

Newsletter

Friday 29th November 2024

Autumn term issue 12



Letter from the Head

Dear Parent and Carers,

I hope you have all had a great week. Two things to talk to you about this week:

Healthy Snacks: We are seeing a worrying increase in junk food being given to children as their midmorning snack (and lunchboxes). This week we have seen children at morning breaks, eating everything from full bars of chocolate, Haribos, Crisps, Pringles and more. Whilst there is nothing wrong with an occasional treat - I really do ask you to reconsider these types of snacks in the morning. Not only do they cause a spike in the children's blood sugar- that then leads to a pretty fast crash in energy levels, but it also has a significant effect on behaviour, behaviour for learning and attention. As well as a whole host of longer-term health issues.

Fruit is always our preferred choice, and if for any reason you are struggling with the cost of this - please do not hesitate to contact us and we will provide a piece of fruit for your child. Regardless of their year group. Thank you for your cooperation in this.

Pupil Premium: Today, every family will receive a form for you to look at. If your household income, or any of your circumstances match the criteria for eligibility of Pupil Premium funding, then please, please can you complete and return the form. If you are unsure - pop in and ask us. The funding that schools receive is hugely important and it will remain attached to your child for their school life - even if your financial circumstances change. Again, thank you so much in advance for this.

That is all from me this weekend. Just a reminder that if your child is in KS2 and you have not yet granted consent for them to attend the rehearsal on the 9th December at St Andrews, please can you do so by the end of next week. Many thanks.



Kind regards

Kieran Walsh

Newsletter



Lannergrams

Well done to everyone who received a
Lannergram this week:

- Y1: Finley, Esmee, Kian
- Y2: Harrison, Eliza, Callum
- Y3: Ralph, Ziva, Emily
- Y4: Kiara, Jowen, Elijah
- Y5: Finley, Harvey, Frankie
- Y6: Jensen, Charlie, Kaia



Dates for your diary

- ◇ **Thursday 12th December**— National Christmas jumper day
- ◇ **Thursday 12th December**—Christmas play –
KS1: 2pm –3pm at School
KS2: 5.30pm—6.30pm at St Andrews Church
- ◇ **Tuesday 17th December**—FSU performance
- ◇ **Thursday 18th** - Christmas lunch and Christmas Jumper day
- ◇ **Friday 20th December**—Inset Day
- ◇ **Monday 23rd December**—Friday 3rd January—Christmas holidays.

Word of the week

Our word of the week is – **Glamorous**

Definition — full of or characterized by fascination, allure, or excitement.

The magazine reports on the glamorous lives of movie stars.

Please try and use this word as much as you can with your child.

Newsletter



**French word
of
the week**

'dessin'

Means 'drawing' in French.



Please try and use this French word as much as you can with your child.

Lanner Community Garden

SUPPORTED VOLUNTEERING DATES

SATURDAY 16TH NOVEMBER
SATURDAY 30TH NOVEMBER
SATURDAY 14TH DECEMBER
SATURDAY 28TH DECEMBER

Every other week someone from the parish council will be at the garden to work alongside volunteers. Outside of these dates we invite you to pop along and garden. We will have a list of jobs up and we have a Whatsapp group you can join to share info.

Hope to see you there.

CHRISTMAS LIGHTS SWITCH ON

6TH DEC | 7PM SWITCH ON | (8-4:30PM PARADE START FROM THE SCHOOL)

LANNER PLAYING FIELD

**ONLY 1 WEEK TO GO!
YOU WON'T WANT TO MISS IT!**

FATHER CHRISTMAS WITH GIFTS
LIVE MUSIC AND SINGING
THE LANTERN PARADE
FACE PAINTING

BUY YOURSELF A HOT CHOCOLATE FROM THE CORNISH BARISTA OR A CHEEKY MULLED WINE
TRADITIONAL FAIRGROUND ORGAN

DONATIONS TO LANNER LIGHTS ALWAYS APPRECIATED

Merry Christmas

Wednesday 18th December 2024

MAINS
Roast Turkey
OR
Squash, Spinach and Cream Cheese Filo Bake

SIDES
Roast Potatoes
Pigs in Blankets
Carrots & Broccoli
Stuffing & Gravy

DESSERT
Festive Chocolate and Ginger Cupcake
OR
Chocolate Pinwheel with Vanilla Frosting

Bookings to be made on gateway before 11th December

Christmas Lunch - Wednesday 18th Dec 🎄👶

Please see menu attached.

All bookings to be made by 11th December, please note there will be no jacket potatoes, pasta or sandwich options available on this day, any bookings for these will be removed. If your child does not want the Christmas lunch, please provide a packed lunch from home.

Please select the red main option for Turkey and green vege option for the filo bake (it will show as gammon and Quorn Roast on gateway but bookings will be swapped over)

Children who are on the allergy menu, a separate email has been sent.

Any question, please contact me in the school office.

Many thanks

Newsletter



From January 2025, the MHST team are running a number of Parent/Carer Workshops. These are one-off, one hour long, online workshops with NHS Mental Health Practitioners. These are open to everybody, simply click on the links to register your interest.

A Teams link will be emailed to you from MHST for each workshop prior to the workshop taking place.

MENTAL HEALTH SUPPORT TEAM - MHST
Cornwall Partnership
NHS Foundation Trust

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

Monday 13th January - 9.30am & 2pm
Tuesday 14th January - 11am & 4pm
Wednesday 15th January - 09:30am & 1:30pm
Thursday 16th January - 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.

Worry Workshop -

<https://forms.office.com/e/YR5MeEwtEF>

MENTAL HEALTH SUPPORT TEAM - MHST
Cornwall Partnership
NHS Foundation Trust

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

Monday 20th January - 9.30am & 4pm
Tuesday 21st January - 11am & 2pm
Wednesday 22nd January - 11.30am & 4pm
Thursday 23rd January - 9.30am & 1.30pm

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.

Resilience Workshop -

<https://forms.office.com/e/TE2UmBzrHK>

MENTAL HEALTH SUPPORT TEAM - MHST
Cornwall Partnership
NHS Foundation Trust

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

Monday 3rd February - 11am & 4pm
Tuesday 4th February - 9.30am & 2pm
Wednesday 5th February - 9.30am & 1.30pm
Thursday 6th February - 11am & 1.30pm

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

Sleep Workshop -

<https://forms.office.com/e/7ac7qHLPhc>

MENTAL HEALTH SUPPORT TEAM - MHST
Cornwall Partnership
NHS Foundation Trust

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

Monday 27th January - 9.30am & 2pm
Tuesday 28th January - 11.30 am & 4pm
Wednesday 29th January - 9.30am & 1.30pm
Thursday 30th January - 11.00am & 4pm

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

Behaviour Workshop -

<https://forms.office.com/e/1PwGDXSQ40>

Random fun fact of the week!



Panthers are not actually a separate species of cats ...

...the term 'black panther' describes the colour of their coat. In Africa and Asia, black panthers are black-coated leopards, and in North, Central, and South America, they're dark-coated jaguars.