

# Pensans Community Primary School Newsletter

Spring Term Two: Week Beginning 16.3.26



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



## Mrs Ambrose's Weekly Update

Dear Parents, Friends and Families,

At last - sunshine! This meant I think for the first time the children who have been enjoying coaching the with the Cornish Pirates got outside.

Today we have sent home some questionnaires from Sport England who would like to find out about the sports and physical activities your children take part in. Please do use the QR code attached to the information or go online to fill in this quick survey. Pensans School will receive £10 for resources to support pupil well-being for every parent survey completed! Thank you in advance

After Easter we are really excited to welcome a Paralympian Athlete to our school as part of the Great Athletes programme where we will be holding a sponsored event. To find out who is visiting we will be having a 'reveal assembly' on Monday morning - watch this space! More details to follow.

As we approach the summer term there are a number of trips coming up -this week some children in LKS2 enjoyed a Farm & Country day this week and got to eat ice creams for breaktime! How delicious.

Next Thursday our Reception children are off to Newquay Aquarium and our Y5 & Y6 pupils the National Maritime Museum in Falmouth on the following Friday. Watch out for information coming home.

Please make sure your children bring their full School P.E kit to school now that the weather is better: Black Shorts, House coloured t-shirt and trainers/plimsolls

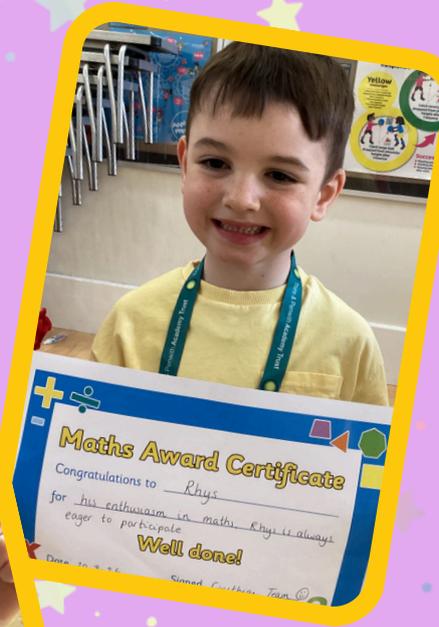
Dates for your diary - Parents Evenings Monday 30<sup>th</sup> & Tuesday 31<sup>st</sup> March  
End of term Wednesday 1<sup>st</sup> April  
Whole School is closed for INSET Day Thursday 2<sup>nd</sup> April  
ARB is closed for INSET Day Monday 20<sup>th</sup> April

Return to school - Monday 20<sup>th</sup> April: Gwithian Reception pupils, Godrevy, Polzeath, Porthcurno & Sennen and  
Tuesday 21<sup>st</sup> April: Nursery pupils, ARB pupils - Porthminster & Porthmeor

Let's hope the sun shines for the weekend

Niki Ambrose

# Headteacher's Award



WHAT HAVE YOU DONE TODAY TO MAKE YOU FEEL PROUD?



# Headteacher's Award



## SPONSORED WALK



PIC • COLLAGE

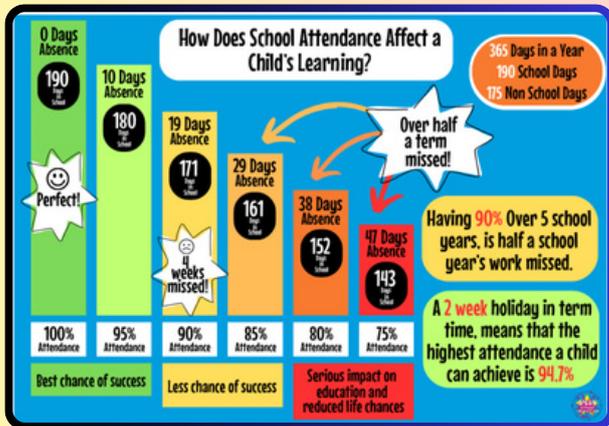
# Attendance

Monday 16th March - Friday  
20th March 2026

Our school  
target  
for  
attendance  
is 97%

**1<sup>st</sup> Place: Polzeath 100%**  
**2<sup>nd</sup> Place: Sennen 94.43%**  
**3<sup>rd</sup> Place: Cape 93.51%**

**“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 £80 if paid within 21 days or £160 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.”**



**ATTENDANCE MATTERS!**

When you're in school you...

- Have fun
- Make new friends
- Gain qualifications
- Achieve
- Develop new skills
- Experience new things
- Build your confidence & self esteem
- Develop awareness of other cultures, religion, ethnicity and gender differences

Have the best possible start in life!

# 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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



# Stars of the Week

Cape  
Class

Lottie

For learning and using Makaton during snack time. We are very proud of you.

Gwithian  
Class

Lariyah

For always joining in with every activity, song and story with enthusiasm and joy.

Godrevy  
Class

Tilly

Having a positive and determined mindset towards her learning. Keep smiling Tilly!

Porthcurno  
Class

Anenyasha

For her super effort and confidence in her reading comprehension.

Sennen Class

Blake

For remaining calm during practice maths tests

Polzeath  
Class

Millie-Mae

For trying new things and giving her all.

Porthmeor  
Class

Teyha

For sharing water play so nicely with her friends.

Porthminster  
Class

Kevin

For being so positive, friendly, joyful and kind to all his friends and the adults. You have been excellent!



PIC·COLLAGE

# RED NOSE DAY FOR COMIC RELIEF



# PORTHMINSTER MADE THEIR OWN SCENTED RED NOSES



It all starts with...

ALL STARS  
CRICKET

All Stars Cricket is the best cricket experience for **5-8 year-olds**

All kids are guaranteed to develop **new skills** while **having fun** and **making friends**

Participants receive a **personalised backpack of goodies** including a bat, ball and t-shirt!

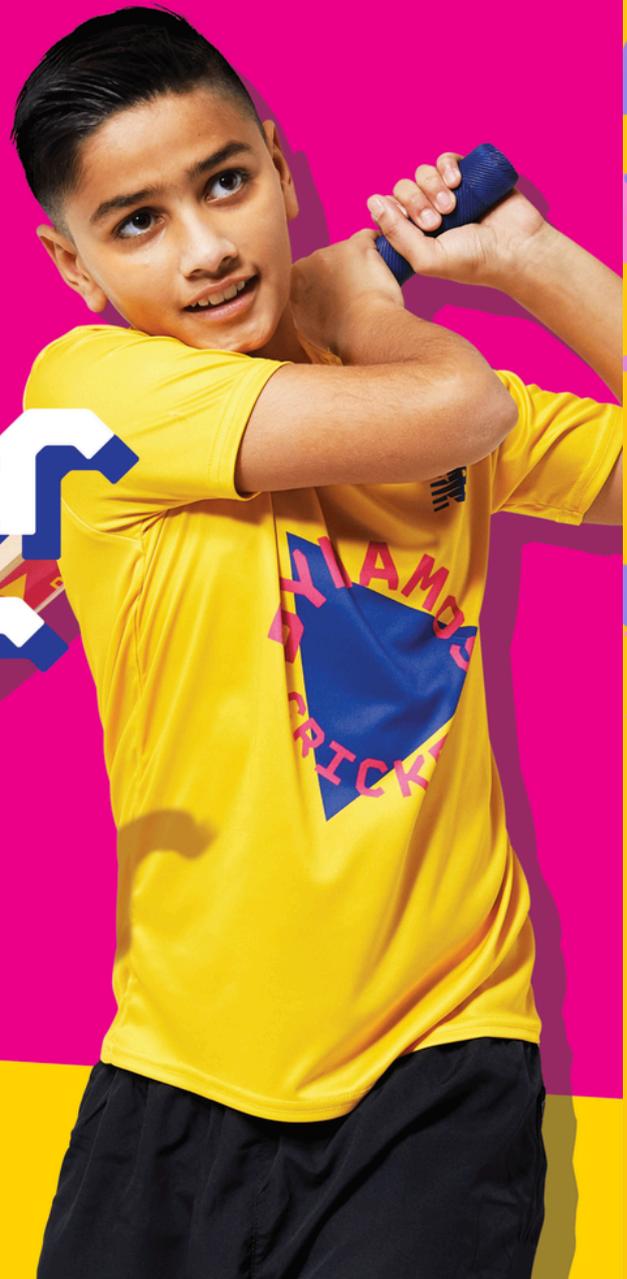


Sign up today at  
[allstarscricket.co.uk](http://allstarscricket.co.uk)





# Power your play



**Calling all 8-11 year-olds!**

Dynamos Cricket is an exciting way for kids to **play, learn** cricket skills and **make new friends**

Participants receive a personalised New Balance shirt

Download the Dynamos Cricket App now



**SIGN UP  
TODAY**



[dynamoscricquet.co.uk](https://dynamoscricquet.co.uk)



FOLLOW US!

# EASTER

# Coast

## ACTIVITY PROGRAMME

★ HAYLE ★ ST IVES ★ HELSTON ★ PENZANCE ★ LUDGVAN

### FOR AGES 5 - 16

Fun sports and activity sessions throughout the day for children in Reception to year 11

### FUNDED

Funded places available for those eligible for free school meals with lunch included

### TIMES AND LOCATIONS

Full or half days available  
Scan the QR code to see full list of locations and times

### ACTIVITIES INCLUDE :



AND SO MUCH MORE



[WWW.COASTACTIVITYPROGRAMME.COM](http://WWW.COASTACTIVITYPROGRAMME.COM)

PHONE --: 07939863010

EMAIL- [CONTACT@COASTACTIVITYPROGRAMME.COM](mailto:CONTACT@COASTACTIVITYPROGRAMME.COM)



# Ruby Mason is our Oral Hygiene Champion at Pensans



## Smarter Smiles Newsletter- Open cups/easy flow cups

Smarter  
Smiles

### When should my baby start drinking from a cup?

Dentists recommend babies start to learn to drink water from a cup from six months old.



### Choosing a cup.

Dentists recommend using an open cup or a free-flow cup or beaker.

### Preventing tooth decay.

No-spill cups may damage young children's teeth.

Comfort sucking sweetened drinks from a bottle is one of the common causes of tooth decay.



### Find out more.

For more dental top tips visit the Smarter Smiles Website.  
<https://smartersmiles.co.uk/>

Smarter  
Smiles

# What Parents & Educators Need to Know about ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 91% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

## WHAT ARE THE RISKS?

### ALGORITHMIC EXPOSURE

Social media platforms are designed to keep users engaged, meaning dramatic or extreme content can spread widely and quickly. Algorithms often recommend content that reflects users' past interactions. As a result, young people may see more violent material if they have viewed, commented on, or shared it before. Repeated exposure can make violent content appear frequently in their feeds without them fully understanding why.

### WEAPONS AND CRIMINAL RISK

Teens exposed to high levels of real-world violence on social media sometimes report feeling an increased need to carry a weapon for 'self-protection'; however, carrying a weapon increases the risk of victimisation (harm and injury by others) for young people. In addition, carrying a weapon is a serious offence that can lead to police arrest and a criminal record.

### SHARING VIOLENT CONTENT

Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding, or reposting violent content carries a risk for young people too. Showing examples of content to a trusted adult is appropriate, but young people should take care not to further spread violent material by posting it online or sharing it within large messaging groups.

### FEAR, ANXIETY, AND MARGINALISATION

Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent online content, especially when it depicts 'real-world' violence (as opposed to fictional depictions in games or films). Posts featuring weapons, threats, attacks, and fights – or content that appears to glamorise gang activity – can increase feelings of anxiety or fear among young people. Material that encourages violence targeting people because of their identity, such as their nationality or religion, can also create disproportionate harm for children belonging to those groups.

### AVOIDANCE AND ISOLATION

Real-world violence on social media can increase young people's belief that their local communities – or the 'outside world' more generally – are unsafe places. This can result in avoidant and isolating behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling judged for spending time together in large groups, which may affect their social interactions and leisure time.

## Advice for Parents & Educators

### STAY INFORMED

Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unofficial accounts, fake content, and misinformation, which can spread quickly online or in chat groups. Ensure you get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

### TALK CRIME AND SAFETY

In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there can be serious criminal consequences for carrying a weapon, taking part in violence, or filming or sharing violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: "What could you do if you feel unsafe?" Work together on action plans and remind them they can contact a trusted adult or the police if they witness or experience violence.

### DISCUSS SOCIAL MEDIA

Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, AI-generated material, the attention economy, and algorithms, helping them understand how and why extreme content can spread online. Explore tools available to block, report, and remove harmful content, and signpost where to get support and advice, such as [reportharmfulcontent.com](http://reportharmfulcontent.com).

### ENCOURAGE POSITIVE ACTION

Focus on strengthening young people's positive experiences both online and within their local communities. Discuss strategies to reduce negative social media effects, such as time limits, unfollowing certain accounts, or taking breaks from apps. Encourage offline activities such as spending time with friends, visiting local places, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns at any time via [childline.org.uk](http://childline.org.uk).

### Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in media law, online safety, and young people. Her PhD investigates youth understandings of criminal and legal risks in a digital context. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.



#WakeUpWednesday®

The National College®

See full reference list on our website



# CAPE CORNWALL SCHOOL



## SATURDAY

Years 4, 5 & 6

Saturday 21<sup>st</sup> March 2026 10.00 - 12.30

### FRENCH A morning in Paris

Get ready to step into the charm of the City of Lights! Our Paris-themed morning will be packed with fun and imagination, including Paris Landmarks Treasure Hunt, creating your own Eiffel Tower and a Parisien Café Roleplay

### Get Active

Mission Impossible Ultimate Challenge Edition. A variety of fun skill-based games that test your teamwork, problem-solving, and communication skills to the test - all while having loads of fun!

### DT Robot Pencil Head

Come and join us in the DT workshop for a super-fun adventure where you'll create your very own Robot Pencil Head – a tiny robot buddy for your pencil! You'll design, glue, sand, and paint to make something bright, bold, and totally unique. Let your imagination run wild and build a robot friend as cool, silly, or colourful as you like!

### CODING Python Turtle

You'll be learning to code using Python Turtle, a little turtle that follows your instructions on the screen! You'll get to make it move, turn, and draw to create cool shapes and repeating patterns, watching your ideas turn into colourful designs. It's a fun way to learn how coding works while teaching the turtle lots of new tricks!

### GEOGRAPHY World Explorers

You'll explore different countries around the world and see what life is like there compared to the UK. Then you'll create your own fact file about your chosen country and/or write a postcard home describing the amazing place you've "visited"!



# EASTER AT GEEVOR



FRIDAY 3RD APRIL – SUNDAY 19TH APRIL

ALL ACTIVITIES  
INCLUDED IN SITE  
ADMISSION!

What's On?

MONDAYS 6TH / 13TH

FUNNY FACES  
FACE PAINTING

TUESDAYS 7TH / 14TH

ALASDAIR  
HOSWELL

WEDNESDAYS 8TH / 15TH

LAURA MIUCCI –  
MINE X CRAFTS

SUNDAY 5TH APRIL

MEET THE EASTER  
BUNNY!

SUNDAY 12TH APRIL

MARK'S WILDLIFE  
ENCOUNTERS

THE COPPER WORKSHOP

DAILY  
ACTIVITIES:

MUSIC WITH MARC  
GO UNDERGROUND  
PAN FOR GOLD & GEMS  
BADGE MAKING  
ROCK LAB  
CORNWALL ROCKS!  
MEET A TIN MINER  
MINERS TALKS  
EASTER TRAIL

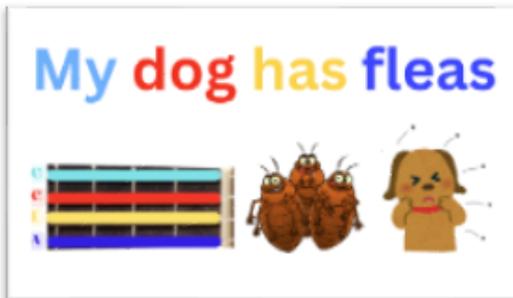


# Learn how to play the ukulele with Jenny!



## Classroom Instrumental Tuition for KS2 Ukulele lessons – Spring Term 2026

Jenny Crow, music teacher from Cornwall Music Service Trust is working in our school this term. We are learning to play chords, play strumming patterns and play plucking patterns to accompany songs.

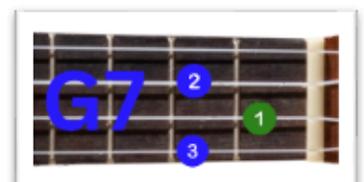
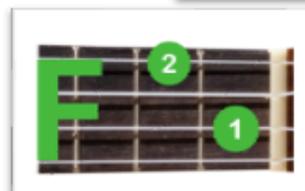


If you do happen to have ukuleles at home, these can be tuned by installing a ukulele tuning app on your phone. The app will give you instructions, or you could tune up by playing the notes G, C, E, A on pianos or other instruments. This little song helps check that the strings sound right!

If your child wishes to play the ukulele out of school, they could apply to join this ensemble:



The first few chords we are learning to play are:



If your child is interested in learning other musical instruments, please take a look at the Cornwall Music Service Trust website:

<https://cmst.co.uk/>

