



Friday 8th October 2021

Pennoweth News



This week in school

This week has been a busy one in school! Children in years 1-6 have started their new projects this week with a focus on Science and DT. We have a real focus on scientific investigation this half term; watch out for pictures of some of the science work on twitter (you can see the link on the front of the website).

In KS2 today, the children have enjoyed a special assembly from MIDAS (our building contractors) who spoke about our new build and how amazing it will be to have new classrooms and a new hall. They also focused a lot on keeping safe around a building site and how the fences are there to keep us all away from dangerous areas.

A huge well done to all the children for continuing to be so sensible at lunch times as we move different contact groups in and out of the hall (and to Nursery and years 5/6 who continue to have lunch in their classrooms). You are all superstars.

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.
- Well done to Autumn in Newlyn class who won the Considerate award last week. So sorry that we made an error on the newsletter last week. We've added your name this week as well as this week's winner.
- 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)

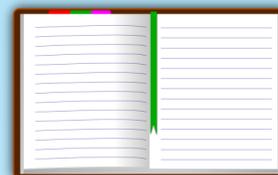
upperKS2@pennoweth.cornwall.sch.uk (for Years 5 and 6)

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

School Lunches

Week beginning
11th October is

WEEK 1 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

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



We are safe. We feel loved. We take responsibility. We are always learning. We are ready.

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: Amber Gwithian: Harper Marazion: Layla	Newlyn: Izzy Well done to Autumn for winning the considerate award last week! Mevagissey: Nathan Porthleven: Gracie-Mae Pendeen: Ellie Lizard: Nadine Godrevy: Olivia
Inquisitive 	Porthcurno: Lola Gwithian: Ollie Marazion: Lilly-Beth	Newlyn: Oli Mevagissey: Maddison Porthleven: Layla Pendeen: Ruby Lizard: Saqib Godrevy: Mylie
Courageous 	Porthcurno: Mason B Gwithian: Jax T Marazion: Carson	Newlyn: Noah G Mevagissey: Hunter Porthleven: Theo Pendeen: Tabitha Lizard: Taylor Godrevy: Jack
Fun 	Porthcurno: Ezra Gwithian: Skyla Marazion: Evie	Newlyn: Caitlyn Mevagissey: Reese Porthleven: Lily Pendeen: Henry Lizard: Ava Godrevy: Fleur
	Restormel: Kurtis Tintagel: Michelle Porthcurno: Lily R Gwithian: Elden Marazion: Isla	Newlyn: James Mevagissey: Elsie Porthleven: Sophia Pendeen: Travis Lizard: Lissy Godrevy: Leo

We are safe champions: Amelia (KS1), Austeja (LKS2) Freya (UKS2)

We feel loved champions: Lyra (KS1), Brooke (LKS2), Emily (UKS2)

We take responsibility champions: Robert (Tintagel), Zack (Restormel), Mia (KS1), Josh (LKS2) Bea (UKS2)

We are always learning champions: River (KS1), Jayden (LKS2), Alicia (UKS2)

We are ready champions: Lucy (KS1), Caden (LKS2), Israel (UKS2)

Wellbeing update

Focused mind. Healthy body. Calm Spirit.

Last week we discussed that looking after your wellbeing means looking after your mental, physical and emotional health; we looked at mental health and this week we will think about our physical health.

What can we do to improve our physical health?

* Any form of movement is good for us all, just getting the heart pumping around the body and being out in nature makes all the difference. Try going on a 15 minute walk together as a family and build this up gradually to an hour. We live so close to the sea and just being near the sea makes us feel more alive. Perhaps take a ball too and play games together on the beach. Sea swimming is also so good for our health - a few minutes dip in the sea can revive us all.

* Perhaps start to join a club, children often enjoy football, rugby, dance or any sport. There are so many choices and some are more reasonable.

* Stretch your muscles - just a few minutes is so good to ease out any pain and try some of the slow breathing exercises alongside this.

* Try a fun quick exercise session in the garden or the park. Just getting your heart rate up for a few minutes can improve your fitness. (Run, star jump, squats and sit ups!)

Why don't you try two forms of physical exercise this week with your children. If you do, take some photographs and let us know how you get on. Let's encourage each other to get a little fitter this term! Happy weekend everyone.