



Friday 3rd February 2023

Pennoweth News

It has been a very busy week at Pennoweth :) We have a visit from a sea shanty band as part of a very musical morning on Monday (see below) and a whole school get together to sing 'Cornwall, my home' at the end of the day today. Year 3 and 4 have been out and about in Redruth today too.

We have been celebrating 'Number Day' throughout the school today. The children looked fantastic in their number themed clothes! Thank you so much to everyone who was able to contribute to the NSPCC collection that is linked to Number Day too.

On Monday, the whole school took part in a music morning where we watched a live performance by a sea shanty band called 'Figurehead'. We all enjoyed listening to the songs, clapping along and even joining in with some of our favourites. We also learnt about different composers and had a chance to play some instruments. The children all had a fantastic morning!



Congratulations to the following children who have all achieved their Accelerated Reader target! Gwithian: Lyra, Jamie, Nylah, Zakary and Harper, Marazion: Amelia, Newlyn: Cory and Layla, Porthleven: Zach and Loki, Godrevy: Ben. Keep up the great work!

Don't forget we have 'love yourself day' next Friday. Children can wear their own clothes—clothes that make them happy! Thank you to the PTA who will be giving every child a small present :)

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 February

week 3 of the menu



Dates for your diary

Friday 10th February

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

Last day of half term

Monday 20th February

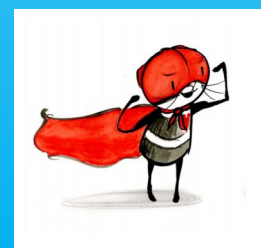
Inset day—school closed to children

Tuesday 21st February

First day of term

Friday 24th February

Closing date for Feb Half term bookmark competition!



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: Jack Gwithian: Skyla Marazion: Lily D</p>	<p>Newlyn: Keira Mevagissey: Troy Porthleven: Nathan Lizard: Ruby Pendeen: Kaiden Godrevy: Ashton</p>
<p>Dependable</p> 	<p>Porthcurno: Michelle Gwithian: Jamie Marazion: Aliza</p>	<p>Newlyn: Mason Mevagissey: Falak Porthleven: Maddison Lizard: Lily Pendeen: Scarlett Godrevy: Emily</p>
<p>Inspiring</p> 	<p>Porthcurno: Lola Gwithian: Holly Marazion: Amber</p>	<p>Newlyn: River Mevagissey: Tom Porthleven: Jacob Lizard: Jacob Pendeen: Taylor Godrevy: Molly</p>
<p>Resourceful</p> 	<p>Porthcurno: Lewis Gwithian: Alfie Marazion: Natalya</p>	<p>Newlyn: Jakob Mevagissey: Eleanor Porthleven: Khian Lizard: Oskar Pendeen: Riley Godrevy: Tommy</p>
	<p>Restormel: Kotryna Tintagel: Isabelle Porthcurno: Imogen Gwithian: Nylah Marazion: Ben</p>	<p>Newlyn: Cody Mevagissey: Elodie Porthleven: Maisie Lizard: Theo Pendeen: Ruby Godrevy: Alex</p>

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

We are safe champions: KS1: Lucy, LKS2: Summer, UKS2: Dovydas

We feel loved champions: Restormel: Megan, Tintagel: Riley, KS1: LKS2: Blaise, UKS2: Maddie

We take responsibility champions: KS1: Lilly G, LKS2: Nicola, UKS2: Reade

We are always learning champions: KS1: Miley, LKS2: Noah, UKS2: Walter

We are ready champions: KS1: Poppy, LKS2: Dexter, UKS2: Summer

KS1 Gardening Club—week 4

'There's a worm at the bottom of my garden and his name is Wiggly Woo'. Ok, so it wasn't at the bottom of the garden but it was in the compost bin! Lots and lots of worms! Today we finished a job that I began to wish we hadn't started but in the end it was a good job done. The compost bin has been completely emptied, sorted and put back with only compost in it and not rubbish. We can now start to compost our food waste.

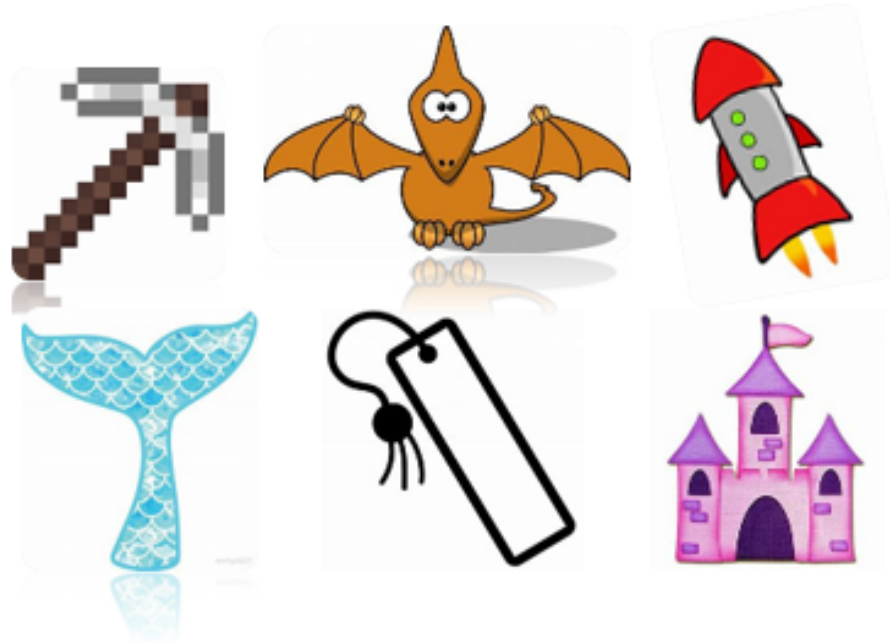
Litter picking done and our sunflower planting from last week checked and watered we all planted some strawberry seeds. Now that does seem interesting...strawberries and cream! Yum yum :)

Just before we went home, with our hands washed, we checked on our potatoes from week 1. Wow, we couldn't believe it. They have sprouted and we all decided that they are ready to plant. So that's next week's job already planned.



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.

The background is a solid red color. It is decorated with several hearts of different sizes and shades of red and pink. The hearts are scattered around the text, with some overlapping the text itself. The text is in a white, bold, sans-serif font.

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 94.4%
See below for the attendance for each class last week.

Mevagissey	98.6%
Porthleven	98.1%
Gwithian	97.7%
Newlyn	97.3%
Tintagel	96.7%
Restormel	95%
Marazion	94.7%
Lizard	93.7%
Porthcurno	92.9%
Pendeen	91%
Godrevy	89%
Pendennis	84.5%

Congratulations Mevagissey!

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSE curriculum.



National
Online
Safety®

#WakeUpWednesday

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/7lq20d>

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