



## HEAD OF SCHOOL UPDATE

Thank you to the parent / carers who attended our Parent Consultation evenings. It was good to see so many of you in school and we hope that you found these meetings useful. Thank you for your positive comments.

Year 5 were delighted to visit Hayle Academy on Tuesday for a morning of creative arts. The children enjoyed creative writing, music and art. As you can see from the pictures, the children had a fantastic morning.

At Nexus the year 5 children really enjoyed experiencing our solar system in the planetarium before heading off to the science labs to make scale models of the planets with Play Doh.

As you may remember during the summer term we asked for your support to help Prickles and Paws Hedgehog Rescue. The team at Prickles and Paws kindly rehabilitated and returned to us the poorly hedgehog family that were found on the school grounds when our building works were taking place. The rescue centre have had a very busy summer and are still full, with over fifty hedgehogs currently in residence who are all desperately in need of help. Prickles and Paws recently put out a plea for help in replenishing their stocks which will allow them to continue the amazing work they do. If you are able to donate any non-fish based cat or dog food preferably in jelly, please send it into school with your child/ children or pop into the school office where staff will happily receive donations we will then pass these along on your behalf.



Letters have now been sent home with details of our music performances and how to purchase tickets, if you have not yet requested tickets and wish to do so please see Mrs Gallagher in the school office for a letter.

We will be supporting The Royal British Legion poppy appeal as usual this year. Starting on Monday 29th October with a whole school assembly. Pupils will have the opportunity to make a donation to the poppy appeal for a traditional poppy and also this year a range of poppy stationary resources and wristbands with a suggested minimum donation of 50p. The poppy box will remain in school until Friday 9th November.

I would like to wish you all a good half term break and we look forward to welcoming you back in school on Monday 29th October.

Mrs Eddy



## DAILY MILE

It has been six weeks since the launch of the daily mile here at Connor Downs and what a success this has been. Led by Mr Kay the whole school has taken on the challenge of getting outside and moving on a daily basis. Children and adults complete a mile of laps around the school grounds by walking, jogging or running. The aim of the daily mile is to improve the health, fitness and over all well being of children.

### Collective miles walked since launch

198 children + 21 staff = 219 miles per day  
219 miles per day x 5 days per week = 1095

1095 miles per week x 6 weeks since launch = **6570** collective miles walked during daily mile sessions so far!



### Some of the benefits to the daily mile include:

*Children become more aware of their health and the need to take responsibility for it.*

*Improves body composition—bone density, muscle strength and cardiovascular health.*

*Reduces anxiety and stress and children are happier.*

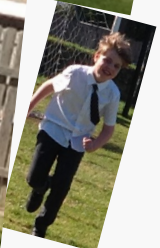
*Greater concentration is evident in class.*

*Classes experience the pleasure of being outside in all weather and engage with nature and the seasons.*

*Children with SEN or ASN feel the benefits of regular participation.*

*Develops greater resilience and determination, and promotes the idea of self-care.*

*Children bring the benefits home, often eating and sleeping better and encouraging active family life.*



Most importantly, what do our children think?

Kerra YR said: ***'I love it, because it makes me really fit when I run around lots.'***

Henry J Y3 ***'I enjoy the daily mile because you can run with your friends. I am ready to learn and energised when I get back into class.'***

Malakie Y3 ***'I like the daily mile because you get to go outside and exercise with your friends and have a laugh. It is fun and good for you too.'***

Ava Y4 ***'I like the daily mile because it keeps you fit, healthy and on the go. It is also fun because you can walk, jog or run and it calms you down for the afternoon.'***

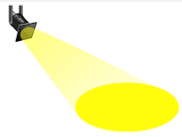
Joe Y6 ***'I think the daily mile is a really good thing because it gets you out doing some exercise and that is good because some people don't get time to exercise. When I come back in from the daily mile I feel energised and ready to learn.'***

## ATTENDANCE

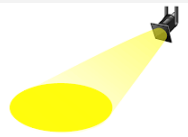
Our school target for attendance is 96%.

1st Place	Year 1	99 %
2nd Place	Year 6	98 %

# SHINE AWARDS



Our next Shine Assembly is on **Friday 2nd November**, at 2.40pm.  
Parents of the children below are warmly invited to attend.



Please come along to main reception no earlier than 2.35pm. A special well done to:

Reception	Jenson	For his fantastic enthusiasm during our 'Kung Fu Maths' sessions. Jenson has applied his learning within his play and independently produced some brilliant number sentences using addition.
Year 1	Reuban	For showing great concentration and enthusiasm towards all of his work. Reuben is listening well on the carpet and is always keen to join in with discussions.
Year 2	Willow	For always trying incredibly hard, taking pride in your work and achieving impressive results in written and mathematical tasks.
Year 3	Joel	For his brilliant work on reading comprehension about Stone Age village.
Year 4	Emy	For always putting 100% effort into all areas of the curriculum, especially maths, working through tricky addition calculations.
Year 5	Niamh	For creating a scale model of the solar system on our Nexus visit.
Year 6	Denaisa	For fantastic contributions to our grammar lesson this week, showing an excellent understanding.
Writer of the week	Ellawyn Year R	For applying her phonic knowledge to independently write a range of CVC words. Ellawyn's presentation is superb and she always forms her letters beautifully.
YR & KS1 Reader of the week	Maci Year 1	Maci reads with enthusiasm and enjoyment and discusses the story and pictures with great detail.
KS2 Reader of the week	Eve Year 3	For reading and using amazing vocabulary always going beyond her reading target pages.
Mathematician of the week	Summerlee Year 4	For fantastic focus in maths when adding 3 and 4 digit numbers.
Performer of the week	Niamh Year 6	For stepping outside of her comfort zone during PE - Niamh performed a sequence of dance moves with confidence and skill.
Citizen of the week	Lewis Year 5	For bringing in science books to share with the class linked to our space topic.