



Weekly Newsletter

Autumn 13 Friday 7th December 2018

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 @Penponds_School



This week's focus: Christmas Assemblies and Concerts

Christmas Carol Concert - Friday 7th December at Camborne Wesley Church, 6pm for a 6.30pm start.



On Friday 7th December we will hold our annual Christmas Carol concert at the Wesley Chapel, Camborne. Doors open at 6pm and we will start the service at 6.30pm. All the children have been busy practicing their carols and there will also be readings, solos and music performances. Please can all the children attend in their school uniform and the concert should be finished by 7.30pm.

Christmas Tree Assembly

Thank you to everyone who came to our Christmas Tree decorating assembly on Monday morning and all the effort to make the tree look great! It started a week of carol singing that we're going to finish tonight at the Carol concert.



Dates for your diary:

Friday 7th December – Christmas Carol Concert – 6pm for 6.30pm start

Tuesday 11th December – Carn Brea and Godolphin Class Christmas Nativity – 6pm start

Wednesday 12th December – Carn Brea and Godolphin Class Christmas Nativity – 6pm start

Thursday 13th December – Carols at Tregenna Nursing Home for the Choir

Thursday 13th December – Christmas workshop at Penponds Church for Trencrom and Godolphin Classes

Friday 14th December – Christmas Jumper Day – **no school uniform**

Friday 14th December – Christmas Workshop at Penponds Church for Tregonning Class

Friday 14th December – Penponds Tree Lights switch on at 6pm – village event

Sunday 16th December – Penponds Village Nativity at 4pm – Village Event

Monday 17th December – NEXUS Maths Masterclass 8.55am

Barripper Chapel Carol Concert

On Monday evening the school choir went to Barripper Chapel to sing a few songs. It was from 6.30pm – 7.30pm. The first song we sang was Starry Night which is one of the Choir's favourites. Harrison, who is in the choir, showed the parents our actions. After a while we sang Gloria which will need some work but we are quite good at it.
By Amy B

This picture shows the choir practicing this morning at the Wesley Chapel



EYFS and KS1 Christmas Play

Carn Brea and Godolphin class children have been very busy rehearsing for their Christmas Play 'Children of the World'. Performances will be in the hall on:

11/12/18 Evening performance 6:00pm – 7pm

12/12/18 Evening performance 6:00pm - 7pm

Please note that all KS1 and EYFS children need to attend both performances and can arrive in their costumes at 5:40pm. We really look forward to seeing you at the play and thank you for your continued support.

Christmas Jumper Day – Friday 14th December

On Friday 14th December we will be collecting for Save the Children. Children can wear a Christmas jumper or something Christmassy if they wish.

No school uniform. Suggested donation £1. Thank you for your support. From Gina



Friday 14 December

Penponds Village Nativity – Sunday 16th December at 4pm



The Penponds Village Nativity is on Sunday 16th December at 4pm in the village square. Everyone is welcome and you don't have to live in the village to attend. Bring along family and friends. Optional dress is Shepherds for grownups, and angels or wise men for the children. Please bring a wrapped present marked for a man, woman or child (age if you can).

Family Lantern making – Monday 17th December



Don't forget to hand in your lantern workshop slips to Mrs Wood in the office by Monday 10th December if you want to make a lantern with your child. Thank you for your support.

Monday 17th December - Family Lantern Making in the hall – Whole school

Wednesday 19th December – Christmas Dinner – whole school – please book by Wednesday 12th December with Mrs Wood in the office

Wednesday 19th December – Last day of school for children

Wednesday 19th December – Camborne Lantern Parade – 6.30-7.30pm

Inset Days:

Thursday 20th December 2018

Monday 7th January 2019

Tuesday 8th January 2019 – first day back for children

Monday 28th January – NEXUS Maths Masterclass 8.55am

Monday 11th February– NEXUS Maths Masterclass 8.55am

Monday 4th March NEXUS Maths Masterclass 8.55am

Monday 18th March NEXUS Maths Masterclass 8.55am

Monday 1st April NEXUS Maths Masterclass 8.55am

Monday 29th April NEXUS Maths Masterclass 8.55am

Monday 13th May NEXUS Maths Masterclass 8.55am

Friday 12th July 2019 – Penponds Family Festival

Spelling Bee

Well done to all the finalists of our KS2 Spelling Bee. Bella, Jasper, Ben, Jasmine and James have all reached the final and will be working towards learning an additional set of words for the final on the morning of Wednesday 12th December. Good luck!



Tregonning Class visit to NEXUS

On Monday 3rd December Tregonning class went to NEXUS for a science workshop. We were doing a workshop on how light travels. First, we used the ray boxes and made a reflection using a mirror. Then we used a glass triangular prism, put it at an angle and made a rainbow. It was really fun. After that we got four mirrors and one by one stuck them around the edges of the ray box and after adding one each time the light got stronger. We recorded our results and wrote why it happened. By Gina and Alice



Attendance:

Carn Brea: 99.44%
Godolphin:
Y1 – 96.08%
YR2 – 99.38%
Trencrom: 99.02%
Tregonning: 94.87%

Attendance Trophy:

Carn Brea Class

Awards:

Top Table – Lemonie,
Jowan, Kaira, Austin

Carn Brea – Eli, Elffin, Emily

Godolphin –

Y1 – Emily Q, Mia, Maisy
Y2 – Erin, Freya B, Isla B

Trencrom – Vincent, Bella,
Harvey

Tregonning – Gina, Rosie,
Alice

Headteacher – Ryan, Jessica
O’C, Evie T, Leon, Kaira,
Hermione

Maths – James, Lily D, Alice,
Emily T, Oliver G

Quote for this week:

If you spend too much time
thinking about a thing,
you’ll never get it done.
Bruce Lee

Parent-Free Zone – Friends of Penponds



Many thanks to the parents that helped at the Parent-Free Zone each lunchtime this week wrapping presents for the children to take home. £368 was raised in total.



St Meriadoc Rainbow Cup

On Thursday 29th November nine children from KS1 went to St Meriadoc to take part in a hockey event. They took part in lots of varieties of games and scored points on each game. At the end the scores were added up and we came 3rd. The children had a lovely time and enjoyed interacting with the other schools. Thanks to Gina and Jake who accompanied them. We look forward to the next event.



Football Reports

On Friday 30th November Penponds played **St Meriadoc Juniors** It was a great game to watch. Team members were Jake, Alex C (Goalie), Jayden, Lloyd, Ben G, Ryan, Thomas, Gina, James, Morley and Piran. We played with heart and worked well as a team. Jake got a hamstring injury so did not

play the 2nd half. We had a few attempts at goal but couldn't finish. The final score was 7-0 to St Meriadoc but would have been more if not for Alex's super saves. Alex was Man of the Match. Well done to all the team who played exceptionally well.

Written by Mrs Watts, a very proud Manager/Coach.



On Monday 3rd December Penponds Year 5/6 football team played a game against **Trevithick Academy** Team members were Jake, Alex (Goalie), Jayden, Lloyd, Ben, William, Thomas, Gina, James, Morley and Piran. The score at half-time was 3-0 to Trevithick. We did as best as we could in the second half. We did come back, Piran scored to make it 3-1 then Trevithick scored (4-1). After that Penponds got a free kick, Jake scored the free kick so that made it 4-2. Man of the Match was Lloyd.

Written by Piran and Alex



PENPONDS VILLAGE NATIVITY

The annual Penponds village nativity will take place on Sunday December 16th, meet at 4pm in the village square.

Everyone welcome to take part. You do not have to live in the village. There are no lines to learn and it is all great fun.

Grown-ups please wear your tea towels on your head and/or dress as Shepherds if you can.

Children please come as Angels or Wise Men if you like.

Please bring a wrapped present, marked for man/woman/child (approx. age) if you can.

It would be great to see as many of you as possible there. Feel free to bring friends, family etc.

Let's make it the best ever!
Minnie and Katy Kitson



8TH DEC
SATURDAY

CORNWALL
COLLEGE
CAMBORNE
10am - 1pm

TECH JAM

For anyone interested in technology,
for all ages and abilities

Cornwall's Tech Jams are run by volunteers working in IT and education throughout the Duchy, in association with Software Cornwall and local businesses. The Jams run from 10am to 1pm on the second Saturday of the month, alternating between venues in the Pool/Camborne area, Bodmin and Penzance. They are free to attend, you can turn up whenever you've got time and stay for as long as you like. Children under 16 must be accompanied by an adult though.

We have a number of Raspberry Pi computers enabling you to experiment with and learn how to:

Program Robots, Code into Minecraft, Compose Music with Sonic-Pi, Launch Rockets, Control Traffic Lights, MeArm Robotic Arms, BBC MicroBits and more.



For directions see cornwalltechjam.uk



Barrigger Village Association

Your upcoming events

Festive Craft and Toy Table Top Sale

18th November – Barrigger Village Hall

11am start

Tables are available at £5 each – please speak to Margaret Morcom, Sarah Roberts, Tina Williams or Lynsey Dennis to book your table.

Refreshments will be available

Village Bingo

8th December 2018 – Barrigger Village Hall

7pm onwards

Santa's Grotto

15th December – Barrigger Village Hall

2pm to 4pm

Bring your child to meet Santa!
Kids disco, games and crafts, letter from Santa and gift

Refreshments will be available

Tickets are £7.50 per child – please contact Margaret Morcom, Sarah Roberts, Tina Williams or Lynsey Dennis to book your child's place. Please let us know your child's age at the time of booking



Cornwall Adoption Centre's *Christmas Fair*

Come along and help us celebrate the festive season and raise funds for Cats in our care this Christmas.

Sunday 9th December 10am-1pm
Carnon Downs Village Hall
Tregye Road, Carnon Downs, TR3 6GH
01872 870 575



47%
of parents
said they thought their
children spent too much
time in front of screens



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



What parents need to know about **SCREEN ADDICTION**

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



Top Tips for Parents

LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

53% of children aged **3-4**
go online for nearly **8hrs** a week

79% of children aged **5-7**
go online for nearly **9hrs** a week

94% of children aged **8-11**
go online for nearly **13.5hrs** a week

99% of children aged **12-15**
go online for nearly **21hrs** a week

STATISTICS

ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

<https://www.independent.co.uk/Children-and-Parents/Media-Use-and-Attitudes-report-2017>; <https://www.aicom.org.uk/http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>; <http://www.minor.co.uk/technology-five-kids-losing-sleep-9653986>; <https://medhealth.leeds.ac.uk/news/article/1296/lack-of-sleep-damaging-for-children>

NOS
National
Online
Safety

A whole school community approach to online safety
www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061



LET'S **END** STREET **HOMELESSNESS** IN **CORNWALL**

IT'S TIME TO ACT.
MAKE A DONATION, BE A FUNDRAISER,
BECOME A VOLUNTEER, SUPPORT US.

St Petrocs helps hundreds of people who find themselves homeless each year, for whom there is no statutory provision. In 2017 our campaign helped reduce the number of rough sleepers in Cornwall from 99 to 68, bucking the national trend.

With your support we can end street homelessness in Cornwall. To find out how you can help, visit our website.

stpetrocs.org.uk

St Petroc's Society is a registered society with charitable status number 2525/R



St Petrocs