



# MOUNT HAWKE ACADEMY

Friday 8<sup>th</sup> February 2019

## Academy News

### DIARY DATES

**Tuesday 12<sup>th</sup> Feb** - Tesco School Uniform Embroidery Service stopping / replaced with MyClothing

**Thursday 14<sup>th</sup> Feb** – FOMHS Year 3 Cake Sale

**Mon 18<sup>th</sup> Feb – Friday 22<sup>nd</sup> Feb**  
**February Half Term**

**Wednesday 27<sup>th</sup> Feb** – Bag2School Collection Day

**Thursday 28<sup>th</sup> Feb** – Maths Morning 9am – 10:30am

**Tuesday 5<sup>th</sup> March** -Chartwells Special Pasty Menu St Pirans Day

**Mon 11<sup>th</sup> March – Fri 15<sup>th</sup> March** - Science Week

**Friday 15<sup>th</sup> March** – Red Nose Day Wear red for Children in Need  
*\*Suggested donation £1*

**Mon 25<sup>th</sup> March – Friday 29<sup>th</sup> March** – Parent Consultations

### PLAYZONE CHARGES

Following feedback from our parents, we have decided to simplify our charging structure for Playzone. From 25<sup>th</sup> February 2019, the charges for all children will be:-

£4 for 1 hour

£7 for 1-2 hours

£10 for 2-3 hours



### CELEBRATIONS & ACHIEVEMENTS

Fri 8 <sup>th</sup> February	Celebration	Achievement
<b>Mousehole</b>	Bo J	Henry
<b>Godrevy</b>	Felix	Maxi
<b>Longships</b>	India	Noah R
<b>Pendeen</b>	Delilah	Nylah
<b>Class 3C</b>	Kai	Evalyn
<b>Class 3J</b>	Henry	Tassy
<b>Class 4</b>	Taylor	Hazel
<b>Class 5</b>	Amelie	Alfie
<b>Class 6L</b>	Edie	Lola
<b>Class 6C</b>	Hattie	Jago

### MENTAL HEALTH WEEK

This week has been Mental Health Week and in school we have been looking at what steps we can take to improve our mental health 'inside and out'.

In **Mousehole**, we had a big discussion about looking after our bodies on the inside and the outside. We learnt some breathing techniques and talked about the importance of eating healthily, sleeping enough and exercising.

**Godrevy** class played games from China, South Africa and Israel. The children learned how to play 'Catch the Dragon's Tail', 'Mbube, Mbube' and 'Blind Cow!' The children really enjoyed learning the new rules and they had great fun playing the games outside in the beautiful sunshine on Monday!

**Longships** have talked about what having a healthy mind means and what we can do to be happy and healthy in our bodies and our minds. We then drew pictures on what makes us happy and feel healthy.

**Pendeen** explored their feelings and what makes us who we are. **Class 3C** have used an outline of the body, inside listing things that keep your mind healthy, outside things that keep your body healthy. Also, we have done 10 minutes a day relaxation technique to help us relax our body and mind.

**Class 3J** thought about the importance of mental health when thinking about our health and what we can do to improve this.

**Class 4** focussed on how a good night's sleep leads to a good mindset for the day ahead.

**Class 5** explored small feelings and big feelings and discussed what to do when our feelings get too big for us to manage on our own. The children drew their 'Circle of Support' to help them identify who the trusted people are in their lives that they could talk to if they were feeling worried.

**Year 6** have examined their feelings, how they deal with these and who they can go to for support when it is needed.

HEAD OF SCHOOL MISS CATHERINE BIDDICK  
RODDA'S ROAD MOUNT HAWKE TRURO CORNWALL TR4 8BA  
TELEPHONE 01209 890230

A Company Limited by Guarantee. An Exempt Charity

Registered in England & Wales - Company No. 07387540

Registered Office: Aspire Academy Trust, Unit 20, St Austell Business Park, St Austell Cornwall PL25 4FD



## BIG PEDAL 2019

We've registered to take part in the Big Pedal 2019, which is being held between Monday 25th March & Friday 5th April. On each day of the challenge, schools all around the country are competing to see who can get as many of their pupils, staff and parents cycling, walking or scooting to school. What counts? At least half of a child's journey (by time) should be made by bike or scooter for the journey to count. Why are we doing this? We are working with others with the aim of creating liveable neighbourhoods, transforming the school run and deliver a happier, healthier commute. Please help us by parking away from school and walking, pedalling or scooting in!

2018 was an amazing year! A staggering 1,179 kg of nitrogen oxide was avoided as a result of the 10-day challenge. Almost 46 million calories were burned from participants cycling and scooting to school. If the journeys logged had been made by car, we would have used over 576 tonnes of CO2 and over 60,000 gallons of fuel, costing over £330,000. So come on, MHA, let's do our bit!



## REGULAR HAIR CHECKS / HEAD LICE

We have been notified by several parents that they are treating their children's hair for head lice. We encourage any children with longer hair to keep it tied back, in line with our uniform policy. Several parents have suggested having two days marked on your calendar at home, whereby you check your child's hair on those days every week. In this way, we will all be aware if a problem arises and can take the necessary evasive action.

## GOOL PERAN LOWEN!

Chartwells will be hosting a special menu to celebrate St Pirans Day on Tuesday 5th March; Traditional Steak Pasty or Cheese & Onion Pasty & Hevva Cake.

Please book your child's meal through ParentPay if you would like them to join in, (and for Key Stage 2 children who aren't free school meals, pay £2.30 within two hours to secure the meal reservation).



[@MounthawkeacademyMHA](https://www.facebook.com/mounthawkeacademyMHA)  
[absences@mounthawke.org](mailto:absences@mounthawke.org)  
[secretary@mounthawke.org](mailto:secretary@mounthawke.org)

## EMMA CLAXTON

### PARENT SUPPORT ADVISOR

If any parents currently unemployed are looking to get back into work or training, please contact Emma Claxton, PSA to see if she can direct you to local free professional and personal development courses such as a Level 2 certificate in Mental Health Awareness or GCSE Maths/English.

If any families would like some support from the Foodbank for the half term, please let Emma Claxton know and she will organise this for you.

**Soon to come:** Afternoon Budgeting workshop, looking at how to budget, basic debt guidance and thinking about how we can save money with our bills. If you think you would be interested in attending this at school, please register your interest with Mrs Marsh. Parents and carers can also get in touch with Emma Claxton if they think they may be eligible for Free School Meals. Parents/Carers would need their National Insurance number and date of birth.

## TRURO CLOTHING BANK

Truro Clothing Bank runs every 3rd Thursday of the month at All Saints Church, Hightertown between 10:30 and 12:00. The next 6 opening dates are: February 21st, March 21st, April 18th, May 16th, June 20th, July 18th.

## PENTREATH

**Pentreath**, support for mental health, are holding an open morning at Rick Steins, Fistral Beach on Thursday February 7th 09:30-11:00.

This will be a chance to meet Pentreath workers and discuss how they could support you. A chance to meet new people and a chance to gain some new skills in the Mindfulness workshop!

## 2 CORNWALL HOUSING COURSES AVAILABLE IN PERRANPORTH

2 courses available in Perranporth, candidates must be 16+, renting a property and be unemployed:

### 3 week budgeting course

- Better budgeting tips
- Dealing with debt
- How and where to find support

### CV, Negotiating and Interview course

- Building a CV for success
- How to negotiate and assert yourself
- Application forms and preparing for interviews

Transport and travel costs available. Childcare and refreshments available.

Call: 01208 265723 Text: 07941712712

email: [info@cornwallhousing.org.uk](mailto:info@cornwallhousing.org.uk) for more info!