



**Newsletter 1
Spring 2023
Friday 13th January 2023**

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 @penponds_School



Godolphin Class – New Topic

In Godolphin class we are enjoying our new topic 'Out of this World'. We started by thinking about what we already know and what we would like to learn. We wrote questions and added them to our 'curious questioning' board.

This week we began to understand where we are in our solar system before we start to learn about the Space Race. We learnt a song and created a fold out solar system to remember the order of the planets from the sun.



Carn Brea Class – New Topic

In Carn Brea the children have helped to design their new topic. It is called 'Let's Crawl'. We all sat together and wrote down all the things we would like to do and learn about and the places we would like to visit. The children decided they would like to explore lots of minibeasts, so we have made a minibeasts laboratory. In order to find the minibeasts we are also in the process of making a forest, although it only has one tree at the moment and is still minus the mud (due any day now). The children love searching in the forest, then taking their findings to the laboratory to explore. We can't wait to hatch and release butterflies later in the year and learn all about habitats and life cycles.

Diary Dates:

Guitar Lessons

Resumed on Friday
6th January

Sports4Tots

Resumed on Tuesday 10th
January

DDMIX and Skateboard Clubs

Resumed on Friday
13th January

Extra-Curricular Clubs

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

Junior Life Skills Event at Tolvaddon Fire Station for Year 5

Wednesday 22nd February
2023

School Choir Visit to Memory Café

Wednesday 1st March

Special Visitor in from Sports for Schools

Wednesday 15th March

Red Nose Day

Friday 17th March



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: 97%

Trencrom: 98%

Tregonning: 92%

Well done to Trencrom Class for best attendance this week.

Headteacher Awards



Carn Brea: Woody

Godolphin: Olsen

Trencrom: Emily C

Tregonning: Jasper

Class Awards



Carn Brea:

Charlie, Riley, Ezra

Godolphin:

Paige, Ben, Alyssia



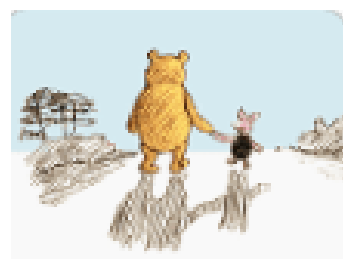


Trencrom:
Orrin, Arlo, Henry

Tregonning:
Indie Rae, Emily Q, Olivia S

Quote

Things are never quite as scary when you've got a best friend.



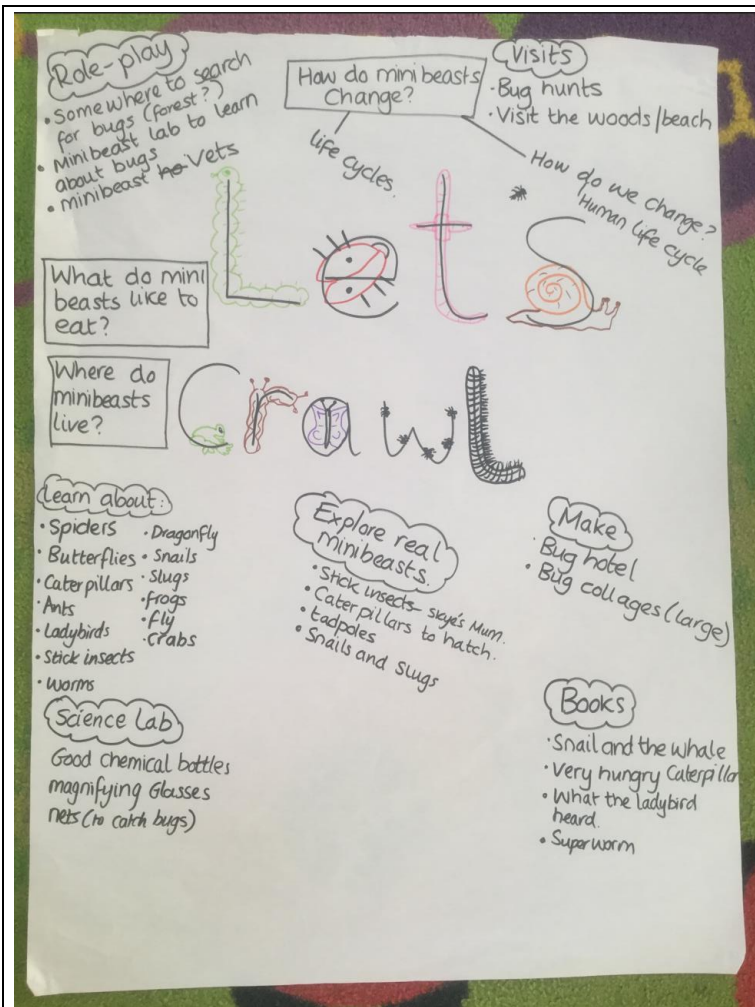
Poem

The pleasures of friendship
are exquisite,
How pleasant to go to a
friend on a visit!
I go to my friend, we walk
on the grass,
And the hours and
moments like minutes
pass.



Stevie Smith





Carn Brea Class – Focus Book

In Carn Brea the children have started to learn our new class focus book, The Snail and the Whale by Julia Donaldson. They have been role-playing the story using the characters and the props and they already know the sequence of the story and lots of the story language.









Happy 80th Birthday to former pupil Les!

We were delighted to welcome Les and Helen into school this week to help celebrate Les' 80th birthday. Les attended Penponds from 1950(!) and said that his happiest years were spent here. He contacted us to ask if he could come into school on his birthday to take a photograph of himself at the old school entrance.

We were more than happy to do this but thought we could do more... Les and Helen had a tour of the school, where Les pointed out what was the same and different - Godolphin Class used to be the canteen - we then walked around the outside and Les shared photographs of his time here and identified where these photos had been taken. We ended in the hall with a special assembly for Les to mark his birthday. We shared photographs of Penponds from years gone by and children identified similarities and differences. No birthday can be marked without a cake, so the children all

sang 'Happy Birthday' while the candles were blown out off a Colin the Caterpillar cake - you can never be too old for a Colin cake!
While Les was here, he shared some brilliant photographs of how he and Penponds school celebrated the late Queen's coronation in 1953 with a pageant. So, we have invited Les to come back into school later in the year to help plan the coronation of King Charles III.

Les and Helen sent this email after the visit:

Les and I would like to take this opportunity to say a sincere thank you for today. It was very emotional for us both to see the effort that was made in welcoming us into your school and the assembly you arranged to celebrate his 80th birthday. The children singing happy birthday and the cake moved us both to tears. The genuine interest shown in his attendance at the school was greatly appreciated. Thank you again for making wonderful memories of this special day. Les looks forward to continuing his connection with you and the school.



<p>Posters:</p> <ul style="list-style-type: none">• Citizens Advice Newsletter/Information• Proposed Admissions Arrangements 2024-25 for RMA• Early Help Newsletter• National Online Safety – How to combat online bullying	
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The newsletter can also be found on our website at <https://citizensadvicecornwall.org.uk/citizens-winter-edition/>

[Citizens – Winter Edition | Citizens Advice Cornwall](#)

Citizens-Winter-2022Download The latest edition of Citizens, the newsletter from Citizens Advice Cornwall, is now available, packed with useful information on support with energy bills and where you can turn to for help.

citizensadvicecornwall.org.uk



We're consulting

Please visit our website for details of our proposed admissions arrangements 2024-25

<https://www.rainbowacademy.org.uk/admissions-arrangements-consultation-202425/>

You can submit your comments by emailing
info@rainbowacademy.org.uk

or by writing to the Governance Lead at First Floor Offices, Unit 2, Marlin House, Agar Way, Pool Industrial Estate, Redruth, Cornwall, TR15 3SF.

Comments are invited by 26 January 2023.

Thank you.



Early Help Newsletter – Spring 2023

Free information,



support and guidance for Parents and Carers

Parenting Support Courses

We offer interactive parenting courses both online and face to face. Service requests can be made through the Early Help Hub.

www.cornwall.gov.uk/earlyhelphub

The courses available are:

- o Being Passionate About Parenting - Early Years 1 - 3 years (3 x 1½ hours)
- o Being Passionate About Parenting - 4 - 11 years (3 x 2 hours)
- o Being Passionate About Parenting with basic introduction and an awareness to ADHD - 5 - 11 years (3 x 2 hours)
- o Being Passionate About Parenting with a basic introduction and awareness about the "Spectrum" 5 - 11 years (3 x 2 hours)
- o Being Passionate About Parenting - The Teenage Brain 12 - 17 years (3 x 1½ hours)
- o Take 3 - Supporting Teenagers 12 - 17 years (5 x 2 hours virtual or 10 x 2 hours face to face)

Following completion of Take 3 you can book for an optional session). All 2 ½ hours via the EHH.

- o Introduction to Teenagers with Sensory Challenges
- o Introduction to Teenagers with Traits of ADHD
- o Introduction to Teenagers with Autistic Traits

Just for Dads

You can also find information tailored just for you on the Family Information Service –

www.supportincornwall.org.uk/fordads



Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

If you have immediate concerns or are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116

For further updates and information on what's happening in your area visit us on Facebook:

www.facebook.com/TFFCornwall

Future Highlight

Autism Cafe Cornwall



For Parents/Carers run by Parents/Carers

This group hold regular meet ups offering an opportunity to speak, be heard, meet and support whilst enjoying tea/coffee and biscuits.

Find them on Facebook or email

Autismcafecornwall@gmail.com for information about meet ups.

Positive Parenting Bitesize

If you would like to be able to talk in confidence and meet other parents experiencing similar challenges, come along. All sessions run from 12:30pm to 2:30pm

Tuesday 24 January 2023 - Healthy Lifestyle and Preparing for Pregnancy and Parenthood

Tuesday 28 February - Wild young parents and dads

Tuesday 21 March - Guest speaker Tigger Pritchard about Autism and Neurodiversity

Tuesday 18 April - Passionate About Being Calm

To get your Microsoft Teams link for the session contact:

julie.attwell@cornwall.gov.uk

Want to support and understand your child's emotions as well as your own. Why not attend SPACE

Supporting Parents and Children Emotionally request your space through the Early Help Hub.



Let's Talk Teenagers!

Let's Talk Teenagers' webinars set up to help parents and carers understand and support their teenagers to navigate the challenges of today's world.

The sessions are being run on:

Tuesday 21 February

Tuesday 28 February

Tuesday 7th March

The Eventbrite link will be sent out through schools and organisations. The 90-minute sessions will be delivered on Teams, and a free booklet will accompany the online event, which will be sent out to delegates afterwards.



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Together  for Families



www.cornwall.gov.uk

Useful Website Links

Provides useful links to other areas of support.

www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/useful-websites-for-early-help/

Family Information Services

For useful parenting information, updates on parenting programmes and **Parenting Podcasts** please access the Family Information Service website

www.supportincornwall.org.uk

Solihull Approach | inourplace | Understanding your child

Access to resources about becoming a parent or being a parent from children aged 6 months to 19 years including children with additional needs and children's health and wellbeing.

Free Access Code: TAMAR

HEADSTART KERNOW Parents and carers wellbeing workshops providing support to help you navigate the journey of raising a child in a fast-changing world and to guide you to available services and support and to promote helpful conversation.

For further information please visit:
www.headstartkernow.org.uk

HOME START Kernow Parents can struggle at one time or another. You are not alone. Home-Start's volunteers work alongside families to give compassionate and confidential support. They help people to regain the confidence to be the parents they want to be.

Take a look at the website:
www.homestartkernow.org.uk



Join the Library **FREE** and download the BorrowBox app which makes it easy to browse, borrow and read or listen to your library's eBooks and eAudiobooks anywhere, everywhere.

www.citizensadvice.org.uk

Giving people the knowledge and confidence, they need to find their way forward - whoever they are, and whatever their problem - Adviceline: 0800 144 8848 or text the word ADVICE to 78866 and they will call you back within 48 hours (excluding weekends).



Video Links

Some short videos around neurodiversity

Amazing things happen:
<https://www.youtube.com/watch?v=RbwRrVw-CRo>
Can you make it to the end:
<https://www.youtube.com/watch?v=aPknwW8mPAM>
Adolescents with ADHD:
<https://www.youtube.com/watch?v=uGSHcHcVnIo>
Walk in My Shoes:
<https://www.youtube.com/watch?v=KSKvazFTLv8>
Brain & amygdala hand model
<https://www.youtube.com/watch?v=2xeDcPBD5Fk>

For more information on Neurodiversity go to:

www.adhdfoundation.org.uk

www.autism.org.uk/

www.pdasociety.org.uk



If you would like this information in another format, please contact:

Cornwall Council, County Hall, Trevew Road, Truro TR1 3AY

Email: equality@cornwall.gov.uk Telephone: 0300 1234 100

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident *does* occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying *do* take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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