



Friday 3rd December 2021

Pennoweth News



This week in school

It has been a really exciting week in school as children from Nursery up to year 4 have been out and about on Geography fieldtrips in the local area testing out their mapping skills and knowledge about directions. A huge well done to all our children who have been incredibly sensible whilst out and about; we are very proud of you.

It has been wonderful today to have a little bit of Christmas in the school! Thank you so much for all your contributions to the PTA Christmas fair today; the children have had such a lovely time. A huge thank you to our wonderful PTA who have worked so hard to put on a very different Christmas fair.

Next week is our Christmas song events. Please do come along and join us if you are able to. A letter regarding the detail of the arrangements for the events has been sent out via Marvellous Me. Please do let us know if you have any queries. We very much look forward to seeing you all.

Messages

We know that children sometimes like to bring sweets etc in to share with their class when it is their birthdays. Please could we ask that if you do wish to do this that you only send it sweets that are in individually packed bags. Thank you :)

Please remember that children can bring Christmas jumpers to change into on the day of their Christmas song events.

Friday 10th December is non uniform / Christmas jumper day to support the Save the Children fund. If you wish to make a donation, please do so via Parent Pay between Monday and Friday next week.

Christmas dinners are on Wednesday 15th and Thursday 16th December.

The last day of term is Thursday 16th December; school will end at the usual time. Friday 17th December is an inset day so the school is closed to children.

Children can bring in Christmas cards for their friends if they wish to. Cards will be placed in a box in classrooms and given out at the end of the week.

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)

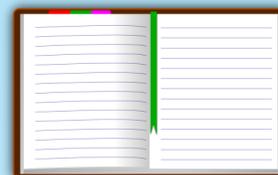
upperKS2@pennoweth.cornwall.sch.uk (for Years 5 and 6)

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

School Lunches

Week beginning 6th
December is

WEEK 3 Menu



Dates for your diary

Monday 6th December 2pm

Early Years Christmas songs—parents invited

Tuesday 7th December 2pm

KS1 Christmas songs—parents invited

Thursday 9th December 2pm

Year 3&4 Christmas songs—parents invited

Friday 10th December 2pm

Non uniform—Christmas jumper day for Save the Children

Year 5&6 Christmas songs—parents invited

Wednesday 15th December

Early years and KS1 Christmas dinner

Thursday 16th December

KS2 Christmas dinner

Last day of term, school finishes at the normal time

Friday 17th December

Inset day—school closed to children

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: Lily R Gwithian: Lily Marazion: Albie	Newlyn: Freddie Mevagissey: Elsie Porthleven: Brooke Pendeen: Walter Lizard: Jonah Godrevy: Viv
Inquisitive 	Porthcurno: Alesha Mae Gwithian: Natalya Marazion: Carson	Newlyn: Josh Mevagissey: Leon Porthleven: Austeja Pendeen: Iesha Lizard: Preston Godrevy: Samuel
Courageous 	Porthcurno: Aliza Gwithian: Ardhen Marazion: Kain	Newlyn: Nojus Mevagissey: Oliver Porthleven: Shakira Pendeen: Ethan Lizard: TJ Godrevy: Alicia
Fun 	Porthcurno: Jamie Gwithian: Maisie Marazion: Tiana	Newlyn: Troy Mevagissey: Harry Porthleven: Harry Pendeen: Ben Lizard: Bea Godrevy: Jack
	Restormel: Delilah Tintagel: Imogen Porthcurno: Ezra Gwithian: Kaydon Marazion: Isaiah	Newlyn: Wyatt Mevagissey: Maddison Porthleven: Lily Pendeen: Kyron Lizard: Molly Godrevy: Kyron

We are safe champions: KS1: Kai, LKS2: Malakai, UKS2: Tabby

We feel loved champions: KS1: Esme, LKS2: Sophia, UKS2: Henry

We take responsibility champions: KS1: Charlie, LKS2: Amelia, UKS2: Lissy

We are always learning champions: KS1: Harriet, LKS2: Jacob, UKS2: Yeshua

We are ready champions: Restormel: Esme, Tintagel: Eliza, KS1: Jayden, LKS2: Willow, UKS2: Bo

Wellbeing update

Focused mind. Healthy body. Calm Spirit.

“The most important, but perhaps also most difficult thing is to take the first step towards changing your lifestyle.”

Dr B Marklund

The recommendation is that we all start with something that is relatively easy to change and get started now. Hopefully any transition to a healthier lifestyle shouldn't be a chore—you could make it feel positive and meaningful. Can you start by improving your diet and eating more fruit and vegetables? Perhaps get your bikes out or go for a fast paced walk or run. It is so important to create positive images of what is going to happen—this increases the chance of it becoming a reality.

So if you do have something in your lifestyle that is unhealthy, forget what you did before. The important thing is what you do now, tomorrow and the rest of your life! It is good to know that the healing process kicks in as soon as your lifestyle changes for the better and you will start to feel like you have more energy within a few weeks. What small changes can you start making to improve your whole family's wellbeing and lifestyle? Perhaps sit together and look at what these changes could be. You could list them and put them up somewhere.

If you could make a few changes this month, a few next and so on. We need to look after ourselves and our children now so we all have the potential to have a healthy, happy and long life.

As always, if we can help in any way, please get in touch. Have a wonderful weekend!

Mrs Gaskin