everything from tigers to penguins and even watched some cheeky monkeys swinging through the trees. The children loved spotting their favourite animals and learning about how they are cared for.

Later that day, we took a ride on the spectacular **London Eye**, enjoying breath-taking views of the city from high above. The children loved spotting landmarks they recognised and took lots of photos to remember the experience. That evening, we enjoyed a magical night out at the theatre, we went to see **Matilda the Musical** at the Cambridge Theatre. The children were captivated by the singing, dancing, and amazing sets.

On our final day, we rounded off our adventure at the **Wonderlab gallery in the Science Museum**. The hands-on exhibits and interactive experiments were a big hit, sparking curiosity

and excitement. The children especially enjoyed exploring forces, light, and sound through fascinating experiments and demonstrations.

Throughout the trip, the Barn Owls showed kindness and teamwork, looking out for each other and making wonderful memories with their friends. We are so proud of how brilliantly they represented our school and made the most of every opportunity. Well done, Barn Owls — you really made your London adventure one to remember!

### Robins Class Trip...



Robins Class had a fantastic day out on their recent trip to Bodmin Railway Station! The excitement began as soon as we arrived and saw the steam train waiting at the platform, with its shiny engine and clouds of steam puffing into the sky. The children were very excited as they climbed aboard and settled into the vintage carriages, ready for their journey through the beautiful Cornish countryside. As the train set off, the children listened to the engine and watched the scenery whizz by. Along the way, what travel was like in the past, linking to our learning in history. The friendly railway staff were brilliant at answering questions and sharing interesting facts. After the ride, we explored the station, looked at the old-fashioned ticket office and signals, and then went back on board to eat our lunch in the carriages. The children

behaved beautifully and showed great curiosity and enthusiasm throughout the day. A huge thank you to our parent helpers and the staff at Bodmin Railway for making the experience so memorable. It was a wonderful trip that brought our classroom learning to life!

Mrs Muller

## Year 4 Residential



In June, our Year 4 children took part in a fantastic local residential experience and what a memorable time they had! The adventure began with a lovely walk through the fields down to Trevarnion YHA, where they were treated to a delicious meal. With full tummies and big smiles, they spent some time playing and relaxing on the beach before heading back to school. That evening, the fun continued with a film, hot chocolate and some tasty treats before everyone settled down for a cosy night's sleep at school. There was even more sleep than we expected—which was a lovely surprise! The next morning started bright and early with a yummy breakfast to fuel the day ahead. Then it was off to Newquay to meet the fantastic team from First Wave Adventures. The children spent the day enjoying beach games, exciting activities and even had a go at bodyboarding in the waves. Everyone had a brilliant time, and we were so proud of how well-behaved and enthusiastic the children were throughout the whole experience. By the end, there were lots of happy (and very tired!) faces!

Miss Redman





## Early Years Updates

What a wonderful year it's been in our Early years team! Our youngest learners have amazed us with their curiosity, creativity, and enthusiasm for learning. From exploring phonics and

numbers to building friendships and developing independence, the progress they've made has been incredible. As we approach the end of the year, we are so proud of how far each child has come. Thank you to our families for your continued support—it's been a joy to share this journey with you all. The transition events for new children starting in September has nearly finished and it's been lovely to see the children explore the Robins class and get to know them better.

Mrs Muller

## Nursery News

As we wrap up the final term before the summer holidays, we want to take a moment to celebrate all of the joy, growth and memorable moments we've shared with our nursery children.

This term has been filled with discovery, creativity and laughter. From exploring nature during our outdoor adventures to getting messy with paint, water play and sensory activities, the children have thrived in every way. They've shown growing confidence, curiosity and kindness as they've developed friendships and learned how to express themselves and their ideas.

Our Wrens have been preparing for the exciting transition to Reception. We've been supporting them with a range of school readiness activities, helping them build confidence with routines, independence and group learning. We are so proud of how far they've come - they're truly ready for their next big adventure!

As the term comes to an end, we would like to say a heartfelt thank you to all of our Nursery families for your continued trust. It has been a privilege to be part of your child's early learning journey.

Wishing you all a happy, safe and sunny summer holiday!

The Nursery Team







## Outdoor Learning

It has been fantastic to see our children thriving in the outdoor learning environment during their Wild tribe sessions. As the summer weather has arrived, pupils have made the most of the sunshine, heading outside to explore nature, build teamwork, and develop new practical skills. It's been fantastic to see children grow in confidence as they learn how to safely use tools for activities like whittling, sawing, and den building. These sessions not only support their physical development but also encourage problem-solving, creativity, and resilience. From learning about nature to making crafts, the children have shown great enthusiasm and a real sense of achievement in their Wild Tribe learning. Being outdoors has also supported their wellbeing, giving them time to connect with nature, work collaboratively, and enjoy the freedom of open-ended play and exploration. We're proud of the skills our children are developing and look forward to seeing even more adventures in the great outdoors next term!

Mrs Muller

## Gardening Curriculum

Our school gardening has been flourishing. The children have been planting and caring for a wide variety of vegetables, and their efforts are certainly paying off. The polytunnel has been bursting with vibrant plants and tasty produce. So far, we've harvested a wonderful selection of lettuce, broad beans, potatoes, garlic, spring onions and radishes, —enough to feed quite a few hungry bellies already! The children have loved tasting what they've grown and learning about where their food comes from. It's been a fantastic way to link outdoor learning with healthy living and sustainability. With even more produce on the way, we can't wait to see what the next few weeks bring. A huge well done to all our green-fingered children!

### **Garden Society show - Coming Soon**

We're excited to remind everyone that the annual **St Merryn Garden Society Show** is just around the corner! This much-loved community event is a fantastic opportunity to celebrate gardening and creativity. We'd love to see as many entries as possible from children and families across our school community. There are a wide range of categories to enter, from home-grown vegetables and flower arrangements to arts, crafts, and bakes—so there's something for everyone to get involved in. It's a wonderful way for children to share their gardening successes and creative flair with the wider community.

**Entry Forms are available at the office.**

## Forest School



This term has been packed with hands-on learning experiences that have sparked imagination, built resilience and nurtured a deep respect for the natural world. From den building, to bug hunting and building our own fires, every session has brought new challenges and opportunities for growth.

One of the highlights of Forest School is our campfire sessions, where the children learn how to stay safe around fire. There is always a sense of calm and wonder in these moments.

Forest School has been so much more than outdoor play - it's been a space for mindfulness, creativity and connection. We are so proud of how the children have grown in confidence, curiosity and care for their environment.

Thank you to all of our families for providing the weather gear, the encouragement and ongoing support. As we head into the summer break, we hope your children continue to explore and enjoy nature wherever they are - and we look forward to more wild adventures next term!

Mrs Williams





## School Council



As we come to the end of the academic year, we'd like to extend a heartfelt thank you to our incredible School Council. Your thoughtful suggestions, enthusiasm, and outstanding leadership have made a real difference to our school community. From representing your peers to helping shape school decisions, you've shown maturity, creativity, and a true commitment to making our school the best it can be. We are so proud of you all and grateful for your dedication. Thank you for being such inspiring role models—well done on a fantastic year.

## Music Updates



Music has played a key role in our learning this year, with children across the school enjoying a wide range of musical experiences. Our First Access programme for Kestrels and Starlings has introduced pupils to drumming and ukulele in fun, practical lessons with Mrs Mann. Students have been learning how to build rhythm, use teamwork, and musical confidence. Starlings have been continuing their recorder lessons which has been a great way for children to develop their music reading and performance skills. In addition to our music in class, many children have

taken part in peripatetic lessons, learning instruments such as piano, guitar, and violin with Issy and James. We're very proud of their progress and look forward to seeing all our talented musicians perform at their end of year concert.

Mrs Muller

## Summer Reading Challenge 2025



**Join the FREE Summer Reading Challenge 2025!**

We are excited to share that the **Summer Reading Challenge 2025**, organised by the Reading Agency in partnership with libraries across the UK, is launching soon – and we would love for all our children to take part.

### **What is the Summer Reading Challenge?**

The Summer Reading Challenge is a fun, free way for children aged 4–11 to stay motivated to read during the summer holidays and helps build a lifelong love of books. This year's exciting theme is **'Adventures in Nature and the Great Outdoors'** and will inspire children to tap into a world of imagination through reading, exploring the magical connection between storytelling and nature.

**How can my child take part?** At the library: Visit your local library to sign up from Saturday 5th July. There are rewards to collect along the way and a certificate for those who complete the challenge. Library staff and volunteers are on hand to help children sign up, collect rewards, and choose new books if they need advice or inspiration.

Children 0-4 years old can take part in the Mini Challenge - enjoy sharing 6 books together or choose from any of the alternative activities to claim a stamp within their booklet. Children can collect 6 stamps to complete the challenge.

Children 5-11 can take part in the Main Challenge - To complete the challenge, children need to finish 6 books of their choice. They get to choose the format that best suits them: fiction books, fact books, poetry books, audio books, joke books, picture books, graphic-novels and e-books. Or online Visit: [summerreadingchallenge.org.uk](https://summerreadingchallenge.org.uk)



Sign up, set a reading goal, and get book recommendations · Unlock digital badges and earn a printable certificate If you have any questions, feel free to contact me.

Mrs Olivey

## September School Uniform

As we approach the end of term, we begin to look forward to the summer break. During this time, we begin to prepare for the start of a new term. With this in mind, below is a reminder of our school uniform expectations. These have been shared with our children this week as a reminder ahead of the new term. We have a good range of 'nearly new' uniform available from either the school office or a member of FOSMS.

- Red school jumper, a red cardigan or red school fleece
- White polo shirt/white shirt
- Footwear – All black shoes/boots or all black trainers with black laces and soles
- Socks/tights must be plain and black, grey or white in colour
- Black or grey trousers/culottes/skirts/dresses/shorts (just above the knee)
- Red/white summer dresses (just above the knee)

*No skinny trousers or black jeans may be worn*

*Jewellery is not allowed in school. One pair of earrings, which are small studs and a wristwatch, may be worn*

*We ask that all hair that can be, is appropriately tied back*

*No make up is allowed in school*

**All children may wear their school PE kit on for the whole day when they have a PE lesson or an after school PE club.**

- The school black PE shirt (available from the school office) or a plain white t-shirt
- A pair of black shorts and, during the winter months all black trousers/tracksuit bottoms can be worn
- A pair of trainers (dark in colour)

## Online Safety

### 🌟 E-Safety Tips for the Summer Holidays: Helping Your Child Stay Safe Online 🌟

As we head into the long-awaited summer holidays, children will likely be spending more time online—whether that’s playing games, watching videos, chatting with friends or exploring new apps. While the internet offers many fun and educational opportunities, it’s also important to make sure our children are staying safe in the digital world. Here are some simple tips to help you support your child’s online safety this summer:

#### 🛡️ 1. Keep Communication Open

Talk regularly with your child about what they’re doing online. Ask questions like:

- What games are you playing?
- Who are you chatting with?
- Have you seen anything online that made you feel uncomfortable?

Let them know they can always come to you if something worries them.

#### 👁️ 2. Set Clear Rules Together

Discuss and agree on family rules for internet use. This might include:

- When and for how long they can go online.
- Which websites, games, or apps are okay to use.
- What to do if they see something inappropriate.

Use a family agreement or poster to make the rules visible and easy to follow.

#### 🔒 3. Use Parental Controls

Most devices, broadband providers and apps have parental controls to:

- Block inappropriate content.
- Set screen time limits.
- Monitor activity safely.

Take a few minutes to check your settings before the holidays begin.

#### 🍀 4. Know What They’re Using

Make sure you know which apps and games your child is using. Look out for:

- Age ratings – Is the content suitable for their age?
- Chat functions – Who can message them?
- In-app purchases – Could they accidentally spend money?

If you're unsure, websites like Common Sense Media<sup>1</sup> or Internet Matters<sup>2</sup> can help.

## 5. Lead by Example

Children learn a lot by watching us. Model positive online behaviour by:

- Taking breaks from screens.
- Being kind in messages and posts.
- Thinking before sharing photos or personal information.

Miss Redman

## Safeguarding Concerns during the holidays...

The Multi Agency Referral Unit<sup>3</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.
- **Multi-Agency Collaboration:** MARU works with various agencies, including social services, health professionals, and educational institutions, to ensure a coordinated response.

<sup>1</sup><https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.common sense media.org%2F&data=05|02|kking%40kernowlearning.co.uk|f970a79280754820e7b208ddb7aa3268|4069dd172dda44348f72fc516948a319|0|0|638868663877355045|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMClslIAiOiJXaW4zMilslkFOljoilTWfPbClslldUljoyfQ%3D%3D|0||&sdata=JKh9vL9Rc69EmD2wPy9ANYbN%2FrNANhXOGyAy0FqtZRE%3D&reserved=0>

<sup>2</sup><https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.internetmatters.org%2F&data=05|02|kking%40kernowlearning.co.uk|f970a79280754820e7b208ddb7aa3268|4069dd172dda44348f72fc516948a319|0|0|638868663877379952|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMClslIAiOiJXaW4zMilslkFOljoilTWfPbClslldUljoyfQ%3D%3D|0||&sdata=8US2A8o%2Fc4Z%2BIPYeJsvclzwut7iSxtYtj52ILFst%2BXs%3D&reserved=0>

<sup>3</sup>[https://www.google.com/search?safe=active&cs=0&sca\\_esv=f76fe1cd3d1e0b31&q=Multi+Agency+Referral+Unit&sa=X&ved=2ahUKewjW0ZyO8bGOAxUOQEEAHT-yjZUQxcccNegQIAhAB&mstk=AUtExfDRQ7TOos5Nmc4xbQacZg2J4P0VR6BM3tX8Oq9Dlrz0YnVcpfvhQRPNGFhng4e-Mfus2prDxiDA74A4FcpG9XAOZXFb9ZA8YSHKIX3KZpT9am5Tdkmdo5LguL73mMOWpPc&csui=3](https://www.google.com/search?safe=active&cs=0&sca_esv=f76fe1cd3d1e0b31&q=Multi+Agency+Referral+Unit&sa=X&ved=2ahUKewjW0ZyO8bGOAxUOQEEAHT-yjZUQxcccNegQIAhAB&mstk=AUtExfDRQ7TOos5Nmc4xbQacZg2J4P0VR6BM3tX8Oq9Dlrz0YnVcpfvhQRPNGFhng4e-Mfus2prDxiDA74A4FcpG9XAOZXFb9ZA8YSHKIX3KZpT9am5Tdkmdo5LguL73mMOWpPc&csui=3)



- **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>4</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 according to Cornwall Council<sup>5</sup>
- **Location:** Cornwall Council

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

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<sup>4</sup>[https://www.google.com/search?safe=active&cs=0&sca\\_esv=f76fe1cd3d1e0b31&q=Early+Help+Hub&sa=X&ved=2ahUKEwjW0ZyO8bGOAxUOQEEAHT-yJZUQxccNegQIGBAB&mstk=AUtExfDRQ7TOos5Nmc4xbQacZg2J4P0VR6BM3tX8Oq9Dlrz0YnVcpfvhQRPnGFhng4e-Mfus2prDxiDA74A4FcpG9XAOZXfb9ZA8YSHKIX3KZpT9am5Tdkmdo5LguL73mM0WpPc&csui=3](https://www.google.com/search?safe=active&cs=0&sca_esv=f76fe1cd3d1e0b31&q=Early+Help+Hub&sa=X&ved=2ahUKEwjW0ZyO8bGOAxUOQEEAHT-yJZUQxccNegQIGBAB&mstk=AUtExfDRQ7TOos5Nmc4xbQacZg2J4P0VR6BM3tX8Oq9Dlrz0YnVcpfvhQRPnGFhng4e-Mfus2prDxiDA74A4FcpG9XAOZXfb9ZA8YSHKIX3KZpT9am5Tdkmdo5LguL73mM0WpPc&csui=3)

<sup>5</sup><https://www.cornwall.gov.uk/health-and-social-care/childrens-services/child-protection-and-safeguarding/>

## Inclusion Information



**NHS**  
Cornwall Partnership  
NHS Foundation Trust

# MENTAL HEALTH SUPPORT TEAM - MHST

Parents and Carers -  
please join us at our  
1hr online  
Behaviour Workshop

Monday 22 September - 9.30am & 1pm  
Tuesday 23 September - 11am & 4pm  
Wednesday 24 September - 9.30am & 1pm  
Thursday 25 September - 10.00am & 4pm

This workshop provides parents with  
practical strategies to foster positive  
behaviour and communication at  
home.

To book a place please complete  
the online form  
<https://forms.office.com/e/gA2jNGbZ4F> or scan the QR code



This workshop is open to parents/carers of  
school aged children enrolled in Reception  
to Year 7 in any school in Cornwall

**NHS** Cornwall Partnership  
NHS Foundation Trust

# MENTAL HEALTH SUPPORT TEAM - MHST

Parents and Carers -  
please join us at our  
1hr online  
Resilience Workshop

Monday 15 September - 9.30am & 1pm  
Tuesday 16 September - 10am & 4pm  
Wednesday 17 September - 11am & 1pm  
Thursday 18 September - 9.30am & 4pm

This workshop aims to talk about the  
meaning of resilience, explore  
building resilience and look at how  
and when a young person should ask  
for help.

To book a place please complete  
the online form  
<https://forms.office.com/e/260T74xF2y> or scan the QR code

This workshop is open to parents/carers of  
school aged children enrolled in Reception  
to Year 7 in any school in Cornwall

**MENTAL HEALTH SUPPORT TEAM - MHST** NHS Cornwall Partnership NHS Foundation Trust

Parents and Carers - please join us at our 1hr online Worry Workshop

Monday 8 September - 9:30am & 1pm  
Tuesday 9 September - 10am & 4pm  
Wednesday 10 September - 9:30am & 1pm  
Thursday 11 September - 11am & 4pm

This workshop aims to provide psychoeducation on "What is worry?" and "Why does my child worry?" Also includes practical strategies for helping children manage their worries.

To book a place please complete the online form <https://forms.office.com/e/hkyaFeuY1Z> or scan the QR code

This workshop is open to parents/carers of school aged children enrolled in Reception to Year 7 in any school in Cornwall



**NHS**  
Cornwall Partnership  
NHS Foundation Trust

# MENTAL HEALTH SUPPORT TEAM - MHST

Parents and Carers -  
please join us at our  
1hr online  
Sleep Workshop

Monday 29 September - 11am & 4pm  
Tuesday 30 September - 9.30am & 1pm  
Wednesday 1 October - 9.30am & 1pm  
Thursday 2 October - 10am & 4pm

This workshop aims to provide  
psychoeducation on sleep hygiene  
and sleep routines. Also includes  
practical strategies for helping  
children

To book a place please complete  
the online form  
<https://forms.office.com/e/6cJiu8PArV> or scan the QR code

This workshop is open to parents/carers of  
school aged children enrolled in Reception  
to Year 7 in any school in Cornwall

## Community Events...





# **ST MERRYN CHURCH**

## **Service Every Sunday at 11.15am**

### **July 2025**

6th	Morning Worship	Trinity 3
13th	Holy Communion <a href="#">SEA SUNDAY Service</a>	Trinity 4
20th	Morning Worship	Trinity 5
27th	Songs of Praise	Trinity 6

### **August 2025**

3rd	Morning Worship	Trinity 7
10th	Holy Communion	Trinity 8
17th	Morning Worship	Trinity 9
24th	Songs of Praise	Trinity 10
31st	Morning Worship <a href="#">PET SERVICE</a> 🐾	Trinity 11

### **September 2025**

7th	Morning Worship	Trinity 12
14th	Holy Communion <a href="#">HARVEST FESTIVAL</a>	Trinity 13
21st	Morning Worship	Trinity 14
28th	Songs of Praise	Trinity 15

*Everyone Welcome - All Services are Family friendly  
Services followed with refreshments - Dogs are welcome  
Free Car Park PL28 8ND*

Churchwarden: Elizabeth Bennett 07714075039



**ST MERRY  
CHURCH**



**Sea Sunday  
Service**

**11.15am 13<sup>th</sup> July**

**Donations to Padstow Lifeboat**

**Free Carpark PL28 8ND**

**Everyone welcome**

**Service followed by refreshments**







UNDER THE DIRECTION OF  
MARIA JAGUSZ & WILL SHARMA  
PROUDLY PRESENT

# IT'S A GRAND NIGHT FOR SINGING

A MAGICAL EVENING OF WONDERFUL MUSIC & SONG. FEATURING  
YOUNG PROFESSIONALS FROM THE WORLD OF MUSICAL THEATRE  
AND CLASSICAL AND SPECIAL PERFORMANCES FROM AWARD  
WINNERS OF THE CHRIS TREGLOWN FOUNDATION FUND

ST PETROC'S CHURCH, PADSTOW  
FRIDAY AUGUST 22ND  
AT 7.15PM

tickets, £10, available from  
Julia Treglown - 07815 987172  
or available on the door



SUPPORTING THE CHRIS TREGLOWN FOUNDATION FUND [www.christreglown.co.uk](http://www.christreglown.co.uk)

## Additional Information



**WALK FOR MENTAL HEALTH**  
**WALK FOR TERMINAL ILLNESS**  
**WALK FOR HOPE**

Raise money to support families affected by mental health  
and families affected by the terminal illness of a parent

**Sunday September 7th**  
**11am Start**  
**Tehidy Country Park, Camborne, TR14 0TS**

Adults £6 plus one child free  
Additional Children £3 Each  
Prizes for the highest sponsorship and best fancy dress!



Register Today: <https://www.givengain.com/event/steps-for-hope>



## July Timetable

All sessions delivered live online via zoom £24 each 90 minutes long  
Book online at [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk) Recordings available for 48 hours

Understanding Anger	1 July 10am
Supporting Healthy Screen Use	1 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Cannabis & Ketamine Awareness	8 July 10am
Anxiety Explained	8 July 7pm
Raising Self-Esteem	14 July 10am
Supporting Healthy Sleep	14 July 7pm
Decreasing Depression	15 July 10am
Understanding the Teenage Brain	15 July 7pm
Supporting a Child with ADHD	21 July 10am
Understanding Addictive Behaviour	21 July 7pm
Autism Improving Communication	22 July 10am
Improving Family Communication	22 July 7pm
Facing Defiance	28 July 10am



## JULY 2025 Newsletter

FACE delivers online support via zoom for parents across the UK  
Talks are 90 minutes long, £24 each or FREE with a school membership code  
Book Online at [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk) on the PARENTS page



Schools can purchase a  
**FACE School Annual Membership**  
which means **ALL** parents and **ALL** staff  
get unlimited **FREE** access to **ALL** 16 parent talks

Thursday  
31<sup>st</sup> July  
19:00 - 20:00  
**FREE**



### Supporting Healthy Screen Use

Screens are here to stay.  
Identifying the issues and step by step guide  
to reduce the negative impact.

Monday  
21<sup>st</sup> July  
10:00 - 11:30  
£24  
recording available



**Supporting a Child with ADHD**  
Challenging the stereotypes and giving  
practical interventions. Clear explanation of  
the condition in all its forms and extremely  
useful advice.

Monday  
28<sup>th</sup> July  
10:00 - 11:30  
£24  
recording available



### Facing Defiance

Specific strategy to help parents manage  
defiant and challenging behaviour,  
especially aimed at ADHD, ODD and PDA  
conditions, 5 to 12 years old.

Tuesday  
29<sup>th</sup> July  
10:00 - 11:30  
£24  
recording available



### Anxiety Based School Avoidance

Understanding and supporting children  
who are anxious about school.  
Steps you can take to help them back  
into the classroom.

[facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

# MONTHLY DROP-INS

AT  
**St Austell  
Library**

Third Friday of every  
month 10am to 12pm.  
Refreshments provided.

Open to families looking  
for support or anyone  
wishing to find out more  
about our services.

For families with children  
when a parent/carer has  
a terminal illness

[gunnerskids.org](https://gunnerskids.org)



**gunners kids**





# Activity Day

## with Memory Making Workshop at Wheal Martyn

Sun, 20 July 11am - 3pm

For families with children when a parent/carer has a terminal illness

### Come and join us!

Our Activity Day includes access to the museum and grounds as well as a Memory Making Workshop, where you can create a memory book to take home.



gunners kids

gunnerskids.org



Cornwall Wildlife Trust

Cornwall Partnership  
NHS Foundation Trust

The Mental Health Support Team warmly  
invite you to attend...

## Wild Wellbeing

During the summer holidays MHST, in collaboration with Natural England, Cornwall Wildlife Trust and National Trust, would like you to join us on a FREE Wild Wellbeing session at various locations across Cornwall.

This is for parents and children aged 5-12 in Cornwall to help understand and support emotional and mental wellbeing.  
Please book EACH child on to a session

Morning and afternoon sessions available at:

Golitha Falls  
Dipping Pond, Goss Moor  
Tehidy Woods  
Penrose Estate  
Heamoor Primary School  
Hayle Family Hub

Each session will last approx. 2 hours

To request a place, complete the online form or scan the QR code provided:  
<https://forms.office.com/e/NRrN3NXSvH>



Please note: Places are limited and will be allocated on a first come, first serve basis. If you are allocated a place and cannot attend, please let us know so we can allocate your space to someone else



Follow us on Facebook for updates and upcoming events:  
Cornwall Mental Health Support Team (MHST)



## Dates for the Diary



### July

Thursday 3rd - Saturday 5th July - Year 6 London Residential

Wk beg Mon 7th: Arts Week

Wednesday 9th July - Sports Day 9:30-12:00

Thursday 17th - Reports out to parents

Friday 18th - Arts/Community Night

Monday 21st - Parent Consultations

Monday 21st - Nursery Graduation 2:15pm

Tuesday 22nd - Parent Consultations


Tuesday 22nd - Year 6 Leavers meal and disco

Wednesday 23rd - Year 6 Leavers Assembly 2:00pm

## September

Tuesday 2nd & Wednesday 3rd - Inset Days (Closed to pupils)

Thursday 4th - First Day of term


**St Merryn  
School**





**Kernow Learning**

# School Terms and Holidays 2024/25

## St Merryn School

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**Key:**

	School Holiday
	Bank Holiday
	Term Time
	Inset Day

**Term dates summary:**

Autumn Term 1:	3rd September - 25th October 2024
Autumn Term 2:	4th November - 20th December 2024
Spring Term 1:	6th January - 14th February 2025
Spring Term 2:	24th February - 4th April 2025
Summer Term 1:	22nd April - 23rd May 2025
Summer Term 2:	2nd June - 23rd July 2025

**TOTAL: 195**

**Bank and Public Holidays 2024/25**

Christmas Day	25th December 2024	Easter Monday	21st April 2025
Boxing Day	26th December 2024	May Bank Holiday	5th May 2025
New Years Day	1st January 2025	Spring Bank Holiday	26th May 2025
Good Friday	18th April 2025	Summer Bank Holiday	25th August 2025

### 1 - Term Dates 2024-2025



## School Terms and Holidays 2025/26

St Merryn School

<b>September 2025</b>				<b>October 2025</b>				<b>November 2025</b>									
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
<b>December 2025</b>				<b>January 2026</b>				<b>February 2026</b>									
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	1	8	15	22	29	Thu	5	12	19	26	
Fri	5	12	19	26		Fri	2	9	16	23	30	Fri	6	13	20	27	
Sat	6	13	20	27		Sat	3	10	17	24	31	Sat	7	14	21	28	
Sun	7	14	21	28		Sun	4	11	18	25		Sun	1	8	15	22	
<b>March 2026</b>				<b>April 2026</b>				<b>May 2026</b>									
Mon	2	9	16	23	30	Mon	5	13	20	27	Mon	4	11	18	25		
Tue	3	10	17	24	31	Tue	6	14	21	28	Tue	5	12	19	26		
Wed	4	11	18	25		Wed	1	8	15	22	29	Wed	6	13	20	27	
Thu	5	12	19	26		Thu	2	9	16	23	30	Thu	7	14	21	28	
Fri	6	13	20	27		Fri	3	10	17	24		Fri	1	8	15	22	29
Sat	7	14	21	28		Sat	4	11	18	25		Sat	2	9	16	23	30
Sun	1	8	15	22	29	Sun	5	12	19	26		Sun	3	10	17	24	31
<b>June 2026</b>				<b>July 2026</b>				<b>August 2026</b>									
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	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
<b>Key:</b>				<b>Term dates summary:</b>													
<div><div></div>School Holiday</div> <div><div></div>Bank Holiday</div> <div><div></div>INSET Day</div> <div><div></div>School open</div>				<b>Autumn Term (74 days)</b> 2nd September 2025 - 19th December 2025 (Half term: 27th-31st October 2025) <b>Spring Term (59 days)</b> 5th January 2026 - 2nd April 2026 (Half term: 16th - 20th February 2026) <b>Summer Term (62 days)</b> 20th April 2026 - 22nd July 2026 (Half term: 25th-29th May 2026)													
<b>Bank and Public Holidays 2025/26</b>																	
Christmas Day	25th December 2025			Easter Monday			6th April 2026										
Boxing Day	26th December 2025			May Bank Holiday			4th May 2026										
New Years Day	1st January 2026			Spring Bank Holiday			25th May 2026										
Good Friday	3rd April 2026			Summer Bank Holiday			31st August 2026										