



Sandy Hill Academy

*Aspiring to achieve, determined to succeed.*



# End of Term Newsletter Summer Term 2023-2024



Sandy Hill  
Academy



## Forthcoming events:

### July 2024

22nd - Year 6 Leaver's Assembly

22nd - Last day of term, school closes 2pm

23rd & 24th - INSET Days. School closed to pupils

### September 2024

3rd & 4th - INSET Days. School closed to pupils

5th - Autumn Term. Children return to school

### October 2024

25th INSET Day. School closed to pupils

28th to 1st November - Half term

### INSET Days (School & nursery closed to pupils):

- 3rd & 4th September 2024
- 25th October 2024
- 14th February 2025
- 23rd July 2025

### Change in circumstance

Please let us know if any of your circumstances change (address, contact telephone number, email, relationship status details), to ensure your records are current.

Equally, we would ask parents to inform us if there are circumstances outside of school that may be affecting your child's emotional wellbeing, eg parents separating, bereavement, moving home, change in family circumstances etc. We can ensure that your child receives the relevant support to help them through a difficult time.

# Head of School Welcome



As we approach the end of another remarkable academic year, I would like to thank all of our families for their continued support. Our collective and unwavering focus is and will always be on one thing - the children. Together we can continue to help them grow - *'Aspiring to achieve, determined to succeed.'*

From learning to read, to editing their writing, from perfecting their brush strokes in art, to designing 3D models in DT; in what has felt like a whirlwind, the children continue to learn, experience and remember more.

As we bid farewell to our Year 6 students, we celebrate their journey with us and wish them the very best as they move on to secondary school. Their time at Sandy Hill Academy has prepared them well for their next chapter.

We will sadly be saying goodbye to three staff members, Mrs Facey, Miss Jago and Miss Hildersley at the end of this year. Mrs Facey has taken up another role within the trust so will no doubt continue to work closely with us at Sandy. All three members of staff have enriched the lives of the children they have worked with and we thank them for their dedicated service, wishing them all the best for the future.

As we look forward to the next academic year, we're filled with anticipation for the opportunities that lie ahead. But first, a summer holiday to recharge the batteries.

***Jack Walker - Head of School***



# Nursery - Acorn Classes



DINO STOMP



WATER PLAY



PARTY.....



MUSICAL STATUES!



DEN BUILDING

# Nursery - Acorn Class



What a fantastic end to the summer term in Acorn Class. We are immensely proud of how far the Big Acorns have come and they have been very excited about their new classes in September. We very much look forward to welcoming back the little acorns in September where they become our new Big Acorn role models for those joining us for the first time.

This summer term has been all about the minibeasts in the nursery and we have spent as much time as possible outside exploring the gardens and school grounds, learning how to take care of the environment around us so the minibeast can live peacefully.

We have been transporting water all around the nursery garden using lots of different materials. The children came up with some wonderful ideas on how to support piping and how to transport the water from one place to another successfully. We then investigated what items around our garden could move with our water network!

We really enjoyed taking part in the Dino Stomp, especially finding so many dinosaurs hiding around our school! We used our new squiggle whilst we wiggle skills by going under and over, up and down.

All of the Acorns have done amazing this year and wish wish all of those moving on the very best in Cherry and Apple Class. We wish you all a very bright enjoyable summer making memories. Thank you all for the unwavering support.

The Nursery Team

# Reception - Apple Class

DINOSAUR STOMP



ROCK POOL ROADSHOW!



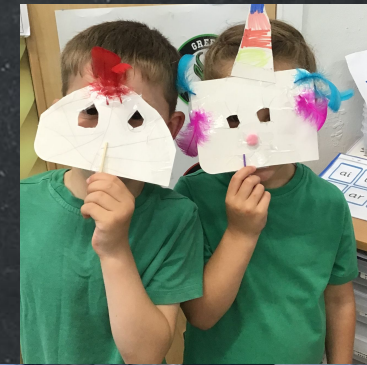
TAPESTRY

TEAMWORK



PE!

# Reception - Cherry Class



# Reception - Apple & Cherry Classes



Apple and Cherry class have had a wonderful summer term which has been packed full of adventure, awe and wonder! We are so proud of how the children have ended their year in Reception ... as super Sandy stars who are now ready to transition to the next part of their learning journey at Sandy Hill Academy.

This term as part of our 'Where Shall We Go?' topic, the children have explored different themes including Vincent Van Gogh's art, sea creatures, dinosaurs, and seashores and cities in the past.

We were very lucky to have a visit from Blue Reef aquarium and their Rock Pool Roadshow, where we got up close to sea creatures little and large, including starfish and crabs, and even touch them! We used different describing words to talk about how each creature felt and looked, and learnt a little about the creatures' lives.

We went on a sponsored Dinosaur Stomp around our school grounds, seeing what dinosaurs we could spot on the way ... the children made dinosaur headbands and stomped their way around the school grounds, stomping over, under, and through anything in their path!

The children have continued to 'wow' us with their enthusiasm for learning: their reading has gone from strength to strength, and we have been blown away by their number skills, which have improved by the day!

We hope you all have a wonderful, well deserved summer break - we are so proud of you!  
The Reception team.



# Year 1 - Chestnut Class



BREAD MAKING!!



THE CHILDREN LOVED BEING CREATIVE IN ART LESSONS THIS HALF TERM!



SCIENCE FAIR FUN!



# Year 1 - Holly Class



# Year 1 - Chestnut & Holly Classes



Year One have had a fantastic Summer Term. The children have learnt about transport and how much it has changed over time. This was included looking at famous pilots, including Wright Brothers and Amelia Earheart.

The children practised very hard leading up to Sports Day and then worked brilliantly together, taking part in all of the activities showing true Sandy Star Values!

In Science, the children have been learning about different materials and what they can be used for. They worked on learning the different properties of materials which built up to them conducting an experiment testing the strength of different materials.

Throughout the year, the children have consistently impressed all of the adults within Year One with their attitude to learning, focus and determination. Well done on a brilliant year.

Enjoy the holidays.

The Year One Team.

# Year 2 - Maple Class



DISCOVERING EXPLORERS!



SPORTS DAY!



WORLD MUSIC DAY



SCIENCE INVESTIGATIONS



TEAM GAMES



CODING IN COMPUTING



# Year 2 - Willow Class



AUTHOR MEET

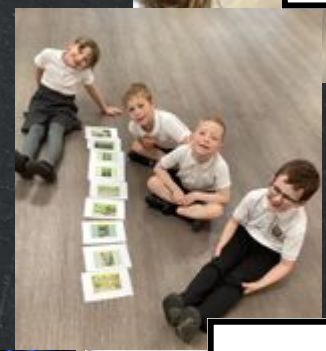


SPORT'S DAY

CAMPFIRE HOT CHOCOLATE



CODING



KAPONG AYER



FRIENDSHIP FRIDAY



LEARNING NEW SKILLS



# Year 2 - Maple & Willow Classes



Year 2 have had a fantastic Summer Term, packed with exciting learning! The children have enjoyed learning about famous explorers. The children did a brilliant job at becoming explorers themselves, looking for clues to find out how and why famous explorers wanted to explore. They were excited to discover facts about the two famous explorers Neil Armstrong and Christopher Columbus and what they discovered on their journeys.

The children in Year 2 thoroughly enjoyed their Sports Day! They all did a brilliant job at taking part in each of the activities and supporting their peers throughout.

In Science the children have been busy completing two different investigations. During the first investigation, the children wanted to find out if plants needed sun light to grow. They tested this by planting two sunflower seeds and putting one in the dark and one in the sunlight. We discovered that both plants grew but the one in the dark turned yellow and looked weak. Therefore, we concluded that plants do need sunlight to grow healthily. Our second investigation was for our Science fair entry. The children tested a range of materials to see which would be best to make black out blinds for a tired Dragon! The children thoroughly enjoyed using torches and light boxes to test different materials to see if they were transparent, translucent or opaque.

Well done for all your hand work this year Year 2! We wish you all the best for your exciting adventures into Year 3, and we hope you all have a wonderful Summer!

# Year 3 - Ash Class



SUMMER FRUIT  
PARCEL MAKING IN  
DT



LIBRARY VISIT!



WE LOVED WORLD MUSIC  
DAY WHEN WILL KEATING  
CAME IN AND SANG  
CORNISH SONGS WITH US!



SOME FANTASTIC  
MUSIC LEARNING!



WE LOVED OUR TRIP TO  
CARLYON BAY



# Year 3 - Elm Class

HAVING FUN AT ST AUSTELL LIBRARY.



HISTORY/GEOGRAPHY FIELD TRIP TO CARLYON BAY.



FOOD/SCIENCE  
MOLECULAR GASTRONOMY  
WORKSHOP.





# Year 3 - Ash & Elm Classes



All the children in Year 3 have had a fantastic Summer term. All of the children within Ash class and Elm class have showed incredible resilience by always trying their best and never giving up!

We have loved engaging within our final topic in Year 3 which has been 'Ancient Egypt'. In this topic, the children have completed some fantastic cross curriculum work. For example, they have created some superb 3D pyramids and hieroglyphic pictures in Art, and created some informative posters about Ancient Egypt within their History work!

In other lessons like Maths , we have been consolidating the 3 times tables as well as recapping the 2's, 5's, 10's, 8's and 4's as well as learning about multiplication and division, and time! Whereas in Geography, we have been learning about what megacities are and where they are within the world.

It has also been a busy term where the children have engaged in lots of fun learning opportunities such as World Music Day, Swimming week, and their Local History fieldwork walk to Carlyon Bay. These days the children have absolutely loved as they got to partake in some learning opportunities that allowed them to work together and create some memories together as a class, and a year group! Miss Rowe and Miss O'Brien have been blown away with their learning this term!

The whole of the Year Three Team are extremely proud of all of the children as they show themselves to be resilient and self-motivated thinkers every single day! We all wish them the best for their adventures into Year Four, and we wish them to have the most wonderful Summer holiday!

# Year 4 - Beech Class

OUR PORTHPEAN ACTIVITY TRIP



MEASURING THE SIZE OF THE SUTTON HOO SHIP! 27 METERS LONG.

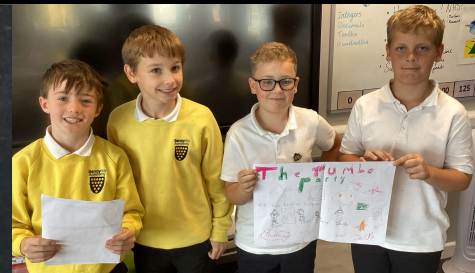
STRING TELEPHONES - SCIENCE FAIR 3RD PLACE!



WRITING OUR OWN MANIFESTOS INSPIRED BY THE GENERAL ELECTION



EGG ENAMEL EXPERIMENT



ACTING OUT A SCENE FROM THE TEMPEST!

LEARNING ABOUT LOCAL INDUSTRIES WITH A VISIT FROM IMMERY'S



SHOWING RESILIENCE ON SPORTS DAY



# Year 4 - Sycamore Class

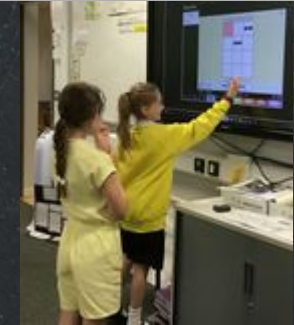
OUR PORTHPEAN ACTIVITY TRIP



A SPOT OF ACTING  
"THE TEMPEST"



CREATING RHYTHM  
GRIDS FOR IN  
MUSIC



EGG ENAMEL EXPERIMENT



SHOWING RESILIENCE ON SPORTS DAY



STRING TELEPHONES - SCIENCE FAIR 3RD PLACE!



ENJOYING SINGING "LEAN ON ME"



# Year 4 - Beech & Sycamore Classes



Year 4 have had a fantastic Summer Term, packed with varied learning. Children have enjoyed learning about the Anglo Saxons and Vikings. Using the story of Beowulf and Grendel as a starting point, linked to our English work, pupils have shown wonderful historical thinking, deciding whether Anglo Saxons really did live in the Dark Ages and discovering that Vikings might not have been as vicious as they first thought.

In Maths we have been learning about decimals and have gone from strength in using them in problem-solving and arithmetic questions. Both Beech and Sycamore Class are confident with their money calculations and have had fun discussing what they would be able to afford on different budgets.

Students in Year 4 can be very proud of their efforts with their Multiplication Tables Check. This government assessment required children to show off their times table skills and the whole year group demonstrated brilliant knowledge recall. After needing to be patient when giving their answers, they are all glad to be able to go as fast as possible on Times Table Rockstars again!

In Science we have been learning about Living things and their habitats. The children enjoyed learning about the way that different animals adapt to their environment and were particularly interested when we started our topic on digestion. However, our stand-out science moment was when we won 3rd place at the interschool Aspire Science Fair for our presentation about how string telephones can be used to transmit sound! Great work Year 4.

# Year 5 - Cedar Class



PORTHPEAN CAMP



ASPIRE GAMES



CHILDREN'S UNIVERSITY TRIP



WINNING THE SCHOOL SCIENCE FAIR

# Year 5 - Pine Class

ASPIRE GAMES



JUNIOR LIFE SKILLS



SPORTS DAY

SCHOOL CAMP



# Year 5 - Cedar & Pine Classes



Wow - the summer term has absolutely flown by! Both Year 5 classes have completed some fantastic learning this term and each and every one of them should feel immensely proud of their achievements.

The summer term has provided Year 5 with a range of exciting trips. We have thoroughly enjoyed visiting Plymouth University, where we completed an interesting workshop about sustainable construction and carbon literacy. Alongside this, we were lucky enough to complete a 'Life Skills' event at the local fire station. During which, we learnt about a range of skills: including, fire awareness; how to keep personal information safe; transport safety and basic CPR.

During this term, Year 5 have enjoyed competing in both our school sports day and the Aspire Games. During both, every child participated fantastically and demonstrated excellent resilience to achieve their personal best.

We have really enjoyed learning all about our class topic - The Ancient Greeks. We have loved being history detectives and studying images of Greek artefacts to give us clues about their ways of life.

All the adults working with both Year 5 classes are very proud of the children and how they have progressed this year. We would like to wish everyone a fantastic summer break!

# Year 6 - Oak Class





# Year 6 - Redwood Class



# Year 6 - Oak & Redwood Classes



What an incredible last term for our Year 6 students! We have certainly been busy and accomplished so much.

We kicked off the term with our SATs, and every single one of you made us extremely proud with your hard work and dedication.

Next, we participated in the Mini Police scheme with PC Rees, who praised your excellent behaviour and remarked that it was the best experience he had ever had at a school.

We also had a blast on our school camp to Exmouth, where we all had a brilliant time together, making memories that will last a lifetime.

To wrap up the term, we dazzled our audiences with the performance of 'I'm an Eleven Year Old, Get Me Out of Here' and our heartfelt leaver's assembly.

We are immensely proud of you, Year 6. Good luck and farewell!

# Pupil Premium & Free School Meals



All pupils in Reception, Year 1 and Year 2 are entitled to receive a free school meal. This is part of the Universal Infant Free School Meals (UIFSM) initiative, regardless of household income.

However, some children in Reception, Year 1 and Year 2 may also have an entitlement to benefits-related Free School Meals. Children in this group are also eligible for Pupil Premium – additional funding paid to the school to support your child in their learning. It is important to apply for benefits-related Free School Meals if you think your child may be eligible. This is so that your child's school can receive this funding. Your child will be eligible for benefits-related Free School Meals if you meet the [eligibility criteria](#).

Your entitlement to Universal Infant Free School ends when your child transitions to Year 3, so it is worth considering whether you may be entitled to benefits-related free school meals particularly if your circumstances have changed (i.e your household income has changed and you are in receipt of certain benefits).

If eligible, you can apply for Free School Meals and Pupil Premium [online](#).

I can't believe how quickly another school year has flown by and what a busy year it has been!

Staff have received various training in different areas of SEND, including Social Thinking Skills from the Autism Team, Emotions Coaching from the Early Years Inclusion Team, and training from the Communication Support Team to develop strategies to support children with Developmental Language Disorder (DLD) as well as intensive interaction methods and Makaton to support early communication skills. Alongside this, subject leads continue to support teachers with how best to adapt learning for pupils with SEND across the curriculum. This has included the Little Wandle SEND phonics scheme, Grammarsaurus and precision teach methods to support fluency in Maths to name a few.

We also continue to work with a range of agencies including Speech and Language Therapists, Educational Psychology, Occupational Therapists and the Cognition and Learning Team, as well as coordinating with Family Support Workers and Social Care professionals, all of whom provide ongoing support and targeted advice for individual pupil's needs.

Children throughout KS1 & KS2 have begun accessing whole class 'Life Decider Skills' intervention with our Educational Mental Health Practitioner, Katherine Churms who is part of the [Mental Health Support Team](#). These sessions aim to support children to better understand their emotions and promote good mental health. These sessions will continue next school year and Katherine continues to offer 1:1 counselling sessions alongside this.

Working closely with the lead Inclusion Team for the Aspire Academy Trust, we have also updated the previous IEP format for all children on the SEND Record of Need. Pupils now have an Individual Provision Map (IPM) which includes targets for pupils to work towards, alongside reasonable adaptations and provision to help them achieve this. If your child has an IPM in place, this will have already been shared with you by their class teacher.

We've also begun using the new Neurodiversity Profiling Tool which was launched in Cornwall recently. Covering nine key areas of childhood development, the tool aims to help give a whole picture of a child's needs as well as recommending reasonable adjustments that could be put in place to support. Completion of the ND Profiling Tool is part of the new referral process for a neurodevelopmental assessment including Autism and ADHD. You can find out more by [clicking here](#).

As we head into the summer holidays, I want to wish you all a restful break and a chance for us to recharge before no doubt another busy academic year begins. If you're looking for ideas to keep your children entertained, the Time 2 Move Holiday programme offers a fantastic range of summer holiday activities, and also includes some SEND specific activities being run at Pencalenick School and Doubletrees. [Click here](#) for more information.

## **Staying safe during the holidays**

With the Summer holidays fast approaching, we wanted to share some information on how to stay safe during the holidays.

### **Water Safety:**

Being a coastal county, the summer is a great time to spend time with friends and family enjoying some time out at the seaside or enjoying watersports. Here is some water safety advice which may be of interest:

- [Royal Life Saving Society UK](#)
- [RNLI](#)
- [Float to live](#)

### **Road Safety:**

With more time being spent outside during the holidays, now is a great time to remind children the importance of road safety. Please see the links below with hints and tips on how to make safe and healthy journeys with children:

- [ROSPA - Teaching Road Safety: A Guide for Parents](#)
- [Brake - The Road Safety Charity](#)

### **Leaving children home alone:**

The NSPCC has recently published a news story about children being left home alone. Please click [here](#) to read the NSPCC guide to help parents decide whether your child is ready to stay at home alone.

**Safety Reminder:** If you are dropping children off in the morning or picking up after school and you are driving, please can you ensure that this is not on the zig zag lines outside school or at the pedestrian crossing (even if the lights are red).

## IMPORTANT CHANGES TO THE LAW REGARDING PENALTY NOTICES FOR UNAUTHORISED ABSENCE FROM SCHOOL

As of 19th August 2024, the government's new National Framework for Penalty Notices for School Absence (including unauthorised holidays) comes into effect.

**\*This affects when penalty notices are issued in Cornwall\***

There is a new national threshold of 10 unauthorised sessions for any reason (equivalent to 5 school days) within a rolling 10 school week period

A parent will no longer be able to take their child out of school for one week's holiday without a potential penalty notice being issued.

There is an increase in the penalty fine from £60 to £80 if paid in 21 days. If the fine is not paid by the first 21 days, it will rise to £160, if paid within 28 days of being issued.

If a second penalty fine is issued to the same parent for the same child within a 3-year rolling period, the fine will automatically rise to £160 with no option to pay the lower rate of £80.

If a parent commits a third offence in a 3-year rolling period, the local authority will consider other enforcement options available. This may include prosecution for the offence of failing to ensure your child's regular attendance.



## Should I keep my child off school?

### Yes

	Until...
Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

### No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

#### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

# School Uniform



School uniform plays a vital role in promoting the ethos of a school, providing a sense of belonging and identity and setting an appropriate tone for education. By creating a common identity amongst all pupils, regardless of background, a school uniform can also act as a social leveller.

Our school colours are yellow and black.

Pupils in Years 1 - 6 (inclusive) wear yellow school sweatshirts (school logo optional), black trousers/skirts and white polo shirts with plain white, black or grey socks / tights and black coloured shoes (not boots) with a flat heel.

Children in Early Years (Nursery & Reception Class) wear black school sweatshirts (school logo optional)

Both our yellow and black school jumpers are available to purchase locally from [Cornwall Screenprint & Embroidery](#).

Alternatively, certain items of our school uniform are also available to purchase online via [Wovina](#).

All hair is to be kept tied back with no dyes or colours added and Grade 2 as the shortest cut length.

Jewellery allowed is a watch and one single pair of small, plain earrings.



## "Working together, inspiring excellence"

As a member of the [Aspire Academy Trust](#) we have a centralised approach to policies. We have an extensive list of policies that cover the nursery, school and Kids Club.

All Ofsted statutory policies are located under the '[Statutory Information](#)' page on our school website.

In addition to these statutory policies, a selection of additional useful policies can be found on our '[Parents/Useful Links & Downloads](#)' page.

Please also read our '[Aspire Social Media Policy](#)' and '[Aspire Parent Code of Conduct](#)'. If you are unable to find a particular policy, please contact the school office.

Thank you.

Please may we remind parents/carers that neither smoking nor vaping is permitted whilst on school premises.



Thank you.





## Events & Activities

**WALK & TALK**  
Healthy Cornwall **FREE** Sessions  
**SUMMER 2024**



**St Austell Library**  
6th August 10.00 - 11.00am  
29th August 10.00 - 11.00am

Please call to book a place. Places subject to availability.

**National Literacy Trust**  
CORNWALL  
IT'S YOUR STORY

**RAMBLERS**  
**WELLBEING WALKS**  
Cornwall

Healthy Cornwall. 01872 324200  
www.healthycornwall.org.uk

Healthy Cornwall  
Information Classification: PUBLIC

**ARTCONNECTION.CO.UK**  
**PARCEL PETS!**  
HAVE YOU MET THEM YET?



Come and make your own!  
**FREE**

Animate your character with stories, songs and poems!

To sign up; contact Healthy Cornwall on 01872 324200 to register your interest or for more information.

**8th August 2024, 1.30 - 2.30pm**  
**St Austell Family Hub**  
(Woodland Road, St Austell, Cornwall, PL25 4RA)  
((Places subject to availability. All children must be accompanied by a parent/guardian))

## Events & Activities



**HOME START**  
Kernow

# Summer Picnics

All held 10:30-12:30

FREE

Truro, Malpas Park, Wed 31st July (Specialist Parenting)  
Saltash, Longstone Park, Wed 31st July  
Perranporth, Bolenna Park, Wed 31st July  
Launceston, Coronation Park, Wed 7th August  
St Austell, Poltair Park, Fri 9th August  
Truro, Malpas Park, Mon 12th August  
Hayle, Recreational Ground, Tues 13th August  
Culdrose Community Centre, Wed 14th August  
Redruth, Illogan Park, Wed 14th August  
Penzance, Penlee Park, Mon 19th August  
Newquay, Trenance Park, Tues 20th August  
Liskeard, Castle Park, Wed 21st August  
Bodmin, Priory Park, Thurs 22nd August



Summer Reading Challenge 2024  
Delivered in partnership with libraries

# Marvellous Makers

THE READING AGENCY Celebrating creativity CREATE!

Illustrations by Natelle Quek and logo artwork by Lizzie Everard. All © The Reading Agency 2024.



Summer 2024  
Book now

TIME MOVE  
Holiday Programme

Click the image above to learn more about the 2024 Summer Reading Challenge.

The Time2Move Holiday Programme provides fun physical activity and healthy food for children aged between 5 and 16 years old during the school holidays in Cornwall.

The programme is fully funded by the Department for Education and is for children that are eligible for benefits related free school meals. It is known nationally as the Holiday Activities and Food Programme.

Please click [here](#) for further information.

## Events & Activities



The Mental Health Support Team invites you to register your interest in...

**Wild Wellbeing**

**NHS**  
Cornwall Partnership  
NHS Foundation Trust

### Available sessions:

#### **St Columb Major Academy**

- 30/07/2024 - 10am
- 30/07/2024 - 1pm
- 01/08/2024 - 10am
- 01/08/2024 - 1pm

### Available sessions:

#### **Tywardreath Primary School**

- 31/07/2024 - 10am
- 07/08/2024 - 1pm
- 14/08/2024 - 10am
- 21/08/2024 - 1pm

#### **St Mewan Primary School**

- 31/07/2024 - 1pm
- 07/08/2024 - 10am
- 14/08/2024 - 1pm
- 21/08/2024 - 10am

### Available sessions:

#### **Berrycoombe Primary School: - Bodmin**

- 05/08/2024 - 10am
- 05/08/2024 - 1pm
- 08/08/2024 - 10am
- 08/08/2024 - 1pm

#### **Goss Moor (with Natural England)**

- 13/08/2024 - 10am
- 13/08/2024 - 1pm
- 15/08/2024 - 10am
- 15/08/2024 - 1pm

During the summer holidays, MHST would like you to join them for a FREE Wild Wellbeing outdoor, nature based session. This is for parents and their primary aged children (5-11) in the Mid Cornwall area, to understand and support emotional and mental wellbeing. Wild Wellbeing will run as small groups, facilitated by NHS MHST trained practitioners and last approx. 2 hours.

To sign up for sessions at St Columb Major Academy [click here](#)

To sign up for sessions at Tywardreath Primary and St Mewan Primary [click here](#)

To sign up for sessions at Berrycoombe Primary School and Goss Moor [click here](#)

## Events & Activities

The Mental Health Support Team (MHST) are running some FREE online parent workshops in September.

Sleep Workshop: [click here to sign up](#) Back to School Transition Workshop: [click here to sign up](#)

A poster for a Sleep Workshop. At the top left, a blue bat is sleeping on a branch with 'Z Z Z' above it. At the top right, a yellow star with a blue nightcap and 'N N N' is shown. The text is in a white box with a dark background. Below the text, there is a purple cloud with a yellow hat and a crescent moon with stars.

**The Mental Health Support Team invites you to book your place on our Sleep Workshop**

**A single, hour-long workshop aimed at providing psychoeducation around the importance of cultivating healthy sleep habits, including why we sleep and what might impact sleep. The session aims to help identify ways you and your child could develop good sleep hygiene and includes some strategies you can both use to do this.**

**Upcoming Sessions Online at 4pm**

- Monday 2nd September
- Tuesday 3rd September
- Wednesday 4th September
- Thursday 5th September

A poster for a Back to School Transition Workshop. At the top left is a yellow school bus. In the center is a green chalkboard with 'Back to SCHOOL' written on it, a lightbulb, and a fish. At the top right is a globe. The text is in a white box with a light background. Below the text, there are colorful paper clips and a paint palette.

**The Mental Health Support Team invites you to book your place on our Transition Back to School Workshop**

**Are you looking to make the transition back to school as smooth as possible... for you and your child? Going from summer to a new term is a BIG change for parents and Children alike. Whether it's your child's first year of school or their first day back, the school transition doesn't start and end at drop-off.**

**Upcoming Sessions Online at 10am**

- Monday 2nd September
- Tuesday 3rd September
- Wednesday 4th September
- Thursday 5th September

**This workshop is open to parents/carers of children enrolled in Reception to Yr6 in a Mid Cornwall School**

## Worried about a child?

### Who to contact if you have concerns about a child:

Multi-agency Referral Unit (MARU): 0300 123 1116

Out of Hours Service: 01208 251300

# NSPCC

If you're worried  
about a child:

0808 800 5000

help@nspcc.org.uk

www.nspcc.org.uk



Cornwall's Early Help Hub offers family support to help with common family matters (i.e. parenting support, health visiting, school nursing) for children and young people.

To request help:  
earlyhelphub@cornwall.gov.uk  
01872 322 277

**WORRIED?  
YOU CAN TALK TO US**

Call Childline on **0800 1111**  
or visit [childline.org.uk/kids](http://childline.org.uk/kids)

Whatever your worry,  
you can talk to us. It's free,  
you don't have to tell us  
your name, and you can  
chat about anything.

**childline**  
ONLINE, ON THE PHONE, ANYTIME

# SAMARITANS

Call free day or night on

# 116 123

Email

jo@samaritans.org

**Crisis Care Award (Cornwall Council)**  
0300 1234 121

**Housing (Cornwall Council)**  
0300 1234 161

**First Light (Domestic Violence Support)**  
0300 777 4777

**Citizens Advice Cornwall**  
0800 144 8848

**Remake Cornwall**  
07480 135818  
remakecornwall@gmail.com

**St Austell Foodbank**  
01726 65313  
info@staustell.foodbank.org.uk



**Sandy Hill Academy**

*Aspiring to achieve, determined to succeed.*



## Staying in Touch

**Address:** Sandy Hill Academy, Sandy Hill, St Austell, PL25 3AT

**Email:** [hello@sandyhill.org.uk](mailto:hello@sandyhill.org.uk)

**Nursery enquiries:** [nursery@sandyhill.org.uk](mailto:nursery@sandyhill.org.uk)

**Phone:** 01726 75858

**Website:** [www.sandyhill.org.uk](http://www.sandyhill.org.uk)



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