

Pensans Community Primary School Newsletter

Autumn Term One: Week Beginning 10.10.25



PENSANS CP SCHOOL
Future ready - Ny veu kevs sew yans vyth



Mrs Ambrose's Weekly Update

Dear Parents, Families and Friends,

A lovely week of autumnal weather with sunshine and showers! Please ensure your children have named coats in school now as it can get quite chilly between the sun bursts 😊

Luckily the weather has been kind when the children have been out on trips this week and Porthminster had a great time at Trewidden Gardens today. Next week Porthcurno Class are looking forward to visiting Penlee Museum next Wednesday with a workshop on the Stone Age to support their History curriculum this term.

Our new Toddler group Pensans Pebbles is proving to be popular on Thursdays from 9.30-11.30. Please if you know of anyone with babies to 3 yo that might enjoy joining in with the group.

Halloween Disco is next Tuesday. Porthmeor and Porthminster are having a Halloween Party on Friday 17th between 1:00pm and 2:00pm

We break up for half term next Friday 17th at 3.10p.m. Return to school Monday 3rd November.

Have a good weekend all

Niki Ambrose

Headteacher's Award



what have
you
done today
to make you
feel
PROUD?



Stars of the Week

Cape
Class

Lamorna

For being so helpful and kind to others and for her amazing knowledge about nature and seasons.

Gwithian
Class

Rhys

For super use of his Makaton to communicate.

Godrevy
Class

River

For trying her best and giving things a go.

Porthcurno
Class

Lexi G

For her super determination and effort in all her learning this week

Sennen
Class

Jenson

For always showing willing and a readiness for learning! As well as supporting others so well!

Polzeath
Class

Evelyn

For always being on task and completing all her work this week.

Porthmeor
Class

Casper

For trying new things this week.

Porthminster
Class

Lottie

For her resilience, patience and tolerance all week. We are all so proud of you!

Out and About Club



**Went crabbing
this week!**



Attendance

Our school
target
for
attendance
is 97%

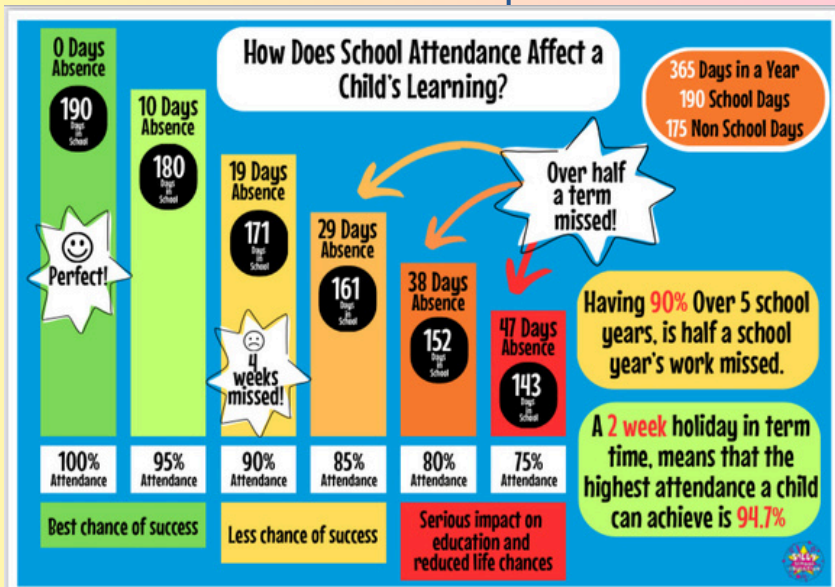
Monday October 6th - Friday 10th
October 2025

Joint 1st Place:

Porthminster + Polzeath 100%

2nd Place: Porthcurno 95.33%

3rd Place: Sennen: 93.87



Breakfast Club

Our Breakfast Club is open from 7:45am and costs £3.00 per session for your first child and then £1.50 for 2nd child (and any further siblings)

If you are entitled to Free Schools or Pupil Premium the cost of Breakfast Club is £2 for your first child and £1 for 2nd child (and any other further siblings)

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



Nursery Provision

£8 per hour for 2 year olds

£6 per hour for 3 year olds

Pensans Pebbles



**Baby & Toddler
Group at Pensans Primary
Thursday Mornings**



£1 per family

9:30-11:30

Get in touch 01736 363627

Pebbles@pensans.tpacademytrust.org

10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College

HALLOWEEN FUN AND AGM

SUN
26TH
OCT

AT ST BLAZEY FAMILY HUB

11AM
TO
2PM

Magician, music & crafts
BOOKING IS ESSENTIAL

Activity Day

with Memory Making Workshop
at Wheal Martyn

Sun, 2 November 11am - 3pm

For families with children when a parent/carer has a terminal illness

Come and join us!

Our Activity Day includes access to the museum and grounds as well as a Memory Making Workshop, where you can create a memory book to take home.



gunners kids

gunnerskids.org

MONTHLY DROP-INS

Refreshments provided

Edward Hain Centre, St Ives

Third Tuesday of every month 2pm to 4pm

St Austell Library

Third Friday of every month 10am to 12pm

Launceston Health Hub

Second Wednesday of every month
10am to 12pm

Open to families looking for support or anyone wishing to find out more about our services.

For families with children when a parent/carer has a terminal illness

gunnerskids.org



gunners kids

Extra Support this Christmas

We know how tough things can be when a parent or carer is facing a terminal illness — especially around the holidays.

That's why we've **extended our Crisis Fund** to offer **shopping vouchers** for a range of retailers, helping families with children prepare for Christmas.



Whether it's gifts, food, or essentials - **don't go without this year. We're here to help.**



APPLY USING THE QR CODE

#ChristmasSupport #CrisisFund
#FamilySupport #YouAreNotAlone

gunnerskids.org

gunners kids

Christmas PARTY

December 14th | 11am to 2pm

St Erme Community Centre

Enchanting magic show
Hands-on Christmas crafts
Music to get everyone in the spirit



Plus, Santa himself will make a special appearance bringing a gift for every child!



SCAN QR CODE FOR FULL DETAILS

For families with children when a parent/carers has a terminal illness. FREE

gunnerskids.org

gunners kids

Pensans School invites you to
join with us for the SPACE



SPACE

Supporting parents and children emotionally

SPACE is a new **free** programme for **any parent or carer** who wants to better understand and support their children's emotions, as well as their own.

This 5 session, face to face programme will cover:

- Understanding what is meant by a Trauma Informed approach
- Understanding toxic stress and the flight/fight response
- Practical approaches to support children to regulate their emotions
- Healthy coping strategies for dealing with stress
- Managing different emotions
- Understanding behaviour
- Building resilience in ourselves and our children
- Adopting appropriate expectations of children
- Enhancing your ability to provide nurturing care

The SPACE course will be presented by Siân Miles, Pastoral & Safeguarding Lead, & Mel Berryman, Family Support Worker.

Pensans School - between 9-11am
Dates: Friday 7th November; Friday 14th November; Friday 21st November; Friday 28th November; Friday 5th December



To register your interest or find out more, please email
smiles@pensans.tpacademytrust.org or call 01736 363627

HEADSTART
KERNOW



Together 
for Families



Autumn '25- Please action before 17th October 2025

Family First

Proudly supporting  **NHS** in improving the physical & mental wellbeing of families living in England

Are you the School Business Manager? If not, please update the details [here](#)

To all school leaders

Please can all school leaders & business managers kindly forward Family First magazine onto parents. This can be done as a solus email, text, or by simply adding Family First to your very next e-newsletter to parents. Please find all options below.

This applies to all schools in England, including:

- local-authority-maintained schools & pre-schools
- academies
- free schools
- alternative provision schools
- pupil referral units
- independent schools
- boarding schools

Thank you,
The Family First Team

Please add schools@familyfirst.co.uk to your Safe Senders List

How to share Family First

We have included various options below, depending on your distribution methods...

1. **Including a link** - Share the following link with parents by solus email or text

<https://familyfirst.co.uk/issue4-25>

2. **Including a pdf** - Click the link below to download, save and attach the PDF file to your next e-newsletter to parents.

<https://familyfirst.co.uk/issue4-25-download>

3. **Include the creative below** - Copy and paste the section below and add this to your next e-newsletter to parents.

FamilyFirst netmums

**Here's your free copy of the UK's
largest parenting title - Enjoy!**

[CLICK HERE](#)

