

Newsletter 9 Spring 2023 Friday 24th March 2023



Congratulations to William! We are so proud of you!

William played his cornet in the County Music festival on Saturday 18th March in the grade 1-2 class against 3 other children. William played his grade 1 pieced called Strollin. The adjudicator commented on his very rhythmic playing as well as his clear tone...and he won! The uniform William wore represented his brass band, the St Agnes silver band.

Well done William - what a super ambassador for Penponds!



Diary Dates:

Reminder:

No extra-curricular clubs after school in last week of term (27th-31st March) or the first week back after the Easter Break (17th April-21st April)

Parents Consultations:

Monday 27th March, Tuesday 28th March, Wednesday 29th March

Link to book:

https://cal.smoothbook.co/5 da5ce6f84e31e7aa72ad4c2

Monday 27th March 2pm-5.30pm Carn Brea Class only

Tuesday 28th March 3pm-6pm

Godolphin, Trencrom and Tregonning Classes

Wednesday 29th March 3pm 6pm

Godolphin, Trencrom and Tregonning Classes

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

Carn Brea and Godolphin Class Trip to Camborne Library

On Monday, Carn Brea and Godolphin visited Camborne Library. We had a wonderful afternoon learning about the library and what it has to offer as well as discussing signs of spring and making posies and bumble bee hats. We also had the opportunity to explore a huge range of different books. It was a great addition to our science learning this term.





Tuesday 18th April

See further on in the Newsletter for details.



Attendance week ending Friday 24th March:

Carn Brea: 98%

Godolphin: 97%

Trencrom: 93%

Tregonning: 92%

Well done to **Carn Brea**Class for best attendance

Class Awards week ending Friday 24th March



Carn Brea:

Dottie, Wilf, Woody

Godolphin:

Max, Hartley, Orla

Trencrom:

Thomas, Maddie, Florence

Tregonning:

Isla B, Jasper, Ellie



Headteacher's Awards



Week ending

Friday 17th March

Carn Brea: Dottie

Godolphin: Martha, Max

Trencrom: Maddie

Tregonning: Charlie

Week ending

Friday 24th March

Carn Brea: Saffron

Godolphin: Ethan, Alyssia

Trencrom: Bert, Jessica,

Isobel

Tregonning: Kaira, Emily Q,

Janise, Ellie

Lunchtime Awards:



Carn Brea: Saffron

Godolphin: Evie, Alyssia

Trencrom: Mie, Maddie

Tregonning: Summer, Isla B

Quote:

It's a happy talent to know how to play.



Ralph Waldo Emerson











Poem:

Just Playing



By Anita Wadley

When I'm building blocks, please don't say I'm "just playing"

For you see, I'm learning as I play, about balance and shapes.

Who knows? I may be an architect someday.

When I am getting dressed up, setting the table, caring for the babies.

Don't get the idea I'm "just playing"

For you see, I'm learning as I play.

I may be a mother or a father someday.

When you see me up to my elbows in paint or standing at an easel, or moulding and shaping clay, please don't let me hear you say "He is just playing"

For you see, I'm learning as I play, I'm expressing myself and being creative.
I may be an artist or an inventor someday.

When you see me sitting in a chair "reading" to an imaginary audience.
Please do not laugh and think I'm "just playing"
For you see, I'm learning as I play.
I may be a teacher someday.

When you see me combing the bushes for bugs, or packing my pockets with







choice things I find, don't pass it off as "just playing". For you see, I'm learning as I play.

I may be a scientist someday.

When you see me engrossed in a puzzle or some "plaything" at school. Please don't feel the time is wasted in "play".

For you see, I'm learning as I play. I'm learning to solve problems and to concentrate. I may be in business someday.

When you see me cooking or tasting foods, please don't think that because I enjoy it, it is "just playing". I'm learning to follow directions and see differences. I may be a chef someday.

When you see me learning to skip, hop, run and move my body, please don't say I'm "just playing".

For you see, I'm learning as I play. I'm learning how my body works.

I may be a doctor, nurse or athlete someday.

When you ask me what I've done at school today, and I say, "I just played"
Please don't misunderstand me. For you see, I'm learning as I play.

I'm learning to enjoy and be successful in my work. I'm preparing for tomorrow.

Today, I am a child and my work is play.



Spaceport Cornwall Visitor

On Tuesday, Fritha from Spaceport Cornwall visited Godolphin. We had an exciting afternoon based around careers, materials used in space and the jobs of satellites too. Next week we will be designing, making and evaluating our own space robots for a specific job so this was a great way to start. We learnt lots of new facts to add to all of the other amazing things we have learnt throughout this topic. Fritha was also blown away by how much we knew about the history and science of space and commented that we are a credit to our school. We have worked so hard this term!



Carn Brea Class

This week in Carn Brea class the children have enjoyed welcoming our new class pets the tadpoles. We have loved watching them hatch and grow and can't wait to see the next stage of their life. We have also been keeping a close eye on our caterpillars as they are huge and we expect them to turn into chrysalises any day now. With Ernie as well we have certainly been busy er and caring for other living creatures.







Trencrom Class Trip to Gwithian

This Thursday, Trencrom class went to Gwithian beach to learn about ghost materials and take part in a beach clean.





Although the beach was looking very clean, we managed to fill half a tub with a variety of plastics collected from the sand. We were really surprised with the amount of plastic there was.



After all of the hard work, we used some of our collection to repurpose into our own keyrings. We had some fun playing tug of war and space hopper racing as well as pebble balancing and dam building.







Finally, we had to give in to the bad weather, but a great day was had by all. We warmed up back at school with a delicious hot chocolate.

Thank you to FOPs for paying for the coach and Adam and Amy from Castaway Ropeworks <u>Home</u>
- <u>Castaway Ropeworks</u> for leading our learning.







Football Match – Penponds v Crowan

Well, what a match. It was our hardest match to date. Crowan's children were a very strong team and mainly Year 6s and 5s.

Penponds fought hard and worked well trying to pass the ball and press the opponents. Unluckily we lost 7-1 but the team showed good resilience and kept trying to the end. Persons of the match were Orrin and Kelyn.

Great learning match and hopefully puts us in a good mindset for our next match.





Special Visitor - Jessica Roper

We were very excited to welcome top athlete Jessica Roper, GB Kickboxing Champion to Penponds School on Wednesday, 15 March 2023.

Jessica led a sponsored fitness circuit with all pupils and followed-up with an inspirational assembly, and question and answer session. The aim of the event was to inspire the children to be more physically active, but just as importantly, encourage them to discover and pursue their passion in life.

The event both connected the children to an extraordinary athlete role model and **raised money to improve physical activity** in the school, while also supporting both athletes and para-athletes, so that they can continue to inspire the next generation.

Thank you to all the families who sponsored the children in the worthwhile event. Total raised was an amazing £1562.51 which is split between Sports for Schools and Penponds School and will allow the school to buy new sports equipment to the value of £829.













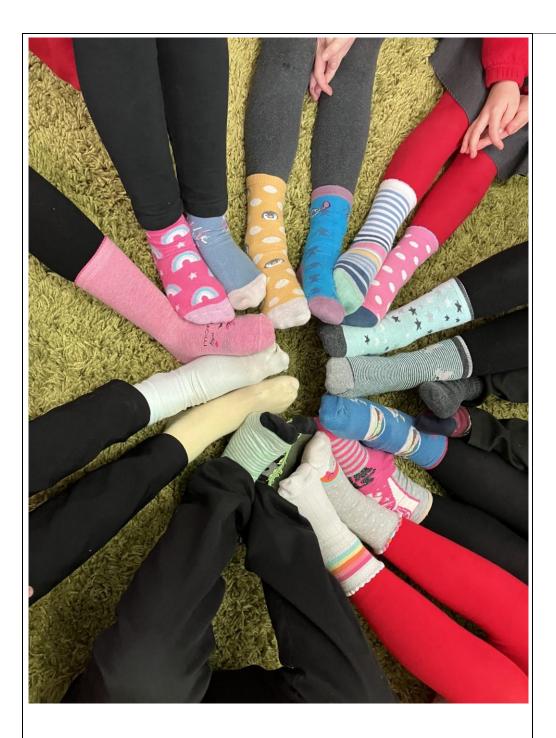
Pull up your Odd Socks for World Down Syndrome Awareness Day!

On Tuesday 21st March we wore odd socks to school with our uniforms to raise awareness for Down Syndrome. Odd socks were chosen as a symbol by World Down Syndrome Day, because chromosomes are shaped like socks, and those with Down Syndrome have an extra one.



We 'Rocked our Socks!'
This day holds a very special place for Penponds and our families.





LGBT History Month

February is LGBT History month and we marked this in Penponds through a collective piece of work across the school.

All classes studied the story 'And Tango Makes Three' and responded to their learning in their own way to create collaborative display in the hall. Carn Brea class created family portraits within an egg to link to the story, Godolphin class designed a new family that looks different to their own family, Trencrom class innovated the story of And Tango Makes Three and created zig-zag books and Tregonning class looked into the controversy surrounding this book when it was first published in the USA.

Once the display is complete we will share it with you.

Black Voices Cornwall

Exciting News! Mrs Richards, our wonderful RE Lead, had had her first working session to support the curriculum development in Cornwall with Black Voices Cornwall!

This is a three year project to ensure equality and diversity is positively represented throughout the taught curriculum in Cornwall. We are so proud that Mrs Richards is supporting this and we cannot wait to see what work we can begin as a school!

Red Nose Day



Thank you to all families who made donations to Red Nose Day on Friday 17th March. Total raised was:

£59.50

Parent Consultations

If you haven't done so already and wish to book a consultation with your child's teacher please do so using the online booking system using the following link.



Here is the link to book your parent consultation with your child's teacher:

https://cal.smoothbook.co/5da5ce6f84e31e7aa72ad4c2

Carn Brea Class - Monday 27th March 2pm-5.30pm

Godolphin, Trencrom and Tregonning Classes - Tuesday 28th March and Wednesday 29th March. 3pm-6pm

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/Information

- Supporting Children and Young People following a traumatic event
- Time to Move Holiday Programme
- Dance Flash Mob for Down's Syndrome Day
- **New School Lunch Menus**
- New Breakfast and After School Club booking form
- Dance Camps at Pool Academy
- Afternoon at the Movies and Musical at Camborne Wesley Chapel
- All Stars and Dynamos Cricket Links to book

Supporting Children After A Traumatic Event

1.Safe

Be open and honest Encourage and answer auestions Be consistent and reliable Reinforce who is there for them

Following a traumatic event. children need to feel...

5.Hopeful

Recognise the severity of what's happened Validate their response

Remind them things will

time

This support is most helpful when given by people the child knows and trusts.

2.Calm Validate feelings

Encourage emotional expression

Offer comforting items

Suggest movement or breathing exercises

3.Connected

Encourage return to school Spend quality time together Enable time to be with friends

4.In Control

feel more manageable in Involve them in decisions Provide choices within familiar boundaries

Remind them they're capable and supported

Penhaligon's Friends 2023

Signal A

Penhaligon's Friends

Supporting Children and Young People Following a Traumatic Event

When a child or young person experiences or witnesses a traumatic event, such as a road traffic collision; an act of violence; a natural disaster; or a serious injury or crime; they may experience a traumatic stress reaction. This is a natural response and, with the right support from loved ones, they will often recover within a few weeks.

Traumatic stress will present differently across developmental stages and from person to person. Common signs include constant replaying of the event; nightmares and/or difficulty sleeping; increased anxiety, including separation anxiety; changes in behaviour; changes to appetite; hypervigilance (e.g., jumping at loud noises); difficulty concentrating/completing normal tasks; regression to earlier stages of development; risk taking behaviour and/or use of drugs and alcohol.

While this can feel scary to see, most parents/carers are able to support their child following a traumatic event.

What do children and young people need after a traumatic event?

Children and young people need to feel safe, calm, connected, in control and hopeful.

Safe

The world may feel very dangerous and scary following a traumatic event. Re-establish feelings of safety by reminding them that, while tragic, these events are not usually common. Promote feelings of safety by being calm, empathetic, consistent, and reliable. Children will also need to make sense of what has happened. Be clear and factual, in child-appropriate language, when providing information. Let them know they can ask you questions, and you will answer them as honestly and openly as you can. Remember: it's okay to say, 'I don't know'. Continue to remind them you're there to support them and keep them safe. It can also be helpful to remind them who else is available for them to speak to if they need to, such as other family members, family friends, teachers etc.

Calm

Support your child to express their emotions, so they can get to a place of calm. This isn't about stopping your child from being angry or upset, it's about giving them the space to express how they're feeling in a safe way, so they can eventually get to a space of calm. Children may benefit from physical touch, such as hugs or a simple hand on the shoulder. They may find comfort in blankets, snuggly clothes, soft toys or warm drinks. You could offer to do breathing exercises with them if they need support in regulating difficult feelings. Some children also find calm in physical activity, such as walking, running or playing football.

3. Connected

Quality connections can be very helpful during this time. Spending time with people they already know and feel safe with will help to regulate their feelings of traumatic stress. Returning to school can help many young people recover as it provides an opportunity to connect with peers and wider support systems, as well as the comfort of familiar routines. Quality time with loved ones can also be helpful: try to spend extra time with your child while doing comforting or enjoyable activities, such as baking, walking, drawing, playing...whatever they enjoy. Remind them it's okay to do these things, even when something very sad has happened.

4. In Control

Traumatic events can lead to feelings of helplessness and lack of control, this can increase feelings of anxiety. Involving your child in decision making and providing your child with choices (with the reminder that they are capable and supported) can help to increase feelings of control. Maintaining pre-existing boundaries is important, but providing choices within this can really help a child to recover.

Hopeful

It is important to recognise the severity of what has happened, to validate how some will be struggling to cope, while also holding onto the hope that eventually things will feel more manageable. Validate your child's feelings while also sensitively reminding them these difficult feelings are temporary. This isn't about making light of the situation or forgetting what's happened, but rather about providing a sense of hope for the future.

Information gathered from the UK Trauma Council's Guide to Critical Incidents in Educational Communities

https://uktraumacouncil.org/

Who can I speak to if I'm worried about my child's wellbeing?

Reach out to your child's educational setting or GP if you have concerns about their wellbeing. If the signs of traumatic stress continue for longer than six weeks, it may be helpful to seek some professional advice. If your child is at risk of harming themselves or others, reach out for support immediately.

If you're worried about your child's mental health or you require advice on how to support your child with their emotions, you can contact Young Minds UK through their webchat or through their Parent Helpline: 0808 802 5544, Monday - Friday 9:30am - 4:00pm.

If your child has experienced a traumatic bereavement, we can offer advice and guidance. Call our office on 01209 215 889 for support.



Easter 2023

Yoga, circus skills, rock pooling, multi-sports, forest schools and SO much more!

Every session includes a healthy meal for all children.

Activities are taking place across Cornwall during the Easter holidays April 3rd - 14th

Visit our website to register now

- Activities available for children aged 5 16
- Funded places for ALL children eligible for benefits related free school meals

Meet Our Expert













Save the Date! Saturday 25th March 2023

Yes - it is happening, finally we are all set to celebrate World Down Syndrome Day 2023 with a Dance Flash Mob in Truro, Lemon Quay.

Please save the date: Saturday 25th March, approx 11am to 11:30am.

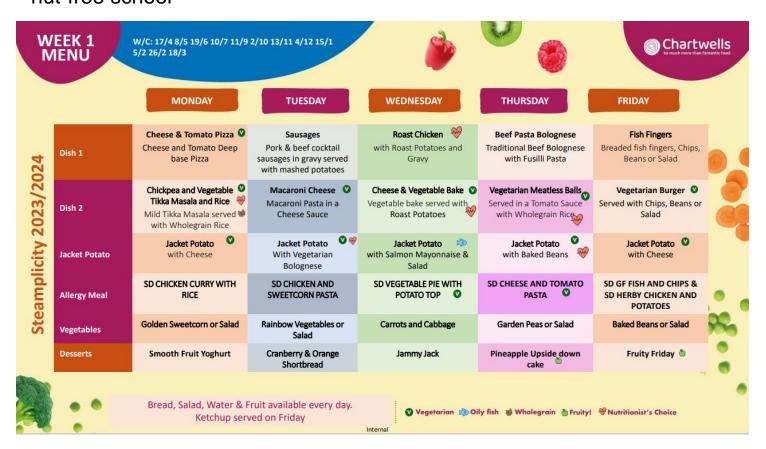
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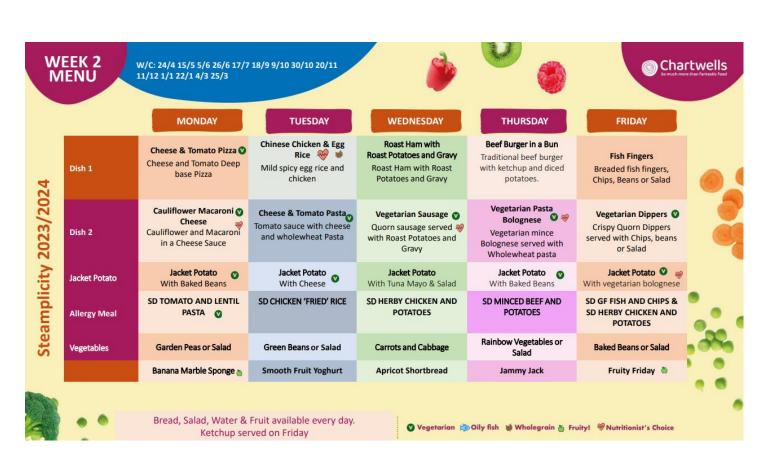
Here is the flashmob youtube link:-

https://youtu.be/Ra_wU2FyF6w

Full dance is at 13mins 44secs

New Menus for after Easter. Please be aware Penponds School is a nut-free school





W/C: 1/5 22/5 12/6 3/7 24/7 4/9 25/9 16/10 6/11 27/11 18/12 8/1 29/1 19/2 11/3

Bread, Salad, Water & Fruit available every day. Ketchup served on Friday





♥ Vegetarian ♦ Oily fish ♦ Wholegrain ♦ Fruity! ♦ Nutritionist's Choice

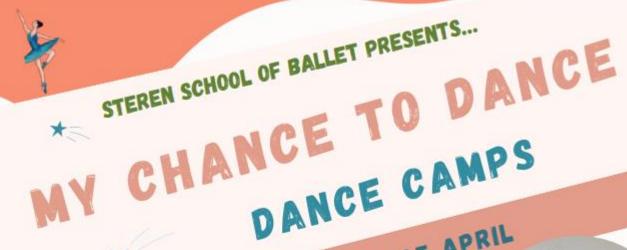


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish 1	Cheese & Tomato Pizza Cheese and Tomato Deep base Pizza	Sausages Pork & beef cocktail sausages in gravy served with mashed potatoes	Roast Chicken with Roast Potatoes and Gravy	Chicken Tikka Masala and Rice & Mild Tikka Masala served with Wholegrain Rice	Fish Fingers Breaded fish fingers, Chips, Beans or Salad
Dish 2	Beany Chilli & Rice Mixed Bean Mild Chilli served with Wholegrain Rice	Chinese Vegetable & Egg Rice V v v v v Stir Fried Vegetables with Wholegrain Rice and Egg	Vegetarian Sausage Quorn sausage served with Roast Potatoes and Gravy	Macaroni Cheese Macaroni Pasta in a Cheese Sauce	Vegetarian Meatless (Balls Served in a Tomato Sauce with Chips
Jacket Potato	Jacket Potato With Baked Beans	Jacket Potato With Tuna Mayo	Jacket Potato With Cheese & Salad	Jacket Potato ♥ With vegetarian ♦ bolognese	Jacket Potato With Cheese
Allergy Meal	SD BEEF CHILLI AND RICE	SD Vegetable Paella	SD MINCED BEEF AND POTATOES	SD GF MACARONI CHEESE	SD GF FISH AND CHIPS & SD HERBY CHICKEN AND POTATOES
Vegetables	Rainbow Vegetables or Salad	Garden Peas or Salad	Carrots and Cabbage	Green Beans or Salad	Baked Beans or Salad
Desserts	Pineapple Upside down	Smooth Fruit Yoghurt	Cranberry & Orange Shortbread	Mandarin & Lemon drizzle slice	Fruity Friday 👸

Breakfast Club and After School Club	Booking Sheet – Summer Term 2023
Child/Children's Name/s:	
Emergency Parent/Carer Name & Telephone Numb	er:
Payment made:	

Please tick the sessions to book for your children and pay in advance via Parentpay/Childcare Vouchers

DAY	DATE	BREAKFAST CLUB		AFT	ER SCHOOL C	Payments	
Costs and		8am start		3.20-4pm	4-4.30pm	4.30-5pm	£2 per half-hour
Timings		£3.50					Session,
		siblings £2.00					siblings £1.50
Monday		INSET DAY		NO	BOOKINGS		CLOSED
Tuesday	18 th April						
Wednesday	19 th April						
Thursday	20 th April						
Friday	21st April						
Monday	24 th April						
Tuesday	25 th April						
Wednesday	26 th April						
Thursday	27 th April						
Friday	28 th April						
Monday		BANK HOLIDAY		NO	BOOKINGS		CLOSED
Tuesday	2 nd May						
Wednesday	3 rd May						
Thursday	4 th May						
Friday	5 th May						
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Monday		BANK HOLIDAY		NO	BOOKINGS		CLOSED
Tuesday	9 th May						
Wednesday	10 th May						
Thursday	11 th May						
Friday	12 th May						
Monday	15 th May						
Tuesday	16 th May						
Wednesday	17 th May						
Thursday	18 th May						
Friday	19 th May						
Monday	22 nd May						
Tuesday	23 rd May						
Wednesday	24 th May						
Thursday	25 th May						
Friday	26 th May						



ATH, 5TH, 11TH AND 12TH OF APRIL

BALLET

ARTS AND CRAFTS

MUSICAL THEATRE

> **HEALTHY LUNCH** AND SNACKSI

JAZZ

CONTEMPORARY

10:00-15:00 | POOL ACADEMY DANCE STUDIO | BOOK VIA QR CODE BELOW | VIA THE LINKS ON OUR SOCIAL MEDIA OR EMAIL INFO@STERENBALLET.CO.UK | AGES 5-16

INFO@STERENBALLET.CO.UK O STERENBALLET STEREN SCHOOL OF BALLET WWW.STERENBALLET.CO.UK 07515129358

FREE FOR FSM CHILDREN. LIMITED PAID PLACES AVAILABLE £18 A DAY - LUNCH PROVIDED







Playwaze -







MY CHANCE TO DANCE

SPREADING OPPORTUNIES THROUGH DANCE

WITH STEREN SCHOOL OF BALLET



HOW TO BOOK

Scan the QR code, access the link through our social media, or email info@sterenballet.co.uk

Create a Playwaze account or log in

Search for My Chance to Dance

Choose your days and book onto the sessions!

If you are eligible for FSM make sure you enter your code. If you aren't sure what your code is you can access it here https://www.cornwall.gov.uk/schools-and-education/schools-and-

colleges/school-meals/time2move-holiday-programme/

Make sure you fill in all relevant information

Please contact us if you have any questions





Playwaze.com

INFO@STERENBALLET.CO.UK

STERENBALLET

STEREN SCHOOL OF BALLET

WWW.STERENBALLET.CO.UK

07515129358



CHRISTOPHER BOND MUSIC PRESENTS

AFTERNOON AT THE MOVIES & MUSICALS

WITH CITY OF CARDIFF (MELINGRIFFITH) BRASS BAND

&

RAOSTys
Redruth Amateur Operatic Society Trust's Youth Section

SUNDAY 2 APRIL 15:00

CAMBORNE WESLEY CHAPEL CHAPEL STREET, CAMBORNE, TR14 8EG



- All Stars (5-8 years old) https://www.ecb.co.uk/play/all-stars
- **Dynamos** (8-11 years old) https://www.ecb.co.uk/play/dynamoscricket



