



Friday 24th September 2021

Pennoweth News



This week in school

It has been a busy week in school with lots of excellent learning going on! The children in years 1-6 are now well into their Cornerstones projects for the start of this half term and are becoming experts at investigative science! Our Nursery and Reception children are also well settled in and very used to their new routines!

The current Cornerstones projects are short ones and so there will be a move to a new focus in a week's time. Look out for the parent information leaflets that will come your way on Marvellous Me and the sticky strips with key information for children to learn.

Thank you for your continued patience and understanding around the building works.

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.
- Just a reminder that the admissions portals for entry to secondary and primary school in September 2022 are now open. You can find these at: <https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-admissions/apply-to-start-school-or-transfer-to-junior-secondary-or-ks4-school-in-september-2022/>
- Please note that we have amended our admission policies for the 2021/22 and 22/23 academic years in light of the changes to the School Admissions Code 2021. These policies can be found on the school website under the 'statutory information' tab in the policies section.

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)

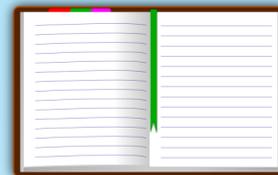
upperKS2@pennoweth.cornwall.sch.uk (for Years 5 and 6)

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

School Lunches

Week beginning
27th September is

WEEK 2 Menu



Dates for your diary

Thursday 30th October

Visit from Redruth School for year 6 children

Friday 1st October

Hearing screening—year 1

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: Zachary Gwithian: Logan Marazion: Esme	Newlyn: Dexter Mevagissey: Kiera Porthleven: Tilly Pendeen: Travis Lizard: Bea Gwithian: Emelija
Inquisitive 	Porthcurno: Tabettha Gwithian: Skyla Marazion: Cody	Newlyn: Blaise Mevagissey: Jaxon Porthleven: Amelia T Pendeen: Tommy Lizard: Dakota Gwithian: Chloe
Courageous 	Porthcurno: Archie Gwithian: Harper Marazion: Abi	Newlyn: Megan Mevagissey: Archie Porthleven: Annabella Pendeen: Kaycee Lizard: Lissy Gwithian: Leo
Fun 	Porthcurno: Lyra Gwithian: Sarah Marazion: Elodie	Newlyn: Alfe Mevagissey: Kingsley Porthleven: Oskar Pendeen: George Lizard: Conan Gwithian: Vivien
	Restormel: Rubi Tintagel: Thomas Porthcurno: Mia Gwithian: Vinnie Marazion: Tommy	Newlyn: Freddie Mevagissey: Maisie Porthleven: Kaiden Pendeen: Henry Lizard: Summer Gwithian: Christopher

We are safe champions: Lyra-Rose (Restormel), Molly (Tintagel), Ben (KS1), Poppy (LKS2), Rebecca (UKS2)

We feel loved champions: Keira (KS1), Noah R (LKS2), Emily F (UKS2)

We take responsibility champions: Joseph (KS1), Adam C (LKS2), Amelia (UKS2)

We are always learning champions: Charlie (KS1), Lucan (LKS2), Preston (UKS2)

We are ready champions: Maisie (KS1), Peggy (LKS2), Izzy (UKS2)

Wellbeing update

Focused mind. Healthy body. Calm Spirit.

Thank you for your positive comments on wellbeing; it has been wonderful to hear how some of the children have started to showing you the breathing exercises and how some are trying to follow a different bedtime routine. I have been asked to share an example of how an evening could go! So here goes and remember, this is just one way:

- * Dinner—if possible, sitting at a table and enjoying dinner together.
- * Reading time—share a book together or go for a little walk whilst it is still light. Walking is so good for you all.
- * Bath time or shower time. Cleaning teeth.
- * Try putting on some relaxing music, talking to your child about their day or reading a story Lavender oil (just a few drops on their pillow) can help especially if your child finds it difficult to sleep.
- * Try to have a bedtime routine and set a time to go to bed, especially on school nights. Most importantly, turn off all screens at least one hour before bedtime and if children do have mobiles, ensure these are not kept in their bedrooms.
- * Try the deep breaths in and out together and see if your tummies are extending on the breath in and relaxing on the breath out.
- * Breathing is one of the most important ways to improve stress and anxiety; it calms your nervous system and helps you to relax.

As we are looking at gratitude this half term, perhaps one of your chats around the table could be saying what each of you are grateful for and how you can show kindness to others.

Please do get in touch with us if you need any more advice or information or if you would like to share your ideas.

Take care and have a lovely weekend.