



Newsletter 10
Spring 2023
Friday 31st March 2023

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Music exams

The following three children took their Grade 1 ABRSM exams in Stithians this week. Kaira took her singing exam, William did his cornet exam and Freya took her piano exam. They all did a fantastic job but will have to wait a week or so for their results. Fingers crossed but I'm sure they will all do amazingly!



Diary Dates:

Inset Day – no children in school – **Monday 17th April**

First Day back for children – **Tuesday 18th April**

Reminder:

No extra-curricular clubs first week back after the Easter Break (**17th April-21st April**)

Tuesday 18th April



See further on in the Newsletter for details.

Thursday 27th April
Vision Screening for Reception Children

Saturday 29th April
Trevithick Day – Camborne

Bank Holiday
Monday 1st May

Bank Holiday
Monday 8th May

Thursday 16th June
School Photos – Group Photographs only – Classes and Year 6



Friday 16th June
 RMAT Rainbow Run

**Wednesday 21st June and
 Thursday 22nd June – 2 nights**
 BF Adventure Residential –
 Tregonning Class

Monday 26th June
 Global Boarders Surf Day –
 Trecrom Class

**Tuesday 27th June and
 Wednesday 28th June
 – 1 night**
 Porthpean Residential –
 Trecrom Class

Thursday 29th June
 Global Boarders Surf Day –
 Tregonning Class

Wednesday 5th July
 Choir to Memory Cafe

3rd-7th July
 Bikeability for Tregonning
 Class

Friday 14th July
 Rock Steady Concert

Friday 21st July
 Last Day of Summer Term

Inset Days:
 Monday 5th September 2022
 Tuesday 3rd January 2023
 Monday 17th April 2023
 Monday 24th July 2023
 Tuesday 25th July 2023

**Extra Bank Holiday for King's
 Coronation**
 Monday 8th May 2023



Rocksteady End of Term Concert

The whole school and parents of children taking Rock Steady Lessons with Tom were treated to an end of term concert in the hall. The children were confident, skilful and entertaining. Thank you.



Attendance week ending Friday 31st March:

Carn Brea: 94%

Godolphin: 95%

Trencrom: 85%

Tregonning: 94%

Well done to **Godolphin**
Class for best attendance

Class Awards this week



Carn Brea:
Riley, Rupert, Daisy

Godolphin:
Henry, Ben, Paige

Trencrom:
Sebastian, Elffin, Mie

Tregonning:
Brody, Eadie, Ava

Headteacher's Awards this week



Carn Brea: Otis

Godolphin: Zaci

Trencrom: Archie

Tregonning: Elijah



Quote:



Now when I think of Easter,
I don't think of material
things.
I use it as a reminder
Of the joy it brings

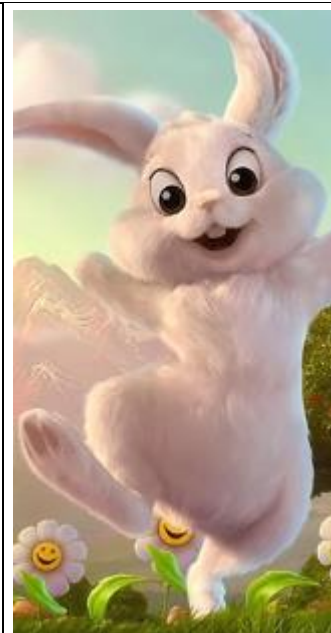
Poem:



Easter eggs,
Yellow and blue.
Easter eggs
For me and you.

Easter eggs,
Chocolate sweet.
Easter eggs
Are good to eat.

Easter eggs
Pretty and funny.
But.....
WHERE O WHERE IS THE
EASTER BUNNY?



Carn Brea Class

The Children in Carn Brea class enjoyed celebrating the end of our 'Let's Crawl' topic with an ugly bug ball. They came dressed as their favourite mini beast and we danced the morning away to some of our favourite insect songs. We played games and learned a few new rhymes. We have loved this topic and have learned so much about all the different creatures.









The parents and grandparents of Carn Brea class were invited in this afternoon to be treated to a little performance from their children. After, the children enjoyed showing off the learning in their books and showing their adults around their classroom. It was so lovely to see the children confidently talking about what they have been doing all term. What a nice way to end our topic.





Save the date!

On the first day back after Easter we will be preparing our entry for the Trevithick Day display competition.

In the morning, there will be an assembly to learn about the history of Trevithick Day and about our chosen focus, the song, Cornwall My Home, written by Harry Glasson.

After assembly, children will go into class to take part in workshops, to represent the imagery set in the song lyrics through poems, artwork and model making.

In the afternoon, we will be visited by Cornish acapella male chorus shanty group, Oll an Gwella. They will be teaching the children the song, Cornwall My Home, in class workshops and will be performing live too. Oll an Gwella are a fundraising group, who only recoup costs for transport and insist on charity donation for services for their chosen charities, Cornwall Blood Bikes and Penhaligon's Friends - a charity very close to our hearts here at Penponds and within The Rainbow MAT at the moment.

Parents/Carers and members of our local community are invited to come into school at 2pm to enjoy a Cornish Community Tea, where we will sell cream teas and tasty treats. We have been donated cream teas and pasties but would welcome any further home baked goods from parents. Oll an Gwella will entertain, performing with the children and on their own. The choir will also sing. Classrooms will be open for you to visit, so the children can share what they have been working on towards the school Trevithick Day display too.

All proceeds raised will go towards Cornwall Blood Bikes and Penhaligon's Friends.

We are looking forward to welcoming you to this lovely community event.



Posters:

- Gwealan Tops Easter Holiday Programme
- Science and Tech Workshops
- Carn Brea Judo Club
- Morrisons Breakfasts
- Thrive 365
- St Ives Marvellous Musicals
- Sports4Tots Booking Form



Easter Holidays

Mon 3 - Thur 6 April &

Tues 11 - Fri 14 April

11am - 4pm

For 5-10 year olds

FREE LUNCHTIME MEAL

**Please bring your own
water/drinks bottle**



**Children must be
registered
and NEW USERS must
attend an induction visit
which can be booked at**

manager@gwealantops.org

SCIENCE AND TECH WORKSHOPS

26 APRIL | 9am - 12 noon

Come and see for yourself

Exciting workshops

Explosive science

Fun experiments



Reception - Year 5
Contact Jo Norriss to register
registrar@trurohigh.co.uk


TRURO HIGH SCHOOL
Where Girls Thrive



CARN BREA JUDO CLUB

Members of the British Judo Council

Affiliated to the British Judo Association



Venue: Main hall at Roskear Primary & Nursery School TR14 8DJ

TWO FREE JUDO CLASSES

AGES 5YEARS - ADULT

START TUESDAY 18th April 2023

6-7PM

ALL instructors are highly qualified, insured
national and international medalists
It is FUN; Learn new SKILLS; MAKE NEW FRIENDS
Do a CONTACT SPORT SAFELY

TO BOOK YOUR PLACE
PLEASE contact us through
Facebook messenger

WE LOOK FORWARD TO MEETING YOU



ASK FOR A *Kellogg's*[®] BREAKFAST

For the last 25 years, Kellogg's has been supporting School Breakfast Clubs across the UK. Simply say '**Kellogg's Breakfast**' at any Morrisons Café, to get a free bowl of cereal for you and your family. Available from Monday 3rd April, while stocks last and subject to availability.

Better days are built on breakfast today and everyday.



AVAILABLE 03.04.23 – 24.04.23

From 03.04.2023– 24.04.2023, say 'Kellogg's Breakfast Club' at the till point at any UK Morrisons Café to receive breakfast, which includes, a free portion pack of Cornflakes (24g) Coco Pops (35g) Rice Krispies (22g) with milk or milk alternative (125ml) and a glass of water. While stocks last and subject to availability. Limit of 1 breakfast per customer per day. Offer is not transferable and cannot be exchanged for cash. For a balanced breakfast, enjoy your bowl of cereal and milk with a piece of fruit and a drink of water. TM © 2023 Kellogg Company

Thrive 365

Dragonfly: Impact Education



Did you know?

What used to be known as 'school refusal' refers to when a child's anxiety reaches a level where they can't go to school.

It's now called Emotionally Based School Avoidance (EBSA) because 'school refusal' makes it sound like the child's choice not to attend. This is 'within child deficit' - which means assuming it is the child/young person who needs to change or be 'fixed' rather than their environment.

<https://www.supportservicesforeducation.co.uk/Page/20029>

1 Exploring reasons

There are lots of possible reasons for a child's level of anxiety to build to the point that they don't feel able to go to school. These might be to do with the school environment - perhaps it's related to SEND, or social problems in school. Or, it might be because of family breakdown, or bereavement.

Sometimes the child can't express why they are anxious. Rather than ask 'what's wrong?', Young Minds recommend drawing an 'anxiety iceberg' with them. Here's a video explaining how: <https://youtu.be/s5l-qvDmJ9I>

2 Tailored plan

A meeting between a member of staff from the school, the child and a parent can help to begin form a plan of what can be adapted to reduce some of the anxiety.

The stress hormone cortisol is often higher in the morning (to help get us out of bed!), however this can make feelings of anxiety worse in the mornings. It can therefore be helpful to focus on morning routines to start with - maybe arriving 10 minutes early to do a 'job' or chat with a mentor. This also provides them with a 'safe space' in the school.

3 Build on strengths

It can be helpful to normalise anxiety and let children (and parents) know that school is a demanding place, so lots of people feel anxious from time to time.

Work with the young person's strengths and areas of interest and resilience - point out past successes and positive relationships. Then build these things into a support plan. For example, if a young person has had past success in Maths, [art of the plan might be the initially coming in for these lessons and building from there.

www.dragonflyimpact.co.uk @dragonflyimpact
www.dragonflyimpact.com/how-we-can-help
Email: info@dragonflyimpact.co.uk



Blands in the Stream:
Senior Mental Health Leads
in Schools
by Claire Pass & Rachael Bushby



Link to book tickets: <https://www.ticketsource.co.uk/kidz-r-us>

ST IVES THEATRE

MARVELLOUS MUSICALS



Live on stage
April 5, 6, 12 & 13 2023
at 7.30pm

Book now
www.kidzrus.net

KIDZ R US Registered Charity No. 1071443

**AFTER SCHOOL
CLUB**



SPORTS4TOTS®

Start Young... Get Active... Stay Healthy...

Penports
Tuesday's 18th / 25th April and 2nd / 9th / 16th / 23rd May 2023 (3:15pm)
Total cost - £30 for 6 weeks

Rugby
Football
Cricket
Tennis
Baseball
Basketball
Badminton
Agility skills
Athletics
Golf skills

We visit your School once a week to provide a fun and active sports lesson. Each week is dedicated to a different sport.

The aim of each session is to make sport a fun experience. Get your child active and enjoying sport, **sign up today!**

For more information:

✉ nick.eagles@sports4tots.org.uk

☎ 01209 832312

🌐 www.sports4tots.org.uk





HOW TO BOOK

Please follow the instructions below to book your child's place:

1. Go to www.sports4tots.org.uk
2. Click on 'Book a Class'
3. Find your child's region/day/club and click - 'book now'.

If the class is fully booked your child will automatically be added to our waiting list, we will then contact you when a place becomes available.

Places are limited so please book early to avoid disappointment.

Payment is made termly, at the end of each term new fliers will be issued where you have first refusal for your child's place.

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