



**Newsletter 5**  
**Spring 2023**  
**Friday 10th February 2023**

[www.penponds.cornwall.sch.uk](http://www.penponds.cornwall.sch.uk)  
01209 713 929 [secretary@penponds.cornwall.sch.uk](mailto:secretary@penponds.cornwall.sch.uk)



### Visit from Chartwells – School Lunch Provider

Karen from Chartwells taught us all about healthy eating this week in Carn Brea class. We spoke all about eating healthy foods and how much we should have each day. Then we made a beautifully coloured caterpillar out of yummy fruits, vegetables and herbs and ate them all up. We got to try lots of new flavours and spoke all about our likes and dislikes.



### Diary Dates:

#### Extra-Curricular Clubs

**Monday 9<sup>th</sup> January – Friday 24<sup>th</sup> March. No clubs in the last week of term (27<sup>th</sup>-31<sup>st</sup> March)**

#### Junior Life Skills Event at Tolvaddon Fire Station for Year 5

**Wednesday 22<sup>nd</sup> February 2023**

#### ShelterBox Fundraising Event

**Wednesday 22<sup>nd</sup> February 2023**

**Non-Uniform day – wear Green £1 cash on the day**

#### Whole School Trip to Newquay Zoo

**Friday 24<sup>th</sup> February**

#### School Choir Visit to Memory Café

**Wednesday 1<sup>st</sup> March**

#### World Book Day

**Thursday 2<sup>nd</sup> March**  
Children can dress up as their favourite book character

#### Special Visitor in from Sports for Schools

**Wednesday 15<sup>th</sup> March**

#### Red Nose Day

**Friday 17<sup>th</sup> March**





## Parents Evenings

Monday 20<sup>th</sup> March – Carn Brea Class only

Tuesday 21<sup>st</sup> March – Godolphin, Trencrom, Tregonning Classes

Wednesday 22<sup>nd</sup> March – Godolphin, Trencrom, Tregonning Classes

## Inset Days:

Monday 5<sup>th</sup> September 2022

Tuesday 3<sup>rd</sup> January 2023

Monday 17<sup>th</sup> April 2023

Monday 24<sup>th</sup> July 2023

Tuesday 25<sup>th</sup> July 2023

## Extra Bank Holiday for King's Coronation

Monday 8<sup>th</sup> May 2023

## Attendance this week:

Carn Brea: 97%

Godolphin: 97%

Trencrom: 98%

Tregonning: 90%

Well done to **Trencrom** Class for best attendance this week.





## Headteacher Awards



**Carn Brea:** Ezra

**Godolphin:** Holly

**Trencrom:** Jessica

**Tregonning:** Alfie

## Special Visitor – Baby Bertie

Baby Bertie came to visit us this week to help us learn all about babies as part of our learning about the human life cycle. We asked lots of questions about how to care for him and the things he needs and can do. Claire let us help get him dressed, change his nappy and play with him. Before he went we even got to give him a cuddle. Bertie is such a lovely baby and we all wanted to keep him in Carn Brea class. We can't wait to meet a toddler next and see the next stage of development.



## Class Awards



**Carn Brea:**

Daisy, Otis, Woody

**Godolphin:**

Millie, Evan, Martha

**Trencrom:**

Florence, Mie, Esmee

**Tregonning:**

Abbie, Leon, William





## Patience

### Quote

Patience is not the ability to wait, but the ability to keep a good attitude while waiting.



### Poem



Don't lose patience  
Don't be hopeless  
Because soon the puzzle  
pieces  
Will find their designated  
places

Although sometimes it may  
take a while  
And it seems that you are  
running out of time  
Know that it's worth it and  
not a waste of time

For nothing worth having is  
easily achieved  
Patience is always the key  
to succeed.







### **ShelterBox – Special Visitor**

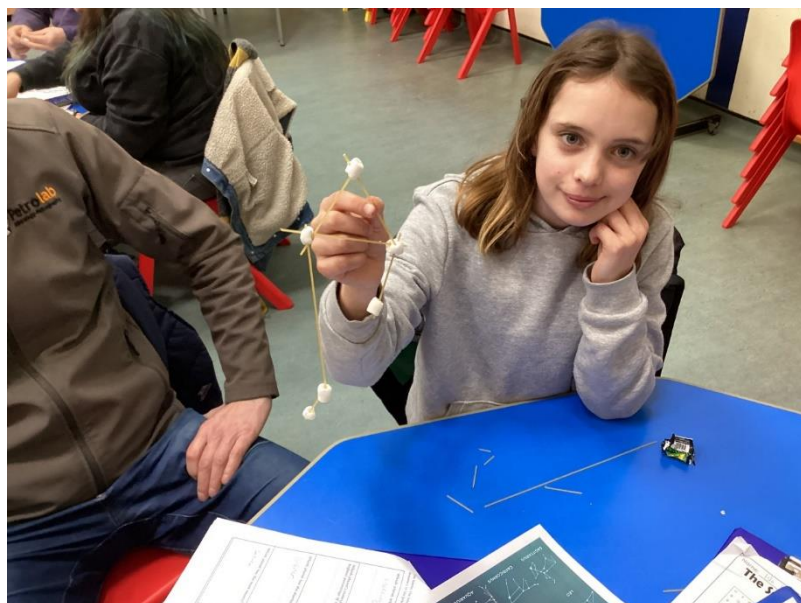
On Tuesday afternoon, Trencrom Class were lucky enough to have a visit from Mr Benney from ShelterBox. He explained how the organisation work, what they do and what it involves. It not only linked well to our topic but also to current events in the news at the moment. Many children have been inspired to help and we plan to hold a fundraising event on Wednesday 22<sup>nd</sup> February. Details to follow.



### **Stargazing Evening - Tregonning Class**

On Wednesday evening Tregonning class enjoyed a night with the stars, looking at constellations and all things cosmic. Lots of fun was had by all - even though it was overcast. The children also enjoyed some treats being served - hot dogs and hot chocolate. Thank you to all the parents/carers that came along.

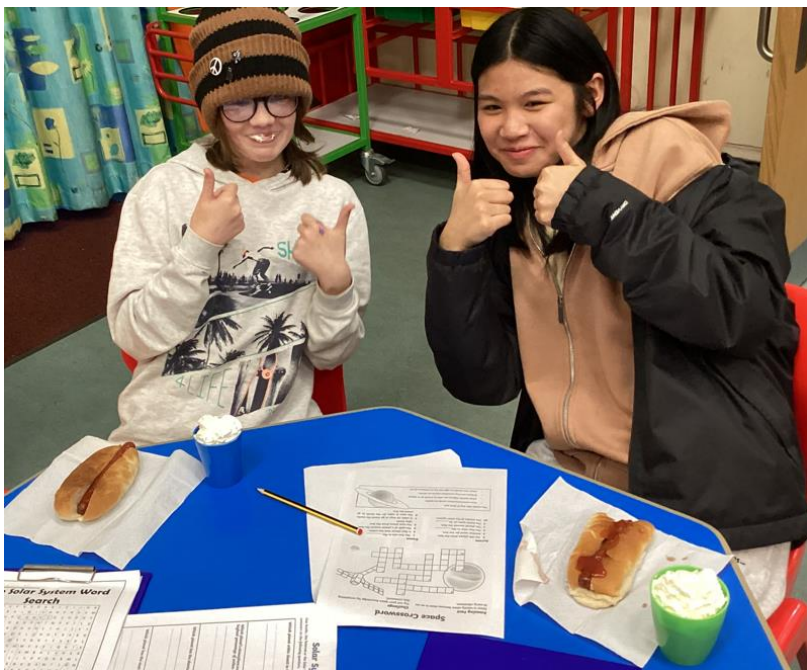




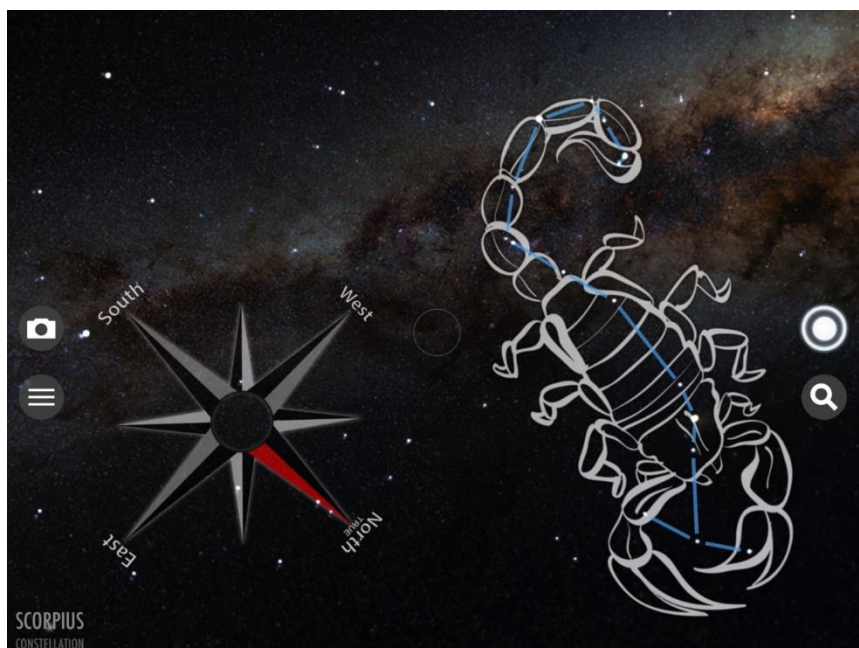
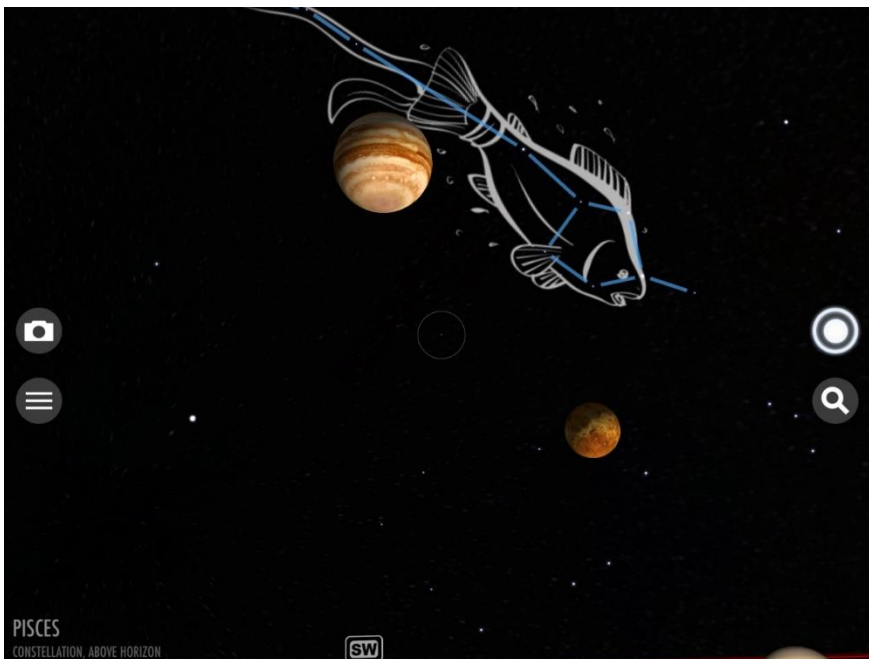
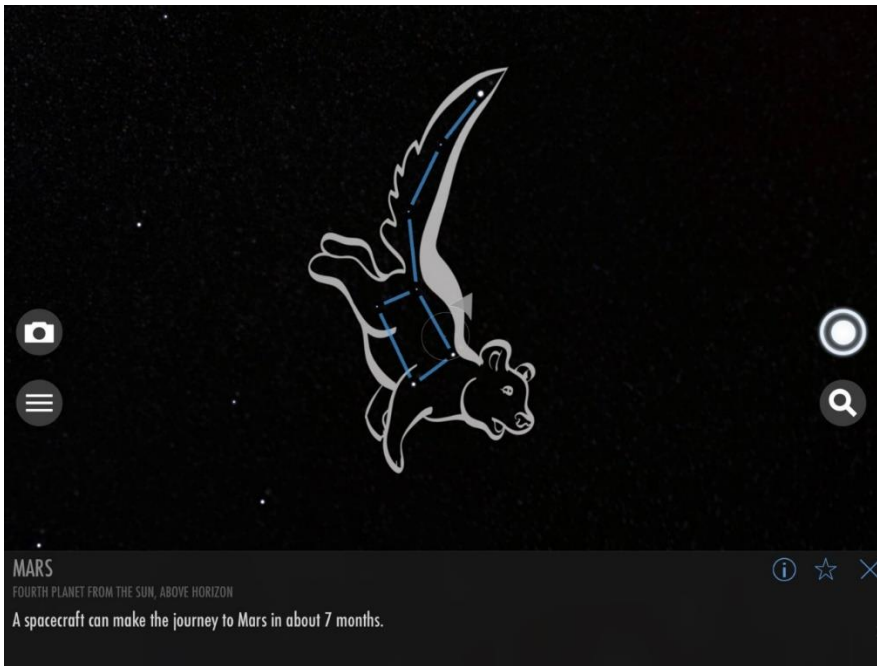














## Youth Speaks

Congratulations to our fabulous finalists for Youth Speaks!

All children spoke wonderfully and were all presented with a certificate, voucher and chocolate egg for getting to this stage. After much deliberation by the judging panel, the winning team was announced as Olivia, Janise and Laurie!

Well done - we are so lucky to have fabulous ambassadors for our school.



## Our football match against Troon

Written by Laurie and Freya.D

On Wednesday the 8th of February, the football team visited Troon primary school for a football match. We all met up after school and started practicing our passing. The halves were meant to be 20 minutes but were modified to 10 minutes each; Our team began with the ball and soon after we were given a hand ball. We dominated possession, but Troon eventually managed to sneak the ball past our goalie. The whistle blew for half time and that marked the end of the first half.

In the second half, there were lots of substitutes. This half was good for our team, as we managed to score 2 goals!! Both were scored by our team captain Joel, Troon played well but our team was triumphant with the scores 2-1. Once the whistle blew for the last time all of the subs excitedly ran onto the pitch to celebrate. After shaking hands with our opponents, we all happily returned home.





**Year 5/6 Indoor Athletics at CSIA**



This morning children from Years 3 and 4 took part in an Indoor Athletics qualifier at CSIA against Troon School, St Meriadoc Juniors and Trevithick School. The children enjoyed taking part in a variety of events. In the afternoon children from Years 5 and 6 took part in the same events. It was a well organised event and we hope to get the results after half-term.



## Fundraising – Trecrom Class

After the recent tragic events in Eastern Turkey and Northern Syria, Trecrom Class have decided to organise a fundraiser. The children have been moved by this and as they are currently studying about natural disasters and have also had a recent visit from ShelterBox, they felt empowered to do something to help.

Trecrom have lived out this week their right to a voice (which is one of our school focused rights) and have approached Mrs Bailey to organise an event. They want to ensure that other children across the world are receiving their rights, who after a tragic event such as this, are probably not receiving all of their rights, such as the right to nutritious food, clean water, healthcare, shelter even the right to relax and play.



Therefore, they have planned a day of fundraising activities to be held on **Wednesday 22<sup>nd</sup> February.**

On this day all children across the school will be asked to bring in some loose change to spend on games and stalls organised by Trecrom. Games will cost between 20p-50p per go.

All children across the school are invited to wear green non-uniform on this day. This could be from head to toe in green or just an item of green. We are asking for a donation of £1 cash on the day to take part in the green non-uniform day.

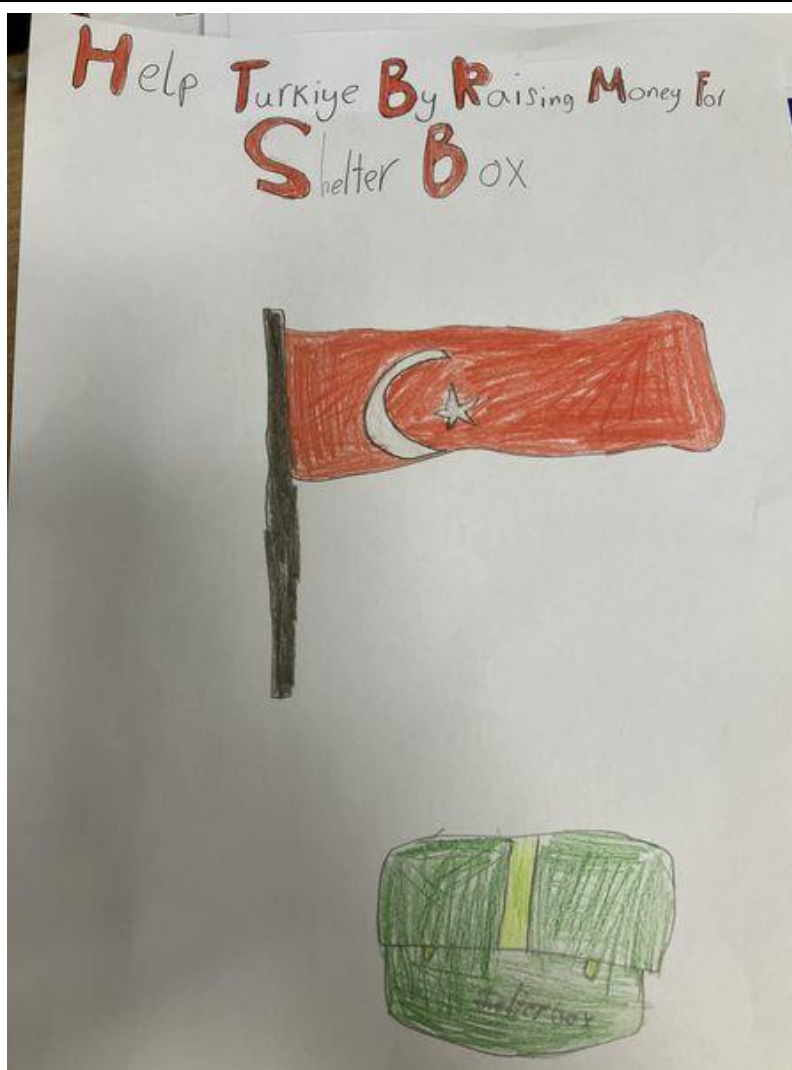
All money raised will go towards the Shelter Box Appeal for Turkey and Syria.

After school there will be a cake sale under the bike shed. Trecrom children have been asked to provide the cakes to sell. Cakes will be sold for 50p a cake. Please ensure any donations of cakes are nut-free.

For further information please speak to Mrs Richards.



Thank you so much for supporting Trencom Class in this worthy cause. We are so proud of them putting others before themselves. Well done Trencom!



### World Book Day – Thursday 2<sup>nd</sup> March

Children can come dressed as their favourite book character.



### Glasses Found in School

A pair of dark tortoiseshell patterned Karen Millen ladies glasses has been found in school. Please see Mrs Wood in the office if you think they may be yours.



# **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 21st FEBRUARY 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**

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Facebook messenger**

**WE LOOK FORWARD TO MEETING YOU**





# HALF TERM **CRICKET** **CAMPS**

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## **SOFTBALL**

**13TH-14TH FEB | 10-3PM**

**£15 PER DAY | YEARS 1-5**

To book your place - <https://booking.ecb.co.uk/d/7lq20d>

## **HARDBALL**

**15TH-16TH FEB | 10-3PM**

**£20 PER DAY | YEARS 4-8**

To book your place - <https://booking.ecb.co.uk/d/jlq204>

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# CLOTHES AND SHOES

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Church hall



FOR MORE INFO

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07903 496 869**



**camborne children's  
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# 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

## THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

## ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

## SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

## TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

## REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

## A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

## PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

## THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

## TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

## ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

## Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: <https://www.ofcom.gov.uk/consult/condocs/childrens-media-use-and-attitudes-report-2022.pdf>

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**AFTER SCHOOL  
CLUB**



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

**Penbonds**  
Tuesday 21<sup>st</sup> Feb to 28<sup>th</sup> Mar 2023 from 3.15 – 4.15pm  
Total cost - £30 for 6 week block

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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](mailto:nick.eagles@sports4tots.org.uk)

☎ 01209 832312

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## HOW TO BOOK

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

1. Go to [www.sports4tots.org.uk](http://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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Little Acorns Pre-school, Penponds School, Camborne, TR14 0QN

**VACANCY**  
**Pre-school Assistant**  
**(Bank/Cover Staff)**

Are you a caring, motivated person who would like to join a well established pre-school setting? We are looking for someone flexible who would be able to work as a pre-school assistant at short notice as well as being booked in advance to cover staff sickness, training and busy periods.

Minimum level 2 childcare qualifications desirable but not essential.

We are committed to safeguarding children and the successful applicant will be required to undertake an enhanced criminal records disclosure check.

For further information, an application pack or to visit the setting please contact Louisa Harris, Acting Manager on 01209 718990

Or email [littleacorns2004@btconnect.com](mailto:littleacorns2004@btconnect.com)

Closing date: Monday 27<sup>th</sup> February with interviews to be held on Thursday 9<sup>th</sup> March



**Roseland Observatory (based at Truro High School for Girls) are holding an open event:**

- Date Saturday 18th Feb,
- Start time 2.00pm - 5.00pm
- Telescope Clinic for those with scopes they need help with, plus a range of exciting activities.
- Evening session 7.00pm - 9.00pm - Observing the night sky.
- Free of charge all welcome.

