



Friday 10th February 2023

Pennoweth News

What a fantastic last week of the half term we have had! There has been some amazing work going on as children finish their current projects; please ask the children what they can remember—their knowledge is awesome! Our new projects after the half term will focus on Art—parent leaflets describing the new projects are on the website.

There was a Tudor Day yesterday for year 5/6 with a trial for Anne Boleyn complete with Henry VIII! The jury didn't find in her favour...

Today has been 'Love Yourself' day! The children looked lovely in their favourite clothes and certainly enjoyed wearing 'whatever makes them happy!' Thank you to the PTA for the treats they provided :) It has also been 'Freedom Friday' today around the playgrounds at lunchtime—the children loved it!

With the help of some friends (thank you Kate and Jen!), we have a wonderful tree display in our hall with affirmations for all the children from their teachers on individual hearts.

If you haven't been on our website lately, it is worth heading to the home page. You will see a 'play' button so that you can hear the children singing 'Cornwall, our home'. It's quite something; please do go and listen in if you have time.

Dates for your diary for next half term, we are celebrating world book day over 2 days—Thursday 2nd and Friday 3rd March. More details to follow after half term but we will be dressing up on Friday 3rd March! Children can come as their favourite book character or in their own clothes for the day :)

We hope you have a wonderful half term break—fingers crossed that the sun keeps shining! The first day of next half term is an inset day; the first school day back for children is Tuesday 21st February—we look forward to seeing you then!

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
20th February

week 2 of the menu



Dates for your diary

Monday 20th February

Inset day—school closed to children

Tuesday 21st February

First day of term

Friday 24th February

Closing date for Feb Half term bookmark competition!

Monday 27th February

Y3/4—BIFFA workshop

Y3 Camp meeting 2.30pm + 5pm

Y4 Camp meeting 2.30pm + 5pm

Thursday 2nd March

World Book day—activities and special Chartwells menu

Friday 3rd March

World Book day—dressing up day!

KS1 multi skills event

February Half Term Holiday






Monday 13th to
Friday 17th February



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
<p>Creative</p> 	<p>Porthcurno: Logan Gwithian: Nylah Marazion: Oscar</p>	<p>Newlyn: Ardhen Mevagissey: Abi Porthleven: Poppy Lizard: Brooke Pendeen: Scarlett Godrevy: Henry</p>
<p>Dependable</p> 	<p>Porthcurno: Grace Gwithian: Ruby Marazion: Lilly G</p>	<p>Newlyn: Jakob Mevagissey: Jayden Porthleven: James Lizard: Amelia G Pendeen: Lily Godrevy: Ellie</p>
<p>Inspiring</p> 	<p>Porthcurno: Maisie Gwithian: Zakary Marazion: Mia</p>	<p>Newlyn: Carson Mevagissey: Josh Porthleven: Reese Lizard: Layla Pendeen: Harry Godrevy: Amelia</p>
<p>Resourceful</p> 	<p>Porthcurno: Zack Gwithian: Arthur Marazion: Harriet</p>	<p>Newlyn: Lukas Mevagissey: Lilly-beth Porthleven: Harry Lizard: Adam Pendeen: Keira Godrevy: Amber</p>
	<p>Tintagel: Keevah Restormel: Amirah Porthcurno: Jack Gwithian: Jamie Marazion: Lily R</p>	<p>Newlyn: Larkin Mevagissey: Tom Porthleven: Penny Lizard: Ivy Pendeen: TJ Godrevy: Jenny</p>

We are safe champions: KS1: Miley, LKS2: Albie, UKS2: Lexi

We feel loved champions: KS1: Olivia, LKS2: River, UKS2: Riley

We take responsibility champions: Restormel: Tristan, Tintagel: Dovie, KS1: Leon, LKS2: Nojus, UKS2: Sophia

We are always learning champions: KS1: Noah, LKS2: Oli, UKS2: Eva

We are ready champions: KS1: Georgie, LKS2: Wyatt, UKS2: Gracie

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

KS1 Gardening Club—week 5

"The potato has got hair!"

That's what we heard when we got the potatoes ready to plant today.

We had 20 seed potatoes and 4 bags, so using what we have been learning in maths, we worked out how many would go in each bag.

"It's 5 in each bag," said Mia.

It's a good job we have been learning how to share and group equally as that was really helpful. We put some compost in the bottom of each bag and then the potatoes and then covered them with a little more compost. We even used some of our own compost from the compost bin. Each week we will check and add a little more compost to keep them hidden until the bags are full.

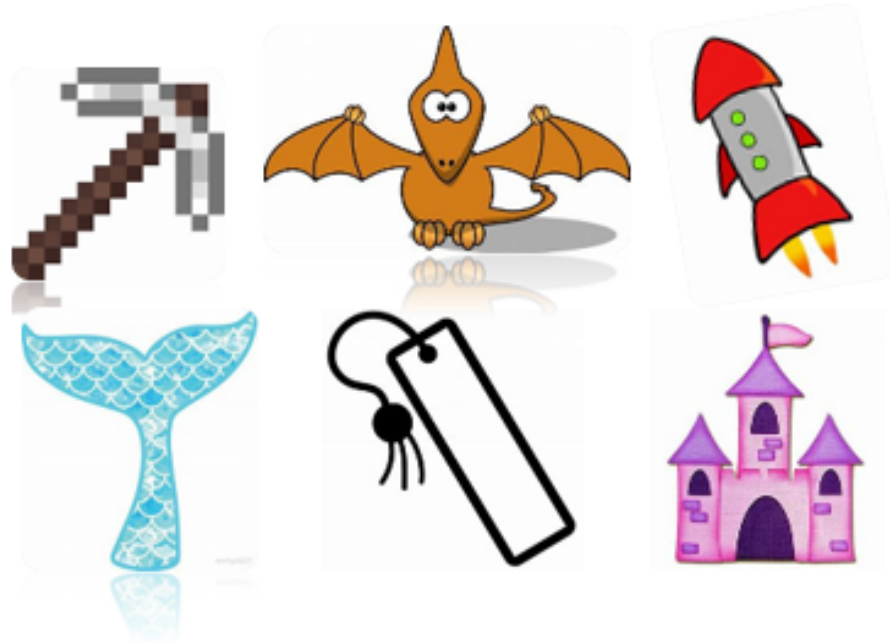
Time to water the potatoes and all our other pots especially our pots outside as they were starting to get dry in the dry weather we have had.

Finally, we counted the tea bags from the staff room, before we added them to the composter. We couldn't believe there was 29. Some of us think there will be more next week and some think less. I wonder who will be right?!



Friends of Pennoweth

Free February Half Term Competition



You can decorate your bookmark with whatever materials you like – anything goes!

Be creative, be imaginative and make a bookmark you love.

To enter your bookmark please bring it back in after half term to show to your class.

Please bring in by Friday 24th February so we can pick a winner.

There will be a prize per class.

Attendance

We aim for all our children to have at least 96% attendance throughout the year.

See below for the attendance for each class last week.

Pendeen	84.69%
Pendennis	85.8%
Porthcurno	91.61%
Gwithian	93%
Restormel	93.18%
Porthleven	94.84%
Newlyn	95%
Tintagel	95.83%
Lizard	96.25%
Godrevy	97.93%
Marazion	98.67%
Mevagissey	98.93%

Congratulations Mevagissey :)

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people fear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



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#WakeUpWednesday

Source: <https://www.ofcom.gov.uk/consult/condocs/childrens-media-use-and-attitudes-report-2022.pdf>



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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: discoverredruth.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





HALF TERM
CRICKET
CAMPS

CRICKET CENTRE | TRURO

SOFTBALL

13TH-14TH FEB | 10-3PM

£15 PER DAY | YEARS 1-5

To book your place - <https://booking.ecb.co.uk/d/71q20d>

HARDBALL

15TH-16TH FEB | 10-3PM

£20 PER DAY | YEARS 4-8

To book your place - <https://booking.ecb.co.uk/d/jlq204>

BRING PACKED LUNCH & SNACKS