

Pensans Community Primary School Newsletter

Autumn Term Two: Week Beginning 8.12.25



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



Mrs Ambrose's Weekly Update

Dear parents, friends and families,

What a Week at Pensans!

What an incredibly joyful, festive and busy week we have just shared together at Pensans! From Monday through to Friday, the school has been filled with music, sparkle, kindness and community spirit — and it has been a real pleasure to see the children rise to every special moment with such enthusiasm and pride.

I must begin by giving a MASSIVE SHOUT OUT to our Football Team who epitomised what Team Spirit and being sporting role models should look like. We couldn't be prouder of them!

On Monday, our wonderful Pensans School Choir spread Christmas cheer far and wide, singing beautifully at St Mary's Haven and Bolitho Care Home. The children were a credit to the school — singing with confidence, kindness and huge smiles, and bringing so much happiness to others. Thank you to families for supporting uniforms, festive accessories and a smooth afternoon pick-up. Tuesday saw our Christingle Service at Chapel Street Church, a truly special and reflective afternoon for our Reception to Year 6 children. Walking together to the chapel and sharing such a meaningful service felt very much like the heart of our Pensans community. A huge thank you to parents and carers for your flexibility with pick-up arrangements and for sharing this moment with us. Our ARB children enjoyed their own Christingle and crafting afternoon with their families, and it was lovely to see them all being crafty and Christmassy altogether. On Wednesday, we enjoyed Christmas Dinner Day — always a highlight — alongside our optional Christmas Jumper Day, which brought plenty of colour, sparkle and smiles across the school. Then on Thursday, excitement reached new heights with the Santa Fly Past — a moment of pure magic that the children will be talking about for a long time to come. Porthminster Children wanted to write about it and draw pictures straight after!

Across the whole week, it has been wonderful to see children engaging so positively in these special events, and we would like to say a heartfelt thank you to all parents and carers for your ongoing support. Your encouragement, organisation and presence make these moments possible and so meaningful for the children.

As we head into our final week, there is still lots to look forward to:

Tuesday 16th December – Pantomime Day. You will have received letters/emails from your children's class teachers if their class is attending.

Tuesday 16th December- Gwithian Reception children going to the Ritz in Penzance.

Tuesday 16th December - Gwithian Nursery and Cape Class Christmas Crafternoon at 1:30pm

Wednesday 17th December – EYFS/KS1 Christmas Performance, afternoon and evening

Thursday 18th December – KS2 Christmas Concert at Chapel Street Church, 6.00pm

Friday 19th December – End of Term – School closes at 1.00pm

Look out for any messages from your children's class teacher's for any in class activities that your children may be doing also. We are very much looking forward to sharing these final festive moments with you before we break up for the holidays.

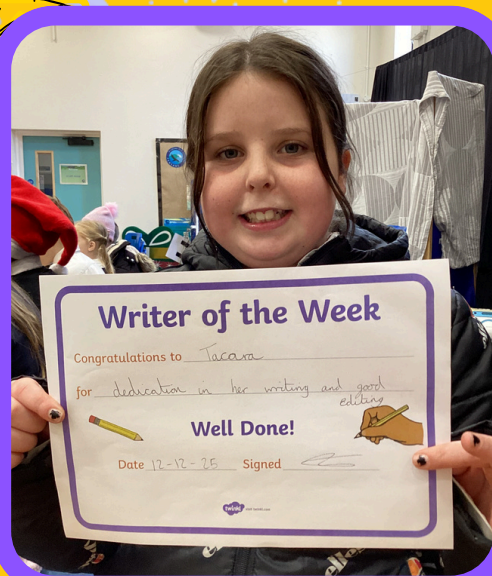
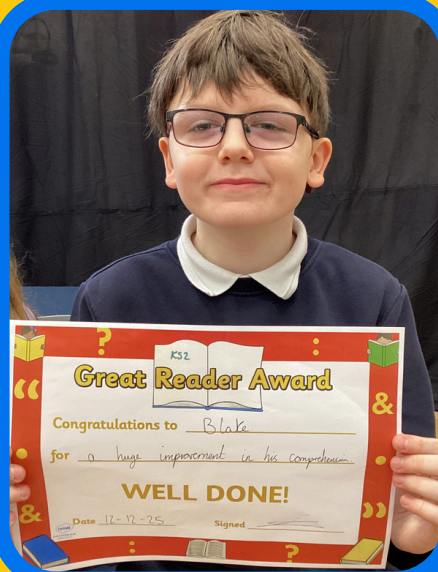
With warmest wishes,

Chrissy Simpson-Edmands
Deputy Headteacher

Headteacher's Award



A book is a gift you can open again and again.
—Garrison Keillor



Stars of the Week

**Cape
Class**

Tilly

For engaging well with her play
and becoming more independent.

**Gwithian
Class**

Ophia

For her endless positivity and “can
do” attitude.

**Godrevy
Class**

Isla J

For being a role model and
showing confidence during our
nativity.

**Porthcurno
Class**

Madison

For her kindness and
thoughtfulness towards her peers

**Sennen
Class**

Jacob

For never giving up in football and
showing great Leadership Skills.

**Polzeath
Class**

Millie-Mae

Summer W

For fantastic reading and
phonics all week!
For fanrastic learning and
attitude towards learning for the
whole week. Well done!

**Porthmeor
Class**

Alyssa

For fantastic signing this week!

**Porthminster
Class**

**Porthminster
Parents**

For making our Christmas
Craft and Christingle
Afternoon so wonderful for
your children! Thank you :-)

Attendance

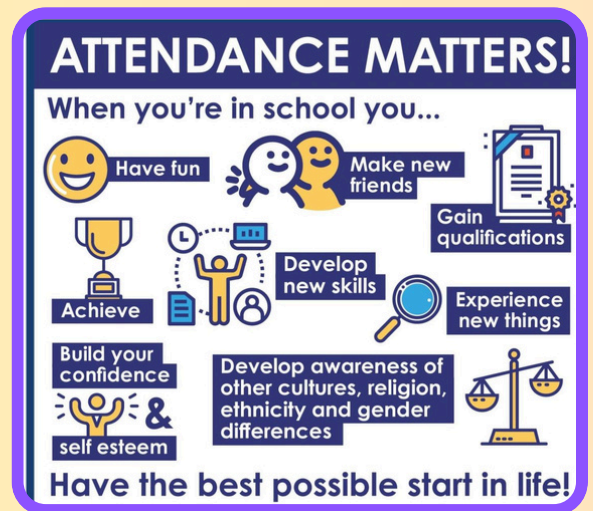
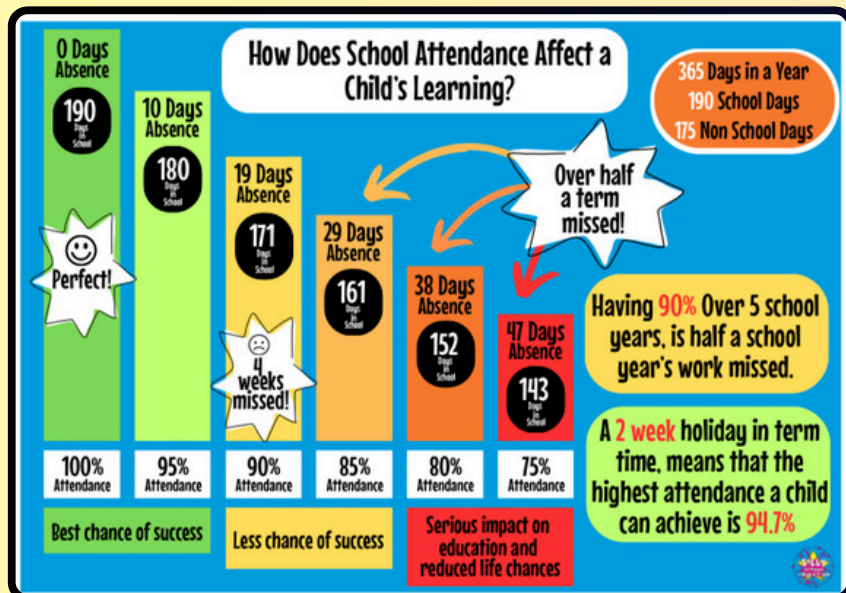
Our school
target
for
attendance
is 97%

Monday 8th December - Friday 12th
December 2025

1st Place: Porthmeor 96.55%

2nd Place: Porthcurno 94.81%

3rd Place: Porthminster 94.44%



FRIENDS OF PENSANS

SCHOOL AGM 12.1.26

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





Ruby Mason is our Oral Hygiene Champion at Pensans



From Big Brush Club – Looking after your child's oral health over Christmas

Dear Parent / Guardian,

With the Christmas holidays fast approaching, we wanted to take this opportunity to remind you of the importance of maintaining good oral hygiene routines.

We understand that the holiday season can bring changes to daily routines, but it is crucial to encourage your child to continue brushing their teeth twice a day for two minutes each time, using a fluoride toothpaste. This will help keep their teeth healthy and strong.

Here are some top tips to help support your child's oral health over the Christmas period.

Keep up the routine – Even with a busy holiday schedule, remind your child that if they want to make Santa's 'nice' list then they need to remember to brush their teeth twice every day. Use a **toothbrushing chart** to help them keep track, because Santa is definitely checking!

Frequency of sugar - While it's fine for children to enjoy some festive treats, remember that it's the frequency of sugar consumption, not the amount, that contributes most to tooth decay. Encourage treats to be eaten with or after a meal, rather than grazing on them between meals.

Avoid sticky sweets - Sweets like caramels and toffees cling to teeth for longer, increasing the risk of decay. A better alternative is chocolate, especially dark chocolate, as it washes off more easily.

Encourage water - Water is the best drink for oral health as well as general health. A simple glass of water can help wash away leftover sugar and keep mouths clean between brushes. If your child wants a sugary drink, encourage them to use a straw to minimise contact with their teeth.

Free webinar: Learn how to care for your children's teeth - The Big Brush Club hosts free online webinars for parents and guardians. These cover the main causes of tooth decay and preventive advice. Find out when our next webinar is at: www.bigbrushclub.co.uk/families.

We want to hear from you!

We kindly ask that you complete this very quick parent survey, if not already done so: www.bigbrushclub.co.uk/parent-survey.

We hope you and your family have a wonderful, festive holiday season!

Yours sincerely,

Julie of Harvey.



Follow us
on social
media!
[@bigbrushclub](https://www.instagram.com/bigbrushclub)

Brushing together for healthy smiles

www.bigbrushclub.co.uk

info@bigbrushclub.co.uk

★ YOU'RE INVITED
TO THE


St Aubyn
Foundation



★ Christmas Carol
★ WREATH TRAIL

on St Michael's Mount

St Michael's Mount is celebrating Christmas with a special project organised by the St Aubyn Foundation involving eleven local primary schools including this school. Each one has created a wreath inspired by a carol chosen by a resident island family.

The wreaths have been hidden around the harbour village and you're invited to enjoy the trail on select dates from 4 December – 5 January.

Free access, dogs
welcome

See website for
opening dates & times



TIME MOVE

Holiday Programme



CHRISTMAS 2025

Free Family Led Cycle Rides at:

- Bissoe Trail
- Seaton Country Park
- Pentewan Trail

Meet time is 1000
Bike check optional
For all ages & abilities

Rides are taking place
across Cornwall during
the Christmas holidays
between 22nd Dec and
2nd Jan

Scan here
to book!



www.activecornwall.org/T2MHolidayProgramme

Time2Move.HolidayProgramme@cornwall.gov.uk



GYMNASTICS



WE'VE GOT SPACES

JOIN OUR RANGE OF
PROGRAMS

Recreational gymnastics
Daily (4pm-5pm)

Lyrical and Hip Hop
Tuesdays (5:45pm-8:45pm)

Parkour
Tuesday and Thursdays (4:30-7:30)

Recreational Cheerleading
Wednesdays (5pm-6:30pm)

Competitive Cheerleading
Friday (5pm-7pm)
Sunday (12pm-4pm)

Email pzgymclub@gmail.com to book your trial



10 Top Tips for Parents and Educators SAFETY OVER THE FESTIVE SEASON.

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY



Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS



The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES



Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS



Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD



Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS



Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS



Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE



Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY



Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

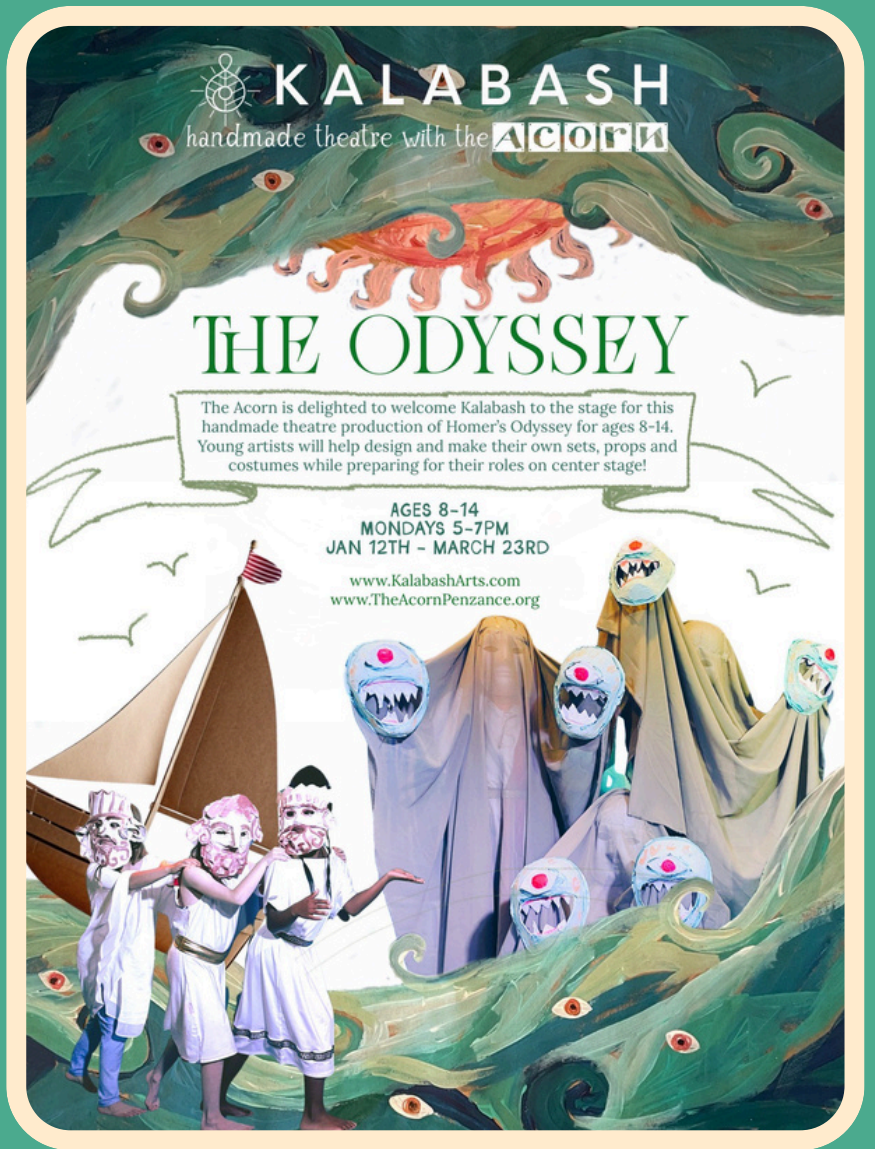
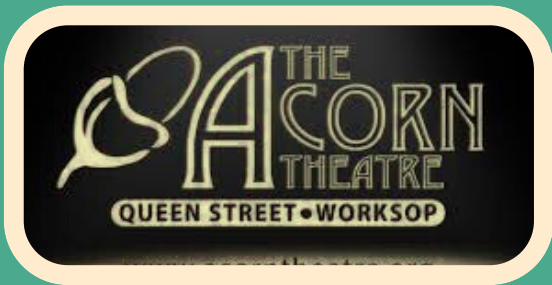
Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/safety-over-the-festive-season>





Did you know that parents can access Blackbird Pie magazine for free on BorrowBox using their library card?

If the printed copy is lost, crumpled at the bottom of a school bag, or simply never made it home, it's quick and easy to read the magazine on any personal device.

BorrowBox is completely free to use with a Cornwall Libraries membership and offers instant access to Blackbird Pie along with a wide range of children's eBooks, eAudiobooks and eMagazines—perfect for days when families need inspiration for things to do. If parents aren't already members, they can sign up for FREE online in minutes or pop into any Cornwall Library.

Thank you very much for helping us spread the word.

Kind regards,

Andy

**Andrew Varker | Education Library Service
Young Person's Library Service Co-ordinator
Cornwall Council/ Konsel Kernow| Gonisogeth, Diskwithans ha
Lyvervaow/Culture, Leisure and Libraries**

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www.cornwall.gov.uk | 'Onen hag oll'

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STREET**



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- ALL GENDERS WELCOME
- PLAYER LED SESSIONS
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**IT'S
FREE!**

**SIGN UP
HERE!**



Scan me

**AGE 8-15 | EVERY TUESDAY | 4PM - 5:30PM
PENZANCE LEISURE CENTRE TR18 3QW**

**TO FIND OUT MORE CONTACT KELLIE WILLIAMS:
KELLIE.WILLIAMS@CORNWALLCRICKET.CO.UK / 07842 765445**