



Friday 27th January 2023

Pennoweth News

There was some very scary looking masks in some of our classrooms this week with the younger children having a Dinosaur Day which included a dinosaur themed lunch complete with Dinosaur biscuits! The children had a fantastic day; find out more about what they got up too on page 4!

Next week starts with a Music theme as we have a Sea Shanty band joining us in school. All the children will have the opportunity to see them perform live and do some other music activities for the morning.

Tuesday sees year 3 and 4 having a Viking day and on Friday we are all celebrating Number Day. Children can come in on Friday in non-uniform—if you are able to donate for the day, please do so via Parent Pay—all money raised will be forwarded to the NSPCC.

It's also our Valentine Disco after school on Friday 3rd February. Please see information later in the newsletter.

A huge thank you to everyone who has been able to fill in our playtime questionnaire. The results will really help us to think about the best ways to look at making playtime more engaging for the children.

An early reminder that we have an inset day after the February half term so children do not return to school until Tuesday 21st February.

Finally, hopefully you have seen the communications regarding the strike day planned next Wednesday (1st February). Some of our classes will be closed on that day; please see the separate letter that has come out confirming which classes this will impact. Please do get in touch if you need any further information.



Dates for your diary

Monday 30th January

Sea shanty band in school

Tuesday 31st January

Year 3/4 Viking Wow Day!

Friday 3rd February

Number day—raising money for NSPCC (non-uniform)

Year 3/4 Visiting the 'Writers' Block' (in Redruth)

Valentine Disco (after school)

Friday 10th February

Love yourself day! Non-uniform—Wear something that makes you happy!

Last day of half term

Monday 20th February

Inset day—school closed to children

Tuesday 21st February

First day of term

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)

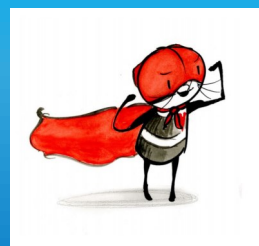
upperKS2@pennoweth.cornwall.sch.uk (for Years 5 and 6)

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

School Lunches

Week beginning 30th
Jan






week 2 of the menu



Character Qualities

This year we will be changing the 4 key characteristics we are on the look out for every term. For Autumn, we are looking for children who are demonstrating the characteristics of being:

Creative
Dependable
Inspiring
Resourceful

Quality	Children Spotted in R, Y1 and Y2	Children Spotted in Y3, Y4, Y5 and Y6
Creative 	Porthcurno:Seb Gwithian:Tom Marazion:Aylen	Newlyn:Kairi Mevagissey:Oli Porthleven:Caitlyn Lizard: Piran Pendeen:Taylor Godrevy:Jack
Dependable 	Porthcurno:Esme L Gwithian:Rubi Marazion:Charlie	Newlyn:Larkin Mevagissey:Jack Porthleven:Noah G Lizard:Harley Pendeen:Isadora Godrevy:Lewis
Inspiring 	Porthcurno:Grace Gwithian:Harper Marazion:Natalie	Newlyn:Tiana Mevagissey:Eleanor Porthleven:Caden Lizard:Ivy Pendeen:Rose Godrevy:Ashton
Resourceful 	Porthcurno:Denas Gwithian:Lovaya Marazion:Lily D	Newlyn:Bella Mevagissey:Aira Porthleven:Kingsley Lizard:Sofia Pendeen:Annabella Godrevy:Tommy
	Restormel:Julija Tintagel:Mia M Porthcurno:Syrus Gwithian:Arthur Marazion:Tabetha	Newlyn:Cory Mevagissey:Falak Porthleven:Elsie Lizard:Ruby Pendeen:Willow Godrevy:Carmen

We also have our Stars of the Week, who have been classroom superstars and DNA Champions for each phase.

We are safe champions: Restormel: Caya, Tintagel: Alex, KS1: Alesha Mae, LKS2: Kyson, UKS2: Fletcher

We feel loved champions: KS1: Imogen, LKS2: Jayden, UKS2: Lexi

We take responsibility champions: KS1: Mason, LKS2: Zach, UKS2: Izabella

We are always learning champions: KS1: Vinnie, LKS2: Lucas, UKS2: Shakira

We are ready champions: KS1: Lyra, LKS2: Layla, UKS2: Molly

KS1 Gardening Club—week 3!

You'll never believe it, but after club last week, we woke up to thick snow on the Tuesday. Just after we had planted the tulip and daffodil bulbs and put them outside with the dianthus plants! It's OK though, as the first thing we did today was to check on them. Some of the bulbs have already started popping their little shoots up through the soil.

After that, we headed into the polytunnel to plant a sunflower seed each. We needed to give them a little water so Mrs Mallaber had some milk cartons that she turned into mini watering cans. 'You are so crafty' said Mia :)

Planting done, it was time to check on the litter and it was nice to see that after a discussion in our celebration assembly last Friday and with the new posters put up, there seems to be less rubbish around the playground.

Our next job was to think about compost and composting. We set to work emptying the bin we have, as it needs clearing out and starting again. I say we, but actually Mrs Mallaber did all the digging and we enjoyed looking for the worms...there were so many! Wearing gloves, we pulled out some rubbish too which was not good as plastic does not go in the composter.

We also found big pieces of wood that shouldn't have been in there. Have a look at the photo. Can you find the plastic items?

Once we get it sorted, we can start composting the food waste especially at playtimes and we also thought about asking the staff to save their teabags from the staffroom. I wonder how many we would get in a week?

Time to wash our dirty hands before home time. Another busy day!



What a Roarrrrrrrsome day KS1 had on Thursday!

The children came in dressed up in their best Jurassic costumes. The day started with mask making—we had Brachiosaurus, Plesiosaurus, Apatosaurus, T-Rex, Pteradactyl and Stegosaurus all stomping around the classrooms.

Then came the explosion of mess: clay dinosaurs. Logan said it was the best part of his day. Lots of eggciting designs from Diplodocus to the tiny Yi.

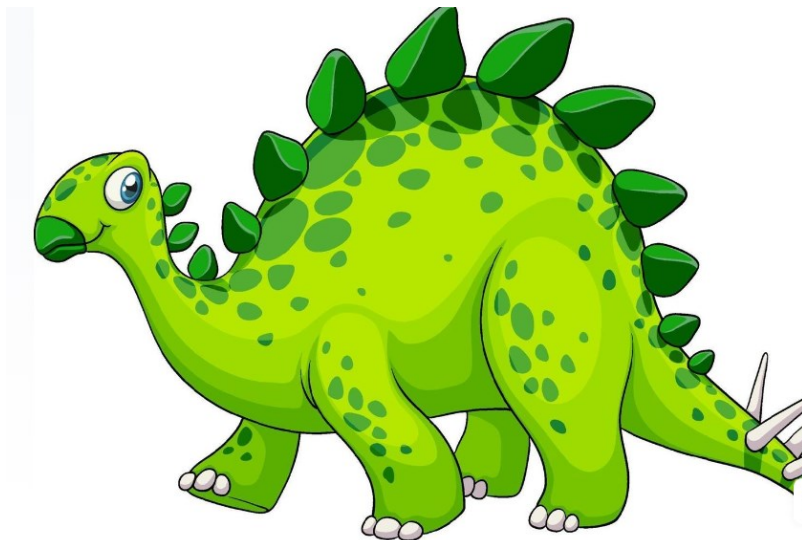
The children absolutely loved their themed lunch of Dino egg nests. They even had a dinosaur biscuit!

Later on the carnivore carnage continued with junk modelling. Oh what fun we had. We hope you enjoyed your Jurassic creations.

‘It’s the best day ever,’ squealed Poppy with excitement!

Finally... Why did the Tyrannosaurus Rex cross the road?

Because the chickens hadn’t evolved yet!





Friends of Pennoweth

Disco Time!!

Friday 3rd February

Reception & KS1 3.30-4.20

KS2 4.30-5.20

**£3.50 a ticket (please pop in an envelope)
and give to your teacher**

**Ticket price will include unlimited squash,
a glow stick, bag or sweets, packet of crisps,
tattoo and/or glitter**

**Reception & KS1 – Change of clothes can
go into school. Collection from Porthcurno
& Gwithian classrooms.**

**KS2 – Drop off through Mrs B's Office.
Collection from Porthcurno & Gwithian
classrooms.**

The background is a solid red color. It is decorated with several heart shapes in different shades of red and pink, scattered around the text. The hearts vary in size and are some are solid, while others have a slight gradient or shadow effect.

Friday 10th February

**Love
Yourself
Day**

**We think you are fantastic just the
way you are!**

**Come to school on Friday 10th
February as 'you'.**

**No uniform, no donations, just wear
what makes you happy.**

Friends of Pennoweth

Attendance

We aim for all our children to have at least 96% attendance throughout the year. Last week, our whole school attendance was 87.9% (this was the week we had snow!)

See below for the attendance for each class last week.

Porthleven	92.3%
Godrevy	91%
Mevagissey	90.4%
Newlyn	89.3%
Tintagel	89.2%
Lizard	88.7%
Marazion	88.7%
Gwithian	87.3%
Restormel	86.4%
Porthcurno	85.5%
Pendennis	83.8%
Pendeen	81.0%

Congratulations Porthleven!

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, 1Password and Keeper are all excellent password managers.

4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version – by saving it to a removable USB drive or similar device, for example.

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' – such as your birthplace or a pet's name – in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency – even if they appear to come from someone you know.

11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates – so by ensuring each device is running the latest version, you're making them more secure.

10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure – criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (yes, that spelling is correct!). It's useful if you're worried about a possible attack – or simply as motivation to review your account security.

8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun – so as long as you keep safety and security in mind, don't stop enjoying your tech.

Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



National Online Safety®

#WakeUpWednesday

Source: www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word | https://haveibeenpwned.com



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WARM SPACES REDRUTH

Mondays

St Andrews Church 8am – 9.30am
free breakfast. 9.30am – 12.30pm,
Drop in refreshments and a foodbank

Tuesdays

Bethel Green Community Larder 2 –
4pm, Pond Lane Redruth, 1 bag per
household

Wednesdays

Redruth Baptist Church, soup and a
roll plus free food 11 -12.30pm

The Salvation Army, Middletons Row:
10am-1pm free breakfast and
refreshments, help and signposting,
includes Transformation CPR
foodbank 10am-12pm

Gwealan Tops, School Lane, free
teatime family meals, 5 – 6pm,
booking required via
manager@gwealantops.org
Wednesdays (11th Jan, 18th Jan, 25th
Jan, 1st Feb, 8th Feb)

Fridays

Salvation Army, Middleton Row, 10am
– 12pm free hot drinks and a space to
safely talk about mental health



For more information: discoveredredruth.co.uk



WARM SPACES REDRUTH



Tuesdays and Saturdays

The Church of Jesus Christ of Latter-Day Saints, Mount Ambrose, 11am – 3pm free food and drink, Wi-Fi and people to chat to

Food Troops

Victoria Park next to the Bowling Club/Children's Playground

- First Monday of the month: kids cooking and nature crafts 10am - 12pm
- Every Monday 12pm - 2pm: Community Fridge open for surplus food rescue
- Every Tuesday 12-2pm: Community fridge open and gardening club with hot food for volunteers / visitors. We are run by volunteers, so we ask you to Pay-or-contribute as-you-feel where possible.
- No booking needed just drop in, open to all

Everyday

Cornwall Neighbourhood for Change, The Elms, Green Lane 9am -4pm. Open everyday for people to visit a safe, warm and friendly environment on their own, or with a friend, and talk to others over a free hot drink or maybe a free hot meal. They can enjoy activities or can be helped to access specialist advice and support with housing, energy bills and job-seeking. Running until March 2023

Redruth Library, Alma Place Monday – Saturday 9.30 – 5pm (9.30 – 1pm Saturdays) a welcome warm space, access to group activities and a winter wellness guide. With staff available to advise on what support and services there are

