



Friday 15th October 2021

Pennoweth News



This week in school

As you may be aware, we are seeing raised incidences of Covid infection within some areas of the school at the moment. We are incredibly aware of how concerning this is. We are reporting cases as required to Cornwall Public Health and through the DfE and following all guidance. We have stopped assemblies again and for those contact groups that are most impacted, we are stopping PE in the hall. Hopefully we will be able to reinstate these activities after half term.

Please could we ask that all adults wear face masks whilst on site (as long as you are able to do so) to protect our children, staff and each other. Our restricted access routes, due to the building work, mean that we have little option but to be in close contact and so face masks are a way that we can help to protect transmission even in the open air. Thank you.

Messages

- We will be holding parents meetings in the first week back after half term (week of Tuesday 2nd November; Monday 1st is an inset). These meetings will be video meetings online so you have the opportunity to have a 'face to face' conversation with your child's class teacher without coming into school. As Covid rates are still incredibly high, we hope that this is a good compromise. Further information on how to book your meeting will be shared on Monday.
- Just a reminder for year 6 children that the deadline for submitting an application for transfer to secondary school is Sunday 31st October. Please do let us know if we can help in any way with this process. You can find further information, and apply, online at <https://cornwall.cloud.servelec-synergy.com/SynergyWeb/Parents/default.aspx>

To book Breakfast and After School Care, please email:
wraparoundcare@pennoweth.cornwall.sch.uk

Our phase email addresses are:

eyfs@pennoweth.cornwall.sch.uk (for Nursery and Reception)

KS1@pennoweth.cornwall.sch.uk (for Years 1 and 2)

lowerKS2@pennoweth.cornwall.sch.uk (for Years 3 and 4)

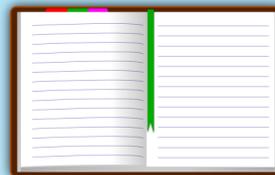
upperKS2@pennoweth.cornwall.sch.uk (for Years 5 and 6)

Or contact: help@pennoweth.cornwall.sch.uk

School Lunches

Week beginning
18th October is

WEEK 2 Menu



Dates for your diary

Thursday 21st October

Summer reading challenge presentation

Friday 22nd October

End of half term

Sunday 31st October

Application deadline for transfer to secondary school (year 6)

Monday 1st November

Inset day—school closed to children

Tuesday 2nd November

Start of Autumn 2nd half term

Tuesday 2nd—Fri 5th November

Online parent video meetings (info to follow shortly)

Please note: all school term dates and inset days / closure days for the 2021/22 academic year are on the school website.



Character Qualities

We have 4 key characteristics that we are always on the lookout for! Each of these is represented by a character.

Considerate children are thoughtful, caring, sympathetic, helpful, polite, attentive, mindful and patient.

Inquisitive children are curious, inquiring, questioning, intrigued and eager to know.

Courageous children are bold, brave, valiant, adventurous and determined.

Children who are being fun will be enthusiastic, excited, energetic, cheerful, light-hearted and will laugh!

We also have our Stars of the Week, who have been classroom superstars and DNA Champions for each phase.

Quality	Children Spotted in R, Y1 and Y2	Children Spotted in Y3, Y4, Y5 and Y6
Considerate 	Porthcurno: Connie Gwithian: Kaydon Marazion: Tegen	Newlyn: Aela Mevagissey: Harry Porthleven: Harry Pendeen: Sonny Lizard: Thea Godrevy: Charlotte
Inquisitive 	Porthcurno: Lilly G Gwithian: Lucy Marazion: Kairi	Newlyn: Freddie Mevagissey: Evie Porthleven: Mia Pendeen: Dovydas Lizard: Isabelle Godrevy: DJ
Courageous 	Porthcurno: Massen Gwithian: Lily D Marazion: Tiana	Newlyn: Autumn Mevagissey: Ana-Maria Porthleven: Kaiden Pendeen: Freya Lizard: Conan Godrevy: Dylan
Fun 	Porthcurno: Henry Gwithian: Lukas Marazion: Cory	Newlyn: Nojus Mevagissey: Jaxon Porthleven: Nadia Pendeen: Ruby Lizard: George Godrevy: Katie
	Tintagel: Maisie Restormel: Lyra-Rose Porthcurno: Arianna Gwithian: Nicola Marazion: Gabriele	Newlyn: Tom Mevagissey: Braxon Porthleven: Maddie Pendeen: George Lizard: Emily Godrevy: Vincent

We are safe champions: KS1: Lochlan, LKS2: Jacob, UKS2: Jonah

We feel loved champions: KS1: Emillie, LKS2: Oliver, UKS2: Emelija

We take responsibility champions: KS1: Isaiah, LKS2: Zach, UKS2: Izzy

We are always learning champions: Restormel: Elias, Tintagel: Seb, KS1: Lily R, LKS2: Megan, UKS2: Callie

We are ready champions: KS1: Tabettha, LKS2: Amelia T, UKS2: Reade

Wellbeing update

Focused mind. Healthy body. Calm Spirit.

This week we are looking at the third strand of wellbeing, your emotional health. Along with your mental health and physical health your emotional health is just as important. All emotions are good, if you are feeling happy, excited, sad or low these are all your emotions. We will never feel happy all the time, as life has its ups and downs and we need to know this is okay. Letting your emotions out by crying can often help the person to feel a sense of relief and some children say they feel better once they have talked and released an emotion.

If your child is feeling sad or upset try to comfort them and listen to what they are trying to say to you about how they feel. It is important for them to feel listened to and know you are always there to support. A good strategy is to draw together and maybe get your child to draw how they are feeling and another box with what they can do about it. Some children will talk more when they are out for a walk or a day out as they relax and feel more comfortable to open up.

Some children are still feeling quite anxious about life since this pandemic, again it is important to talk to them and say that it is a bit difficult for everyone and to calm themselves down try talking slowly, breathing slowly in and out (slightly longer on the out breath will help anxiety) holding their hand and remember a few drops of lavender at night on their pillow can help them to relax and sleep better.

If you are concerned about your child please talk to us and we can help you. Enjoy this lovely sunshine and have a good family weekend together.