



Friday 1st October 2021

# Pennoweth News



## This week in school

This week is the last week of our current projects in years 1-6. There has been some fantastic work going on particularly around scientific investigations!

Next week sees the start of new projects in years 1-6. Please take a look at the website from Monday to see what the new focus is; we will add parent information leaflets over the weekend.

You will have seen that MIDAŞ (the building contractors) have been busy creating a new pathway that runs up the grass bank near to the KS1 entrance gate. This will form a temporary entrance to the school gate soon as the front of the school will need to be increasingly fenced off for a short period of time. We will let you know as soon as we can when there are changes to the ways we need to enter and exit the site.

## Messages

- Please remember that if your child is confident to walk to their classroom themselves, you can drop them at the front entrance and they can make their own way there inside the building.
- As you may be aware, Covid cases in Cornwall continue to rise and we have had a number of positive cases in school. PLEASE can we ask that all adults wear masks on site. Even though it is the open air, the narrow pathways that we are currently needing to use for everyone to enter and exit the site is resulting in close contact. Please help us to keep the children and each other as safe as possible. Thank you.
- There is a special census day lunch on Thursday so the menu is slightly different and children can choose from burger or hotdog with chips!

To book Breakfast and After School Care, please email:  
[wraparoundcare@pennoweth.cornwall.sch.uk](mailto:wraparoundcare@pennoweth.cornwall.sch.uk)

Our phase email addresses are:

[eyfs@pennoweth.cornwall.sch.uk](mailto:eyfs@pennoweth.cornwall.sch.uk) (for Nursery and Reception)

[KS1@pennoweth.cornwall.sch.uk](mailto:KS1@pennoweth.cornwall.sch.uk) (for Years 1 and 2)

[lowerKS2@pennoweth.cornwall.sch.uk](mailto:lowerKS2@pennoweth.cornwall.sch.uk) (for Years 3 and 4)

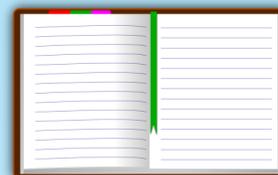
[upperKS2@pennoweth.cornwall.sch.uk](mailto:upperKS2@pennoweth.cornwall.sch.uk) (for Years 5 and 6)

Or contact: [help@pennoweth.cornwall.sch.uk](mailto:help@pennoweth.cornwall.sch.uk)

School Lunches

Week beginning 4th  
October is

WEEK 3 Menu



## Dates for your diary

### Thursday 7th October

Special 'census' day lunch

### 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

*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: Ben Gwithian: Lochlan Marazion: Gabriele	Newlyn: Aela Mevagissey: Scarlett Porthleven: Lena Pendeen: George Lizard: Exodus Godrevy: Sam
Inquisitive 	Porthcurno: Jamie Gwithian: Maisie Marazion: Harrison	Newlyn: Troy Mevagissey: Penelope Porthleven: Lucia Pendeen: Riley Lizard: Ashton Godrevy: Alicia
Courageous 	Porthcurno: Ruby Gwithian: Jayden Marazion: Joseph	Newlyn: Aela Mevagissey: Elsie Porthleven: Eva Pendeen: Ben Lizard: Jenny Godrevy: Sienna
Fun 	Porthcurno: Charlie Gwithian: Jax V Marazion: Kyson	Newlyn: James Mevagissey: Keira Porthleven: Jacob Pendeen: Amelia Lizard: Eliza Godrevy: Callie
	Restormel: Alexander Tintagel: Poppy A Porthcurno: Amelia Gwithian: Nylah Marazion: Emmie	Newlyn: Jack Mevagissey: Khian Porthleven: Ivy Pendeen: Fletcher Lizard: Reade Godrevy: Cacee

We are safe champions: Connie (KS1), Sophia (LKS2), Marisa (UKS2)

We feel loved champions: Alexander (Restormel), Poppy A (Tintagel), Sarah (KS1), Amelia G (LKS2), Riley (UKS2)

We take responsibility champions: Jamie (KS1), Olivia W (LKS2), Charlotte (UKS2)

We are always learning champions: Mason (KS1), Aira (LKS2), McKenzie (UKS2)

We are ready champions: Aronas (KS1), Leon B (LKS2), Jack (UKS2)

# Wellbeing update

Focused mind. Healthy body. Calm Spirit.

What does it really mean to look after your whole wellbeing?

Whether you are a child or adult it is so important that your wellbeing comes first and we all need to take care of ourselves and our children. Wellbeing means being healthy in your mind (mental health) body (physical health) and heart (emotional health)

So in this weeks section we will look at mental health (mind)

\* As soon as you wake up say something positive to yourself and if you feel the inner voice being critical and negative, catch it quickly and change this. When you wake your child, perhaps give them a hug and again say something light and positive, e.g. "how lovely you are having Harry round to play tonight." or "I love you so much!"

\* When you feel stress is building up and you are not coping, pause and take three deep breaths in and out. Perhaps write down the jobs you need to get through and tick them off through the day. This could also help your child to have a little chart on the fridge and when they have cleaned their teeth they tick that off on their chart.

\* Being outside in nature definitely helps your mental health and your child's. Maybe plan in a few trips to the park, woods or the sea; you will all feel better and it will help you as a family to connect more.

\* Finally learn as a parent to self care, you need to give yourself some space and do something you enjoy. If you feel strong and well, you are able to be a positive and supportive parent.

Have a lovely weekend and look after each other.