



Friday 17th September 2021

# Pennoweth News



## This week in school

Thank you so much for your ongoing patience with the building works and the changing boundaries with the security fences. They have moved again and now block the main steps up to the front office. This will remain the position for the next few weeks! MIDAS, who are building our new rooms and hall have put together a newsletter to share information about what is happening; watch out for this soon!

This week saw our first mental wellbeing assemblies start—thank you Mrs Gaskin! Please see the end of the newsletter for information on what was shared.

Unfortunately, due to a few Covid cases across the school, we have paused our assembly timetable but are hoping to be back having phase assemblies in the hall soon.

## 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.
- We will soon be running a report to check for eligibility for free school meals. If you don't want to be included in this check, please let the office know.
- Please can we ask that if you book a space in breakfast or after school club and then don't need the place, you let us know as soon as possible. Unfortunately if you don't cancel a booked space and your child does not attend, we will have to charge you. Thank you.

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)

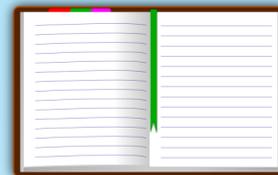
[upperKS2@pennoweth.cornwall.sch.uk](mailto:upperKS2@pennoweth.cornwall.sch.uk) (for Years 5 and 6)

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

School Lunches

Week beginning  
20th September is

WEEK 1 Menu



## Dates for your diary

**Wednesday 22nd  
September**

Swimming session 2—  
Porthleven (first group)

**Friday 1st October**

Hearing screening—year 1

**Wednesday 6th October**

Redruth School talk for year 6  
children

**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



# 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 N, R, Y1 and Y2	Children Spotted in Y3, Y4, Y5 and Y6
Considerate 	Restormel: Poppy Tintagel: Lovaya Porthcurno: Alesha-Mae Gwithian: Natalya Marazion: Larkin	Newlyn: Tom Mevagissey: Willow Porthleven: Ivy Pendeen: Riley Lizard: Maddie Godrevy: Sienna
Inquisitive 	Restormel: Alexander Tintagel: Thomas Porthcurno: Noah Gwithian: Nylah Marazion: Isaiah	Newlyn: Amelia Mevagissey: Lucas Porthleven: Harley C Pendeen: Jack Lizard: TJ Godrevy: Yeshua
Courageous 	Restormel: Holly Tintagel: Alfie Porthcurno: Oscar Gwithian: Jax V Marazion: Jakob	Newlyn: Caitlyn Mevagissey: Sofia Porthleven: Ruby Pendeen: Amber Lizard: McKenzie Godrevy: Callie
Fun 	Restormel: Matthew Tintagel: Isabelle Porthcurno: Tom Gwithian: Natalie Marazion: Starla	Newlyn: Izzy Mevagissey: Leon Porthleven: Harley W Pendeen: Travis Lizard: Jonah Godrevy: Miley
	Restormel: Rosen Tintagel: Clayton Porthcurno: Georgie Gwithian: Riley Marazion: Albie	Newlyn: Zach Mevagissey: Jenson Porthleven: Mia Pendeen: Izzy A Lizard: Boaz Godrevy: Christian

We are safe champions: Eleanor (KS1), Aira (LKS2), Fletcher (UKS2)

We feel loved champions: Bella (KS1), William B (LKS2), Lucas (UKS2)

We take responsibility champions: Georgie (KS1), Piran (LKS2), Harry (UKS2)

We are always learning champions: Logan (KS1), Scarlett (LKS2), Kaycee (UKS2)

We are ready champions: Emillie (KS1), Kizzy (LKS2), Exodus (UKS2)



# Supreme Star Majorettes Troupe



Redruth &  
Surrounding  
Areas

Age Range  
3yrs – 21 yrs

For further information look us up on social media or simply [Google!](https://www.google.com) us

We would love for you to get in touch and come and join us 😊



## Wellbeing update

**Focused mind. Healthy body. Calm Spirit.**

### Wellbeing Assembly

On Tuesday each phase went to their first wellbeing assembly. The children learnt about the importance of breathing deeply and slowly using their tummies, as they breath in the tummy should extend and as they breathe out, it relaxes. Ask your child to show you. Deep and slow breathing also helps them to keep calm and relaxed. We looked at what Mental Health, Physical Health and Emotional Health means and how we need to look after all these areas to be well. The children are going to learn little techniques and strategies as well as looking at different modules each term about wellbeing. This half term it is **gratitude** The Culture of the Heart reading and wellbeing journals will also support this.

We hope in time we will be able to offer short sessions for parents too but in the meantime try to reduce screen time, get a reasonable bedtime, read a book together, do some deep breathing together and put on some relaxing music to help them have a lovely calm bedtime. If you or your child is anxious try breathing in slowly for four seconds and out slowly for six seconds and repeat 3 times. This helps to calm and release any air from the chest. If you are interested in finding out more, please do contact Mrs Gaskin through the help email address.