



Friday 17th March 2023



Pennoweth News

This week has seen the start of our Music based projects in school. The children have spent time looking at famous composers and considering a wide range of vocabulary along with enjoying musical performances! Please look at the curriculum section on the website if you want to know more about what the children are learning.

Our Nursery children have been out and about this week and headed to the local greengrocer shop! Well done to our Pendennis superstars who had a fantastic trip!

You have hopefully received a letter today regarding after school activity clubs for the summer term. Please note that sign up starts on Monday at 5pm and closes on Wednesday at 5pm. Sign up is via Parent Pay.

We have sent out a link to the governors' annual parent questionnaire earlier today (via Marvellous Me). We really appreciate all your feedback; thank you in advance for returning your questionnaire. If there is anything you would like to talk to us directly about, please do get in touch.

We know how incredibly difficult the parking situation is around the school at the start and end of the day but please can we ask that you take extra care with where you are parking and give consideration to pedestrians, residents and other road users. Thank you.

Thank you to the PTA who have been running 'pop up Mothers' Day shops' this week. A very happy Mothers' Day to all our families for Sunday! :)

Finally, if you haven't looked at our twitter page recently, please do take a peek. Mrs Carr has been busy sharing lots of news from around the school. You can find us at @PennowethS.

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)

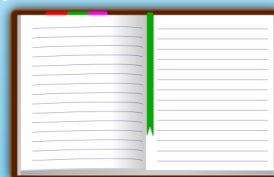
upperKS2@pennoweth.cornwall.sch.uk (for Years 5 and 6)

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

School Lunches

Week beginning
20th March 2023

week 3 of the menu



Dates for your diary

Monday 20th March

Phonics screen information events (8.45 am and 5pm)

Tuesday 21st March

Newlyn and Porthleven trip to Cornish heroes workshop, Kresen Kernow

Wednesday 22nd March

Club sign up closes

Thursday 23rd March

Mevagissey trip to Cornish heroes workshop at Kresen Kernow

Monday 27th March

Class photographs today :)

Wednesday 29th March

Maths Whizz parent engagement meeting

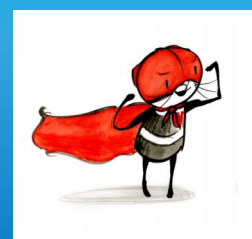
Friday 31st March

PTA Easter Egg Hunt :)

Last day of Spring 2 term,

Tues 2nd and Weds 3rd May






Parent Meetings



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:Poppy Gwithian:Harper Marazion:Tabetha | Newlyn:Noah Mevagissey:Troy Porthleven:Amelia Lizard:Harley Pendeen:Ruby Godrevy:Molly |
| Dependable  | Porthcurno:Lola Gwithian:Tom Marazion:Mia | Newlyn:Daniel Mevagissey:Gabriele Porthleven:Lucas Lizard:Jenson Pendeen:Feya Godrevy:Amelia |
| Inspiring  | Porthcurno:Delilah Gwithian:Lola Marazion:Noah | Newlyn:Isla Mevagissey:Josh Porthleven:Harry Lizard:Mia Pendeen:Taylor Godrevy:Leo |
| Resourceful  | Porthcurno: Riley Gwithian:Elias Marazion:Charlie | Newlyn:Ardhen Mevagissey:Abi Porthleven:Blaise Lizard:Maddie Pendeen:Isadora Godrevy:Tabby |
|  | Restormel:Bella Tintagel:Killian Porthcurno:Kurt Gwithian:Massen T Marazion:Aylen | Newlyn:Bella Mevagissey:Oli Porthleven:Jaxon Lizard:Malakai Pendeen:Lily Godrevy:Lewis |

We are safe Champions: KS1: Arianna, LKS2: Aira, UKS2: Oliver

We feel loved Champions: Restormel: Harry, Tintagel: Holly, KS1: Esme L, LKS2: Falak, UKS2: Scarlett

We take responsibility champions: KS1: Enid LKS2: William, UKS2: Bea

We are always learning champions: KS1: Jayden, LKS2: Zach, UKS2: Keira

We are ready Champions: KS1: Amelia, LKS2: Rizzick, UKS2: Austeja

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

Gardening Club

Monday 13th March -week 7

Wellies on, resources collected and off we go!

First job today was to empty and sort through 8 bags of soil that Mrs Mallaber went to collect at the weekend with Mr.Mallaber. They managed to get them free which was very kind. We found a few large stones that we removed but it's good to have a few small stones to help the water drain. It's filled up the area a bit but we still need more.

We also found lots of worms which we put in the compost bin along with the tea bags from the staff room. There was only 8 this week!

Next job was to weed our tulips and daffodils that are starting to grow, top up the potatoes with more soil and water any plants that needed it.

Whilst watering , Natalie found three daffodils from the bank, on the floor.

"I found these on the floor, they need water" and so she looked after them really carefully until we went in to put them in water.

Litter picking done , we had a little time left and so we planted gladioli bulbs. They will be really colourful when they grow.

We can't wait to see what colours they will be.



Attendance

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

Overall attendance for last week was 93.3%

See below for the attendance for each class last week.

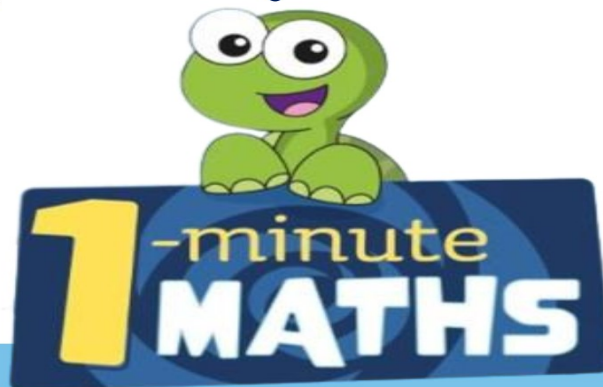
| | |
|------------|-------|
| Tintagel | 87.6% |
| Gwithian | 89.2% |
| Godrevy | 90.3% |
| Restormel | 91.2% |
| Pendeen | 92% |
| Porthleven | 93.5% |
| Newlyn | 94.6% |
| Lizard | 94.8% |
| Mevagissey | 95.3% |
| Porthcurno | 96.0% |
| Pendennis | 96.2% |
| Marazion | 97.5% |

Congratulations Marazion :)



Have you tried
this free app?

This 1-minute maths app helps children build greater number confidence and fluency. Regular practise at home will support learning at school.



Subitising



Addition



Subtraction



Multiplication



Division

Available on App store, Google Play and Amazon Kindle

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity; post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Casley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



NOS National Online Safety®
#WakeUpWednesday



SPORTS AND ACTIVITIES

Coast

ACTIVITY PROGRAMME

Ofsted
Registered
See website for details



TIME 2 MOVE
Holiday Programme



April 3rd – 6th and 11th – 14th

See website for venue specific dates



**HAYLE ACADEMY
ST IVES SECONDARY SCHOOL
ST IVES LEISURE CENTRE
HELSTON COMMUNITY COLLEGE**

£15 for Half Day

£25 for Full Day

**Tax-Free Childcare Vouchers
accepted**



ACTIVITIES

- Swimming
- Dodgeball
- Tennis
- Cricket
- Football
- Rugby
- Cheerleading
- Golf

and so much more

AGES 5-16

FREE

**FREE HALF DAY PLACES FOR
FSM CHILDREN**

SCAN TO BOOK

07939863010



www.coastactivityprogramme.com
info@coastactivityprogramme.com



SAM Online
www.sammusicservice.com
0800 756 9411



Online Music Lessons - Pennoweth Primary School

Does your child wish to learn an instrument or sing? Try a free, no-commitment taster lesson!

SAM Music Service provide one-to-one online music lessons, both during term-time and over the school holidays at a discounted rate. Enquire at SAMMusicService.com to try a free taster lesson.

Click the link below to enquire and watch a video about SAM's online instrument lessons:

<https://sammusicservice.com/>

Free, no-commitment taster lesson, try an instrument

Discounted Christmas holiday lessons available

Playback videos of your lessons, helpful for practice

Progress through Grade exams, also available online

Performance opportunities in school assemblies and concerts

Online weekly 30 minute 1:1 lessons Mon-Fri up to 8pm, and Sats 9am-5pm

Learn to play Guitar / Drum Kit / Piano (Keyboard) / Vocals from home

Enquire by visiting www.sammusicservice.com or calling 0800 756 9411

"Both my daughters look forward to their individual weekly lessons. They are both making excellent progress and have a great rapport with their teachers. It's easy and straightforward to connect online for lessons! Highly recommended with 5 stars!! ⭐⭐⭐⭐⭐"

Mrs Wellman-Bailey

SAM Music Service provides **30 minute 1:1 online music lessons**, allowing your child the opportunity of learning to play the **guitar, drum kit, piano / keyboard** or to **sing** from home.

Lessons are weekly and affordable at £17.50 per lesson and £16 in the holidays, suitable for both children and adults, and the **first lesson is free!** SAM also offers **gift vouchers** to purchase here: <https://www.sammusicservice.com/gift-vouchers/> - the ideal musical gift!

To enquire, complete the short contact form on SAM's website (www.sammusicservice.com), and they'll be in touch soon, or you can email lessons@sammusicservice.com, or call **0800 756 9411** to speak to one of their friendly team. Or reach out on social media [@sammusicservice](https://www.instagram.com/sammusicservice)

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

