



Friday 7th June 2024

# Pennoweth News

Welcome to the first edition of the Pennoweth Newsletter for this last, half term.

Once again, we have had a super busy week with the children in years 1–6 taking part in some exciting Quidditch workshops and across the school some impressive Love to Investigates (science investigations) have taken place.



Please read on below to see what exciting learning the children have been participating in this week.

## Nursery

This week in nursery, the children have been excitedly finding out about our new topic 'The Beach'. They have been looking at beach related items, sharing their knowledge and planning what they would like to investigate. We can't wait to report on their learning adventures as they investigate all things beach and sea related.

## Reception

This week in Reception, we have been learning about our new topic 'At The Beach'. We have been reading the story 'Sharing a Shell' by Julia Donaldson and thinking about rockpool habitats. We loved trying to say the word anemone!

## Key Stage One

This week, the Year 1 children have enjoyed launching their new project 'Dinosaur Planet'. The children have enjoyed looking at different dinosaur fossils and learning all about 'poo'. The children have studied three different types of poo: Carnivore, herbivore and omnivore. The children enjoyed learning how to make the three different types of animal faeces using coco powder, oats, seeds, fruits, corn, hay and spaghetti. What an exciting week it has been!



This week, the Year 2 children enjoyed carrying out a science experiment as part of their 'Muck, Mess and Mixtures' project. The experiment was called 'which is stickier?' and looked at different sticky substances to see which worked best as glue. They created collages using these sticky substances and looked the next day to see which ones worked the best.

## Key Stage Two

Our Love to Investigate kicked off the final half term for years 5 and 6 this week! We are focusing on body changes, ageing and human longevity in our new topic 'Time Traveller'. Our Love to Investigate question was 'Do we slow down as we get older?'. We tested the reaction times of a huge range of people in school, from children in reception to people in their sixties (we won't tell who they were!). The test we did was to hold a ruler above someone's outstretched fingers, to drop the ruler and to see how quickly they can catch it between their finger and thumb: it was amazing how many people managed to catch the ruler below 5cm: even some of our youngest children in reception were super speedy! We look forward to seeing what amazing knowledge UKS2 have by the end of this project.

Congratulations to the following children who have reached their summer 1 reading target: Cohen (Newlyn), Abi (Lizard), Tyler (Geevor), Daniel (Geevor), Kingsley (Geevor), Jess (Geevor), Amelia.G (Geevor), Willow (Geevor) and Troy (Geevor)

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)

## School Lunches

Week beginning 10/06/24

Week 3 choices from the Summer Term Menu

Chartwells meal menu is on the school website



## Dates for your diary

*Start of Summer Half Term Two*

*Tuesday 4th June 2024*

*INSET Day*

*Friday 5th July*

*End of Summer Half Term Two*

*Wednesday 24th July 2024*

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

# Key Upcoming Dates for your Diaries

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## Summer 2

### WB 10th June

Year 4 Multiplication Times Table Check

Year 1 Phonics Screening Check

### Wednesday 12th—Friday 14th June 2024

Marvellous Men Gift Sale 2-3pm

### Thursday 13th June

Year 3/4 Maypole Dancing

### Saturday 15th June

Murdoch Day

### Wednesday 19th—Friday 21st June 2024

Year 6 Camp

### Week beginning 24th June

Sustainability week

### Tuesday 25th June

Year 2 Art Workshops

### Tuesday 25th June

PTA Bag 2 School Collection

### Wednesday 26th June

Year 4 trip to the Minack Theatre

### Friday 28th June

PTA Summer Fair and Donation Day

### Wednesday 3rd—Friday 5th July

Year 5 Camp




# 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	Theodore (Restormel) Ruari (Tintagel) Isabelle (Porthcurno)	Harper (Godrevy)	Willow (Geevor)
Loved	Lexi (Restormel) Sidra (Tintagel) Freya (Gwithian)	Shiv (Godrevy)	Amelia T (Poldark)
Responsible	Lyra-Rose (Mevagissey)	Albie (Lizard)	Khian (Levant)
Learning	Michelle (Mevagissey)	Lukas (Lizard)	Oliver (Poldark)
Ready	Denas (Newlyn)	Maisie (Pendeen)	Aira (Geevor)

Pendennis	Tintagel
Daily Awards	Harper
Restormel	Porthcurno
Kodi	Soi
Gwithian	Newlyn
Dominic	Lola
Mevagissey	Pendeen
Lewis	Natalya
Godrevy	Lizard
Mason	Gabriele
Levant	Geevor
Harry S	Marvellous
Poldark	
Eddie	

**Read Write Inc.**  
Phonics



Headteacher's

# Phonics Star of the Week

Awarded to

Seb (Restormel)

07/06/24

C. Andrews



Date



Signature



**Read Write Inc.**  
Phonics



Headteacher's

# Phonics Star of the Week

Awarded to

Dominic (Gwithian)

07/06/24

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	90.9%
Tintagel	92.3%
Restormel	93.7%
Porthcurno	93.7%
Gwithian	93.4%
Newlyn	95.1%
Mevagissey	93.2%
Pendeen	95.5%
Lizard	94.7%
Godrevy	95.8%
Levant	95.1%
Geevor	94.6%
Poldark	94.4%

Congratulations Godrevy 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.



## A message for our Community—Announcements from the Government

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The entitlement criteria for automatic payments from the Household Support Fund is changing.

In order to be entitled to a payment from the Household Support Fund scheme in 2024, you must be responsible for at least one child and on 3rd June 2024 either:

be entitled to Council Tax Support or

have been placed in emergency accommodation by the Council You will receive £80 per child. If you are already in receipt of Council Tax Support, then you don't have to do anything else – you will receive your payment automatically.

To find out if you are eligible for Council Tax Support, please check the information here <https://www.gov.uk/benefits-calculators> .

You can make a claim for Council Tax Support by using this link <https://www.cornwall.gov.uk/benefits-and-support/council-tax-support/apply-for-council-tax-support/>

It is important that you submit your application by 31st May 2024.

You may also be entitled to help from the Household Support Fund via one of the Household Support Fund partners. Their details can be found here <https://www.cornwall.gov.uk/benefits-and-support/household-support-fund/>

### Why have we made this change?

Because entitlement to Free school meals has been protected since 2018, parents of children who are entitled to free school meals aren't always still on a low income. By using our Council Tax Support data, we can ensure that the Household Support Fund awards are going to parents who currently have a low income and are struggling with the increased costs of running their home. By better targeting the awards, we are able to help families with children of any age, rather than just school age children.

Families of children in receipt of free school meals can still access help through the Time2Move holiday programme. This scheme offers fun physical activities, games and wider activities plus a meal for all children during the main school holiday periods.

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Menu Change—Monday 10th June

A menu card for a picnic party. The top half features a green grass background with red and blue triangular bunting flags. The title 'PICNIC PARTY' is written in large, bold, red letters with a white outline. Below the title, the menu items are listed in a white, rounded rectangular area. The items are grouped into three sections: SANDWICHES, SIDES, and DESSERT. The text is in a blue, sans-serif font. A red and white checkered pattern is visible on the left side of the card.

# PICNIC PARTY

## **SANDWICHES**

Ham

Cheese

Tuna and Cucumber

## **SIDES**

Mini Quorn Sausage Roll

Potato Wedges and Crudités


## **DESSERT**

Scones and Jam

*\*Menus may be subject to change*

PTA Event

Wednesday 12th—Friday 14th June



Father's Day -  
Sunday 16th June

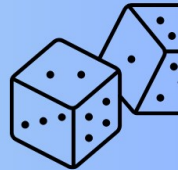



# Marvellous Men Gift Sale



**Wednesday 12th - Friday 14th June**  
**2-3pm within school**

Gifts ranging from £1-£3  
Please can children bring in  
money in a named envelope.



**Friends of Pennoweth**





# Attendance Support

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](https://nationalcollege.com).

## What Parents & Educators Need to Know about **SCHOOL AVOIDANCE**

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

### UNDERSTANDING SCHOOL AVOIDANCE

#### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

#### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

#### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

### IMPACT OF SCHOOL AVOIDANCE

#### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

#### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

#### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

## Advice for Parents & Educators

### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

### MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

### FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

### REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at [nationalcollege.com/guides/school-avoidance](https://nationalcollege.com/guides/school-avoidance)

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# 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](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

### 1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

### 2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

### 3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

### 4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

### 5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

### 6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

### 7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

### 8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

### 9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

### 10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



# Further News and Announcements

## HOCKEY SESSIONS



EVERY SUNDAY 2nd June - 7th July

10:00-11:00 am

Pool Academy  
4-12 years

**£3** per session  
card or cash payment



Qualified coach at every  
session with sticks provided

Sessions will resume in September so keep up to  
date on our Facebook page: duchyhockeyclub  
PARENTS- why not join in on the adjoining pitch  
for walking hockey - let's get you back into it!

## WALKING HOCKEY



Want to give hockey a go, but don't have the  
fitness? Looking to get back into playing or trying  
something new - WALKING HOCKEY is for you!

EVERY SUNDAY 2nd June - 7th July

10:00-11:00 am

Pool Academy  
TR15 3PZ

**£3** per session  
card or cash payment



Sticks can be provided

Keep up to date on our Facebook  
page: duchyhockeyclub



## Further News and Announcements

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# 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](mailto:pennowetheyfs@croftymat.org)

