

Newsletter 11
Autumn 2022
Friday 2nd December 2022

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@penponds_School



Carn Brea Class Super Hero Day – Thursday 1st December

Carn Brea class Superhero Day has been eventful! We have certainly put our superhero powers to the test! While we were watching a superhero movie with popcorn we received a letter from Buzz Lightyear...Mrs Bailey had been captured by the Evil Pea and we had to overcome lots of obstacles and traps to save her. We worked as a team and saved her just in time by solving a mathematical clue. She was very grateful!



Dates for your diary:

Reminder - Extra-Curricular Clubs

School-led clubs – last week of clubs 5-9th December (no clubs running in last week of term)

Reminder – Last Swimming Lesson
Trencrom Class
Monday 5th December

Christmas with the Aliens performance
Wednesday 7th December
For families of Carn Brea and Godolphin Classes

Christmas with the Aliens performances x 2
Thursday 8th December
For families of Carn Brea and Godolphin Classes

Christmas Singalong with Mr Hinchliffe in Assembly
Friday 9th December

Experience Christmas at Penponds Church
Wednesday 12th December



Reminder - Christmas Jumper Day Appeal
Wednesday 14th December
 Bring in a jumper to wear over uniform. Suggested £1 per child donation, cash or Parentpay. Any money raised will go to Save the Children Appeal

Reminder - Christmas Lunch in the Hall
Wednesday 14th December

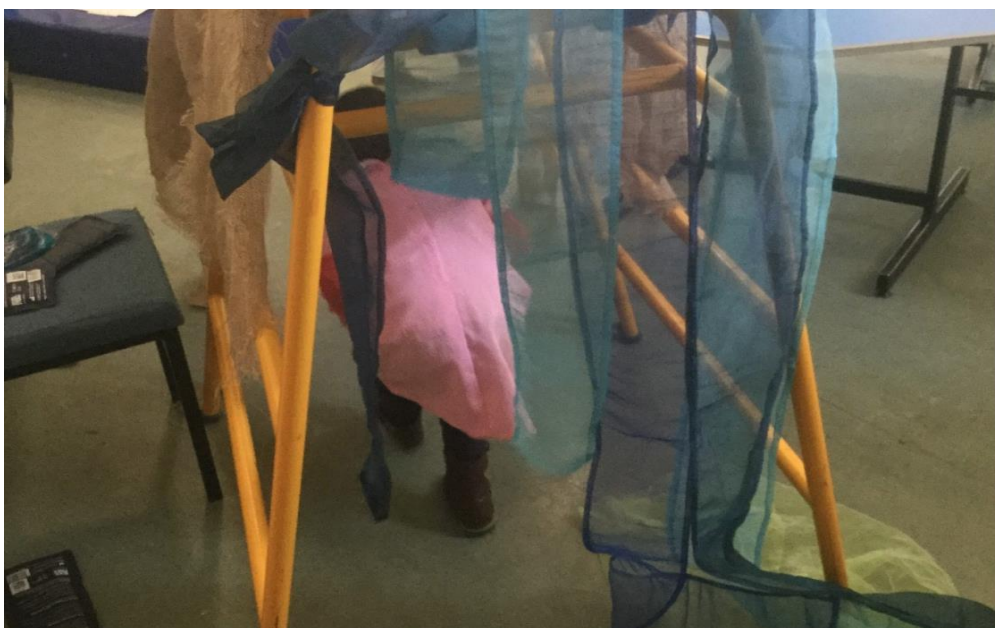
Special Visitor in School
Thursday 15th December



Reminder - Christmas Party Day
Friday 16th December
 No school uniform today. Children to wear party clothes.

Rock Steady Concert in the Hall
Friday 16th December
 Parents of children who have taken Rock Steady lessons this term invited only.

Last Day of Autumn Term
Friday 16th December



First Day of Spring Term
Wednesday 4th January

Junior Life Skills Event at Tolvaddon Fire Station for Year 5
Wednesday 22nd February 2023

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

Attendance this week:

Carn Brea: 87%

Godolphin: 95%

Trencrom: 99%

Tregonning: 92%

Class Awards



Carn Brea: Ezra, Wilf, Otis

Godolphin: All Year 2

Trencrom: Orrin, Harrison,
Elffin

Tregonning: Annabella,
Emily Q, Mia

Headteacher Awards



Carn Brea: Wilf

Godolphin: Orla

Trencrom: Ia

Tregonning: Emily Q,

Quote

We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard.



Godolphin Class

This week Godolphin class enjoyed tasting and describing food that grows in the rainforest. We didn't think it would be good to taste cocoa beans, so we tasted chocolate instead! This was lots of fun and we used our senses to write fantastic descriptions about each food.

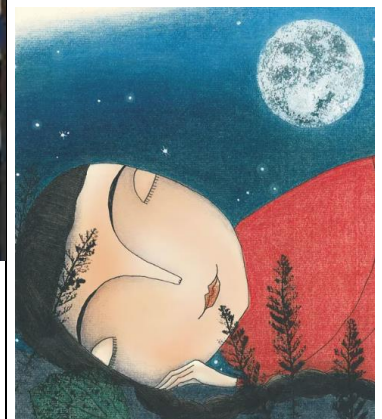


President JF Kennedy
12th September 1962 (60
years ago) setting the stage
for NASA's Apollo missions



Poem

The Moon



The moon has a face like the
clock in the hall;
It shines on thieves on the
garden wall,
On streets and fields and
harbour quays,
And birds asleep in the forks
of the trees.

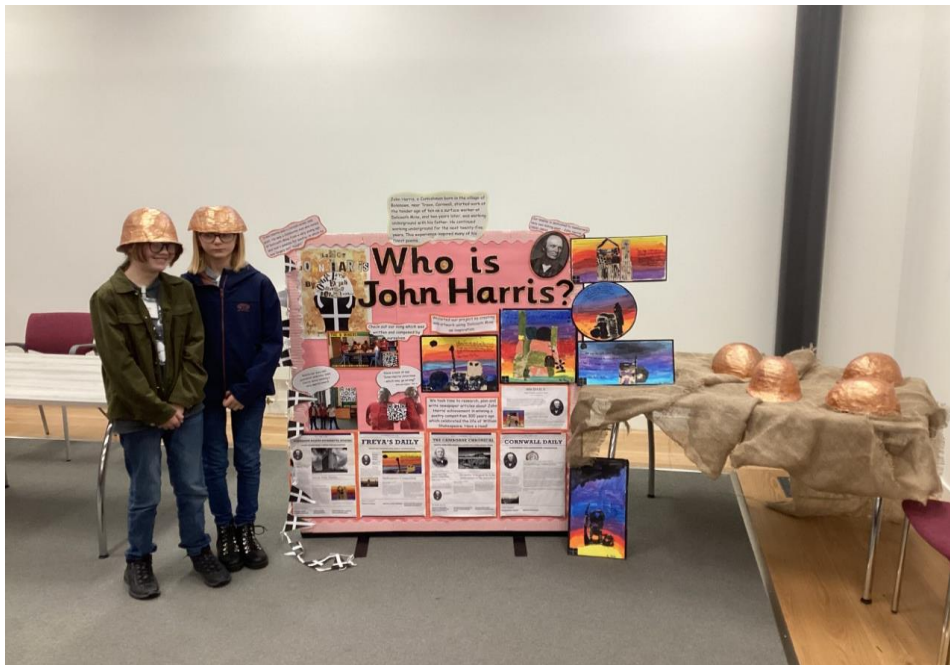
The squalling cat and the
squeaking mouse,
The howling dog by the door
of the house,
The bat that lies in bed at
noon,
All love to be out by the light
of the moon.

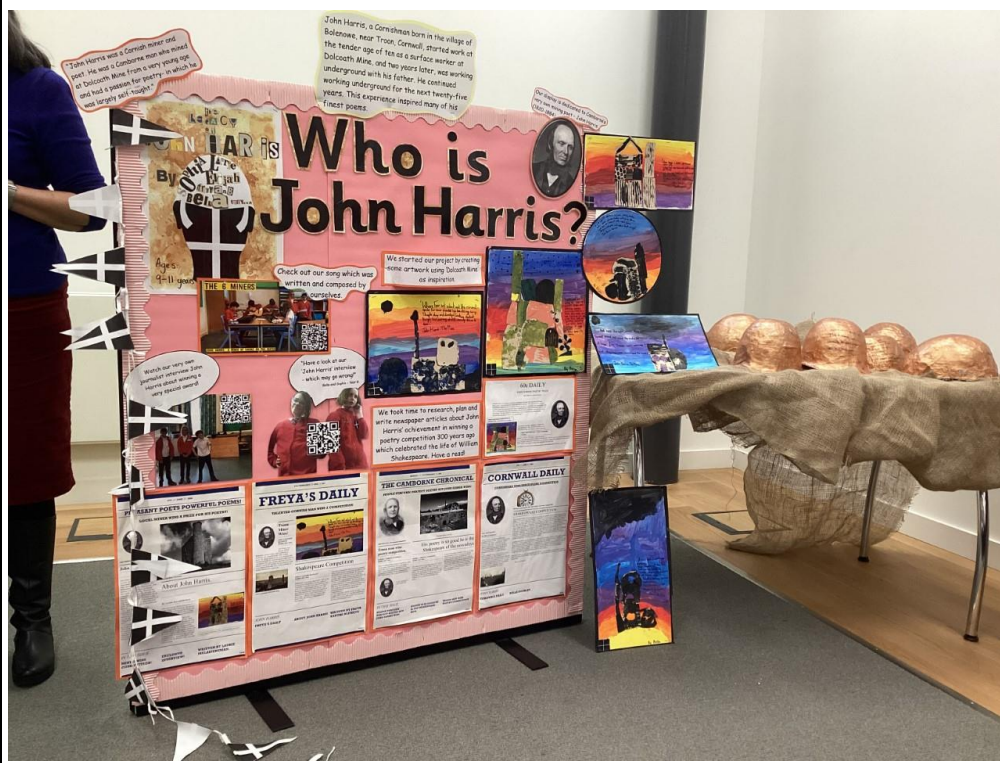
But all of the things that
belong to the day
Cuddle to sleep to be out of
its way;
And flowers and children
close their eyes
Until up in the morning the
sun shall rise.

John Harris Competition

Last year, Bella, Elijah, Sophia, Freya B, Freya D and Laurie in Tregonning class were selected to enter a competition celebrating the 200th birthday of miner-poet John Harris. The children produced wonderful artwork, poetry, music, sculpture, interviews and newspaper reports based on the interesting life experiences of John Harris. In October, the display - which some of you may have seen at the Trevithick Day festival - was judged by three members of the John Harris Society who were impressed by the variety of work presented in the project. Very quickly, we were told that we had won a prize and were invited to an award ceremony at Kresen Kernow, where the award would be announced. Mrs Bailey and Miss Murphy met Freya B and Laurie at the venue on Saturday 19th November, excited for the awards to be announced.

We are extremely proud to announce that their hard work, team playing attitudes and creativity has won £1,000 for the school! We are yet to meet to discuss what we will spend the prize money on! A huge well done to all children involved. Keep shining you super stars.





Christmas Tree Advent Assembly

On Thursday this week the children each brought in a home-made decoration to hang on the school Christmas tree during our Advent assembly. It looks very beautiful.





Camborne Lantern Parade

The Penponds School Community were proud to be part of the Camborne Lantern Parade last Friday with our beautiful swan lantern taking centre stage! All the children carried their individual lanterns as well that they had made in school especially.





Posters:

- Christmas Table Top Sale at Troon Church Hall
- Christmas Cricket Camps
- Free Trees in Camborne
- The North Pole – letter from Sam Jones CEO
- National Online Safety - Social Media and Mental Health

Message from Little Acorns – Big Party

We would like to thank the school for the use of the hall, last night.
We managed to raise a whopping £211. Thank you to all who came.



Barripper Village Association – Tree Event

The Nature Explorers joined in with community spirit as we were invited by Barripper Village Association to help plant fruit trees for the start of their community orchard as part of National Tree Week. It was a privilege to take part in such a wonderful idea. We all got stuck in planting apple, pear and plum trees. We will be back in the spring to check on our trees progress. Fruit trees provide an important nectar source for pollinators, home for many creatures, shade for us and of course fresh free fruit for all to enjoy. Well done everyone.







Christmas TABLE TOP SALE

Saturday
3rd
December
10.00am
12.00 Noon
with
GIANT
HAMPER
RAFFLE



To book a stall
tel: 07892175018
ONLY £5



TROON CHURCH HALL,
TRESLOTHAN ROAD, TROON,
CAMBORNE FR14 9JS

*fundraising for Essential Repairs to
Treslothan Church*

CHRISTMAS

Cricket Camps



Soft Ball

MONDAY 19TH DEC, TUESDAY 20TH DEC

10-3PM

SCHOOL YEARS 1-4

£15 PER CHILD



Hard Ball

WEDNESDAY 21ST DEC, THURSDAY 22ND DEC

10-3PM

SCHOOL YEARS 5-8

£20 PER CHILD

LOCATION - CORNWALL CRICKET CENTRE

TO BOOK YOUR SPOT

<https://cornwallcricket.co.uk/junior-cricket/holiday-camps.html>

Any booking queries contact

ADMIN@CORNWALLCRICKET.CO.UK



A tree is for life not just for Christmas



Free
Trees!

We're teaming up with
Forest for Cornwall and the
Woodland Trust to give out
free trees for the
community!

The Basset Centre
3rd December
9am til 3pm

Scan the QR code to
reserve your tree of
choice!



SCAN ME



Unit 2 Marlin House
Agar Way
Pool
Redruth
Cornwall
TR15 3SF
info@rainbowacademy.org.uk

30 November 2022

Dear Parents, Carers and Families

We're off to the North Pole!

It's 4,237 miles from our Trust's central office to the North Pole, and all our pupils, families, staff, governors and directors are invited to take part in a Trust-wide mission to clock up this total number of miles by walking, running, or cycling.

Our children will be taking part in activities within each of the schools to contribute to this goal, but we would like to invite our families to complete a little part of the distance should you wish to, so we can all chip away at the target together.

Please email the number of miles you have completed, and how, to info@rainbowacademy.org.uk by **Friday 9 December** and include your school's name in the email.

We will let you know our final mileage figure before the end of term, and confirm if we successfully reached the North Pole!

Yours sincerely

Samantha Jones CEO

The Rainbow Multi Academy Trust

Company Number: 8909269

Registered Office: Unit 2 Marlin House, Agar Way, Pool, Redruth, Cornwall TR15 3SF

Chair of the Board of Directors: Dr Pat McGovern

www.rainbowacademy.org.uk

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Aziz is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



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#WakeUpWednesday



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