



WHITSTONE COMMUNITY PRIMARY SCHOOL

Newsletter Autumn Term - Issue 3



MESSAGE FROM MRS MOULD

As we head towards a busy few weeks in school, please take a moment to check the upcoming diary dates and keep an eye on our weekly newsletter and the parent notices displayed outside classrooms. These are the best places to find information about events, activities and important reminders so you don't miss out on anything that's coming up.

Thank you for your continued support.

Have a lovely weekend with your families.

Best wishes, Mrs Mould.



AUTUMN TERM DIARY DATES

October

Tuesday 13th October - Y1 Hearing Screening

Wednesday 14th October - Music Workshop

Thursday 15th October - Harvest Service 2pm

November

Tuesday 3rd November - Smarter Smiles

Friday 6th November - Festival of Light Day

Wednesday 11th November - Remembrance Day

Friday 13th November - Children in Need

Wednesday 18th November - Odd Sock Day

Monday 23rd November - School Photos



December

Wednesday 9th December - Nativity

Thursday 17th December - Christmas Dinner

Thursday 17th December - Christmas Service 2pm

Friday 18th December - Christmas Party Day

TERM DATES



Autumn Term 1

Monday 7th September - Friday 23rd October

Half term: Monday 26th - Friday 30th October

Autumn Term 2

Monday 2nd November - Friday 17th December



ATTENDANCE

Explorers 96%

Voyages 93%

Adventurers 99%

Trailblazers 90%



HOUSE POINTS

Atlantic 246

Sahara 300

Amazon 236

Krakatoa 280



BIRTHDAYS

Happy Birthday to....



Devon

Seren

Rebecca

Mr Mould



CERTIFICATES



REMINDERS

As the weather continues to be chilly, please ensure your child comes to school with a warm and waterproof coat, including optional extras like hats, scarves, and gloves.



REMINDERS

PE Days:

Explorers: Thursday

Voyagers: Tuesday

Adventurers: Wednesday and Thursday

Trailblazers: Monday and Friday



REMINDERS



Any child with diarrhoea and/or vomiting symptoms must stay away or be excluded from the school until they have been free of symptoms for 48 hours (the '48 hour rule') and feel well. If your child is sick at school, we will ask you or your emergency contact to take your child home. They should not return for 48 hours to the school premises. We appreciate that this is inconvenient in many cases, and you may not believe your child is ill, but you will appreciate that we do this in all cases and it should reduce the risk of infection for all children in school.



TERM TIME HOLIDAYS

We would like to remind all parents that holidays taken during term time are not considered exceptional circumstances and will result in unauthorised absence. If your child is absent without authorisation, it may lead to penalties under the Education Act 1996. Unauthorised absences could result in a penalty fine issued as £80 per liable parent, per child if paid within 21 days, or £160 per liable parent, per child if paid after this but within 28 days.

Please read the statutory statement regarding unauthorised absence during term time.

If your child is absent from school without authorisation, you will be committing an offence under the Education Act 1996. We may submit a request to Cornwall Council for a Penalty Notice to be issued, in accordance with Sections 444A and 444B of the said Act. Penalty Notices are issued per liable parent, per child and each carry a fine of £80 if paid within 21 days or £160 if paid after this but within 28 days. If your child is further absent from school without authorisation within any 3-year period, you will be committing a further offence under the Education Act 1996. We may submit a request to Cornwall Council for a Penalty Notice to be issued, in accordance with Sections 444A and 444B of the said Act. Penalty Notices for a second offence are issued per liable parent, per child and each carry a fine of £160, payable within 28 days. Importantly, fines per parent will be capped to two fines within any three-year period. Once this limit has been reached, other action such as a parenting order or prosecution will be considered. Failure to pay the Penalty Notice may also result in legal action. If you are prosecuted and attend court because your child has not been attending school, you could get a fine of up to £2,500. Cornwall Council may also apply for the costs incurred in taking the matter to Court, including legal costs. Absence not authorised by the school may also result in a prosecution in the Magistrates' Court under Section 444(1) or Section 444(1A) of the Education Act 1996, leading to a fine of up to £2,500 and/or a custodial sentence. Again, Cornwall Council may also apply for the costs incurred in taking the matter to Court, including legal costs. Money raised from fines is only used by the local authority to cover the costs of administering the system, and to fund attendance support. Any extra money is returned to the government.



AUTUMN TERM CLUBS

We are excited to offer a variety of clubs this Autumn Term which will be free of charge and provide children with enrichment and social opportunities starting on Monday 28th September.

- Monday: Games Club
- Tuesday: Yoga Club
- Wednesday: Construction Club
- Thursday: Computing Club
- Friday: Scooter Club



Places are limited and will be on a first come first served basis. Bookings will open on Arbor on Wednesday 23rd September at 8am.

NURSERY PLACES

We are pleased to announce that we have spaces available in our Nursery for children aged 2 to 4 years, with funded places for up to 30 hours.

If you are interested or know someone who might be, please don't hesitate to contact the school office on 01288 341241 or email school@whitstone.cornwall.sch.uk.



SAFE PARKING

For the safety of our children and the surrounding community, we kindly ask that parents do not park on the zigzag lines outside the school or block neighbours' driveways. We have received complaints from neighbours in recent months, and we appreciate your cooperation in maintaining a safe environment during drop-off and pick-up times.

Respecting our neighbours and ensuring safe access to the school is crucial for the well-being of our children. We encourage families to walk or cycle to school where possible. Thank you for your understanding and support in fostering a positive community spirit!



THIS WEEK IN SCHOOL

Another wonderful week in school – learning, growing, playing and achieving together...



HARVEST SERVICE

"Give Thanks
Share Kindness
Build a Brighter
Tomorrow"
♡

WHITSTONE COMMUNITY
PRIMARY SCHOOL

Together
We Grow
♡

HARVEST SERVICE

Whitstone Community Primary School

Thursday 15th October 2026

2:00pm

St Anne's Church, Whitstone

Harvest
Brings
People
Together
♡

Our PTFA will be serving
light refreshments.
♡
All Welcome!
♡

PTFA

A Halloween-themed poster for a pumpkin carving competition. The background is dark blue with orange spider webs in the corners. In the center, three carved jack-o'-lanterns are lit up, sitting on a wooden surface with autumn leaves. Behind them is a large, glowing full moon and a silhouette of a haunted house with lit windows. Three bats are flying in the sky. The title 'PUMPKIN CARVING' is in large, orange, dripping letters, and 'COMPETITION' is in large, white, dripping letters. Below the title, the text 'Get creative • Show off your skills • Carve a winner!' is written in a yellow, cursive font. At the bottom, there are three yellow banners with black text: '£1 ENTRY' with a star icon, 'PRIZE FOR THE WINNING PUMPKIN!' with a trophy icon, and 'OPEN FOR ALL!' with starburst icons. Below these banners, the text 'Entries to be bought in on THURSDAY 15TH OCTOBER' is accompanied by a calendar icon. Below that, 'Ready for judging on FRIDAY 16TH OCTOBER at the Halloween disco!' is accompanied by a gavel icon and a globe icon.

PUMPKIN CARVING COMPETITION

Get creative • Show off your skills • Carve a winner!

£1 ENTRY

PRIZE FOR THE WINNING PUMPKIN!

OPEN FOR ALL!

Entries to be bought in on
THURSDAY 15TH OCTOBER

Ready for judging on
FRIDAY 16TH OCTOBER
at the Halloween disco!

PTFA



FUNDRAISING



Some of the school staff are doing a walk in Bude in aid of children in need. If you would like to donate, please click the link below. Thank you for your support.

<https://challenge.bbcchildreninneed.co.uk/fundraising/wcps-ramblers>

AFTERSCHOOL CLUBS

AUTUMN TERM CLUBS

We are excited to offer a variety of **FREE** after-school clubs this Autumn Term, giving children even more opportunities to have fun, learn new skills, develop their interests and spend time with friends.

 Clubs will run from **3:15pm to 4:15pm** and will begin on **Monday 28th September**.

	MONDAY:	Games Club
	TUESDAY:	Yoga Club
	WEDNESDAY:	Construction Club
	THURSDAY:	Computing Club
	FRIDAY:	Scooter Club

 Places are limited and will be allocated on a **first come, first served basis**.

 Bookings open on **Wednesday 23rd September at 8:00am.**

LOCAL EVENTS

St Anne's Hall

23rd October 6.30pm

A BEETLE DRIVE

Prizes, refreshments and a draw.

All Welcome.

£3 per adult £1 per child.
Queries to
helenecott@mail.com

MENTAL HEALTH SUPPORT



Cornwall Partnership
NHS Foundation Trust

MENTAL HEALTH SUPPORT TEAM - MHST



Please join us for our five week

Parent Led CBT Intervention

- Does your child frequently anticipate that something negative will occur and doubt their ability to handle it?
- Does your child frequently report physical symptoms, such as headaches, stomachaches, shaking, or muscle aches, before participating in activities or going out?
- Does your child often seek reassurance by asking questions like, "Will I be okay?"
- * • Does your child shy away from activities or events they once enjoyed attending?

If you answered yes to any of these and would like to join us either online or in a face to face group please register your interest by completing the link below or scan the QR code.

<https://forms.cloud.microsoft/e/UvJzbabn9J>



ONLINE SAFETY

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 wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

SNAP STREAK

97

WHAT ARE THE RISKS?

What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🌟 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>

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TOP TIPS

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 wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about **SCHOOL AVOIDANCE**

School avoidance refers to reduced attendance or non-attendance at school by a child or young person. In 2022-23, more than one in five children in England were found to be absent from school over 10% of the time. This guide focuses on school avoidance with an emotional basis, offering expert mental health advice. However, it's important to remember that school avoidance is a hugely subjective experience which requires a tailored, individual approach.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include tummy aches, headaches, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGE OVERWHELMING FEELINGS

Acknowledge the child's worries, listen and discuss coping strategies together to help them manage difficulties. These could include mindfulness, deep breathing or going for a walk. This helps them understand that you are working together towards a common goal, and that these strategies can be used when bigger feelings arise.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and spent away from screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

RECOGNISE POSITIVE STEPS

Drawing attention to a child's successes – be they big or small – can help to give them some much-needed confidence and motivation. Celebrate these daily victories – such as getting out of bed on time or completing school work – and don't hesitate to let the child know when you're impressed or proud of them. Such an approach can go a long way.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



The National College

Source: See full reference list on guide page at nationalcollege.com/guides/school-avoidance

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