



Friday 26th April 2024

Pennoweth News

Another week has flown by here at Pennoweth with another range of exciting opportunities continuing to take place across the school

Clubs have begun again with a plethora of different activities including woodwork, reading clubs and even some art workshops taking place for our youngest children. It has been wonderful to see the enjoyment our pupils are having, now that the clubs have returned again at Pennoweth.

In addition, the children were also visited by the RNLi who delivered their annual reminder around staying safe at the beach. The children were able to take part in dressing up in a lifeguarding outfit, whilst also explaining the different flags and finishing the workshop by ensuring the children left with the key message—'if in doubt, stay out'.

Nursery

The Nursery continue to work on their exploring skills this week and have spent some time thinking about where they need to explore in the immediate environment and possibly other places they can explore at home. They have detailed the equipment they may need and what they might possibly find. We look forward to updating the growing floorbook and hopefully sharing this with parents in the near future.

Reception

This week we have been learning all about bees. We have watched them in their natural habitat visiting our flowers and decided to carry out our own pollination experiment. Using some supermarket brand Cheesey wiggles the children 'pollinated' paper bag flowers and were able to see how the bees would carry pollen from flower to flower. We learned a lot ready for our Educational Visit to Godolphin House next week.

Keystage One

This week, the Year One children have enjoyed taking part in a sending and receiving ball sports lesson on the field. Whilst the Year Two's, have been learning all about significant individuals of the past. This week they really enjoyed learning all about Rosa Parks and how influential she was.

Keystage Two

Our Lower Keystage Two children have continued their learning about the Ancient Greeks, where they have continued to familiarise themselves with the regions, whilst also beginning to look at significant figures within their culture. Many of these individuals made major impacts on their culture but also have helped to shape today's world.

In Upper Keystage Two, the children have continued to learn more about the Victorian era and have been writing biographies. The children have been conducting research into one of the longest serving monarchs in our history and outlining the major achievements during her time. The children have been surprised at the technological developments that took place during her reign and how influential she was across the era.

Finally, today we have seen our Upper Keystage Two football team competing once again at Pool school. They competed well and demonstrated superb sportsmanship throughout. Well done once again #Team Pennoweth.

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)

School Lunches

Week beginning 29/04/24

(Week 3 choices from the Summer Term Menu)

Chartwells meal menu is on the school website



Dates for your diary

Bank Holiday

Monday 6th May 2024

End of Summer half term one

24th May 2024

INSET Day

Monday 3rd June 2024

Start of Summer Half Term Two

Tuesday 4th June 2024

End of Summer Half Term Two

Wednesday 24th July 2024

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

A message for our Year Six Parents

Dear Parents/Carers,

If you have yet to apply for your child/children's Secondary placement, it is essential that these are completed urgently to ensure a smooth transition process to your child/children's chosen secondary school. Please complete your child's admission forms for any secondary school as a matter of urgency to avoid disappointment.

If you would like further support with this, please visit the Cornwall Council website or contact your chosen secondary school for further guidance.



Key Upcoming Dates for your Diaries

Tuesday 30th April 2024

Parents' Evening

Wednesday 1st May 2024

Parents' Evening

Reception trip to Godolphin House

Thursday 2nd May—Friday 3rd May 2024

Year 1 & 2 Camp @ Plymouth Aquarium

Monday 6th May 2024

INSET (School closed to Pupils)

Friday 10th May 2024

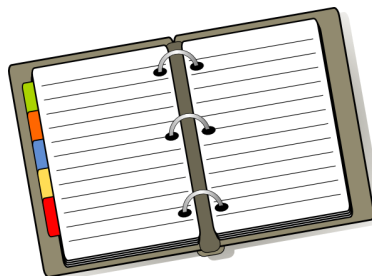
George Eustice Visit

Monday 13th May—16th May 2024

Year 6 SAT's Week

Thursday 23rd—Friday 24th May 2024

Year 4 Camp @ Pill Farm



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	Pearl (Mevagissey)	Sarah (Lizard)	Megan (Levant)
Loved	Nylah (Tintagel) Finley (Restormel) Mia D (Porthcurno)	Lochlan (Lizard)	Ruby (Poldark)
Responsible	Molly (Newlyn)	Jayden (Pendeen)	Jayden (Geevor)
Learning	Vihan (Gwithian)	Oscar (Pendeen)	Piran (Geevor)
Ready	Ryder (Tintagel) Rogan (Restormel) Ayla (Porthcurno)	Isla (Godrevy)	Penelope (Levant)

Pendennis Daily Awards	Tintagel Alexis
Restormel Logan	Porthcurno Matthew
Gwithian Julija	Newlyn Eliza
Mevagissey Alfie	Pendeen Lilly G
Godrevy Arianna	Lizard Isaiah
Levant Nathan	Geevor Jessica
Poldark Oliver	

Read Write Inc.
Phonics



Headteacher's

Phonics Star of the Week

Awarded to

Xander (Restormel)

26/04/24

C. Andrews



Date



Signature



Read Write Inc.
Phonics



Headteacher's

Phonics Star of the Week

Awarded to

Megan (Gwithian)

26/04/24

C. Andrews



Date



Signature



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	85.2%
Tintagel	93.3%
Restormel	97.3%
Porthcurno	91.5%
Gwithian	93%
Newlyn	98.7%
Mevagissey	88.8%
Pendeen	96.7%
Lizard	98.6%
Godrevy	95.7%
Levant	88.3%
Geevor	99%
Poldark	95.8%

Congratulations Geevor class!

Unauthorised Exceptional Leave of Absence Information

The law requires parents to ensure their children receive an efficient full time education, and every minute of every day is important. Please help them not to miss any of the valuable time.

We hope that when you read the information outlined on our website, you will consider that your child's education is too important to take on

holidays during term time.

If an unauthorised leave of absence is taken, this may incur a penalty

notice being issued under Section 444A and 444B of the Education Act 1996. This carries a fine of £60 if paid within 21 days or £120 if paid after this but within 28 days. Failure to pay the penalty notice will result in Court action.

Unauthorised Late Information

If your child is arriving late—after the register has closed at 8:50am it will be coded as a U which, is an unauthorised late mark. If your child accrues 20 unauthorised late marks within 100 sessions (20 weeks) you will be

committing an offence under the Education Act 1996.

The School may refer the matter to Cornwall Council who may decide to take legal action against you, issuing a penalty notice under section 444A and 444B of the Education Act 1996. This carries a fine of £60 per child, per parent if paid within 21 days or £120 if paid after this but within 28 days. Failure to pay the penalty notice will result in Court action.

Persistent absences/unauthorised lates, not authorised by the school, may result in a prosecution in the Magistrates Court, leading to fines up to £2500 and/or custodial sentences.



Diary Entry from Gardening Club



Another week has flown by for Gardening Club.

First of all, we checked the plants outside, that had been previously planted. We then talked about the water butts and unlocked the paradise of the Poly tunnel. For some of us, this was the first time we had stepped inside the legendary tunnel and the excitement was evident.

After looking at what was growing already, the first job was to water all of the plants, inside and outside....thanks to the recent dry weather.

Next, we moved onto the real gardening.

We had been given lettuce seedlings to re-plant and so after digging over the soil, we all chose a spot to plant a lettuce. Thank you to Sol's grandparents for donating the

plants.

After that, it was the much anticipated litter picking which saw lots of excitement, before we headed back to the polytunnel.



Our last job was to pull up the radishes. As we all chose one to pull out, it was like a Russian roulette seeing who had the biggest one. Those of us who wanted to try one, took one home. We hope you enjoyed yours?

As we walked in to wash our dirty hands, we all agreed it had been a fun time.

Don't forget to bring spare work clothes and a snack next week.



Online Safety Update

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks

@wake_up_weds

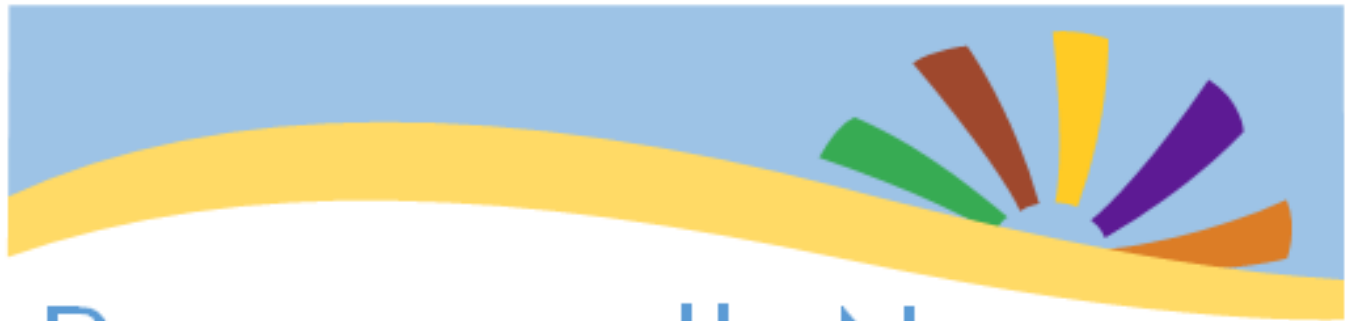
/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.04.2024

Further News and Announcements



Pennoweth Nursery

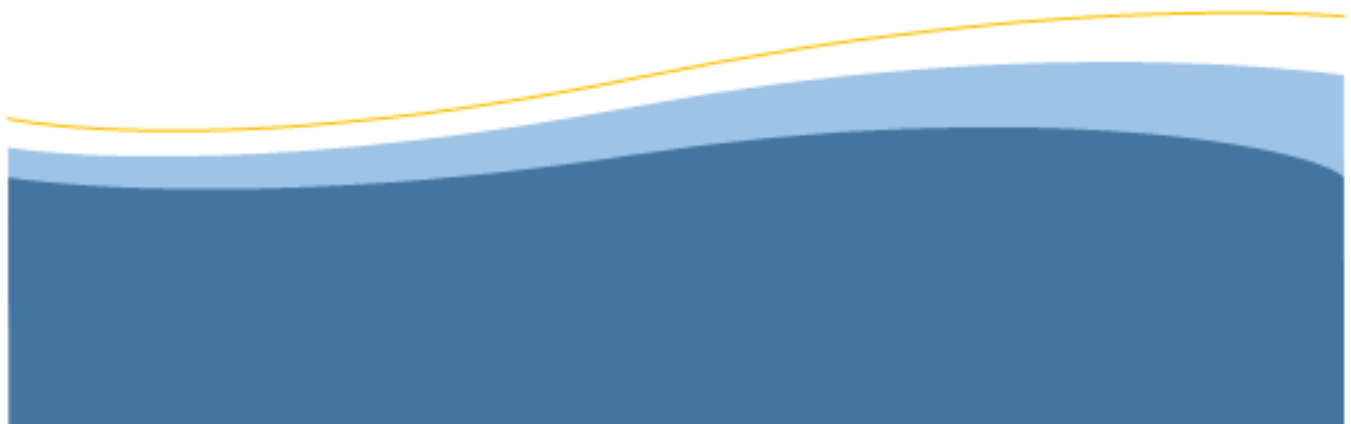
September 2024 places

Do you have a child born between
01-04-21 and 31-08-21?

If so, they will be eligible for 15hours free
education here at Pennoweth Nursery.

To apply for a place in September please pick
up a nursery admission form from the school office.

For more information or to arrange a visit
please contact Miss Booth on 01209 215671
or email pennowetheyfs@croftymat.org



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

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

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

26-28 APRIL 2024

CHAPEL STREET
MUSIC
PENZANCE

Chapel Street FESTIVAL OF MUSIC

Prokofiev's **Peter & the Wolf**



Sun 28 April: 3pm and 4pm

Free Family Event

Chapel Street Methodist Church, Penzance, TR18 4AW

with the Minack Theatre Acting Academy
and Chapel Street Ensemble



For more info: www.chapelstreetmusic.co.uk  

Charity no: 1194510



Further News and Announcements





Chapel Street Methodist Church, Penzance, TR18 4AW

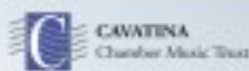
Fri 26 April **Tangos, Foxtrots & all that Jazz**
7 pm - Chapel Street Ensemble

Sat 27 April **The Big Wind Day**
1 pm - Young Musicians Platform - Free Event
6 pm - Wind Jam
Chapel Street Winds with young musicians

Sun 28 April **3 pm & 4 pm - Free Event**
Prokofiev's Peter & the Wolf with the Minack Theatre
Acting Academy and Chapel Street Ensemble
7pm - Music, when soft voices die
Music for voice, viola and piano

For more info: www.chapelstreetmusic.co.uk  

Charity no: 1194510



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

To read our full privacy notice please visit: 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



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www.cornwall.gov.uk/chathealth

To read our full privacy notice please visit 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.