



Weekly Newsletter
Autumn 2021 – 10
Friday 3rd December 2021

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 @penponds_School



Christmas Tree Decorating – Godolphin Class



Dates for your diary:

Swimming Lessons
Trencrom Class Y3/4 starting
Monday 10th January

Monday 10th January – 4th
April inclusive



Extra-Curricular Clubs

Monday - Mindfulness Art
 Tuesday – Sports4Tots
 Wednesday – Chess and Board Games
 Thursday – Book Club at lunchtime
 Thursday – Construction/Lego

Christmas Videos

Monday 13th December
 Available for
 parents/carers via Dojo

Festive School Lunch



Wednesday 15th December

Christmas Parties





Friday 17th December

All classes will have their Christmas Parties on Friday 17th December. Children can wear their **party outfits** and no school uniform. Please can parents/carers **donate 50p** towards the cost of party food through Parentpay. Thank you.

Last Day of Autumn Term

Friday 17th December 2021

First Day of Spring Term

Wednesday 5th January 2022

Inset Days:

Tuesday 4th January 2022

Friday 8th April 2022

Monday 25th July 2022

Tuesday 26th July 2022

Attendance this week

Carn Brea: 94%

Godolphin: 95%

Trencrom: 86%

Tregonning: 82%

Trophy – Godolphin

Class Teacher Awards



Carn Brea

Orla, Barney, Robyn G

Godolphin

Logan, Byron, Harrison

Trencrom

Alfie, Zara, Mia

Tregonning

Christingle and Craft Making in Godolphin Class



Laurie, Eadie, Lily

Head Teacher Awards



Carn Brea

Max

Godolphin

Hartley, Jack

Trencrom

Mack, Abbie

Tregonning

Jasmine, Issie

Quote:

Perseverance that's the key to a successful life.



Perseverance can be summed up to mean you're committed to your goal. Additionally, it enhances the goal's value for you and intensifies your motivation level. It leads you to wonderful findings, and broadens your knowledge about yourself and your goals.

Carn Brea Class

Carn Brea learnt all about the job of a nurse this week. They experienced having their blood pressure checked, learnt about different parts of the body and even applied some bandages. Thank you, Ashleigh, for a brilliant afternoon.



Poem:



Mistakes

Don't be in a hurry my darling,
You've got your whole life to keep learning.
If you get it wrong the first thousand times
The world will go on and keep turning.

Some kids are awesome at tennis
Some kids can paint really well.
And some kids can use elaborate words
That sound super tricky to spell.

Some kids are always so helpful,
Or clever, or funny, or kind.
And some kids remember where Mum put
Those keys that she's trying to find.

Don't be in a hurry my darling
Life isn't all about speed.
Mistakes are often the best way to learn
So make all the mistakes that you need.

And some days you won't seem to get it,
And some days the world won't get you.
But I'll tell you a secret my baby
Some days we all feel like that too.

By Kylie Covark



Carn Brea Class

Iain visited Carn Brea recently and told them about his job in the army. He told them about how the army, navy and RAF work for the queen which was really interesting! Iain also told Carn Brea all about the different planes, ships, jets and helicopters that he has been on. The children were fascinated! Then everyone got the chance to try on so many pieces of Iain's army uniform and colour some soldiers! Thank you being a super soldier.



Trencrom and Tregonning Classes

We have been busy decorating the tree, making Christingles and preparing for Christmas. Many thanks to Olive Stevens for providing everything that we needed for our Christingle making.





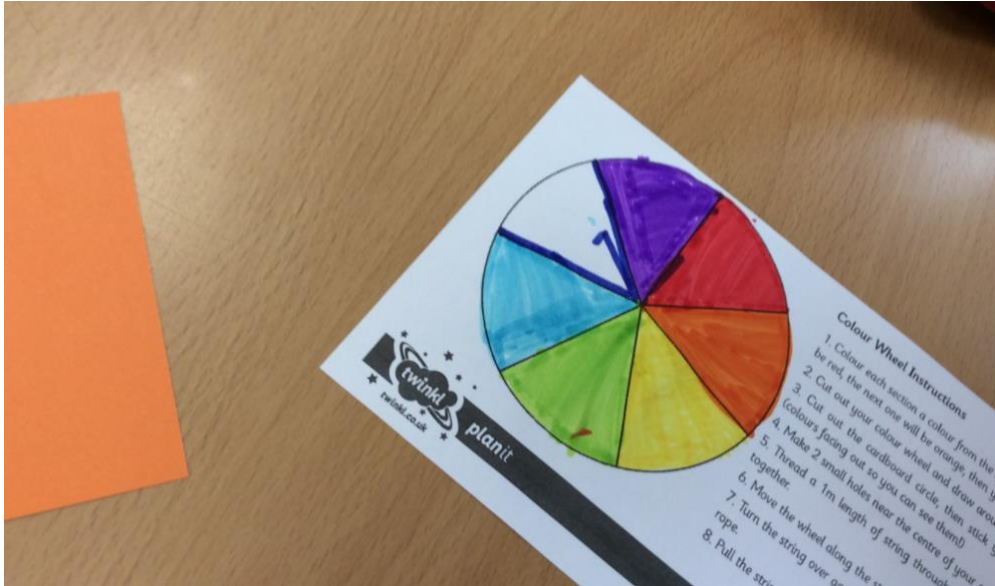
Carn Brea Class

Carn Brea class and children throughout the school who attend Art club have recently taken part in Coastline's 'Care with a Card' Christmas card project. They made Christmas cards which will be handed out to lonely and isolated people in our local community. It was a lovely project to be involved in!



Tregonning Class

This week Tregonning conducted a science investigation to look at which colours make up light. We used a prism but also created colour wheels using the colours of the rainbow. We made them into spinners. If we worked hard enough, they would spin and the colours blended. We didn't quite achieve white, but maybe we weren't fast enough.





New Prefect this week



I am delighted to be able to announce our first prefect of this academic year – Kaiden

As usual, children in Year 6 wrote letters to the Headteacher (me this year) and Mr Hooper explaining why they believed they should be considered for the role of a prefect at Penponds. I was truly blown away by the quality of the letters and genuinely couldn't choose between them based on the letters alone. I spoke to the Year 6 children and we decided that this year we would choose prefects based on their actions. Children detailed how they would be the perfect prefect in their letters, so we agreed they would need to show this in action to be awarded their badge and tie.

Kaiden has already shown his 'perfect prefectness' (our new dubbed phrase) by supporting a member of the public and her child with additional needs at the swimming pool recently. The member of the public was so impressed and touched by Kaiden's kindness, that she wrote an email to the school praising him. In addition to this, Kaiden is always friendly, polite, kind and caring – not to mention his infectious sense of humour! He really does embody everything needed for 'perfect prefectness' 😊

Well done Kaiden! We are so proud of you!

Today another prefect has been chosen, so watch this space in the newsletter next time!

Christmas Videos

Due to the Covid restrictions on gatherings in school at the moment and in light of how long it takes to plan, rehearse and present performances and concerts, this year we will be creating Christmas videos to share with parents/carers via Dojo. Only children with consent for "Dojo" will be able to be part of the videos. If you would like to change or check your child's dojo permissions please contact Mrs Wood in the office.

Posters

- Forest School Festive Fun
- Community Walking Groups – Camborne
- Time2Move Christmas Holiday Programme
- Parent Guide to Age Inappropriate Online Content
- Breakfast and After School Wrap Around Care Booking Sheet for Spring Term – January/February 2020

Covid Guidance

KS1 and KS2 children need to arrive at **8.45a.m** and go to their classroom door entrance.

Reception children need to arrive at **8.50a.m** and go to their classroom door entrance.

Staff will be at the door ready to welcome them in.

At the end of the day please collect your child from their classroom entrance apart from Y5/6 (Tregonning class) who will be walked around to the front of the school by the bike shed and will be dismissed from there.

Reception and KS1 will finish at **3.15p.m**. KS2 children finish at **3.20p.m**.

Please collect your child promptly.

Due to the increased number of confirmed Covid cases in Cornwall at present, we would politely ask that parents continue to wear masks at drop off and collection when the school will be very busy and if entering the building for an appointment.

If your child develops a new continuous cough and/or high temperature and/or a loss of, or change in, normal sense of taste or smell (anosmia) please do not send them into school and arrange for them to have a PCR test as soon as possible.

There is more information about the return to school from Cornwall Council through the following link.

[Back to school - Cornwall Council](#)

Thank you for your continued support.

Public Health Update: Schools and Early Years Settings

The number of COVID-19 infections in Cornwall continues to increase, with more than half of the total number being recorded in Cornish Schools.

Because of this, Public Health Cornwall, is asking parents, carers, teachers and school staff to follow some new guidance.

We request:

- You book a PCR test if you are a household or close contact of a confirmed COVID-19 case
- We are asking for household contacts of a case who attend an educational setting to take a daily rapid LFD test for 7 days

This additional testing recommendation applies to children in secondary schools and additionally primary schools if parents/carers feel comfortable in doing so.

The daily testing recommendation for Cornwall is not mandatory but designed to identify children and young people who develop COVID-19 a few days after their sibling or other household member and therefore reduce the risk of COVID-19 spreading in schools.

If they do not have COVID-19 symptoms and are testing negative they can continue to attend their setting. If they test positive on an LFD test or develop new symptoms, they should self-isolate and take a PCR test.

We also request that all parents, carers and older siblings of school aged children test twice weekly, using a lateral flow test, in line with the continued government guidance.

Guidance from the UK Health Security Agency (HAS)

For staff member cases

Where a staff member is identified as having been in close contact with the person who tested positive, they should be advised to take a PCR test. Close contacts may wish to undertake daily LFD testing whilst awaiting their result. They should also be advised to self-isolate unless one of the following applies:

- They are fully vaccinated
- They are below the age of 18 years and 6 months
- They have taken part in or are currently part of an approved COVID-19 vaccine trial
- They can evidence that they are unable to be vaccinated for medical reasons

To ensure eligible individuals identified as a close contact can access [Test and Trace Support payments](#) you may consider providing staff details to the NHS Self Isolation Hub when:

- staff member who was in close contact with the person testing positive has indicated they are not exempt from self-isolation, but the person testing positive was unable to provide that person's details to NHS Test and Trace.

- it is particularly difficult for the person testing positive to identify or provide details of some members of staff they were in contact with, for example temporary workers such as supply staff, peripatetic teachers, contractors or ancillary staff.

The self-isolation hub can be contacted by calling 0203 7436715.

Kind regards

Public Health



Come and join in with some

Forest School Festive Fun

Saturday December 18th
9.30 - 3.30



£35 per child

- * Outdoor Games and Activities
- * Campfire snacks
- * Nature inspired Christmas Decorations



Great for 5 to 9 yr olds

For more information contact Sue (Greenaway)

treefolkforestschool@gmail.com

Spaces are limited, please book by 11th Dec.

The woodland site near Praze, has an
undercover area and toilets.





Root Training CIC



Developing your growth
through wellbeing activities.

Community walking groups
Camborne - get walking, get
talking and get moving

Subsidised walking groups every
Tuesday at 10.00am active
Monday 2.00pm amble
Numerous spaces available
You must live in the Camborne Parish to be
eligible
Contact Tracey@root-training.co.uk
07375 606015 for information and booking

Funded
8 week C25K running programme for January
2022
for the people of Kerrier

Trained by England Athletics run leaders

Start your new year by trying something new or achieving this goal that you never quite managed on your own.

This is open to people over the age of 18 who live in the Kerrier area. Employed, unemployed, retired, parents and young people.

Taster session is Sunday the 09th January 2022 at 11.30 at Heartlands and starts on Wednesday the 12th January 2022

Either 9.30am or 6pm—you choose

Contact Tracey@root-training.co.uk

07375 606015 for information.

Booking is essential

Root Training CIC



**Developing your growth
through wellbeing activities.**

5K

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Dear Parent/Guardian,

Time2Move Christmas Holiday Programme

It is with great pleasure that we can inform you that the new Time2Move holiday programme which was a great success over the summer will also be taking place across Cornwall over the Christmas school holidays.

This programme will offer fun physical activities, games and wider activities plus a meal for your child. Activities will mainly take place from Monday 20th to Thursday 23rd December. All children are welcome to attend and it is completely **FREE** for children that are eligible for benefits-related Free School Meals.

If your child is eligible for Free School Meals you will need your child's unique code in order to access the activities for free. This code will be the same as the one issued to your child over the summer holidays, so you can continue to use the same code. However, if you no longer know it or did not receive it, you can request a reminder by emailing the following email address with your child's full name and name of the school they attend:

Email address to request code: Time2Move.HolidayProgramme@cornwall.gov.uk

To search and book on activities please visit:

www.activecornwall.org/T2MHolidayProgramme

The activities are all delivered by approved providers with the main focus on fun and enjoyment. So please search for activities near you, book your child's place and we look forward to seeing your child over the Christmas holiday.

Yours faithfully,

The Time2Move Holiday Programme Team



What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



Sources: <https://www.education.gov.au/documents/about/programs/bullying-prevention/online-safety-program/teaching-inappropriate-content-in-schools>
<https://www.nos.gov.uk/wp-content/uploads/2021/04/children-media-literacy-year-7.pdf>

National Online Safety
 #WakeUpWednesday

Breakfast Club and After School Club Booking Sheet – Spring Term 2022

Child/Children's Name/s:

Emergency Parent/Carer Name & Telephone Number:

Payment made:

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

DAY	DATE	BREAKFAST CLUB		AFTER SCHOOL CLUB				Payments
		£3.50 siblings £2.00		3.20-4pm	4-4.30pm	4.30-5pm	Not available after 5pm	£2 per half-hour Session, siblings £1.50
Wednesday	5 th January							
Thursday	6 th January							
Friday	7 th January							
Monday	10 th January							
Tuesday	11 th January							
Wednesday	12 th January							
Thursday	13 th January							
Friday	14 th January							
Monday	17 th January							
Tuesday	18 th January							
Wednesday	19 th January							
Thursday	20 th January							
Friday	21 st January							
Monday	24 th January							
Tuesday	25 th January							
Wednesday	26 th January							
Thursday	27 th January							
Friday	28 th January							
Monday	31 st January							
Tuesday	1 st February							
Wednesday	2 nd February							
Thursday	3 rd February							
Friday	4 th February							
Monday	7 th February							
Tuesday	8 th February							
Wednesday	9 th February							
Thursday	10 th February							
Friday	11 th February							
Monday	14 th February							
Tuesday	15 th February							
Wednesday	16 th February							
Thursday	17 th February							
Friday	18 th February							