



**Weekly Newsletter**  
**Spring 2021 – 2**  
**Friday 19<sup>th</sup> March 2021**

[www.penponds.cornwall.sch.uk](http://www.penponds.cornwall.sch.uk)  
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 @penponds\_School



### Gardening Achievements

This week Tregonning Class children have been busy in the garden. They have planted beans and put out a home for bees!



### Dates for your diary:

#### **Mondays**

**8<sup>th</sup>/15<sup>th</sup>/22<sup>nd</sup>/29<sup>th</sup> March**

Cornish Pirates Rugby  
Training sessions – Years  
3/4/5/6 (during school  
time)

#### **Friday 19<sup>th</sup> March**

Comic Relief – Red Nose  
Day – any donations via  
Parentpay please

#### **Last Day of Spring Term**

Thursday 1<sup>st</sup> April

#### **First Day of Summer Term**

Monday 19<sup>th</sup> April

#### **May Bank Holiday**

Monday 3<sup>rd</sup> May

#### **Summer Half-Term week**

31<sup>st</sup> May – 4<sup>th</sup> June

#### **Last day of Summer Term**

Wednesday 21<sup>st</sup> July

#### **Inset Days:**

Monday 4<sup>th</sup> January 2021

Thursday 22<sup>nd</sup> July 2021

Friday 23<sup>rd</sup> July 2021

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## Egg Launch

As part of the Tregonning Class Space topic this term the children designed a rocket and launched raw eggs, controlling their descent with parachutes. Out of 7 launches, 6 were successful and only one perished. Well done, Tregonning!



## Attendance this week

### Attendance:

Carn Brea Class: 96%

Godolphin Class: 99%

Trencrom Class– 98%

Tregonning Class - 96%

## Class Certificates

### Carn Brea

Kelyn, Caja, Hartley, Byron

### Godolphin

Robert, Austin, Emily C

### Trencrom

Kaira, Charlie, Ava

### Tregonning

Gwyddion, Keira, Oliver,  
Finley, Hollie

### Headteacher

Bella G, Hollie S, Charlie,  
Annabelle, Jessica R, Bert,  
Hartley



### Quote

#### Friendship

Friends pick us up when we fall down, and if they can't pick us up, they lie down and listen for a while.

### Red Nose Day

Everyone has been celebrating Red Nose Day today and having fun. The total raised by the school is currently £75. If you would still like to donate it's not too late. Just donate through your Parentpay account. Thank you for your contributions.







## Poem

### School Days

Growing up in this day and age,  
With free expression all the rage,  
Our young ones learn when starting school,  
That reading's fun and maths is cool,  
While writing's not the least bit boring,  
It really is so much like drawing.

For every child it is essential,  
To realise their full potential,  
And teachers always do their best,  
To stimulate their interest.

When years of school days end at last,  
With all examinations passed,  
Will the children reminisce,  
And say, "Our school days we will miss"  
And as the final day arrives,  
"They were the best days of our lives".



## Music Lessons

The following music lessons are starting up again:

**Keyboards** on Monday afternoons with Mr Kneebone

**Singing** on Thursday afternoons with Mrs Bailey

**Guitars** on Friday mornings - Mr Field

If your child is interested in having Guitar or Keyboard lessons please contact the Cornwall Music Service Trust:

<http://cornwallmusicservicetrust.org>  
[office@cornwallmusicservicetrust.org](mailto:office@cornwallmusicservicetrust.org)


For singing lessons contact Mrs Bailey:

[Kirsty.bailey26@hotmail.com](mailto:Kirsty.bailey26@hotmail.com)

## Covid 19

If your child or anyone in your household develops symptoms of Covid-19 then you need to isolate and book a test via the Government website

<https://www.gov.uk/get-coronavirus-test>



Get a free NHS test to check if you have coronavirus - GOV.UK

You can have a swab test to check if you have coronavirus (COVID-19) now. Who can get a free test. You can only get a free NHS test if at least one of the following applies:

[www.gov.uk](https://www.gov.uk)

We have a designated email address set up if your child tests positive for Covid-19. Please email **covid@rainbowacademy.org.uk**

## Dogs on school grounds

Polite reminder: While we all love our doggy friends at Penponds could we please remind parents that where possible dogs should not be on the school site. If you need to bring your dog with you please ensure they are carried. Thank you for your support.

## Posters

Please see attached:

- New Lunch Menu for Summer Term
- Wraparound care booking sheet for April and May. To book please complete the booking sheet and send to Mrs Wood in the office.
- Road map out of lockdown



WEEK 3		W/C: 26/04, 12/05, 07/06, 28/06, 19/07, 09/08, 30/08, 20/09, 11/10, 01/11, 22/11, 13/12, 03/01, 24/01, 14/02, 07/03, 28/03, 18/04	
HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
<b>MONDAY</b> <b>Cheese &amp; Tomato Pizza</b> ✓ Cheesy tomato topped pizza slice ..... <b>Beef Meatballs &amp; Pasta</b> Classic Italian beef meatballs in a tomato sauce	<b>Jacket Potato</b> ✓ with baked beans	<b>Sweetcorn</b>  <b>Green Beans</b>	<b>Oat &amp; Honey Shortbread</b>
<b>TUESDAY</b> <b>Traditional Mac 'N' Cheese</b> ✓ Delicious macaroni in a creamy cheese sauce ..... <b>Chicken Korma with Rice</b> Chicken in a mild curry sauce with rice	<b>Jacket Potato</b> with tuna & cucumber mayo	<b>Peas</b>  <b>Carrots</b>	<b>Yoghurt &amp; Granola</b>
<b>WEDNESDAY</b> <b>Roast Ham with Roast Potatoes and Gravy</b> Sliced ham with roasties and gravy ..... <b>Quorn Sausage &amp; Potatoes with Gravy</b> ✓ Roast potatoes with Quorn sausages and rich gravy	<b>Jacket Potato</b> ✓ with cheese or baked beans	<b>Cabbage</b>  <b>Carrots</b>	<b>Banana Cake &amp; Custard</b> ✓
<b>THURSDAY</b> <b>Cheese &amp; Tomato Pasta</b> ✓ Tomato and basil sauce with fusilli pasta topped with cheese ..... <b>Butternut Squash &amp; Chickpea Curry with Rice</b> ✓ A butternut squash and chickpea curry	<b>Jacket Potato</b> ✓ with veggie bolognese	<b>Spring Vegetable Mix</b>	<b>Yoghurt &amp; Fruit Slices</b> ✓
<b>FRIDAY</b> <b>Fish &amp; Chips</b> Our traditional Friday favourite ..... <b>Veggie Burger &amp; Chips</b> ✓ A delicious Quorn burger with chips	<b>Jacket Potato</b> ✓ with coleslaw & cheese	<b>Baked Beans</b> or <b>Peas</b>	<b>Apple &amp; Mango Drizzle Cake</b> ✓

**Food Super Heroes Menu**

YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children

£2.35

**THREE WEEK MENU 2021/22**

Chartwells

WEEK 1		W/C: 03/05, 24/05, 14/06, 05/07, 26/07, 16/08, 06/09, 27/09, 18/10, 08/11, 29/11, 20/12, 10/01, 31/01, 21/02, 14/03, 04/04	
HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
<b>MONDAY</b> <b>Sausage &amp; Mash with Gravy</b> Mash with pork and beef sausages and rich gravy ..... <b>Cheese &amp; Tomato Pasta</b> ✓ Tomato and basil sauce with fusilli pasta topped with cheese	<b>Jacket Potato</b> ✓ with cheese or baked beans	<b>Green Beans</b>  <b>Carrots</b>	<b>Yoghurt &amp; Granola</b>
<b>TUESDAY</b> <b>Traditional Mac 'N' Cheese</b> ✓ Delicious macaroni in a creamy cheese sauce ..... <b>Chicken Tikka Masala with Rice</b> ✓ A delicious mild Chicken Tikka Masala	<b>Jacket Potato</b> with salmon & cucumber mayo	<b>Spring Vegetable Mix</b>	<b>Apple &amp; Mango Drizzle Cake</b> ✓
<b>WEDNESDAY</b> <b>Roast Beef with Roast Potatoes &amp; Gravy</b> Succulent roast beef with roasties and gravy ..... <b>Sweet Potato &amp; Chickpea Loaf</b> ✓ with roast potatoes & gravy	<b>Jacket Potato</b> with baked beans	<b>Cabbage</b>  <b>Carrots</b>	<b>Jammy Jack Flapjack</b>
<b>THURSDAY</b> <b>Cheese &amp; Tomato Pizza</b> ✓ Cheesy tomato topped pizza slice ..... <b>Vegetable Burrito</b> ✓ A soft wrap filled with lightly spiced veggies and rice	<b>Jacket Potato</b> ✓ with veggie bolognese	<b>Sweetcorn</b>  <b>Coleslaw</b>	<b>Oat &amp; Honey Shortbread</b>
<b>FRIDAY</b> <b>Fish &amp; Chips</b> Our traditional Friday favourite ..... <b>Veggie Nuggets &amp; Chips</b> ✓ Battered Quorn nuggets with chips	<b>Jacket Potato</b> ✓ with tuna mayo or cheese	<b>Baked Beans</b> or <b>Peas</b>	<b>Yoghurt &amp; Fruit Slices</b> ✓

WEEK 2		W/C: 19/04, 10/05, 31/05, 21/06, 12/07, 02/08, 23/08, 13/09, 04/10, 25/10, 15/11, 06/12, 27/12, 17/01, 07/02, 28/02, 21/03, 11/04	
HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
<b>MONDAY</b> <b>Cheese &amp; Tomato Pizza</b> ✓ Cheesy tomato topped pizza slice ..... <b>Beef Pasta Bolognese</b> A classic Italian beef bolognese in a yummy tomato sauce	<b>Jacket Potato</b> ✓ with cheese	<b>Peas</b>  <b>Sweetcorn</b>	<b>Muesli Flapjack</b>
<b>TUESDAY</b> <b>Sausage &amp; Mash with Gravy</b> Mash with pork and beef sausages and rich gravy ..... <b>Veggie Chilli &amp; Rice</b> ✓ A classic vegetable chilli served with rice	<b>Jacket Potato</b> ✓ with baked beans	<b>Green Beans</b>  <b>Peas</b>	<b>Yoghurt &amp; Fruit Slices</b> ✓
<b>WEDNESDAY</b> <b>Roast Chicken with Roast Potatoes &amp; Gravy</b> Delicious roast chicken with roasties and gravy ..... <b>Sweet Potato &amp; Chickpea Loaf</b> ✓ with roast potatoes & gravy	<b>Jacket Potato</b> ✓ with cheese or baked beans	<b>Cabbage</b>  <b>Carrots</b>	<b>Jammy Jack Flapjack</b>
<b>THURSDAY</b> <b>Traditional Mac 'N' Cheese</b> ✓ Delicious macaroni in a creamy cheese sauce ..... <b>Chicken Fillet Sandwich with Diced Potatoes</b> A chicken fillet sandwich with diced potatoes	<b>Jacket Potato</b> with tuna & cucumber mayo	<b>Green Beans</b>  <b>Sweetcorn</b>	<b>Yoghurt &amp; Granola</b>
<b>FRIDAY</b> <b>Fish &amp; Chips</b> Our traditional Friday favourite ..... <b>Cheese &amp; Vegetable Frittata &amp; Chips</b> ✓ Yummy cheese and vegetable frittata with chips	<b>Jacket Potato</b> ✓ with veggie bolognese	<b>Baked Beans</b> or <b>Peas</b>	<b>Banana Cake &amp; Custard</b> ✓

✓ Vegetarian    🐟 Oily fish  
 🌾 Wholegrain    🍏 Fruity!

Water, milk, salad, bread and fruit

Available every day!

# Breakfast Club and After School Club    Booking Sheet – Summer 2021

Child/Children's Name/s: .....

Parent/Carer Name & Telephone Number: .....

Payment made: .....

Please tick the sessions you would like to book for your child/children and pay via Parentpay or Childcare Vouchers

DAY	DATE	BREAKFAST CLUB	AFTER SCHOOL CLUB				Payments
		<b>£3.50</b>	3.20-4pm	4-4.30pm	4.30-5pm	Not available after 5pm	<b>£2 per half-hour session</b>
		siblings £2.00					siblings £1.50
Monday	19 <sup>th</sup> April						
Tuesday	20 <sup>th</sup> April						
Wednesday	21 <sup>st</sup> April						
Thursday	22 <sup>nd</sup> April						
Friday	23 <sup>rd</sup> April						
Monday	26 <sup>th</sup> April						
Tuesday	27 <sup>th</sup> April						
Wednesday	28 <sup>th</sup> April						
Thursday	29 <sup>th</sup> April						
Friday	30 <sup>th</sup> April						
Monday	Bank Holiday	No Bookings					
Tuesday	4 <sup>th</sup> May						
Wednesday	5 <sup>th</sup> May						
Thursday	6 <sup>th</sup> May						
Friday	7 <sup>th</sup> May						
Monday	10 <sup>th</sup> May						
Tuesday	11 <sup>th</sup> May						
Wednesday	12 <sup>th</sup> May						
Thursday	13 <sup>th</sup> May						
Friday	14 <sup>th</sup> May						
Monday	17 <sup>th</sup> May						
Tuesday	18 <sup>th</sup> May						
Wednesday	19 <sup>th</sup> May						
Thursday	20 <sup>th</sup> May						
Friday	21 <sup>st</sup> May						
Monday	24 <sup>th</sup> May						
Tuesday	25 <sup>th</sup> May						
Wednesday	26 <sup>th</sup> May						
Thursday	27 <sup>th</sup> May						
Friday	28 <sup>th</sup> May						

# Road map out of Lockdown

## Step 1 - 8 and 29 March

### Changes on 8 March

#### Education

In Step 1, our priority is to ensure that all children and students return safely to face-to-face education in schools and colleges from 8 March. Childcare and children's supervised activities can also resume where necessary to enable parents to work or engage in similar activities. We are introducing twice-weekly rapid testing for secondary and college pupils - in addition to regular testing for all teachers - to reduce the chance of the virus spreading in schools.

Higher Education students at English universities on practical courses can also return from 8 March.

#### Social contact

People will be allowed to leave home for recreation and exercise outdoors with their household or support bubble, if they are eligible for one, or with one person from outside their household. Care home residents will also be allowed one regular visitor.

### Changes on 29 March

#### Social contact

The evidence shows that it is safer for people to meet outdoors rather than indoors. And this is why from 29 March, when most schools start to break up for the Easter holidays, outdoor gatherings (including in private gardens) of either 6 people (the Rule of 6) or 2 households will also be allowed, making it easier for friends and families to meet outside.

#### Business and activities

Outdoor sports facilities such as tennis and basketball courts, and open-air swimming pools, will also be allowed to reopen, and people will be able to take part in formally organised outdoor sports.

#### Travel

The 'stay at home' rule will end on 29 March but many restrictions will remain in place. People should continue to work from home where they can and minimise the number of journeys they make where possible, avoiding travel at the busiest times and routes. Travel abroad will continue to be prohibited, other than for a small number of permitted reasons. Holidays abroad will not be allowed, given it will remain important to manage the risk of imported variants and protect the vaccination programme. The government has launched a new taskforce to review global travel which will report on 12 April.

## Step 2 - not before 12 April

### Business and activities

Step 2, which will be no earlier than 12 April, will see the opening of non-essential retail; personal care premises such as hairdressers and nail salons; and public buildings, including libraries and community centres. Indoor leisure facilities such as gyms will also reopen (but only for use by people on their own or in household groups); as will most outdoor attractions and settings including outdoor hospitality venues, zoos, theme parks, and drive-in cinemas. Self-contained accommodation such as campsites and holiday lets, where indoor facilities are not shared with other households, can also reopen.

Hospitality venues will be allowed to serve people outdoors at Step 2 and there will be no need for customers to order a substantial meal with alcoholic drinks and no curfew, although customers must order, eat and drink while seated ('table service'). Wider social contact rules will apply in all these settings to prevent indoor mixing between different households.

### Events

While funerals can continue with up to 30 mourners, the number of people able to attend weddings, receptions and commemorative events such as wakes will rise to 15.



### **Step 3 - not before 17 May**

#### **Social contact**

As part of Step 3, no earlier than 17 May, the government will look to continue easing limits on seeing friends and family wherever possible, allowing people to decide on the appropriate level of risk for their circumstances.

This means that most legal restrictions on meeting others outdoors will be lifted - although gatherings of over 30 people will remain illegal. Indoors, the Rule of 6 or 2 households will apply - we will keep under review whether it is safe to increase this.

As soon as possible and by no later than Step 3, we will also update the advice on social distancing between friends and family, including hugging. But until this point, people should continue to keep their distance from anyone not in their household or support bubble.

#### **Business and activities**

Most businesses in all but the highest risk sectors will be able to reopen. In all sectors, COVID-Secure guidance will remain in place and businesses may not cater for groups bigger than the legal limits. Indoor hospitality will reopen - and as in Step 2, venues will not have to serve a substantial meal with alcoholic drinks; nor will there be a curfew. Customers will, however, have to order, eat and drink while seated. Other indoor locations to open up in Step 3 include indoor entertainment venues such as cinemas and children's play areas; the rest of the accommodation sector, including hotels, hostels and B&Bs; and indoor adult group sports and exercise classes. The government will also allow some larger performances and sporting events in indoor venues with a capacity of 1,000 people or half-full (whichever is a lower number), and in outdoor venues with a capacity of 4,000 people or half-full (whichever is a lower number). In the largest outdoor seated venues, where crowds can be spread out, up to 10,000 people will be able to attend (or a quarter-full, whichever is lower).

#### **Events**

Up to 30 people will be able to attend weddings, receptions and wakes, as well as funerals. This limit will also apply to other types of significant life events including bar mitzvahs and christenings.

#### **Review of social distancing**

Finally, before Step 4 begins, the government will complete a review of social distancing and other long-term measures that have been put in place to cut transmission. This will inform decisions on the timing and circumstances under which the rules on 1 metre plus, the wearing of face coverings and other measures may be lifted. This will also inform guidance on working from home – which should continue wherever possible until this review is complete.

### **Step 4 - not before 21 June**

#### **Social contact**

By Step 4 which will take place no earlier than 21 June, the government hopes to be in a position to remove all legal limits on social contact.

#### **Business, activities and events**

We hope to reopen remaining premises, including nightclubs, and ease the restrictions on large events and performances that apply in Step 3. This will be subject to the results of a scientific Events Research Programme to test the outcome of certain pilot events through the spring and summer, where we will trial the use of testing and other techniques to cut the risk of infection. The same Events Research Programme will guide decisions on whether all limits can be removed on weddings and other life events. As we move through each of these phases in the roadmap, we must all remember that COVID-19 remains a part of our lives. We are going to have to keep living our lives differently to keep ourselves and others safe. We must carry on with 'hands, face, space'. Comply with the COVID-Secure measures that remain in

place. Meet outdoors when we can and keep letting fresh air in. Get tested when needed. Get vaccinated when offered. If we all continue to play our part, we will be that bit closer to a future that is more familiar.