



Friday 2nd February 2024

# Pennoweth News

Another blockbuster week has taken place this week at Pennoweth.

A number of events have been ongoing across the school, including some interesting training for the teachers around the use of robotics within our Computing Curriculum. I know the pupils have had some fantastic experiences using a number of new devices this year, and with further training, our staff are keen to expose and explore with the Children, these exciting opportunities.

## Nursery

The Nursery Children have had a very busy number day exploring numbers at every activity area including: number stories, singing number songs, gems and numerals in the tactile table, making number costumes in the Creative area, and much much more. The numbers 3 and 4 seem to be the most popular, I think that might be to match their ages.

## Reception

This week, to help us learn about reptiles, Reception were lucky enough to be visited by Beardy The Bearded Dragon. We found out about what he eats, where he sleeps and if they were brave enough gave him a stroke.

Photos for this experience can be found on the following page, so please take a look. The knowledge that has been gained and shared from this experience has been amazing. Well done Reception.

## Keystage One

This week, the year 1 Children have enjoyed their computer science lessons, where they have been programming Beebots and working out which is the best route for them to take to arrive in the finish box.

In other news, the year 2 Children became detectives this week and investigated a Crime scene. For this lesson, they had to measure footprints left behind by a mystery individual. Then the Children had to study the culprit's handwriting and asked questions to solve the case. Next week, they will be writing a recount of what they did in their English lessons.

## Keystage Two

Science has been in focus this week within Keystage Two. Once again the children have been observing the germination and growth of daffodils. In addition, they have been making predictions of how dyes may effect the colour and patterns of the leaves. It is safe to say, that the experiment will be interesting to observe over the coming week!

In Upper Keystage Two, the children have been learning all about the feudal system. With our focus currently set on developing oracy skills, the children spent time debating the development within history and the morality of the systems. The children also took time to discuss the positives and negatives with the Feudal model before recording thoughts, impacts and an extended response.

Well done Pennoweth for another fantastic week.

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 05/02/24

(Week 3 Choices)

Chartwells meal menu is on the school website



### Dates for your diary

Last day of Spring One  
Half Term

**Friday 9th February 2024**

Crofty Inset day

(School will not be open  
to pupils)

**Monday 19th February  
2024**

Start of Spring Two Half  
Term

**Tuesday 20th February  
2024**

*Please view page two of the  
Newsletter for further term  
dates.*

# Key Upcoming Dates for your Diaries

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## Spring Term

**Tuesday 6th February 2024**

Safer Internet Day

Newlyn Class Parent Meetings

**Wednesday 7th February 2024**

Newlyn Class Parent Meetings

**Thursday 8th February 2024**

PTA Disco Event

**Friday 9th February 2024**

Love Yourself Day

(Non-School uniform day. Wear something that makes you happy!)

**Thursday 22nd February 2024**

The Great Race: The Chinese Zodiac Dance Workshop for Years 1-4

**Tuesday 27th February 2024**

Year 5 Visiting Redruth School (We Got the Power)

**Tuesday 5th March — Friday 8th March 2024**

Presents for Loved Ones Stall

**Friday 8th March 2024**

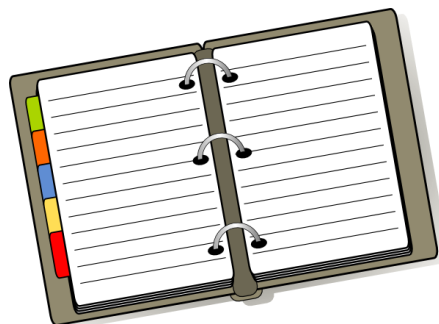
World Book Day

**Friday 15th March 2024**

Red Nose Day

**Thursday 28th March**

Easter Puzzle organised by the PTA



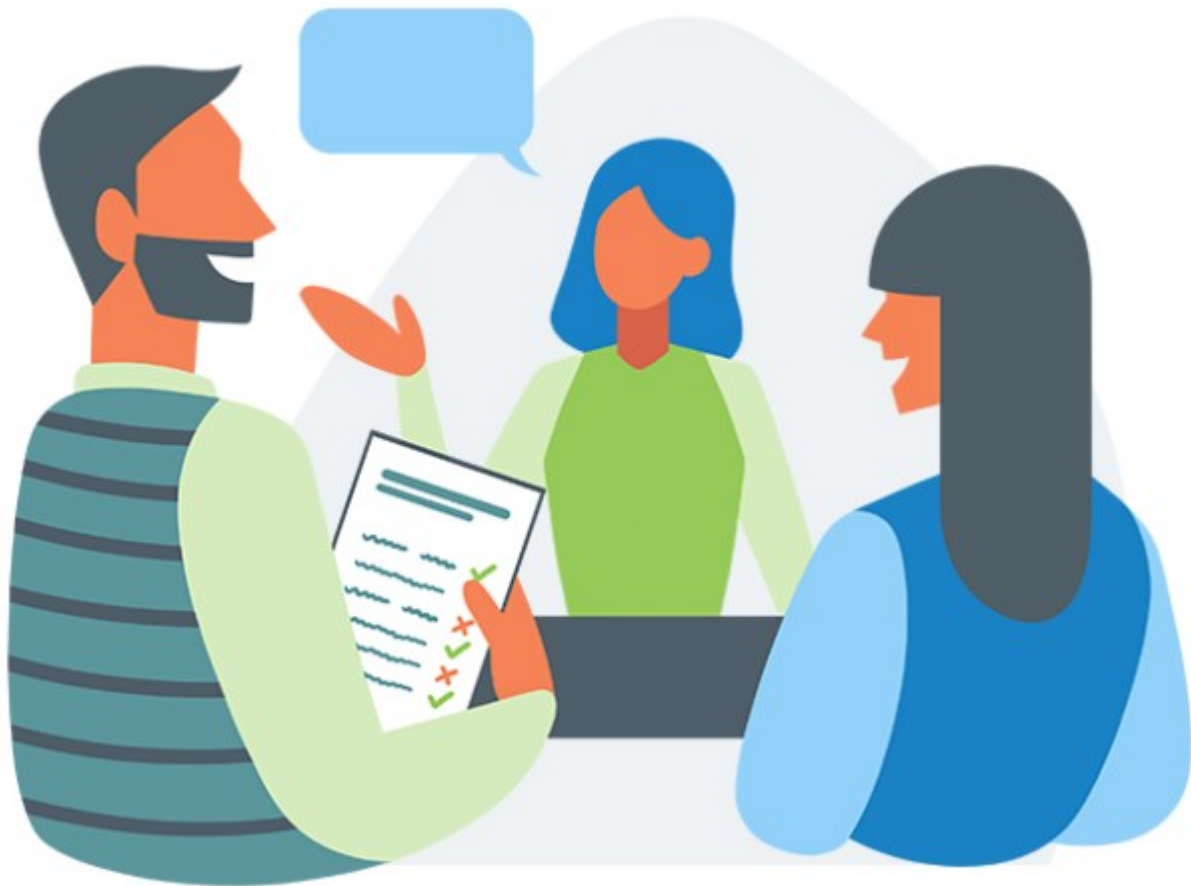
## Key messages from the School

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### Newlyn Parents

Parents consultations will be taking place for Newlyn Class on Tuesday 6th February and Wednesday 7th February.

You should have all received a Marvellous Me message earlier in the week. Please keep an eye on the newsletter and on Marvellous Me communications for updates on how to book an appointment with Mrs Kerry.



# Our DNA

Everything we do in school is shaped by our Pennoweth DNA statements. Each week each phase team identifies one child who has done a fantastic job of demonstrating each strand of the DNA. Well done to all the children below.

We are safe.

We feel loved.


We take responsibility.

We are always learning.

We are ready.

Congratulations to our stars of the week from each class! Well done everyone!

| Quality     | Year R, Y1 and Y2  | Year 3+4         | Year 5+6          |
|-------------|--|------------------|-------------------|
| Safe        | Molly (Newlyn)   | Jack (Lizard)    | Scarlett (Geevor) |
| Loved       | Bella (Gwithian)   | Kyson (Lizard)   | Gracie (Poldark)  |
| Responsible | James (Tintagel)<br>Xander (Restormel)<br>Lovaya (Mevagissey)    | Nylah (Pendeen)  | Rose (Geevor)     |
| Learning    | Ryder (Tintagel)<br>Shaswin (Restormel)<br>Marshall (Porthcurno) | Lily D (Pendeen) | Nathan (Levant)   |
| Ready       | Piran (Gwithian)   | Esme (Godrevy)   | Jacob (Levant)    |

|                           |   |
|---------------------------|---|
| Pendennis<br>Daily Awards | Tintagel<br>Nyla  |
| Restormel<br>Leo          | Porthcurno<br>Keevah  |
| Gwithian<br>Freya         | Newlyn<br>Elias   |
| Mevagissey<br>Willow      | Pendeen<br>Massen   |
| Godrevy<br>Tegen          | Lizard<br>Harrison  |
| Levant<br>Lucas           | Geevor<br>Kingsley  |
| Poldark<br>Maddie         |  |

# Reading Stars!

Over the next few weeks, we will be adding names of the children who have reached their reading targets and celebrating these with all of our parents.

In addition, we will also be adding a 'Headteachers Phonics Star of the Week' for those pupils who have been putting in the hard work over the course of the week and have dazzled not only our wonderful Phonics teachers, but Mrs Andrews as well!

Please find below our Reading Stars for this week!

Three Reading Star certificates are displayed in a row. Each certificate features a decorative border of colorful books on the left side and a circular logo with a book icon on the right. The text on each certificate reads: "READING STAR", "CONGRATULATIONS TO [Name]", "FOR MEETING READING GOALS", and a red starburst badge at the bottom that says "TODAY A READER, TOMORROW A LEADER!".

- Caden (Geevor)**: Reading Star certificate for meeting reading goals.
- Rose (Geevor)**: Reading Star certificate for meeting reading goals.
- Jaxon (Levant)**: Reading Star certificate for meeting reading goals.

A Reading Star certificate for Harry (Levant). It features a decorative border of colorful books on the left side and a circular logo with a book icon on the right. The text on the certificate reads: "READING STAR", "CONGRATULATIONS TO Harry (Levant)", "FOR MEETING READING GOALS", and a red starburst badge at the bottom that says "TODAY A READER, TOMORROW A LEADER!".

A green Headteacher's Phonics Star of the Week certificate. It features a decorative border of colorful books on the left side and a circular logo with a book icon on the right. The text on the certificate reads: "Read Write Inc. Phonics", "Headteacher's", "Phonics Star of the Week", "Awarded to Sashwin (Restormel)", "02/02/24", "C. Andrews", "Date", "Signature", and a small logo at the bottom left that says "JUST KEEP Reading?".

A green Headteacher's Phonics Star of the Week certificate. It features a decorative border of colorful books on the left side and a circular logo with a book icon on the right. The text on the certificate reads: "Read Write Inc. Phonics", "Headteacher's", "Phonics Star of the Week", "Awarded to Maria (Porthcurno)", "02/02/24", "C. Andrews", "Date", "Signature", and a small logo at the bottom left that says "JUST KEEP Reading?".

# Attendance

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

Overall attendance for this week was

94.2%

See below for the attendance for each class last week.

|            |       |
|------------|-------|
| Pendennis  | 85.8% |
| Tintagel   | 91.4% |
| Restormal  | 95.2% |
| Porthcurno | 92.3% |
| Gwithian   | 95.8% |
| Newlyn     | 92.7% |
| Mevagissey | 92.2% |
| Pendeen    | 94.8% |
| Lizard     | 95.7% |
| Godrevy    | 98%   |
| Levant     | 93.3% |
| Geevor     | 96%   |
| Poldark    | 96.5% |

Congratulations Godrevy class!



# Diary Entry from Gardening Club

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Fuelled by our snacks and changed ready to go, we headed outside in the Cornish mizzle.

Following some changes and developments over the past week, the composter has had to be removed as it was encouraging some four legged residents to find a home within the grounds. Can you guess what animal it could be?

Next, we checked our plants and decided some of the spring bulbs needed a little more soil. Excitingly, the shoots of daffodils are now coming through outside the polytunnel and announcing the arrival of spring. Fingers crossed for some brighter and longer days!

Once we had finished touching up the bulbs and attending to our other plants, we all planted a bulb to take home and used the rest to plant in the pots around the playground. We are hoping to create a sense of spring in the coming weeks and provide the children with a Spring watch style observations in the coming weeks to spot the changes around the school. If you have the chance, look up grape hyacinth as this will be popping up in the coming weeks.

Whilst planting, the children were making predictions as to what might flower with Seb asking "Is it a fruit?" following Mrs Mallaber's explanation of the bulbs name. An easy confusion given the name of the flower.

Nevertheless, the weekly jobs of watering and litter picking were the last jobs to be done before we went inside to wash our hands that were particularly dirty following today's activities.

Just before home time a discussion about the differences between bulb or bald... Can you guess which child said that?



# Online Safety Update

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [nationalcollege.com](https://nationalcollege.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

### WHAT ARE THE RISKS?

#### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

#### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

#### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

#### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

#### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

#### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

# KEEP SCROLLING

# WIN TO WIN

27 new posts

## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.



### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.



### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.



### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.



### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety  
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.01.2024



# **HALF TERM DISCO**

**THURSDAY  
8TH FEBRUARY**

**RECEPTION & KS1 STRAIGHT  
FROM SCHOOL-4.30  
COLLECTION FROM  
GWITHIAN/PORHCUENO CLASSROOMS**

**KS2 4.20-5.30 DROP OFF TO  
MAIN RECEPTION  
COLLECTION FROM  
GWITHIAN/PORHCUENO CLASSROOMS**

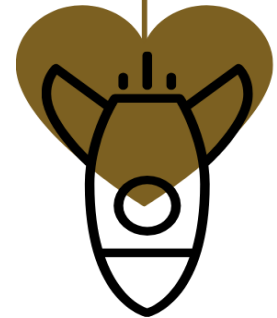
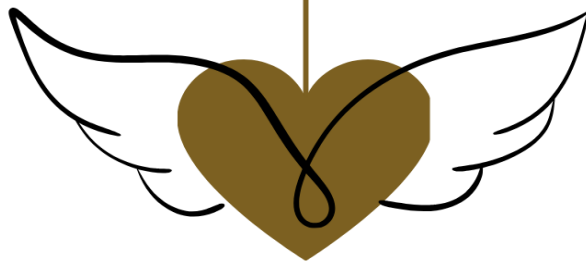
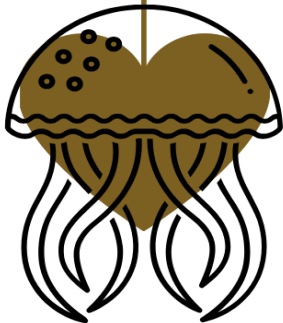
**£3 A TICKET  
INCLUDES A SWEET BAG, PACKET OF  
CRISPS, DRINKS, TATTOO'S AND  
GLITTER**

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## **FRIENDS OF PENNOWETH**

# **LOVE YOURSELF DAY AND FREE HALF TERM COMPETITION FRIDAY 9TH FEBRUARY**

**NO UNIFORM, NO DONATIONS, JUST WEAR WHAT  
MAKES YOU HAPPY!**



**Want to get creative over half term?**

**Why not design a wooden heart and enter the Friends of Pennoweth contest!**

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


**To enter the contest please bring your heart back in after half term to show your class. Closing date is**

**Thursday 23rd February**

**There will be a prize per class.**

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# Further News and Announcements



**CoderDojo**

## Get into coding with CoderDojo


**What is coding?**

Code is the language of computers, including those in phones, cars, and even in lightbulbs! Learning to code is learning to talk to computers in their native language.


**Why learn to code?**

Aside from how cool it is to build your own games, apps, and websites? You'll be able to take your creative ideas, make them a reality, and then share them with all your friends!

Coding and digital creation are invaluable skills these days, and computers are an ever more important part of life. Understanding how computers work and the best ways to interact with them will open up lots of opportunities for you!



**CoderDojo** [CoderDojo.com](http://CoderDojo.com)



## What happens at a Dojo

At a Dojo you can do a bunch of cool stuff! As well as coding, you could be designing video games or websites, creating awesome graphics, building electronic circuits or high-tech clothing, or even making and editing films and music! Basically, anything related to computers in any way!

Also, you'll be working with other Dojo attendees, presenting the cool stuff you make to your Dojo or a showcase events, and once you know what you're doing, you can start mentoring other attendees!



**How do I join a Dojo**

If you want to join a Dojo in your area, just go to [dojo.soy/join](http://dojo.soy/join) to find out how!

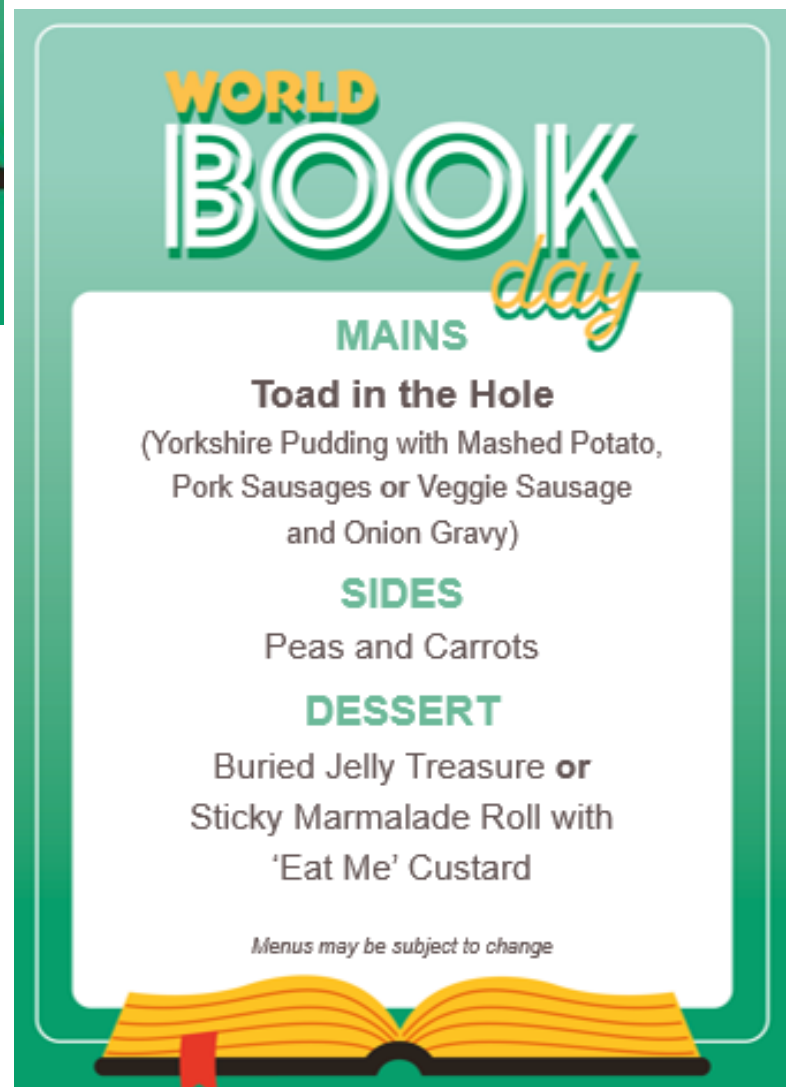
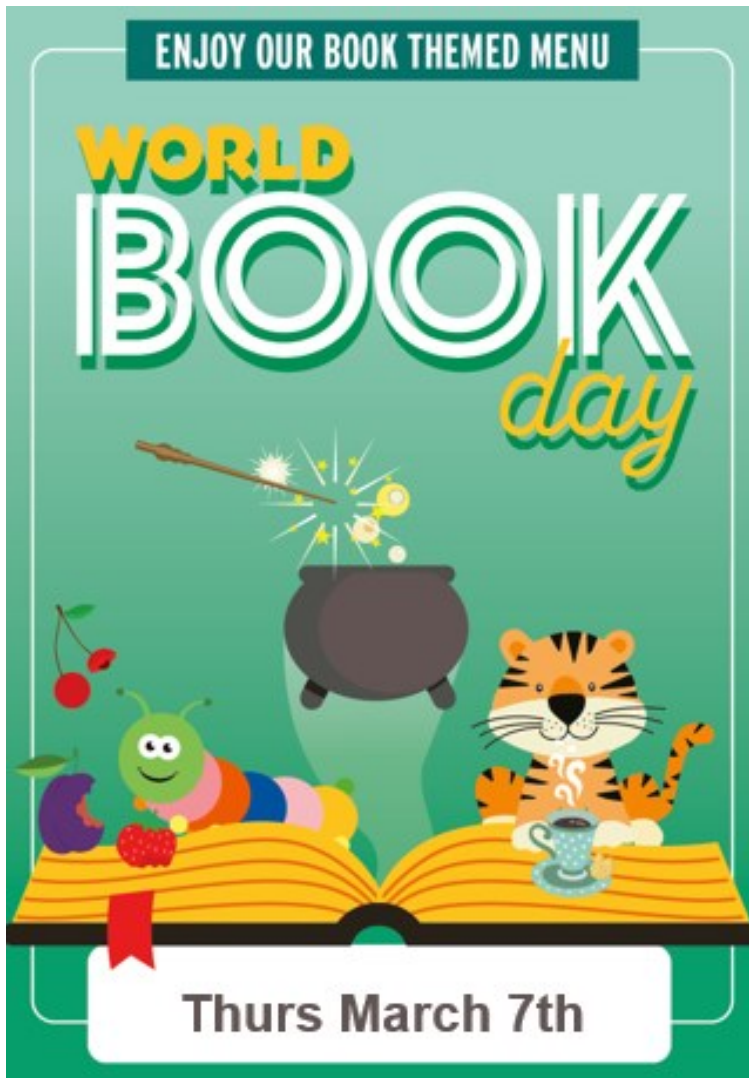
**CoderDojo**

Find us on social media:

[/CoderDojo](https://www.facebook.com/CoderDojo) [@coderdojo](https://www.instagram.com/coderdojo) [@CoderDojo](https://twitter.com/CoderDojo)

The CoderDojo Foundation is a UK registered charity (2962231) (11702822), which is part of the Raspberry Pi Foundation (UK registered charity number 1130490)

# Further News and Announcements



# Further News and Announcements

## GOOL PERAN LOWEN! ST PIRAN'S DAY CELEBRATIONS



### Menu

Traditional Steak Pasty  
or Cheese and Onion Pasty

Hevva Cake

Jacket Potato available on request



*Pasties were taken down the mines by the adults and children who worked there; the shape and size made them ideal for carrying. It's distinctive D shape with the crust acting as a handle, which was discarded to prevent contaminating the food with grubby, possibly arsenic-ridden hands.*



At Proper Cornish we are passionate about quality pastry, filled with great tasting ingredients, made properly in Cornwall for people who love food.

We are passionate and honest about where our ingredients come from. At Proper Cornish, we believe in supporting our local farmers. Our swede comes from Hayle, courtesy of Trevor Goldsworthy's family run farm, our potatoes come from third generation farmer Chris Duxlow from Por and our onions are grown by Anthony West of Toppoint. Cornwall grows some of the highest quality produce in the world, so why go anywhere else?

  
Chartwells

# Further News and Announcements

Information Classification: PUBLIC

Together for Families

## Early Help Parenting Newsletter – Spring 2024

Free information, support and guidance for parents and carers.

### Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

If you have immediate concerns, are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116.

### Parenting Support Workshops

We offer interactive parenting programmes both online and face to face. For more information about our parenting support on offer and to book onto a workshop please visit:

[www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

The programmes currently available are:

**Solihull: Understanding your Child** – Supporting parents/carers of children aged 1 to 3, 4 to 8, or 9 to 11 (10 x 2-hour sessions)

**Take 3** – Supporting parents/carers of teenagers aged 12-17 (10 x 2-hour sessions)

**Living with Parents** – a one day workshop for parents and their young person aged 12 to 17 years.

**Supporting Healthy Relationships** – (3 x 2-hour sessions)

- **Me, You and Baby Too** (for parents pre-birth – 12 months)
- **Arguing Better** (for parents of children aged 1 – 19)
- **Getting it Right for Children** (for separated/separating parents with children aged 0 – 19)

**Understanding your Child with Additional Needs** – a self-guided course accessed through Solihull:

<https://inourplace.heiapply.com/online-learning/course/36>. To access the course, please register for an account using the code TAMAR

- If accessing from a **computer**, please [click here](#)
- If accessing from a **mobile/tablet**, please [click here](#)

### Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions (12:30 – 14:30) delivered by our parenting team to support on a wide range of topics. Please book on by visiting [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

| Date     | Bitesize Child (for parents/carers of children aged 4-11)     |
|----------|---|
| 06.02.24 | Remaining Calm  |
| 13.02.24 | Praise and Rewards  |
| 20.02.24 | Technology and Safety   |
| 27.02.24 | Sibling Rivalry and Conflict                                  |
| 05.03.24 | Bullying  |
| 12.03.24 | Special time with your child                                  |
| 19.03.24 | Supporting Education and School                               |
| 26.03.24 | Routines and Boundaries                                       |
| Date     | Bitesize Teen (for parents/carers of young people aged 12-19) |
| 07.02.24 | Sibling Rivalry and Conflict                                  |
| 14.02.24 | Teenage Brain   |
| 21.02.24 | Supporting Education and School                               |
| 28.02.24 | Mental Health and Wellbeing                                   |
| 06.03.24 | Remaining Calm  |
| 13.03.24 | Drugs and Alcohol   |
| 20.03.24 | Technology and Safety   |
| 27.03.24 | Body Image  |

“I found the agreements and I-statements to be valuable tool to tackle this week. You (the facilitator) have been amazing. Very clear messaging every week.”

– Parent of teenager attending Take 3

# Further News and Announcements



Funded by  
UK Government



**ChatHealth**  
Cornwall and the Isles of Scilly

## ChatHealth Parent Line 0-5

Health Visiting messaging service for parents and carers  
of children aged 0-5 in Cornwall and the Isles of Scilly

**TEXT** 07312 263 423



Get  
confidential  
health and  
wellbeing advice  
and support



Together For Families



Council of the  
ISLES OF SCILLY

[www.cornwall.gov.uk/chathealth](http://www.cornwall.gov.uk/chathealth)

To read our full privacy notice please visit: [www.cornwall.gov.uk/privacynotice](http://www.cornwall.gov.uk/privacynotice)

We might inform someone if we were concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. Texts will not be seen outside working hours. If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.

# Further News and Announcements



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UK Government



ChatHealth  
Cornwall and the Isles of Scilly

## ChatHealth Parent Line 5-19

School Nursing messaging service for parents and carers of children and young people 5-19 years in Cornwall and Isles of Scilly

TEXT



# 07312 263 499



Get  
confidential  
health and  
wellbeing advice  
and support



Scan me



Together  
for Families



Council of the  
ISLES OF SCILLY

[www.cornwall.gov.uk/chathealth](http://www.cornwall.gov.uk/chathealth)

To read our full privacy notice please visit [www.cornwall.gov.uk/privacy-notice](http://www.cornwall.gov.uk/privacy-notice)

We might inform carers if we were concerned about your safety, but we would usually speak to you first. Messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. Texts will not be seen outside working hours. If you need help before you hear back from us contact your GP, nearest multi-to centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.



# Further News and Announcements

## Come and try Judo First two classes are free

NEW BEGINNER CLASS STARTS ON TUESDAY 20<sup>TH</sup> FEBRUARY

All ages welcome from 5 onwards

Learn discipline through a traditional martial art

Create new friendships that last a lifetime

Learn to cope with success and failure through sport

Create a healthy mind and body

Reach new goals

Be part of a team whilst focusing on individual achievement

World and Olympic sport



All instructors are fully qualified, insured, DBS checked and hold first aid and safeguarding certificates.



Members of the  
British Judo Council  
Affiliated to the  
British Judo Association



**CARN BREÁ JUDO CLUB**

Contact us through our facebook messenger [carnbreajudo.co.uk](http://carnbreajudo.co.uk)

**Location; Roskear School main hall**

**Time; Tuesday 6pm to 7pm**

# Half Term Holiday Camps



Cornwall  
Cricket

## Softball

For school years 1 to 4  
Tuesday 13th February  
10am to 3pm  
£15



## Hardball

For school years 5 to 8  
Wednesday 14th February  
10am to 3pm  
£20



## U13 Indoor Comp

Thursday 15th February  
10am to 3pm  
Team of 6  
£30



## At Cornwall Cricket Centre

Truro College Campus  
Truro  
TR1 3XX



*To book scan the QR Code or use the link in the text*