



Warbstow Primary Academy and Nursery

Small and mighty is the Warbstow Way

Head of School – Mrs L Measom

9th October 2026

Dear Warbstow Families,

It's been a wonderful couple of weeks at school, with lots of exciting learning and achievements to celebrate. Kingfisher Class had a fantastic time becoming "Little Lifesavers" during a fun and interactive workshop led by Aspire's Health and Safety team, while Puffin Class continue to amaze us with their enthusiasm and progress in phonics. Children in Year 5/6 and Year 1/2 also took part in the NSPCC's Speak Out, Stay Safe workshop yesterday afternoon. We are delighted to be able to invite specialists to Warbstow to enhance the learning and wellbeing of our students.



Shopping list

Tinned Meat / Fish
Tinned Veg / Fruit
Pasta Sauces
Coffee / Tea
Milk (UHT or powdered)
Cereals
Fruit Juice (Long-Life)
Sponge Pudding
Jam
Cereal Bars

We are now looking forward to our Harvest Festival, which will take place at the Community Hall on Tuesday 13th October at 2.30pm. We would love for parents, family members and friends to join us as we come together to celebrate the harvest season.

As part of our Harvest celebrations, we will also be collecting donations for the local Food Bank. If you are able to donate any non-perishable food items and toiletries, we would be incredibly grateful. Your kindness and generosity help make a real difference to families in our community. We look forward to seeing you there!

Parents Consultation Meetings

Parents' Consultation Meetings for the Autumn Term will be held after school on Monday 19th October and Wednesday 21st October in the Elliott building. The booking portal will open on Arbor at 3:30pm today. When making your appointment, please only book back-to-back slots if your children are taught by the same class teacher. We look forward to meeting with you to discuss your child's progress and celebrate their achievements so far this term.

Tempest Photographs

Have you ordered your school photos yet? A polite reminder that the closing date for **free delivery** back to school is **Wednesday 14th October 2026**. Order through the Tempest website using information on the proof image your child brought home last week.

www.tempest-orders.co.uk If you need any assistance in ordering your photos, feel free to contact Tempest at Customerservice@htempest.co.uk

Picture News Assembly

This week, children took part in a Pictures News assembly exploring the topic of school

lunches and healthy eating. The discussion linked to the UK Government's plans to introduce healthier food standards in schools from September 2027 and encouraged children to think about making balanced food choices. For families whose children bring a packed lunch, we have attached Aspire's Healthy Lunchbox Guide, which contains helpful ideas and guidance for providing a nutritious lunch that supports children's learning throughout the school day.

PTA Halloween Disco

The PTA are delighted to be holding a Halloween Disco on Friday 23rd October from 3.30pm to 4.30pm. We hope lots of children can attend for an hour of fun, music and dancing! Please see the poster below for more information. Tickets will be available to purchase on the playground next Monday and Tuesday afternoon and cost £2 per child, which includes a drink and a bag of sweets. For those who wish to attend the disco, staff will allow them time to change at the end of the day and walk the children to the hall. Collection will be from the Community Hall at 4.30pm.

Parent/Carer Support Forums

Aspire families are invited to join a series of free online Parent/Carer Forums this autumn, delivered in partnership with the Autism in Schools Team. These supportive sessions offer practical advice, information and strategies to help parents and carers support their child's development and wellbeing. They are open to all Aspire families and no autism diagnosis is required to attend. Further information and Microsoft Teams joining links are below.

Autumn Term 1- Anxiety & Masking

Thursday 15th October 2026, 1-2.30pm

Microsoft Teams meeting Join:

<https://teams.microsoft.com/meet/343585685005912?p=yV52h2qnzMOWG2jkvb>

Meeting ID: 343 585 685 005 912 Passcode: kS6A7mB2

Key Dates

13th October – Year 1 hearing screening

13th October – Harvest Festival – 2.30pm at the Community Hall

19th and 21st October – Parents Meetings

26th – 30th October – Half term

8th December – Whole School Theatre Trip to Hall for Cornwall

15th December – Christingle Service at St Werburgh's Church, Warbstow

4th January – INSET

15th–19th February - Half term

26th March – Good Friday

29th March –9th April – EASTER BREAK

3rd May – Bank Holiday

31st May-4th June – HALF TERM

11th June - INSET

23rd July – INSET

26th July – SUMMER BREAK

Third Party Disclaimer

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— ORGANISED BY —

Warbstow PTA



HALLOWEEN

School Disco



FRIDAY
23RD OCTOBER



SCHOOL HALL



3:30 - 4:30PM

ALL YEAR GROUPS WELCOME



TICKETS MUST BE PURCHASED
FROM SCHOOL THE WEEK BEFORE

£2

ENTRY INCLUDES
A BAG OF SWEETS
AND A DRINK



BRING SPARE CLOTHES
TO SCHOOL

— FANCY DRESS IS OPTIONAL —



The aim of our guidance is...

To keep up our success of being a Healthy School, we think all children should enjoy a healthy lunch. This guidance is to help packed lunches be as healthy as school meals which meet the School Food Standards.

www.schoolfoodplan.com/standards

How we will support the guidance

We will ensure that free, fresh drinking water is available at all times. It is not essential to include a drink in packed lunches as water is provided.

We will allow pupils who bring a packed lunch and pupils who have a school dinner to sit and eat together.

We will ensure we listen to our pupils' and parents' views to ensure that this guidance is fair and meets everyone's needs.

Our traffic light system is in line with the School Food Standards for school meals.

Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

Our packed lunch guidance has been developed following observations of children's packed lunches, that found some less healthy foods that can affect energy levels, allergies, concentration, behaviour and health.

A healthier packed lunch focuses on the five main food groups of the Eatwell Guide, foods in purple the small section should not be eaten in school.



PACKED LUNCH GUIDANCE LEAFLET



Red foods

These foods are discouraged in school lunch boxes.



Amber foods

These types of foods could be included occasionally as part of a balanced packed lunch.



Green foods

You should put these in lunch boxes everyday or as often as you like.



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>





BIOGLOW

COGNITION



**FIRST
LEGO
LEAGUE**

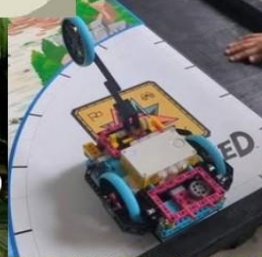
CHALLENGE

Join our friendly Girls LEGO League team at Cognition Learning's after-school club for girls aged 9–14. This hands-on program allows you to design, build, and program a LEGO robot while tackling engineering challenges and developing an innovation project. Emphasizing teamwork and fun, all skill levels are welcome. Participants will build confidence, enhance problem-solving and communication skills, and make new friends. The team will prepare for the FIRST LEGO League Challenge, with opportunities to compete regionally and celebrate achievements together. Come and see what you can create!

These sessions are held
Thursday 3:45-5:15
@ Cognition's STEM Den, Bude



contact:
kelly@cognitionlearning.co.uk



BERRIES SPOOKY HALF-TERM HANGOUT

JOIN US AT BERRIES COMMUNITY CAFÉ

ON FRIDAY 30TH OCTOBER FROM 11AM

FOR A FREE, FRIENDLY, DROP-IN FAMILY SESSION

ACTIVITIES INCLUDE:

DESIGN JACK-O'-LANTERNS

A COSTUME SWAP

FREE TEA AND INSTANT
COFFEE FOR THE GROWN-UPS

MAKE SOMETHING SPOOKY FOR
YOUR FRONT STEP, AND SWAP THAT
TOO-TIGHT SPIDEY COSTUME FOR
THE NEXT SIZE UP!

ALL WELCOME



BERRIES
COMMUNITY CAFÉ


**BODMIN
KEEP**
CORNWALL'S
ARMY MUSEUM

TANK TAKE OVER



This half-term Bodmin Keep-Cornwall's Army Museum is going full tank mode with a real Scimitar tank, loaned from the incredible Tank Museum Bovington.

Join us for an unforgettable half-term of activities, tank tours and trails.

- 📅 Mon-Wed & Sat | 19-31 October
- 🕒 11am-3pm
- 📍 The Courtyard at the Keep



Scan for
details

**FOLLOW
US ONLINE**

