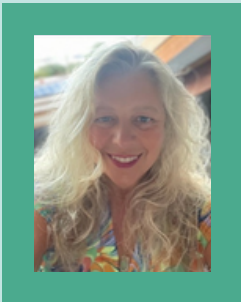


Pensans Community Primary School Newsletter

Spring Term One Week Beginning 20. 1. 25



Mrs Ambrose's Weekly Update

Dear Parents, Families and Friends,

IMPORTANT: Today your child has been given a letter with the School Term Dates for 2025 - 2026. You will see that there is a 2 week holiday in the October half term which is new for next year. The accompanying letter will explain the thinking behind this.

Our clubs are up and running now this term and we are really pleased with the uptake as most of our clubs are full. The Songfest Choir are rehearsing hard in preparation for the concert in March and the Dance Club is in full swing. We do have spaces in our Football Club for any children from Y1 to Y4 who might be interested in joining. This is on a Tuesday after school til 4.00p.m. Just go on to Arbor to sign our child up or pop in to the office.

Friends of Pensans School are having an open meeting on next Thursday 30th January straight after school - please come along and share your fund raising ideas.

Godrevy Class had a visitor in school this week to chat to them about their History theme on how people used to live. Jill Hamer (Mrs Ambrose's mum!) had a lovely time talking to the children about what homes were like when she was growing up and she was very impressed with all the questions they had prepared and how well they behaved. Well done Godrevy and well done Mum



Have a good weekend all - hold on to your hats it's going to be windy this weekend!

Niki Ambrose

Class Stars of the Week

Cape	Rhys	For achieving a significant milestone and growing in confidence.
Godrevy	Kayleigh Ariah	For her incredible perseverance, focus and positive attitude. For her incredible effort, focus and determination.
Gwithian	Darcie	For showing kindness and helpfulness to her friends in the class.
Porthcurno	Kaeden	For being voted as our star by his classmates for being a good friend, talented footballer and a good role model.
Porthmeor	Alyssa	For showing incredible engagement during our daily music sessions. Well done!
Porthminster	Thorin	For making such insightful and thoughtful contributions to our class discussions.
Polzeath	Summer	For taking pride in her work, showing enthusiasm in her learning and approaching the classroom with a positive attitude.
Sennen	Josh Jacob	For applying what we have been learning about into his writing. For showing confidence and enthusiasm in his learning.

DATES FOR YOUR DIARY

PARTNERSHIP FOR INCLUSION OF NEURODIVERSITY IN SCHOOLS

CORNWALL PINS CONFERENCE

5th February 2025 (online)

For staff members/parents/carers from schools taking part in the PINS project.

10:00-10:15am - Welcome & Introduction

10:15-11:45am - Chris Bonnello (Autistic Not Weird)
 "Lessons I wish I'd Learned Growing up Autistic"
 Chris Bonnello, Autistic advocate, speaker, author and former teacher, discusses valuable life lessons that he seeks to pass on to the next generation. Illustrated with insightful stories from personal experience and his off-the-wall humour, this is a talk for parents, young people and school staff alike who want to hear about living your best life as an autistic person.

11:45-12:30pm - Break

12:30- 2pm - Autism Level UP!
 "What's energy got to do with it? - Supporting Regulation"
 This workshop will introduce regulation supports developed by Autism Level UP! Participants will have opportunities to apply the tools and strategies presented with opportunities to consider the tools for autistic people they teach or with whom they work, live and/or play.

2:15-2:45pm - Creative Education
 "High Impact courses to transform young lives"
 Our platform has a mission to make schools and colleges a better place for young people to learn, by empowering their staff with new skills, innovative ideas, and greater confidence. Our training enables members to support the whole child, breaking down their key barriers to happiness, achievement and progression.

Wherever you are, take the next step.

ATTENTION
 Ensure you sign up (even if you can't make the day) as only those signed up will have access to the recorded sessions.

VIA TEAMS (ONLINE) WEDNESDAY 5TH FEB

<https://forms.office.com/e/y9fPc93Pr5>

BOOK BY 1ST FEB

TERM DATES

Spring Term One

Ends on Friday 14th February 3:10pm

Spring Term Two

Starts Monday 24th February 8:40am

Ends Friday 4th April 3:10pm

Summer Term One

Starts Tuesday 22nd April 8:40am

Ends Friday 23rd May 3:10pm

[BANK HOLIDAY MONDAY 5TH MAY](#)

[SATS WEEK BEGINNING 12TH MAY](#)

Summer Term Two

Starts Monday 2nd June 8:40pm

Ends Friday 18th July 1:00pm

Attendance

Our school target
for attendance is 97%



Attendance
Matters



Monday 20th January 2025 - Friday 24th January 2025

1st Place: Cape 100%

2nd Place: Porthminster 97.53%

3rd Place: Godrevy 97.5%

“If your child is absent from school without authorisation, you will be committing an offence under the Education Act 1996. We may submit a request to Cornwall Council for a Penalty Notice to be issued, in accordance with Sections 444A and 444B of the said Act. Penalty Notices are issued per liable parent, per child and each carry a fine of £60 if paid within 21 days or £120 if paid after this but within 28 days. Failure to pay the Penalty Notice may result in legal action. Absence not authorised by the school may result in a prosecution in the Magistrates’ Court under Section 444(1) or Section 444(1A) of the Education Act 1996, leading to a fine of up to £2,500 and/or a custodial sentence. Cornwall Council may also apply for the costs incurred in taking the matter to Court.”

Breakfast Club

**Breakfast Club is now open from
7:45am and costs £3.00 per session
or £1.50 per session for Pupil
Premium Children.**

**Any children who are on the school
site unsupervised before 8:30am will
join the Breakfast Club Children and
you will be charged accordingly. This
will happen to ensure that we are
safeguarding all of your children.**

Thank you. Mrs. Pellow



Mrs Mason and Mrs Waters are resident 'Oral Health Champions' and wanted to share the following with you...the top dental tips for the family below and a reminder that we are a **JUICE-FREE SCHOOL.**

Smarter Smiles

(Smile:Together)

Peninsula Dental

COMBIVAL COUNCIL

Top dental tips for the family



Always use a fluoride containing toothpaste. Adults should use a toothpaste containing 1450ppm fluoride and a pea size amount



Children under the age of 3 should use a smear amount of toothpaste containing at 1000ppm fluoride. Children over the age of 3 should use a toothpaste containing at least 1350ppm fluoride and a pea sized amount



You should brush your teeth twice a day and for a minimum of 2 minutes – you can use a timer to help with this



There are fun mobile phone apps available to download which will help with toothbrushing – why not have a look!



Children need to be supported until the age of ten with their brushing



Remember to brush all surfaces – outside, inside, biting surfaces and at the margins of your gums



Spit don't rinse! Turn off the tap as soon as you start brushing as not only does this save water but it also helps the fluoride in your toothpaste protect your teeth



Replace your toothbrush at least once every 3 months and when you have been unwell with a cold



You should visit a dentist at least once a year for a check-up, or as often as your dentist recommends



Water and milk are the best drinks to have - you should avoid fizzy, sugary drinks including smoothies and milkshakes



No added sugar does not mean sugar free - check your labels



Children from 6 months old should use a beaker with a free-flow lid or an open cup - ask your health visitor for more advice



Avoid eating sweet or sugary snacks between meals and limit sugar/acid attacks to 3-4 times a day to allow your mouth to recover



Eat a well-balanced diet which is low in fat, low in sugar and low in salt (for more healthy eating advice check out healthycornwall.org.uk/)



Smoking increases the risk of head and neck cancers as well as causing gum disease which can lead to tooth loss

(Smile:Together)

Smarter
Smiles



Healthy
Cornwall



Peninsula
Dental
Social Enterprise

To put yourself on the waiting list for an NHS dentist in Cornwall:

T: 0333 006 3300

E: accessdentalhelpline@nhs.net

For emergency dental appointments and general enquiries:

T: 0333 405 0290

E: smile.together@nhs.net

For competitively priced private dental care:

T: 0333 405 0291

(selecting your preferred location)

Follow us on social media:

(f) @SmileTogetherUK @SmarterSmiles

(@) @smiletogetheruk

(X) @SmileTogetherUK @SmarterSmiles



Tackling oral health inequality for healthier happier communities

ONCE A
WEEK TAKE A
PEEK

An easy-to-use guide
for parents to **fight back**
against head lice



HOW TO CHECK

- 1** Checking for head lice shouldn't be considered a big deal, it's just a normal part of a family's personal hygiene routine like brushing teeth or washing hair
- 2** It's best to check for head lice using a comb made for the purpose, ideally white so they can be easily seen and with teeth no more than 0.3mm apart in order to trap head lice
- 3** Combing through the hair when wet, or after applying a conditioner, may make the process more comfortable
- 4** Good lighting is important and so is comfort to ensure your child stays still. Perhaps distract them with the TV or a book

