



Mawnan CE VA School Newsletter

Using our God-given talents to let our light shine



Our core Christian Values: *Compassion, Hope, Peace, Perseverance, Respect, Trust*

Friday 12th September 2025

Dear Mawnan Families,

We have enjoyed an amazing full week back of the new academic Year. Despite the heavy rain we have had a brilliant week. We are all so impressed with how well the children have settled back in after their summer break, how brilliantly they have approached their learning and how exceptionally well behaved they have been. The school is every calm and productive.

We could like to congratulate our new reception children on completing their first full week at school. As you know, welcoming these young learners into our school is always a highlight, and I am pleased to report that they have adapted remarkably well to their new environment. Their seamless integration is a testament to both their resilience and the nurturing atmosphere we strive to create at Mawnan.

I hope that you all manage to have a good rest and a peaceful and relaxing weekend – I know that the children will probably be quite exhausted!

Best wishes for a lovely weekend,

Miss Pridmore

Enrichment Clubs

All the Google Forms for our enrichment clubs have now been emailed out. Please make sure to complete the form, as this not only secures your child's place but also gives permission for them to stay at school beyond the end of the day.

I'd like to take a moment to reiterate that our enrichment clubs are a special offer we put together to support children's development, enjoyment, and learning. These clubs are not statutory, and as a small school with only five classes, we are not able to offer clubs to every year group every day.

We do not offer clubs to Reception children, as they are often very tired by the end of the school day. Older year groups have more clubs available because many of these opportunities link to sports leagues or activities that are not suitable for younger children, such as sailing and skateboarding.

We adjust the offer each term depending on the availability of volunteers and coaches. The vast majority of clubs are free and run by volunteers, which we are very grateful for. If you are looking for daily after-school childcare, please make use of our wraparound provision instead.

Thank you for your continued support.

After School Clubs Autumn (1)

To start WB: Monday 15th September

Day	Club	Staff	Year Group	Max Spaces
Monday	Golf	Mick	Year 5 & 6	8
Monday	Netball	Alex and Jules	Yr 5&6	18
Tuesday	Dance	Embrace	Yr 1,2 &3	18
Wednesday	Skateboarding	Dave – Coach Frank	Year 5&6	12
Wednesday	Creative Club	Alice and Carol	Year 1&2	16
Wednesday	Gardening Club	Zinnia, Miss Pridmore and helpers	Year 4	16
Thursday	Choir (preparation for SONGFEST!)	Mrs Jones	Year 3-6	25
Thursday	Games Club (indoor games)	Mrs Timmins	Year 1-2	16
Friday	Football	Cameron W, Andrew W	Year 4,5&6	20
Friday	Sailing	Miss Pridmore and helpers	Year 5&6	

Reading Partners

This morning we found out who our reading partners are. Each child has been paired with someone from a different year group, giving everyone the chance to share their reading and learning successes together. Spending time with our partners is already a highlight of the week! Not only does this special time promote a love of reading, but it also helps us grow as a caring, supportive school community.



Run Mawnan

Run Mawnan is fast approaching!

We'd really like to encourage all members of our school community to participate in this brilliant event. For those taking part, we kindly request that you seek sponsorship from family and friends. The PTA and other community groups will be running stalls. **The funds raised will go to Mawnan Park Nature Garden crowdfunder and the St Mawnan Church heating crowdfunder.**

The sponsor form is attached to this Newsletter email and paper copies will be available in the office to collect.

To prepare for Run Mawnan, we have calculated that eight full laps of our school field equate to one mile. We will encourage our pupils to engage in training over the coming weeks to build their stamina and confidence.

Please note that online entries for the event will close at midnight on **Saturday 13th September at midnight**. While on-the-day entries will be accepted, they will incur a £2.00 surcharge and may not guarantee a medal or goody bag.

Good luck!



Help us create Mawnan Park: donate now and support the Nature Garden!

www.crowdfunder.co.uk/p/mawnan-park-nature-garden





ST. MAWNAN CHURCH

NEEDS YOUR URGENT HELP

Our church's heating system has failed, and replacing it is essential.

A new, energy-efficient system will help us create a warmer, greener space - welcoming for worshippers especially in the winter, and vital for preserving our historic building for generations to come.

Whether you are a parishioner, a passerby on a country walk, or someone seeking a quiet moment in this beautiful sanctuary, your support will help to continue the use of the Church.

PLEASE SUPPORT THE CAMPAIGN

GIVE TO GO GREEN

You give. We match. Double your impact.

A CHURCH OF ENGLAND MATCH FUNDING PROJECT BETWEEN THE
16TH AUGUST - 26TH SEPTEMBER

WE NEED YOUR HELP TO RAISE:

£5000

DONATE USING THE QR CODE

Or the sum-up card reader at the Old Church



FOR MORE INFORMATION OR HELP:

Church Warden, Libby Reed
sanctuary.reed@gmail.com
07867 562 512

Term Dates 2025/2026

Date	Event
2025	
24 th October	Inset Day 2
27 th – 31 st Oct	Autumn Half Term
3 rd November	Return to school
22 nd Dec – 4 th Jan	Christmas Holidays
2026	
5 th January 2026	Return to school
16 th – 20 th Feb	Spring Half Term
23 rd February	Return to school
3 rd – 17 th April	Easter Holidays
20 th April	Return to school
4 th May	Bank Holiday Monday
25 th – 29 th May	Summer Half Term
1 st June	Inset Day 3
2 nd June	Return to School
21 st July	Last Day of School
22 nd July	Inset Day 4
23 rd July	Inset Day 5

Cornwall Council 2025/2026 School Term Dates for Community and Voluntary-Controlled Schools

September 2025						
Mon	1	8	15	22	29	
Tue	2	9	16	23	30	
Wed	3	10	17	24		
Thurs	4	11	18	25		
Fri	5	12	19	26		
Sat	6	13	20	27		
Sun	7	14	21	28		

October 2025						
Mon		6	13	20	27	
Tue		7	14	21	28	
Wed	1	8	15	22	29	
Thurs	2	9	16	23	30	
Fri	3	10	17	24	31	
Sat	4	11	18	25		
Sun	5	12	19	26		

November 2025						
Mon		3	10	17	24	
Tue		4	11	18	25	
Wed		5	12	19	26	
Thurs		6	13	20	27	
Fri		7	14	21	28	
Sat	1	8	15	22	29	
Sun	2	9	16	23	30	



School holidays

Bank holidays

Christmas Day	25 December 2025
Boxing Day	26 December 2025
New Years Day	01 January 2026
Good Friday	03 April 2026
Easter Monday	06 April 2026
May Bank Holiday	04 May 2026
Spring Bank Holiday	25 May 2026
Summer Bank Holiday	31 August 2026

AUTUMN TERM (73 days)

3 September - 19 December 2025
(HALF TERM 27 - 31 October 2025)

SPRING TERM (59 days)

5 January - 2 April 2026
(HALF TERM 16 - 20 February 2026)

SUMMER TERM (63 days)

20 April - 23 July 2026
(HALF TERM 25 - 29 May 2026)

December 2025						
Mon		1	8	15	22	29
Tue		2	9	16	23	30
Wed		3	10	17	24	31
Thurs	4	11	18	25		
Fri	5	12	19	26		
Sat	6	13	20	27		
Sun	7	14	21	28		

January 2026						
Mon		5	12	19	26	
Tue		6	13	20	27	
Wed		7	14	21	28	
Thurs	1	8	15	22	29	
Fri	2	9	16	23	30	
Sat	3	10	17	24	31	
Sun	4	11	18	25		

February 2026						
Mon		2	9	16	23	
Tue		3	10	17	24	
Wed		4	11	18	25	
Thurs		5	12	19	26	
Fri		6	13	20	27	
Sat		7	14	21	28	
Sun	1	8	15	22		

March 2026						
Mon		2	9	16	23	30
Tue		3	10	17	24	31
Wed		4	11	18	25	
Thurs		5	12	19	26	
Fri		6	13	20	27	
Sat		7	14	21	28	
Sun	1	8	15	22	29	

April 2026						
Mon		6	13	20	27	
Tue		7	14	21	28	
Wed	1	8	15	22	29	
Thurs	2	9	16	23	30	
Fri	3	10	17	24		
Sat	4	11	18	25		
Sun	5	12	19	26		

May 2026						
Mon		4	11	18	25	
Tue		5	12	19	26	
Wed		6	13	20	27	
Thurs		7	14	21	28	
Fri	1	8	15	22	29	
Sat	2	9	16	23	30	
Sun	3	10	17	24	31	

June 2026						
Mon		1	8	15	22	29
Tue		2	9	16	23	30
Wed		3	10	17	24	
Thurs		4	11	18	25	
Fri		5	12	19	26	
Sat		6	13	20	27	
Sun		7	14	21	28	

July 2026						
Mon		6	13	20	27	
Tue		7	14	21	28	
Wed	1	8	15	22	29	
Thurs	2	9	16	23	30	
Fri	3	10	17	24	31	
Sat	4	11	18	25		
Sun	5	12	19	26		

August 2026						
Mon		3	10	17	24	31
Tue		4	11	18	25	
Wed		5	12	19	26	
Thurs		6	13	20	27	
Fri		7	14	21	28	
Sat	1	8	15	22	29	
Sun	2	9	16	23	30	

195 days are included on the school calendar. Schools will be open to pupils for 190 days. The five additional days are allotted for In-Service Training (INSET). Schools allocate their own INSET days.

Academy, trust and voluntary-aided schools set their own term dates and INSET days.

10 Top Tips for Parents & Educators

RECOGNISING & MANAGING STRESS

With over 60% of children and young people regularly feeling overwhelmed, it's never been more important to support them in managing stress as they head back to school. This week's #WakeUpWednesday guide highlights 10 top tips – from spotting early signs to encouraging healthy sleep patterns – that can make a meaningful difference 🌱

Designed for parents and educators alike, the guide outlines how small, everyday actions can help young people feel more in control. It's a valuable resource to keep stress in check and nurture emotional resilience 🙌

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

- 1 SPOT THE SUBTLE SIGNS**
Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.
- 2 KEEP CONVERSATIONS FLOWING**
Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.
- 3 MAKE MOVEMENT PART OF THE DAY**
Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.
- 4 SUPPORT HEALTHY SLEEP PATTERNS**
Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.
- 5 PRACTISE MINDFULNESS**
Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.
- 6 SET DIGITAL BOUNDARIES**
Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.
- 7 NURTURE SOCIAL CONNECTIONS**
Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.
- 8 PROGRESS OVER PERFECTION**
Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate what's well and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.
- 9 TEACH EVERYDAY PROBLEM-SOLVING**
Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.
- 10 BE THE MODEL THEY NEED**
Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert
Anna Bateman is Director of Wellbeing Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

#WakeUpWednesday
The National College

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