



Friday 11th February 2022

Pennoweth News



This week in school

It has been another busy week in school! All classes have been thinking about mental wellbeing and what makes every individual special.

As part of the 'Street Detectives' project, KS1 visited Moseley Heritage Museum, Tolgus Mount, Redruth. As historians the children have been learning the importance of local events, people and places with a particular focus on William Murdoch and his links to Cornish mining. During the visit, the children were able to see working replicas of William Murdoch's 'The Flyer' (the world's first steam powered road vehicle) as well as his early 'bicycle'. Also through exploring the toy museum, they learnt how life has changed over time. Finally there was an exhilarating ride on their miniature railway. Huge thanks to Colin, Diana and all of the volunteers at the museum as well as to Cornish metals for sponsoring the visit! If you would like to visit the museum, please give them a call for opening times (07511256677). Entry is free (donations welcome!).



The hall was the venue for a medieval banquet this week as years 5 and 6 prepared their very own feast complete with medieval style food! The event started with the phase's song for this half term which is based on the symptoms of the Black Death!

To book Breakfast & 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
14th February is**

WEEK 1 Menu



Dates for your diary

Friday 11th February

Dress to express day (part of Mental Health awareness week)

Friday 18th February

Last day of half term

Monday 28th February

Inset day—children not in school

Tuesday 1st March

First day of Spring 2 term for children

Pancake Day—lunch menu will include Pancakes with various toppings for dessert

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:Ezra Gwithian:Nicola Marazion:Abi	Newlyn:Izzy Mevagissey:Caden Porthleven:Shakira Pendeen:Isadora Lizard:Isabelle Godrevy:Alicia
Inquisitive 	Porthcurno:Lily R Gwithian:Lily D Marazion:Esme	Newlyn:Elliott Mevagissey:Keira Porthleven:Jacob Pendeen:Fletcher Lizard:Dakota Godrevy:Rhys
Courageous 	Porthcurno: Darcey Gwithian:Kaydon Marazion: Isla	Newlyn: Jack Mevagissey: Kingsley Porthleven: Malakai Pendeen:Riley Lizard:Nadine Godrevy:Christian
Fun 	Porthcurno:Oscar Gwithian:Lucy Marazion:Daniel	Newlyn: Aira Mevagissey:Jacob Porthleven:Layla Pendeen:Freya Lizard:TJ Godrevy: Callie
	Restormel: Tintagel: Poppy Porthcurno:Tom Gwithian:Leela Marazion:Lilly-Beth	Newlyn: Poppy Mevagissey: Lucas Porthleven:Ruby Pendeen:Tommy Lizard:Preston Godrevy:Emelija

We are safe champions: KS1: Harry, LKS2: Nathan, UKS2: Henry

We feel loved champions: KS1: Amber, LKS2: Evie, UKS2: Cacee

We take responsibility champions: Restormel: Tintagel: Clayton, KS1: LKS2: Theo, UKS2: Maddie

We are always learning champions: KS1: Jayden, LKS2: Austeja, UKS2: Lissy

We are ready champions: KS1: Elodie, LKS2: Dexter, UKS2: Walter

Wellbeing

It has been mental health week in school this week and the children have had time to think more about how important it is to look after their mental health as well as their physical and emotional health. They have looked carefully at how all emotions are important and today they are all dressed up in the colours representing their emotions.

I had a wonderful child in year 1 this week come to tell me that she is doing a weekly five minutes mindfulness meditation in her class at the moment; her teacher said that all the class are completely quiet and just love to listen to the guided meditation. How wonderful to hear this!

The older year 5/6 class children I see each week do five minutes of breathing and we talk about confidence and self esteem; they say their maths has improved because they are more relaxed and less anxious now. It is so special to hear all around the school the difference of just taking a few minutes to pause and relax can make.

I hope you find time this weekend to get outside and have a little relaxation time as a family together. Have a lovely weekend and remember we are here if you need to talk.